

MEAT AS

Best Supporting Actor

Let plants take the starring role and reap the benefits.

One of the best ways to get healthy is to eat a more plant-forward diet, often referred to as going 'flexitarian.' What's the upside of at least half your meals being built around fruits, veggies and plant-based proteins?

Diets rich in plants, such as the Mediterranean diet, have been shown in large studies to help lower the risk of heart disease, metabolic syndrome, diabetes and certain cancers. As an added bonus, this kind of diet can also help you shed kilograms.

Going flexitarian means giving plants a starring role, while enjoying meat as a supporting player.



GO AS A GARNISH

Sprinkle some chicken on top? You bet! Whether you're building a grain bowl or a hearty salad, think of options like pulled chicken or sliced hard-boiled egg as an accent to deliver flavor and protein. If you're looking for even more protein, sprinkle on some seeds.



SAVE IT FOR LAST

According to dietary recommendations, three-quarters of your plate should be focused on fruits, vegetables and whole grains. If you always think about your meat options first, try flipping it around and think about what mix of fruits, veggies and grains will satisfy you, then add in meat as the side dish.



HALVE THE DECK

A serving of meat should usually be about 150g, or about the size of a deck of cards. Simply cut the serving in half while complimenting it with a plant-based protein. For example, if you love chili, try cutting the amount of mince by half and adding a new kind of bean.



EGGS ALL DAY

Eggs are an incredibly versatile food that deserve billing far beyond breakfast because they can complement meals in many ways. Add some scrambled egg into a rice stir-fry, use eggs to make a silky carbonara, or make egg bites that bind together veggies with just enough beaten eggs to bake in a tray then cut into pieces to eat all week long.



SEEK OUT STOCK

Invest in good quality beef or chicken stock to add flavor and depth to plant-forward dishes. Even better is to make your own stock, which allows you to control the salt levels. Keep it frozen in separate portions so you can grab a single cube or a whole container depending on what you're making.



BEYOND MEATLESS MONDAYS

Everything about flexitarianism is, well, flexible. If giving up a full serving of meat at dinners feels like a hard place to start, think about adding more plant-forward breakfast or lunches to your diet during the week.