



The Plant-Based Boost

By Heather Nicholds

Book summary & main ideas

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Summary:

The Plant-Based Boost by Heather Nicholds is a comprehensive guide to transitioning to a plant-based lifestyle. The book provides readers with the tools and information they need to make the switch, including meal plans, recipes, nutrition advice, and tips for overcoming common challenges. It also includes an overview of the health benefits associated with eating more plants.

The book begins by discussing why people should consider switching to a plant-based diet. It explains that this type of diet can reduce inflammation in the body, improve digestion and gut health, boost energy levels, help maintain healthy weight levels,

reduce risk of chronic diseases such as heart disease and diabetes, and even slow down aging. The author then goes on to discuss how to transition from an animal product based diet into one that is primarily composed of plants.

Next up are chapters dedicated specifically to meal planning and recipe ideas. These sections provide readers with easy-to-follow instructions for creating delicious meals using whole foods like fruits and vegetables as well as legumes like beans or lentils. There are also plenty of vegan options included in these chapters so those who don't eat animal products can still enjoy tasty dishes without compromising their dietary preferences.

In addition to providing helpful information about transitioning into a plant-based lifestyle and offering delicious recipes for

every occasion, *The Plant Based Boost* also offers practical advice on how best to shop for ingredients while sticking within budget constraints. Finally there is an extensive section devoted entirely towards understanding nutrition labels which will be invaluable when it comes time for grocery shopping.

Overall *The Plant Based Boost* is an excellent resource for anyone looking to make the switch from animal products into a healthier way of life through eating more plants! With its clear explanations backed up by scientific evidence along with detailed meal plans plus plenty of tasty recipes “this book has everything you need get started on your journey towards better health today!”

Main ideas:

#1. *Eat a Whole-Foods Plant-Based Diet: Eating a diet that is based on*

whole plant foods, such as fruits, vegetables, legumes, nuts, and seeds, is the best way to ensure that you are getting all the nutrients you need for optimal health.

Eating a whole-foods plant-based diet is an excellent way to ensure that you are getting all the nutrients your body needs for optimal health. This type of diet focuses on eating foods that come from plants, such as fruits, vegetables, legumes, nuts and seeds. These foods provide essential vitamins and minerals that help keep your body functioning properly. Eating a variety of these foods also helps to ensure that you get enough fiber in your diet which can help with digestion and weight management.

In addition to providing essential nutrients, eating a whole-foods plant-based diet has many other benefits. It can reduce

inflammation in the body which can lead to improved overall health. Eating this type of diet may also lower cholesterol levels and improve heart health by reducing risk factors associated with cardiovascular disease. Additionally, it may help protect against certain types of cancer due to its high antioxidant content.

Overall, eating a whole-foods plant-based diet is one of the best ways to ensure good nutrition while still enjoying delicious meals. By focusing on fresh produce and avoiding processed or refined foods you will be able to reap all the benefits this type of lifestyle has to offer!

***#2. Reduce Animal Products:
Reducing or eliminating animal products from your diet can help reduce your risk of chronic diseases, such as heart disease and cancer.***

Reducing or eliminating animal products from your diet can have a significant impact on your health. Studies have shown that reducing the amount of animal products you consume can reduce your risk of chronic diseases, such as heart disease and cancer. Eating more plant-based foods has been linked to lower cholesterol levels, improved blood sugar control, and reduced inflammation in the body.

In addition to improving overall health, reducing animal products can also help protect the environment. Animal agriculture is one of the leading causes of climate change due to its high emissions of greenhouse gases like carbon dioxide and methane. By eating fewer animal products, you are helping to reduce these emissions and lessen their negative impacts on our planet.

Making changes to your diet doesn't have to be difficult or overwhelming. Start by making small changes such as replacing some meat dishes with vegetarian options or adding more fruits and vegetables into meals. You may find that once you start making these changes, it becomes easier over time.

#3. Increase Plant-Based Protein: Eating a variety of plant-based proteins, such as legumes, nuts, and seeds, can help you meet your daily protein needs without relying on animal products.

Increasing your intake of plant-based proteins is a great way to get the protein you need without relying on animal products. Legumes, nuts, and seeds are all excellent sources of plant-based proteins that can help you meet your daily needs. Legumes such as beans, lentils, and chickpeas are packed with protein and

fiber and can be used in a variety of dishes from soups to salads. Nuts like almonds, walnuts, cashews, and pistachios provide healthy fats along with protein while also adding flavor to meals. Seeds like chia seeds, hemp hearts, pumpkin seeds or sunflower seeds make for an easy addition to smoothies or oatmeal bowls.

Incorporating more plant-based proteins into your diet doesn't have to be complicated either! Try swapping out some meat for legumes in tacos or chili recipes; add nuts or nut butter into smoothies; sprinkle some chia or hemp hearts onto yogurt parfaits; top salads with roasted pumpkin seeds; use almond flour instead of wheat flour when baking muffins â€” the possibilities are endless!

By increasing your intake of plant-based proteins you can easily get the nutrition you need without sacrificing taste. So why

not give it a try? You may just find yourself pleasantly surprised by how delicious these foods can be!

#4. Eat Healthy Fats: Eating healthy fats, such as those found in nuts, seeds, and avocados, can help you feel full and satisfied while providing essential nutrients.

Eating healthy fats is an important part of a balanced diet. Healthy fats, such as those found in nuts, seeds, and avocados, provide essential nutrients that can help you feel full and satisfied. These foods are also high in fiber which helps to slow digestion and keep you feeling fuller for longer. Eating healthy fats can also help to reduce inflammation throughout the body and improve overall health.

In addition to providing essential nutrients, eating healthy fats can be beneficial for

weight management. Studies have shown that people who eat more monounsaturated fatty acids (MUFAs) tend to have lower body weights than those who don't consume these types of fat. MUFAs are found in foods like olive oil, avocado, nuts, and seeds.

When it comes to incorporating healthy fats into your diet it's important not to overdo it – too much fat can lead to weight gain or other health issues. Aim for about 25-35% of your daily calories from fat sources like nuts, seeds, avocados or olive oil. Additionally try adding some omega-3 fatty acids into your diet by consuming fish or taking a supplement.

#5. Eat Fermented Foods: Eating fermented foods, such as sauerkraut and kimchi, can help improve digestion and provide beneficial bacteria to the gut.

Eating fermented foods is a great way to improve digestion and support gut health. Fermented foods contain beneficial bacteria, known as probiotics, which can help balance the microorganisms in your digestive system. This helps break down food more efficiently and reduce symptoms of indigestion such as bloating and gas.

Fermented foods are also rich in vitamins, minerals, enzymes, and other nutrients that can help boost overall health. They have been linked to improved immunity, better mental clarity, increased energy levels, reduced inflammation and even weight loss.

Some popular fermented foods include sauerkraut (fermented cabbage), kimchi (fermented vegetables), kefir (a cultured dairy drink) miso paste (fermented soybeans), tempeh (fermented soybeans)

yogurt or Kombucha tea. Adding these into your diet regularly can provide numerous benefits for your body.

#6. Eat Plenty of Fiber: Eating plenty of fiber-rich foods, such as fruits, vegetables, and whole grains, can help keep you regular and reduce your risk of chronic diseases.

Eating plenty of fiber is an important part of a healthy diet. Fiber helps to keep you regular, and can also reduce your risk of chronic diseases such as heart disease, diabetes, and certain types of cancer. Eating a variety of fiber-rich foods like fruits, vegetables, legumes, nuts and seeds, and whole grains can help ensure that you get enough dietary fiber in your diet.

Fiber has many health benefits beyond just keeping you regular. It helps to slow

down digestion which keeps blood sugar levels stable throughout the day. It also helps to lower cholesterol levels by binding with bile acids in the digestive tract and carrying them out through the stool instead of being reabsorbed into the bloodstream. Additionally, it adds bulk to stools which makes them easier to pass.

Including plenty of high-fiber foods in your diet is easy! Start by adding more fruits and vegetables into meals or snacks throughout the day – aim for at least five servings per day if possible. Whole grains are another great source; try swapping white rice for brown rice or quinoa when cooking dinner or making salads for lunch.

**#7. *Avoid Processed Foods:*
*Avoiding processed foods, such as chips, crackers, and cookies, can help reduce your intake of unhealthy fats, added sugars, and sodium.***

Processed foods are often high in unhealthy fats, added sugars, and sodium. Eating too much of these can lead to health problems such as obesity, heart disease, and diabetes. By avoiding processed foods like chips, crackers, and cookies you can reduce your intake of these unhealthy ingredients.

Instead of reaching for a bag of chips or a box of cookies when you're hungry or craving something sweet try opting for healthier snacks like fresh fruit or vegetables with hummus. You could also make your own healthy versions of processed snacks by baking whole grain muffins or making homemade granola bars.

Making the switch from processed to unprocessed foods doesn't have to be difficult. Start small by replacing one snack at a time with something healthier. Over

time this will become second nature and you won't even miss the processed stuff!

#8. Eat Seasonally: Eating seasonally can help you get the freshest and most nutrient-dense foods while supporting local farmers.

Eating seasonally is a great way to get the most out of your food. Seasonal produce is fresher, more nutrient-dense, and often cheaper than non-seasonal options. Plus, when you buy seasonal foods from local farmers or markets, you're supporting your community and helping to reduce the environmental impact of transporting food over long distances.

When it comes to eating seasonally, there are many benefits. Eating in-season fruits and vegetables means that they haven't been stored for long periods of time before reaching your plate. This helps preserve

their nutritional value as well as their flavor. Additionally, buying locally grown produce supports small businesses in your area while reducing the amount of energy used for transportation.

Seasonal eating also encourages variety in our diets by introducing us to new flavors throughout the year. As different crops come into season at different times throughout the year, we can enjoy a wide range of tastes without having to rely on imported items all year round.

Finally, seasonal eating can be an enjoyable experience! Visiting local farmers markets or joining a CSA (community supported agriculture) program allows us to connect with our food sources and learn about what's available each monthâ€”all while enjoying delicious meals made with fresh ingredients.

#9. *Eat Mindfully: Eating mindfully can help you enjoy your food more and be more aware of your body's signals of hunger and fullness.*

Eating mindfully means being aware of the food you're eating and how it makes you feel. It involves paying attention to your body's signals of hunger and fullness, as well as savoring each bite. When we eat mindfully, we can enjoy our meals more fully and be better able to recognize when we are truly hungry or full.

Mindful eating also helps us become more aware of what foods make us feel good after eating them. We can learn which foods give us energy, help us stay fuller for longer periods of time, or provide other benefits like improved digestion or mental clarity. This knowledge can help guide our food choices in a way that is both enjoyable and nourishing.

Finally, mindful eating encourages us to slow down while enjoying our meals so that we don't overeat out of boredom or stress. Eating slowly gives our bodies time to register feelings of fullness before it's too late!

#10. Cook at Home: Cooking at home can help you save money and ensure that you are eating healthy, plant-based meals.

Cooking at home is a great way to save money and ensure that you are eating healthy, plant-based meals. Not only will it help you stick to your budget, but it also allows you to control the ingredients in your food. You can choose organic produce and whole grains, as well as opt for low-sodium or no added sugar options when cooking from scratch.

When cooking at home, try experimenting with different recipes and flavors.

Plant-based foods offer an abundance of variety â€” from hearty soups and stews to light salads and stir fries â€” so there's something for everyone! Plus, by making your own meals you can customize them according to your dietary needs or preferences.

Finally, don't forget about leftovers!

Cooking larger batches of food means that you have extra portions ready for lunch or dinner the next day. This not only saves time but also helps reduce waste since any unused ingredients can be stored away in the fridge or freezer until needed.

#11. Eat Colorfully: Eating a variety of colorful fruits and vegetables can help ensure that you are getting a wide range of vitamins, minerals, and antioxidants.

Eating colorfully means filling your plate with a variety of colorful fruits and vegetables. Eating the rainbow can help you get all the essential vitamins, minerals, and antioxidants that your body needs to stay healthy. Fruits and vegetables come in a wide range of colors “ from deep reds to bright oranges to vibrant greens “ so there are plenty of options for creating delicious meals that are packed with nutrition.

When shopping for produce, look for items that have been grown locally whenever possible. This will ensure that you're getting the freshest ingredients available. Also try to buy organic when possible as this will reduce your exposure to pesticides and other chemicals used in conventional farming practices.

Incorporating more plant-based foods into your diet doesn't have to be complicated or

time consuming. Start by adding one new fruit or vegetable each week until you feel comfortable experimenting with different recipes and flavors. You may find yourself pleasantly surprised at how easy it is to eat colorfully!

#12. Get Enough Sleep: Getting enough sleep can help reduce stress, improve mood, and support a healthy immune system.

Getting enough sleep is essential for our overall health and wellbeing. When we dont get enough rest, it can have a negative impact on our physical and mental health. Not getting enough sleep can lead to increased stress levels, difficulty concentrating, irritability, and even depression.

Sleep helps us to recharge our bodies so that we are better able to cope with the

demands of everyday life. It also helps us maintain a healthy immune system by allowing our body time to repair itself from any damage caused by environmental toxins or other factors. Additionally, when we get adequate amounts of sleep each night, it can help improve moods and reduce anxiety.

In order to ensure you're getting enough restful sleep each night, try setting up a regular bedtime routine that includes winding down activities such as reading or listening to calming music before going to bed. Avoiding caffeine late in the day will also help you relax more easily at night. Finally, make sure your bedroom is dark and quiet so that you can drift off into peaceful slumber.

#13. Exercise Regularly: Regular exercise can help reduce stress, improve mood, and support a healthy

weight.

Exercising regularly is an important part of maintaining a healthy lifestyle. Not only does it help to reduce stress, improve mood, and support a healthy weight, but it can also have long-term benefits for your overall health. Regular exercise helps to strengthen the heart and lungs, build muscle strength and endurance, increase flexibility and balance, as well as improve bone density.

In addition to physical benefits, regular exercise can also provide mental health benefits such as improved concentration and focus. Exercise releases endorphins which are hormones that make us feel good; this can lead to increased self-esteem and improved sleep quality. It's also been shown to reduce symptoms of depression in some people.

When starting an exercise routine it's important to find something you enjoy doing so that you will stick with it over time. This could be anything from walking or running outdoors to joining a gym class or playing sports with friends. The key is finding something that works for you so that you look forward to exercising rather than dreading it.

#14. Reduce Stress: Reducing stress can help improve mood, reduce inflammation, and support a healthy immune system.

Reducing stress is an important part of maintaining a healthy lifestyle. Stress can have a negative impact on our physical and mental health, so it's important to take steps to reduce it. There are many ways to do this, such as getting enough sleep, exercising regularly, eating nutritious foods, practicing mindfulness or meditation

techniques, and engaging in activities that bring joy.

In her book *The Plant-Based Boost: A Holistic Guide To Optimal Wellness Through Plant-Based Eating & Lifestyle Practices*, Heather Nicholds outlines how reducing stress can help improve mood and support a healthy immune system. She explains that when we experience chronic stress our bodies produce hormones like cortisol which can lead to inflammation and weaken the immune system. By taking steps to reduce stress levels we can help prevent these negative effects.

Nicholds also suggests incorporating plant-based foods into your diet as they contain antioxidants which may help protect against inflammation caused by stress. Additionally she recommends supplementing with adaptogenic herbs

such as ashwagandha or rhodiola rosea which may help balance hormones associated with stress response.

By making small changes in your daily routine you can make big strides towards reducing your overall level of stress.

Taking time for yourself each day will not only benefit your mental health but also contribute positively towards improving your physical wellbeing.

#15. Drink Plenty of Water: Drinking plenty of water can help keep you hydrated and support a healthy digestive system.

Drinking plenty of water is essential for good health. It helps to keep your body hydrated, which can help you feel energized and alert throughout the day. Water also helps to support a healthy digestive system by aiding in digestion and

absorption of nutrients from food. Additionally, drinking enough water can help flush out toxins from your body, helping you stay healthy.

Its important to drink plenty of water every day - aim for at least 8 glasses per day if possible. If plain water isnt appealing to you, try adding some fresh fruit or herbs like mint or basil for flavor. You can also get creative with sparkling waters or herbal teas as well!

#16. Get Enough Vitamin D: Getting enough vitamin D can help support a healthy immune system and reduce the risk of chronic diseases.

Getting enough vitamin D is essential for overall health and wellbeing. Vitamin D helps to support a healthy immune system, which can help protect against chronic diseases such as cancer, heart disease,

diabetes, and osteoporosis. It also plays an important role in bone health by helping the body absorb calcium from food sources.

The best way to get enough vitamin D is through exposure to sunlight. However, if you don't have access to regular sun exposure or live in a place with limited sunshine hours during the year, it's important to supplement your diet with foods that are rich in vitamin D or take a daily supplement.

Foods that are high in vitamin D include fatty fish like salmon and tuna; fortified dairy products like milk and yogurt; eggs; mushrooms; fortified cereals; orange juice; soy milk; and some types of cheese. Supplements are also available over-the-counter at most pharmacies.

#17. *Take Supplements: Taking*

supplements, such as a multivitamin and omega-3 fatty acids, can help ensure that you are getting all the nutrients you need.

Taking supplements can be a great way to ensure that you are getting all the nutrients your body needs. A multivitamin is an easy and convenient way to get many of the essential vitamins and minerals your body requires, while omega-3 fatty acids provide important health benefits such as reducing inflammation and improving heart health. Taking these supplements regularly can help you maintain optimal health.

When choosing a supplement, it's important to look for one that contains natural ingredients with minimal processing or additives. It's also wise to consult with your healthcare provider before taking any new supplement, especially if you have any existing medical

conditions or take other medications.

In addition to taking supplements, eating a balanced diet full of whole foods is still the best way to get most of the nutrients your body needs. Eating plenty of fruits and vegetables, whole grains, legumes, nuts and seeds will give you more than enough vitamins and minerals without having to rely on supplementation.

#18. Reduce Environmental Impact: Reducing your environmental impact by eating locally and reducing food waste can help protect the planet.

Reducing your environmental impact is an important step in protecting the planet. Eating locally and reducing food waste are two great ways to do this. When you buy local, you reduce the amount of energy used to transport food from far away places, which helps lower emissions that

contribute to climate change. Additionally, buying local supports small businesses and farmers in your community.

Reducing food waste also has a positive effect on the environment. According to the United Nations Food and Agriculture Organization (FAO), one-third of all food produced for human consumption is wasted each year—“that's 1.3 billion tons! Reducing our own personal food waste can help decrease this number significantly by ensuring that we only purchase what we need and use it before it goes bad.

By eating locally and reducing our own personal food waste, we can make a big difference when it comes to reducing our environmental impact. Not only will these actions help protect the planet but they will also support local businesses and farmers in our communities.

**#19. *Connect with Nature:*
*Connecting with nature, such as by going for a walk in the park or gardening, can help reduce stress and improve mood.***

Connecting with nature is a great way to reduce stress and improve mood. Taking a walk in the park or spending time gardening can be incredibly calming and therapeutic. Nature has an amazing ability to help us relax, clear our minds, and find peace within ourselves. Studies have shown that being outdoors can lower cortisol levels (the hormone associated with stress) while increasing endorphins (the hormones associated with happiness).

Spending time in nature also helps us appreciate the beauty of the world around us. We become more aware of our environment and how we fit into it. This

connection allows us to feel grounded and connected to something larger than ourselves, which can bring about feelings of contentment.

So if you're feeling overwhelmed or stressed out, take some time for yourself outside! Go for a walk in your local park or spend some time tending to your garden – whatever works best for you! You may just find that connecting with nature is one of the most effective ways to reduce stress and boost your mood.

#20. Practice Self-Care: Practicing self-care, such as taking time for yourself and engaging in activities that bring you joy, can help reduce stress and improve mood.

Practicing self-care is an important part of maintaining a healthy lifestyle. Taking time for yourself and engaging in activities that

bring you joy can help reduce stress and improve your mood. Self-care can be as simple as taking a few minutes each day to relax, meditate, or do something that brings you pleasure. It could also involve making small changes to your daily routine such as getting enough sleep, eating nutritious meals, exercising regularly, or spending quality time with friends and family.

Self-care doesn't have to be expensive or complicated; it just needs to be something that makes you feel good. Whether it's reading a book, going for a walk in nature, listening to music, writing in a journal or doing yoga – find what works best for you and make sure to take the time out of your day for yourself.

By practicing self-care on a regular basis we are able to better manage our emotions and stay connected with

ourselves which helps us lead healthier lives overall.

Thank you for reading!

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