

Shopping List

Vegetable

- Vegetables for dipping
- Salad (spinach, lettuce, cabbage, cucumber, etc.)
- Frozen vegetables
- Potatoes or sweet potatoes

Beans

- Canned beans, rinse liquid
- Dried beans and lentils
- Frozen beans and peas
- Hummus or bean dip
- Tofu or tempeh
- Bean pasta

Fruit

- Fruit (bananas, apples, pears, grapes, etc.)
- Frozen berries
- Unsweet dried fruits (raisins, mango, dates, berries, figs, ect.)

Whole Grain

- Rolled oats
- Steel cut oatmeal
- Brown jasmine rice
- Ezekiel 4:9 bread or tortillas

Other

- Cinnamon
- Mustard
- Natural peanut butter
- Nuts or seeds
- Popping corn
- Marinara sauce

Lentil Lemon Soup (6-8 serv)

- 1 lb lentils
- 8 cups water
- 1/3 cup fresh lemon juice
- 1 tbsp salt, optional
- 2 tsp garlic
- 2 tbsp dried onion flakes
- 3 bay leaves
- ½ tsp black pepper
- ½ tbsp red pepper flakes
- 2 cups carrots, washed and chopped
- 1 bunch swiss chard, washed and chopped
- 3 medium potatoes



Wash and peel carrots and chop into small pieces, set aside. Wash and chop potatoes, set a side. Wash swiss chard and remove leaves from stems. Chop stems into small pieces (the size of the carrots) and set aside. Role leaves up like sushi and slice into ribbons. Cut ribbons in half and set aside. In a medium sauce pan, combine all ingredients (except swiss chard leaves). Cover partially and cook over moderately low heat until the lentils are tender. Add swiss chard leaves and cook until they are still green but wilted and soft. Pour soup into bowls, serve hot with brown rice, quinoa, or slices of fresh or toasted bread on the side. Freeze leftovers.

Garlic Steamed Greens (2-4 serv)

- 1 bunch dark leafy green (kale, cabbage, spinach, collard greens, swiss chard, etc.)
- 1 tsp garlic powder
- ½ tbsp low sodium soy sauce



Wash, de-stem, and chop greens into bite size pieces. In a large heavy pan bring ½ cup water to a boil. Add greens and reduce heat to medium-low and cook for 3-5 minutes stirring occasionally until soft and water has mostly evaporated. Add low sodium soy sauce and garlic powder and stir to combine. When soft and slightly wilted, remove from heat and serve. Tastes great over brown rice or potatoes.

Landmark *Plate*

Eat a wide variety of whole plant foods to prevent, treat, and reverse:

Heart Disease, Diabetes, Hypertension, Obesity, Cancer, and Other Chronic Illnesses.



EMBRACE THE LANDMARK PLATE TO

Maximize your intake of: Fiber • Vitamins and minerals
• Antioxidants and phytochemical • Plant based protein

Minimize your intake of: Animal protein • Cholesterol
• Saturated fat • Harmful pesticides, antibiotics, and preservatives • Sugar and sugar alternatives

Landmark partners with clients, such as health plans and other care delivery systems, to bring house calls and care coordination to patients living with multiple chronic conditions. We're working to help patients stay well at home and receive in-place urgent care when needed. For more information about Landmark please visit: www.landmarkhealth.org

96%
of Americans

do not eat enough fiber (from foods, not supplements), while most Americans consume twice the amount of protein our bodies need. When you eat a wide variety of plant foods (beans, vegetables, whole grains, fruits, and some nuts and seeds) you will get all the fiber and protein you need for health. Fiber should be the foundation of your food habits for health, vitality and longevity.



VEGETABLES

Add vegetables of any kind to your diet such as: carrots, zucchini, broccoli, cauliflower, brussels

sprouts, kale, swiss chard, green beans, squash, tomatoes, beets, sweet potatoes, etc. Buy them fresh or frozen and steam, bake, or boil vegetables to incorporate more fiber into your day.

FRUITS

Whole fresh, frozen, or 1 serving dried (unsweetened) fruits of any kind such as strawberries, raspberries, blueberries, black berries, grapes, apples, bananas, mangos, oranges, melons, pears, etc.

DIABETES TIP: Eat fruit at meal instead of by itself for better glucose control (include ½ cup of beans with meal for best results).



BEANS

Any type of bean is great. Buy canned (rinse liquid), dried, frozen, or fresh beans. Use whatever is easiest for you. Eat black beans, pinto beans, garbanzo or chickpeas, green peas, split peas, pink beans, white beans, black-eyed peas, mung beans, edamame beans, etc. For more variety try eating bean pasta, hummus or other bean dip, tofu, tempeh.



UNPROCESSED WHOLE GRAINS

Brown rice, 7-grain cereal, rolled oats, steel cut oats, quinoa, barley, bulgur wheat, brown basmati rice, brown jasmine rice, or any other type of whole unprocessed grains are great for your health. Limit processed grain items. Corn tortillas (2/day), Ezekiel 4:9 bread, whole wheat tortillas (1/day).



Triple Berry Oat Bowl (1-3 serv)

1½ cups rolled oats
1 tbsp flax seed meal or nuts
1½ cups unsweetened milk alternative (almond, soy, etc.)
¼ cup raisins or 1 banana
1½ cups triple berry, frozen
½ tsp cinnamon



Thaw berries. Mix all ingredients together in a large bowl. Eat immediately or chill for at least 30 minutes. Eat cold or hot. Can be divided into smaller containers for breakfast on the go. Store for up to one week in airtight containers. Make at least 4 or more at a time so that you won't ever have to think about breakfast again. In addition, eat ½ cup of beans (lentils, beans, peas, etc.) for extra blood sugar management.

Chili Baked Potato (3-4 serv)

4 large potatoes (any variety)
2 cups pinto beans
1 cup salsa
2 cups corn, frozen, thawed
¼ cup hummus, optional
¼ cup sunflower seeds, optional



Scrub potatoes thoroughly and rinse with water. Cut out blemishes or bad spots with a paring knife. Prick the potatoes in a few places with a fork to allow steam to escape during the baking process. Bake potatoes in microwave for 10-15 minutes (depending on size of potatoes). You can use a conventional oven if desired (bake for 60 minutes at 425 degrees). Potatoes are done when the insides feel completely soft when pierced. Remove from microwave and set aside to cool (be CAREFUL they are HOT). When cool enough to touch slice in half. In a medium saucepan over medium heat, combine beans, salsa, and corn. Cook for 10 minutes or until hot. When chili is ready scoop ½ cup onto each baked potato. Dollop 1 tablespoon of hummus and sprinkle 1 tablespoon sunflower seeds over the top. If desired, garnish potatoes with chili powder or smoked paprika. Serve hot with a side of steamed vegetables or salad.

Sample Menu

Breakfast

- Any cooked whole-grain cereal, oatmeal, or muesli
- Any whole fresh fruit (or frozen)
- ¼c beans (for diabetes control and satiety)

Lunch

- Salad plate — dark leafy greens and raw veggies with oil or sugar free dressing
- Baked potato — top with ½c lentil soup or pinto chili with salsa hummus
- Steamed Vegetables — carrots, broccoli, or green beans

Supper

- Choice of large lentil stew, split pea stew, or fresh vegetable bean soup
- Cooked brown rice with corn and steam vegetables
- Tomato salad with sliced cucumbers