

plant POWER

by LOVE THE GREEN LIFE

Module 1- Goal Setting

- *SMART Goals WKST
- *My Story WKST

Module 2- Habits

- *Food Journal WKST
- *Habit Challenge WKST

Module 3- Understanding Labels and Ingredients

- *Sugar Names Info Sheet
- *Animal Ingredients Info Sheet
- *Artificial Foods Info Sheet
- *Healthy Swaps WKST

Module 4- Why Plants?

- *Protein Source Info Sheet
- *Plant Based Food Pyramid
- *Veggie Challenge WKST

Module 5- Meal Planning

- *Meal Planner WKST (print 2)

Module 6- Healthy Swaps

- *Recipe Card

Module 7- Breakfast

- *Recipes PDF

Module 8- Lunch

- *Recipes PDF



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Module 9- Dinner

*Recipes PDF

Module 10- Snacks

*Recipes PDF

Module 11- Vitamins and Supplements

*Vitamin Challenge

Module 12- Community and Challenges

*Goal Reflection WKST

*My Story WKST

*Program Reflection WKST

Module 13- Wrap Up & Ways to Sustain

Bonus-

Resources

Organic & Non-GMO

Meal Plans for Your Kiddos

Sustainable Living Preview

