

A top-down view of a bowl filled with a variety of plant-based ingredients. The bowl contains cooked quinoa, two golden-brown chickpea patties, a mix of fresh green leafy vegetables, and several halved cherry tomatoes. To the right of the bowl, a portion of a ripe yellow banana is visible. The background is a dark, textured surface.

# Plant Based Diet Trends Analysis

*Research Report*

April 26, 2025