

Sozo Guide

A STEP BY STEP APPROACH TO RAISING PLANT RICH KIDS

Are you ready to change the way you nourish your body and teach your kids to nourish theirs? The younger you introduce a plant rich diet the better, but it is NEVER too late to make a change. When you are changing the way you eat as a family one of the biggest keys is to engage your kids! The more you can incorporate your kids in this lifestyle transformation, the better! It becomes their journey and not just something you are doing or making them do. When kids are involved they are more likely to take ownership and develop a healthy relationship with food, themselves.

STEP 1:

With your kids, make a list of your favorite meals: Stir fry, Mac 'n cheese, Pizza, Tacos, Ramen, Tostadas, Pasta with Marinara, Pancakes, Chili, Burritos-what are your favorites?

STEP 2:

Put these meals into 4 categories on the the pages that follow!

Go-To Plant-Based Meals We Know and Love

Tostadas, Pasta with marinara, Hummus with veggies

Yummy Meals We Can Convert to Plant Rich

Chili, Burritos, Pancakes, Ramen, Tostadas, Mac n Cheese, Stir Fry, Pizza, Tacos

Never Made, Excited to Try

Cauliflower wings, Ginger sesame noodles with crispy tofu, Avocado toast

No Chance

Eggs and Bacon, Fried chicken

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STEP 3:

Take the Go-To Plant-Based Meals We Know and Love and put it aside- you don't have to do anything here. Over time you might want to start boosting it up with extra fruits, veggies, legumes or whole grains to create variety and make more nutritious (e.g. adding roasted veggies to the pasta or lettuce and tomatoes to the tostada) but they are good Go-To recipes as is.

STEP4:

Take the Meals We Can Convert to Plant Rich and have a brainstorm session - how can you make them plant rich?

- Ramen with chicken, veggies and an egg—> Ramen with tofu or edamame and veggies
- Beef and Cheese Burrito —> Black Bean and Sweet Potato Burrito or Refried bean and grilled veggie burrito

STEP5:

Take the Never Made It, Excited to Try and explore recipes that you want to try. Look online or in a plant-rich cookbook. For some great source for plant rich recipes or go to <https://sozolifestylemedicine.com/where-i-find-my-recipes/>

CLICK HERE

STEP6:

Take the No Chance page, fold it up and put it in a place where you can find it but you aren't seeing it all the time. You aren't throwing it away or saying never again. You are saying, not right now. We are going to focus on other things.

STEP7:

Plan a your meals for the week ahead picking a couple from each category.

Keep your kids involved! Have them help you pick recipes, look for substitutions, shop and cook. Last but certainly not least, enjoy trying new foods and old foods new ways!

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Plant-Based Meals We Know and Love

MEAL

BOOST IT UP

Pasta with marinara

Add white beans mushrooms and peppers



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Yummy Meals We Can Convert to Plant Based

ORIGINAL MEAL

PLANT BASED VERSION

Stir fry with white rice, chicken and peas

Stir fry with brown rice, edamame, peas and carrots

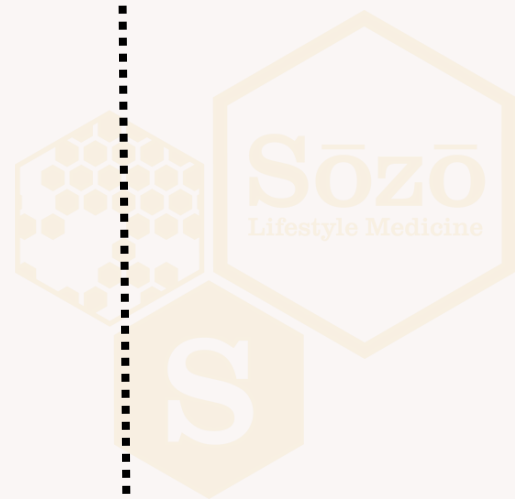


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Never Made, Excited to Try

| RECIPE | SOURCE | 👍 👎 |
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No Chance



Work with us!

ARIZONA RESIDENTS BECOME A SOZO MEMBER

If you are in Arizona and would like to become a patient in Dr. Young's medical practice, register for membership or schedule a free informational visit [here](#).

OUTSIDE OF ARIZONA

Non-residents can schedule virtual family coaching sessions by contacting Dr. Young directly at

dr.young@sozolifestylemedicine.com

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