

## Plant Based One Pan Meal Plan

### Evidence Sheet

This program was created with four key considerations:

#### Bone Building Nutrients

[Calcium](#) and [magnesium](#) are essential to building healthy bones. This meal plan uses calcium-rich ingredients like coconut yogurt, fortified milk beverages, almond butter, and tofu to help you achieve a calcium intake of over 1,000 mg per day. Over 500 mg of magnesium is incorporated daily from food sources like chia seeds, almonds, pumpkin seeds, spinach, and banana. [Protein](#) is an essential nutrient for bone health and makes up to 20% of the daily calories in this plan.

#### Immune Support

The mineral [zinc](#) is critical for immune function and is found in pumpkin seeds, oats, and chickpeas. [Vitamin A](#) is an essential fat-soluble antioxidant that reduces oxidative stress in cells and is useful in the treatment of inflammatory diseases. This meal plan contains vitamin A sources like sweet potato, peppers, and broccoli. [Vitamin C](#) supports the [immune system](#) and is found in strawberries, Brussels sprouts, tomatoes, and cauliflower.

#### Anti-Inflammatory Foods

Polyphenols may help to control oxidative stress and the [inflammatory response](#). This plan includes [polyphenols](#) found in strawberries, walnuts, almonds, spinach, tofu, and tempeh. The polyphenol curcumin in turmeric is incorporated in the meal plan for its role as an anti-inflammatory agent. [Curcumin](#) is effective in treating chronic conditions like rheumatoid arthritis, inflammatory bowel disease, and Alzheimer's disease.

#### Gut Health

Fiber modulates the [gut microbiome](#) to create a healthy intestinal environment. The plan provides up to 50 grams of fiber daily from foods such as fruits, vegetables, oats, lentils, legumes, nuts, and seeds. This meal plan combines [probiotics](#) and [prebiotics](#) like [yogurt with fruit](#) to bring good bacteria into the gut and support digestive health.