

EAT PLANTS FEEL WHOLE RECIPE ROTATION

MY NEW RECIPE ROTATION — THREE MEALS A DAY

After reading *Eat Plants Feel Whole*, perhaps you've been inspired to transform your food habits—that's where the tool "My New Recipe Rotation" comes in. Most of us rotate through fifteen to eighteen dishes that we repeatedly use with occasional experimentation of a new recipe or food. "My New Recipe Rotation" gives you a place where you can begin to organize a list of your new favorite plant-based recipes to replace previous unhealthy ones. Try out the recipes from *Eat Plants Feel Whole* as well as from the cookbooks and websites featured in the "Dr. Guthrie Recommends" list at the back of the book. I suggest you print the following page, fill it out, and post it on your fridge to keep track of your new healthy choices.

Begin with breakfast, your most important meal of the day. Experiment with recipes and meal ideas until you find three breakfast meals you enjoy that don't take long to prepare. Write them down on the lines provided under "Breakfast." Next, find seven favorite dinner or main meal recipes. Remember to choose simple ones for everyday use. And no matter what the entrée recipe, be sure to include lots of veggies, both raw and steamed. Write down those seven recipes under the "Dinner" section.

Finally, choose five favorite lunch recipes. Be creative! It could be as simple as repurposed leftovers wrapped in a whole-grain tortilla with veggies; but, really, any recipe that is easy to transport could be considered for lunch. Write the five recipes under the "Lunch" section.

I trust you will find this a useful tool as you transition to whole-food, plant-based eating!

Print out the form on the next page and post it on your fridge!

Tell your friends about EatPlantsFeelWhole.com #feelingwhole



EAT PLANTS FEEL WHOLE

RECIPE ROTATION



MY NEW RECIPE ROTATION

BREAKFAST

1. _____
2. _____
3. _____



LUNCH



1. _____
2. _____
3. _____
4. _____
5. _____



DINNER



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



Eating healthy is an investment in my health and future happiness!



EAT PLANTS FEEL WHOLE RECIPE ROTATION

MY NEW RECIPE ROTATION — TWO MEALS A DAY

After reading *Eat Plants Feel Whole*, perhaps you've been inspired to transform your food habits—that's where the tool "My New Recipe Rotation" comes in. Most of us rotate through fifteen to eighteen dishes that we repeatedly use with occasional experimentation of a new recipe or food. "My New Recipe Rotation" gives you a place where you can begin to organize a list of your new favorite plant-based recipes to replace previous unhealthy ones. Try out the recipes from *Eat Plants Feel Whole* as well as from the cookbooks and websites featured in the "Dr. Guthrie Recommends" list at the back of the book. I suggest you print the following page, fill it out, and post it on your fridge to keep track of your new healthy choices.

If you choose to eat just two meals per day—for instance, a breakfast around 8:00 am and a large meal around 2:00 pm—then select five breakfast recipe options as your new choices and list ten dinner recipes for your second meal of the day. Begin with breakfast, your most important meal of the day. Experiment with recipes and meal ideas until you find five breakfast meals you enjoy that don't take long to prepare. Write them down on the lines provided under "Breakfast."

Next, find ten favorite dinner or main meal recipes. Remember to choose simple ones for everyday use. And no matter what the entrée recipe, be sure to include lots of veggies, both raw and steamed. Write down those ten recipes under the "Dinner" section. Remember, you can combine a lunch and a dinner meal option from the *Eat Plants Feel Whole* 18-Day Menu into your single second meal.

I trust you will find this a useful tool as you transition to whole-food, plant-based eating!

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EAT PLANTS FEEL WHOLE

RECIPE ROTATION



MY NEW RECIPE ROTATION



BREAKFAST

1. _____
2. _____
3. _____
4. _____
5. _____



DINNER



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



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