

Plant-Based Prep for Parents





"I'm vegan because it's the simplest way to protect our health, non-human animals, and the single planet we share."

-Jules Schnedeker, PMP, MA



"I have always believed we should match our plate with our heart. After I had kids I took this idea and put it into action by going plant-based and raising my kids vegan."

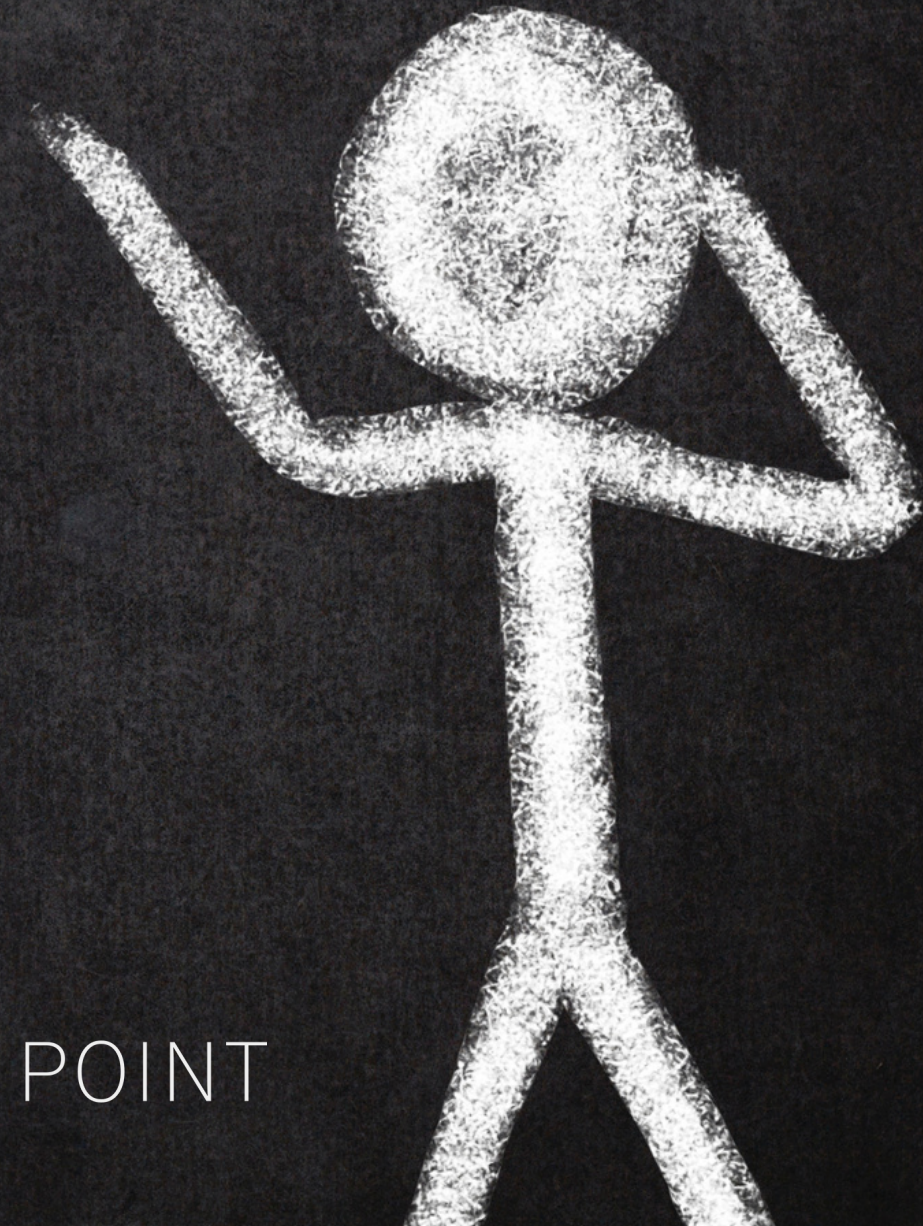
-Robin Coarts, MA, MEd

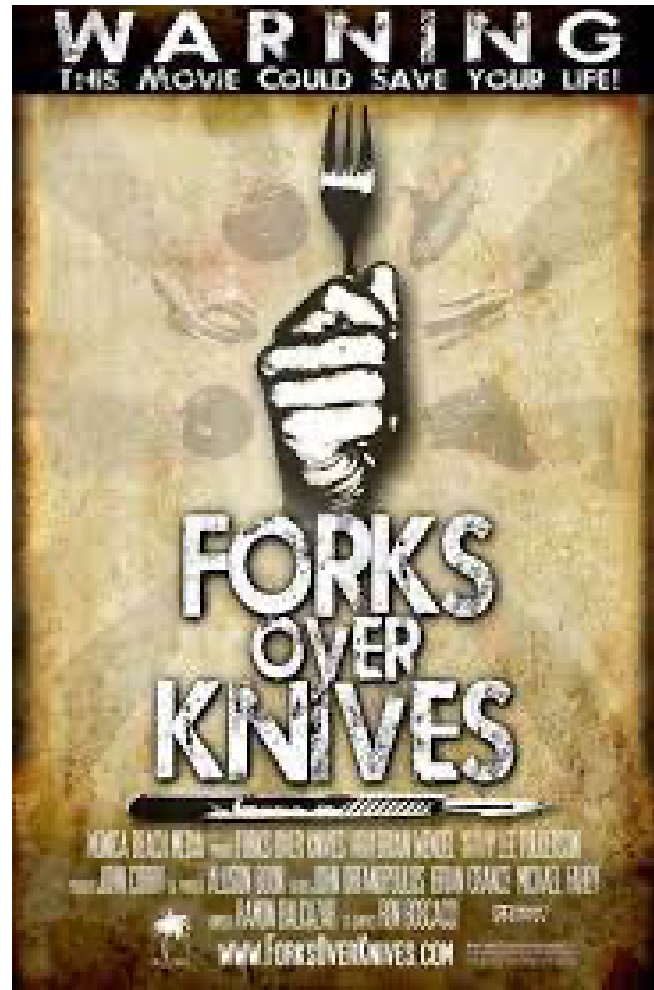
Today's Agenda

1. Clearing Up Confusion
2. Help is On the Way: Our Favorite Resources
3. Plant-Based Nutrition (for Kids)
4. Easy Please-y Meal Ideas (Snacks, Dinners, Desserts)
5. School Lunches + Events
6. Our Favorite (Kid-Friendly) Products
7. Plant-Based for Fur Babies
8. Money-Saving Tips
9. Plant-Based Point Resources



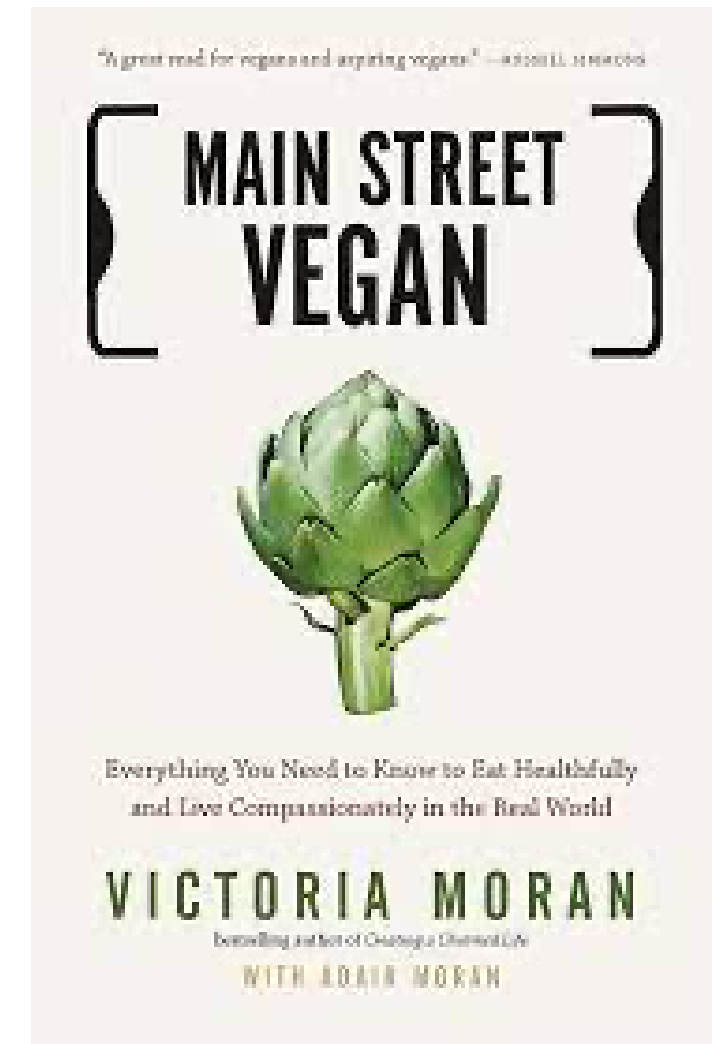
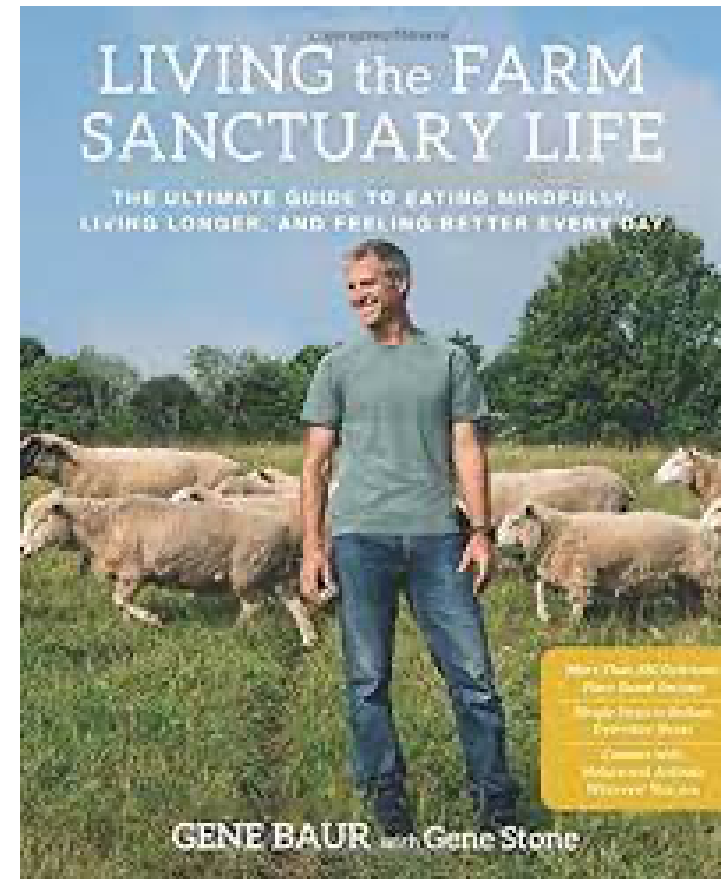
CONFUSION





DREENA BURTON

Dr. Fuhrman



The Health Film That Health Organizations Don't Want You To See.

WHAT THE HEALTH

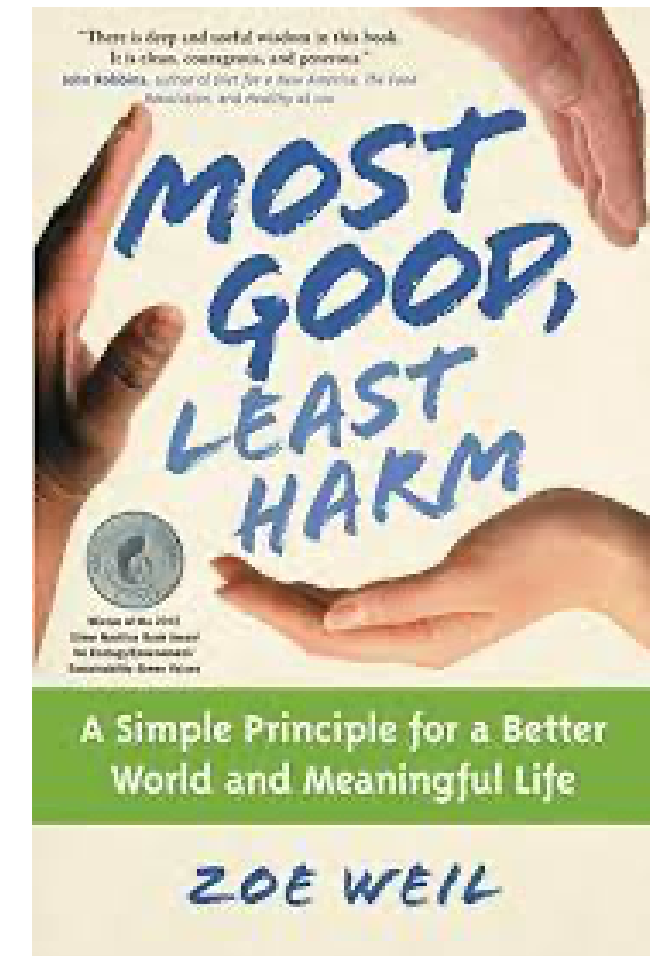
FROM THE CREATORS OF THE AWARD-WINNING FILM 'CONSPIRACY'



www.WhatTheHealthFilm.com

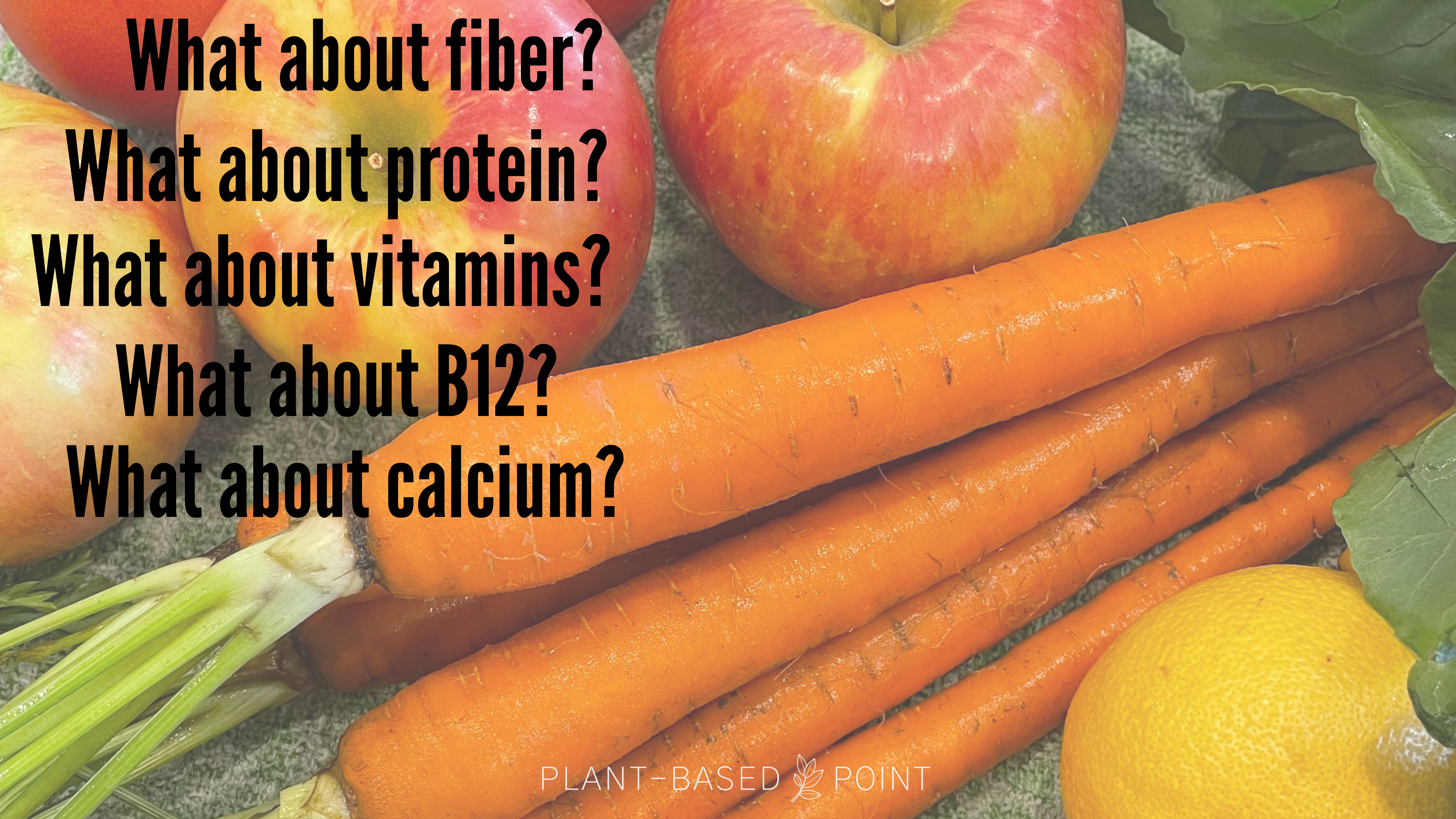
NutritionFacts.org

PLANT-BASED POINT

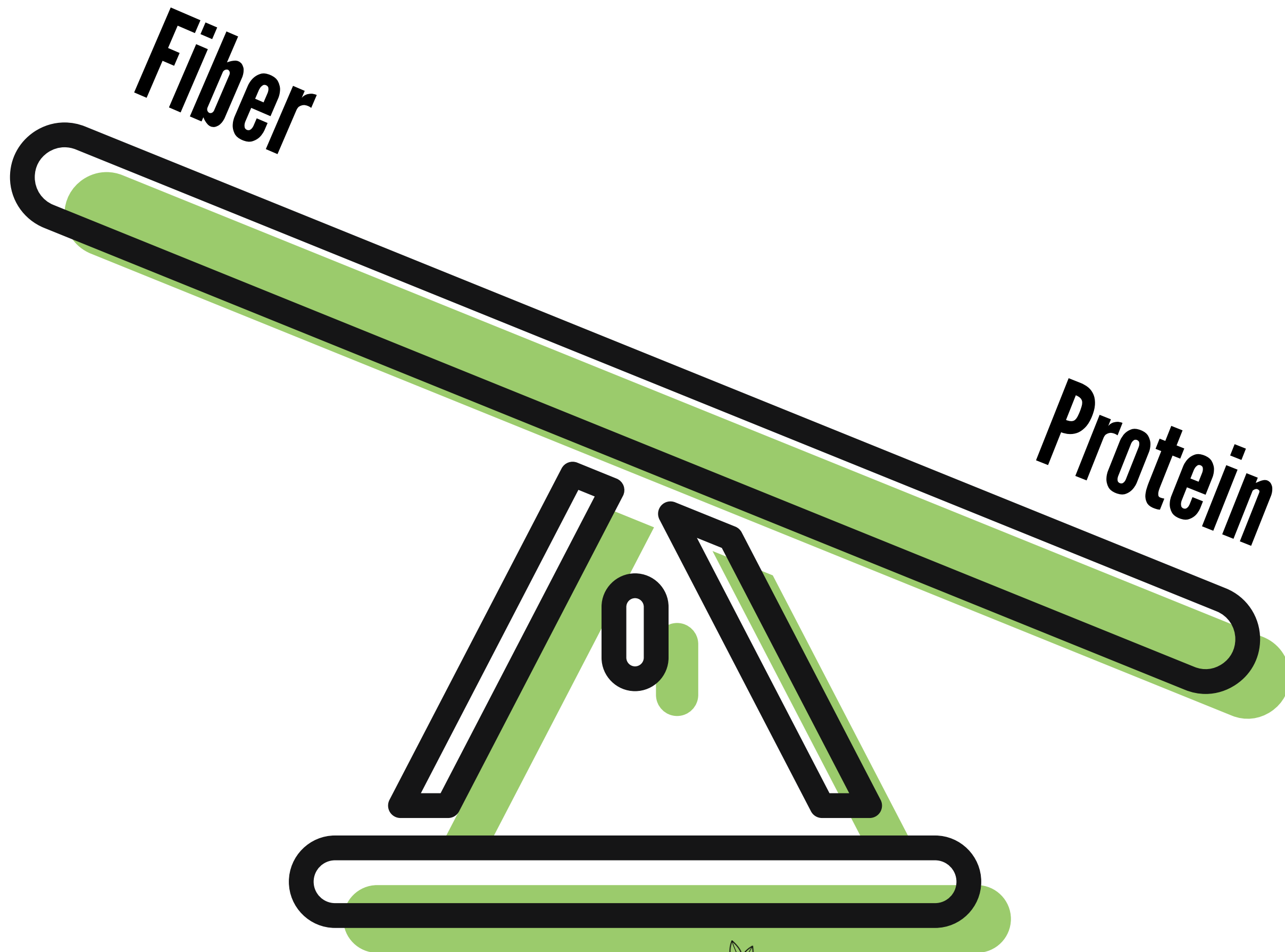




Match your plate with your heart.



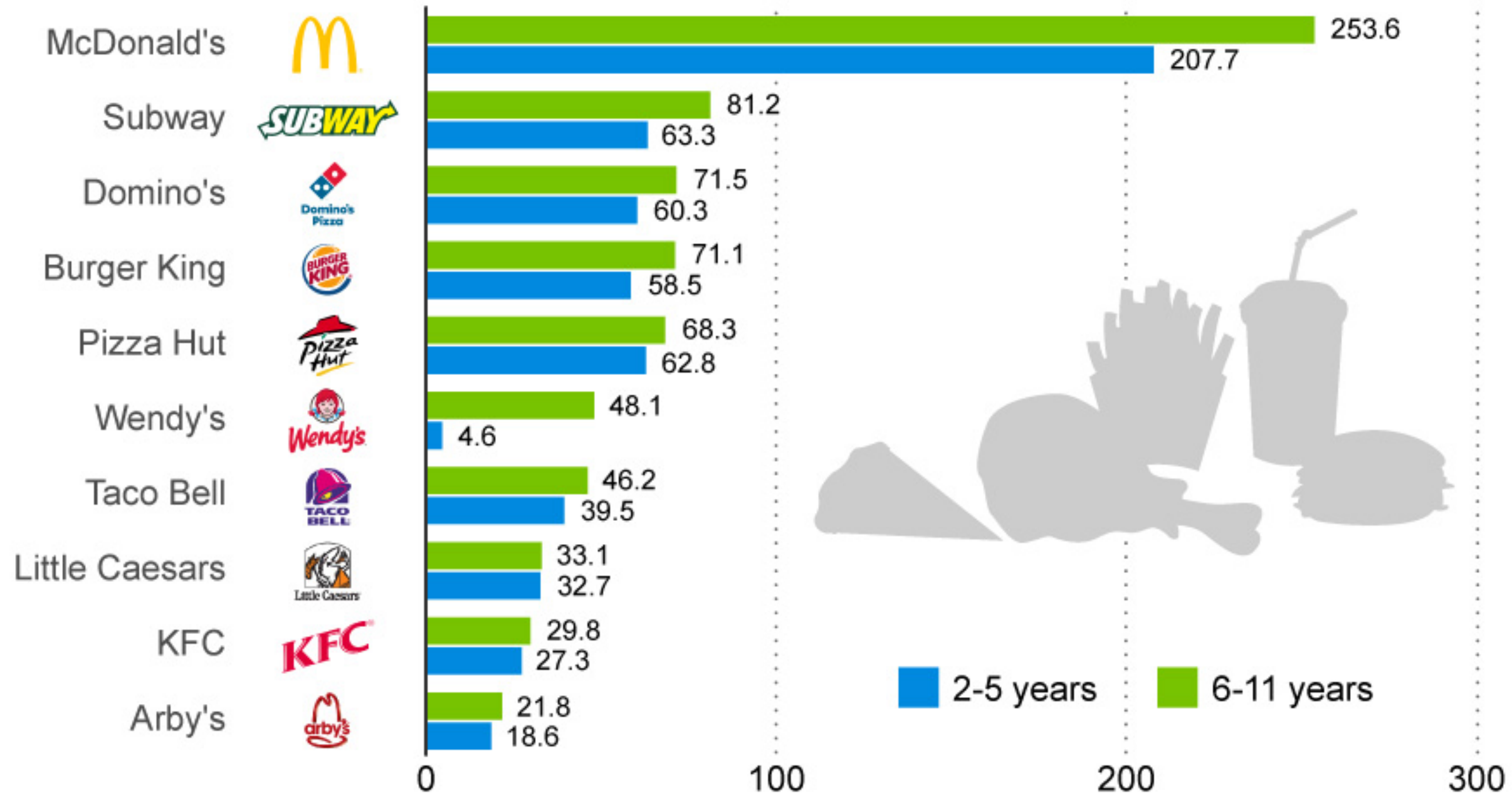
What about fiber?
What about protein?
What about vitamins?
What about B12?
What about calcium?



PLANT-BASED  POINT

U.S. Kids Watch Hundreds of Fast Food Ads Per Year

Fast food brands most advertised to U.S. children aged 2-11 (average # of ads viewed in 2012)





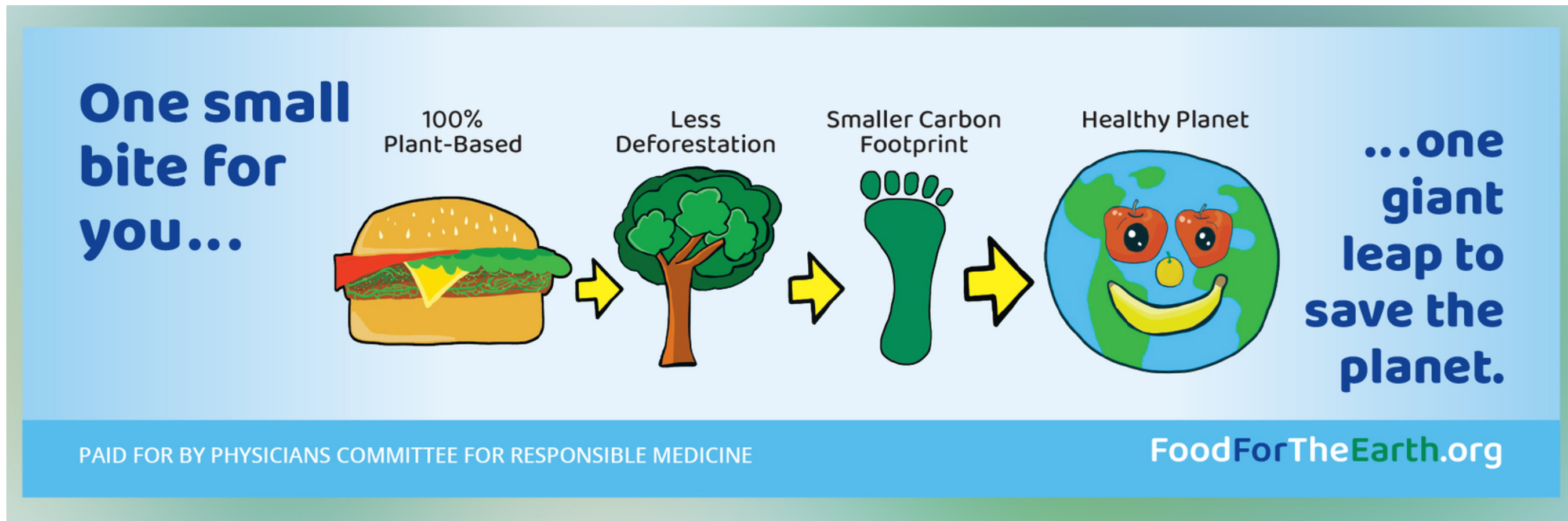
Nutrient Dense Foods:

Asparagus
Avocado
Berries
Bell Peppers
Broccoli
Kale - dark leafy greens
Beans, Chickpeas
Edamame, Peanuts
Peas, Soybeans

Mango
Nuts
Pomegranates
Potatoes
Pumpkin
Quinoa
Seaweed
Sweet Potatoes
Yams

Lemons
Blueberries
Apples
Oranges
Cherries
Grapefruits
& more!

Baltimore Student Wins Billboard Competition Honoring 'Earth Month,' April



www.pcrm.org

BALTIMORE, Md. — Artwork submitted by McDonogh School junior Sophia Koman is the winning entry in a contest to honor “Earth Month,” April. As such, her design is featured on a 14-by-48-foot billboard on I-83 South near downtown Baltimore, spreading a planet-friendly message to thousands of drivers each day.

“I wanted to show the connection between plant-based food and the environment through simple messaging and clear visuals,” Koman says. “I modeled my message from Neil Armstrong's moon landing quote to convey how monumental the issue of climate change is to my generation. She says of the inspiration for her design.”



PLANT-BASED  POINT





CAFETERIA



PLANT-BASED  POINT

School Lunch Tips:

cut fruit/veggies into shapes

get your kids involved in picking foods

prepare the night before/use leftovers

think 'little plates'

don't be afraid to repeat

get creative - breakfast foods, etc.





You're Invited
To My Birthday Party!

Date:

Time:

Place:

**Email the teacher at the beginning of the school year
Make a plan to leave a pantry style treat in the class room**

Ask about parties, events, etc.

Discuss with your kid before school starts and reminders along the way



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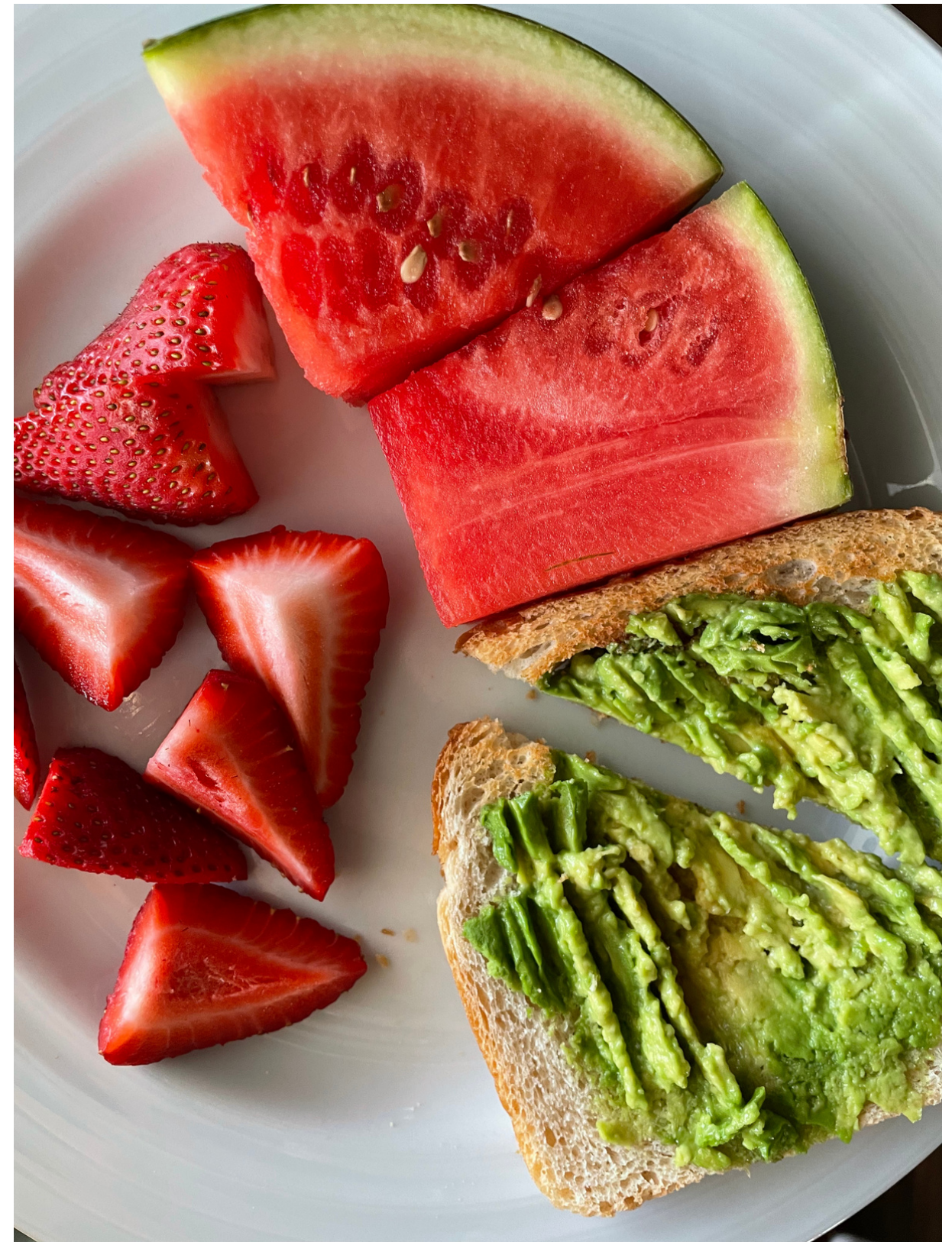
MEALS*

*rethink your plate



PLANT-BAS





PLANT-BASED  POINT



PLANT-BASED  POINT



PLANT-BASED  POINT



A QUICK NOTE ABOUT HALLOWEEN....



PITA PIZZA PARTY!!!

You don't have to be a kid to eat like one!



Tofurky slices rolled with vegan cream cheese!



Just chocolate chips + coconut oil!

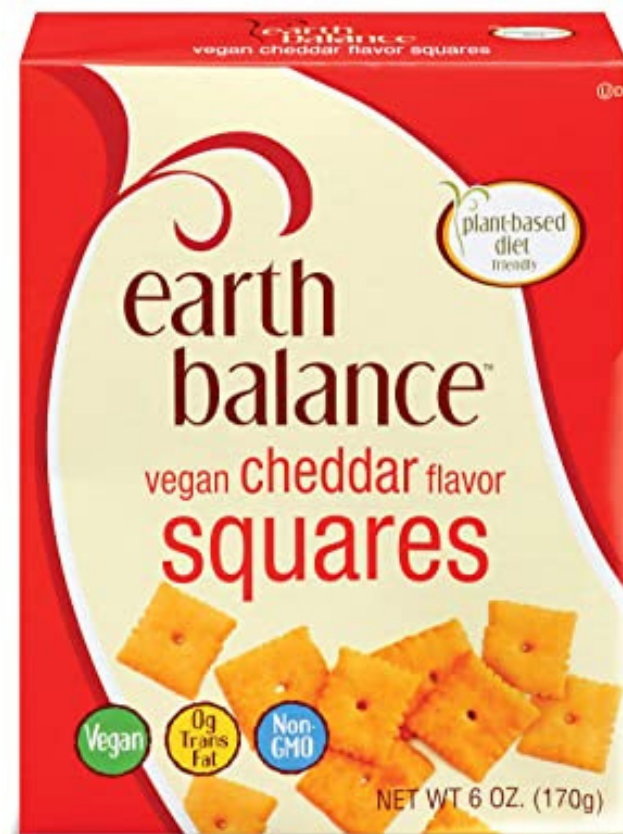
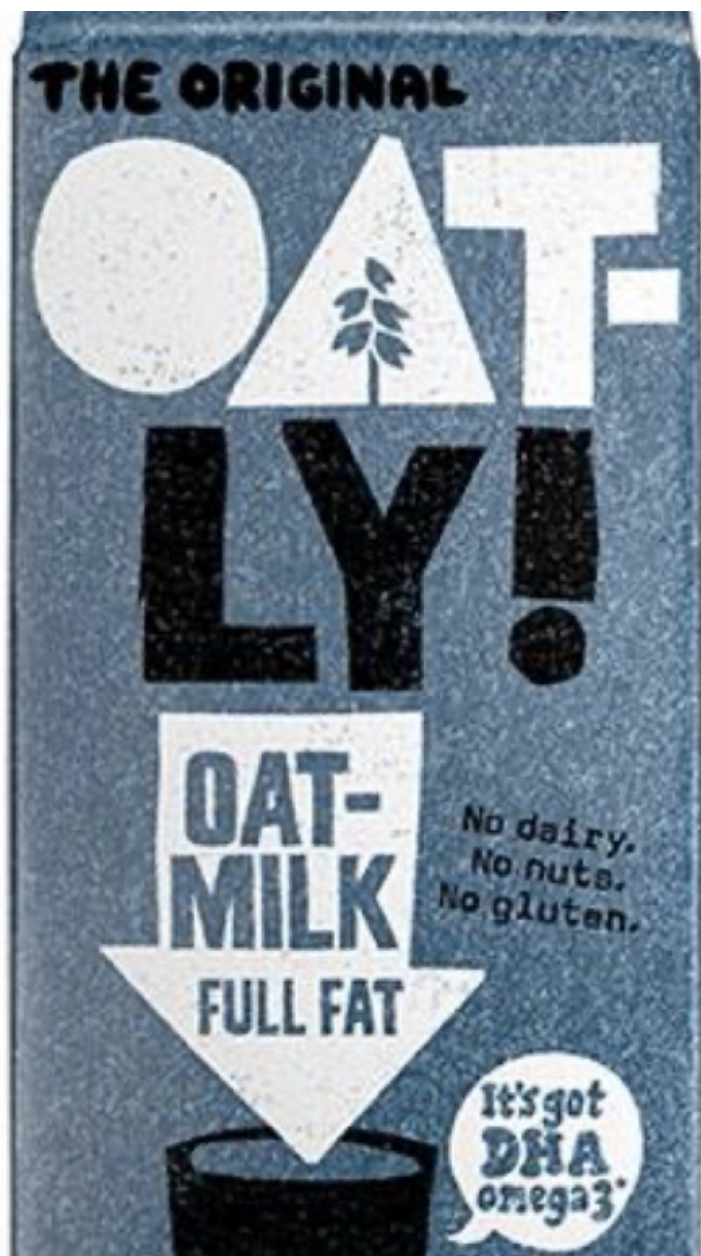


Use the vegan dairy products we recommend and easily recreate any classic favorites, like Tollhouse cookies and black-bottom cupcakes!



SEA SALT-CARAMEL-PEANUT BUTTER TRUFFLES
CONTAINS NUTS (PEANUTS)
DAIRY-FREE

Filled with peanut butter and dates!



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1 tbsp:
3 grams protein
6 grams fiber
80 mg calcium



1 tbsp:
2 grams protein
3 grams fiber
26 mg calcium





9 grams protein
3 grams fiber
227 mg calcium



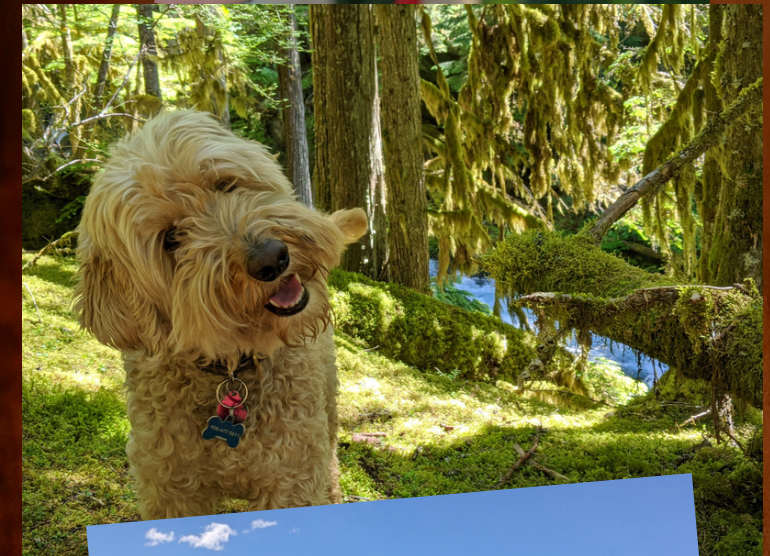


William & Holden's Favorites!



**I'm 13 and 6+ years
plant-strong! I even run
half marathons!**

-Uncle Jesse, Vegan Wonder Doodle



PLANT-BASED NUTRITION FOR ADULT DOGS





Can dogs really be vegan?



Yes! :) Due to thousands of years of evolution alongside humans, dogs are omnivores (not carnivores!) and have adapted to digest plant-based foods. Unlike their ancestors, domestic dogs possess up to 30 copies of AMY2B gene for digesting plant foods. As a result, all modern dog breeds can easily get all their nutrients from vegan sources.

Since 2005, we've seen tens of thousands of dogs thrive on v-dog kibble. V-dog kibble is naturally hypoallergenic, easily digestible, and anti-inflammatory (especially since our dog food is also soy-free). Many dogs also benefit from better oral hygiene, improved skin/coat, and weight management. [V-dog kibble](#) is veterinarian-approved and meets all AAFCO requirements for adult dog nutrition.



What About Cats?

The feline digestive system lacks the enzymes necessary to digest and use plant protein efficiently; however, a growing market of plant-based cat foods include Vitamin A, taurine, and arachidonic acid (essential to maintaining a cat's health; they're usually added to vegan cat foods or can be supplemented).

Source (+ Learn More Here): <https://v-dog.com/blogs/v-dog-blog/the-science-on-vegan-diets-for-dogs>

This is all you need to know.

Commercial pet food...

...is filled with even scarier stuff than "people" food.

...contributes to factory farming (and climate change) – enormously.

...is generally harmful to your companion animals.

A Few Fascinating Facts About Plant-Based Pets

Most pets are allergic to animal proteins! The most commonly reported allergies for both dogs and cats are chicken, beef, dairy, and egg (and fish for cats).

Vegan diets are proven to help dogs with skin issues, allergies, and mobility and aging issues as many common dog foods contain common inflammatory ingredients (corn, soy, wheat, etc.)

A peer-reviewed analysis of 2,500 pets finds vegan dogs visit the vet less often and require fewer medications.

Skip the scary, expensive dog treats and try...

Sweet potatoes
Broccoli
Cauliflower
Zucchini/Squash
Pumpkin
Tempeh
Tofu
Beans
Brown Rice
Bread
Peanut Butter



Money-saving tips

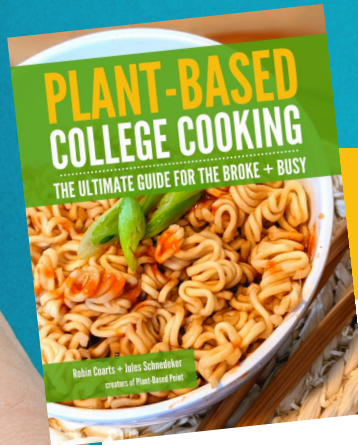
- \$ Limit pre-packaged/frozen/prepared items**
- \$ Shop sales/in season**
- \$ Create a theme**
- \$ Repurpose ingredients**
- \$ Choose a few splurges and pair with cheap staples: bread, pasta, beans, grains, tortillas, tomato sauce, coconut milk, potatoes**
- \$ Gradually build your pantry (spices, sauces, etc.) and then leverage it!**



**Leftovers?
Try a Canine Compost!**



Access our full "Plant-Based on a Budget" presentation [here!](#)

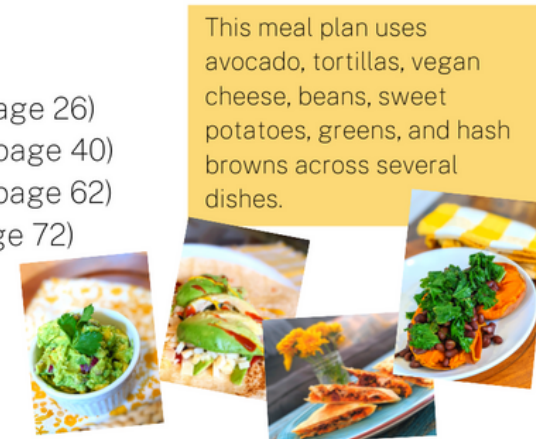


SAMPLE MEAL PLAN: WEEK #1

meals:

- Cheater Guacamole x 3* (page 26)
- Hash Brown Burrito x 4-5 (page 40)
- Loaded Sweet Potato x 3 (page 62)
- Quick Quesadilla x 4-5 (page 72)

*x 3 equals the number of times you can make this recipe based on your grocery list, e.g., for Week #1, you make 3 portions of the Cheater Guacamole recipe



This meal plan uses avocado, tortillas, vegan cheese, beans, sweet potatoes, greens, and hash browns across several dishes.

grocery list:

PREPARED:

- Black beans (2 15-oz cans)
- Salt (if needed)
- Sriracha or your favorite hot sauce (1 bottle)
- Tortillas (burrito-sized, 8 or 10-count pkg)
- Yellow mustard (optional)

FROZEN:

- Hash browns (1 30-oz pkg)

REFRIGERATED:

- Shredded vegan cheese of choice (1 pkg)

PRODUCE:

- Avocados (3)
- Greens (collards, kale, or spinach), 2 large bags
- Scallions (1 bunch)
- Sweet potatoes (1 2 or 3-lb bag)
- Red onion (1)

OTHER:

- Nutritional yeast (buy about 1 cup in bulk if possible)

notes:

- Use Cheater Guacamole alongside or in any of the other dishes
- Batch cook the entire bag of sweet potatoes and use in all recipes except Cheater Guacamole
- Leverage potatoes, beans, cheese, greens, red onion, scallions, nutritional yeast, and sriracha across all meals

- ✓ Shop sales/in season
- ✓ Create a theme: **easy summer meals**
- ✓ Repurpose ingredients: **avocado, tortillas, hot sauce, potatoes, cheese, onions, greens, nutritional yeast**
- ✓ Choose a few splurges: **produce, vegan cheese**
- ✓ Pair with cheap items: **tortillas, beans, potatoes**
- ✓ Leverage your pantry: **nutritional yeast, hot sauce, seasoning, mustard**

PLANT-BASED POINT



BEEFLESS CAKES

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Our Favorite Resources

Our Favorite Products

Events

Our Favorite Pantry Staples

- Nutritional yeast
- Raw cashews
- Tahini
- Vegetable broth
- Dried beans (chickpeas, mung beans, black beans)
- Grains (brown rice, quinoa, bulger)
- Coconut aminos
- Spices (smoked paprika, garlic powder, dill, oregano)
- Coconut milk



Looking for more in-depth guidance on setting up your plant-based kitchen? Take a peek at our [1-on-1 coaching packages!](#)



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