Plant-Based Diet

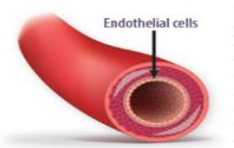
Starter Kit

Learn

- ***the whys and hows of a healthier diet***
- ***the new food groups***
- ***guidelines, useful tips for beginning a whole food, plant-based diet***
- ***delicious low-fat, no-cholesterol, nutrient-dense recipes with a sample meal plan***

What is a low-fat, whole food, plant-based diet?

- *A whole-food, plant-based diet is centered on whole, unrefined, or minimally refined plants.*
- *It's a diet based on fruits, vegetables, tubers (all potatoes) and starchy vegetables, whole grains, and legumes.*
- *It excludes all animal foods, including red meat, poultry, dairy products, eggs, and fish – all of which provide toxic levels of fat, cholesterol, protein and, very often, infectious agents and harmful chemicals.*
- *You can add of plenty of spices and usually small amounts of sugar and salt to enhance the flavor of food and use simple sugars sparingly.*
- *Also, **ALL** oils are excluded from the diet, including olive oil, safflower oil, coconut oil and corn oil. Oils, which are nothing more than liquid fat, increase body fat stores (obesity), and can contribute to most common chronic diseases. The mono-unsaturated and saturated fat contained in oils is harmful to the **endothelium**, the innermost lining of the artery, and that injury is the gateway to vascular disease, and the endothelium injury is also seen in patients with high blood pressure, high cholesterol, coronary artery disease and type 2 diabetes.*



What are the health benefits of a plant-based diet?

There are numerous benefits of an eating a plant-based diet (based on decades of scientific research) here are just a few:

- ***Healthy Weight Loss***
  Get to your optimal weight while eating whole foods. No calories counting or portion control just eat what you want because plants are naturally low in fat, no cholesterol or saturated fat. You will experience healthy weight loss at a steady rate.

- ***Preventing and Reversing Heart Disease***
  Several studies have shown by eating a whole foods, plant-based diet will prevent and reverse heart disease. This has been shown in a 20-year study by Caldwell B. Esselstyn, Jr., M.D., that a plant-based, oil-free diet can not only prevent and stop the progression of heart disease, but also reverse its effects.

- ***Lower Blood Pressure***
  Improved blood flow and circulation occurs almost immediately when switching to a plant-based diet. The blood vessels become healthy again and are repaired from the damage of animal-based foods.

- ***Lower Cholesterol***
  Total cholesterol drops because there is no cholesterol and saturated fat in plants like in animal-based foods which cause cholesterol to build up in the blood.

- ***Avoid and Reverse Type 2 Diabetes***
  Type 2 diabetes is considered as a lifestyle disease. Studies have shown that a low-fat vegan diet treats type 2 diabetes more effectively than a standard diabetes diet and may be more effective than single-agent therapy with oral diabetes drugs.[1]

- ***Improved Digestion and Bowel Movement***
  Dietary fiber or roughage is found mainly in fruits, vegetables, whole grains and legumes pass through our digestive system basically unchanged because it can't be digested or absorbed. The fiber helps cleanse or scrub our intestines, keeps the intestines healthy and results in healthy bowel movements. And many more health benefits including; help in the prevention of colorectal cancers, helps to control blood sugar levels, and helps to lower cholesterol levels.

- ***More Energy***
  Your energy levels will improve, and you will fill more vibrant and have a feeling of well-being.

- ***Cancer Prevention***
  All the evidence points to a low-fat, high-fiber diet that includes a variety of fruits, vegetables, whole grains, and beans as being the best for cancer prevention. Not surprisingly, vegetarians, whose diets easily meet these requirements, are at the lowest risk for cancer. Vegetarians have about half the cancer risk of meat-eaters.[2]

- ***Prevent or Lower Risk of Other Chronic Diseases***
  Other chronic diseases such as rheumatoid arthritis, osteoporosis, inflammatory bowel disease, celiac disease has been improved or the progression has stopped just by eating a plant-based diet.

1. Barnard ND, Cohen J, Jenkins DJ, Turner-McGrievy G, Gloede L, Jaster B, Seidl K, Green AA, Talpers S. A low-fat vegan diet improves glycemic control and cardiovascular risk factors in a randomized clinical trial in individuals with type 2 diabetes.Diabetes Care. 2006 Aug;29(8):1777-83.
2. Phillips RL. Role of lifestyle and dietary habits in risk of cancer among Seventh-day Adventists. Cancer Res. 1975;35(Suppl):3513-22.

What are the New Food Groups?

The foundation of the diet is based-on starchy vegetables and grains, which will be the centerpiece of your meals, with the addition of fresh or frozen yellow, green, and orange vegetables and fruits. Chart shows the food groups for a plant-based or starch-based diet.

FOOD GROUP	Examples of Food Choices
Starches 	• *Potatoes, sweet potatoes, yams* • *Whole grains, such as brown rice, barley, oatmeal, wheat, quinoa, corn, and millet* • *Legumes (beans (all types), peas, and lentils)* • *Squashes, such as acorn, butternut, buttercup, summer squashes, and pumpkin*
Non-Starchy Vegetables 	• *Carrots, collard greens, bok choy, broccoli, Brussels sprout, cauliflower, celery, eggplant, green beans, kale, onions, spinach, lettuce, garlic, leeks, zucchini, celery*
Fruit – all types 	• *Apples, Oranges, Peaches, Passion fruit, Papaya, Mango, Kiwifruit, Grapes, Cherries, Blueberries, Strawberries, Cantaloupe, Pineapples, Bananas, Blueberries…*

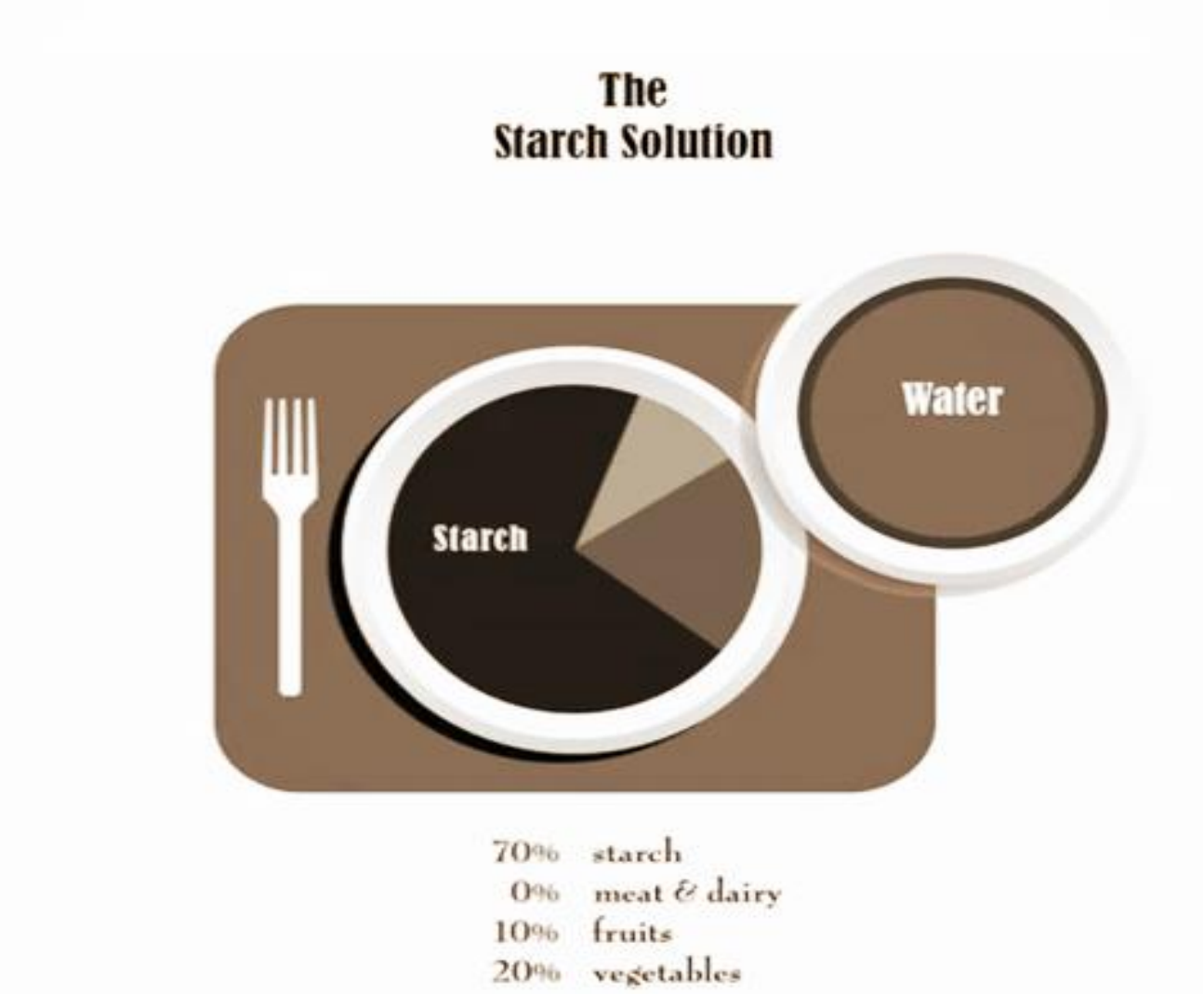
All these foods are scientifically proven to provide optimal, balanced nutrition, and therefore are ideal for all human beings, no matter what their weight. However, because of their high complex-carbohydrate content and low-fat content, they are also ideal weight-loss foods.

Also, these foods contain immune-boosting antioxidants. Antioxidant refers to the vitamins, minerals, phytochemicals (plant chemicals) and other natural compounds that protect your body from destructive molecules called free radicals. These free radicals are damaging to the body... causing

an increase in inflammation & can lead to many degenerative diseases (e.g., cancer, arthritis, Alzheimer's, heart disease, etc.).

Only plants have these antioxidant vitamins such as C, E, and beta carotene. Animal foods are either exceedingly low or devoid of antioxidants.

Whenever possible this is recommended[1] what your plate should consist of:



References:

1. The Starch Solution. John A. McDougall, MD and Mary McDougall. 2012;5,7,8.

Why eat Starches (Complex-Carbohydrates)?

Starches are Comfort Food

Just think of starches as comfort food, and everyone usually has a favorite comfort food. With a starched-based diet you can have these same comfort foods you like but made without the meat or dairy but still have the same great flavors. Such foods as: a spinach lasagna, minestrone soup, bean and rice burrito, a pot roast without the roast, mashed potatoes and gravy with roasted vegetables and corn, and homemade three bean chili and much, much more...

Starch is Clean Fuel

- *Starches are very low in fat (1% to 8% of their calories)*
- *Contains no cholesterol*
- *Do no grow human pathogens (salmonella, E. Coli, etc.) – come from animal sources or cross-contamination*
- *Do not store poisonous chemicals like DDT, methyl mercury*

Starch is Complete Nutrition

- *Starches are plentiful in protein (6% to 28% of their calories)*
- *Contains a proper array of vitamins and minerals*
- *Full of dietary fiber and high energy carbohydrates*
- *Very energy satisfying "comfort food" (fills you up)*

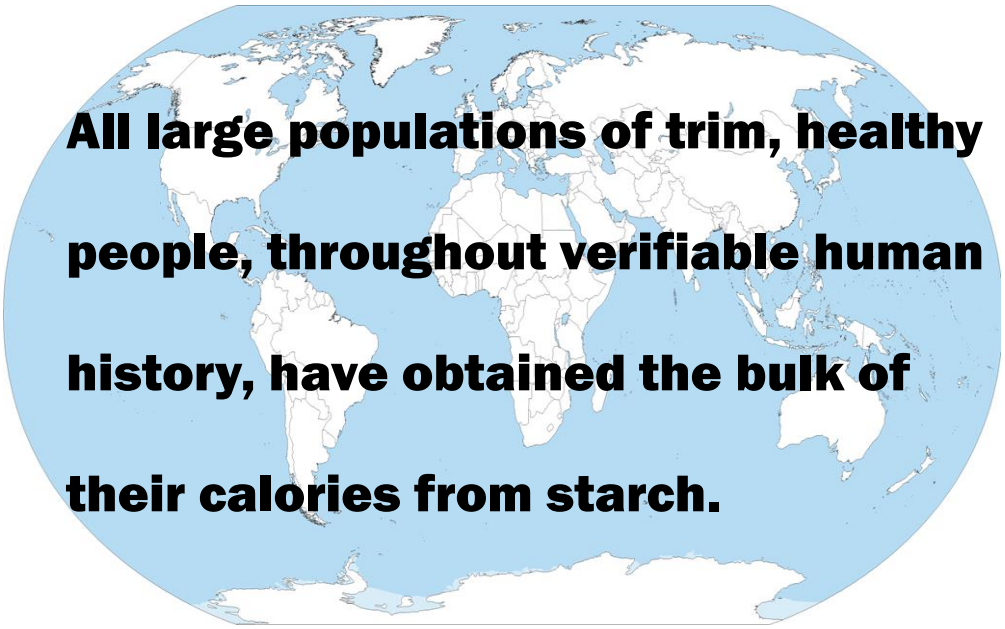
Why eat Starches (Complex-Carbohydrates)?

- *Carbohydrates are our primary source of energy for humans. They alone provide energy for red blood cells, and certain cells of the kidneys, and the preferred fuel for the central nervous system, including the brain.*

- *Fat is a secondary source of energy that can be used by some tissues, such as muscle, but is more often stored for use in times of famine. Our bodies are naturally designed to crave carbohydrates. This is because on the tip of your tongue one of your taste buds is for sweet tasting and this is what makes you crave carbohydrates the 'good' (complex-carbohydrates) along with the 'not so good' (simple carbs) ones.*

- *Carbohydrates regulate your hunger drive. And under normal circumstances, the body does not turn extra carbohydrates into fat because the process requires too much energy. Instead, it just finds ways of burning excess carbohydrates as energy or storing them as glycogen (invisibly in the muscle and liver).*

Why eat Starches (Complex-Carbohydrates)?



Here are some examples:

Caloric Engines of Human Civilization

Barley *– Middle East for 11,000 years*
Corn *(maize) – North, Central, and South America for 7,000 years*
Legumes *– Americas, Asia, and Europe for 6,000 years*
Millet *– Africa for 6,000 years*
Oats *– Middle East for 11,000 years*
Potatoes *- South America (Andes) for 13,000 years*
Sweet Potatoes *– South America and Caribbean for 5,000 years*
Rice *– Asia for more than 10,000 years*
Rye *– Asia for 5,000 years*
Wheat *– Near East for 10,000 years*

References: 1. The Starch Solution. John A. McDougall, MD and Mary McDougall. 2012,8,9.

What are Simple Carbohydrates?

Simple-Carbohydrates = Empty Calories

- Simple carbs are refined, processed carbohydrate foods that have had all or most of their natural nutrients and fiber removed, except for the simple carbohydrate—thus they are called “empty calories.

- Most baked goods, white breads, snack foods, candies, soft drinks and non-diet soft drinks fit into this category. Bleached, enriched wheat flour and white sugar - along with an array of artificial flavorings, colorings, and preservatives are the most common ingredients used to make 'bad carb' foods.

- The goal is to limit or avoid your intake of simple carbs and increase you starch (complex carbohydrates). So, whenever possible you want to choose ‘Good Carbohydrates’ and try to avoid refined and processed foods.

All Carbs Are Not Equal!

Nutrients in Plants and Plant-Based Myths

Where Do You Get Your Protein?

Protein is one of the most misunderstood and, consequently, most abused substances in the food supply.

All plant foods contain protein and all the protein you need. Also, all plant foods contain "complete proteins," meaning that they contain all the "essential" amino acids, which are the building blocks of proteins. This means that you will get all the protein – as well as all the amino acids – you need on a diet composed exclusively of plant foods. Plants are the only foods eaten by elephants, horses, and hippos, and all three have no trouble growing all the muscle, bone, and tissue they need.

To be on the safe side, the World Health Organization (WHO) recommends men, women, and children should get five percent of their calories from protein and pregnant women should get six percent. The chart to the right reveals the protein levels of selected plant foods. As shown, it's virtually impossible to fail to meet the World Health Organization's daily requirements. This quantity of protein is impossible to avoid when daily calorie needs are met by unrefined starches and vegetables.
The body only needs approximately 30-60 grams/day.

Percent of Calories Derived from Protein

Food	%
Brown Rice	9
Corn	12
Baked Potato	10
Pinto Beans	24
Broccoli	43
Cauliflower	33
Zucchini	17
Orange	9
Strawberries	8

Excess Protein Causes Diseases of Over-nutrition

Unlike fat, ***protein cannot be stored in the body!*** *Consumption of more than what the body needs:*

1) *Overworks the liver and kidneys and can cause accumulation of toxic protein byproducts*
2) *The excess protein must be removed and finally eliminated through the kidneys as part of the urine*
3) *These unneeded amino acid wastes (proteins):*
   a) *Can injure the structures of the kidneys*
   b) *Overtime, diets high in protein may promote the development of kidney stones and other health issues such as bone loss, osteoporosis, kidney damage, immune dysfunction, arthritis, cancer promotion, and low energy*

In fact, the recommended diet by the medical community for chronic kidney diseases is a low-protein diet which can be met with whole food, plant-based diet.

Proteins Intake Varies Worldwide

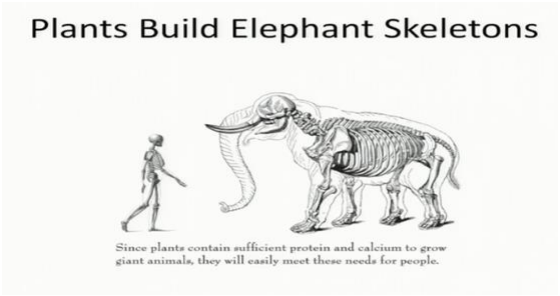
So how much are people consuming? Those living in many rural Asian societies consume about 40 to 60 grams from their diet of starch (mostly rice) with vegetables. On the Western diet, typical food choices centered around meat and dairy products, provide about 100 to 160 grams of protein a day.

	Protein (grams/day)	***Protein % of Calories**
Western Diet	100 – 160 grams	15% - 35%
Rural Asia	40 – 60 grams	8% - 14%
**McDougall Diet	30 – 80 grams	7% - 15%
Low-Carb Diet	200 – 400 grams	30% - 70%
*Calculations based on 2000 calories consumed for adults.		

**** The McDougall Program is the protocol I follow in my nutrition practice**

References:
1) J Pennington. Bowes & Church's Food Values of Portions Commonly Used. 17th Ed. Lippincott. Philadelphia- New York. 1998.
2) The December 2003 McDougall Newsletter: A Brief History of Protein: Passion, Social Bigotry, and Enlightenment.
3) The January 2004 McDougall Newsletter: Protein Overload.

Where Do You Get Your Calcium?



All plant foods contain generous amounts of calcium. The most healthful calcium sources are green leafy vegetables and legumes (beans). Broccoli, Brussels sprouts, collards, kale, mustard greens, Swiss chard, and other greens are loaded with highly absorbable calcium and a host of other healthful nutrients. The exception is spinach, which contains a large amount of calcium but tends to hold onto it very tenaciously, so that you will absorb less of it. Few people are aware that humans can absorb a greater portion of the calcium found in a cup of kale, broccoli, or fortified orange juice than in a cup of cow's milk.

Calcium Absorption of Selected Foods:

One Cup	Brussels Sprouts	Kale	Broccoli	Mustard Greens	Orange Juice	Whole Milk	Skim Milk
Gross Calcium	19 mg	94 mg	83 mg	128 mg	350 mg	291 mg	302 mg
Calcium Absorption	64.8 %	40.9 %	52.6 %	57.8 %	37 %	32.1 %	32.1 %
Calories	60	42	48	25	120	150	86

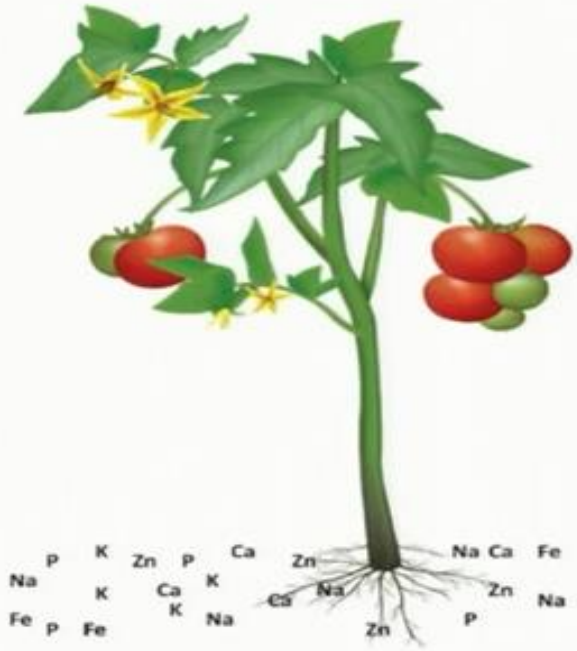
Calcium is the most plentiful mineral found in the human body. The teeth and bones contain the most calcium (about 99%). Nerve cells, body tissues, blood, and other body fluids contain the remaining calcium. Calcium is one of the most important minerals for the growth, maintenance, and reproduction of the human body. Calcium helps form and maintain healthy teeth and bones. Proper levels of calcium over a lifetime can help prevent osteoporosis.

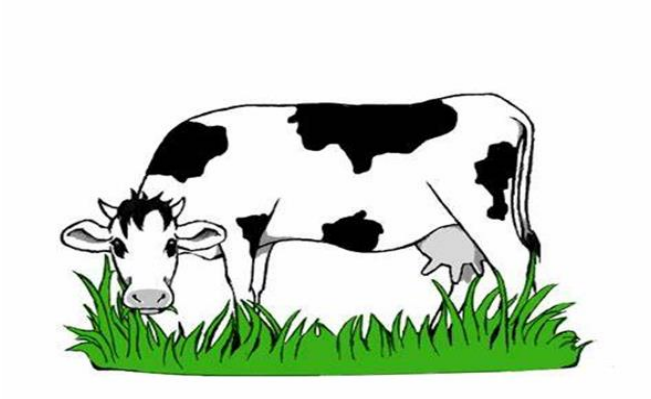
Some examples of 1 cup calcium in plants are:

Brown rice has 20 mg of calcium, Broccoli 83 mg, Kidney beans (cooked) 50 mg, Sweet potato 70 mg, Collard greens 360 mg of calcium, Kale 94 mg

Calcium Comes from the Ground

Minerals all originate in the soil and enter into living systems through the roots of plants





Here's Where Cows Get Their Calcium

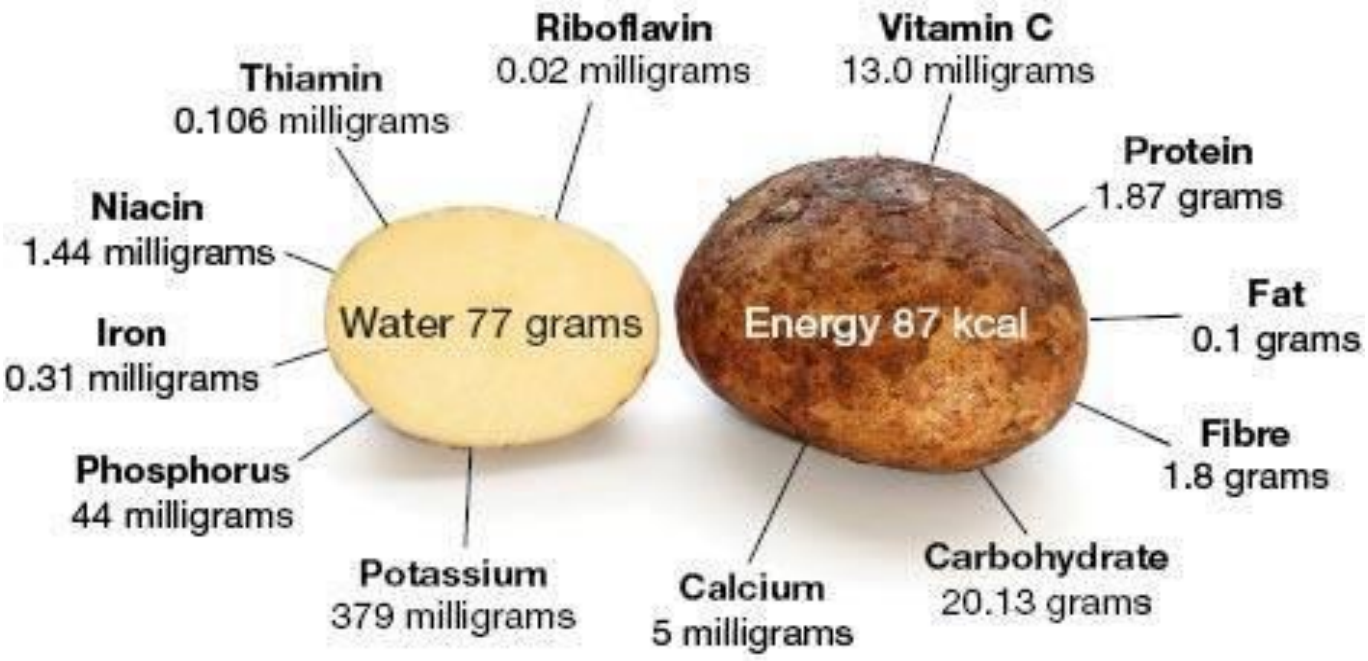
Complex-Carbohydrates (Starches) – Don't Make You Fat!

Carbohydrates (sugars) consumed in excess of the body's daily needs can be stored as glycogen in the muscles and liver. The total storage capacity for glycogen is about two pounds.

Carbohydrates consumed in excess of our need and beyond our limited storage capacity are not readily stored as body fat. Instead, these excess carbohydrate calories are burned off as heat (a process known as facultative dietary thermogenesis) or used in physical movements not associated with exercise. It does not turn into fat like some low-carb diet people claim because starch often travels in bad company. By that I mean, people slather sour cream or butter their baked potato or oils on their pasta. I don't' think 1.7 billion Asians who eat high-carbohydrate (starch-based) diet of mostly rice and vegetables (that are trim and healthy) are aware of that myth.

Unprocessed plant foods, such as brown rice, potatoes, squash, broccoli, and apples - just to name a few - are loaded with carbohydrates. In fact, they provide an abundance of complex carbohydrates, which are long chains of sugars that are harmoniously mixed with other plant materials. These long chains must be broken down inside your intestine before they can be used as fuel. The process of digesting these complex sugars is slow and methodical, providing a steady stream of fuel pumped into your bloodstream as long-lasting energy. This is what keeps your energy levels high through-out the day.

Carbohydrates – Yes Even the Potato!



Low in calories with many vitamins and minerals!

All Calories Are Not Equal!

FAT	1 gram = 9 calories
PROTEIN	1 gram = 4 calories
CARBOHYDATE	1 gram = 4 calories

Example	
Potato :	50 grams carbohydrate x 4 = 200 calories
Meat:	50 grams of fat x 9 = 450 calories

Vitamins and Minerals in Plants

Vitamins

Most Americans eating the Standard American Diet (SAD) are vitamin and mineral deficient because of the food (animal-based) they eat. That is why many take supplements to fill the real or perceived deficiency. Whole food plants have all the nutrients that the human body requires: carbohydrates, protein, fat, vitamins, minerals, fiber, and sufficient calories. So, there should be no need to add supplements when following this program. If unsure, you can request a comprehensive Diet Analysis from me to show your intake of vitamins and minerals.

The two vitamins that are *not* produced by plants are vitamins D and B12. You can get vitamin D in some fortified cereals or from sunlight, and B12 you can get from a supplement. It is recommended that if you follow a plant-based diet for more than 3 years, or if you are pregnant or nursing, take five micrograms of vitamin B12 each day to ensure that they are getting an adequate supply of the vitamin. (Both vitamins are stored in your tissues for long periods of time.)

Below are some examples of good food sources for vitamins and minerals that will help you get the proper nutritional balance:

Vitamin	Some Good Food Sources
A	Carrots, sweet potatoes, red pepper, spinach, kale, watercress, mangoes, apricots, broccoli, apples, fortified cereals, and oatmeal
B6	Spinach, red bell peppers, turnip greens, garlic, cauliflower, mustard greens, banana, celery, cabbage, crimini mushrooms, asparagus, broccoli, kale, tomato, carrots
B12*	Seaweed, animal-based foods (not a recommended source)
C	Red bell peppers, parsley, broccoli, cauliflower, strawberries, romaine lettuce, lemon juice, mustard greens, Brussel sprouts, kale, papaya, kiwifruit, cantaloupe, oranges, cabbage, tomato, asparagus, cucumbers, fennel, pineapple, sweet potato, baked potato, corn
D	Sunlight, fortified cereals
E	Spinach, kale, mustard greens, collard greens, red bell peppers, tomato, brussel sprouts, olives, blueberries, broccoli, almonds, turnip greens
K	Spinach, kale, mustard greens, asparagus, green beans, collard greens, red bell peppers, tomato, brussel sprouts, kidney beans, strawberries, avocado

Minerals


Calcium


Potassium


Phosphorus


Sulphur


Magnesium


Chloride

Minerals are another group of nutrients (along with vitamins) needed by the body. They have two general body functions: to regulate body processes, and to give the body structure.

- *Blood Clotting, Heartbeat*
- *Maintenance of the internal pressure of body fluids*
- *Nerve responses*
- *The transport of oxygen from the lungs to the tissues*

Even though they make up only a small percentage of your body—about 4 percent of your body weight – minerals are essential to life. Minerals are very stable. They cannot be destroyed by light, water, heat or food handling processes. In fact, the little bit of ash that remains when a food is completely burned is the mineral content.

Mineral	Some Good Food Sources
Calcium	Basil, broccoli, collard greens, kale, kelp, cinnamon, swiss chard, cabbage, summer squash, green beans, garlic, asparagus, oranges, romaine lettuce
Iron	Dark green leafy vegetables, dried beans and peas, spinach, tofu, wheat germ, whole-grain breads, iron-fortified cereal, nuts, raisins
Magnesium	Whole grains, legumes, kale, celery, green beans, spinach, nuts, seeds, tomato, eggplant, beets, quinoa
Manganese	Kale, mustard greens, spinach, chard, romaine lettuce, strawberries, pineapple, maple syrup, brown rice, legumes, grapes
Phosphorus	Broccoli, asparagus, bran, corn, legumes, lentils whole grains, nuts, seeds, wheat germ
Potassium	Sweet potato, banana, baked potato, wheat germ, kidney beans, spinach, bell pepper, strawberries, tomatoes, broccoli, eggplant
Selenium	Brown rice, spinach, garlic, tofu, oats, asparagus, cabbage, corn
Sodium	Salt, sea salt, celery, beets
Thiamin	Romaine lettuce, asparagus, spinach, eggplant, mustard greens, brussel sprouts, celery, red bell pepper, carrot, broccoli, legumes
Zinc	Whole grains, legumes, nuts, seeds, lentils, mushrooms, oats, whole grains

Tips on to Get Started

1) *Think of some of your favorite recipes that you prepare that can easily be adapted to a plant-based menu. For example, a favorite stew can be made with all of the same ingredients; just leave the meat out. Enjoy bean burritos (using canned vegetarian refried beans) instead of beef burritos, veggie burgers instead of hamburgers, and a pasta primavera instead of spaghetti with meat balls. Many soups, stews, and casseroles also can be made into plant-based dishes with a few simple changes. Use the plant-based food groups (in this booklet) as your guide.*

2) *Replace dairy products like milk with non-dairy milk like soy or almond milk in your cereal adding your favorite fruit.*

3) *Check out some plant-based or vegan cookbooks from the library or online and experiment with the recipes for a week or so until you find three new recipes that are delicious and easy to make. Just like that, with minimal changes to your menus, you will have nine plant-based dinners. Try some of the recipes on the following page for some good ideas.*

4) *Eating out is a major downfall for most individuals—do not make restaurants your chief cook. If you do have to eat out, keep it simple, like baked potatoes, sweet potatoes, whole beans and rice. Or pick one fine dining establishment and challenge the chef to make you an oil-free creation of unrefined whole starches, vegetables, and fruits. Restaurants that serve Ethnic foods are probably you best bet when trying to eat a plant-based diet such as Mexican, Italian, Chinese, Japanese, Thai or Indian. Even a steak house is a good place to go to get baked potatoes, sweet potatoes and salads. Don't be afraid to ask how the foods are prepared (ingredients).*

Sample 2-Day Meal Plan

Some delicious recipes – try them you'll like them!

Day	Breakfast	Lunch	Dinner
1	Steel Cut Irish Oatmeal w/Blueberries or favorite fruit	Mock Tuna Sandwich	Hearty Vegetable Stew
Day	**Breakfast**	**Lunch**	**Dinner**
2	Hash Brown Potatoes - Add onions or red peppers to spice it up	Veggie Wrap	Pasta Primavera

Breakfast

Steel Cut Irish Oatmeal

Serves 1

A hearty breakfast with plenty of fiber.

Preparation Time: 5 minutes
Cooking Time: 7-10 minutes

1/4 cup of McCann's Quick & Easy Steel-Cut Irish Oatmeal or another brand
2 tablespoons raisins (optional)
dash cinnamon or raw cane sugar
3/4 cups boiling water
1/2 cup sliced bananas, blueberries, sliced strawberries, or favorite fruit

Bring water to a boil. Add the oatmeal, reduce heat to low, simmer uncovered for 7-10 minutes, stirring regularly and allow to stand for 1 minute before serving. Combine other ingredients in a medium bowl and ready to eat.

Lunch

Mock Tuna Salad

Makes 4-5 sandwiches

Delicious, lower fat, and cholesterol-free alternative to traditional tuna salad.

Preparation Time: 15 minutes
Make the spread early to allow it to chill.

Spread:
1 15 ounce can garbanzo beans, drained and rinsed
1/2 cup finely chopped celery
1/4 cup finely chopped sweet onion
1/4 cup finely chopped green onions
2 tablespoons sweet or dill pickle relish
1 tablespoon lemon juice
1/4 cup fat-free Soy mayonnaise
8 slices whole wheat or gluten-free bread
lettuce (optional)
tomatoes
mustard (optional)

Mash beans with a bean masher. Place in a bowl and add celery, onions, relish, lemon juice and fat-free tofu mayonnaise. Mix well. Chill to blend flavors. Spread bread with mustard, if desired. Place about 1/2 cup of the spread on four of the bread slices. Add lettuce, tomatoes if desired, and enjoy!

Dinner

Hearty Vegetable Stew

This a great hearty stew on those cold days.

1 bag fingerling potatoes (your favorite)
sliced in half
5 carrots cut in large chunks
5 stalks celery cut in large chunks
4 cloves garlic, minced
1cup corn
1 cup peas
2 cups broccoli florets
1 large onion – roughly chopped
Sauce:
1 box vegetable broth
1 can tomato sauce
1/8 cup Worcestershire sauce (vegan)
1 can diced tomatoes with juice

1 - Rough chop all of the vegetables and place in a slow cooker, except for the broccoli, corn and peas.
2 - In a sauté pan add all of the sauce ingredients and bring to a boil and let simmer while you are rough chopping all of the vegetables. When the vegetables are done, pour the sauce over the vegetables and stir until all of the vegetables are coated. Add salt and pepper to taste.
3 - Let slow cook for 6 to 7 hours until the vegetables are soft.
4 - About one hour before you serve, add the broccoli, corn and peas. I always add these vegetables last because they have a tendency to break down if slow cooked too long. If more sauce is needed add extra water or vegetable broth as needed.

Breakfast

Hash Brown Potatoes

1 bag Ore-Ida Country-Style Hash Browns (frozen)
1 diced onion
2 slices of sprouted whole wheat bread (toasted)

Pour potatoes into a dry, nonstick frying pan. Cook over medium-low heat, stirring frequently until golden brown, about 20 minutes. Serve with BBQ sauce, ketchup or salsa.
Servings 2-4
Preparation Time: 1 minute
Cooking Time: 20 minutes

Lunch

Veggie Wrap

¼ cup chopped spinach
½ avocado sliced
¼ cup of chopped carrots
¼ cup broccoli flowers
¼ cup cucumbers sliced (skinned)
¼ cup sweet corn
¼ cup chick peas
¼ cup sundried tomatoes
2 whole wheat tortillas or wraps
¼ tsp of balsamic vinegar

1 - Prepare all the vegetables ahead of time, place large bowl. Layer vegetables on tortilla and sprinkle balsamic vinegar, roll up and eat!

Servings: 2

Preparation Time: 10 minutes

Gluten free option: Use gluten free tortilla

Dinner

Pasta Primavera

8 ounces whole wheat linguine or spaghetti pasta, enough for two or three people
1/2 cup water or vegetable broth
¼ cup onion, diced
2 to 3 cloves garlic, minced
10 to 12 stalks asparagus, woody stems removed and sliced into 1 inch pieces
2 cups of snow pea pods
1 cup broccoli florets
2 cup cherry tomatoes, cut in half or 1 can diced canned tomatoes (drained)
Sea salt and freshly ground black pepper, to taste
1/2 cup Tomato sauce
2 tsp freshly squeezed lemon juice
1 heaping tablespoon of fresh basil

1 - Bring a large saucepan of salted water to a boil and cook the pasta until al denté, according to package instructions.

2 - In a large skillet heat the water or vegetable broth over medium heat. Add the onion and garlic. Sauté, stirring frequently, for about 3 minutes until fragrant and the onion is beginning to soften.

3 - Add the asparagus, snow peas, broccoli and sauté for another 4 minutes, until it begins to turn bright green. Add the tomatoes and tomato sauce along with a pinch of salt and pepper and sauté for another 2-4 minutes, stirring often.

4 - Add the cooked pasta, lemon juice and fresh basil stir it all together and serve.

Servings: 4
Preparation Time: 15 minutes
Cooking Time: 15 minutes

Gluten free option: Use gluten free pasta

More Recipes

For more delicious recipes please visit our websites at

http://plantbasednutritionlifestyle.com/
http://www.plantbasedkitchen.com/

Plant-Based Nutrition Resources

Suggested Reading	Cookbooks
The China Study – T. Colin Campbell, PhD	*The McDougall Quick and Easy Cookbook – John and Mary McDougall*
The Starch Solution - John McDougall, MD	*Straight Up Food: Delicious and Easy Plant-based Cooking without Salt, Oil or Sugar – Cathy Fisher*
Whole – Rethinking the Science of Nutrition – T. Colin Campbell	*Unprocessed: Revitalize Your Health with Whole Foods – Chef AJ*
Prevent and Reverse Heart Disease – Caldwell Esselstyn, Jr., M.D.	*Prevent and Reverse Heart Disease*
Whitewash: The Disturbing Truth About Cow's Milk and Your Health – Joseph Keon	*Forks over Knives Cookbook*
Mastering Diabetes - Cyrus Khambatta & Robby Barbaro Revolutionary Method to Reverse Insulin Resistance Permanently	*The China Study Family Cookbook – Chef Del Sroufe*

Websites	DVDs
Our Plant-Based Cooking School and Classes. Join our meetup group to receive information about upcoming classes/events at: https://www.meetup.com/Denver-Healthy-Plant-Based-Cooking-Classes/	*FORKS OVER KNIVES examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods.*
Dr. McDougall's Health and Medical Center www.drmcdougall.com	*Code Blue Documentary – Dr. Saray Stancic, What's Missing from Medicine*
Dr. T. Colin Campbell, Ph.D. (author of the China Study) http://nutritionstudies.org/	*McDougall Made Irresistible – Dr. John McDougall and Mary McDougall*
Physicians Committee for Responsible Medicine (PCRM) http://pcrm.org/	*Cowspiracy – The Sustainability Secret*
Forks over Knives http://www.forksoverknives.com/	*The Game Changers - Film about athletes who have plant-based diets.*
The Plant-Based Kitchen Recipes A blog for recipes from the Plant-Based Kitchen and Food for Life Cooking Classes designed by PCRM that focus on the lifesaving effects of healthful eating. http://www.plantbasedkitchen.com/	*Eating You Alive - A feature-length documentary revealing the truth behind why Americans are so sick and what we can do about it.*

Plant Based
Nutrition & Lifestyle
Plant-Based Nutrition for Optimal Health

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"Let food be thy medicine. Let medicine be thy food." **~ Hippocrates**





THE PLANT-BASED STARTER KIT is published by the Plant-Based Nutrition and Lifestyle. Plant-Based Nutrition and Lifestyle is a private nutrition practice specializing in whole food, plant-based nutrition as approach to prevent many chronic diseases and to promote living a healthy vibrant life thru nutrition.