Eating a more plant-forward diet can be simple — let us show you how!
Join us in the café each day this week and commit to eating five meals that:

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**USE SMART TECHNIQUES**
Apply cooking techniques often reserved for meats to plants.

**MAKE FRUITS AND VEGETABLES SUPERSTARS**
Use all parts of the plant and make your plate half produce.

**BLEND**
Blend animal proteins with vegetables, whole grains, beans, and/or lentils.

**GET SAUCY**
Use plant-based sauces, chutneys, salsas, and dips to add flavor and interest.

**OFFER (PLANT-BASED) PROTEINS**
Be it tofu, seitan, beans, or plant-based “meats” – try a plant protein that is new to you.