



PLANTPURE
COMMUNITIES

PlantPureCommunities.org

Dear Participant,

Welcome to the PlantPure Communities Oasis Jumpstart Program. We are thrilled that you have decided to give this program a try. Upon registering, please take the time to read this guide and the other documents you received in their entirety. These materials contain valuable information that will help to simplify your Jumpstart. Please let your Local Coordinator know if you have any questions.

Food is important in our lives: It nourishes us and our food choices have vast repercussions on our health, the economy, the solvency of our healthcare system and government, our system of food production and distribution and our environment. And not to be forgotten, the animals that share our planet with us also have a stake in what we choose to eat.

Changing how and what you eat can feel challenging, and big changes like this can sometimes seem daunting. However, adopting a whole-food, plant-based diet is incredibly rewarding—we've seen it over and over again. We know this way of eating can dramatically change your life for the better, and it will help you understand how you can take control of your own health! Congratulations on giving yourself this gift -- you only need to allow yourself to be open and accepting of all the wonderful changes that are part of the journey. We have designed this program to help support you along the way, and we look forward to hearing how it works for you!

Here are a few things you should do before you begin the Oasis Jumpstart Program:

1. **It is especially important that you plan out your breakfasts.** While the Jumpstart supplies your lunch and dinner entrees, you should consult the "[Breakfast, Snacks, and Meal Tips Guide](#)" to plan your breakfast. Note: many people find it relatively easy to stay plant-based for breakfast. Some people skip breakfast in an effort to lose weight, but this can sometimes have the opposite effect. Skipping breakfast can lead to energy depletion in the morning and overeating at the next meal. Begin your day eating whole grains, plant-based milks, fruits, and a small amount of nuts or seeds.
2. **If you're using the Kitchen Starters,** review the [PlantPure Kitchen Starters Grocery List](#) to identify any items you do not have and add them to your grocery list. Having a well stocked pantry helps to make meal preparation more efficient.
3. **Consider the side dishes you might like along with your entrees.** Salads and side dishes of veggies are recommended. There are many options including frozen veggies. There is one thing to keep in mind, however: Don't buy anything with oil in it. You can look at the ingredient label to verify that there is no added oil. This is especially tricky when buying salad dressings. It is strongly recommended that you check out the

dressing recipes in the PlantPure Nation cookbook or the [Quick and Healthy Oil-Free Dressings info sheet](#). You are encouraged to make a batch of dressing that appeals to you so you have it on hand.

4. **Head to your local grocery store to stock up on your favorite fruits and raw veggies.** Keep a snack bag with you every day -- at work, at school, running errands, etc. -- with some fruit and cut veggies, and when you get a hunger urge between meals, dive into this bag.
5. Lastly, but importantly, 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.** It is also recommended you carry your water bottle with you during the day to stay hydrated.

Good luck on your new journey!

The PlantPure Communities Team