



# PLANETARY DIET BINGO

Try a meatless meal	Fill ½ your plate with vegetables and fruit	Watch <a href="#">Centering Your Meals with Plants</a> on eopcn.ca	Fill a reusable water bottle	Have a fruit for dessert
Use canola or olive oil	Check out a farmers' market	Try hummus as a raw veggie dip	Eat fruit instead of drinking juice	Visit <a href="http://harvard-foodprint-calculator.github.io">harvard-foodprint-calculator.github.io</a>
Try a new fruit or veggie	Eat leftovers for lunch	<b>FREE SPACE</b>	Try whole grain bread	Check out <a href="http://pulses.org">pulses.org</a> for quick meal ideas
Double veggies in existing recipes	Create your own salad	Plan a minimum 2 days worth of meals ahead of time	Add fruit to your breakfast	Replace a sugary drink with water
Try a veggie pizza	Snack on nuts or raw veggies	Grow an edible plant	Download <a href="#">Plant-based Recipes Made Easy Peasy!</a>	Replace red meat with chicken, fish or plant protein