



Rx Immersion Tips Guide

Shipping and Storage:

- **What you will be receiving.** You will be receiving 20 frozen entrees as well as any non-food items included in your package. The frozen (20) entrees will take up about $\frac{1}{3}$ of a normal freezer, so plan accordingly.
- **Important Note:** Your frozen entrees and non-food materials will arrive in **separate** shipments and may arrive **anytime** within 10 business days from ordering.

Program Preparation:

- **Review the videos.** Please take time to review the Prep videos provided in the Rx Immersion Resource page before beginning your program to make sure you are prepared for a successful 10 days.
- **Choose breakfasts, snacks, and side dishes.** The program provides lunch and dinner meals, but you will be responsible for your breakfasts, snacks, and vegetable side dishes or side salads to go with your dinner. The PlantPure Health Seminar Workbook (on the Resource page) gives ideas of things you can choose for breakfasts, snacks and side dishes. Make a plan of what items sound good to you and then add those items to a grocery list. A video outlining breakfast ideas is also provided on the Resource page.
- **Stock up.** One to two days before you're planning to start your program, go to the grocery store and stock up on the items on your grocery list. Plan on either buying a no added oil salad dressing or, better yet, make a batch from one of the PlantPure cookbooks so that you have a salad dressing on hand.

Meal Tips:

- **Salt.** It's fine to add salt according to your preference. We want you to find these meals palatable, so until your taste buds become accustomed to a plant-based diet, experiment with what tastes good. Salt can make other flavors pop. Do try to reduce your salt intake over time though; you'll find your palate adjusts after a break from processed and animal-based foods.
- **Not spicy enough?** The meals are designed to accommodate a wide range of taste preferences; if you like more pizzazz, feel free to add hot sauce, sriracha, or soy sauce. Remember, these are your meals.
- **Too spicy?** This is an easy fix. Simply cook more rice or pasta and add to the sauce base of your meal. The additional starch will help spread the sauce and make it a little less of a surprise for your taste buds. Bonus: You may well have enough for two meals now, especially if you add in some vegetables, which we recommend.



- **Stir the meals well.** Make sure you stir your meal when reheating, combining the sauces with the starch base (pasta, rice, or couscous). If you use a microwave, heat the meal for five minutes, stir the ingredients together well, then heat for another minute or two. This will spread the flavors into the starch base, and also help to reintegrate into the dish any excess water from the vegetables.
- **Add greens.** Feel free to add some finely chopped greens to any meal—spinach or kale are great for this. They are both sold washed and in small leaves, and will wilt to a small volume if mixed in with a steamy meal. This will automatically add some freshness and is a powerful nutritional boost!
- **Serve on a plate or in a bowl.** After you have heated your meal, serve it on a plate, or bowl. The food will look appetizing, and as much as we think our tastes are not visual, they are indeed partly influenced by visual presentation.
- **Large portion size.** You will notice how large the servings are when you use a plate or bowl. Save some for later. We provide our meals in a generous portion size, so don't feel like you need to eat the whole meal! If you have some left over, put it in your fridge for a snack later.

Vegetable Side Dish Tips:

- **Roasted vegetables.** Mushrooms, brussel sprouts, small potatoes, cauliflower, etc. - you can choose the vegetables you enjoy. Cut the vegetables and then toss with soy sauce, garlic, salt and pepper. Place on a parchment paper lined baking pan in a single layer and roast at 425 degrees for 15-20 minutes or until lightly browned
- **Grilled vegetables.** Asparagus, cauliflower, portobello mushrooms, tomatoes cut in half, etc. - lightly oil grill before turning on and then season your vegetables and grill. You can also brush on some no oil added barbeque sauce or oriental marinade at the end of cooking.
- **Quick stir fry vegetables.** Pea pods, sliced carrots, onions, broccoli, etc. - your choice in a non-stick skillet using a small amount of water, soy sauce, sherry, or vegetable broth. Feel free to add in garlic, hot sauce, ginger, or your favorite oil free sauce.
- **Steamed vegetables.** Frozen mixed vegetables are a great time saver! Simply lightly steam, drain, and toss with any of the following: lemon juice, a little tahini, soy sauce, a little no added oil dressing or any other flavoring you enjoy.
- **Pureed cauliflower.** Simply steam cauliflower until soft, drain the excess liquid and then add a splash of plant based milk, garlic, salt and pepper. Blend into a mashed potato consistency. If you have an immersion blender you can do the blending right in the cooking pan..
- **Fresh vegetable plate.** Cut up a variety of fresh vegetables and place with your favorite no oil added hummus on a plate as an appetizer.



During Your Immersion:

- **Keep learning.** Take time to review the cooking and coaching videos provided on the Resource page. They are designed to educate and give you key coaching tips as you move towards a plant-based lifestyle.
- **Drink water.** Most people don't drink enough water throughout the day for a variety of reasons. Some people do not experience a thirst craving, so if you are in this category, be sure to drink even when you don't feel thirsty. Drinking 6–8 ounces of water (just water) in the 30 minutes before every meal is recommended. We also recommend you carry a reusable water bottle with you during the day to stay hydrated.
- **Snack on raw veggies.** You can snack on raw veggies and fruit throughout the day. Add a quarter cup of hummus if desired (look for brands without added oil).
- **Finally, remember the next 10 days are an investment in yourself - have fun, enjoy the new flavors and appreciate feeling amazing!**