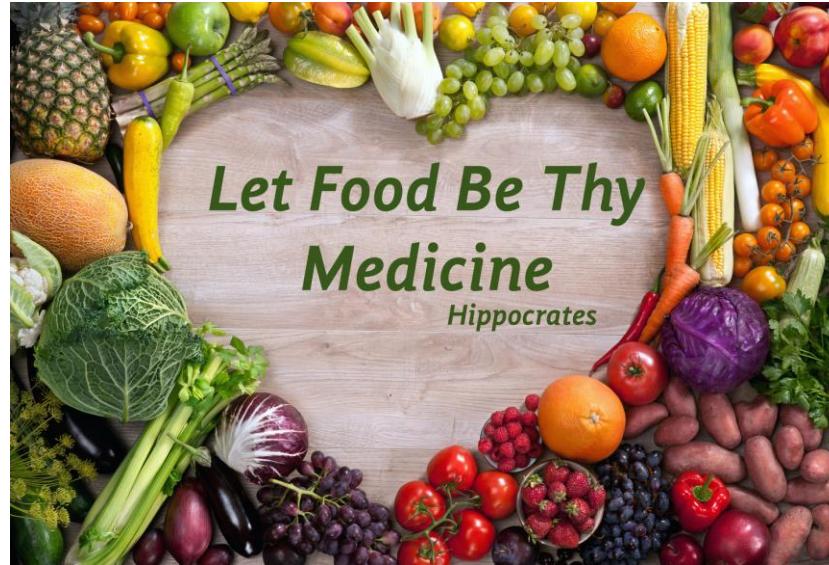


# Simple Tips for the Plant-Based Kitchen

## 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

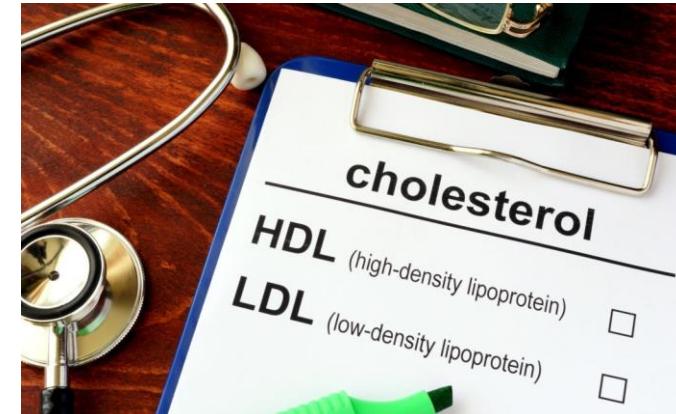
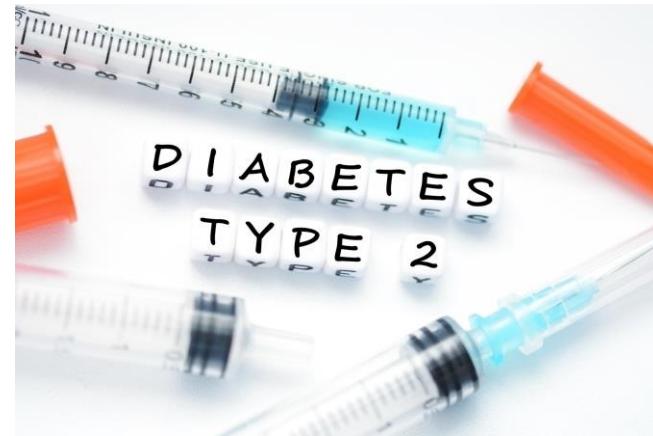
- *Shane & Simple* recipe blog and food photographer
- Several hundred thousand followers
- Southern diet in Mississippi
- Weighed 300 pounds
- Found Forks Over Knives



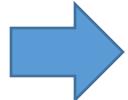
# My Story

- 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 12.3K 352

Posts Followers Following

Shane Martin | SHANE & SIMPLE®

⑥ 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](http://shaneandsimple.com/recipes)



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

# Website

≡ **SHANE**  
  & SIMPLE

SUBSCRIBE



## 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



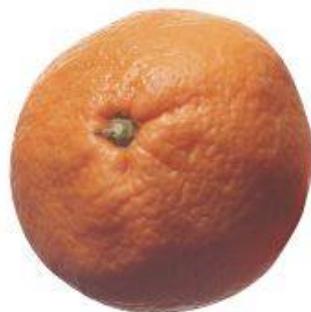
# My Why



# How about Shane's meatloaf?!



Let's get  
cooking



# 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, jalapenos

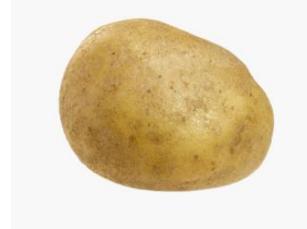


# Air-fried or Oven Roasted Potatoes

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

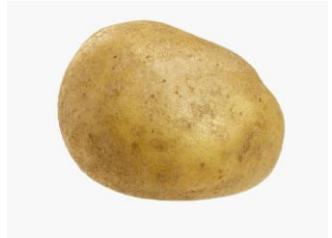


# Ideas for Potatoes



- 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 portabelllo 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!





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](http://healthyforalifetime.org/latest-updates)