



## GET IN TOUCH

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## MEAL TIPS

While you may enjoy eating your PlantPure meals just as they are, check out the ideas below for enhancing the flavor, texture, and nutrient density of your foods.

On a general note, please feel free to salt the meals to your taste. We purposefully reduced salt and left this decision to you. We recommend you do your best to reduce your salt intake over time, but for now, it is important that you enjoy your meals and experience the health benefits from a plant-based diet.

## GENERAL TIPS

Check out the tips below for more ideas on what you can do with your PlantPure meals:

- **It's fine to add salt according to your preference.\*** We want you to find these meals palatable, so until your taste buds become accustomed to a plant-based diet, experiment with what tastes good. Salt can make other flavors pop. Do try to reduce your salt intake over time though; you'll find your palate adjusts after a break from processed and animal-based foods.
- **Too spicy? This is an easy fix. Simply cook more rice or pasta and add to the sauce base of your meal.** The additional starch will help spread the sauce and make it a little less of a surprise for your taste buds. Bonus: You may well have enough for two meals now, especially if you add in some vegetables, which we recommend.

- **Feel free to add some finely chopped greens to any meal**—spinach and kale are great for this. They are both sold washed and in small leaves, and will wilt to a small volume if mixed in with a steamy meal. This will automatically add some freshness and is a powerful nutritional boost!
- **Keep a variety of vegetables at home.** You can always substitute a loaded veggie salad for any meal or eat as a snack. If eating as a meal, consider topping with a grain (quinoa, barley, farro, brown rice, etc.) and a legume (chickpeas, cannellini beans, lentils) to make the meal more substantial.
- **Many of the vegetables mentioned come pre-cut in the produce aisle.** Ginger and garlic come pre-minced in jars. Chili garlic sauce is in the ethnic foods aisle in most grocery stores.
- **You can snack on raw veggies and fruit throughout the day.** Add a quarter cup of hummus if desired (look for brands without added oil).

## TIPS FOR SPECIFIC MEALS

We've developed specific ideas for our individual meals, so feel free to try these or experiment on your own if there are certain vegetables or spices you're particularly fond of. If you aren't big on cooking, start with the easy tips, then try the more advanced ones as you get more confident in your skills and find what you like.

\*We have taken special care to lower the sodium content and remove any added fat and oils in our meals. It is important to understand the dynamics of what happens when this is done. Salt/sodium is something we naturally crave. It aids in turning on sodium-ion receptors in our taste buds, which in turn makes our taste buds more receptive to other flavors.

Fat is a natural flavor carrier that works by dissolving flavors and distributing them throughout the mouth, allowing flavors to linger longer than other water-soluble flavors. Because our meals have no added fats, we have worked very hard to supplement the flavors in our meals.

So many of us have become accustomed to a high-sodium and high-fat diet that this initial change may take some time to get used to. However, we have found that your taste preferences and salt cravings will subside very quickly, allowing you to reduce your sodium intake.

### ➤ Creole Red Beans and Rice, Bourbon Vegetables

**Easy:** Finely chop tomato, green or red pepper, and yellow onion (you can oftentimes buy a pre-chopped bag of finely diced pepper and onion in the grocery store) and add to the frozen meal prior to heating. The vegetables will soften as the meal heats.

**More advanced:** Sauté thinly sliced or diced okra or zucchini with chopped tomato, garlic, green or red pepper, and onion. Add to meal once heated.

**Spice it up:** Add hot sauce of your choice (Frank's Red Hot Sauce, sriracha, Tabasco); you may also add a drop or two of Liquid Smoke to the Creole Red Beans and Rice.

### ➤ Japanese Vegetable Curry

**Easy:** Buy a bag of pre-cut cauliflower heads and further chop into bite-sized pieces. Add small pieces of cauliflower and diced carrots to the meal while it heats. This will soften the vegetables.

**More advanced:** Buy a bag of pre-cut cauliflower heads and further chop into bite-sized pieces. Cut a sweet potato into cubes. Place on parchment-lined or silicone baking sheet. Bake both at 350 degrees for about 20 minutes. Add to dish once warm.

**Spice it up:** Consider adding 1/4 teaspoon of ground turmeric, which acts as a powerful antioxidant and anti-inflammatory. For a stronger curry flavor, you can add 1/8–1/4 teaspoon of curry powder to your meal halfway through the cooking process, stirring thoroughly.

### ➤ Spaghetti and Veggie Balls

**Easy:** Add diced tomatoes and minced garlic to the meal while it is heating. Can also add finely chopped greens (spinach) about 20 minutes prior to the meal being fully heated.

**More advanced:** Roast some cherry tomatoes at 250 degrees for about an hour. They will become soft and sweet. Add these along with minced garlic to the heated meal.

**Spice it up:** If adventurous, you can also top with freshly cut basil and red pepper flakes. Sprinkling some nutritional yeast flakes on top can help to create a cheesy flavor. You can opt to add some finely chopped greens such as spinach or kale. If using a warming tray, add these about 20 minutes before your meal is done. One cup of chopped greens will wilt and add extra freshness and nutrition.

### ➤ African Stew, Kale Peanut Bowl

**Easy:** Add finely sliced greens (kale) about 20 minutes prior to meal being fully heated.

**More advanced:** For Kale Peanut Bowl, sauté half a bag of pre-chopped broccoli and add to dish once heated (this can be added in addition to greens noted above).

For African Stew, dice and bake a small to medium-sized sweet potato (see above under curry recipe) and add to heated meal (in addition to greens).

Both dishes can be topped with 1/4 cup of chopped peanuts. Chopped cilantro can be used for those who are more adventurous. Once again, consider adding 1/4 teaspoon of ground turmeric for flavor and health benefits.

**Spice it up:** For the Kale Peanut Bowl, add chili sauce or sriracha.

### ➤ Sesame Noodles, Asian Stewed Tofu, Thai Drunken Veggies

**Easy:** Add pre-cut green beans and/or shredded carrots to dish while it is heating. Can also add finely sliced greens about 20 minutes prior to your meal being fully heated (this will help to wilt them into the dish). Bok choy is a healthy green that is great in Asian dishes. While the leaves will wilt, the whitish stems will remain crunchy.

**More advanced:** Sauté chopped broccoli and/or green beans and/or chopped bok choy with garlic (and ginger if desired). Add to dish once it is heated. You can also add some chopped cabbage (pre-packaged as coleslaw or broccoli slaw in the supermarket) for a cool crunch, top with thinly sliced scallions (green onions), and sprinkle with sesame seeds for extra protein and fiber.

**Spice it up:** Consider adding chopped cilantro and/or chili garlic sauce if more adventurous.

### ➤ New England Chowder

**Easy:** Finely chop 2 carrots and 2 celery stalks and ¼ cup of onion (these can also be purchased pre-packaged). Add to meal as it is heating so vegetables will soften.

**Spice it up:** Consider adding some finely chopped parsley.