

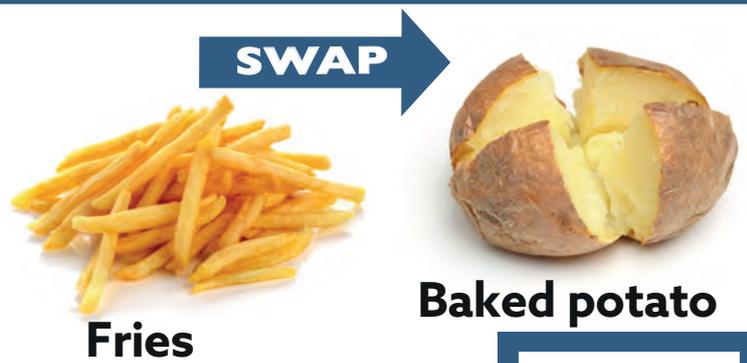
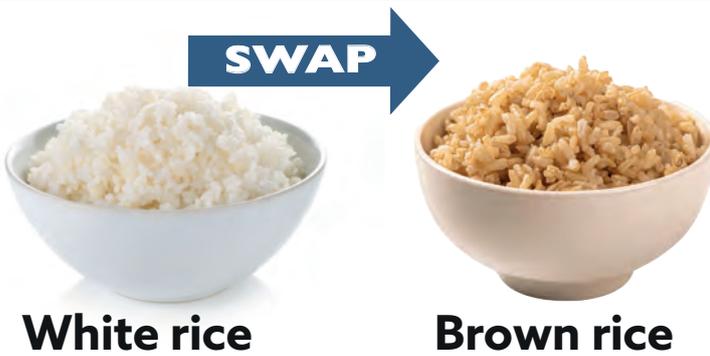
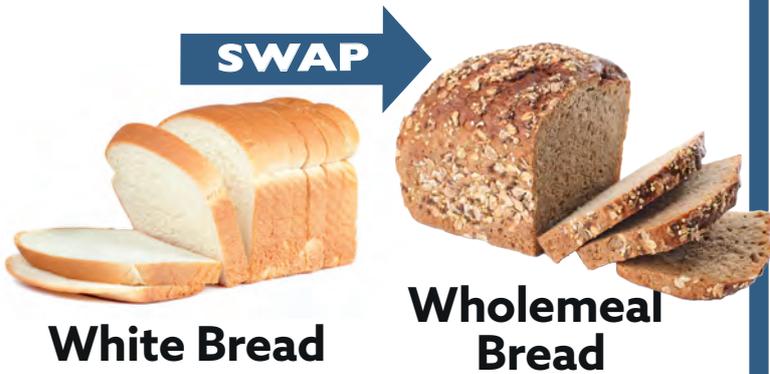
Healthy Plant Based Swaps

Getting started to a Healthier Diet



PLANT-BASED
Health Professionals UK

Simple swaps



Elena Holmes MSc
Dr Leila Dehghan, MSc, ANutr
Kate Dunbar, Patient Advocate

**To learn more,
join this free challenge**



Healthy Plant Based Swaps

Getting started to a **Healthier Diet**



PLANT-BASED
Health Professionals UK

Healthy meal ideas

Breakfast



**Toast with
baked beans**

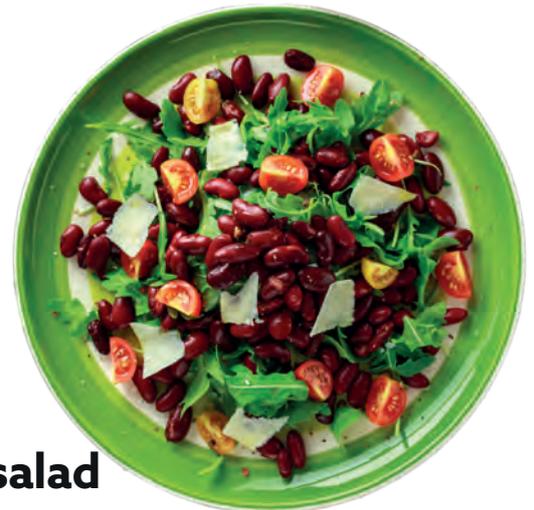


**Porridge with
raisins and fruit**

Lunch



Hummus

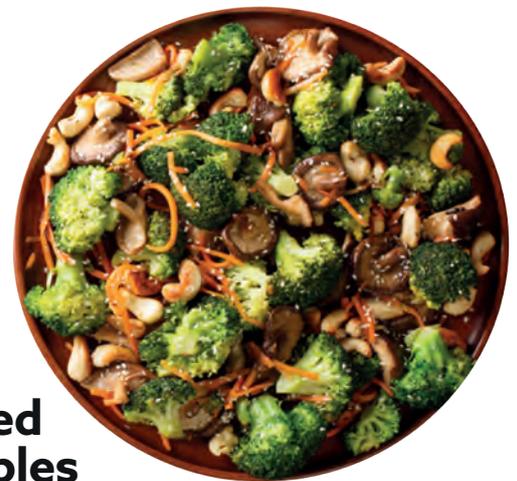


Bean salad

Dinner



**Chickpea
curry**



**Roasted
vegetables**

*Elena Holmes MSc
Dr Leila Dehghan, MSc, ANutr
Kate Dunbar, Patient Advocate*

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