

Plant Based + Intuitive Eating

How to ALIGN plant-based
eating with your intuitive
eating practice

Graciously Nourished
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Connecting Plant-Based Eating with Your Intuitive Eating Practice

There are so many non-diet reasons to adopt a plant-based way of eating. Just like intuitive eating, a plant-based diet can help you to align with your morals, ethics, and be a great form of self-care if approached with awareness and intention.

What Is Plant Based Eating

Plant-based eating is not a diet. There are no hard and fast rules and no way to do it right or wrong. You simply eat more plant foods and fewer animal products.

Reasons to Eat Plant Based

- Animal Rights
- Reduced Environmental Impact
- Improved digestion and health markers
- Cost

Alignment With Your Goals

Plant-Based eating can easily become a diet if you begin putting foods in a forbidden category. No foods are off-limits and all foods are allowed. You can choose to eat or not eat any food you wish, even on a plant-based diet. Work on the next page to evaluate how you feel about plant-based eating and what your next steps should be.



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How to Eat Plant Based

Instead of focusing on foods that you think you should give up, focus on the foods you want to include. Circle any food you enjoy or want to experiment with (these are just a small percentage of the amazing plant foods out there!):

- | | | | |
|--------------|------------|--------------|---------|
| Leafy greens | Tofu | Seeds | Grains |
| Beans | Tempeh | Nut Butter | Fruit |
| Lentils | Plant Milk | Wheat gluten | Hummus |
| Vegetables | Nuts | Soy curls | Avocado |

Explore Your Motivation

Following a plant-based meal pattern can be incredibly fulfilling if it aligns with your morals, values, and overall goals. Explore how you feel about eating more plants.

- What, if any, ethical reasons do I have for eating more plants?

- What, if any, health benefits do I hope to experience from eating more plants?

- What's one small step I can take towards plant centered eating?

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Plan it out!

Swap a food

One meal I love and can experiment adding in more plant foods: (ex: lentils and black beans in your favorite enchilada recipe!)

Choose a new recipe

Find a recipe that looks DELICIOUS and uses plants as the star!

Plant-Based Day

Plan an easy option for breakfast, lunch, dinner and snacks that centers around plant foods!

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How else can I help?

If you're looking for more support on how to eat a plant-centered diet or want to know how you can improve your heart health with plant-focused, intuitive eating methods:

Let's Connect!

on Instagram: [@GraciouslyNourished](https://www.instagram.com/GraciouslyNourished)
visit my website: www.graciouslynourished.com
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