

PATIENT HANDOUT 2. Please feel free to copy and distribute this page.



# Plant Rx: For a Healthy You and a Healthy Planet



Name: \_\_\_\_\_

## My Plant-Rich Eating Plan:

- Add one meatless meal every week**
- Add more vegetables each day** (e.g., 2 cups)
- Add more fruit each day** (e.g., 1.5 cups)
- Switch 2 animal proteins** (e.g., beef, pork, processed meats) for **2 plant proteins every week** (e.g., ¼ cup nuts, 2 tbsp peanut butter, or ½ cup of peas, beans, lentils)
- Add healthy fats each day** (e.g., 2–3 tbsp olive/canola oil, 1 small avocado, ¼ cup nuts/seeds)

### Notes

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Watch this 25 minute video to get started on plant-rich eating:  
<https://www.youtube.com/watch?v=HoyQXg2RZ5o>

For more information and inspiration, watch our 4-minute video:  
<https://www.youtube.com/watch?v=P64G3IPwMXk>.

You can also check out these websites:

- [halfyourplate.ca](http://halfyourplate.ca)
- [food-guide.canada.ca/en/](http://food-guide.canada.ca/en/)
- [vrg.org](http://vrg.org)
- [pulses.org/nap/](http://pulses.org/nap/)
- [plantbasedcookingshow.com](http://plantbasedcookingshow.com)
- [producemadesimple.ca](http://producemadesimple.ca)
- [Cookspiration.com](http://cookspiration.com)