



TAKE THE 5-DAY PLANT-FORWARD CHALLENGE TO CELEBRATE EARTH DAY

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:



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.