



Plant Forward Eating



Check out the content each day to find fun ways to add more plants into your meals. Scan here for the details:

1 Welcome to the Challenge Video	2 Make Veggies Taste Really Good Article	3 Seasonal Produce Article	4 "Eat food. Not too much. Mostly plants."	5 Parsnip & Celery Latke Recipe
6 Canned Produce Article	7 Try avocado in place of mayo today	8 Plant Protein Video	9 Kale Caesar Salad Cauliflower Pizza on the menu	10 Easy Ways to Snack with Plants Article
11 Prepping Pineapple Video	12 Give a new fruit or vegetable a try	13 5 Ways to Use Avocado Article	14 Global Gardens on the menu	15 Eating from Root to Stem Handout
16 Picking Ripe Produce Video	17 "I don't think I'll ever grow old & say, 'What was I thinking eating all those fruits & vegetables.'"	18 Asparagus Prepping Video	19 See how many colors of fruits & veggies you can eat today	20 10 Tips for Plant Forward Meal Planning Article
21 Try cauliflower rice in place of white rice today	22 Cauliflower Tots Recipe Video	23 Veggie Hummus Recipe Video	24 Plant Forward Chef's Table on the menu	25 Melon Prepping Video
26 New Ways to Use Sweet Potatoes Article	27 Plants in Unexpected Places Article	28 Have an extra serving of vegetables today	29 How to Cut Onions Video	30 Dietitian Podcast

For a daily update, email: emily.wunder@compass-usa.com