

Maya's Guide to a Whole Foods Plant-Based Diet

A practical guide towards incorporating more plant-based foods into your lifestyle.



Introduction



When it comes to plant-based nutrition, there is a lot of misinformation out there. People often think they will not get enough protein or have to give up their favorite foods. However, this could not be further from the truth!

Plant-based diets are not only healthy, but they can help to prevent and reverse disease. They contain nutrients that are essential for our health. These include antioxidants, phytonutrients, and fiber. In addition, plant-based diets help lower cholesterol levels and blood pressure and help regulate blood sugar levels. So, incorporating more plant-based foods into your diet is an excellent start toward improving your health!

You are only **3 steps** away from being plant-based.

1. Think of 3 vegetarian meals you already eat. Make sure to continue to eat those. For example, vegetable stew or pasta primavera.
2. Think of 3 recipes that you prepare regularly that can easily be adapted to a plant-based menu. A regular chili can become a bean chili.
3. Visit websites like www.forksoverknives.com for more great recipes.



What Should I Eat?



We want to eat from these 4 main food groups:

- **Legumes** which are good sources of fiber, protein, iron, calcium, zinc, and B vitamins.
- **Whole grains** these will make your meals hearty. They are rich in fiber and other complex carbohydrates, protein, B vitamins and zinc.
- **Vegetables** are packed with nutrients. They have vitamin C, beta-carotene, riboflavin, iron, calcium, and fiber.
- **Fruit** are rich in fiber, vitamin C, and beta-carotene.

Make It Easy

checklist

Keep It Simple

My first year of going plant-based was difficult because I did not know where to start. I printed too many recipes and had no idea where to begin. By the end of the year I was consuming lots of vegan processed foods. Learn from me and make it easy on yourself.

Cut prep time

- When possible purchase already dice, cut, chopped ingredients.
- Schedule prep time so that you can dice, cut, chop, etc. produce on a Sunday to use throughout the week.
- Batch cook whenever possible.
- Get an instant pot (for legumes) and a vitamix (for smoothies).
- Order your groceries online and have them delivered.
- Buy low sodium broth to use in soups.
- Buy your legumes and grains in bulk, less expensive.
- Make sure to use spices to flavor your food.

Swaps

- Replace dairy with non-dairy or nut milk.
- Replace eggs with flax egg, aquafaba or an egg replacer.
- Replace meat, chicken and pork with jackfruit, mushrooms, hearts of palm, etc.

Eating Out

- Do not be afraid to tell the waiter that you avoid all animal-based foods. Explain that you are dairy and egg free as well.
- Try to take your own homemade dressing.
- Easier to eat at ethnic restaurants.

Kitchen *checklist*

Legumes

- Black beans
- Pinto beans
- Chickpeas/garbanzos
- Lentils
- Kidney beans
- Great Northern/cannellini
- Black-eyed peas

Pastas & Noodles

- Whole wheat pasta
- Gluten-free pasta
- Brown rice noodles
- Soba noodles
- Brown rice pad Thai
- Brown rice paper

Nuts & Seeds

- Walnuts
- Pecans
- Cashews
- Flax seeds
- Chia seeds
- Hemp seeds
- Tahini
- Almond flour

Whole Grains

- Steel cut oats/old-fashioned oats
- Brown rice
- Quinoa
- Barley
- Wild rice
- Bulgur
- Millet
- Couscous
- Polenta

Other staples

- Canned diced tomatoes
- Canned beans
- Low-sodium pasta sauce
- Low-sodium veggie broth
- Fresh fruits, vegetables, green leafy
- Frozen fruit: berries, mango, pineapple
- Frozen veggies: peas, carrots, spinach,
- edamame,
- Non-dairy milks
- Egg replacer
- Nutritional yeast
- Whole wheat or corn tortillas
- Starchy vegetables such as sweet &
- potatoes
- Spices
- Liquid aminos

Organic *checklist*

Dirty Dozen

Every year, the Environmental Working Group (EWG) releases a comprehensive “Shopper’s Guide to Pesticides” known as the Dirty Dozen. This list contains the top twelve fruits and veggies found to be most pesticide-contaminated (and most at-risk for pesticide contamination) based on the latest research. Essentially, these are the foods you want to buy organic whenever possible. **Remember that the benefits of eating produce outweigh the risks. Give your produce a good rinse.**

Dirty Dozen

- Strawberries
- Spinach
- Kale, collard & mustard greens
- Nectarines
- Apples
- Grapes
- Bell & hot peppers
- Cherries
- Peaches
- Pears
- Celery
- Tomatoes

Clean Fifteen

- Avocado
- Sweet corn
- Pineapple
- Onions
- Papaya
- Sweet peas (frozen)
- Asparagus
- Honeydew melon
- Kiwi
- Cabbage
- Mushrooms
- Cantaloupe
- Mangoes
- Watermelon
- Sweet potatoes

Clean Fifteen

As a general rule of thumb, foods on the Clean 15 list contain strong protective shells, peels, coverings, or outer casings such as banana peels and avocado skins. Essentially, they have a natural protective layer that shields them from harsh pesticide exposure! According to the EWG, pesticide residue is least likely to remain on these foods by the time you wash and eat them.

VEGAN MAYO

Ingredients:

- 12 oz firm silken tofu (Morinaga's Mori-Nu)
- 1 1/2 TBSP fresh lemon juice
- 1 1/2 tsp dijon mustard or 1/4 tsp mustard powder
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/8 maple syrup
- 1/2 tsp salt
- 1/8 ground pepper



Some recipes include 2 TBSP dijon
2 tsp white vinegar
less lemon

Instructions:

- Throw everything in food processor

MARINARA SAUCE

Ingredients:

- 28 oz crushed tomatoes
- 1 TBSP oregano
- 1 TBSP dried basil
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/4 tsp red pepper flakes
- 1 TBSP maple syrup
- salt



Instructions:

- ingredients go into saucepan until it starts to bubble
- reduce heat to low and simmer, covered for another 5-8 minutes stirring often,
- turn off heat and serve

RANCH DRESSING

Ingredients:

- 1 box silken tofu (mori nu lite firm)
- 1 cup water
- 1/2 cup non dairy plain yogurt (so delicious coconut milk)
- 1 bunch green onions
- 2 large garlic cloves
- 1 1/2 tsp salt
- 2 tsp onion powder
- 2 tsp garlic powder
- 4 tsp dried parsley
- 2 tsp dill



Instructions:

- blend all ingredients until smooth
- drizzle over salad
- stores up to a week

HEARTS OF PALM CEVICHE

Ingredients:

- 8 hearts of palm pieces OR cooked/raw cauliflower
- 3 roma tomatoes
- 1/2 small red onion
- 2 serrano peppers or Jalapenos
- 1/2 cup lime juice
- 2 avocados
- 1/2 cup cilantro
- Cholula
- baked Tostadas
- 1/2 tsp mexican oregano



Instructions:

- Drain hearts of palm. Add to chopper
- Chop all other ingredients as well.
- Mix everything in a bowl and chill.
- Top a tostada. Add slices of avocado and enjoy.

MEXICAN CORN & BLACK BEAN SALAD



Ingredients:

- 2 cans -black beans
- 2 cups - sweet corn
- several cherry or roma tomatoes
- 1/2 cup red onion
- 1/2 cup chives
- 1 jalapenos
- 3 garlic minced
- *1/2 cup cilantro
- zest of one lime
- juice 2 lime/lemon
- salt to taste
- 2 tsp cumin
- onion/garlic powder
- cayenne
- avocado
- soy sauce

Instructions:

- Rinse the beans
- Drain corn
- dice all the veggies
- Mix everything in a bowl and add spices
- Can add cilantro
- Can use beans of choice
- Serve with salsa and chips
- Serve as a salad on a bed of greens
- Serve on whole-grain tortilla as a wrap
- Can add balsamic vinegar
- roasted bell peppers
- navy beans in place of black



SAVORY MUSHROOM POLENTA



Ingredients:

- 1 cup whole grain stone ground cornmeal (Bob's Red Mills)
- 3 cups water
- 1/2 cup unsweetened soy milk
- 1/4 cup nooch
- 1/4 tsp ground turmeric
- 2 cups sliced mushrooms (mixed)
- 2 roma tomatoes diced (1 cup)
- 1 tsp Pritikin's seasoning
- 1- 15 oz white beans, drained
- 2 cups chopped baby spinach
- 2 TBSP white balsamic vinegar

Instructions:

- cornmeal and water in pot. bring to boil and reduce to simmer. stir often. 5 min
- add soy milk, turmeric, nooch. set aside
- pan saute mushrooms
- add tomatoes, beans, seasoning. cook till tomatoes tender.
- add spinach and vinegar
- serve mushrooms, bean, spinach mixture over creamy polenta



Conclusion and Next Steps

Remember to be gentle with yourself! Spend time thinking about WHY you want to make healthier changes. This "why" will be what keeps you going through the tough times.

I invite you to check out my podcast Healthy Lifestyle Solutions. My guests are health experts who share their knowledge on topics related to nutrition, exercise, stress management and so much more. Podcasts are FREE to listen. www.healthylifestylesolutions.org



Thank you!

On the Healthy Lifestyle Solutions podcast, we talk about lifestyle medicine. These are lifestyle modifications we can do to prevent, halt or reverse disease.



plantbasedmaya@gmail.com
www.healthylifestylesolutions.org