

The Power of Plant-Based Foods for Your Health; Tips & Demos



Healthy For a Lifetime One-Day Conference

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You've been led through the science
from experts

You've heard testimonials (so many more!)

Now:

- Getting started
- Shopping tips
- Food storage tips
- Ideas for advance food prepping
- Food demos

Introduction



Certified in Plant-Based Nutrition from T. Colin Campbell Center for Nutrition Studies, eCornell



Graduate Certificate in Lifestyle Medicine, Creighton University



Certified Food for Life Instructor, PCRM in Washington, D.C.



Co-organizer, Plant Powered Omaha



Secretary of Lifestyle Health Alliance

Are you:

Plant Powered?

Or

Plant Curious?



What people need to improve diet:

- Easy, quick, go-to meals in their rotation
- Remake favorite dishes
- Support
- Ideas for dining out
- Handling family & social situations
- Embrace the new adventure!
- Go with foods you like
- All at once or step by step
- Embrace herbs and spices

Good News:

- Access to freshest, most nutritious foods in the world!
- Things ARE changing



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Getting Started

- Eliminate processed/fast foods, soda, hydrogenated oils, HFCS
- Add fresh fruit to every meal!
- Add dark leafy greens; BIG salad every day; add to soups, stews



Getting Started

- Add beans and lentils-many choices
- Whole or sprouted grain everything (tortillas, bread, pastas, crusts)
- Change breakfast; oatmeal, smoothie, avocado toast, tofu scramble



Getting Started

- Change one habit: breakfast, make meat a small side, meatless Mondays, add fruit/veggie servings
- Switch to non-dairy milks
- Reduce oils; oil-free salad dressings, sautee in broth, bake with applesauce or flax
- Like a few sites to continually get ideas



Start simple

- **Easy wraps;** hummus, fresh/grilled veggies, mushrooms, avocado, spinach, beans, salsa
- **Italian dishes:** pastas, lasagna, pizzas, stuffed peppers
- **Asian dishes:** curry, stir-fries, noodle dishes, rice bowls, fried rice, veggie sushi, spring rolls



Start simple:

- Mexican dishes: tacos, enchiladas, taco salad, burritos, portabello fajitas
- Chili, soups and stews
- Roasted veggies & hearty salads
- Veggie or black bean burgers



My Top Four Recipe Sites

- Fat free vegan
- Vegan8
- Brand New Vegan
- Forks Over Knives
- Google favorite foods with “vegan” in front of it.



Basics to have on hand

- Brown rice, barley, farro, quinoa, millet
- Whole grain or other pasta, soba noodles
- Sprouted grain bread; TJ's, Dave's Killer Bread, Ezekiel
- Non-dairy milk, unsweetened
- Corn & whole grain tortillas for wraps
- Hummus & refried beans
- Low sodium veggie broth for soups
- Seasonings! Including nutritional yeast
- Beans of all kinds
- Frozen basics like veggies, rice, fruit (check labels)



Basics to have on hand

- Dates and raw cacao for desserts
- Steel cut oatmeal, high fiber low-sugar dry cereal
- No oil pasta sauce (Engine2, TJ's)
- No oil salad dressing
- Fresh fruits & veggies
- Vinegars: rice, red, balsamic, glaze
- Nuts and seeds, nut butters
- Potatoes



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Organic or no? My choices

- Greens and beans
- Potatoes, Rice, Oats
- Tofu, edamame
- Bananas, other fruit
- Coffee, tea
- All reasonably-priced organic items
- Move more and more to organic when price permits
- Best way to clean produce: baking soda and water; for apples, bell peppers, etc.
- For berries, use vinegar and water



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Avoid Processed Foods –high fat, sugar, sodium

- Faux cheese
- Beyond Burger or Impossible Burger
- Chorizo, jerky, hotdogs, sausages, other “meats”
- Sweets like cookies, cakes



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Label Reading

- Focus on foods without labels
- It's SO important to read labels! Never believe anything on the front of the package
- Ingredient list should be short & recognizable
- “Whole grain” must list 100% whole grain
- Hidden dairy: casein or caseinate, whey, lactose
- AVOID HFCS, hydrogenated oil, saturated fat



Keep produce/food longer

- Don't touch greens; use tongs
- Layer with napkins to catch condensation
- Gently shake to keep from matting down
- How to keep herbs, even cilantro for 3 weeks
- Put asparagus in water
- Put soup in jars to reseal
- Keep sprouted grain food in the freezer
- If bell peppers start to wrinkle, roast them
- Too many veggies? Time to make soup!



Food Prep

- Always have rice, quinoa, pasta, farro in fridge
- Keep fruit like melons and pineapple cut up
- Keep most used veggies cut and prepped (I like to have red cabbage, red onion, carrot sticks, etc)
- Always make more than you need! Cook once
- Keep salad mix in a big Tupperware bowl
- Keep chili, soup or stew ready for quick warmup
- Keep baked sweet potato, grilled veggies handy for Buddha bowls and wraps
- Steel cut oats for the week



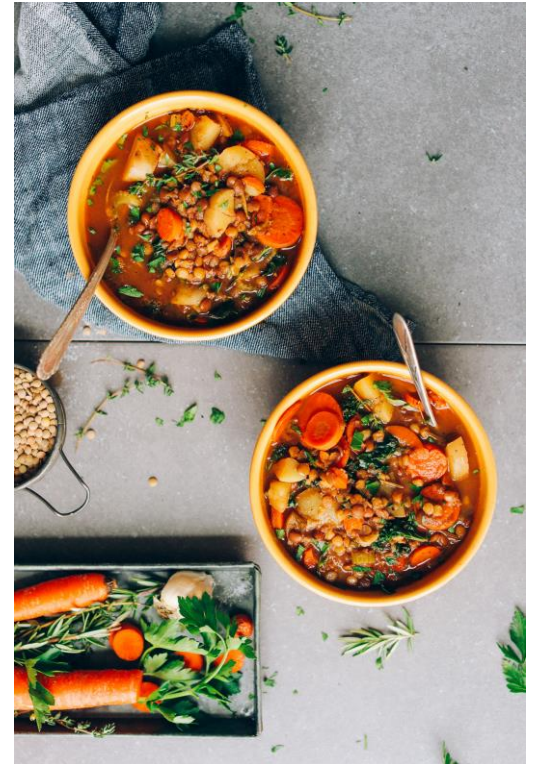
Dining out

- International cuisines are easiest: Asian, Italian, Mexican, Middle Eastern
- More options than ever!
- Ask for substitutions or adaptations
- Look for ingredients
- Order side dishes



Food Demos – easy meals

- Salads
- Soups
- Sandwiches
- Bowls
- Fruit



Salads

Salads non-plant-based eaters make:



Salads

Salads plant-based eaters make:



Salads -Basic Green Salad

- Green mix: romaine, spinach, spring mix, red cabbage
- Carrot, red bell, red onion
- Fruit: pear, chopped date
- Few nuts and seeds
- 3-2-1 Dressing (FOK)
 - 3 parts balsamic vinegar
 - 2 parts grainy or deli mustard
 - 1 part pure maple syrup

Salads –Taco Salad with salsa dressing

- Green mix: romaine, spinach, spring mix, red cabbage
- Red bell, red onion, cherry tomatoes
- Avocado, black olives
- Salsa Dressing

A little non-dairy milk in a jar
Taco seasonings
Salsa



Soups –Put things in a pot



Bean chili

- All soup begins with onion & garlic
- Veggie broth
- Lots of beans! Kidney, pinto, black-eyed peas, lentils (refried beans?)
- Tomatoes: mix of crushed & diced
- Lots of seasonings:
 - chili seasoning, garlic, smoked paprika, chipotle, Italian, adobo, cumin, cayenne

Soups

- Make a big batch for leftovers
- Spoon into mason jar while still hot
- Jar will seal
- Keep it in fridge
- Leave space if freezing



Soups –other ideas

- Minestrone soup
- Lentil soup
- Potato leek soup
- Miso soup
- Cream of broccoli or asparagus
cashew cream



Sandwiches / wraps

- Sprouted grain bread
- 100% whole wheat or sprouted grain tortillas
- Corn tortillas (GF)



Sandwiches –easy veggie

- Sprouted grain bread
- Hummus
- Thinly sliced tomato, cucumber, red onion
- Avocado
- Lettuce/spinach/sprouts
- Cracked pepper, Italian blend, cayenne
- Balsamic glaze drizzle
- Add nuts, cranberries, basil ribbons, olives
- Use as appetizers too!

Sandwiches – chickpea salad



- Chickpeas
- Brown mustard, tahini, maple syrup
- Diced red onion, celery, red bell
- Diced dill pickles and pickle juice
- Salt and pepper (black salt – aka kala namak)
- I add: turmeric, garlic powder, kelp granules, and fresh dill
- On sprouted grain bread with lettuce & tomato

Wraps – easy Mexican wrap

- 100% whole wheat or corn tortilla
- No-fat refried beans
- Taco Seasonings
- Lettuce, tomato, red onion,
- Black olives
- Avocado, Salsa
- Finely shredded romaine
- Makes a great dip too!



Bowls

- Start with starch base of brown rice, quinoa, soba noodles, farro, any grain, pasta
- Add veggies, greens & beans
- Add drizzle of some sauce
- Optional: nuts & seeds



Sushi Rice Bowl



- Brown rice
- Basic: carrot, cucumber, avocado
- Add: red bell, edamame, green onion
- Snipped spinach, fine shredded romaine, shredded red cabbage
- Roasted seaweed strips
- Sesame seeds
- Soy sauce, tamari, liquid aminos
- Wasabi

Nice Cream!

- Frozen ripe bananas
- Raw cacao powder
- Non-dairy milk
- Vanilla
- Maybe spoonful nut butter



CREAMY
MINT
NICE
CREAM



CHOCOLATE
CHERRY
NICE
CREAM





After almost 10 years, I'm still excited about my food every day! You will be too

