

USANA

USANA's Guide to a
**Healthy &
Happy
Lifestyle**

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A Holistic Lifestyle

Your Path to Optimal Wellness

Introduction

A holistic lifestyle is your foundation for health and happiness. Eating habits, sleep schedules, stress management, exercise routines, and proper nutrition are all interconnected. As one becomes imbalanced, other areas of your life are also impacted.

Imagine this scenario: you experience a poor night's sleep and wake up tired and in a down mood. You eat a low-fibre, sugar-packed breakfast and miss out on those all-important nutrients shown to positively affect not just your gut health, but your overall health and happiness, too. Energy to exercise is nonexistent, and you simply don't feel your best to give it your all. If this sounds familiar, rest assured, you're not alone.

Now picture yourself waking from a good night's sleep completely refreshed with a positive mindset. You're energetic and crush your daily exercise goal—whether it's a fitness class or keeping up with the kids at the park. You feel satisfied, fueling your body with nutritious meals throughout the day. With your sharp focus, you accomplish everything on your to-do list—all with a bonus hour for some self-care.

These examples show the difference quality sleep can make in your day and how improving one area of health can trigger a cascade of positive lifestyle effects. Take the quick, scientifically validated quizzes below to discover if your current lifestyle factors add up to a positive and productive day.



Eating Habits

Emotions and mealtime habits can have a powerful effect on your food choices. Start by giving yourself more insight into your own eating type.

Complete this multiple-choice survey by circling how strongly you agree or disagree with each statement. Then, calculate your score using the scoring system below to find out what type of eater you are.

What Type of Eater Are You?

	Stongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Stongly Agree
1. I love food and eating	1	2	3	4	5
2. I eat more or less when I'm upset	1	2	3	4	5
3. Most of my social interactions involve food	1	2	3	4	5
4. I often leave food on my plate at the end of a meal	1	2	3	4	5
5. I am always thinking about food	1	2	3	4	5
6. I often feel hungry	1	2	3	4	5
7. I eat more or less when I'm annoyed or angry	1	2	3	4	5
8. I often feel hungry when I am with someone who is eating	1	2	3	4	5
9. I only enjoy certain foods	1	2	3	4	5
10. I often feel deprived when people around me are eating more or differently than me	1	2	3	4	5
11. I often feel so hungry I have to eat something right away	1	2	3	4	5
12. I look forward to mealtimes	1	2	3	4	5
13. I eat more or less when I'm worried, anxious, or stressed	1	2	3	4	5
14. There is a long list of foods I won't eat	1	2	3	4	5
15. I am irritable if I miss a meal	1	2	3	4	5
16. I enjoy eating a wide variety of foods	1	2	3	4	5
17. When I see or smell food I like, it makes me want to eat	1	2	3	4	5
18. I refuse to try new foods at first	1	2	3	4	5
19. I feel light-headed if my meals are delayed	1	2	3	4	5
20. I often decide I dislike a food before tasting it	1	2	3	4	5
21. I often finish my meals quickly	1	2	3	4	5
22. I often eat even when I don't feel hungry	1	2	3	4	5
23. I enjoy tasting new foods I haven't tried before	1	2	3	4	5
24. When eating out with friends or family, I eat more than I would otherwise	1	2	3	4	5
25. I sometimes feel guilt or shame after eating	1	2	3	4	5

Eating Types

Add up your scores for each question as follows:

Food Lover:	1 ____ + 5 ____ + 12 ____ + 16 ____ + 23 ____	= Total
Picky Eater:	4 ____ + 9 ____ + 14 ____ + 18 ____ + 20 ____	= Total
Emotional Eater:	2 ____ + 7 ____ + 13 ____ + 22 ____ + 25 ____	= Total
Hungry Eater:	6 ____ + 11 ____ + 15 ____ + 19 ____ + 21 ____	= Total
Social Eater:	3 ____ + 8 ____ + 10 ____ + 17 ____ + 24 ____	= Total

Interpreting Your Score

0  25

This type of eating doesn't
seem to apply to you

This likely describes your
eating type

Food Lover: You're passionate about food and love trying new cuisines. Eating for you not only satisfies hunger, it also feeds your interest in food as a hobby.

Picky Eater: Your tendency is to steer clear of new ingredients and you may refuse certain foods. You likely have strong food preferences and stick to familiar tastes.

Emotional Eater: Your food choices may be tied to feelings, rather than to hunger levels.

Hungry Eater: When you eat, you're satisfying strong physical hunger, which may be a result of undereating. Irregular eating schedules may leave you feeling tired and irritable.

Social Eater: You're likely influenced by what people around you are eating and may fear missing out. It can be tricky for you to make good food choices in a social setting.



Top Tips

Now you know what type of eater you are, here are tips and tricks to help you work toward your health goals.

Top Tip for Food Lovers: For you, food is as much about enjoyment as nutrition, so keep loving a wide variety of foods—especially plant-based options. It's all about balance, so practice moderation, fill up on fibre, and review the portion size guide found on page #.

Top Tip for Picky Eaters: Blending fruits and vegetables into your favourite dishes will help increase the variety of plant-based foods in your diet—a great way to up your fibre intake and keep your gut microbes happy.

Top Tip for Emotional Eaters: Practice 15 minutes of mindfulness when you feel stressed, upset, angry, or anxious. Make the time to de-stress each day. Some emotional eating can be normal, but too much may impact your weight-management goals. Moderate exercise, talking to friends, and ensuring enough quality sleep (7–9 hours each night) can help you through difficult times.

Top Tip for Hungry Eaters: Try eating smaller, more frequent meals throughout the day to balance your blood sugar and hunger levels.

Top Tip for Social Eaters: Healthy eating doesn't mean avoiding social situations. When eating out, add a side of vegetables or whole grains to your meal for more beneficial plant nutrients and fibre.

Your Sleep Calculator

Sleep is one of the most underrated ways to support optimal gut health and overall well-being, yet too few achieve the right balance of good-quality slumber. Improving your sleep can have far-reaching benefits, extending to diet, immune health, mood, and focus. Studies show a lack of sleep can also affect how much you eat—with daily caloric intake increasing by the equivalent of four slices of bread. What's more, sleep-deprived people tend to reach for nutrient-poor and calorie-dense foods, rather than whole foods.

With all the associated benefits, it's worth evaluating your current sleep habits. Complete the assessment below and tally your score to reveal how well you rest.

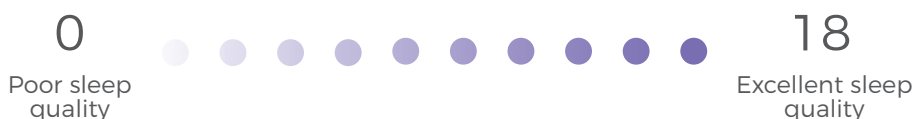
It's common for your day-to-day sleep habits to vary. Answer the following questions by selecting the option that best reflects your typical night's rest over the past month.

How Does Your Sleep Add Up?

1.	How many hours do you typically sleep each night? Subtract your time awake in bed (e.g. time spent falling asleep, or any snoozing time after waking).	< 5 hours <div>0</div> <div>Points</div>	5-6 hours <div>1</div> <div>Points</div>	6-7 hours <div>2</div> <div>Points</div>	> 7 hours <div>3</div> <div>Points</div>
2.	How long do you lie in bed before falling asleep?	> 60 min <div>0</div>	31-60 min <div>1</div>	15-30 min <div>2</div>	< 15 min <div>3</div>
3.	How effective is your sleep? Take the hours you typically sleep from the first question and divide by the total number of hours you typically spend in bed. <i>For example, if you usually spend 10 hours in bed and you are asleep for eight of those hours, your sleep effectiveness is 0.8.</i>	0-0.64 <div>0</div>	0.65-0.74 <div>1</div>	0.75-0.84 <div>2</div>	0.85-1.00 <div>3</div>
4.	How many days per week do you take supplements or prescription medications to help you sleep?	3-7 <div>0</div>	1-2 <div>1</div>	<1 <div>2</div>	Never <div>3</div>
5.	How often do you have difficulty staying awake during activities such as social engagements, driving a vehicle, or during meals?	3+ times a week <div>0</div>	1-2 times a week <div>1</div>	<1 time a week <div>2</div>	Never <div>3</div>
6.	How do you feel your overall sleep quality ranks?	Very poor <div>0</div>	Fair <div>1</div>	Pretty good <div>2</div>	Great <div>3</div>

Total your points from questions 1-6 and record your score: _____ points

How does your sleep quality rank?



Here are simple tips to try to improve your sleep quality:

- Stick to a regular bedtime and waking time, even on the weekends, to help regulate your circadian rhythm.
- Make your bedroom a sanctuary for sleep. Choose comfy pillows and bedding. Listen to white noise or other soothing sounds to help you drift to sleep. Add a scent diffuser or spray your pillow with lavender or another calming bedtime scent. Lower your room temperature at night to avoid becoming too warm.
- Melatonin is your “sleepy time” hormone, and its production is stimulated by darkness. Within two hours of bedtime, dim your lights, toggle the blue-light filter on your cell phone (called Night Shift on the Apple iPhone), and commit to put electronics, including televisions and laptops, away. Read a book or journal to wind down.
- Caffeine is a stimulant and can interfere with melatonin production. Try limiting caffeine after 3:00 p.m. Have your strongest caffeinated beverages, such as coffee or black tea, before noon, and enjoy any less caffeinated beverages or chocolate after 2:00 p.m.
- Your digestive tract rests at night. Eating too late in the evening can disrupt your sleep, confuse or upset your GI tract. Have your last meal of the day 2–3 hours before bedtime. If you often wake up hungry, add a small snack, such as yogurt, before bed.

If you have difficulty winding down in the evening, try these pro tips:

- Practice a breathing exercise where you exhale twice as long as you inhale (for example, inhale for five seconds and exhale for 10 seconds). Practice this exercise for 5–10 minutes. A longer exhalation stimulates your “rest and digest” response.
- Take a warm bath with lavender-infused essential oils or Epsom salts to help you relax and reach the ideal temperature for sleep.
- Write out your thoughts before you go to bed. Great ideas, worries, goals—whatever comes to mind—jot it down. Your thoughts will be less likely to race when you are trying to sleep.

After a good night’s rest, cortisol is your friendly “wake up” hormone. Its production is stimulated by light exposure. Start your day outdoors basking in the morning sun, or stand near a sunny indoor window for 10–15 minutes to help your body fully awaken.



Manage Your Daily Stress

Feelings of stress and anxiety can directly impact your gut, thanks to the gut-brain axis—a constant, two-way communication between your gut and brain. As your brain sends stress signals, your gut function may feel it, too (which helps to explain why some people struggle to poop when they're stressed). How stressed are you? Complete the assessment to find out.

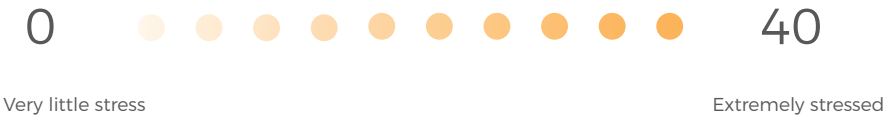
How Stressed Are You?

Your thoughts and feelings can change from day to day, and even throughout a single day. For this assessment, reflect on the thoughts and feelings you've experienced over the past month. For each question, circle the answer that best represents how often you think or feel this way.

	Never	Rarely	Sometimes	Pretty often	Very often
How often do you feel nervous or stressed?	0	1	2	3	4
How often do you feel you're unable to control the important aspects of your life?	0	1	2	3	4
How often do you feel on top of things?	4	3	2	1	0
How often do you feel upset because something unexpected happens?	0	1	2	3	4
How often are you unable to cope with all you have to do?	0	1	2	3	4
How often do you feel you are in control of irritations in your life?	4	3	2	1	0
How often do you feel angry because life feels outside of your control?	0	1	2	3	4
How often do you feel life is going your way?	4	3	2	1	0
How often do you feel difficulties are piling up so high you cannot overcome them?	0	1	2	3	4
How often do you feel confident you can handle your personal problems?	4	3	2	1	0

Add up your points for questions 1-10 and record your score: _____ points

How stressed are you?



“When you feel overwhelmed, what can you do to relieve stress and rewire your gut-brain axis

- **Practice box breathing.**

Find a comfortable sitting position, in a chair or on the floor. Close your eyes and place your hands on your stomach. Inhale slowly for four seconds. Hold your breath at the top of your inhale for another four seconds. Exhale slowly, again counting out four seconds. Pause at the bottom of your exhale for—you guessed it—four seconds. Notice how your stomach expands and contracts as you practice. Repeat this exercise for five minutes.

- **Visit your happy place.**

Close your eyes and picture yourself in a favourite place. Incorporate every sense—touch, sound, sight, and smell. If you picture visiting the beach, how does the warmth of the sun feel on your face, or the grit of sand against your feet? Can you hear the waves crashing against the shore or seagulls flying overhead? Can you smell the seawater? Can you see palm trees swaying in a slight breeze, or spot a whale breaching on the horizon? Maintain relaxed, regular breathing while you practice this visualisation technique.

- **Try progressive muscle relaxation.**

Find a comfortable sitting position, in a chair or on the floor. Close your eyes and begin tensing the muscles of your face for 3–5 seconds, then relaxing the muscles for 10 seconds. Move downward, tensing and relaxing each muscle group through your body, until you reach your toes.

- **Laugh out loud.**

Watch a comedy, read a funny book, or joke around with friends. If you feel adventurous, try laughter yoga. Laughing helps cool down your stress response and lightens your mood.



Movement

Your body is designed to move. Motion helps to maintain lean muscle mass, healthy joints, and bone mineral density. Human activity has become more sedentary in the modern world, leaving many people sitting at desks for extended periods. Moving less also requires fewer calories, making it easier to gain weight.

Here are some simple tips to combat a sedentary lifestyle at work:

- Stand up every hour and move around or stretch for five minutes
- Go for a walk during breaks
- Take the office outdoors with walking meetings
- Skip the elevator and take the stairs
- Bike or walk to work if you have a short commute

For healthy adults, 150 minutes of moderate physical activity per week and muscle-strengthening activities at least twice a week is recommended.

Do you struggle with exercise? Take heart. You don't need an exercise regimen to be healthy—any physical activity counts. Think of fun ways to move your body. Whether you dance to music in your living room, ride your bike in the park, walk your dog, or take in the scenery of a nature hike, you can set a course for more enjoyable movement. You'll also experience wonderful side effects, not just to manage weight, but to also support your mental and emotional well-being, your gut health, and your immunity. As your body adapts to more movement, you may find more interest in routine exercise. What's most important is to simply start moving.



Nutrition

Set Yourself Up for Success

Kitchen Stock-Up

Create a positive and nourishing environment by filling your kitchen with plenty of plant-based foods and limiting highly processed foods and beverages—often high in added sugar and saturated fat. Sure, enjoying your favourite snacks in moderation is absolutely fine. But make sure you also have nutrient-dense, high-fibre foods and snacks full of plant goodness nearby. The shopping guide found in the meal plan at the end of this booklet is a great place to start.

Look through your pantry, cupboards, refrigerator, and freezer (*Don't forget the secret treat drawer in your desk or nightstand!*). Identify the foods and beverages you will cut back on and set them on the counter. Mindfully survey and choose one or two to keep, then let go of the others. Replace these items with whole, plant-based options. Review the meal and snack recipes starting on page #, which can be prepared in bulk and frozen.

Here are suggestions to start your own healthy kitchen makeover:

Limit these:

- Sugar-loaded treats, such as candy, biscuits, cakes, brownies, pastries, ice cream, sweetened cereal, soda, and fruit juice
- Butter, lard, and cream
- Refined grains, such as white rice, white bread, and white flour
- Red and processed meats

Stock up on:

- Whole fruits, low-sugar granola, oatmeal, and low-sugar, whole-grain breakfast cereal
- Live yogurt
- Whole grain crackers
- Hummus
- Olives
- Packs of mixed nuts
- Unsweetened nut butter
(the ingredients list should be 100 per cent nuts)
- Tins of mixed legumes
- Fresh and frozen vegetables
- Extra virgin olive oil
- Dark chocolate (at least 70 per cent cocoa)

Listening to Your Body's Cues

When your stomach is empty it produces the hunger hormone ghrelin, which sends a signal to your brain indicating hunger. You may hear your stomach rumble or feel a little lightheaded. As you eat and drink, your stomach fills and stretches, and it stops making as much ghrelin. The stretch signal tells your brain you are full. But this doesn't happen right away—it takes time for your brain to realize you are satiated and to stop eating. Eating too much, too quickly will leave you feeling overly full by the time your brain receives the message.

Eating mindfully makes your experience more enjoyable and can help with both overeating issues and gut symptoms. Instead of wolfing down a bar of chocolate, take a few extra moments to be present with your food. Sit down at a clutter-free table, without your phone or any other distractions. Engage all your senses as you eat—notice how your food looks, smells, tastes, feels, and sounds. Savour each bite, without the guilt or gorging.



Macronutrients

Unlike a typical motorized engine, your body runs on three main types of fuel: protein, carbohydrates, and fat. It generally prefers all three to function at its best, and most food items contain a mix of these essential macronutrients.

Carbohydrates

Carbohydrates, or carbs, are your body's preferred source of fuel in a healthy, balanced diet. Three main types include: sugars, starches and fibre. Carbohydrates are broken down into glucose (sugar) during digestion and absorbed into your blood stream, where it fuels your daily activities—from breathing to exercise. Your brain is one of the main consumers of glucose for fuel—approximately 120 g a day, according to some studies. Any leftover glucose can be stored in your muscles and liver for later use. If your body has stored all the glucose it needs, it can convert glucose to fat for long-term energy storage.

Carbohydrates are found in all plant-based foods, including whole grains, legumes, nuts, seeds, fruits, and vegetables. Despite what you may hear, these carbs are not to be feared. One type of carbohydrate worth limiting is added sugar. Commonly found in biscuits, chocolate, honey, carbonated drinks, and 'low fat' diet products, it's added to many foods during processing. Sugar causes blood sugar levels to spike quickly, as described later in the glycemic index section. Your body carefully controls blood sugar levels, and your pancreas produces the hormone insulin to respond to increased blood sugar.

Insulin is a storage hormone that tells your body's tissues, including skeletal muscles and the liver, to remove glucose from your bloodstream and store it. Even when the storage capacity of your body is maxed out, your pancreas keeps producing more and more insulin, but the tissues ignore the insulin or can't respond to it. This is called insulin resistance. The result is elevated blood sugar as your body struggles to keep up. Elevated blood sugar can lead to insulin resistance, metabolic syndrome, and, eventually, Type 2 diabetes.

In addition to insulin issues, added sugar is nutrient poor, meaning it provides no fibre or micronutrients. Should you avoid all sweets? Not necessarily. Set an added sugar cap and stick to it. The American Heart Association recommends a daily maximum of 25 g of added sugar for women and 30 g for men. You can also add plant goodness to the mix, pairing nuts and dried fruit with your chocolate.

What about the naturally occurring sugar in fruits, vegetables, and dairy? Natural sugar is absorbed into the bloodstream as glucose, but there are important distinctions. First, the amount of sugar present in these wholesome foods is significantly less than the amount of sugar added to foods during processing. It would be very difficult for a healthy person to go overboard on sugar from these foods. Second, these are nutrient-dense foods which contain fibre, protein, and fat to slow the absorption of sugar into the bloodstream. They also contain important vitamins, minerals, and phytonutrients. Unless you have diabetes and need to be mindful of the sugar in fruits, don't fret over consuming these good-for-you foods.

Fibre

Fibre is a carbohydrate found in the edible parts of plants, such as fruits, vegetables, legumes, whole grains, nuts, and seeds. As an important part of a nutritious diet, it's not found in animal products—meat, milk, and dairy—so it's worth upping your plant intake to hit your fibre goals.

Traditionally, fibre was thought to only help with more regular bowel movements. Some types of fibre do help to bulk up stool, resulting in easier-to-pass poops. More recently, however, newly discovered benefits of fibre go way beyond the bowel and are linked to improved overall health and happiness.

Unlike other types of carbohydrates, fibre can't be digested by human cells, and it's not converted to sugar by the human intestine. Instead, it feeds your friendly gut bacteria, which then produce a range of beneficial compounds called short-chain fatty acids (SCFA). These SCFA are over-achievers, helping to regulate appetite, provide fuel for your gut lining, stimulate your immune system, and help to move things along in your large intestine.

Fibre's many important health benefits can help to:

- Get bowels moving and stay regular
- Bulk up stool
- Maintain a healthy weight by making you feel fuller, longer
- Regulate blood sugar
- Lower LDL cholesterol (the 'bad' type)
- Lower blood pressure
- Increase mineral absorption in the intestine
- Prevent GI diseases such as diverticulitis
- Promote a healthy microbiome by feeding the beneficial microbes
- Lower the risk of heart disease, type 2 diabetes, colon cancer, and other conditions. Data pooled from over one million people found an increase of eight grams of fibre per day was associated with a 15 per cent reduction in the risk of developing type 2 diabetes, a 19 per cent reduction in the risk of developing heart disease, and an eight per cent reduction in risk of developing colon cancer.

Fibre tips:

- Aim for 30 g of fibre per day—approximately two pieces of fruit, five portions of vegetables, three portions of whole grains, and one to two portions of nuts, seeds, or legumes.
- Subtract dietary fibre from the total carbohydrates on nutrition labels if you're tracking your macronutrients.
- Increase your fibre intake slowly and steadily to allow your gut time to adapt to the new intake.
- Skip juicing, as the fibre is removed when you juice fruits and vegetables. Opt for blending whole foods into smoothies instead.

Protein

Protein is the main building block for muscles, hormones, enzymes responsible for controlling your body's functions, and more. It's estimated the human body contains over two million proteins! Digested as amino acids, they are absorbed into your blood stream for your body to use to build large protein molecules. Of the 20 amino acids, nine are essential, meaning your body can't adequately produce them. Instead, they come from your diet. Good sources of protein are lean meats, legumes, eggs, dairy, and soy. Protein is also found in vegetables, nuts, seeds, and whole grains. Not all protein from these sources is complete (containing all 20 amino acids), so it's important to eat protein from a variety of sources.

Fats

Fats are essential to support healthy cells, build hormones, absorb fat-soluble vitamins (A, D, E and K) from your diet, protect your nerves, and provide energy. In a ketogenic diet, fat is the primary source of energy for the body. There are three main types of fat: saturated, unsaturated, and trans. The type of fat you eat makes a big difference in a healthy diet. A general rule is to eat 90 per cent unsaturated fat and 10 per cent saturated fat. Avoid trans fat, as it both raises "bad" LDL cholesterol and lowers "good" HDL cholesterol, which can increase your risk of heart disease. Trans fats are labeled as "partially hydrogenated" and are found in many prepackaged snack foods, baked goods, and fast food—another good reason to consume a whole-food diet.

Monounsaturated and polyunsaturated fats are mainly found in plants. Because of their structure, they are liquid at room temperature (a great way to tell if a fat is unsaturated or saturated) and are considered the most healthy for their beneficial effects on heart health. You are likely familiar with omega-3 and omega-6 fatty acids. Your body can't make these polyunsaturated fats, so you must get them from your diet. Good sources of unsaturated fats are fatty fish (like salmon), avocados, nuts, and seeds.

Saturated fats are mainly found in animal products, such as meat and dairy, including red meat, lamb, pork, lard, cream, butter, and cheese. They are generally solid at room temperature. Some are found in plant-based oils, such as coconut, palm, and palm kernel oil. Saturated fat can increase the amount of “bad” LDL cholesterol, which can increase your risk of heart disease.

Plant Powered

Everyone's dietary recommendations are different. If you fill up on plenty of gut-loving plant foods, you don't need to fixate on number crunching.



Micronutrients

Micronutrients are vitamins and minerals. Your body requires them in very small amounts—generally micrograms and milligrams—as compared to macronutrients, which are usually measured in grams. They don't count toward your energy needs, but are essential to body function. For example, magnesium plays a role in over 300 of your body's metabolic processes.

Micronutrients are so important for good health that government health agencies have set recommended daily allowances. Review your local government's website for more information.



Calories

Your body is powered by energy from the food and beverages you consume, and this energy is measured in calories.

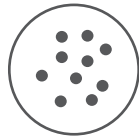
Is counting calories necessary? You may hear about athletes who choose to calculate their caloric needs and track their calories daily—their nutrition is vital to optimal performance.

However, for many people counting calories is not necessary, too time consuming, and can risk ruining your relationship with food. It's also not as simple as "calories in, calories out" when it comes to health and weight management—you don't actually absorb all the calories from your food, particularly when it comes to whole plant foods, like nuts.

Simply eat good quality, nutrient-dense foods in the portion that's right for you. Read more about this below in "Portions."

The amount of calories your body needs is affected by gender, height, weight, age, and physical activity level. National health agencies set a standard for daily caloric intake—generally 2,000 calories for women and 2,500 calories for men. These are good estimates for younger, active people at a healthy weight. Determine your own calorie needs by calculating your basal metabolic rate (BMR), the minimum number of calories your body needs to function properly at rest. There are many BMR calculators available online. Look for one that takes into account your activity level for a more accurate estimation. Keep in mind, metabolism does not vary much, so your daily activity is key to maintaining an accurate number.

Instead of fixating on calories, opt for plenty of whole, plant-based foods to stay satisfied longer. You'll also be less likely to overdo it on those nutrient-poor, calorie-dense foods.



Nutrient Density

People tend to need fewer calories as they age, so it's important to make the most of every food you consume. Choose nutrient-dense foods, which provide more protein, fibre, vitamins, minerals, and phytonutrients for the calories consumed. Simple switches can really add up. For example, a slice of white bread and a slice of whole grain bread have roughly the same number of calories. However, the slice of whole grain bread has nearly twice the fibre and protein as the white bread, plus more minerals.



Phytonutrients

Phytonutrients are beneficial compounds produced by plants. They are found in all plant foods: fruits, vegetables, whole grains, legumes, nuts, seeds, and herbs and spices. Common phytonutrients are anthocyanidins, catechins, carotenoids, flavones, isoflavones, and allyl sulfides. Researchers have identified over 5,000 different phytochemicals, many with antioxidant powers—and many more are still to be discovered!

Recommended daily allowances for phytonutrients are not established, but eating a variety of plant foods will ensure you have diverse phytonutrients in your diet. Start adding plant diversity to your meals with smaller goals, such as picking your favourite plant foods from each group—fruits, vegetables, whole grains, legumes, nuts, seeds, and herbs and spices—and committing to eat one extra serving per day. Increase your servings to nine or more per day, and experiment with a new plant food each week.



Glycemic Index

Carbohydrates are digested at different rates. Some are digested slowly, allowing your blood sugar to rise steadily. Some are digested more quickly, causing your blood sugar to raise rapidly. The glycemic index (GI) is a measurement of how quickly your blood sugar rises after eating a carbohydrate-containing food, as compared to pure glucose. Foods are ranked on a scale of 0–100, where pure glucose is 100. The lower a food sits on the index, the slower your blood sugar raises after eating. Avoiding spikes in blood sugar is desirable for health benefits and to avoid the inevitable crash in energy following a sugar rush.

Foods are ranked according to this scale:

Low GI: 0–49

Medium GI: 50–69

High GI: 70–100

When choosing what to eat, remember whole, plant-based foods contain plenty of fibre for an overall low GI.

High-GI foods aren't necessarily bad for you. It depends on how many grams of carbohydrates a food contains and whether other macronutrients are also present. Some ice creams have a lower GI than a baked potato, but the baked potato is a healthier option because of its beneficial fibre and micronutrients.

There are several ways to slow the absorption of glucose into the blood, including eating low-glycemic foods. Another is to pair high-glycemic foods with protein, fat, and fibre. These macronutrients slow the rise in blood sugar. Many cultures have dietary patterns that intuitively do this, such as combining rice with beans.



Healthy Hydration

Up to 60 per cent of the adult human body is water. Every bodily function relies on hydration. Fibre needs water to work through digestion. It's no understatement to say drinking water is key to survival.

It's easy to forget to drink enough water when you're busy. By the time you feel thirsty, you may already be mildly dehydrated. Here are some tips to help stay hydrated:

- Drink primarily water. Soda, juice, and some sports drinks are high in added sugar. Infuse fruits and veggies in your water for a delicious flavor boost.
- Aim for at least eight full glasses of water each day. Drink more if you are exercising heavily or spending time outdoors.
- Carry around a reusable water bottle to always have H₂O handy.
- Eat hydrating fruits and veggies—apples, grapes, melons, cucumbers, and lettuce—they are full of nutrients and water.



Portions Guide

You do not need to count calories or track macronutrients to have a healthy, nutritious diet. Simply mix in a good balance of nutrient-dense foods to provide the nutrition your body needs. To find the right ratio, you can quickly measure out your meals using your hand as a guide—no scale or portion containers needed. Hands are proportional: a larger person tends to have larger hands and requires larger portions, while a smaller person tends to have smaller hands and need smaller portions.

A Handy Portion Guide



Clenched fist:
whole grains



Palm:
lean proteins,
fruits



Cupped hand:
nuts



2 handfuls:
vegetables



Whole thumb:
healthy fats



Tip of thumb:
healthy oils

Set Your Plate

What does a healthy meal look like on your plate?

beverages

Drink eight glasses of water, plus other unsweetened beverages



dairy

Yogurt, kefir, and cheese (preferably fermented)



vegetables

Eat a variety of vegetables of every colour, preferably fresh or frozen

lean protein

Fish, poultry, and legumes

whole grains

Oats, quinoa, brown rice, whole-grain bread, and pasta

fruits

Eat a variety of colourful fruits, preferably fresh or frozen (without added sugar)

healthy fats

Nuts, nut butters, seeds, and olive oil



herbs and spices

Add plenty of fresh and dried herbs and spices to delight your tastebuds



Prepare for Social Eating

In many cultures, food is central to social interactions. Prepare for any gathering by planning ahead. Drink a full glass of water before eating to prime your stomach to send fullness signals. When dining out, review the restaurant's menu ahead of time to decide your order, and add a side of vegetables. For special celebrations, enjoy your favourite dish, but take note of your fullness cues. Make a conscious effort to stop eating when you're satisfied and take any leftovers home. If you're dining at home, stick to approximate serving sizes. It's okay to treat yourself sometimes, so Savour a delightful bite with friends,



Gut Health

Your digestive system is home to trillions of microorganisms that make up your gut microbiome, the miniature rainforest full of friendly bacteria that lives in your belly and beyond. It may seem odd, but these organisms form a symbiotic relationship with your own cells, and are key to supporting many areas of health. Even your thoughts and emotions are affected by your stomach—fascinating research connects the mind and microbiome in what’s known as the “gut-brain axis.”

Just like you, gut bacteria thrive when you provide your body with the right nutrients. A balanced belly and properly nourished digestive system are core elements of a healthy life. No nutrient positively impacts gut health as much as fibre, commonly found in a wide variety of plant foods. The following quiz will help you measure the fibre intake of your current diet.

After the assessment, read on to discover delicious ways you can increase plant diversity in your own diet, address occasional bloating, and set your stomach on the right track with the seven-day, plant-packed meal plan.

How Diverse is Your Gut Microbiome?

When completing the following questions, select the answer that best reflects a typical day from the past month.

1. How many servings of fruit do you typically eat in a day?
(1 serving = 1 medium piece, 2 small pieces, 1 diced cup, or 30 g of dried fruit)

None	1 serving	2 servings	3 servings	4 or more servings
<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Points	Points	Points	Points	Points
2. How many servings of vegetables do you typically eat in a day?
(1 serving = 60 cooked grams or 120 g of leafy vegetables)

None	1-2 servings	3-4 servings	5-6 servings	7 or more servings
<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
3. How many servings of nuts or seeds do you typically eat in week?
(1 serving = 30 g of nuts or 1 tablespoon of seeds)

None	1-3 servings	4-6 servings	7 or more servings
<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
4. How often do you eat legumes (such as lentils, chickpeas, beans, and split peas) in a week?

None	1 day	2-3 days	4-5 days	6-7 days
<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
5. How often do you eat a high-fibre cereal (such as oats and bran) each week?

Never	1 day	2-3 days	4-5 days	6-7 days
<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
6. How often do you choose whole grains over white flour (such as whole grain pasta or crackers, brown or wild rice, or wholemeal bread)?

None	Rarely	Sometimes	Often	Always
<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
7. How often do you eat other whole grains (such as quinoa, buckwheat, and freekeh) not listed above?

None	1 day	2-3 days	4-5 days	6-7 days
<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4

Add up your points from questions 1-7 and record your score: _____ points

0

Poor

How does your fibre intake add up?



28

Very good



Eat the Rainbow

The phytonutrients found in fruits and vegetables are responsible for their vibrant variety of colours. They also contain vitamins, minerals, and fibre—most are quite nutrient dense and low in calories. To increase phytonutrients in your diet, practice eating the rainbow.

Pro tip:

If you are picky when it comes to fruits and vegetables, simply select your favourites from each colour and incorporate them in meals and snacks. Another great way to add more greens is to blend them into smoothies. And have fun experimenting with different ways of preparing vegetables—steaming, roasting, and stir-frying. Try new herbs and spices for flavor.

Eat More Colour / Your Colourful Eating Guide

Red Pink	<div> <div>Beets Cherries Cranberries Pink grapefruit Pomegranate</div> <div> Radicchio Red radishes Red apples Red grapes Red peppers </div> <div> Red potatoes Rhubarb Strawberries Tomatoes Watermelon </div> </div>				
Green	<div> <div> Artichoke Asparagus Avocado Bok choy Broccoli Brussels sprouts Celery </div> <div> Collard greens Cucumbers Green beans Green cabbage Green </div> <div> grapes Green onions Green peppers Kale Kiwi Leeks </div> <div> Limes Mustard greens Okra Pears Peas Romaine lettuce </div> <div> Snow peas Spinach Sugar snap peas Watercress Zucchini </div> </div>				
Blue Purple	<div> <div>Blackberries Blueberries Black currants Dates</div> <div> Eggplant Grapes Plums </div> <div> Prunes Purple figs Raisins </div> </div>				
Orange Yellow	<div> <div> Acorn squash Butternut squash Apricots Cantaloupe Carrot </div> <div> Corn Grapefruit Lemon Mango Nectarine Oranges </div> <div> Orange peppers Papaya Peaches Pineapple Pumpkin </div> <div> Summer squash Sweet potato Tangerines Yam </div> <div> Yellow apples Yellow peppers Yellow squash </div> </div>				
White	<div> <div> Bananas Cauliflower Garlic </div> <div> Jerusalem artichokes Mushrooms Onions </div> <div> Potatoes Parsnips Shallots </div> </div>				



Tips for Plant-Based Eating

Generally speaking, when it comes to plant-based, whole foods in your diet, it's a good idea to include: two servings of fruit, five servings of vegetables, three servings of whole grains, and one to two servings of legumes, nuts, or seeds per day.

This ensures adequate fibre intake to nourish your gut microbiome. Tracking your “plant points” is a fun way to reach your goal. Aim for at least 30 plant points per week. Each serving of a plant food equals a full (1) point, and herbs and spices earn $\frac{1}{4}$ point each. The recipes at the end of this guide include plant point totals—you'll see how quickly they can add up.



Tips for Occasional Constipation

If you suffer from constipation, rest assured there are many ways to help get your tract back on track. Managing regularity isn't a one-size-fits-all approach, so pinpoint which common constipation culprits apply to you to find the right solution.

Common Causes of Constipation

- **Low levels of physical activity**
may decrease the stimulation of gut muscles.
- **Feeling stressed and anxious**
can disrupt gut-brain communication.
- **Sharing the house without any alone time**
could lead to pooping anxiety.
- **Changing your eating and sleeping routine**
may confuse your bowels.
- **Taking new medications and supplements**
might impact your bowels.
- **Eating a low-fibre diet**
lessens the bulk for your poop.
- **Not drinking enough water**
reduces the effectiveness of fibre

Tips to Combat Constipation

- **Embrace exercise.**

Power walking, particularly in the morning, is shown to help stimulate your bowels. Engage in moderate motion for at least 30 minutes most days.

- **Pick up prunes or green kiwi fruit.**

Studies show 100 g of prunes or two kiwis per day can help as a natural remedy for constipation. Start at a half portion for the first week to give your gut time to adjust to the extra stimulation.

- **Make time for mindfulness.**

Just 15 minutes a day of meditation can help to combat stress and rewire the gut-brain axis.

- **Fill up on fibre.**

Aim for 30 g of fibre per day—two pieces of fruit, five portions of vegetables, three portions of whole grains, or one to two portions from nuts, seeds, or legumes. Whole grain fibre can help add bulk to poop, giving your gut muscles more to work with.

- **Don't ignore the urge.**
When you hold it in, more water is absorbed, resulting in a hard and dry poop that can be difficult for your gut to push out. When you get the urge, go.
- **Sprinkle some seeds.**
Add flaxseed to your breakfast, starting with 3 g a day, along with an extra 75 mL of water. This can help soften hard poops and normalize pooping consistency.
- **Try a bowel massage.**
Ten minutes a day following a specific pattern can really help, and it's easy to practice yourself.
- **Practice your pooping position.**
Find the right position for a smooth departure. Emulate a squatting position with a shoe box or short stool under your feet.



Beat the Bloat

Bloating is a common gut symptom, and it can be distressing if you don't know the cause. Occasional bloating is totally normal—especially after a big meal or extra fibre. In fact, a bit of bloating after a high-fibre meal is a good thing. It's a sign of well-fed gut microbes, including good bacteria, performing their usual functions.

If you suffer from bloating throughout the day, simple lifestyle and diet tweaks can help.

Tips to Relieve Bloat

- **Chew your food.** Take time to thoroughly chew your food, aiming for between 10-20 chews per mouthful.
- **Opt for smaller portions.** Eat four or five meals spread across the day.
- **Give it a stretch.** Gentle stretching, abdominal massage, and heat packs can help release trapped gas.
- **Avoid tight clothing.** This might sound a little odd, but “tight pants syndrome” is a thing.
- **Try peppermint oil capsules.** Peppermint oil has been shown to relax your gut muscles, and it may help relieve bloating triggered by trapped gas.
- **Don't hold it in.** Gas is better out than in. Go for a walk outside and “deflate.”
- **Read the labels.** Avoid added polyols such as mannitol, isomalt, xylitol, sorbitol, and maltitol, which are common in sugar-free foods, including chewing gum.

If you don't find relief from your bloating, check in with your trusted doctor to rule out any underlying issues.



7-Day Meal Plan

These recipes pack in lots of gut-loving fibre and plenty of plant points across the week from a variety of sources. Stick to the plan, and you'll easily reach your daily fibre and plant diversity goals. Feel free to mix and match, meal prep, and refrigerate a few of your favourites, or use these dishes as a guide to create your own plan.

However you choose to use this meal plan, a little effort can go a long way to nourish you and your gut microbes.

	Breakfast	Snack	Lunch	Snack	Dinner
MONDAY	Strawberry and Coconut Porridge	Creamy Artichoke Dip and Pita Chips	Gut Goodness Bowl	Spiced Chickpeas	Mackerel with Potato Salad
TUESDAY	Smashed Avocado and Mushroom Toast	Nut Butter-filled Dates	Tortilla Egg Cup	Kale Crisps	Butternut Squash and Chickpea Curry
WEDNESDAY	Very Berry Overnight Oats	Hummus and Crudités	Quick and Easy Lentil Soup	Live Yoghurt and Fruit	Middle Eastern Traybake
THURSDAY	Eggs on the Run	Edamame Beans	Plant-Powered Pasta	Choco Hazelnut Balls	Lentil and Eggplant Ragu
FRIDAY	Mango and Oat Smoothie	Harissa Red Pepper Dip	Scrambled Tofu	Apple and Nut Butter Slices	Black Bean and Sweet Potato Chili
SATURDAY	Butternut Pancakes	Super Smoothie	Moroccan Falafel Wrap	Creamy Artichoke Dip & Rye Crackers	Veggie Burgers
SUNDAY	Homemade Baked Beans	Loaded Chocolate Bark	Very Veggie Frittata	Banana Pops	Stir-Fry Salmon and Soba Noodles



Plant points:

An easy way to measure the plant value of different plant-based foods (1 point = 1 portion, and herbs and spices are worth $\frac{1}{4}$ points per serving).

Plant Points Planner

All of the plant points packed into a 7-day meal plan. Remember, you don't need to purchase each ingredient separately. Buy in bulk—tins of mixed beans, packs of mixed nuts and seeds, mixed herbs, packs of ready-made mixed grains, stir-fry veggies, and frozen or fresh variety packs of whole or sliced fruits and vegetables.

Herbs and spices all earn $\frac{1}{4}$ plant point each per serving. Popular ones include basil, chives, chili powder, cinnamon, coriander, cumin, curry powder, garam masala, ginger, mint, mustard seed, oregano, parsley, smoked paprika, and turmeric.

Meal Plan Shopping List

Fresh Vegetables

Bean sprouts
Bell pepper—green
Bell pepper—red
Bell pepper—yellow
Broccoli
Brussels sprouts
Butternut squash
Cabbage
Carrot
Celery
Cherry tomatoes
Chili (red, green)
Cucumber
Eggplant (aubergine)
Garlic
Kale
Mixed greens
Mushrooms
New potatoes
Onion (red, white)
Peas
Pomegranate seeds
Radish
Salad leaves
Spinach
Spring onion
Sweet corn
Sweet potato
Tomatoes
Sun dried tomatoes
Zucchini (courgette)

Meat/Fish/Eggs

Chicken breasts
Eggs
Salmon fillets
Smoked salmon slices
Smoked mackerel fillet

Fresh Fruits

Apple
Avocado
Bananas
Blackberries
Blueberries
Lime
Lemon
Mango
Medjool dates
Olives (black)
Oranges
Raspberries
Pomegranate
Strawberries

Dried Fruits

Coconut flakes
Dried apricots
Dried figs

Dairy and Alternatives

Feta cheese
Greek yogurt, plain
Keifer
Milk of choice
Parmesan cheese

Oils

Extra virgin olive oil
Toasted sesame oil

Canned/Jarred Goods

Sun-dried tomatoes
Pickled cabbage
Diced tomatoes
Coconut milk
Tomato puree
Artichoke hearts
Roasted peppers
Harissa

Whole Grains

Brown rice
Quinoa
Rolled oats
Spelt flour
Soba noodles
Wheat berries
Whole grain bread
Whole grain sourdough
Whole grain pasta
Whole grain wraps

Legumes

Adzuki beans
Butter beans
Black-eyed beans
Cannellini beans
Chickpeas
Haricot beans
Hummus
Lentils
Pinto beans
Red kidney beans
Tofu

Miscellaneous

Vanilla extract
Baking powder
Balsamic vinegar
Low-salt vegetable stock
Lemon juice
Whole wheat flour
Hummus
Dijon mustard
Soy sauce (low sodium)
Milk chocolate
Dark chocolate (70 per cent or darker)
Cocoa powder
Vinegar of choice

Nutritional yeast
Honey

Nuts

Almonds
Cashews
Hazelnuts
Peanuts
Pine nuts
Walnuts
Nut butter of choice

Seeds

Chia seeds
Flaxseed
Pumpkin seeds
Sesame seeds
Sunflower seeds
Tahini

Herbs and Spices

Basil
Chives
Chili flakes
Cinnamon
Coriander
Cumin
Cumin seeds
Curry powder
Garam masala
Garlic powder
Ginger
Mint
Mustard seeds
Oregano
Parsley
Smoked paprika
Turmeric



Breakfast



Breakfast

(serves one unless otherwise specified)

Recipes

Strawberry and Coconut Porridge

5 plant points

Ingredients

40 g rolled oats
150 mL milk
1.25 mL vanilla extract
30 g live yogurt
10 g chia seeds
50 g sliced strawberries
8 g coconut flakes
10.5 g dried figs

Instructions

1. Combine oats and milk in a bowl and cook for 1-2 minutes in the microwave or in a pan on the stove.
2. When cooked, stir in the vanilla extract, live yogurt, and chia seeds.
3. Top with strawberries, coconut flakes, and dried figs to serve.

Smashed Avocado and Mushroom Toast

6 plant points

Ingredients

½ avocado
1 garlic clove, crushed
Juice of ½ lime
Pinch of salt and pepper
15 mL extra virgin olive oil
80 g mushrooms, sliced
1 handful kale
1 slice wholegrain sourdough
½ spring onion, sliced
Chili flakes, to taste

Instructions

1. First, prepare the avocado. Slice the avocado in its skin, then spoon it into a bowl.
2. Add garlic, lime, salt, and pepper, then mash together with a fork.
3. Add olive oil to a frying pan on medium heat and sauté mushrooms for approx. five minutes, until cooked.
4. Add kale and cook for another five minutes, until soft.
5. Toast sourdough, then spread with the smashed avocado and top with mushroom and kale mix.
6. Garnish with spring onion and chili flakes to serve.

Breakfast

(serves one unless otherwise specified)

Recipes

Very Berry Overnight Oats

7 plant points

(prepare the night before eating)

Ingredients

80 g jumbo oats
40 g mixed berries (three types, e.g.,
raspberries, blueberries, strawberries)
50 mL dairy kefir
200 mL milk of choice
15 g mixed seeds (three types, e.g.,
pumpkin, sesame, sunflower)

Instructions

1. Combine all ingredients in a jar or breakfast bowl and mix well.
2. Cover loosely with a lid and place in the fridge overnight (approx. eight hours).
3. In the morning, give it a stir. Breakfast is ready!

Eggs On The Run

5¼ plant points

Ingredients

2 large eggs
30 mL milk
3 g chives or other herb, chopped
6 cherry tomatoes, halved
15 g mixed seeds (three types, e.g.,
pumpkin, sesame, sunflower)
1 slice (50 g) smoked salmon
1 slice wholegrain bread, cut
into strips

Instructions

1. Crack eggs into a large mug or bowl and whisk.
2. Add milk, chives, and tomatoes. Mix together.
3. Cook on high in the microwave for two minutes, or in a pan on the stove, stirring halfway through.
4. Sprinkle on mixed seeds and serve with the salmon and bread strips.

Breakfast

(serves one unless otherwise specified)

Recipes

Mango and Oat Smoothie

6 plant points

Ingredients

½ mango
½ orange
½ banana
100 g live yogurt
15 g oats
15 g chia seeds
8 g coconut flakes, optional

Instructions

1. Add all ingredients to blender and blend until smooth.
2. Top with coconut flakes to serve, if desired.

Butternut Pancakes

6¼ plant points

(serves 2)

Ingredients

100 g butternut squash, cooked and cut into chunks
3 eggs
180 mL milk
40 g oats
3 g flaxseed
50 g butter beans
2 g baking powder
2 g cinnamon
15 mL extra virgin olive oil
15 g live yogurt
15 g nut butter (e.g. almond butter, aim for varieties with 100 per cent nuts)
50 g walnuts

Instructions

1. Add the squash, eggs, milk, oats, butter beans, flaxseed, baking powder, and cinnamon to a blender. Mix well until combined and smooth.
2. Heat the olive oil in a non-stick frying pan over low-medium heat.
3. Pour half the batter into pan and cook for three minutes or so, until it can flip easily.
4. Flip and cook on other side for 1–2 minutes. Repeat for second half of the batter.
5. Serve with yogurt, nut butter, and walnuts.

Breakfast

(serves 2–3)

Recipes

Homemade Baked Beans

8½ plant points

Ingredients

15 mL extra virgin olive oil
1 onion, finely chopped
2 garlic cloves, crushed
4 g smoked paprika
2 g garam masala
250 mL passata
4 sundried tomatoes, chopped
400 g canned mixed beans (e.g., black-eyed beans, pinto beans, haricot beans, red kidney beans), drained and rinsed
40 g black olives
40 g spinach leaves
5 mL balsamic vinegar
Pinch of salt and pepper
2–3 slices wholegrain or sourdough bread
1 egg, optional
30 g live yogurt, optional

Instructions

1. Heat oil in a non-stick pan over medium heat. Add the onion and sauté for a few minutes, until slightly transparent. Add garlic and spices and cook for an additional two minutes.
2. Stir in passata and sundried tomatoes and simmer over low heat for 10 minutes.
3. Add beans and olives and cook for an additional 10 minutes.
4. Stir in the spinach, balsamic vinegar and seasoning. Let simmer for a few more minutes.
5. Serve with wholegrain toast and an egg or yogurt, if desired.





Lunch

Lunch

(serves one unless otherwise specified)

Recipes

Gut Goodness Bowl

6½ plant points

Ingredients

80 g quinoa
134 g kale
82 g sweet corn
20 g pickled cabbage
½ spring onion, chopped
¼ avocado
80 g cooked chicken breast
Dressing:
8 mL extra virgin olive oil
2.5 mL fresh lime juice
1 g ground cumin
1.5 g garlic powder
Small pinch of salt and pepper

Instructions

1. Cook quinoa in a pan of boiling water according to packet instructions (or use pre-cooked quinoa).
2. Steam kale over the quinoa pan for five minutes.
3. Make the dressing in a small bowl by mixing dressing ingredients together well.
4. Combine quinoa, kale, and remaining ingredients in a bowl. Top with dressing and serve.

Tortilla Egg Cup

8½ plant points

Top Tip: use up Homemade Baked Beans leftovers

Ingredients

1 mini wholegrain wrap
50 g Homemade Baked Beans (see recipe above)
1 egg
10 g feta cheese

Instructions

1. Preheat the oven to 350 °F.
2. Line a ramekin or mug with the wholegrain wrap, as you would a muffin case.
3. Spoon in Homemade Baked Beans, making a well in the middle.
4. Crack egg into well and bake for 5–10 minutes, until egg white is set but yolk is still runny (longer if you want it more done).
5. Crumble on feta cheese and serve.

Lunch

(serves one unless otherwise specified)

Recipes

Quick and Easy Lentil Soup

8 plant points

Ingredients

5 mL extra virgin olive oil
1 small onion, finely chopped
1 carrot, finely chopped
1 celery stalk, finely chopped
½ red pepper, finely chopped
1 garlic clove, crushed
.5 g fresh ginger
6 g. ground cumin
1 g ground coriander
1 g ground turmeric
Salt and pepper
55 g cooked lentils
200 g canned chopped tomatoes
150 mL low sodium vegetable stock

Instructions

1. Heat olive over medium heat and sauté the onion, carrot, celery, red pepper and garlic for five minutes.
2. Stir in ginger, spices, and seasoning and sauté for another 1–2 minutes.
3. Add lentils, tomatoes, and stock, stirring well, and cook for five minutes.
4. When vegetables are soft and soup has thickened, serve. Add extra hot water to desired consistency.

Plant-Powered Pesto Pasta

8½ plant points

Ingredients

80 g whole grain pasta
1 zucchini (courgette)
6 Brussels sprouts, halved
80 g cannellini beans, drained and rinsed
75 g cherry tomatoes
Handful of walnuts
6 g shaved parmesan
Pesto:
8 mL extra virgin olive oil
5 mL lemon juice
8 g pine nuts
4 basil leaves
1 garlic clove
Pinch of salt and pepper

Instructions

1. Cook pasta in boiling water according to packet instructions.
2. Cut the zucchini into thin ribbons (use a peeler).
3. Make the pesto by combining the pesto ingredients in a blender and blending until smooth.
4. 2–3 minutes before the pasta is finished cooking, add the zucchini ribbons, Brussels sprouts, and beans to the boiling water and cook until softened.
5. Drain pasta, vegetables, and beans, and place in a bowl.
6. Add tomatoes, walnuts, shaved parmesan, and pesto. Mix until fully coated.

Lunch

(serves 4)

Recipes

Moroccan Falafel Wrap

13 plant points

Top Tip: freeze leftovers for another busy week

Ingredients

½ large sweet potato, cut into chunks
400 g canned chickpeas, drained and rinsed
200 g canned mixed beans (3 types e.g., black-eyed beans, pinto beans, haricot beans, red kidney beans)
2 garlic cloves, chopped
½ onion, chopped
8 g whole wheat flour
Juice of 1 lemon
4 g. ground cumin
4 g ground coriander
2 g paprika
Pinch of salt and pepper
9 g sesame seeds
To serve:
60 g hummus
8 cherry tomatoes
1 avocado
2 large handfuls of spinach
4 wholegrain wraps

Instructions

1. Preheat the oven to 350 °F.
2. Place the sweet potato and a splash of water into a microwave-safe bowl and cook on high for 5–6 minutes, or cook through in a pan on the stove, then leave to cool.
3. Add sweet potato, chickpeas, beans, garlic, onion, flour, lemon juice, spices, and seasoning to a blender and pulse until broken down but still coarse.
4. Chill the mixture in the fridge for 30 minutes, or more.
5. Divide the mixture into 12–16 falafel balls.
6. Sprinkle sesame seeds onto a plate and turn the falafel balls around on the seeds to coat.
7. Place on a baking tray and bake for 15 minutes, turning halfway through.
8. Build your wrap, layering the hummus, falafel, tomatoes, avocado, and spinach inside the wrap.
6. Sprinkle sesame seeds onto a plate and turn the falafel balls around on the seeds to coat.
7. Place on a baking tray and bake for 15 minutes, turning halfway through.
8. Build your wrap, layering the hummus, falafel, tomatoes, avocado, and spinach inside the wrap.

Lunch

(serves one unless otherwise specified)

Recipes

Scrambled Tofu

6 plant points

(serves 4)

Ingredients

400 g firm tofu
15 mL extra virgin olive oil
½ red pepper, sliced
2 spring onions, sliced
Pinch of salt and pepper
3 g ground turmeric
2 g mild curry powder
5 mL vinegar of choice
15 mL lemon juice
100 g baby spinach
Flat leaf parsley, chopped
2 slices of whole grain or
sourdough bread

Instructions

1. Drain tofu and place in a shallow bowl with a plate on top, weighed down with two food tins or other weight. Set aside for 15 minutes. Drain off any excess liquid.
2. Heat oil in a pan. Add red pepper and cook for 4–5 minutes.
3. Next, add the spring onion, salt, and pepper. When the spring onion begins to soften, crumble in the tofu.”
4. Add the curry powder, vinegar, and lemon juice. Stir to coat.
5. Season to taste and cook for another 5–10 minutes.
6. Toss in the spinach and allow it to wilt.
7. Garnish with freshly chopped flat parsley, and serve with toasted whole grain bread or sourdough.

Lunch

(serves 2–3)

Recipes

Very Veggie Frittata

6¼ plant points

(make on Sunday for lunch during the week)

Ingredients

15 mL extra virgin olive oil
1 onion, finely chopped
1 garlic clove, crushed
1 red pepper, chopped
1 carrot, grated
½ head of broccoli, chopped
73 g peas
6 eggs
15 mL milk
1 g dried oregano
Pinch of salt and pepper
35 g feta cheese
Mixed salad leaves, to serve

Instructions

1. Preheat the oven to 340 °F .
2. Heat the olive oil in a hob and oven-friendly pan.
3. Add onion and garlic and sauté for 5 minutes.
4. Add the pepper, carrot, and broccoli and cook for another two minutes. Stir in the peas.
5. While the vegetables are cooking, whisk together eggs, milk, oregano, and seasoning in a mixing bowl.
6. Pour the eggs over the vegetables, giving it a quick stir to evenly spread the mixture across the pan.
7. Sprinkle the feta cheese on top and gently press down.
8. Bake for approx. 25–30 minutes, or until cooked through.
9. Leave to cool in the pan for a few minutes, then remove and cut into slices.
10. Serve with mixed salad leaves.







Dinner

Dinner

(serves one unless otherwise specified)

Recipes

Butternut Squash and Chickpea Curry

7½ plant points

(serves 4)

Ingredients

30 mL extra virgin olive oil
2 g cumin seeds
4.5 g brown mustard seeds
1 onion, diced
3 g turmeric
2 garlic cloves, crushed
1 green chili, finely chopped
2 cm piece of ginger, finely chopped
4 g ground coriander
1 butternut squash, peeled and diced
400 g chopped tomatoes
200 mL water
400 mL can coconut milk
1 can chickpeas
200 g spinach leaves, roughly chopped
Handful of fresh coriander
Pinch of salt
Lemon juice to taste

To serve

Cooked brown rice or whole meal flat breads

Instructions

1. Heat olive oil in a large pan or casserole pot over medium heat.
2. Add the cumin and mustard seeds and allow to pop for two minutes.
3. Add the onion and sauté until softened, about five minutes.
4. Add the turmeric, garlic, chili, ginger, and coriander. Stir for another minute.
5. Add the butternut squash, tomatoes, and water. Bring to a boil. Lower the heat, and simmer for 30 minutes.
6. Add the coconut milk, chickpeas, and spinach leaves. Cook for another few minutes until spinach is wilted.
7. Stir in the fresh coriander and season with a pinch of salt and lemon juice, to taste.
8. Serve with the cooked brown rice or whole meal flat breads.

Recipes

Black Bean and Sweet Potato Chili

8½ plant points

Ingredients

450 g sweet potato, peeled and cut into cubes
30 mL extra virgin olive oil
2 g cinnamon
Pinch of salt and pepper
1 onion, diced
2 garlic cloves, crushed
7 g paprika
2 g dried oregano
2 g cumin
3 g chilli powder
28 g tomato paste
2 large chopped tomatoes (400 g)
150 g dried lentils
1 can black beans

For the guacamole

2 avocados
Half a chili (optional)
1 small red onion
2 cloves of garlic
Salt and pepper, to taste

To serve

1 cup wheat berries or other whole grain (cooked as per instructions)

Instructions

1. Cook wheat berries according to packet instructions.
2. Preheat oven to 390 °F.
3. Spread sweet potato evenly on a baking tray. Drizzle with olive oil, and top with cinnamon and a pinch of salt.
4. Roast in the oven for 25 minutes.
5. Add olive oil to a large pan on medium heat. Add the onion and garlic and allow to soften for a few minutes.
6. Add the spices. Stir well and cook for two minutes. Then, add tomato paste and stir well.
7. Add the black beans and canned tomatoes and simmer for 5-10 minutes.
8. When the sweet potatoes are cooked, remove from the oven and add to the pan. Simmer for five minutes.
9. For the guacamole: Mash the avocado and add to a bowl with the chilli, onion, garlic, and salt and pepper. Mix thoroughly.
10. Serve the chilli, wheat berries, and guacamole together in a bowl.

Recipes

Veggie Burgers

9 plant points

(prep the day before and leave in the fridge overnight)

Ingredients

1 cup sweet potato, peeled and cut
150 g sweet potato, peeled and cut
into chunks
100 g quinoa
75 g mushrooms, diced
1 can black beans, drained and rinsed
1 can aduki beans, drained and rinsed
1 red chili, diced
75 g red onion, diced
2 garlic cloves, crushed
30 mL extra virgin olive oil
2 g paprika
.5 g oregano
30 mL soy sauce
Handful of fresh coriander, chopped
3 g spelt flour
100 g oats

To serve

Burger buns
Mayo
Rocket/salad leaves
Tomato, sliced
Avocado, sliced
Coleslaw
Sweet potato fries

Instructions

1. Place sweet potato chunks in a saucepan of boiling water over medium heat. Cook for 15 minutes (or until soft), then drain and put to one side.
2. Cook the quinoa according to packet instructions.
3. In a pan on a medium heat, add a drizzle of extra virgin olive oil along with the mushrooms. Sauté for a few minutes before putting to one side to cool.
4. Next, in a large bowl, mash half of the black and aduki beans into a paste.
5. Pour in the rest of the beans, along with the chili, onion, garlic, olive oil, paprika, oregano, soy sauce, cooked sweet potato, chopped coriander, cooked quinoa, spelt flour, and oats.
6. Combine thoroughly before shaping into 6 patties and placing on a lined baking tray.
7. Place tray in the fridge overnight, or for a minimum of one hour.
8. When ready to cook, preheat the oven to 350 °F.
9. Cook patties for 20 minutes on each side. If they seem dry on the outside, simply brush with some extra virgin olive oil.
10. Load burger buns with mayo, rocket/salad leaves, burger, tomato, avocado slices, and coleslaw.
11. Serve with sweet potato fries (if you like) and enjoy!

Dinner

(serves one unless otherwise specified)

Recipes

Stir Fry Salmon and Soba Noodles

9½ plant points

(serves 2)

Ingredients

1 garlic clove, crushed
15 mL toasted sesame oil
2 g ground ginger
2 salmon fillets
120 g uncooked soba noodles
30 mL extra virgin olive oil
150 g pack of mixed stir-fry vegetables
(or slice your own cabbage, carrots,
mushrooms, bean sprouts)
15 mL tamari or low sodium soy sauce
15 mL mixed seeds (3 types)

Instructions

1. Make the marinade by combining the garlic, sesame oil, and ginger in a bowl.
2. Add the salmon to the marinade, toss until fully coated, and leave to one side for 10 minutes.
3. Meanwhile, cook the soba noodles in boiling water according to packet instructions.
4. Heat 1 Tbsp. olive oil in a wok (or other pan) and cook the salmon for 2–3 minutes, turning in between. Remove and set aside.
5. Add 1 Tbsp. of olive oil to the pan, then add the mixed vegetables with half of the tamari and cook for five minutes, stirring frequently.
1. Add the soba noodles and mix thoroughly. Divide onto plates, and top with salmon and mixed seeds to serve.

Dinner

(serves one unless otherwise specified)

Recipes

New Potato and Smoked Mackerel Salad

5 ½ plant points

Ingredients

180 g new potatoes, halved
24 g peas
1 radish, sliced
45 g watercress or mixed salad leaves
½ spring onion, chopped
Small handful of basil, chopped
1 fillet (80 g) of smoked mackerel
For dressing:
7.5 mL extra virgin olive oil
7.5 mL lemon juice
1 mL Dijon mustard
Salt and pepper to taste

Instructions

1. Boil the potatoes for 15 minutes until tender. Add the peas for the last 45 seconds, if frozen. Drain and set aside to cool.
2. Mix the dressing ingredients together in a bowl.
3. Stir the potatoes, peas, radish, salad leaves, spring onion, and basil together.
4. Pour the dressing over vegetables and toss well.
5. Top with the smoked mackerel and serve.

Dinner

(serves one unless otherwise specified)

Recipes

Middle Eastern Traybake

9½ plant points

(serves 4)

Ingredients

1 green pepper, cut into chunks
1 yellow pepper, cut into chunks
1 eggplant (aubergine), cut into chunks
1 sweet potato, cut into small chunks
2 garlic cloves, peeled
30 mL extra virgin olive oil
Pinch of salt and pepper
200 g bulgur wheat
400 mL low sodium vegetable stock
Juice of 1 lemon
15 mL vinegar of choice
Handful of parsley and mint
8 g slivered almonds
60 g pomegranate seeds
20 g dried apricots
60 g live yogurt

Instructions

1. Preheat the oven to 350 °F.
2. Place the chopped peppers, eggplant, sweet potato, and garlic on a large baking tray. Drizzle with the olive oil and season. Bake for 20 minutes.
3. Add the bulgur wheat to the tray and gently stir it through the vegetables.
4. Pour the stock, lemon juice, and vinegar to tray and mix well.
5. Cover with foil and bake for an additional 15-20 minutes, until the bulgur wheat is fully cooked.
6. Top with the herbs, flaked almonds, dried apricots, pomegranate seeds, and yogurt to serve.



Snacks



Snacks

(serves one unless otherwise specified)

Recipes

Creamy Artichoke Dip

4 plant points

(serves 4)

Ingredients

160 g pre-cooked artichoke hearts from a jar
30 g fresh spinach
245 g live yogurt
120 g broad beans
1 garlic clove
Juice of half a lemon (60 mL)
15 mL extra virgin olive oil (or oil from the artichokes jar)
Salt and pepper to taste
Optional: 9 g nutritional yeast
Optional: 2.5 g dried parsley

Instructions

1. Simply add all of the ingredients to a blender and mix until smooth.
2. Serve with a rye crispbreads (no added sugar).

Nut Butter Filled Dates

2 plant points

Ingredients

2 Medjool dates
10 g nut butter of choice (e.g. peanut butter, aim for varieties with 100 per cent nuts)

Instructions

1. Split the dates, remove the stone and stuff with nut butter for an ultra-quick snack on the go.

Snacks
(serves one unless otherwise specified)

Recipes

Hummus and Crudités

6½ plant points
(serves 4)

Ingredients

400 g canned chickpeas
15 g tahini
50 mL extra virgin olive oil
Juice of ½ lemon
1 garlic clove
2 g paprika
Pinch of black pepper
To serve:
½ pepper
½ cucumber
½ carrot

Instructions

1. Combine all hummus ingredients together in a blender and mix until smooth.
2. Add water gradually to reach your desired level of smoothness.
3. Slice your vegetables into long strips and serve with hummus.

Harissa Red Pepper Dip

2½ plant points
(serves 4)

Ingredients

180 g hazelnuts, toasted
360 g jar of roasted peppers, drained
2 g cumin seeds
7 g honey, or sweetener of choice
5 g harissa
10 mL fresh lemon juice
3 g salt
Pinch of black pepper

Instructions

1. Using a blender, mix all the ingredients for about one minute until they form a smooth dip.
2. Serve with crudités, rye crackers, or whole grain pita.

Snacks

(serves one unless otherwise specified)

Recipes

Super Smoothie

4 plant points

Ingredients

140 g mixed berries (fresh or frozen, e.g., raspberries, blueberries, blackberries)
15 g spinach
240 mL oat milk
120 g ice

Instructions

1. Blend all ingredients and enjoy. Add a little more oat milk or water if too thick.

(serves 10)

Loaded Chocolate Bark

2 plant points

Ingredients

200 g good-quality white or milk chocolate
10 mL extra virgin olive oil
50 g dried apricots, diced
50 g almonds, crushed (or mixed seeds, if nut-free)
50 g good quality dark chocolate (70 per cent+ cocoa solids)

Instructions

1 Place white or milk chocolate in a bowl and melt in the microwave (approx. 40–60 seconds), stirring regularly.

2. Add extra virgin olive oil to the bowl, along with half the apricots and half of the almonds. Mix together.

3. Pour and thinly spread mixture onto a lined baking tray, then dot in the rest of the dried apricots and almonds. Place in the fridge for five minutes to set.

4. In a separate bowl, melt the dark chocolate in the microwave.

5. When the white (or milk) chocolate is set, use a fork to drizzle on thin lines of the dark chocolate with whipping movements.

6. Place in the fridge for 30 minutes until rock solid. Remove and break the bark into pieces.

Snacks

(serves one unless otherwise specified)

Recipes

Spiced Chickpeas

2 plant points

(serves 6-8)

Ingredients

400 g canned chickpeas, drained and rinsed
7 g paprika
6 g ground cumin
3 g chili powder (optional)
Juice of 1 lemon
15 mL extra virgin olive oil
Pinch of salt and pepper

Instructions

1. Preheat oven to 350 °F.
2. Once rinsed, dry chickpeas carefully and place onto a baking tray.
3. Mix the spices, lemon juice, olive oil, and seasoning together in a small bowl and pour over the chickpeas. Toss well to coat evenly.
4. Bake for 40–45 minutes, stirring half way through, until the chickpeas are nice and crunchy.

Kale Crisps

2 plant points

(serves 2)

Ingredients

1 large bunch of kale, rinsed and dried
15 mL extra virgin olive oil
9 g sesame seeds
Pinch of salt
Chili flakes (optional)

Instructions

1. Preheat oven to 350 °F and line a baking tray with baking paper.
2. Remove the kale leaves from their stems and tear into bite-sized pieces.
3. Drizzle the kale with olive oil and sprinkle with sesame seeds, salt, and chili flakes (if using).
4. Bake for 10–15 minutes, turning half way through, until starting to crisp up at the edges.

Snacks

(serves one unless otherwise specified)

Recipes

Live Yogurt with Fruit

2 plant points

Ingredients

60 g live yogurt
80 g fresh fruit of choice
8 g pumpkin seeds

Instructions

1. Add to a bowl and enjoy.

Choco Hazelnut Balls

4 plant points

(makes 12)

Ingredients

6 Medjool dates, stones removed
65 g hazelnuts (OR if nut-free, replace with more rolled oats)
23 g rolled oats
14 g ground flaxseed
25 g cocoa powder

Instructions

1. Blend dates, hazelnuts, and oats in a food processor until roughly blended.
2. Add flaxseed and cocoa powder, then blend again. The mixture should be just moist enough to roll (if too wet, add an extra sprinkle of oats).
3. Divide the mixture into 12 equal parts and roll into balls.
4. Place balls on a nonstick baking pan and place in the fridge to firm up for at least two hours.
5. Enjoy immediately after removing from fridge.

Snacks

(serves one unless otherwise specified)

Recipes

Apple and Nut Butter Slices

2 plant points

Ingredients

1 apple, sliced
1 Tbsp. nut butter (such as cashew butter—aim for a variety with 100 per cent nuts)

Instructions

1. Simply spread a thin layer of nut butter on each apple slice.

Banana Pops

3 plant points

(serves 3)

Ingredients

3 large bananas
6 popsicle sticks
100 g dark chocolate, roughly chopped
50 g roasted hazelnuts, finely chopped
11 g desiccated coconut

Instructions

1. Peel and cut bananas in half widthways and Insert a popsicle stick into each half.
2. Seal in a freezer bag, and place in the freezer for an hour.
3. Once bananas are frozen, melt the chocolate in the microwave for 40 seconds, stirring halfway through.
4. Using a spoon, dip each banana in the chocolate until fully covered with a thin layer, then sprinkle the hazelnuts and coconut on top.
 - a. The chocolate will set quickly, but you can always pop it back in the microwave to re-melt!
5. Place the coated bananas back in the freezer for 10 minutes, until set. Store in the freezer until you're ready to eat.

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