

Plant-Forward Eating

30 Ways in 30 Days



1 Fill half your plate with fruits and veggies at every meal and snack.

2 Enjoy a tasty breakfast wrap with eggs, BUSH'S® Black Beans, guacamole and salsa.

3 Make your own trail mix with nuts, dried fruits and whole grain cereals.

4 Blend chopped mushrooms with your favorite meat recipes such as tacos, burgers, chilis & casseroles.

5 Add extra fruits and veggies to dishes, even if they already contain or call for them in the recipe.

6 Substitute the flour in a brownie recipe with a can of pureed BUSH'S® Black Beans.

7 Add chopped fruits or veggies such as celery, carrots, cucumber, apples or grapes to tuna/chicken salad.

8 Celebrate Taco Tuesday by filling shells with a blend of beans, chopped mushrooms & onions.

9 Top your oatmeal with sliced bananas, berries and nuts.

10 Make a fiber-rich salad with BUSH'S® Beans, chopped onions, mushrooms & a light vinaigrette.

11 Cut down on prep time and grab some prechopped fruits and vegetables in the produce department.

12 Enjoy roasted chickpeas as a healthy snack to eat by themselves or added to a trail mix.

13 Substitute onions, & mushrooms for one of the eggs or half the cheese in your omelet.

14 Add veggie noodles to pasta dishes for extra fiber & nutrients. Try zucchini, carrots, turnips or sweet potatoes.

15 Use raw, chopped onions to add a kick of flavor to your guacamole recipe. Serve with whole grain chips.

16 Substitute hummus as a spread on your sandwich.

17 Enjoy a big, green side salad with dinner and add canned BUSH'S® beans to pump up the fiber & protein.

18 Mix up a quick smoothie with vanilla soy milk, a banana & frozen whole strawberries.

19 Try swapping your burger on a bun for a grilled portabella mushroom. Add your favorite condiments.

20 Reduce the amount of meat or cheese on a sandwich by ½ and replace with caramelized onions.

21 Stay stocked up on frozen and canned fruits & veggies for quick meal prep and side dishes.

22 Use veggies as vessels. Try whole onions stuffed with seasoned veggies, black beans and a little meat or poultry.

23 Add more nutrients to your morning meal - top your toast with nut butter and sliced fruit or berries.

24 Always have fresh fruits and vegetables in easy-to-grab places so they're ready for meals or snacks.

25 Toss mushrooms in meals like lasagna or soup to add key nutrients with no fat and little calories.

26 Top whole grain pancakes or waffles with chopped walnuts and fruit slices.

27 Snack on hummus or bean dip with veggies and whole grain crackers.

28 Blend raw onions with fresh herbs, vinegar and olive oil for a tasty homemade salad dressing.

29 Snack on fresh apple slices dipped in nut butter.

30 Add mushrooms, onions, grape tomatoes & colorful peppers to your beef or chicken kabobs.

Live. Balanced.

