

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

LIVE LONGER
— WITH —
EARTH
FARE

I ♥ 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!

The Year of the Plant
Start eating plant-based today with our printable plant-based meal plan and grocery list!

All About Dairy Alternatives
For breakfast, try a plant-based milk alternative in your bowl of cereal or smoothie.

50 POINTS Earth Fare
Mashed Cauliflower

50 POINTS Blue Diamond
Plant-Based Milk Alternatives

Plant-Based Fats
Get a dose of healthy plant-based fats with coconut oil to a smoothie or by snacking on nuts.

100 POINTS Earth Fare
Organic Coconut Oil

Get More Protein
Add 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

The Secret to Cooking Tofu
Press tofu to remove excess water before cooking for a crispier plant-based protein.

50 POINTS Earth Fare
Organic Tofu

The Art of Jackfruit
Always mix packaged jackfruit before cooking for the perfect consistency every time.

100 POINTS Upton's
Jackfruit

Don't Forget About Cheese
Sprinkle nutritional yeast on popcorn, pasta, or anything you want to add a cheesy taste to.

100 POINTS Bragg's
Nutritional Yeast

Don't Forget Dessert
For a natural sweetener, add dates to your homemade ice cream or milkshakes.

100 POINTS Earth Fare
Organic Chia Seeds

Hummus: The Perfect Snack
Freeze extra homemade hummus for a quick snack whenever the craving hits.

100 POINTS Earth Fare
Organic Tahini

Sneaky Plant-Based Proteins
For extra protein, add quinoa to your meals, which has 8g of protein per cup!

75 POINTS Upton's
Bacon Seitan

Crazy for Cauliflower
For more plant-based power, add cauliflower to any meal, which is rich in vitamin C and fiber.

75 POINTS Earth Fare
Cauliflower Tots

Dress Up Your Plants
Keeping a tahini-based dressing on hand makes it easy to add bright flavor to veggies.

50 POINTS Annie's
Goddess Dressing

Best of Both Worlds
Top a meat alternative with your favorite sauce, like buffalo or barbecue.

100 POINTS No Evil Foods
Sausages

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

50 POINTS Lightlife
Tempeh

Satisfy Your Sweet Tooth
Top chia pudding, smoothies, or granola with cacao nibs for a chocolatey flavor.

100 POINTS Earth Fare
Organic Cacao Nibs

All About Hemp
Sprinkle hemp seeds on everything from salads to pancakes for a boost of protein, fat, and fiber.

100 POINTS Earth Fare
Hemp Seeds

Lasting Energy
Stock your bag, desk, and pantry with plant-based snacks to stay naturally energized.

50 POINTS Earth Fare
Organic Oats

Plant-Based Staples
Stock your kitchen with frozen and pre-cut veggies to make easy meals on even the busiest nights.

50 POINTS Earth Fare
Frozen Veggie Spirals

Snack Attack
Make plants the foundation of not just your family's meals but their snacks too.

50 POINTS Dang
Coconut Chips

Feed a Crowd
Have to bring a dish to a party? Roast some veggies and serve with a flavorful sauce!

75 POINTS Earth Fare
Organic Apple Cider Vinegar

Lentils are a Superfood
Cook lentils in your favorite broth to get the most flavor out of them.

50 POINTS Earth Fare
Organic Riced Veggies

Nutrient-Rich Plants
Make smoothie packs with the ingredients for one smoothie to have on hand all week.

50 POINTS Earth Fare
Frozen Mango Chunks

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

100 POINTS Republic of Tea
Unsweetened Matcha

Plant-Based 24/7
Make a big batch of baked falafel and freeze to have on hand for a quick meal.

100 POINTS Earth Fare
Organic Turmeric

Superfoods to the Rescue
Add a superfood to every meal for a plant-based nutrient boost!

100 POINTS Earth Fare
Organic Maca Powder

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

100 POINTS Earth Fare
Frozen Blueberries

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

75 POINTS Upton's
Traditional Seitan

All About Plant-Based
Head to earthfare.com/plantbased for all the tips 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!

