

# PLANT POWER

April 2018

MENU

Immunity Boosting Bevvie  
Twice Baked Lentil Stuffed Sweet Potatoes  
Black Bean and Quinoa Salad

## GROCERY LIST

*Organize your list by category to help save time and stay on track at the market. Purchasing ingredients like nuts and spices from bulk food bins allows you to experiment with new foods and is also a big cost saver!*

### Produce

2 Sweet Potatoes  
1 bunch Cilantro  
3 Carrots  
6 Green Onions  
3 Limes  
2 cloves Garlic  
4 cups Arugula or Spinach  
1 Avocado  
1" Turmeric  
2" Ginger

### Bulk Foods Bins

1 cup Quinoa  
1 cup Green Lentils

### Bulk Spices

2 1/2 teaspoons Cumin  
1 teaspoon ground Turmeric  
1 teaspoon Cinnamon  
Ginger  
Cacao  
Salt  
Black Pepper

### Dairy Aisle

2/3 Parmesan Cheese  
Greek Yogurt  
1 cup Nut Milk

### Miscellaneous

14 oz can of Black Beans  
Extra Virgin Olive Oil  
Maple Syrup  
Raw Honey  
Maca

## Power Up with Plants!

From childhood, we're told to "eat our veggies." There's a lot of wisdom to that statement -- plant foods are loaded with health benefits including vitamins, minerals, immune-boosting compounds, fiber, and antioxidants. Research continues emerging on plant-based diets for cancer fighting and prevention of chronic disease, as well as compounds that can affect how our bodies deal with stress and seasonal changes!

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*Don't forget – plants have protein too! Many beans and pulses provide 13-18 grams protein per 1 cup serving. Flip this handout to see details*

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## Immune-Boosting Properties

Vegetables, fruits, herbs and spices - packed with the vitamins, minerals, and fiber needed for our bodies to function well, they are also full of other health-promoting bioactive compounds (phytochemicals, antioxidants).

**Cruciferous veggies** research shows *glucosinolates* and other phytochemicals in this family of veggies can boost your immunity, are anti-inflammatory, support eyesight, and may prevent diseases like cancer, heart disease and stomach ulcers!

**Flavanols** found in some of our favorite plant foods like cacao, tea, watermelon, berries and tomatoes have been shown to have strong antioxidant and anti-inflammatory properties

Adaptogenic plants have been found to normalize chronically elevated cortisol and corticosterone (stress hormones). An ancient stress-relieving practice in Chinese Medicine and Ayurvedic Medicine, preliminary research shows promise for these plants to support reducing anxiety, blood sugar control and decrease symptoms of stress. About 70 herbals plants are found in literature with adaptogenic properties but scientific evidence is currently limited and more studies are needed. The *Natural Medicines Comprehensive Database* lists holy basil ("Tulsi") as "possibly safe when used orally, short term, and some evidence states it can be used safely for up to six weeks as a supplement. Macaroot has been used for centuries in Peru as part of their regular diet and research shows it has antioxidant actions, estrogenic activity, may have cytoprotective effects and adaptogenic action with a nutrition profile similar to wheat.

## SWEET POTATO STUFFERS

Try slicing sweet potatoes and baking them to use in place of toast, or roast them whole and stuff! See the other side of this handout for some stuffing/topping ideas:

- Grains (quinoa, brown rice, barley, millet...)
- Beans/pulses (hummus, whole beans, lentils)
- Chopped veggies and herbs
- Seeds (hemp, sunflower, chia...)
- Plain yogurt or quark
- Slaws, Sauerkraut
- Dressings/dips/sauces, Salsa

## Plant-based Protein

Keep in mind -- many plant based sources of protein also come with the additional benefits of fiber, micronutrients, and phytochemicals as opposed to their animal-based counterparts.

<b>Beans/Legumes - 1 cup, cooked</b>				
Lentils	18 grams		Kidney Beans	15 grams
Edamame	18 grams		Navy Beans	15 grams
Adzuki Beans	17 grams		Pinto Beans	15 grams
Split Peas	16 grams		Black-Eyed Peas	13 grams
Black Beans	15 grams		Fava Beans	13 grams
Chickpeas	15 grams		Lima Beans	12 grams
<b>Grains and Starches – 1 cup, cooked</b>				
Amaranth	10 grams		Millet	6 grams
Teff	10 grams		Farro	6 grams
Tortilla, whole wheat	10 grams		Buckwheat	6 grams
Kamut	10 grams		Brown Rice	5 grams
Quinoa	8 grams		Oatmeal	5 grams
Pasta	7 grams		Sweet potato, cooked	4 grams
Wild Rice	7 grams		Potato, cooked	3 grams
Barley	7 grams		Bread, whole wheat, 1 slice	3 grams
<b>Nuts &amp; Seeds, Raw</b>				
Hemp seeds, 3 Tbsp.	9 grams		Walnuts, ¼ cup	5 grams
Sunflower seeds, ¼ cup	9 grams		Almond Butter, 2 Tbsp.	5 grams
Peanuts, ¼ cup	9 grams		Hazelnuts, ¼ cup	5 grams
Pumpkin seeds, ¼ cup	9 grams		Cashews, 1/4 cup	5 grams
Peanut butter, 2 Tbsp.	8 grams		Chia Seeds, 2 Tbsp.	3 grams
Almonds, ¼ cup	6 grams		Flaxseeds, 2 Tbsp.	2 grams
Pistachios, ¼ cup	6 grams			