

PLANT-BASED PANTRY

Eat. More. Plants.



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What is a whole-foods, plant-based diet?

The basic principles of a whole-foods, plant-based diet:

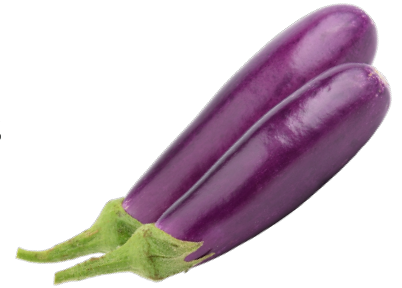


- emphasizes whole, minimally processed foods
- limits or avoids animal products
- focuses on plants, including vegetables, fruits, whole grains, legumes, seeds, and nuts, which should make up the majority of what you eat
- excludes refined foods, like added sugars, white flour, and processed oils
- pays special attention to food quality
- promoting locally sourced, organic food whenever possible

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Plant-based eating patterns focus on foods primarily from plants. This includes not only fruits and vegetables, but also nuts, seeds, oils, whole grains, legumes, and beans. It's all about proportionately choosing more of your foods from plant sources.



Research has shown The Mediterranean Diet reduces the risk of heart disease, metabolic syndrome, diabetes, certain cancers (specifically colon, breast, and prostate cancer), depression, and in older adults, a decreased risk of frailty, along with better mental and physical function.



Evidence has proven Vegetarian diets have been shown to support health, including a lower risk of developing coronary heart disease, high blood pressure, diabetes, and increased longevity.



Plant-based diets offer all the necessary protein, fats, carbohydrates, vitamins, and minerals for optimal health, and are often higher in fiber and phytonutrients.



-Harvard Medical School



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Glass Containers
Look for BPA-Free
Purchase in bulk
Glass Mason Jar Label and Date



NUTS & SEEDS

Cashews
Walnuts
Brazil Nuts
Sunflower Seeds
Hemp Seeds
Pumpkin Seeds

SEASONING & SPICES

Liquid

Tamari
Coconut Aminos
Apple Cider Vinegar
Red Wine Vinegar
Rice Vinegar
Nutritional Yeast

Spices

Garlic Powder
Onion Powder
Chipotle Powder
Italian Spices
Mexican Spices
Thai Spices

VEGETABLES

Artichoke
Asparagus
Broccoli
Brussel Sprouts
Cabbage
Celery
Lettuce
Mushrooms
Okra
Onions
Sweet Potato
Beet
Radish
Cauliflower
Squash
Tomato
Cucumber



FLOURS

Oat Flour
Almond Flour
Buckwheat Flour
Millet Flour
Teff Flour
Cassava Flour(GF)



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Eliminate DYES

Eliminate High Fructose Corn Syrup

Switch from processed white to colors



OIL

Oil-free:

Consider oil-free stir frying

No heat:

Olive oil

Flaxseed oil

Heat:

Avocado oil

Coconut oil



DRIED FRUIT

Eat in small quantities

Dates

Blueberries

Strawberries

Apricots

Blackberries

Raspberries

OTHER STAPLES

Veggie Broth

Bone Broth

Plant-based milk (Unsweetened)

Coconut milk



PASTA & BEANS

Chick Pea

Legume

Red Lentils

Beans

ChickPeas



BAKING

Palm Shortening

Cacao Powder

GF Oatmeal

Millet

Buckwheat

Steelcut Oats

Quinoa

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Healthy Super Grazing Snack List

Snacks partner carbs with protein, fiber, and/or healthy fats.

Mixed Snacks

Blueberries in Dairy-free
Yogurt
Cherry Tomatoes with
Dairy-free Cheese
Fruit & Dairy-free Yogurt
Smoothie
Veggie Sticks and Bean Dip
Vegetables with salsa
Veggies and Hummus
Veggies with Guacamole
Meats/Fish/Eggs
Salmon
Tuna Fish on Cucumber
Hard-boiled Egg
Nuts/Nut Butter
Walnuts, Almonds, Cashews, Pistachios
Celery or Apple with peanut
butter
Peanut Butter and Banana
Cashew Butter with Banana
Beans/Legumes
Chickpeas, Roasted
Edamame, fresh or cooked
Lentils
Peas
Condiments/Other
Olives
Plain, Non-GMO Air-popped
popcorn
Dates, Figs, Raisins, Dried Cranberries
Broths/Soups

Fruits

Cantaloupe
Peaches
Apple
Banana
Cherries
Grapefruit
Orange
Raspberries
Strawberries
Blueberries
Grapes
Watermelon
Lemons
Avocado
Pineapple
Pears
Limes
Blackberries
Clementine
Mango
Plum
Dairy Free "Dairy"
Dairy Free Yogurt
Dairy Free Cheese

Vegetables

Tomatoes
Onions
Carrots
Bell Peppers
Broccoli
Cucumbers
Lettuce
Zucchini
Celery
Mushrooms
Corn
Spinach
Green Beans
Cabbage
Sweet Potatoes
Cauliflower
Asparagus
Roasted Cauliflower Florets
Kale Chips

Juice Plus

Juice Plus Bars*
Juice Plus Complete shake*
Juice Plus Perform Shake*
Juice Plus Recipes
Energy Bites by Complete*
Pudding by Complete Recipe*

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Grocery Guide

FRESH PRODUCE

Pantry staples:

Onions/Garlic
Fresh Herbs/Ginger

Smoothie supplies:

Spinach/Kale
Bananas/Berries/Avocado

Power salad:

Lettuce/Romaine/Arugula
Chard/Mustard Greens
Cucumbers/Carrots
Tomatoes/Mushrooms
Broccoli/Cauliflower
Celery/Bell Peppers
Red Onions/Asparagus
Snap Peas/Radishes
Artichoke/Beets/Avocado

Snacks:

Apples/Oranges/Bananas
Grapes/Peaches/Pears
Strawberries/Blackberries
Raspberries/Blueberries
Cantaloupe/Watermelon
Pineapple/Mango
Avocados
Grapefruit/Lemon/Lime

Meals:

Sweet Potatoes
Spaghetti Squash
Zucchini/Butternut Squash
Fresh Herbs

OTHER

Pantry staples:

Full-Fat Coconut Milk

Smoothie supplies:

Unsweetened Plant Milk
Coconut, Almond, Rice
Coconut Water
Frozen Fruit

Snacks:

Unsweetened Plant Yogurt

PROTEIN

Smoothie supplies:

Flax/Chia/Pumpkin Seeds
Organic Nut Butters

Power salad:

Beans: Black, Pinto,
Red, Navy,
Garbanzo (Chickpeas)
Nuts & Seeds

Snacks:

Old-fashioned *GF Oats
Almonds/Cashews
Pistachios/Macadamia
Walnuts/Pecans
Sunflower/Pumpkin Seeds

Meals:

Lentils/Quinoa/Rice
Tofu/Tempeh

CONDIMENTS

Pantry staples:

Braggs Liquid Aminos
Tamari
Apple Cider Vinegar
Red Wine Vinegar
Balsamic Vinegar
Vegetable Broth
Coconut Oil/Olive Oil
Seasonings
Dried Herbs

Power salad:

*GF/DF Dressing
Olives/Banana Peppers
Artichokes/Palm Hearts
Sun-dried Tomatoes
Roasted Red Peppers
Water Chestnuts

*GF = gluten-free *DF = dairy-free

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Functional Nutrition

Gain greater health through "root cause" assessment, counseling, and sustainable life changes.

In-Home Exercise

Increase balance, mobility, brain health & social engagement.

In-Home Brain Training

Develop brain neuro-timing and ease the symptoms of ADHD, Learning Disabilities, Autism, Memory & more!

Primitive Reflexes

Impacts motor skills, coordination and aspects of development. Integrate with fun exercises!

LIFEFIT BRAINFIT

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Meet Your Practitioner

Debbie Flannery, M.Ed. I am a Functional Nutrition Practitioner and am certified as an Interactive Metronome-Brain Trainer. I'm super excited to walk with you while you take hold of your health!

