Table of Contents

PRECAUTIONS

You should discuss your best meal plan with your Plant-Based Food Provider [PBFP] before consuming plant-based

Very rare reports of potentially amazing and interesting life-changing occurrences have occurred

2. PLANT-BASED **EFFECTS AND GUIDANCE**

Other potential effects for you include How to know if you are destined to be p

. GENERAL PLANT-BASED

INTAKE GUIDANCE

Possible effects for Earth that Earth will thank you for Ull Question and answer

WHAT TO **EXPECT IN LIFE BASED EATER**

HIGHLY DETAILED PREPARATION INSTRUCTIONS FOR THE NEWBIE PLANT-BASED EATER WHICH ARE SOMETIMES REALLY ACTUALLY VERY SIMIL AR TO THE PREPARATION INSTRUCTIONS FOR THE NON-PLANT-BASED VERSION BECAUSE IN MANY INSTANCES THE NON-PLANT-BASED VERSION AND THE PLANT-BASED VERSION ARE REALLY NOT SO DIFFERENT AFTER ALL.

Preparation instructions for plant-based meat that are sometimes

actually really very similar to the preparation instructions for regular cheese

Preparation instructions for plant-based milk that are sometimes actually really very similar to the preparation instructions for regular milk Disclaimers for the preparation instructions for plant-based milk that are sometimes actually really very similar to the preparation instructions for regular milk

6. HIGHLY DETAILED GUIDANCE FOR THE NON-

The twelve-step process of beginning a plant-based regiment Important plant-based questions that you must ask your nearby Plant-Based Food Provider [PBFP]

Location-specific plant-based questions that you must ask your nearby Plant-Based Food Provider [PBFP] PLANT-BASED EATER TO BEGIN THEIR LIFELONG

II What plant-based is and what it is used for PLANT-BASED People who have taken plant-based have experienced the following

ADVENTURE

7. THE PLANT BASED FOODS ASSOCIATION

INFORMATION DIRECTORY

PRECAUTIONS AND INFORMATION

If you try plant-based for the first time you may experience the following

A rush of joy exploding through your body with every bite. A deep sense of pride for helping make your home, planet Earth, a better place Trouble enjoying alone time with your plant-based food, as everyone you're around will want a bite of your food.

Everyone in your life asking you to be the designated caterer at every gathering, and an increased frequency of the request for such gatherings to the point where almost everything seems to require a gathering catered by you, even if the thing being celebrated is just the fact that it's Tuesday.

KEEP THIS II. You should discuss your LEAFLET WITH best meal plan with your Plant-based Food Provider [PBF/ YOU AT ALL TIMES before consuming plant-based.

. If you want to maximize the flavor that your body can handle at every meal nne product is intenden for extender-term use only. You can take the lowest effective bite size fo the shortest time necessary at first, but buckle in because once you get a taste you'll be obsessed with plant-based for life, and your kids will be obsessed with plant-based, and your kids kids kid kids kids kids kids kids kids will be obsessed with plant-based.

Never drive or use machinery

while eating plant-based.

increased depth and arc of smile curvatur may mask symptoms of having an unbear desire to have more and more.

VI Rest places to intake

plant-based foods

If you like to reduce land usage

lways eat before you go and as soon as you arrive. Never while driving mechanical contraptions designed to allow you to drive while having a robot arm

Always eat before you operate machinery and as soon as you finish operating

Very rare reports of potentially amazing

-based foods are also not a good idea and should not be used, ever

Sharing is a very simple concept, but with something as powerful and tasty as plant-based foods it becomes a very

complicated and often undesirable proposition

Plant-based foods may cause your cat who has hated you his entire life

To determine best places to intake plant-based foods, please

consult your Plant-Based Food Provider (PBFP). Tell your

Plant-Based Food Provider (PBFP) what kind of things you like to do before or after or during your meals and request the they guide you to the best foods to pair with such activities.

your Plant-Based Food Provider (PBFP) can advise you on more fitting plant-based consumption pairings for locations and activities. A short list by our team is provided:

If you like to eat outside or have recently eaten while skydiving or might plan to try plant-based while skiing then

If you like to skydive

one regrets for the rest of one's life.

VII. Methods of administration

Tiny Bite Exploration Testing

Before Complete Commitmento Plant-based Obsessions

If you forget to

Caution should be

. In your own house.

V When not to consume

Plant-Based Foods

red balloon about to pop.

Do not consume plant-based foods if you have already eaten so many plant-based foods that you feel like a big

In many cases, you will still want to keep eating delicious plant-based foods even after you are full, but we advise

that you listen to your body and let the food digest.

Do not consume plant-based foods if you want to keep your dinner table boring for the foreseeable future.

Do not worry. You will be able to eat again, soon.

Simply refer to the directions above or how to take more plant-based although it is highly unlikely that you will forget as it will be on your mind all day and night.



AND GUIDANCE

given you might scream uncontrollab at how good the burger you made is

delicious flavor.

Plant-based bites must be

eaten without packaging

Trying your friend's

Examples of well-known phrases used to describe

"Where the heck has this been all my life?"	"So good, it's magical!"
"Is this real life?"	"Spoon-licking good!"
"So good, it should be illegal!"	"A flavor explosion!"
"A party in my mouth!"	"Grubbin' like a champion!"
"Heaven on a plate!"	"Life-changing bites!"
"Food coma incoming!"	"Can I get this on an IV drip?"
"Get in my belly!"	"Diet? What diet?"
"Taste bud tango!"	"Lick-the-plate clean!"
"Fork yeah!"	"Calories don't count today!"
"Nom nom nom!"	"Smells like happiness!"
"Better than a high-five!"	"Deliciousness overload!"
"Like a hug in every bite!"	"I could eat this every day!"
"The bomb dot com!"	"So good, it makes you dance!"
"Holy guacamole!"	"Nom nom for the soul!"
"Finger-lickin' fantastic!"	"Taste sensation!"
"Flavortown express!"	"Send help, I can't stop eating!"
"Drop the fork, it's that good!"	"Food so fine, it's borderline ridiculous!"
"Chefs' kiss, times a thousand!"	"Forkin' fantastic!"
"Delish dish!"	"Worth every bite!"
"Yummy in my tummy!"	"Get in my mouth, pronto!"
"This is what dreams are made of!"	"Too tasty to share!"
"Get ready to drool!"	"Can't stop, won't stop eating!"
"Mind-blowingly tasty!"	"My taste buds are doing the happy dance!"
"Monne mores it!"	

PLANT-BASED EFFECTS

Urgent hunger for delicious foods. Immediately buv

away without cooking it must be disregarded.

What happens after consuming

plant-based foods

but are not limited to:

Significantly fewer greenhouse gas emissions

Preservation of fresh water

3. Decreased air pollution

plant-based foods at almost any store, then insert said food into your mouth (be sure to follow proper cooking instructions). The increased urge to simply eat it right

Severe enjoyment of food that tastes good and does good.

plant-based has on planet Earth

Efficient use of crops and other natural resource

13. Minimized contamination

15. Lower fossil fuel dependency

17. Lower exposure to contaminants

Real chefs asking you your secret ingredients.

Coworkers wanting to become "real-life friends" all of a sudden

A slightly similar feeling to what being a celebrity is like.

Forgetting other food even exists Increased amounts of dinner party requests

An increased passion for cooking.

10. Daily cravings for your perfectly frothed latte with almond milk.

VIII. If you are consuming plant-based foods

VII. How to have your

and eat it too

plant based cake









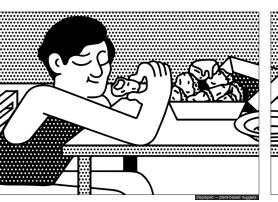
Be aware of the fact that you have only experienced the tip of the iceberg. There are so many flavors to experience with more

Proceed eating with caution as you may find yourself overwhelmed with the amount of deliciousness you experience.

Make sure you consume all of the plantbased options on your own given they cannot/should not be shared with others ecause such foods are all yours and yours

Immediately check your surroundings because your roommates might be hovering over your shoulder, staring at your flavorful

IV. Possible effects for the individua



Intense stares from others as they watch you eat with pure envy and jealousy.

Trouble not expressing your joy with every bite

A surprising spike in the amount of times you prefer to make your own lunch for work rather than buying the \$20 boring salad you usually get.

Chances of eating too fast because it's so good, causing you

Becoming a snack person, something you never thought

Severe invasions of privacy from your roommates every

19. Extreme stains on white shirts due to the speed at which

21. Everyone in your life suddenly starting asking you for

into the spreads, such as your phone.

really not, but who cares because you feel like you are.

23 An increase in stares from people who are jealous

supply a small nation with what you already have.

X. Other potential effects for you include

Severe urges to grill everyday. Intense stares from your partner every time

Excessive amounts of dinner parties

Increased chances of double or triple dipping

he sees you eating, but who cares because, let's be honest, he's just jealous anyway.

Your friend who is a chef questioning his entire existence every time your dish outshines his at dinner parties.

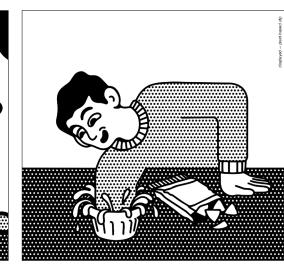
Your boss wanting to become your best friend.

Trouble keeping hands off your plate, especially

Extreme trouble sharing which can cause your kids to question your parenting.

is cool despite what she said last Thanksgiving.

It may also cause you to overdip.



XI. What you should ingest







☐ You have vivid daydreams where you are in a world that is a supermarket where all of the people and places and cars and animals are plant-based foods. You can also fly and the clouds are a tasty

with plant-based foods













and cheese together your ears perk up and you become instantly happy and find yourself unable to think of anything except plant-based cheese.

 $\hfill\square$ On multiple occasions where you find



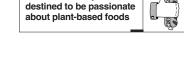
XIII. What plant-based

When someone asks you out on a date you think of dates.

You go to the supermarket and you feel happiest when you are in the plant-based section.

You know how to properly pronounce tempeh.







☐ You enjoy delicious smoothies and ☐ You revolve most of your plans around food (as you should).

8. LEGAL DISCLAIMER

 \triangle

soy milk as you will likely scream out invo and the librarian will get very mad at you.

Avoid large crowds when grilling your plant-ba

Avoid letting your steak and potatoes bestile or smell your plant-based burger as he will all of a sudden want a small taste and then after taking that taste will instantly convert to plant-based and never, for rest of time, shut up about how much she loves being plant-based, even possibl saying it was her idea all allong when you know it was your idea, but because she's your bestile response will believe it were her force and thow it.

HIGHLY DETAILED PREPARATION INSTRUCTIONS FOR THE NEWBIE PLANT-BASED EATER WHICH **ARE SOMETIMES REALLY ACTUALLY VERY** SIMILAR TO THE PREPARATION INSTRUCTIONS FOR THE NON-PLANT-BASED EATER BECAUSE IN MANY INSTANCES THE NON-PLANT-BASED EATER AND THE PLANT-BASED EATER ARE REALLY NOT SO DIFFERENT AFTER ALL.

HIGHLY DETAILED GUIDANCE FOR THE NON-PLANT-BASED EATER TO BEGIN THEIR LIFELONG PLANT-BASED ADVENTURE

ιχ. Do not ingest plant-based if

☐ If you are allergic to tastiness or have adverse reactions to an expansive range of flavors and textures and the opening of new

If you want to continue seeing our planet struggle with the impacts of industrial animal agriculture—such as land use issues, deforestation, species extinction

If you have a grudge against plants. coming such an odd grudge.

and water and air pollution

based foods. It's just plants after all. There's gotta be at least one out there you like.

XI. Talk to your Plant-Based Food Provider [PBFA]

before consuming plant-based if

a. you are seeking a way to help Earth that

you have or have had mediocre

based exists. Other symptoms

may present in the form of a lack of sharing abilities, increased

for tastiness may occur)

d. you suffer from food envy as an increased risk of wanting to eat your friend's food who is plant-

palate syndrome (a strong desire

can be done during snack time at work

 (\mathbf{x})

heart, which can affect the way you choose your food and your

ontribution to a lower carbor

☐ If you have an urge to improve your palate

☐ If you are suffering from strong desires for new flavors.

☐ If you are suffering from mediocre and bland options

☐ If you want to feel extreme joy when eating good food

If you respect your planet so much that you can't bear to see it hur

☐ If you want to give your tastebuds a life-changing experience ☐ If you want to help animals.

☐ If you prefer to eat food that reduces deforestation and water use

☐ If you enjoy food that tastes good and does good

Preparation instructions for plant-based meat that are very similar to the preparation

■ 1/2 cup chopped green bell pepper

Plant-based Hearty Harvest Burger Soup

 1 medium onion, dice 2 stalks celery, chopped

3 tbsp tomato paste

1 tsp ground mustard p

3 tbsp nutritional yeast

1/2 tsp ground white peppe

3 cloves garlic, minced



Heat olive oil in a skillet over medium heat. Cook and stir plant-based crumbles, green bell pepper, onion, and garlic in the hot skillet until tender, 3 to 4 minutes.

Mix plant-based egg, taco seasoning, and cilantro together in a medium bow

② Get in car

③ Drive car to market

4 Arrive at market

⑤ Exit car

6 Go to plant-based section in market

Sit down

Grab plant-based item

Pay for plant-based item

11 Enter car again

Eat food

② Drive away

Recommended groups for plant-based pizza consumptio

Important plant-based questions

that you must ask your nearby Plant-Based Food Provider [PBF/

What is the best plant-based iter

for a kid that has a picky appetite?

mmediately and become a jacked sailor whose

world isn't literally eating plant-based food right now?

wife's name is Olive Oil and who has the same

name as a fried chicken restaurant chain

Location-specific plant-based

VI. How to store plant-based

questions that you must ask your

?

How to keep your friends and your plant-based

Always invite your friends to try

People who like seeing animals happy should enjoy

plant-based slices of pizza that taste just as good

People who like savoring and chewing their food

ant-based foods when you are eating em. Don't just gorge yourself while your friends standby in shock.

Ask them for their favorite recipes and then make them when you invite them over for your weekly catch-up They'll most likely enjoy the food nore than the gossip for once even

nough this week the tea is piping hot

Eat plant-based with a community of friends who also have their own plant-based supply. Plant-based food is used for finding a community of people who also like to put plants in their mouths as much as you and like it so much that they indulge in scientific ways to make non-plant

things out of plants so that everything

can be deemed plant-based.

VII. What plant-based is and what it is used fo

nt-based foods are used for the delicious

Plant-based foods are one of the few ways to help the planet that is wholly enjoyable. It's so enjoyable that it's curious why more people not choose it as a gateway to a life of making a more positive impact

Words that may be associated

Piquant Lip-smacking Perfectly Longer-lasting smiles Bursting with flavor Delicious Better than anythin Delightful Tempting Juicy Homemade

THE PLANT **BASED FOODS ASSOCIATION INFORMATION DIRECTORY**

we are the economism that is catalyzing a fauthor of tool that more delicious, submission and the control to the control that more members. He Plant Based Foods Association works day in and day out to realize that future. We work to ensure that our community and the plant-most plant future is the community and the plant-most plant future. The community and and drive progress in our food system.

OPBFA

WHAT TO EXPECT IN LIFE AS A PLANT-

BASED EATER

A list of entry points for how to incorporate plant-based into your diet

What you should avoid

plant-based food

IV. Consider the following

before the intake

of plant-based foods

to the supermarket in the middle of the night and get more when you used to not even ke going to the market at all?

in which they do not understand why you are acting so joyfully, being so happy and constantly talking about how nuts it is that a plant with leaves can taste, look, and feel like a hot dog or any of the other many items made of plant-based ingredients.

After eating plant-based, from then on, every time you are in the vicinity of foods ma

when you are consuming

THEN INSERT INTO MOUTH

There are three ways to incorporate plant-based into your diet:

SAVE THAT DELICIOUS PLANT-BASED RECIPE YOU SAW ON SOCIAL MEDIA.

III. Question and Answer

QUESTION If I eat plant-based will I turn into BigFoot and grow a lot never to be seen again except in hazy photographs?

ANSWER For the most part, this is pretty unlikely.

Just grab and eat. Well, cook first

QUESTION What do I do if I can't choose which plant-based food to eat because I like all of them and I'm so hungry that I can't focus?

ANSWER

Possible effects for Earth that Earth will thank you for

Telling your friend to give you

plant-based at a dinner without

telling you that it's plant-based to see if you even notice

III. How to eat plant-based

What plant-based

Plant-based food is used fo putting more plants in your body, which is ideal because

plants are good for your body

Naways take plant-based exactly as described, which is most often to get a huge handful and ju shove it in there, or you can take the fancy rout and eat it with your pinky in the air or as your Plant-Based Food Provider (PBFP) has told you

Plant-based may cause planet Earth to love you so much, it wants to give you a big hug even though you're not a big hugger



Allowing humans to experience the simultaneous enjoyment of both helping the planet and tasting wonderful tastes.

(reduced greenhouse gas emissions from plant-based meats can potentially help prevent extreme weather events while still tasting remarkably delicious)



to the preparation instructions for regular cheese

Preparation instructions for plant-based cheese

that are sometimes actually really very similar

Plant-based Creamy Dreamy Mac and Cheese*

2 cups of water

1/4 tsp of turmeric

■ 1/2 tsp salt

■ 12 oz. of elbow noodles 1 1/2 cup of panko bread cru 4 tbsp of plant-based butter

■ 7 oz. of plant-based cheese

■ 1/2 cup chopped cilantro

■ 6 (6 inch) flour tortillas, warmed

1 (32 fluid ounces) container vegetable broth

Blend cheese sauce. Drain the soaked cashews and discard the soaking water. Add the cashews, fresh water, lemon juice, nutritional yeast, turmeric, garlic powder, salt and a bag of shredded cheese (if using) to a high powered blender and blend until very smooth.

■ Plant-based Melted Bliss Mozzarella Sticks 1/8 tsp black pepper

■ 1/2 tsp garlic powder

1/4 tsp salt

Directions Mix flour, almond milk, salt, pepper, garlic powder, herbs, nutritional yeast and paprika in a bowl and whisk to smoothness.

Out plant-based mozzarella into sticks. Coat sticks in batter and breadcrumt If frying, pour a bit of oil into a heavy based pan over a high heat.

5 If frying, lower mozzarella sticks into the hot oil and fry for 3-4 minutes or until golden all around. Remove with a slotted spoon or tongs and drain on kitchen of

Preparation instructions for plant-based milk that are sometimes actually really very similar to the preparation instructions for regular milk

Snickerdoodle Oat Milk Smoothies

 1 tbsp of peanut butter ■ 1/2 tsp of cinnamon

Directions First, add all ingredients to a high-speed blender with optional add-in Then, blend until smooth and creamy. To make a thinner smoothie, add more oat milk. Add a bit more frozen banana or ice cubes to make a thicker smoothie.

Chia Pudding with Oat Milk

Disclaimers for the preparation instructions for plant-based milk that are sometimes actually really very similar to the preparation instructions for regular milk it is the recommendation of the professionals that made this leaflet that one not worry about it, and take a leap (albeit a small one) and by some more plant-based products, like butter or yogurt.

Directions

1 In a medium bowl, combine oat milk with the chia seeds, maple syrup and vanilla extract. Whisk to submerge seeds. Clear off all seeds sticking to the edges. Seal and put in the fridge for four hours to let cool. Ideally, just let it sit in the fridge overnight. Serve and enjoy.

Increase in chances of opening doors to delicious food you will love*. Decrease in the amount of times you will physically open doors**.

Increase in popularity given the delicious food you make.

Decrease in the amount of times you are unsatisfied after a meal.

Increase in holiday host requests by your family Decrease in leftovers.

Increase in questions from your peers on how you make your food. Decrease in the amount of times you'll frown while making food.

People who have taken plant-based

Increase in popularity given the delicious food you make. Decrease in the amount of non-plant-based takeout consumed.

Decrease in the amount of non-plant-based takeout consumed.

Decrease in time spent at the grocery store***.

Increase in desire to visit the grocery store constantly.

I. The future is plant-based

II. Report your love for plant-based foods

LEGAL DISCLAIMER