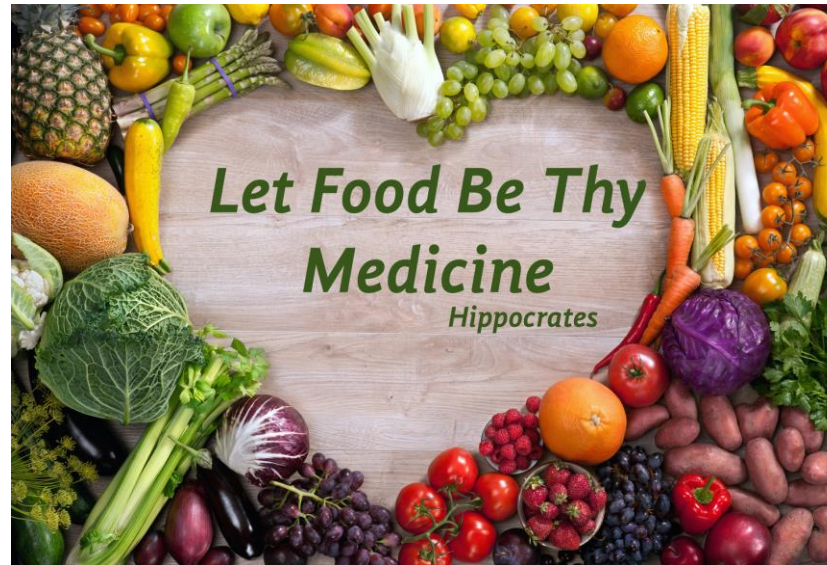


# **Simple Tips for the Plant-Based Kitchen**

## **Food Demo with Melissa & Shane**



***Healthy For a Lifetime***  
**September 23, 2023**

All rights reserved

**Melissa Sherlock**  
***Sherlock TruHealth***  
**Shane Martin**  
***Shane & Simple***

*Now the practical, hands-on part! But first. . .*



# Meet Shane Martin

- *Shane & Simple* recipe blog and food photographer
- Several hundred thousand followers
- Southern diet in Mississippi
- Weighed 300 pounds
- Found Forks Over Knives



# My Story

- Reversed chronic health conditions

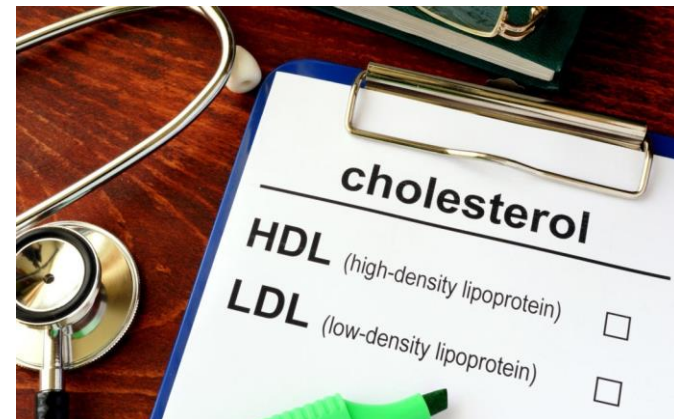
High Blood Pressure

High Cholesterol

Obesity

Type 2 Diabetes

Fatty liver disease



# My Turnaround

- Weight Loss ↓ 100 lbs!
- T2 diabetes → normal blood glucose
- Fatty liver now normal
- Total cholesterol 400 ↓ 156 pts
- Blood pressure 153/106 ↓ 113/72





# Facebook



Shane & Simple



## Shane & Simple

**40K** followers · **358** following

Practical, not pretentious, plant-based recipes. Healthy, oil-free cooking.

 **Following**

 **Subscribe**



# Instagram



shaneandsimplecooking



1,492

Posts

12.3K

Followers

352

Following

Shane Martin | SHANE & SIMPLE®

@ 100M+

Mississippi meat-eating boy gone vegan. 🌱

Practical, not pretentious, plant-based recipes anyone can make. 🍴

Click the link for the latest recipe! 👉

[shaneandsimple.com/recipes](https://shaneandsimple.com/recipes)



Followed by **healthyforalife**,  
**ripesselstyn** and 6 others

# Website



## Recipes

The entire collection of healthy, plant-based recipes that appear on Shane & Simple. All recipes are oil-free, all-natural, and made with wholesome, plant-based ingredients. Recipes are vegan, except where honey may be used as a sweetener.



Apple And Walnut Stuffed Mushrooms (Vegan)



72 Plant-Based Diet Recipes Perfect For Beginners: Delicious, Nutrient-Packed Meals



# Pinterest



shaneandsimplecooking · Pinterest



17.1K+ followers

## Shane & Simple (shaneandsimplecooking) - Profile



Shane & Simple | Recipe author and  
photographer at Shane & Simple | A food blo...

# My approach

- Food for average, ordinary people
- Completely plant-based, no oil
- Casual, easy, and delicious
- No fancy equipment, no “chef speak”
- For people who love to eat good food



# Before & After





# My Why



# How about Shane's meatloaf?!





Let's get  
cking

# Making Food at Home

- Memories & togetherness
- It can be simple and fast
- Involving children teaches lessons
- Far healthier (less sugar, fat salt)
- Puts you in control
- 5x cheaper



# Best & Easiest Queso

*Shane's fav party food!*

- Raw cashews
- Nutritional yeast
- Garlic powder
- Lemon Juice
- Tomatoes & green chilis
- Optional: cumin, paprika, chili powder, cayenne



# Avocado Chocolate Pudding

- Ripe avocado
- Unsweetened almond milk
- Unsweetened cocoa
- Pure maple syrup
- Vanilla, pinch of salt





# Thousand Island Dressing

- Silken tofu
- Ketchup
- Dijon mustard
- Maple syrup
- Dried dill
- Sweet pickle relish
- Spices: garlic powder, onion powder, paprika





# Potato Salad

- Potatoes-Yukon gold are great
- Vinegar – white or apple cider
- Celery
- Green onions
- Cashew mayo
- Yellow mustard



# Potatoes & Green Beans

- Cooked potatoes
- Cooked fresh beans
- Pico de gallo, homemade or purchased



# Potato Spinach Burrito

- Cooked potatoes
- Whole wheat or corn tortillas
- Fat-free refried beans, seasoned
- Fresh or frozen spinach
- Green salsa, avocado
- Optional: black olives, japapenos



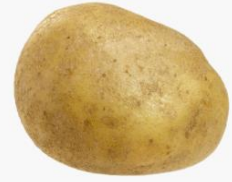


# Air-fried or Oven Roasted Potatoes

- Cooked potatoes, chunks or wedges
- Seasonings of your choice



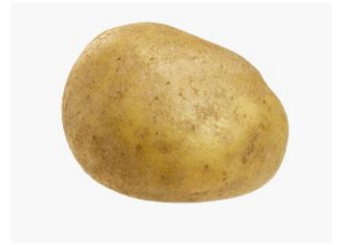
# Ideas for Potatoes



- Cut potatoes into chunks or wedges, and boil until fork tender to refrigerate to use in various ways:
- Smashed, broiled and browned
- Mashed, soup, shepherd's pie
- Burritos, tacos, hasselback
- Stuffed, skins, au gratin, salads
- Sandwich (see Forks Over Knives Deviled Potato Sandwich)



# Ideas for Potatoes



- Stew, potato leek soup
- Side for scrambled tofu
- A snack by itself!
- Base for a bowl topped with soup or chili
- In curries or stirfries
- Stuff a portabello mushroom
- In cheez sauce
- Hashbrowns, or a frittata, pancakes

# Melissa's top tips

- Staples ready to go: rice, quinoa, other grains, tortillas
- Soup, chili or stews in big batches
- Always have whole wheat pasta or other: lentil, chickpea, brown rice
- Use your seasonings
- Sweet treat: energy bites, stuffed dates, nice cream

# Fruit with Every Meal!



A photograph of a dirt path winding through a dense forest. The trees are tall and thin, with green foliage. The ground is covered in fallen leaves and branches. The overall atmosphere is misty and serene.

TOGETHER,  
LET'S INSPIRE OTHERS  
— TO LIVE —  
A FIT  
AND HEALTHY LIFESTYLE





- Sponsors, Exhibitors
  - Volunteers
  - Speakers
- Medical professionals
  - All of YOU here





# **Thank You for Attending!**

- **Please complete your survey and deposit it in the boxes outside the conference room**
- **Please exit the conference room and take all your belongings as the room will be set for the evening program**
- **If you registered for the evening program, please be back outside the room promptly by 6:30pm**



**One more thing.....**  
**A big thing to announce!**

# SAVE THE DATE!

Lifestyle Health Alliance presents live and in-person:

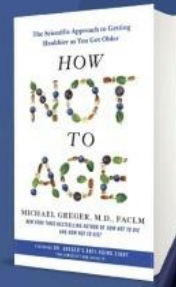
**Dr. Michael Greger**

**April 22, 2024**

**Omaha, Nebraska**

*How Not to Age*  
World Tour

The Scientific Approach  
to Getting Healthier  
as You Get Older



**Time/Location  
TBA**

**Future details at:**  
[healthyforalifetime.org/latest-updates](https://healthyforalifetime.org/latest-updates)