

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

PLANTS

FEBRUARY

We love plant-based eating because it helps you pack nutrient-dense foods, like **vegetables, nuts, seeds, whole grains, legumes, and fruits**, into every meal. Boost your health today when you eat more plants. And look for special Healthy Rewards offers throughout the store all month long!

Download our printable plant-based meal plan and grocery list to start eating plant-based today!

Try switching to a plant-based milk alternative, like almond or coconut, in your morning bowl of cereal or smoothie.

50 POINTS Earth Fare Mashed Cauliflower

50 POINTS Blue Diamond Plant-Based Milk Alternatives

Add a dose of healthy plant-based fats to your next meal by adding coconut oil to a smoothie or snacking on roasted nuts.

100 POINTS Earth Fare Organic Coconut Oil

Try adding a plant-based meat alternative to a meal at least once a week for an extra dose of plants.

75 POINTS Lightlife Organic Fakin' Bacon

Wrap tofu in a paper towel and place something heavy like books on top to squeeze out excess water for crispier tofu.

50 POINTS Earth Fare Organic Tofu

Mix packaged jackfruit before cooking then pan fry for the perfect jackfruit every time.

100 POINTS Upton's Jackfruit

Sprinkle nutritional yeast on popcorn, pasta, salads, or literally anything you want to add a cheesy taste to.

100 POINTS Bragg's Nutritional Yeast

Adding avocados to sweet treats makes them creamy without dairy.

100 POINTS Earth Fare Organic Chia Seeds

Freeze a big batch of homemade hummus for a healthy and quick snack whenever the craving hits.

100 POINTS Earth Fare Organic Tahini

For extra protein, add quinoa to your meals, which has 8g of protein per cup.

75 POINTS Upton's Bacon Seitan

For more plant-based power, switch your usual carbs for cauliflower, which is rich in vitamin C and fiber.

75 POINTS Earth Fare Veggie Tots

Keeping a tahini-based dressing on hand makes it easy to dress up veggies.

50 POINTS Annie's Goddess Dressing

Steam your tempeh before baking or frying it to soften it and help it absorb marinades better.

50 POINTS Lightlife Tempeh

Try adding a plant-based meat alternative to a meal at least once a week for an extra dose of plants.

100 POINTS No Evil Foods Sausages

For a natural sweetener, try adding dates to your homemade ice cream or milkshakes for a sweet treat without the sugar crash.

100 POINTS Earth Fare Organic Cacao Nibs

Sprinkle hemp seeds on everything from salads to pancakes for a serious boost of plant-based protein, fats, and fiber.

100 POINTS Earth Fare Hemp Seeds

Stock your bag, desk, and pantry with healthy, plant-based snacks so you can stay naturally energized all day.

50 POINTS Earth Fare Organic Oats

Once you find plant-based recipes you love, bookmark them so you have go-to meals you can rely on.

50 POINTS Earth Fare Frozen Veggie Spirals

Make sure even little ones get in those servings by making plants the foundation of not just their meals but snacks too.

50 POINTS Dang Coconut Chips

Have to bring a dish to a party or potluck? Roast some veggies and serve with a bright and flavorful sauce for a showstopping addition.

75 POINTS Earth Fare Organic Apple Cider Vinegar

The best thing about lentils? They don't need to be soaked, so no need to set a reminder the night before.

50 POINTS Earth Fare Organic Riced Veggies

A dose of nutrient-dense plants, like seaweed or spirulina, adds antioxidants and anti-inflammatory benefits.

50 POINTS Earth Fare Frozen Mango Chunks

By combining fresh fruit and chocolate, you can add the benefits of plant-based to dessert time too.

100 POINTS Republic of Tea Unsweetened Matcha

Make a big batch of baked falafel and freeze to have on hand for a quick meal.

100 POINTS Earth Fare Organic Turmeric

Add a superfood to every meal for a plant-based nutrient boost.

100 POINTS Earth Fare Organic Maca Powder

Make a superfood-packed smoothie for a nutritious breakfast to start your busy day.

100 POINTS Earth Fare Frozen Blueberries

Simmer seitan in vegetable broth for the most flavor and best texture.

75 POINTS Upton's Traditional Seitan

Head to earthfare.com/plantbased for all the tips and tricks you need to keep eating plant-based all year long!

100 POINTS No Evil Foods Pit Boss Vegan Pulled Pork

JOIN THE PLANT-BASED CHALLENGE

You could win a \$50 Earth Fare gift card when you show us how you #EatMorePlants. Use the hashtag and tag us on Instagram or Twitter every day to enter!

