

Plant-Based Breakfast, Lunch, Dinner and Snack Ideas

Eating mostly plant foods is not only smart for your health and wallet, but can be satisfying and delicious. At the same time, it can lower your risk for cancer and other diseases.



BREAKFAST

Breakfast can include vegetables as well as fruit, whole grains and healthy proteins. Start the day with plant foods and continue eating them throughout the day to lower your cancer risk.

- Whole grain toast with mashed avocado topped with tomato slices
- Whole-wheat tortilla spread with almond butter topped with banana or fruit of choice
- Scrambled eggs or an omelet with chopped vegetables such as scallions, bell peppers, tomato, zucchini and spinach
- Low fat yogurt topped with fruit and nuts
- Breakfast smoothie: blend together your favorite fruits, leafy greens and reduced-fat milk or Greek yogurt



LUNCH

Once you've put a variety of colorful and tasty plant foods together for your meal, you'll hardly notice that you're eating smaller portions of meat for lower cancer risk.



- Whole grain sandwich with hummus and stuffed with veggies such as bell peppers, onions, tomatoes and dark leafy greens
- Hollowed bell pepper filled with tuna, chicken or black beans, brown rice and chopped scallions
- Veggie burger topped with avocado, tomato slices and spinach
- Soups and salads with rinsed and drained canned beans for a protein boost



DINNER

When adding some animal food, focus on fish and poultry so that you limit the amount of red meat you eat to a weekly total of no more than 12–18 ounces (cooked) for cancer prevention.

- Choose some “meaty” mushrooms along with tofu cubes or garbanzo beans and add to pasta sauce or stews
- Substitute lentils for ground beef in pasta dishes
- Bulk up cooked whole grains (brown rice, barley or quinoa) with green peas, diced peppers, shredded carrots or ¼ cup of chopped nuts
- Toss frozen veggies into stir-fries and casseroles
- Make a dinner salad using colorful vegetables, cooked whole grain and proteins such as beans, tofu, nuts or sesame seeds.



SNACKS

- Fruits and veggies that are easy to grab and go:
 - Veggies: baby carrots, bell pepper strips, cherry tomatoes, celery, cucumber sticks and raw broccoli
 - Fruit: apples, apricots, bananas, berries, peaches and grapes
- Healthy protein choices like cottage cheese, hard boiled eggs, bean dip, low fat cheese, nut butter, unsalted nuts or green soybeans (edamame)
- Whole-wheat pita bread dipped in hummus or bean dip



You can use this fact sheet as a companion to the free brochure, *AICR’s Guide to a Plant-Based Diet*. Find out more at www.aicr.org.