



Planetary Diet Bingo

Try a meatless meal	Fill ½ your plate with vegetables and fruit	Watch Centering Your Meals with Plants 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 harvard-foodprint-calculator.github.io
Try a new fruit or veggie	Eat leftovers for lunch	FREE SPACE	Try whole grain bread	Check out pulses.org 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 Plant-based Recipes Made Easy Peasy!	Replace red meat with chicken, fish or plant protein

