# THE END OF DIETING

How to Live for Life

Joel Fuhrman, M.D.





Cassie and Dave, alarmed by increasing symptoms associated with poor health and aging, made a decision to Eat to Live. Hoping for many positive changes for themselves, they were pleasantly surprised by the added benefits for the rest of the family.

BEFORE: 162 pounds (Cassie) and 250 pounds (Dave)

AFTER: 111 pounds (Cassie) and 145 pounds (Dave)

My husband, Dave, and I have been happily married for twenty-five years. We have four children, all in their twenties, and a young grandson. We were only in our late forties, yet we felt very old, unhealthy, tired, and frustrated. We experienced brain fog and lack of energy daily, constant sinus infections, migraines, back pain, indigestion, eczema, severe mood swings, and agonizing cravings and food addictions. Our toxic diet and sedentary lifestyle were taking their toll.

One transformative day we discovered Dr. Fuhrman's teachings. We immediately threw out all our processed foods and eliminated meat, dairy, oil, salt, and sweeteners from our diet. *Eat to Live* became our daily manual. It provided us with the knowledge that we needed to succeed. Our motivation wasn't weight driven; rather, it was driven by a deep passion to get healthy and change our lives for the better.

Our physical and mental transformations have been amazing! After thirty-five years, Dave even finally quit coffee and cigarettes. He and I now walk, run, or hike at least twenty to twenty-five miles a week and incorporate cardio and calorie-burning exercises into our daily routine. We both feel great.

Our transformation and passionate commitment to our new nutritarian diet style have allowed our new lifestyle to positively affect our children as well. They have also incorporated our food choices into their diets and, as a result, have experienced significant weight loss and overall health improvements.

The one truth that we have learned with our nutritarian lifestyle is that we all have the power to take control of our own health destiny—it's in each one of us!





Kathleen spent her life on the dieting merry-go-round as the result of food addiction and cravings. Her dysfunctional relationship with food controlled her life, until she took back her power.

BEFORE: 228 pound

AFTER: 163 pounds (so far)

Food was the perfect friend. This friend never, ever let me down. If I was sad, food was there for me. If I wanted to celebrate, my "friend" lifted me up and celebrated with me. If I was bored, food filled my time. If life was too painful to contemplate, my friend distracted me, easing my pain. Truly, food felt like the best friend I'd ever had.

The standard American diet brought me solace, comfort, celebration. It was always present when I was lonely. However, it also brought me pain and despair because this relationship caused me to gain an enormous amount of weight. It exacerbated a genetic condition, causing me to end up with such severe osteoarthritis that I had to have a total knee replacement. I was only forty-seven years old. The standard American diet, and my addiction to food, chipped away at my self-esteem and self-care.

Clearly, the sensible thing to do was to end this unhealthy relationship. But, as with all dysfunctional relationships, ending it also meant giving up the good parts that I desperately wanted. How does one reconcile that? I suspect that the answer to this question is deeply personal and different for each of us. For me, it took watching my dad slowly die, a victim of the standard American diet. I remember visiting my dad in the ICU after he'd pulled through yet another crisis and suggesting to him that he could improve his health by improving his diet. He shook his head and said, "Kathleen, I can't give up my food." I'll never forget his words as he sat in his hospital bed under the harsh fluorescent lights with the sound of monitors beeping in the background. He had just nearly died, and yet he couldn't give up his unhealthy foods. Wow.

That's addiction for you. Not only did I miss him terribly when he passed, but I also saw my own future. My addiction to the standard American diet was no less powerful than my dad's, and I was terrified.

I worked with Dr. Fuhrman's food addiction counselor, who helped me recognize my dysfunctional relationship with food. I realized that my addiction to food was no different from an addiction to drugs or alcohol. Aren't we so very fortunate that our addiction is socially sanctioned and it takes place in clean church halls, restaurants, and our very own kitchens? Aren't we lucky that we don't have to hide in dirty alleys to get our fixes? And isn't it incredibly tragic that we have the same exact sort of dopamine-craving, soul-crushing, health-destroying compulsion that the drug addict has?

I also learned that if you're running with a crowd that causes you trouble, you end up making poor decisions. This crowd doesn't respect you. It hurts you. You have to cut those friends loose no matter what positive aspects the relationship brings to you. For me, unhealthy food was my dysfunctional "gang."

As so often happens when you remove dysfunctional relationships from your life, you open up space to form new, healthy connections. I now have gorgeous, fresh, crisp vegetables as friends. I have decadently sweet, juicy fruit. I have happy belly-filling beans, hearty whole grains, and luscious nuts and seeds. My new friends nourish me and never hurt me the way the standard American diet always did. Now that I have a much healthier relationship with food, I'm 60 pounds lighter and I'm still losing weight.

Breaking free of food addiction is difficult, but once you have the knowledge provided by Dr. Fuhrman's research and writings, you can never un-know it. Once you've had the experience of living in a truly nourished body, you can never again tolerate the toxic feelings that come from toxic food. Once you start to become active, you can never tolerate stagnation again. Once you learn to listen to your own body, you'll always hear its wisdom.

I have never really thought of it as food addiction, but reading what you have said, I see that my father died from food addiction. He was a physician and was diagnosed with type 2 diabetes when he was thirty-seven. After years of using medications (eleven of them) to treat his symptoms while buying candy and pastries in bulk, he died at the ripe age of sixty-four. I now see that this was addictive behavior because he knew that changing his diet would make his symptoms go away. He knew what the consequences of his behavior would be and yet he kept gorging on unhealthy food for twenty-five years. Twenty-five years of hospital stays and all sorts of nasty diabetic side effects. He was not a dummy, yet he engaged in this irrational behavior.

Angela Biggar

# AM I A FOOD ADDICT? TEST YOURSELF.

1. If I don't eat regularly, I feel fatigued or irritable.	Yes or No
2. I think about eating certain foods almost all the time.	Yes or No
3. I feel sluggish or uncomfortable after eating.	Yes or No
4. Eating poorly is interfering with my health.	Yes or No
5. I'm overweight, but I continue to overeat.	Yes or No
6. When I start eating sweets, I don't want to stop.	Yes or No
7. I have tried to diet to lose weight, but failed and given up.	Yes or No
8. I prefer restaurants with all-you-can-eat buffets.	Yes or No
9. I have physical withdrawal symptoms.	Yes or No
10. I sneak food when others aren't around or looking.	Yes or No
11. I store food or hide food from my family.	Yes or No
12. I eat more even though I'm no longer hungry.	Yes or No
13. My eating habits cause me distress.	Yes or No
14. My eating habits are causing me social and family difficulties.	Yes or No
15. I eat almost continuously all day long.	Yes or No

One "yes" answer makes you a suspected food addict. Two or more "yes" answers confirm your addiction to food.





Heather doesn't worry about the scale anymore. She eats what she wants and is far healthier and headache-free.

**BEFORE:** 201 pounds

**AFTER: 125 pounds** 

I'm a thirty-eight-year-old wife and mother of three. For as long as I can remember, I've suffered from horrible, debilitating migraines. I couldn't sleep. I was exhausted all the time. I didn't have the energy to get up and play with my son and would nod off while driving (yikes!). I suffered from terrible seasonal allergies and had an unexplained facial rash that didn't go away for months. I also had mood swings, although my family tells me that I was just plain grumpy. I started taking an antidepressant for anxiety.

I tried to start my own plan to regain my health. I ordered a juicer and juiced for about four weeks. Although I felt great, I knew this wasn't a way I could live long term. I considered this time as just a detox for my body in preparation for what was yet to come.

Inspired to learn more, I did some research and found Dr. Fuhrman. I discovered his books, bought one, and read it in one day. This book is now marked up like my Bible.

I used to be a food label reader (you can see where that got me), but I've since learned that I was looking for the wrong things—carbs and protein, for example, which are emphasized in the standard American diet. I don't buy anything processed or packaged, so labels hardly matter to me anymore. However, when I buy canned goods, such as beans or tomato sauce, I buy organic and am always vigilant about the amount of salt and sugar they contain. I will NEVER eat the other way again, EVER.

Since becoming a nutritarian I've lost weight, but more importantly, I feel FANTASTIC! I haven't had a cold in over a year. I no longer suffer from migraines or headaches. I have energy. I sleep well. I stopped taking antidepressants, and I no longer suffer from anxiety. I feel GREAT all the time!

### In Their Own Words

Ronna didn't need to lose a significant amount of weight, but her food cravings and addictions were ruling her life—until she embraced a nutritarian lifestyle.

**AFTER:** 116 pounds

My head was once filled with a myriad of nutrition theories. Self-help books and fad diets dictated my rules for weight loss. I was only concerned with finding the right diet program for a "miraculous" weight loss. To me, increasing vitamins and minerals meant consuming supplements and fortified foods, such as orange juice and cereals. Having salad or a side of some vegetable was my version of observing the food pyramid. I avoided junk food and tried to eat less—but it did not work.

At age eleven, I was diagnosed with an underactive thyroid, which meant I could only lose weight through extreme calorie restriction and/or excessive physical activity. I was a classic yo-yo dieter. I could never stay away from sugar for very long. I became addicted to sweets and felt I needed to diet like crazy to compensate.

After attending one of Dr. Fuhrman's Health Immersion programs, however, I started reading his books, which dramatically shifted my perspective on many health-related matters. Before the immersion, I fed my desires daily—coffee with cream, a little wine and cheese, several bites of a gluten-free ice-cream sandwich and a few "healthy snacks," which I thought I needed every few hours.

My erroneous beliefs didn't end there. I had self-diagnosed myself as hypoglycemic, but I wasn't. I was just going through withdrawals from my toxic diet. I also believed that my metabolism would slow down with age and that my hypothyroid disease was working against me, both of which proved to be myths.

Becoming a nutritarian changed my life. I don't just look different; I think and live differently. I have shed 30 pounds from my 5-foot-2-inch frame. My energy battery is always fully charged, and I'm no longer a slave to addictive eating habits. I'm happier and think more clearly. I feel a sense of balance, ease in movement, and enhanced self-confidence. And, most importantly, my cravings and the constant "noise" in my head related to food, body weight, and self-image are completely gone.





Marcie realized that rapid weight loss is possible and sustainable, without deprivation, because, to her pleasant surprise, eating vegetables is far more enjoyable than she ever imagined.

AFTER: Lost 90 pounds in less than a year

It was the beginning of another year and I was (reluctantly) determined to lose weight. I felt terrible and had very little energy. I prayed to God to help me. By the third day of my diet, my husband reconnected with an old employer, who handed him a copy of *Eat to Live*. He said it helped him beat colon cancer. I took this as an answer to my prayers. I read the book and started the nutritarian diet style.

After following the program for about six weeks, I had my lightbulb moment—exactly how Dr. Fuhrman describes it. I began to look forward to eating vegetables. The best part about the nutritarian diet style is that you don't have to weigh your food, and you can actually eat however much you want—all while losing weight! The fact that these foods are found in nature and aren't processed was a huge selling point for me. All of the foods on this diet are what God intended for us to eat.

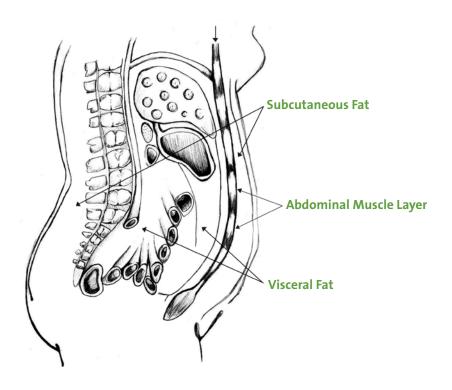
This plan worked for me when other diets failed, not only because other diets (like Atkins) were hard to maintain, but because depriving and counting calories was just too hard. Of course, the weight coming off rapidly made it easy to continue. Besides the weight loss, I started to think more clearly and focus better. I stopped getting headaches, and I started to enjoy working out. My bouts with depression went away completely. That alone makes it worth staying with this program.

By the fall, I had lost 90 pounds. I can't tell you how wonderful I feel today. Dr. Fuhrman's books are a gift and contain all the research that explains why these foods are so good for us. This knowledge made it easier for me to stick with the plan. Now, I eat for health.

	Table 1. Sample Plant Protein Content (grams)
8.6	Soybeans, boiled (1 cup)
4.0	Mediterranean pine nuts (1/2 cup)
3.2	Almonds (3 oz.)
9	Lentils, boiled (1 cup)
.3	Kidney beans, boiled (1 cup)
2	Spinach, frozen (2 cups)
5	Chickpeas, boiled (1 cup)
2	Hemp seeds (1/2 cup)
8	Sesame seeds (1/2 cup)
5	Sunflower seeds (1/2 cup)
.4	Broccoli, frozen (2 cups)
.0	Tofu, extra firm (4 oz.)
3	Collards, boiled (2 cups)
.2	Peas, frozen (1 cup)

TABLE 2. SAMPLE	Animal Protein Content	(GRAMS)
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26.2	Chicken (light meat, roasted, 3 oz.)
21.6	Salmon (Atlantic, wild, broiled, 3 oz.)
19.8	Beef short loin (Porterhouse, 1/8-in. fat, broiled, 3 oz.)
12.6	Eggs (2)
8.2	Milk, 1% (1 cup)





Kate lost 64 pounds and now feels "back in the land of the living." She's no longer chronically fatigued from her autoimmune disease.

**BEFORE:** 170 pounds

**AFTER: 106 pounds** 

I had always considered myself a healthy eater. I stuck to organic veggies and meats, never drank colas or ate candy bars. I scrutinized the ingredients in my food. But the older I got, the worse I began to feel. I was up to 170 pounds, my total cholesterol was at 239, and my fatigue felt bottomless. I was diagnosed with pernicious anemia, a debilitating autoimmune disease. I was told that there really wasn't much that could be done other than take vitamin  $B_{12}$ , which I started immediately. Unfortunately, however, it didn't really help my fatigue.

At this point I became completely stopped in life—I couldn't work, I had zero energy, and I felt miserable all the time. No doctor at any time ever mentioned food as maybe contributing to all this. While trying to find out more about autoimmune diseases, I came across Dr. Fuhrman's *Eat to Live*. Both my husband and I started reading it immediately, and it made total sense to us. We both recognized that food was the one constant in our lives that had never really changed, despite all the different diet combinations and ratios we had tried in the past.

We both committed 100 percent to this way of eating. We've been following it for 2½ years. As a result, I went from 170 pounds to 106 pounds. My cholesterol went from 239 to 129, and my dress size went from a size 14 to a size 2! Most important, however, is my newfound energy and tremendous quality of life I now enjoy.

When people meet me for the first time, they can't believe that just a few short years earlier I was house-bound and had virtually no life at all. Now I'm actively back in the land of the living, and it's an honor to be able to share with people my story about how simple it is to get back your health and vitality by just following what Dr. Fuhrman says.

# TABLE 3. FAST CALORIES AND SLOW CALORIES

FAST CALORIES
Sugary drinks
Steel-cut oats
White bread
Olive oil
White potato
SLOW CALORIES
Steel-cut oats
Wheat berries
Adzuki beans

Apple juice Apples



It took hitting rock bottom for Susan to realize that the solution to her health problems was within her grasp.

**BEFORE:** 350 pounds

**AFTER: 140 pounds** 

As another birthday approached, I found myself at a whopping 350 pounds. I was diabetic, hypertensive, and very depressed. Ironically, I only had to look as far as my own bookshelf to find a prescription to better health, *Eat to Live* by Dr. Fuhrman. It was signed: "Wishing you all good health and much happiness always, Joel Fuhrman."

I remember my first meeting with Dr. Fuhrman. He let me know in no uncertain terms that my current lifestyle was going to lead to disease and an early grave. But I continued my destructive course, and continued to live to eat.

Through the years, I tried many different weight-loss programs and found only temporary successes. In 2005, at 350 pounds, I had a lapband procedure, probably one of the worst decisions I have ever made. The restrictive band made it almost impossible to eat a healthy, well-balanced diet. In fact, it made it most comfortable to eat foods that were literally sugar-coated. Eventually, I had the band opened to its fullest extent and continued trying new fads.

I finally took *Eat to Live* off the shelf, knowing that in my hands was my greatest hope for a healthy future. Since then, I have lost 210 pounds. I now enjoy physical activities. On my fiftieth birthday, I climbed a mountain in Woodstock, New York—and then enjoyed a meal of kale, roasted beets, and beans! I ride my bicycle with my son, too. Our last trek was fourteen miles, much of it uphill. My husband and I traveled to Paris to visit our daughter, a vacation I never would have dreamed of because of the expense and humiliation of buying two airplane seats for one obese person.

I love telling my story. This diet style is easy to follow. I rarely weigh or measure any food. I don't feel like I'm on a diet—because if I'm hungry, I eat.

The nutritarian diet style is *not* a burden—being morbidly obese and sidelined from your own life *is*!

## TABLE 4. FAT-REDUCING PHYTOCHEMICALS

Alkaloids Genistein
Anthocyanins Phenolic acids
Epigallocatechin Resveratrol
Flavonoids Stilbenoids

# TABLE 5. FOODS THAT FIGHT FAT

Artichokes Mushrooms Arugula Parsley

Black raspberries

Blueberries

Broccoli

Cauliflower

Pomegranates

Pumpkin seeds

Red onions

Scallions

Collards Soybeans (edamame)

Eggplant Strawberries
Garlic Tomatoes
Green tea Turmeric
Kale Watercress

Lettuce





### In Their Own Words

You are not alone in your struggle with your weight and food addictions. A successful nutritarian and contributor to my blog since 2009, Emily has inspired thousands of people to change their lives.

Since my early twenties I had adopted a dieting mentality that resulted in a 100-pound weight gain. I was always dieting, and no matter how ridiculous a plan would be, I'd try to follow it for a few days until my body couldn't stand the nutritional deprivation any longer. I'd then eat everything in sight. Or I'd get so exasperated trying to follow restrictive rituals, like counting calories and points or weighing or measuring food, that I'd quit whatever diet I was currently on. I ended up literally starving myself to obesity.

I wasn't interested in the science behind toxic hunger, food addiction, optimal health, and longevity; I just wanted a quick way to lose weight. I earmarked and started following the Six-Week Plan in *Eat to Live*, but didn't read the rest of the book. By the second day, when symptoms of detox started to surface, I caved in and immediately went back to my old way of eating. This continued on and off for the next five years.

When my health had deteriorated to the point that I was scared of having a heart attack or stroke, I was ready to radically change my way of thinking—and eating. I was ready to get rid of the dieting mentality and replace it with eating for excellent health for the rest of my life.

I knew Dr. Fuhrman had the answer, and I went back to his teachings with a new refocused commitment. I no longer focused on what I *couldn't* eat until I lost weight; instead, I focused on consuming colorful and vibrant foods that I *could* eat to give my body the best opportunity to live in optimal health. I made the firm commitment to get my health back by carefully following Dr. Fuhrman's nutritarian approach.

Within a year, I'd lost 100 pounds and eradicated from my life heart disease, hypertension, prediabetes, chronic fatigue, brain fog, malaise, low back pain, cracked heels, and painful boils. But most importantly, the overwhelming cravings for fattening, processed junk foods that consumed my every waking moment gradually subsided and then completely went away. For the first time in my adult life I was free from the "dieting mentality" that failed me miserably.

### Change the Mind and the Body Will Follow

Intrigued by the experiences of others, Emily began interviewing successful nutritarians for my blog and gleaned invaluable nuggets of truth from many other real-life success stories. With my guidance and from these experiences and observations, Emily compiled twelve vital tips for losing weight—and keeping it off—the nutritarian way.

### 1. It Takes Commitment.

Success has nothing to do with economic status, nationality, education, social standing, professional training, career choice, a stable upbringing, or even support from loved ones. Success is a direct result of thoroughly studying, understanding, and assimilating the science behind Dr. Fuhrman's nutritional recommendations—and then making the decision to tenaciously earn your health back, no matter what. Success is having both feet in at all times, not "trying" to eat high-nutrient foods during the week and indulging on the weekends, or eating for health only when it's convenient. Trying only leaves the door cracked open to indulging on a whim. All who have succeeded made the firm decision to commit 100 percent.

### 2. Perspective Determines Outcome.

Those who succeed with the nutritarian approach view it as an opportunity to "earn" health back. This perspective enables a person to get past toxic cravings to thoroughly enjoy great-tasting foods, in their natural state. Conversely, those who repeatedly fail have the mind-set of dieting. They view the nutritarian approach as just another diet designed only to lose weight and subsequently focus on restriction and deprivation. This mentality invites self-pity and cheating, which doesn't allow your taste buds to change or let you break free of the vicious cycle of toxic addiction.

### 3. Change a Mistaken Identity.

People become what they believe to be true about themselves and what they repeatedly tell others. If people believe they are failures, they will fail. If they tell everyone that they are a compulsive overeater, they will compulsively overeat in times of stress. It's vitally important to declare and believe in an identity congruent with who you want to be. If you want to be a nutritarian—

someone who eats high-nutrient foods to meet the body's biological needs for optimal nutrition—then declare it! Make it your identity. Where the mind goes, the body will follow.

### 4. Ditch the Wagon.

The wagon mentality and dieting go hand in hand. "I fell off the wagon" basically translates into, "I blew it so I might as well eat anything I want now." Eating for optimal health is a lifetime endeavor of making wise choices each and every day. Slipups do happen from time to time, but never allow a slipup to turn into an excuse to wallow in disappointment, self-pity, and false guilt that could potentially lead to a full-fledged binge.

### 5. Avoid the Moderation Myth.

When it comes to toxic foods, there's no such thing as eating in moderation. Taking just one bite of an addictive food can be just as dangerous as smoking one cigarette for a former nicotine addict. Don't believe the moderation myth that you might hear from physicians, counselors, ministers, friends, coworkers, or relatives. The truth is that just one bite of an addictive food can do great harm. It's much easier to keep addictive cravings extinguished than to be continually fighting obsessive compulsions, because it only takes a tiny spark to ignite them.

#### 6. There Are No Shortcuts.

Everyone has to cross the threshold of withdrawal from toxic foods, which, for most people, is no fun. Detoxification (or toxic hunger) can be unpleasant. You might experience headaches, nausea, weakness, fatigue, shakiness, and irritability that can last up to several days. But once the symptoms have resolved, and if you no longer consume toxic foods, the symptoms don't return. Salt is a particularly tough habit to kick, but once the addiction to salt is gone, your taste buds change, and the subtle flavors of fruits and vegetables in their natural state become highly enjoyable.

### 7. Tomorrow Never Comes.

Waiting until after the holidays or a special occasion to begin eating for health is a bad idea. Telling yourself you'll "start tomorrow" is a lie. There's always another celebration or family event. After Thanksgiving, Hanukkah,

and Christmas comes the Super Bowl, followed by Valentine's Day, Passover, Easter, Mother's Day, graduation parties, multiple birthday parties, a wedding or two, a Father's Day cookout, summer barbecues and picnics, county fairs, fall festivals, Halloween, and then the year-end holidays all over again. You must make the firm decision to eat for health each day and hold fast to that commitment no matter what the calendar says.

### 8. The Refrigerator Is Never the Solution.

Eating is never a solution to any problem. Ever. Emotional health is never achieved via the refrigerator, cupboard, or drive-thru window. Life is full of ups and downs, joys and sorrows, pleasures and pains; that's why our lives are interesting and, ultimately, fulfilling. Address emotional issues by talking to a professional counselor or a trusted family member or friend, or join a support group. Addictive foods and drugs are never the solution.

### 9. Abstinence Is Important.

The purpose of an established boundary is to keep you safe. In that safe place you'll find freedom from addiction and disease. Food addiction can be as serious as alcoholism and drug addiction. It destroys lives. A commitment to abstain from all processed foods and junk food is often needed. Abstinence is radical, but it produces the best results. That means if you are a food addict and have cravings and trigger foods that drive unhealthful eating, then you need to abstain from these known triggers. The most effective way to beat the addictive drive to overconsume alcohol, drugs, or sweets is abstinence for at least a few months. Many people are highly addicted to sweets and refined carbohydrates and need to abstain.

### 10. Have a Plan and Stick to It.

Getting out and staying out of food addiction isn't that hard per se, but you must be vigilant and persistent at all times. When I finally committed to follow Dr. Fuhrman's nutritarian approach, I typed out his Six-Week Plan, printed off several copies, and had them laminated. I put one in my purse and another in my car; I posted one on my bathroom mirror and another on the refrigerator. I even attached one to my ironing board! That tangible plan made all the decisions for me. Three months later I was 40 pounds lighter, and my blood

pressure, fasting blood sugar levels, and lipid profile were all normal; and even more importantly, the overwhelming cravings for toxic foods were completely gone!

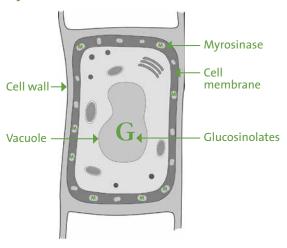
### 11. Be Prepared At All Times.

Plan ahead and always have food prepared in advance. Your health destiny is your responsibility, so be prepared at all times. Unlike junk food dieting, no factory-prepared meals will be delivered to your doorstep. Keep your refrigerator well stocked with freshly cleaned vegetables, fruits, and cooked bean soups for quick meals. Never wait until the refrigerator is empty to plan and prepare more food. Once you establish a routine of preparation, it will become second nature—but in the beginning, you have to make this habit a top priority to develop it.

### 12. Never Give Up.

Hard times happen. When life is turned upside down, it takes everything within yourself to muster the strength to keep going in the direction of health. But even when you have challenging days, stay committed to making wise food choices as best as you can. There is never a valid excuse to quit. As Dr. Fuhrman states: "It will take strength, it will take effort, but the pleasures and rewards that you'll get from a healthy life will be priceless."

# Glucosinolates When Mixed with Myrosinase Generates ITCs



# TABLE 6. CRUCIFEROUS VEGETABLES

Arugula	Horseradish
Aruguia	Horseradisri

Bok choy Kale

Broccoli Kohlrabi

Broccolini Mustard greens

Broccoli rabe Radish

Brussels sprouts Red cabbage
Cabbage Rutabaga
Cauliflower Turnip greens

Chinese cabbage Turnips

Collards Watercress

### In Their Own Words

McKinley adopted a nutritarian lifestyle, which helped her identify—and overcome—the root of her food-related anxiety. She now feels free to enjoy her life in full.

BEFORE: 160 pounds

AFTER: 125 pounds

Though I'm only twenty-six years old, I can firmly say that becoming a nutritarian has given me my life back. Before discovering Dr. Fuhrman and his health equation, my life was completely dominated by a fear of food, binge eating, cyclical dieting, weight gain, and poor physical condition. I found myself trying diets one by one, my weight constantly fluctuating, my cravings spiraling totally out of control, my feelings of shame and failure immense and unspeakably devastating. I literally spent years of my life walking around with a notebook recording every single thing I ate.

I came across Dr. Fuhrman's nutritarian diet style at a very painful period in my life. I had lost two pregnancies in a relatively short period of time and my mother was starting to show signs of kidney damage following several years of a high-protein diet to control diabetes.

At first, I was very skeptical, but as I continued to read, my heart began to race. Here was a plan backed by literally thousands of research papers, and the people who followed it were reversing many types of conditions—from autoimmune disorders to diabetes to heart disease.

For the first time in my life, I haven't lost hope and I haven't given up. I no longer suffer from fear, food restriction, and despair. Physically, I'm no longer troubled by the frightening pain around the varicose veins in my right knee and calf, the chronic anemia, the restless leg syndrome, the frequent insomnia, the periods of IBS-like symptoms, the severe mood swings and depression, the migraines, poor complexion, dry mouth, and chapped skin. My life feels normal now, and balanced. I now enjoy a loving relationship with my body that is founded in a thorough understanding that wellness is almost exclusively the result of nutrition and lifestyle.

But my greatest joy is this: After seeing my sustained enthusiasm and conviction for the nutritarian lifestyle, my mom, a fifteen-plus-year diabetic and a Hoosier girl who loved typical Midwest fare, started Dr. Fuhrman's knowledge-based program early last fall. She's now very happy living the nutritarian life. Together, we're learning and working with the goal that she will be off all medications by the end of this year!



Julie's life was a revolving door of doctor's visits and antibiotics. She discovered that more pharmaceuticals aren't the solution to health problems; nutrient-dense eating is.

BEFORE: More than 225 pounds

**AFTER: 150 pounds** 

My journey to health started fourteen months ago. I was lying on the couch with my three-year-old. Both of us were sick—again. He had a double ear infection, and I had sinusitis and pneumonia. I was on my fifth course of antibiotics in four months. I had been suffering with a headache for months at that point, and my migraine medications had stopped working. I had to go to the doctor to get shots for my migraines, and when they didn't work, I had to go to the urgent care clinic to get stronger shots. I was missing work because of headaches. It was awful.

My total cholesterol was just under 200, and the last time I had seen my doctor, he had told me that I needed to start watching my blood pressure because it was high too. My polycystic ovary syndrome was out of control. I was taking 300 milligrams of progesterone, but the pain was still horrible.

I knew I needed to make a change, but I had tried all kinds of diets, with no success. I felt hopeless. One life-changing day, I happened to hear Dr. Fuhrman on television speak about a different kind of food pyramid and a way to nourish my body and lose weight at the same time. I was inspired. I committed to following the nutritarian diet style for six weeks. I figured what did I have to lose? Six weeks later I had lost 22 pounds.

I now weigh 150 pounds. And I haven't had a single migraine headache. My polycystic ovary syndrome has disappeared. I don't even get premenstrual syndrome anymore! I don't get sick like I did before either. My husband says he isn't afraid I'm going to die in my sleep, like he used to be because I snored so much and would stop breathing. I have energy. I can play with my kids. I'm glad to say I'm off all of my medications—progesterone gone! Allegra, gone! Albuterol, gone! Flonase, gone! Sudafed, gone! All migraine medications, gone!

TABLE 7. SUPER SEEDS TO INCLUDE IN YOUR DIET CONTAIN OMEGA-3 ALA AND LIGNANS

SEED	OMEGA-3 ALA (g/oz)	LIGNANS (mg/oz)	% FAT AS OMEGA-3
Chia	4.99	31.92	57.96
Flax	6.39	85.5	54.15
Hemp	2.26	Unknown	17.38
Sesame	0.105	11.2	0.75

Notes: USDA, Agricultural Research Service. National nutrient database for standard reference. http://ndb.nal.usda.gov/ndb/search/list. Higdon J, Drake VJ. Lignans. In: An Evidence-Based Approach to Dietary Phytochemicals. New York: Thieme; 2006:155–161. Nemes SM, Orstat V. Evaluation of a microwave-assisted extraction method for lignan quantification in flaxseed cultivars and selected oil seeds. Food Anal Methods. 2012;5:551–563.

TABLE 8. LYCOPENE CONTENT OF SOME FOODS

FOOD	LYCOPENE CONTENT (mcg)
Tomato sauce (1 cup)	41,875
Tomato paste (1/2 cup)	18,843
Watermelon (1 cup)	6,979
Tomatoes (raw, 1 cup)	4,632
Grapefruit (pink, 1 fruit)	3,490
Guava (1 fruit)	2,862
Papaya (1 cup)	2,559

	TABLE 9. AN	IDI Scores	
FOOD	SCORE	FOOD	SCORE
Collard greens	1,000	Cabbage	434
Kale	1,000	Broccoli	340
Mustard greens	1,000	Cauliflower	315
Watercress	1,000	Bell peppers	265
Swiss chard	895	Mushrooms	238
Bok choy	865	Asparagus	205
Spinach	707	Tomatoes	186
Arugula	604	Strawberries	182
Romaine lettuce	510	Sweet potatoes	181
Brussels sprouts	490	Zucchini	164
Carrots	458	Artichokes	145
FOOD	SCORE	FOOD	SCORE
Blueberries	132	Eggs	34
Iceberg lettuce	127	Salmon	34
Grapes	119	Milk (1 percent)	31
Pomegranates	119	Bananas	30
Cantaloupes	118	Walnuts	30
Onions	109	Whole wheat bread	30
Flaxseeds	103	Almonds	28
Edamame	98	Avocados	28
Oranges	98	Brown rice	28
Cucumbers	87	Plain yogurt (low fat)	28

82

74

72

65

64

64

64

55

White potatoes

Chicken breasts

Feta cheese

French fries

Apple juice

Ground beef (85 percent lean)

Cashews

Oatmeal

28

27

26

24

21

20

12

11

Tofu

Lentils

Peaches

Cherries

Green peas

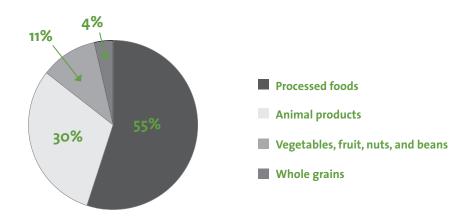
Kidney beans

Sunflower seeds

Sesame seeds

FOOD	SCORE	FOOD	SCORE
Pineapples	54	Cheddar cheese	11
Apples	53	White pasta (unfortified)	11
Mangoes	53	Olive oil	10
Peanut butter	51	White bread (unfortified)	9
Corn	45	Vanilla ice cream	9
Pistachio nuts	37	Corn chips	7
Shrimp	36	Cola	1

Note: The USDA Standard Reference Database was utilized for the following nutrients that were used to calculate the final scores: calcium, iron, magnesium, selenium, zinc, thiamin, riboflavin, niacin, folate, vitamin  $B_6$ , vitamin  $B_{12}$ , vitamin C, alpha-tocopherol, beta-carotene, alpha-carotene, lutein, zeaxanthin, lycopene, fiber, ORAC (oxygen radical absorbance capacity) values, glucosinolate levels, plant sterols, and resistant starch.



Catherine discovered that weight loss isn't the only benefit to incorporating superior nutrition into her life. She also found that food is "healing medicine" that provides "life-giving energy" for her body.

**BEFORE:** 166 pounds

**AFTER: 128 pounds** 

Last summer I knew I had to do something about my weight. My fiftieth birthday was looming, and I couldn't bear the thought of reaching this milestone with an extra 30 to 40 pounds on my body. I also wanted to feel better. More often than not, my mediocre eating habits had left me feeling chaotic, lethargic, and overwhelmed, in addition to having a "meno-pot" belly and fat rolls on my back and hips! I have struggled with anxiety and attention deficit issues all of my life, and my standard American diet provided me with little ammunition for effective coping and flourishing.

I had been looking for a guide to healthy eating that wasn't complicated, and I struck gold when I discovered Dr. Fuhrman's website, which enabled me to carefully track my nutritarian journey.

I was uncertain at first as I roamed grocery store aisles buying kale, collard greens, and leeks; sunflower seeds, walnuts and cashews, currants, Medjool dates and pomegranates, and mushrooms of all kinds. Yet within a matter of days, I was more alert and energetic—the brain "fog" or "malaise" that had hovered over my life for so long seemed to have lifted.

When I first committed to healthy eating at the end of August, I weighed 166 pounds. My original plan had been to follow Dr. Fuhrman's nutritarian diet until my fiftieth birthday in late November. But I soon realized that I was on a life-changing and lifelong journey in which food was about healing and wholeness. I'm struck by how little I knew about nutrition. I knew about the benefits of exercise, but I didn't know much about how food could be such healing medicine and life-giving energy for my body. I love that I'm eating to protect my body against cancer and dementia and helping ensure that I can live a healthy, full life into old age.

TABLE 10. GLYCEMIC LOAD PER CUP OF COMMON HIGH-CARBOHYDRATE FOODS

FOOD	GLYCEMIC LOAD	FOOD	GLYCEMIC LOAD
Cauliflower	Negligible	Barley	13
Strawberries	1	Navy beans	13
Cashews	2	Rolled/steel-cut oats	13
Oranges	4	Black-eyed peas	14
Split peas	4	Quinoa	16
Black beans	6	Corn	18
Watermelon	6	Sweet potatoes	19
Red kidney beans	7	White bread (2 slices)	20
Butternut squash	8	White pasta	21
Green peas	8	Brown rice	24
Kiwis	8	Millet	26
Apples	9	White potatoes	29
Beets	9	White rice	29
Lentils	9	Cola (12 oz can)	32
Whole wheat	11		

Notes: Atkinson FS, Foster-Powell K, Brand-Miller JC. International tables of glycemic index and glycemic load values: 2008. Diabetes Care. 2008;31(12):2281–2283. Foster-Powell K, Holt SH, Brand-Miller JC. International table of glycemic index and glycemic load values: 2002. Am J Clin Nutr. 2002;76(1):5–56.

	AVERAGE BMI	AVERAGE IGF-1
Vegans	21.3	139
Runners	21.6	177
SAD eaters	26.5	201

### In Their Own Words

Claudia was a "Vegjunkatarian," mistaking her avoidance of meat for healthy eating until she turned to a nutritarian approach and realized true health with renewed energy.

**BEFORE:** 120 pounds

**AFTER:** 90 pounds

I've been a vegetarian since I was fifteen years old. My vegetarian diet was similar to the disease-promoting diet that most Americans eat, minus the meat, of course. I was addicted to junk foods like pizza, French fries, grilled cheese sandwiches, and vanilla ice cream with chocolate syrup. I seemed to always struggle either to lose weight or keep it off. Eventually I eliminated all dairy products, which brought my cholesterol down to a healthy level, but I was still eating disease-promoting foods.

I was always a low-energy person and didn't like to exercise. Deprivation dieting and exercise were both burdens to me, so I didn't stick with either of them. I also developed a large fibroid on my uterus, which placed limitations on my ability to be physically active.

I had been following a starch-based vegan diet. I had lost some weight, but I always felt hungry. I constantly thought about the next meal and had to carefully count calories in order to avoid overeating. My skin looked pale and was extremely dry. I then discovered and began following Dr. Fuhrman's nutritarian program. I am now vibrant, colorful, and alive—functioning every day at my very best and enjoying life to the fullest! I enjoy the food that I eat now, and I love the fact that I can eat this way, feel great, and stay at an ideal weight. I now enjoy an active life and have the energy to do so much more than I ever did before.

I love knowing that I'm in control of my health destiny, and that I'm not doomed to suffer and die from chronic diseases that plague many Americans. It doesn't matter how many times you've tried and failed in the past—anyone can do this.

# **NUTRITARIAN DAILY CHECKLIST**

(Make copies of this chart and check off each point each day.)
$\hfill\square$ Eat a large salad as the main dish for at least one meal.
$\Box$ Eat at least a half cup, but preferably closer to 1 cup, of beans.
$\square$ Eat one large (double-size) serving of steamed green vegetables.
☐ Eat at least 1 ounce of nuts and seeds if you're female and at least 1.5 ounces of nuts and seeds if you're male. Half of them should be walnuts, hemp seeds, chia seeds, flaxseeds, or sesame seeds.
$\hfill\square$ Eat some cooked mushrooms and raw and cooked onions.
☐ Eat at least three fresh fruits.

# Simple Core Menu

# Breakfast

Intact grain, such as steel-cut oats, or old-fashioned oats with some ground flaxseeds, hemp seeds, or chia seeds added.

Or a slice of 100 percent whole grain bread with nut butter (and banana).

A serving of fresh or frozen fruit.

Consider making some quick homemade Hemp Almond Milk, which takes just two minutes with a high-powered blender.

### Lunch

*Huge* salad with a nut/seed-based dressing.

Bowl of vegetable bean soup.

One fresh fruit.

### Dinner

Salad or raw veggies with a bean-, nut-, or vegetable-based dip.

Simple cooked vegetable-based entrée.

Include in your entrée green vegetables as well as some nutrientdense nongreen vegetables such as tomatoes, eggplant, onions, mushrooms, cauliflower, or peppers. Great choices are steamed or watersautéed green vegetables served on top of whole grain black or wild rice, bean pasta or squash, mushroom-bean burgers, tofu/tempeh chili, or water-sautéed kale with mushrooms, onions, and beans.

Frozen fruit dessert.

# Standard American Diet: Menu Cost, \$16.07

# Breakfast

Bagel with cream cheese Orange juice Coffee

### Lunch

Fast-food cheeseburgers (two of them), French fries, and a soda

### Snack

Two chocolate chip cookies with milk

### Dinner

Mixed greens salad with tomato and purchased ranch dressing Frozen lasagna Vanilla ice cream

Iced tea

NUTRITION FACTS FOR THIS MENU: CALORIES 2,692; PROTEIN 78g; CARBOHY-DRATES 344g; TOTAL FAT 115g; SATURATED FAT 46g; SODIUM 3,686mg; FIBER 21g; BETA-CAROTENE 826mcg; VITAMIN C 207mg; CALCIUM 1,362mg; IRON 17mg; FOLATE 591mcg; MAGNESIUM 261mg; ZINC 11.6mg; SELENIUM 93mcg

PROTEIN 11.4 percent; CARBOHYDRATE 50.5 percent; TOTAL FAT 38.1 percent

# Nutritarian Diet: Menu Cost, \$14.50

# Breakfast

Oatmeal with blueberries and chia seeds Hemp Almond Milk (1 cup)

### Lunch

Salad of mixed greens with tomato, bell pepper, red onion, and sunflower seeds and purchased low-sodium, no-oil dressing Homemade vegetable bean soup Apple

### Dinner

Raw veggies—such as carrots, bell pepper, radishes, fennel, snow peas, cherry tomatoes, and cucumber—dipped in purchased dressing

Mushroom-bean burgers on whole grain pita bread with lettuce, tomato, and red onion

Fruit sorbet

NUTRITION FACTS FOR THIS MENU: CALORIES 1,897; PROTEIN 65g; CARBOHY-DRATES 275g; TOTAL FAT 75g; SATURATED FAT 8g; SODIUM 487mg; FIBER 57g; BETA-CAROTENE 28,965mcg; VITAMIN C 333mg; CALCIUM 865mg; IRON 22.1mg; FOLATE 973mcg; MAGNESIUM 864mg; ZINC 15.2mg; SELENIUM 85mcg

PROTEIN 12.8 percent; CARBOHYDRATE 54.1 percent; TOTAL FAT 33.0 percent

TAB	r e 1	ו כו	10	~ F.T.A	DIE	CTFAA	MING <sup>-</sup>	TIMATO
IAB	LE	IJ.	VE	ј Е ГА	DLE	JIEAI	MING	11 <i>1</i> V\ES

TIME
18 minutes
13 minutes
10 minutes
13 minutes
13 minutes
13 minutes
10 minutes
10 minutes
13 minutes
13 minutes



# **Tips for Preparing Artichokes**

To cook an artichoke, slice 1 inch off the tip. Cut off about  $\frac{1}{2}$  inch or less of the very bottom piece of the stem to expose the fresh green bottom, keeping the remaining stem attached. Then, using a large, sharp knife, slice the artichoke in half lengthwise. Once sliced in half, you can see the fuzzy inedible choke part. Use a small, pointed knife to cut a deep half-moon-shaped incision where the heart meets the choke. Scoop out and discard

the fibrous and hairy choke from the center of each half. Place the artichoke in a steamer basket over several inches of water. Bring the water to a boil, cover, and steam for eighteen minutes. Set the artichoke aside until it's cool enough to handle.

To eat, peel off the outer leaves one at a time. Tightly grip the outer end of the leaf, place the opposite end in your mouth, and pull through your teeth to remove the soft, pulpy, delicious portion of the leaf. You can also scrape off the edible portion with a butter knife. Then you can eat it plain or prepare a healthful dip or dressing to use as a dip. Continue until all the leaves are removed. Cut the remaining heart into pieces and enjoy!

### **Tip for Preparing Broccoli**

Cut off the stems from the florets and cut them in quarters, lengthwise, first in half and then in half again. Steam the cut stems and florets for about thirteen minutes. Or, if you like the stems more tender, put them in the pot to steam for two minutes and then add the florets for thirteen minutes more.

TABLE 14. FLAVORS AND FOODS OF INTERNATIONAL CUISINES

ITALIAN	THAI	MEXICAN	MOROCCAN	ASIAN	GREEK	INDIAN
Garlic	Garlic	Cumin	Garlic	Ginger	Garlic	Garlic
Onion	Shallot	Cilantro	Onions	Garlic	Mint	Ginger
Basil	Basil	Garlic	Cinnamon	Coriander	Oregano	Onion
Oregano	Lemongrass	Coriander	Ginger	Scallions	Dill	Turmeric
Thyme	Curry	Onions	Cilantro	Sesame	Chilies	Cumin
Parsley	Ginger	Chilies	Mint	Vinegar	Cinnamon	Coriander
Marjoram	Mint	Cinnamon	Saffron	Lime	Parsley	Curry blends
Rosemary	Cilantro		Cumin		Thyme	Garam masala
	Chilies		Lemon		Marjoram	
	Lime				Lemon	
PAIR WITH:	PAIR WITH:	PAIR WITH:	PAIR WITH:	PAIR WITH:	PAIR WITH:	PAIR WITH:
Tomato	Peas	Bell pepper	Eggplant	Shiitake	Arugula	Spinach
Mushrooms Spinach		Cauliflower	Orange	Cucumber	Eggplant	Peas
Kale	Zucchini	Tomato	Tomato	Broccoli	Cucumber	Tomato
Spinach	Carrots	Corn	Carrot	Bok choy	Zucchini	Sweet potato
Bell pepper	Eggplant	Jicama	Chickpeas	Tofu		Chickpeas
Mushrooms	Broccoli	Zucchini				
White beans		Black and red beans				
		Avocado				



### IN THEIR OWN WORDS

Donald changed every aspect of his life for the better once he was clearly presented with the simple logic of the power of nutrition.

BEFORE: 298 pounds

ONE YEAR LATER: 181 pounds

I'm fifty-one years old. I used to weigh about 300 pounds. When you're covered in a layer of fat, you know you aren't at your best, and it's hard to be happy. I was listless and felt that I wasn't going to live long if I didn't do something about my weight. I tried to lose weight on my own but didn't know how. It's not easy to break the food addiction that starts in childhood, forced on us by family, friends, food companies, and advertisers.

I heard Dr. Fuhrman on PBS. What he said made sense. It was logical and based on facts. I started to get excited, thinking that the nutritarian diet style might work for me. I decided that this was something I had to do—not just to lose weight, but to feel healthy. I got rid of everything unhealthy in my kitchen—and was left with bare cupboards! I went to a local health food store and bought fruits and veggies.

After nine months, I went from 298 pounds down to 181 pounds, from a 52-inch waist to a 36-inch waist, and from an XXXL shirt to large or medium.

I feel so much better now. I really am a new person. People can tell the difference by my big smile, my good posture, and my newfound energy. My only regret is that I didn't find out about nutritarianism sooner.

It feels great when everyone who knows you (and even people who don't!) stop and ask about your weight loss and tell you how good you look. I tell them about Dr. Fuhrman. I want to spread the word and help others achieve their health goals.

It's not easy to make these kinds of changes in your life, but Dr. Fuhrman gives you the knowledge to succeed. Once you can control what you eat, you can have the inner strength to control everything in your life.

# Week 1: Too Busy to Cook a Nutritarian Menu

### Day 1

### **BREAKFAST**

Oatmeal with blueberries and chia seeds. Combine ½ cup oldfashioned oats with 1 cup water or nondairy milk. Heat in microwave on high for 2 minutes, stir and microwave an additional minute. Stir in thawed frozen blueberries and chia seeds.

One apple or banana

#### LUNCH

Huge salad with assorted vegetables, walnuts, and bottled low-sodium/no-oil dressing
Low-sodium purchased vegetable bean soup
One fresh or frozen fruit

### DINNER

Carrot and celery sticks, cherry tomatoes, raw cauliflower, and red pepper slices with bottled low-sodium/no-oil dressing Sunny Bean Burgers\* on 100 percent whole grain pita with tomato, red onion, sautéed mushrooms, and low-sodium ketchup

Black Cherry Sorbet\* or fresh or frozen fruit

NUTRITION FACTS FOR THIS MENU: CALORIES 1,785; PROTEIN 67g; CARBOHY-DRATES 313g; TOTAL FAT 44g; SATURATED FAT 6g; SODIUM 637mg; FIBER 68g; BETA-CAROTENE 35,739mcg; VITAMIN C 468mg; CALCIUM 694mg; IRON 21mg; FOLATE 991mcg; MAGNESIUM 629mg; ZINC 13mg; SELENIUM 66mcg

PROTEIN 14.0 percent; CARBOHYDRATE 65.4 percent; TOTAL FAT 20.6 percent

<sup>\*</sup>Asterisks indicate recipes that can be found in Chapter 7 of this book.

### **BREAKFAST**

2 pieces of fruit 1 ounce almonds (about ¼ cup)

#### LUNCH

Huge salad with assorted vegetables, sliced scallions, boxed or canned beans, and Easy Avocado Dressing\* or bottled low-sodium/no-oil dressing

One slice 100 percent whole grain or sprouted grain bread (see Table 19)

One fresh or frozen fruit. *Try defrosted frozen peaches sometime; just take them out of the freezer and place in the fridge the night before.*They're great!

#### DINNER

Salad with assorted vegetables, with leftover Easy Avocado Dressing\* or bottled low-sodium/no-oil dressing

Black Bean Quinoa Soup\* or low-sodium purchased vegetable bean soup with added frozen veggies

Banana with low-sodium, natural peanut butter or raw cashew butter

NUTRITION FACTS FOR THIS MENU: CALORIES 1,784; PROTEIN 74g; CARBOHY-DRATES 254g; TOTAL FAT 69g; SATURATED FAT 10g; SODIUM 512mg; FIBER 71g; BETA-CAROTENE 29,965mcg; VITAMIN C 466mg; CALCIUM 666mg; IRON 21mg; FOLATE 1,627mcg; MAGNESIUM 677mg; ZINC 12mg; SELENIUM 33mcg

PROTEIN 15.3 percent; CARBOHYDRATE 52.5 percent; TOTAL FAT 32.2 percent

#### **BREAKFAST**

Overnight Oatmeal\* with dried and fresh fruit
One navel orange

#### LUNCH

Huge salad with assorted vegetables, pumpkin seeds, and bottled low-sodium/no-oil dressing or flavored vinegar Leftover Black Bean Quinoa Soup\* or low-sodium purchased vegetable bean soup

One fresh or frozen fruit

#### DINNER

Raw vegetables with Super Simple Hummus\* or bottled low-sodium/no-oil dressing

Sweet Potatoes Topped with Black Beans and Kale\*

Fresh or frozen fruit. Try frozen cherries; I love them left out of the freezer for just 15 to 20 minutes so they're still a little frozen.

NUTRITION FACTS FOR THIS MENU: CALORIES 1,795; PROTEIN 72g; CARBOHY-DRATES 333g; TOTAL FAT 33g; SATURATED FAT 5g; SODIUM 558mg; FIBER 72g; BETA-CAROTENE 35,550mcg; VITAMIN C 352mg; CALCIUM 872mg; IRON 23mg; FOLATE 1,009mcg; MAGNESIUM 692mg; ZINC 11mg; SELENIUM 31mcg

PROTEIN 15.0 percent; CARBOHYDRATE 69.5 percent; TOTAL FAT 15.5 percent

### **BREAKFAST**

Thawed frozen blueberries or strawberries mixed with currants, crushed walnuts, and raw sunflower seeds

#### LUNCH

100 percent whole grain wrap or pita with mixed greens, tomato, avocado, sliced onion, and Russian Fig Dressing\* or bottled low-sodium/no-oil dressing (add 2 ounces of baked chicken or turkey if desired)

One fresh fruit. Always keep some apples on hand, because they don't get crushed when traveling with you.

#### DINNER

Salad with bottled low-sodium/no-oil dressing
White Bean and Kale Soup\* or low-sodium purchased vegetable
bean soup with added frozen vegetables
Apple Surprise\* or fresh or frozen fruit

NUTRITION FACTS FOR THIS MENU: CALORIES 1,826; PROTEIN 67g; CARBOHY-DRATES 275g; TOTAL FAT 68g; SATURATED FAT 7g; SODIUM 634mg; FIBER 61g; BETA-CAROTENE 24,348mcg; VITAMIN C 304mg; CALCIUM 771mg; IRON 22mg; FOLATE 899mcg; MAGNESIUM 608mg; ZINC 11mg; SELENIUM 65mcg

PROTEIN 13.5 percent; CARBOHYDRATE 55.6 percent; TOTAL FAT 30.9 percent

### **BREAKFAST**

Banana Cashew Lettuce Wrap\*

#### LUNCH

Huge salad with assorted vegetables and bottled low-sodium/nooil dressing, flavored vinegar, or Orange Sesame Dressing\* Leftover White Bean and Kale Soup\* or low-sodium purchased vegetable bean soup

One fresh or frozen fruit. *Try apples or peaches dipped in Ceylon cin*namon. Ceylon cinnamon doesn't have the high levels of potentially liver-damaging coumarin that cassia cinnamon has.

#### DINNER

Raw vegetables with Super Simple Hummus\* or bottled lowsodium/no-oil dressing

Portobellos and Beans\*

Fresh or frozen cooked spinach or other vegetable

One fresh or frozen fruit. Try semi-defrosted frozen mango. It's fantastic!

NUTRITION FACTS FOR THIS MENU: CALORIES 1,756; PROTEIN 82g; CARBOHY-DRATES 284g; TOTAL FAT 43g; SATURATED FAT 8g; SODIUM 492mg; FIBER 66g; BETA-CAROTENE 34,074mcg; VITAMIN C 700mg; CALCIUM 1,341mg; IRON 37mg; FOLATE 1,539mcg; MAGNESIUM 902mg; ZINC 16mg; SELENIUM 49mcg

PROTEIN 17.9 percent; CARBOHYDRATE 60.9 percent; TOTAL FAT 21.2 percent

### **BREAKFAST**

Eat Your Greens Fruit Smoothie\*

One slice 100 percent whole grain or sprouted grain bread (see

Table 19) with raw cashew or almond butter

#### LUNCH

Huge salad with assorted vegetables, beans, avocado, sliced red onion, and Walnut Vinaigrette Dressing\* or bottled low-sodium/no-oil dressing

One fresh or frozen fruit

#### DINNER

Salad with assorted vegetables and leftover Walnut Vinaigrette Dressing\* or bottled low-sodium/no-oil dressing

Easy Vegetable Pizza\*

Blueberry Banana Cobbler\* or frozen blueberries with Vanilla Cream Topping\*

NUTRITION FACTS FOR THIS MENU: CALORIES 1,798; PROTEIN 57g; CARBOHY-DRATES 275g; TOTAL FAT 67g; SATURATED FAT 10g; SODIUM 723mg; FIBER 62g; BETA-CAROTENE 23,839mcg; VITAMIN C 237mg; CALCIUM 803mg; IRON 21mg; FOLATE 1,218mcg; MAGNESIUM 656mg; ZINC 10mg; SELENIUM 71mcg

PROTEIN 11.9 percent; CARBOHYDRATE 57 percent; TOTAL FAT 31.1 percent

#### **BREAKFAST**

Chia Breakfast Pudding\* or 2 pieces of fruit. *Make or purchase* raw cashew butter and mash in crushed walnuts with the back of a wooden spoon to make cashew-walnut spread to use on fruit or fennel and celery sticks.

### LUNCH

Huge salad with assorted vegetables, almonds or walnuts, and Russian Fig Dressing\* or bottled low-sodium/no-oil dressing or flavored vinegar

Mexican Lentils\* or low-sodium purchased vegetable bean soup Fresh or frozen fruit

#### DINNER

Raw veggies with Fresh Tomato Salsa\* or bottled low-sodium salsa Black Bean and Turkey Burgers\* (recipe includes vegan option) on whole grain pita with avocado, lettuce, and tomato Fresh or frozen steamed broccoli. *Rub raw broccoli lightly with a* 

Fresh fruit

NUTRITION FACTS FOR THIS MENU: CALORIES 1,855; PROTEIN 76g; CARBOHY-DRATES 275g; TOTAL FAT 66g; SATURATED FAT 8g; SODIUM 823mg; FIBER 93g; BETA-CAROTENE 35,678mcg; VITAMIN C 497mg; CALCIUM 927mg; IRON 25mg; FOLATE 1,969mcg; MAGNESIUM 697mg; ZINC 16mg; SELENIUM 75mcg

PROTEIN 15.1 percent; CARBOHYDRATE 55.2 percent; TOTAL FAT 29.7 percent

splash of olive oil and steam with sliced garlic.

# Week 2: Nutritarian Menus with a Bit More Cooking

### Day 1

#### **BREAKFAST**

Kale Power Blended Salad\*

Splurge with a small box of fresh raspberries or cup of defrosted frozen berries.

#### LUNCH

Huge salad with assorted vegetables and bottled low-sodium/ no-oil dressing or flavored vinegar

One slice 100 percent whole grain or sprouted grain bread (see Table 19), with mashed avocado and pan-grilled onion slices Fresh or frozen fruit

#### DINNER

Creamy Cabbage Soup\*

Chopped kale tossed with Orange Sesame Dressing\* served over black bean pasta

Chunky Blueberry Walnut Sorbet\* or fresh fruit

NUTRITION FACTS FOR THIS MENU: CALORIES 1,748; PROTEIN 61g; CARBOHY-DRATES 296g; TOTAL FAT 54g; SATURATED FAT 8g; SODIUM 677mg; FIBER 68g; BETA-CAROTENE 49,521mcg; VITAMIN C 794mg; CALCIUM 1,156mg; IRON 23mg; FOLATE 963mcg; MAGNESIUM 665mg; ZINC 11mg; SELENIUM 39mcg

PROTEIN 12.7 percent; CARBOHYDRATE 61.8 percent; TOTAL FAT 25.5 percent

### **BREAKFAST**

Chia Breakfast Pudding\*
1 ounce walnuts (about ½ cup)

#### LUNCH

Huge salad with assorted vegetables, sliced red onion, and Creamy Almond Vinaigrette Dressing\* or bottled low-sodium/no-oil dressing or flavored vinegar

Leftover Creamy Cabbage Soup\*

Sliced apple dipped in Ceylon cinnamon

#### DINNER

Flax and Sesame Crackers\* with Mediterranean Tomato Spread\* Ratatouille over Spaghetti Squash\* Grilled asparagus Fresh or frozen fruit

NUTRITION FACTS FOR THIS MENU: CALORIES 1,765; PROTEIN 70g; CARBOHY-DRATES 247g; TOTAL FAT 71g; SATURATED FAT 8g; SODIUM 612mg; FIBER 64g; BETA-CAROTENE 40,466mcg; VITAMIN C 447mg; CALCIUM 1,026mg; IRON 27mg; FOLATE 953mcg; MAGNESIUM 719mg; ZINC 12mg; SELENIUM 43mcg

PROTEIN 14.7 percent; CARBOHYDRATE 51.8 percent; TOTAL FAT 33.5 percent

### **BREAKFAST**

Apple Pie Oatmeal\* Hemp Almond Milk\* (1 glass)

#### LUNCH

Kale and Quinoa Salad with Blueberries and Mangoes\* Tofu Fingers Marinara\*

### DINNER

Salad with assorted vegetables and Southwest Ranch Dressing\*
In-a-Hurry Anticancer Soup\*

Cocoa Ice Bean\* or fresh or frozen fruit

NUTRITION FACTS FOR THIS MENU: CALORIES 1,776; PROTEIN 70g; CARBOHY-DRATES 235g; TOTAL FAT 77g; SATURATED FAT 10g; SODIUM 448mg; FIBER 46g; BETA-CAROTENE 43,242mcg; VITAMIN C 323mg; CALCIUM 1,178mg; IRON 23mg; FOLATE 871mcg; MAGNESIUM 802mg; ZINC 13mg; SELENIUM 46mcg

PROTEIN 14.7 percent; CARBOHYDRATE 50.1 percent; TOTAL FAT 35.2 percent

### **BREAKFAST**

Mixed fruit plate topped with chia seeds
One slice 100 percent whole grain or sprouted grain bread
(see Table 19) with *trans* fat–free spread

#### LUNCH

Huge salad with assorted vegetables and avocado with leftover Southwest Ranch Dressing\*

Leftover In-a-Hurry Anticancer Soup\* or low-sodium purchased vegetable bean soup

Fresh fruit

#### DINNER

Raw broccoli with Fresh Tomato Salsa.\* *If you like your salsa hot and spicy, add some of the seeds from the jalapeños*.

Vegetable Chickpea Loaf\*

California Creamed Kale\*

Oatmeal Raisin Cookies Filled with Blueberry Jam\*

NUTRITION FACTS FOR THIS MENU: CALORIES 1,794; PROTEIN 60g; CARBOHY-DRATES 277g; TOTAL FAT 66g; SATURATED FAT 11g; SODIUM 784mg; FIBER 53g; BETA-CAROTENE 51,682mcg; VITAMIN C 620mg; CALCIUM 895mg; IRON 21mg; FO-LATE 877mcg; MAGNESIUM 668mg; ZINC 11mg; SELENIUM 69mcg

PROTEIN 12.3 percent; CARBOHYDRATE 57.2 percent; TOTAL FAT 30.5 percent

### **BREAKFAST**

Veggie Scramble\*
Cinnamon Currant Muffin\*

### LUNCH

Whole grain wrap or pita with mixed greens, tomato, and Super Simple Hummus\*

Kale Chips\*

One fresh or frozen fruit

### DINNER

Salad with assorted vegetables, sliced red onion, and Russian Fig Dressing\*

Greens, Beans, and Mushroom Stew\*

Crispy Mushroom Fries\* or grilled corn on the cob

Mixed fresh or frozen berries

NUTRITION FACTS FOR THIS MENU: CALORIES 1,728; PROTEIN 80g; CARBOHY-DRATES 277g; TOTAL FAT 47g; SATURATED FAT 9g; SODIUM 790mg; FIBER 74g; BETA-CAROTENE 31,844mcg; VITAMIN C 344mg; CALCIUM 819mg; IRON 25mg; FOLATE 1,346mcg; MAGNESIUM 641mg; ZINC 14mg; SELENIUM 87mcg

PROTEIN 17.2 percent; CARBOHYDRATE 59.9 percent; TOTAL FAT 32.9 percent

#### **BREAKFAST**

Overnight Oatmeal\*

#### LUNCH

Huge salad with assorted vegetables and Pistachio Mint Dressing\* or no-oil/low-sodium salad dressing

Leftover Greens, Beans, and Mushroom Stew\*

One fresh or frozen fruit

#### DINNER

Carrots, red pepper, and Belgium endive with Avocado Pumpkin Seed Salsa\*

White Bean, Wild Rice, and Almond Burgers\* or Meat-Lover's Beef, Bean, and Mushroom Burgers\* on a whole grain pita with sautéed mushrooms, lettuce, and tomato

Sweet and Smoky Baked Beans\*

Fresh or frozen fruit

NUTRITION FACTS FOR THIS MENU (White Bean, Wild Rice, and Almond Burger used for calculations): CALORIES 1,818; PROTEIN 82g; CARBOHYDRATES 303g; TOTAL FAT 44g; SATURATED FAT 6g; SODIUM 741mg; FIBER 80g; BETA-CAROTENE 20,831mcg; VITAMIN C 455mg; CALCIUM 662mg; IRON 26mg; FOLATE 1,237mcg; MAGNESIUM 698mg; ZINC 14mg; SELENIUM 54mcg

PROTEIN 16.9 percent; CARBOHYDRATE 62.6 percent; TOTAL FAT 20.5 percent

### **BREAKFAST**

Mixed Berries and Greens Smoothie\* 1 ounce raw almonds (about ¼ cup)

#### LUNCH

Baja Mango Black Bean Lettuce Wrap\*
Flax and Sesame Crackers\* with leftover Avocado Pumpkin
Seed Salsa\*
Fresh or frozen fruit

### DINNER

Salad with assorted vegetables and leftover Pistachio Mint Dressing\*
Bean Pasta with Cauliflower in a Garlicky Walnut Sauce\*
Vanilla Coconut Nice Cream\* with fresh or frozen berries

NUTRITION FACTS FOR THIS MENU: CALORIES 1,759; PROTEIN 62g; CARBOHY-DRATES 204g; TOTAL FAT 92g; SATURATED FAT 20g; SODIUM 259mg; FIBER 61g; BETA-CAROTENE 10,724mcg; VITAMIN C 304mg; CALCIUM 789mg; IRON 19mg; FOLATE 937mcg; MAGNESIUM 774mg; ZINC 11mg; SELENIUM 32mcg

PROTEIN 13.3 percent; CARBOHYDRATE 43.1 percent; TOTAL FAT 43.6 percent

TABLE 15. BPA-FREE SOUPS (less than 150 mg sodium/cup): RECOMMENDED

COMMENTS
Broth—use as a base
Broth—use as a base; contains oil
Creamy—use as a base; contains white potatoes, organic rice syrup, and oil
Creamy—use as a base; contains white potatoes and evaporated cane sugar

TABLE 16. BPA-FREE SOUPS (less than 300 mg sodium/cup): FOR MODERATE USE

PRODUCT	SODIUM (mg/cup)	COMMENTS
Fig Food Co., Tuscan White Bean	200	Contains white potatoes and oil
Fig Food Co., Yucatan Black Bean	250	Contains white potatoes and oil
Fig Food Co., Umbrian Lentil	250	Contains white potatoes and oil
Dr. McDougall's Light Sodium Le	ntil 290	
Dr. McDougall's Light Sodium Garden Vegetable	290	
Imagine Foods Light Sodium Garden Broccoli	200	Creamy—use as a base; contains oil
Pacific Foods Light Sodium Creamy Butternut Squash	280	Creamy—use as a base; contains cane sugar

TABLE 17. CANNED SOUPS (less than 300 mg sodium/cup): USE ONLY RARELY (BPA in can lining)

Health Valley No Salt Added Organic Vegetable Organic Vegetable  Health Valley No Salt Added Lentil  Health Valley No Salt Added Minestrone Health Valley No Salt Added Minestrone Health Valley No Salt Added Black Bean Health Valley No Salt Added Mushroom Barley  Vitamin A palmitate add contains evaporated car juice and oil  Vitamin A palmitate add contains evaporated car juice and oil  Vitamin A palmitate add contains cane juice and
contains evaporated car juice and oil  Health Valley No Salt Added Minestrone 50 Vitamin A palmitate add contains evaporated car juice and oil  Health Valley No Salt Added Black Bean 30 Contains cane juice and Health Valley No Salt Added 60 Vitamin A palmitate add Mushroom Barley contains cane juice and
contains evaporated car juice and oil  Health Valley No Salt Added Black Bean 30 Contains cane juice and Health Valley No Salt Added 60 Vitamin A palmitate add contains cane juice and Mushroom Barley contains cane juice and
Health Valley No Salt Added 60 Vitamin A palmitate add Mushroom Barley contains cane juice and
Mushroom Barley contains cane juice and
Pritikin Chunky Vegetable Low Sodium 80 Contains sugar and oil
Trader Joe's Low Sodium Minestrone 140 Contains pasta, egg whi sugar, and oil
Amy's Light Sodium Lentil Soup 290 Contains white potatoe and oil
Amy's Light Sodium Minestrone 290 Contains white potatoe and pasta
Amy's Light Sodium Butternut Squash 290 Contains evaporated cane juice

TABLE 18. NO-OIL SALAD DRESSINGS (150 mg sodium or less/2 T): RECOMMENDED

PRODUCT	SODIUM (mg/2 T)	CALORIES/2 T	COMMENTS
Dr. Fuhrman's Sesame Ginger	5	60	
Dr. Fuhrman's Almond Balsam	-	45	
Dr. Fuhrman's Tuscan Herb	0	35	
Dr. Fuhrman's Blueberry Pom	0	45	
Whole Foods Health Starts He Sesame Ginger	re 115	70	
Whole Foods Health Starts He Balsamic Dressing	re 40	30	
Whole Foods Health Starts He Tomato Basil	re 8o	20	
Whole Foods Health Starts He Pomegranate Vinaigrette	re 70	35	
Whole Foods Health Starts He Carrot Ginger	re 95	40	
Whole Foods Health Starts He Avocado Vinaigrette	re 45	25	
Whole Foods Health Starts He Vegan Caesar	re 20	20	
Annie's Naturals Fat-Free Raspberry Balsamic Vinaigrett	10 e	30	Contains cane sugar
Annie's Naturals Fat-Free Mango Vinaigrette	5	20	Contains cane sugar
Maple Grove Farms Fat Free Dijon Vinaigrette	150	25	Contains natural sugar and evaporated cane juice
Maple Grove Farms Ginger Pea	ar 40	40	Contains cane sugar
Kozlowski Farms Zesty Herb	150	10	
Kozlowski Farms Raspberry Po	рру 58	15	
Kozlowski Farms Fat Free Honey Mustard	105	30	
Consorzio Fat Free Raspberry & Balsamic	10	15	Contains sugar

### IN THEIR OWN WORDS

Rod's doctor concluded that genetics predetermined Rod's health and that medication was the only solution. Rod refused to accept that and found that a nutritarian approach was his answer.

**WEIGHT BEFORE: 215 pounds** 

**WEIGHT AFTER: 145 pounds** 

**TOTAL CHOLESTEROL BEFORE: 231** 

**TOTAL CHOLESTEROL AFTER: 127** 

I had just received the results of my annual physical. For the fourth straight year, my total cholesterol was over 215; this year it was 231. The doctor called me and wanted me to start taking a statin drug. Why, I wondered, did I have to take medicine to reduce my cholesterol?

One December evening I received an e-mail from a friend. She had read Dr. Fuhrman's *Eat for Health*, had been following the nutritarian diet style for five months, and had seen her cholesterol level drop drastically. That's when I realized I had found the answer to my dilemma.

After three days of exercise and eating according to Dr. Fuhrman's advice, I lost 6 pounds! As I continued to eat green vegetables, fruits, beans, and a few nuts, I started to feel better. My cravings for processed foods and bad carbohydrates began to fade away. My energy level improved, and I was inspired to eat the foods that fueled my body.

About eight weeks later, I had my cholesterol rechecked. My total cholesterol had dropped from 231 to 127. My HDL went from 35 to 34. My LDL dropped from 168 to 82, and my triglycerides dropped from 142 to 56. Doctors told me I was just fighting genetics, yet this program proved otherwise.

Dr. Fuhrman's approach is successful because it focuses on what you *can* eat. You don't have to count points or measure out food—you just have to eat the *right* foods. I've tried many diets, but they weren't sustainable. Dr. Fuhrman's approach teaches you how to eat for a lifetime! My "new" favorite foods are my famous vegetable soup, smoothies, and best of all, my evening bowl of fresh pineapple with frozen blueberries and blackberries.

This diet style has brought me other life benefits as well: I no longer need a daily nap, for instance, and I run 7.5 miles a day. A nutritarian diet has also eliminated my cravings for toxic foods. And another added benefit: Old friends and relatives can't believe how good I look!

# CHAPTER SEVEN

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### **JUICES AND SMOOTHIES**

# **Hemp Almond Milk**

#### Serves: 6

- 1 cup hulled hemp seeds
- 1 cup raw almonds, soaked 6-8 hours
- 2 Medjool or 4 Deglet Noor dates, pitted
- 4 cups water
- ½ vanilla bean, split lengthwise, or ½ teaspoon alcohol-free vanilla extract

Place all ingredients in a high-powered blender. If using a vanilla bean, scrape interior pulp and seeds from pod with a dull knife and add to the blender; discard pod. Blend until smooth. If desired, strain through a nut milk bag or fine mesh strainer.

PER SERVING: CALORIES 263; PROTEIN 9g; CARBOHYDRATES 16g; TOTAL FAT 20.1g; SATURATED FAT 1.6g; SODIUM 17mg; FIBER 8.1g; BETA-CAROTENE 8mcg; CALCIUM 110mg; IRON 2mg; FOLATE 25mcg; MAGNESIUM 146mg; ZINC 1.6mg; SELENIUM 5.4mcg

# Super Veggie Juice

### Serves: 1

3 cups kale

1 cup broccoli

1 cucumber

2 carrots

1 apple

½-inch piece of ginger root

½ lemon, peeled

Run all ingredients through a juicer.

PERSERVING: CALORIES 155; PROTEIN 9g; CARBOHYDRATES 36g; TOTAL FAT 1.3g; SAT-URATED FAT 0.2g; SODIUM 104mg; FIBER 2g; BETA-CAROTENE 14,577mcg; VITMIN C 180mg; CALCIUM 212mg; IRON 2.7mg; FOLATE 85mcg; MAGNESIUM 77mg; ZINC 1.1mg; SELENIUM 2.6mcg

### Eat Your Greens Fruit Smoothie

#### Serves: 2

5 ounces baby kale and baby spinach

1 banana

1 cup frozen or fresh blueberries

½ cup unsweetened soy, hemp, or almond milk

½ cup pomegranate juice or other unsweetened fruit juice

1 tablespoon ground flaxseeds

Blend all ingredients in a high-powered blender until smooth and creamy.

PER SERVING: CALORIES 201; PROTEIN 6g; CARBOHYDRATES 39g; TOTAL FAT 3.6g; SATURATED FAT 0.4g; SODIUM 94mg; FIBER 6.9g; BETA-CAROTENE 4,245mcg; VITA-MIN C 27mg; CALCIUM 111mg; IRON 3.1mg; FOLATE 167mcg; MAGNESIUM 105mg; ZINC 0.9mg; SELENIUM 5.1mcg

### Kale Power Blended Salad

#### Serves: 2

2 ounces kale

3 ounces romaine lettuce

1 banana

½ avocado

2 Medjool or 4 Deglet Noor dates, pitted

In a food processor or high-powered blender, blend all ingredients well until a smooth pudding-like consistency.

PER SERVING: CALORIES 211; PROTEIN 3g; CARBOHYDRATES 39g; TOTAL FAT 7g; SATURATED FAT 1g; SODIUM 32mg; FIBER 8g; BETA-CAROTENE 3,139mcg; VITAMIN C 27mg; CALCIUM 68mg; IRON 1.9mg; FOLATE 166mcg; MAGNESIUM 70mg; ZINC 1mg; SELENIUM 1.2mcg

### Mixed Berries and Greens Smoothie

### Serves: 2

1 cup pomegranate juice

1/4 cup unsweetened soy, hemp, or almond milk

2 cups frozen mixed berries

1 cup romaine lettuce

1 cup watercress

½ banana

2 tablespoons ground chia seeds

Blend ingredients in a high-powered blender until smooth and creamy.

PER SERVING: CALORIES 223; PROTEIN 4g; CARBOHYDRATES 45g; TOTAL FAT 3.9g; SATURATED FAT 0.4g; SODIUM 36mg; FIBER 6.9g; BETA-CAROTENE 1,613mcg; VITAMIN C 78mg; CALCIUM 84mg; IRON 2.2mg; FOLATE 82mcg; MAGNESIUM 67mg; ZINC 0.8mg; SELENIUM 4.8mcg

### BREAKFAST OPTIONS

# **Apple Pie Oatmeal**

#### Serves: 2

½ cup old-fashioned oats

1 cup water

2 apples, peeled, cored, and diced

<sup>1</sup>/<sub>4</sub> teaspoon ground Ceylon cinnamon (see Note)

2 pitted dates, finely chopped

2 tablespoons chopped walnuts

Place oats and water in small pot and bring to a gentle boil. Reduce heat to low and simmer for 5 minutes. Stir in apples, ground cinnamon, and chopped dates. Add additional water if desired to adjust consistency. When oatmeal and apples are heated through, remove from heat and stir in walnuts.

*Note:* Ceylon cinnamon is known as "true cinnamon." What is commonly found in the United States is cassia cinnamon, a closely related and less expensive variety. Ceylon cinnamon is preferable because the cassia variety contains high levels of coumarin, a naturally occurring substance that has the potential to damage the liver in high doses. The Ceylon variety contains only traces of coumarin.

PER SERVING: CALORIES 220; PROTEIN 7g; CARBOHYDRATES 40g; TOTAL FAT 6.5g; SATURATED FAT 0.7g; SODIUM 5mg; FIBER 6.5g; BETA-CAROTENE 39mcg; VITAMIN C 6mg; CALCIUM 22mg; IRON 1.3mg; FOLATE 21mcg; MAGNESIUM 77mg; ZINC 1.0mg; SELENIUM 7.4mcg

# **Banana Cashew Lettuce Wrap**

#### Serves: 2

¼ cup raw cashew butter12 romaine lettuce leaves2 bananas, thinly sliced

Spread about 1 teaspoon cashew butter on each lettuce leaf. Place a few banana slices on the cashew butter and roll up like a burrito.

PER SERVING: CALORIES 312; PROTEIN 8g; CARBOHYDRATES 39g; TOTAL FAT 16.5g; SATURATED FAT 3.3g; SODIUM 15mg; FIBER 6.1g; BETA-CAROTENE 3,933mcg; VITA-MIN C 37mg; CALCIUM 57mg; IRON 3mg; FOLATE 198mcg; MAGNESIUM 130mg; ZINC 2.1mg; SELENIUM 5.3mcg

# **Chia Breakfast Pudding**

#### Serves: 2

1 cup unsweetened vanilla soy, hemp, or almond milk

1/4 cup whole chia seeds

1/4 cup rolled oats

½ vanilla bean, split lengthwise, or ½ teaspoon alcohol-free vanilla extract

2 tablespoons raisins

1/4 cup blueberries

½ sliced banana

In a bowl, mix together all ingredients except blueberries and banana. If using a vanilla bean, scrape pulp and seeds from pod with a dull knife and add them to mixture along with the pod. Let sit for 10 minutes. (For an on-the-run breakfast, make the night before and store in the refrigerator.) Remove vanilla pod, stir in blueberries and banana. Add additional nondairy milk if desired to adjust consistency.

PER SERVING: CALORIES 265; PROTEIN 13g; CARBOHYDRATES 38g; TOTAL FAT 9.4g; SATURATED FAT 1.1g; SODIUM 71mg; FIBER 11.6g; BETA-CAROTENE 454mcg; VITA-MIN C 8mg; CALCIUM 179mg; IRON 4.1mg; FOLATE 53mcg; MAGNESIUM 84mg; ZINC 1.6mg; SELENIUM 9.5mcg

### **Cinnamon Currant Muffins**

#### Serves: 12

1 cup whole wheat flour

½ cup oat flour (see Note)

1 teaspoon baking powder

1 teaspoon baking soda

3 tablespoons ground flaxseeds

1½ cups cooked white beans, or 1 (15-ounce) can no-salt-added or low-sodium white beans, drained

3 ripe bananas, divided

1 cup dates, pitted (preferably Medjool dates)

2 tablespoons alcohol-free vanilla extract

11/2 tablespoons Ceylon cinnamon

1 tablespoon nutmeg

34 cup dried currants

Preheat oven to 350°F. In a large bowl, sift together the whole wheat flour, oat flour, baking powder, and baking soda. In a small bowl, combine the ground flaxseeds with  $\frac{1}{2}$  cup water, stir, and let sit for a few minutes.

In a high-powered blender or food processor, blend beans, two of the bananas, dates, vanilla, cinnamon, nutmeg, and flaxseed/water gel. Stir blended mixture into the flour mixture. Cut remaining banana in large chunks and stir in along with currants.

Line muffin tray with paper muffin cups or spray with cooking spray. Fill each cup ¾ full. Bake for about 25 minutes or until a toothpick inserted in the center comes out clean.

*Note:* You can purchase oat flour in most large supermarkets or health food stores, or make it yourself by processing old-fashioned oats in a food processor or blender until ground.

PER SERVING: CALORIES 195; PROTEIN 5g; CARBOHYDRATES 42g; TOTAL FAT 1.9g; SATURATED FAT 0.4g; SODIUM 109mg; FIBER 7.6g; BETA-CAROTENE 13mcg; VITA-MIN C 3mg; CALCIUM 72mg; IRON 2.2mg; FOLATE 47mcg; MAGNESIUM 56mg; ZINC 0.8mg; SELENIUM 8.6mcg

# Orange Goji Bars

Serves: 15

11/2 cups old-fashioned oats

1 cup chopped walnuts

½ cup dates, pitted

1 cup unsulfured dried apricots

1 cup Goji berries (see Note)

2 tablespoons unhulled sesame seeds

2 tablespoons ground chia seeds

2 teaspoons dried organic orange zest

In a food processor, process oats until finely chopped, then add walnuts and process until chopped but not a powder. Remove to a mixing bowl.

Place dates, apricots, Goji berries, and 1 tablespoon water in food processor. Process until a large ball begins to form. Turn into mixing bowl and add sesame seeds, chia seeds, and orange zest along with the oat mixture and knead by hand until thoroughly combined. Press into an 8-by-11½-inch baking pan and cut into 15 bars.

*Note:* Goji berries are burnt-red in color and about the size of a raisin. They taste like a cross between a raisin, a cranberry, and a cherry. They are slightly sweet and tart. You can also use unsulfured, unsweetened dried blueberries or cherries.

PER SERVING: CALORIES 155; PROTEIN 4g; CARBOHYDRATES 22g; TOTAL FAT 6.8g; SATURATED FAT 0.7g; SODIUM 25mg; FIBER 3.5g; BETA-CAROTENE 191mcg; VITA-MIN C 20mg; CALCIUM 35mg; IRON 2.1mg; FOLATE 16mcg; MAGNESIUM 47mg; ZINC 0.7mg; SELENIUM 3.5mcg

# **Overnight Oatmeal**

### Serves: 3

1/4 cup raisins and/or other chopped dried fruits

1 cup old-fashioned rolled oats

2 cups unsweetened soy, hemp, or almond milk

3 cups fresh chopped fruit or frozen mixed berries

Place the dried fruit, oats, and nondairy milk in a container. Cover and refrigerate overnight to soften. In the morning, mix with fresh chopped fruit or defrosted frozen berries. You can also add the frozen berries to the mixture the night before so you don't have to defrost them in the morning.

PER SERVING: CALORIES 298; PROTEIN 11g; CARBOHYDRATES 54g; TOTAL FAT 6.1g; SATURATED FAT 0.7g; SODIUM 91mg; FIBER 9.4g; BETA-CAROTENE 631mcg; VITA-MIN C 4mg; CALCIUM 79mg; IRON 3.5mg; FOLATE 48mcg; MAGNESIUM 124mg; ZINC 1.7mg; SELENIUM 17mcg

# Veggie Scramble

#### Serves: 2

- 3 cups baby spinach or baby kale
- 1 cup chopped onion
- 1 cup chopped green pepper
- 1 cup diced tomatoes
- 8 ounces (½ block) firm tofu (or 3 eggs—see Note)
- 1 tablespoon Dr. Fuhrman's VegiZest,\* Mrs. Dash seasoning blend, or no-salt Spike, to taste

Water-sauté spinach or kale, onions, peppers, and tomatoes until tender. Wrap the tofu in a towel and squeeze out as much water as you can, then crumble it over the vegetable mixture and cook until tofu is lightly browned. Add seasoning.

*Note:* You can make this recipe with eggs instead of tofu. Blend 3 eggs with ¼ cup nondairy milk, pour over the vegetable mixture, and cook until eggs are done. It's also excellent with 2 eggs and the tofu crumbled in, in which case it can serve 3–4 people.

\*A Dr. Fuhrman no-salt seasoning and green food supplement mix.

PER SERVING: CALORIES 199; PROTEIN 14g; CARBOHYDRATES 19g; TOTAL FAT 8.7g; SATURATED FAT 2.5g; SODIUM 157mg; FIBER 4.9g; BETA-CAROTENE 2,695mcg; VITA-MIN C 101mg; CALCIUM 119mg; IRON 3.6mg; FOLATE 160mcg; MAGNESIUM 70mg; ZINC 1.4mg; SELENIUM 25mcg

# SALAD DRESSINGS, DIPS, AND SPREADS

# **Creamy Almond Vinaigrette Dressing**

#### Serves: 6

1 cup unsweetened soy, hemp, or almond milk 1 cup raw almonds or ½ cup raw almond butter ¼ cup balsamic vinegar 2 tablespoons fresh lemon juice ¼ cup raisins 2 teaspoons Dijon mustard 1 clove garlic

Blend all ingredients in a high-powered blender until creamy and smooth.

PER SERVING: CALORIES 184; PROTEIN 5g; CARBOHYDRATES 14g; TOTAL FAT 13.1g; SATURATED FAT 1.3g; SODIUM 68mg; FIBER 1.5g; BETA-CAROTENE 147mcg; VITA-MIN C 3mg; CALCIUM 79mg; IRON 1.4mg; FOLATE 21mcg; MAGNESIUM 77mg; ZINC 0.8mg; SELENIUM 2mcg

# **Easy Avocado Dressing**

### Serves: 4

2 avocados

1 lime, juiced

1 clove garlic, minced

1/4 cup minced onion

2 tablespoons nutritional yeast

1/8 teaspoon cayenne pepper or more to taste

1/4 cup water

Place all ingredients in a high-powered blender or food processor and puree until smooth. Add additional water if needed to adjust consistency.

PER SERVING: CALORIES 172; PROTEIN 4g; CARBOHYDRATES 13g; TOTAL FAT 13.7g; SATURATED FAT 1.9g; SODIUM 11mg; FIBER 7.8g; BETA-CAROTENE 72mcg; VITAMIN C 14mg; CALCIUM 25mg; IRON 1.7mg; FOLATE 221mcg; MAGNESIUM 33mg; ZINC 1mg; SELENIUM 2mcg

# **Orange Sesame Dressing**

### Serves: 3

- 3 tablespoons unhulled sesame seeds, divided
- <sup>1</sup>/<sub>4</sub> cup raw cashew nuts, or 2 tablespoons raw cashew butter 2 oranges, peeled
- 2 tablespoons Dr. Fuhrman's Blood Orange\* or Riesling Reserve\* Vinegar or white wine vinegar
- Orange juice, if needed to adjust consistency

Toast the sesame seeds in a dry skillet over medium high heat for 3 minutes, mixing with a wooden spoon and shaking the pan frequently. In a high-powered blender, combine 2 tablespoons of the sesame seeds and the cashews, oranges, and vinegar. If needed, add orange juice to adjust consistency. Sprinkle remaining tablespoon of sesame seeds on top of salad.

*Serving suggestion:* Toss with mixed greens, tomatoes, red onions, and additional diced oranges or kiwi.

\*Fruit-flavored vinegars available at DrFuhrman.com.

PER SERVING: CALORIES 159; PROTEIN 4g; CARBOHYDRATES 16g; TOTAL FAT 9.6g; SATURATED FAT 1.5g; SODIUM 3mg; FIBER 3.5g; BETA-CAROTENE 62mcg; VITAMIN C 47mg; CALCIUM 128mg; IRON 2.2mg; FOLATE 38mcg; MAGNESIUM 74mg; ZINC 1.4mg; SELENIUM 3.2mcg

# **Pistachio Mint Dressing**

## Serves: 4

½ cup raw pistachio nuts

½ cup tightly packed fresh mint leaves

½ cup tightly packed fresh parsley leaves

2 cloves garlic, or to taste

2 scallions, coarsely chopped

½ cup soy, hemp, or almond milk, or as needed

1½ tablespoons champagne vinegar

1 tablespoon Dr. Fuhrman's Riesling Reserve Vinegar or other fruity vinegar

1 tablespoon nutritional yeast

Freshly ground black pepper, to taste

In a food processor, blend pistachios, mint, parsley, garlic, and scallions to a fairly smooth paste. With the motor running, drizzle in enough nondairy milk to achieve desired consistency. Add remaining ingredients and process until well combined. Adjust seasonings, then let stand for at least 1 hour so flavors mingle.

PER SERVING: CALORIES 127; PROTEIN 6g; CARBOHYDRATES 10g; TOTAL FAT 7.7g; SATURATED FAT 0.9g; SODIUM 30mg; FIBER 3.7g; BETA-CAROTENE 303mcg; VITA-MIN C 6mg; CALCIUM 74mg; IRON 3.6mg; FOLATE 95mcg; MAGNESIUM 39mg; ZINC 0.8mg; SELENIUM 4mcg

# Russian Fig Dressing/Dip

## Serves: 2

- 1/3 cup no-salt-added or low-sodium tomato sauce
- 1/3 cup raw almonds or 3 tablespoons raw almond butter
- 2 tablespoons raw sunflower seeds
- 3 tablespoons Dr. Fuhrman's Black Fig Vinegar or balsamic vinegar
- 1 tablespoon raisins or dried currants

Blend all ingredients in a food processor or high-powered blender until smooth.

PER SERVING: CALORIES 220; PROTEIN 5g; CARBOHYDRATES 19g; TOTAL FAT 14.2g; SATURATED FAT 1.3g; SODIUM 19mg; FIBER 4.2g; BETA-CAROTENE 151mcg; VITA-MIN C 5mg; CALCIUM 69mg; IRON 1.8mg; FOLATE 31mcg; MAGNESIUM 88mg; ZINC 1.1mg; SELENIUM 6.3mcg

# **Southwest Ranch Dressing**

#### Serves: 6

15 ounces silken tofu, drained and squeezed dry

⅓ cup white vinegar

2 tablespoons chia seeds

3 dates, pitted

34 teaspoon ground coriander

½ teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon black pepper

1/4 teaspoon chipotle chili powder, or to taste

1/4 cup minced tomatoes

2 tablespoons minced onion

Process all ingredients except tomatoes and onions in a high-powered blender until creamy. Adjust seasonings; you may want to add additional chili powder for a spicier dressing. Stir in minced tomatoes and onions.

PER SERVING: CALORIES 71; PROTEIN 4g; CARBOHYDRATES 7g; TOTAL FAT 3g; SAT-URATED FAT 0.5g; SODIUM 7mg; FIBER 1.9g; BETA-CAROTENE 50mcg; VITAMIN C 2mg; CALCIUM 74mg; IRON 0.8mg; FOLATE 7mcg; MAGNESIUM 35mg; ZINC 0.2mg; SELENIUM 0.3mcg

# **Walnut Vinaigrette Dressing**

## Serves: 4

1/4 cup balsamic vinegar

½ cup water

¼ cup walnuts

¼ cup raisins

1 teaspoon Dijon mustard

1 clove garlic

1/4 teaspoon dried thyme

Combine all ingredients in a high-powered blender.

PER SERVING: CALORIES 92; PROTEIN 1g; CARBOHYDRATES 11g; TOTAL FAT 4.8g; SATURATED FAT 0.5g; SODIUM 36mg; FIBER 0.9g; BETA-CAROTENE 3mcg; VITAMIN C 1mg; CALCIUM 20mg; IRON 0.6mg; FOLATE 8mcg; MAGNESIUM 17mg; ZINC 0.3mg; SELENIUM 0.5mcg

## **Super Simple Hummus**

## Serves: 4

1½ cups cooked garbanzo beans (chickpeas), or 1 (15-ounce) can no-salt-added or low-sodium garbanzo beans, drained

2 tablespoons lemon juice

2 tablespoons unhulled sesame seeds

1 clove garlic, minced

½ teaspoon ground cumin

Blend all ingredients in a high-powered blender or food processor. Add 1–2 tablespoons water if desired, to adjust consistency. Can be refrigerated in an airtight container for up to 5 days.

PER SERVING: CALORIES 131; PROTEIN 6g; CARBOHYDRATES 19g; TOTAL FAT 4g; SATURATED FAT 0.5g; SODIUM 6mg; FIBER 5.3g; BETA-CAROTENE 10mcg; VITAMIN C 5mg; CALCIUM 78mg; IRON 2.4mg; FOLATE 111mcg; MAGNESIUM 46mg; ZINC 1.3mg; SELENIUM 2.6mcg

## **Roasted Eggplant Hummus**

#### Serves: 4

1 medium eggplant

1 bulb roasted garlic (see Note) or 8 cloves raw garlic

1 cup cooked garbanzo beans (chickpeas), or canned no-salt-added or low-sodium garbanzo beans, drained

⅓ cup water

4 tablespoons raw unhulled sesame seeds

2 tablespoons fresh lemon juice

1 tablespoon dried minced onions

Dash paprika

Bake eggplant at 350°F for 45 minutes. Let cool; remove skin and discard. Blend all ingredients, including baked, peeled eggplant, in a food processor or high-powered blender until smooth and creamy. Serve with assorted raw vegetables.

*Note:* If using roasted garlic, roast garlic bulb along with eggplant for 15 minutes. Let cool, then squeeze garlic cloves out of bulb, removing the skin of the garlic.

PER SERVING: CALORIES 164; PROTEIN 7g; CARBOHYDRATES 24g; TOTAL FAT 5.8g; SATURATED FAT 0.8g; SODIUM 9mg; FIBER 9g; BETA-CAROTENE 29mcg; VITAMIN C 8mg; CALCIUM 132mg; IRON 2.9mg; FOLATE 113mcg; MAGNESIUM 74mg; ZINC 1.6mg; SELENIUM 2.9mcg

## Fresh Tomato Salsa

## Serves: 6

- 2 fresh tomatoes, chopped
- 1 small red onion, minced
- 2 scallions, minced
- 1 clove garlic, minced
- ½ jalapeño chili pepper, seeded and minced, or more to taste
- 3 tablespoons chopped cilantro
- 3 tablespoons fresh lime or lemon juice

In a mixing bowl, stir together all ingredients. Serve immediately or refrigerate in a tightly covered container for up to 5 days.

PER SERVING: CALORIES 15; PROTEIN 1g; CARBOHYDRATES 4g; TOTAL FAT 0.1g; SODIUM 4mg; FIBER 0.8g; BETA-CAROTENE 228mcg; VITAMIN C 8mg; CALCIUM 12mg; IRON 0.2mg; FOLATE 12mcg; MAGNESIUM 7mg; ZINC 0.1mg; SELENIUM 0.2mcg

## **Avocado Pumpkin Seed Salsa**

#### Serves: 8

1 red bell pepper
1½ cups raw pumpkin seeds, toasted (see Note), divided
2 tablespoons lime juice
2 cloves garlic, minced
1 jalapeño chili, minced
3 large ripe avocados, cut into ½-inch dice
¼ cup cilantro leaves, chopped
Freshly ground pepper

Broil pepper for 5 to 7 minutes, turning frequently until tender and skin is blackened. Transfer to a bowl with a tight-fitting lid or cover bowl with plastic wrap so pepper continues to soften and cool. When cooled and softened, peel off skin, stem and seed the pepper, then dice into ½-inch pieces.

Using a high-powered blender, grind ½ cup toasted pumpkin seeds into a coarse powder. In a medium bowl, mix the lime juice with the garlic, jalapeño, ground pumpkin seeds, diced bell pepper, avocados, cilantro, and remaining 1 cup toasted pumpkin seeds. Season with pepper and serve with romaine lettuce leaves, endive spears, or other raw vegetables.

*Note:* Toast pumpkin seeds in a large heavy skillet over medium high heat, stirring frequently, until seeds are puffed and beginning to brown, 2 to 4 minutes. Transfer to a large plate and cool.

PER SERVING: CALORIES 284; PROTEIN 9g; CARBOHYDRATES 15g; TOTAL FAT 23.4g; SATURATED FAT 4.5g; SODIUM 9mg; FIBER 7.9g; BETA-CAROTENE 453mcg; VITAMIN C 42mg; CALCIUM 27mg; IRON 4.2mg; FOLATE 64mcg; MAGNESIUM 169mg; ZINC 2.4mg; SELENIUM 1.6mcg

## **Mediterranean Tomato Spread**

## Serves: 4

- 1 cup cooked great northern beans, or canned no-salt-added or low-sodium great northern beans, drained
- 1 plum tomato
- 1/4 cup pine nuts (see Note)
- 2 tablespoons unsulfured, unsalted dried tomatoes, minced
- 1 clove garlic
- 1 teaspoon Dr. Fuhrman's MatoZest\* or other no-salt-added Italian seasoning blend
- 1 teaspoon Dr. Fuhrman's Black Fig Vinegar or balsamic vinegar ½ teaspoon minced rosemary, if desired

Combine all ingredients in a high-powered blender or food processor until smooth.

*Note:* Mediterranean stone pine nuts have better flavor and a higher protein content.

\*A no-salt, dried tomato-based, garlicky Italian seasoning blend available at DrFuhrman.com.

PER SERVING: CALORIES 132; PROTEIN 7g; CARBOHYDRATES 15g; TOTAL FAT 6.1g; SATURATED FAT 0.5g; SODIUM 43mg; FIBER 3.6g; BETA-CAROTENE 179mcg; VITA-MIN C 3mg; CALCIUM 49mg; IRON 2.5mg; FOLATE 43mcg; MAGNESIUM 55mg; ZINC 1.2mg; SELENIUM 0.8mcg

# **Garlic Nutter Spread**

## Serves: 4

1 bulb garlic

1 cup raw cashews

6 tablespoons water

2 teaspoons nutritional yeast

1/8 teaspoon black pepper

Preheat oven to 350°F. Roast garlic in a small baking dish for about 25 minutes or until soft. When cool, cut top off garlic bulb and squeeze out soft cloves, discarding skins. Combine garlic and remaining ingredients in a high-powered blender. Blend until smooth.

This is a delicious and healthful condiment to have on hand to season cooked vegetable dishes or to add extra flavor to soups, sauces, and salad dressing ingredients.

PER SERVING: CALORIES 197; PROTEIN 7g; CARBOHYDRATES 11g; TOTAL FAT 15.1g; SATURATED FAT 2.7g; SODIUM 6mg; FIBER 1.6g; CALCIUM 16mg; IRON 2.7mg; FOLATE 55mcg; MAGNESIUM 103mg; ZINC 2.1mg; SELENIUM 7.4mcg

## **SALADS**

# **Balsamic Tomato and Asparagus Salad**

## Serves: 4

- 1 pound asparagus, tough ends removed, cut into 2-inch pieces
- 1 cup cherry or grape tomatoes, cut in half
- 2 tablespoons balsamic vinegar
- 1 tablespoon orange juice
- 2 tablespoons minced red onion
- Black pepper, to taste
- 5 ounces mixed baby greens
- 3 tablespoons pine nuts, half chopped and half left whole

Steam asparagus until just tender, about 12 minutes. Rinse with cold water to stop cooking; drain. Mix with tomatoes.

Combine vinegar, orange juice, red onion, and black pepper. Add to asparagus and tomatoes and toss to coat. Refrigerate for at least 15 minutes so flavors blend. Serve on a bed of baby greens. Sprinkle with pine nuts before serving.

PER SERVING: CALORIES 97; PROTEIN 6g; CARBOHYDRATES 10g; TOTAL FAT 4.7g; SATURATED FAT 0.4g; SODIUM 13mg; FIBER 3.9g; BETA-CAROTENE 749mcg; VITA-MIN C 17mg; CALCIUM 55mg; IRON 3.2mg; FOLATE 103mcg; MAGNESIUM 45mg; ZINC 1.3mg; SELENIUM 2.7mcg

# Kale Salad with Avocado and Apples

## Serves: 4

1 bunch kale, tough stems and center ribs removed

1 avocado, peeled and chopped

2 tablespoons lemon juice

3 cloves garlic, minced

1 teaspoon fresh ginger root, minced

½ medium onion, minced

1 large apple, cored and chopped

½ cup raw cashews, chopped

Roll up each kale leaf and slice thinly. Add to bowl along with avocado and lemon juice. Using your hands, massage lemon juice and avocado into kale leaves until kale starts to soften and wilt and each leaf is coated, about 2 to 3 minutes. Mix in garlic, ginger, onion, and apple. Top with chopped cashews.

PER SERVING: CALORIES 319; PROTEIN 12g; CARBOHYDRATES 39g; TOTAL FAT 17.1g; SATURATED FAT 3.3g; SODIUM 92mg; FIBER 9.9g; BETA-CAROTENE 18,594mcg; VITA-MIN C 261mg; CALCIUM 297mg; IRON 4.7mg; FOLATE 101mcg; MAGNESIUM 135mg; ZINC 2.2mg; SELENIUM 4.2mcg

# Kale and Quinoa Salad with Blueberries and Mangoes

## Serves: 4

#### For the Salad:

1 cup quinoa, rinsed well

1½ cups shredded kale

1 cup fresh blueberries

1 cup cubed mango

2 tablespoons chopped walnuts, toasted

## For the Dressing:

2 tablespoons balsamic vinegar

2 tablespoons lemon juice

½ cup water

<sup>1</sup>/<sub>4</sub> cup walnuts

1/4 cup raisins

Combine quinoa and 2 cups water in a medium saucepan. Bring to a boil. Cover, reduce heat to low, and simmer until water is absorbed and quinoa is translucent and tender, about 10 to 15 minutes. Fluff with a fork and transfer to a large bowl and let cool. Combine dressing ingredients in a high-powered blender. Mix quinoa with the dressing, kale, blueberries, mangoes, and walnuts.

PER SERVING: CALORIES 337; PROTEIN 13g; CARBOHYDRATES 57g; TOTAL FAT 10.1g; SATURATED FAT 1g; SODIUM 26mg; FIBER 5.7g; BETA-CAROTENE 2,515mcg; VITA-MIN C 46mg; CALCIUM 84mg; IRON 5.1mg; FOLATE 47mcg; MAGNESIUM 128mg; ZINC 1.9mg; SELENIUM 1.1mcg

# Roasted Beets with Leafy Greens, Red Onions, and Walnuts

## Serves: 2

2 medium red beets

¼ cup red wine vinegar

2 tablespoons raisins, finely chopped

1 tablespoon toasted caraway seeds, chopped

1 teaspoon garlic, finely chopped

10 cups Boston or green leaf lettuce

⅓ red onion, thinly sliced

¼ cup chopped walnuts

Roast beets at 350°F for 50 minutes or until tender when pierced. Let cool and peel off skins. Slice beets thinly and marinate in red wine vinegar, chopped raisins, toasted caraway seeds, and chopped garlic for at least 1 hour. In a large salad bowl, toss beet and vinegar mixture with remaining ingredients.

PER SERVING: CALORIES 219; PROTEIN 8g; CARBOHYDRATES 27g; TOTAL FAT 10.8g; SATURATED FAT 1g; SODIUM 83mg; FIBER 8.2g; BETA-CAROTENE 5,489mcg; VITA-MIN C 17mg; CALCIUM 159mg; IRON 5.4mg; FOLATE 309mcg; MAGNESIUM 92mg; ZINC 1.5mg; SELENIUM 3.7mcg

## Warm Corn and Zucchini Salad with Mint

## Serves: 4

- 1/3 cup low-sodium or no-salt-added vegetable broth, or more if needed to achieve desired consistency
- 1 cup diced onion
- 2 teaspoons or 4 cloves minced garlic
- 2 cups diced zucchini
- 2 cups fresh corn kernels
- 1/4 teaspoon ground cumin
- ¼ teaspoon ground coriander
- 3 tablespoons chopped fresh mint
- 1 tablespoon fresh lemon juice
- Freshly ground black pepper, to taste

Heat vegetable broth in a large sauté pan. Add onion, garlic, zucchini, and corn and sauté for 10 minutes or until vegetables are tender. Add cumin and coriander and continue cooking until liquid is evaporated. Remove from heat. Add mint, lemon juice, and pepper.

PER SERVING: CALORIES 333; PROTEIN 9g; CARBOHYDRATES 68g; TOTAL FAT 4.1g; SATURATED FAT 0.6g; SODIUM 38mg; FIBER 1.5g; BETA-CAROTENE 69mcg; VITAMIN C 15mg; CALCIUM 31mg; IRON 2.6mg; FOLATE 26mcg; MAGNESIUM 121mg; ZINC 2.1mg; SELENIUM 13.4mcg

## **SOUPS**

## Black Bean Quinoa Soup

## Serves: 4

1 medium onion, chopped

1 green bell pepper, chopped

4 cloves garlic, minced

1 cup chopped fresh tomato

1 teaspoon ground cumin

2 teaspoons chili powder

1/4 teaspoon crushed red pepper flakes

1 large carrot, chopped

5 cups low-sodium or no-salt-added vegetable broth

½ cup quinoa, rinsed

3 cups cooked black beans, or 2 (15-ounce) cans low-sodium or no-salt-added black beans, drained

4 cups baby spinach

1/4 cup chopped cilantro

1 tablespoon fresh lime juice

1 avocado, chopped

In a soup pot, heat 2–3 tablespoons water, add onion and green pepper and water-sauté about 5 minutes, until tender, adding more water if needed to prevent sticking. Add garlic and sauté another 30 seconds, until fragrant. Add the fresh tomato, cumin, chili powder, and red pepper flakes and cook for 2–3 minutes, until tomatoes soften. Add carrots and vegetable broth, bring to a boil, stir in the quinoa, reduce heat, and cover and cook for 10 minutes. Add black beans and continue cooking until heated through and quinoa is tender, about 10 minutes. Add spinach and stir until wilted. Remove from heat and stir in cilantro and lime juice. Serve garnished with chopped avocado.

PER SERVING: CALORIES 419; PROTEIN 25g; CARBOHYDRATES 63g; TOTAL FAT 10.9g; SATURATED FAT 1.8g; SODIUM 151mg; FIBER 18.7g; BETA-CAROTENE 3,671mcg; VITAMIN C 51mg; CALCIUM 133mg; IRON 7mg; FOLATE 323mcg; MAGNESIUM 191mg; ZINC 3.1mg; SELENIUM 2.7mcg

## **Boston Green Pea Soup**

## Serves: 2

1 medium onion, diced
3 cups no-salt-added or low-sodium vegetable broth
10 ounces frozen peas
1 head Boston lettuce, coarsely chopped
1/8 teaspoon black pepper
1/8 teaspoon dried tarragon leaves
1/2 cup unsweetened soy, almond, or hemp milk
1 tablespoon fresh lemon juice

Heat 2–3 tablespoons water in a soup pot. Add onions and water-sauté until tender, about 5 minutes. Stir in vegetable broth, peas, lettuce, pepper, and tarragon; bring to a boil, reduce heat, and simmer for 10 minutes. Stir in nondairy milk. Blend soup in a blender until smooth, working in batches. Pour blended soup into a large bowl after each batch, and when all the soup is blended, return to soup pot and heat through. Stir in lemon juice and remove from heat.

PER SERVING: CALORIES 224; PROTEIN 18g; CARBOHYDRATES 33g; TOTAL FAT 3.7g; SATURATED FAT 0.9g; SODIUM 247mg; FIBER 9.6g; BETA-CAROTENE 2,215mcg; VITAMIN C 22mg; CALCIUM 86mg; IRON 3.7mg; FOLATE 107mcg; MAGNESIUM 56mg; ZINC 1.7mg; SELENIUM 4.6mcg

# **Creamy Cabbage Soup**

## Serves: 4

- 1 head cabbage, cut into pieces
- 3 medium carrots, coarsely chopped
- 1 cup celery, coarsely chopped
- 2 leeks, coarsely chopped
- 2 cloves garlic, minced
- 1 tablespoon Dr. Fuhrman's VegiZest or other no-salt seasoning blend, adjusted to taste
- 2 cups carrot juice
- 6 cups low-sodium or no-salt-added vegetable broth
- ½ teaspoon nutmeg
- ½ teaspoon cayenne pepper, or to taste
- 5 cups chopped kale leaves or baby spinach
- 1 cup raw cashews, or ½ cup raw cashew butter

Place all the ingredients except the cashews in a pot. Cover and simmer for 30 minutes or until vegetables are tender. In a food processor or high-powered blender, blend two-thirds of the soup liquid and vegetables with the cashews until smooth and creamy. Return to the pot.

PER SERVING: CALORIES 393; PROTEIN 18g; CARBOHYDRATES 56g; TOTAL FAT 16.4g; SATURATED FAT 3g; SODIUM 192mg; FIBER 11.9g; BETA-CAROTENE 23,401mcg; VITA-MIN C 203mg; CALCIUM 305mg; IRON 6.6mg; FOLATE 180mcg; MAGNESIUM 196mg; ZINC 3.2mg; SELENIUM 9.8mcg

## **Creamy Butternut Ginger Soup**

## Serves: 5

- 2 cups water
- 2 cups unsweetened soy, hemp, or almond milk
- 3 cups no-salt-added or low-sodium vegetable broth
- 3 carrots, sliced in 1–2-inch slices
- 5 celery stalks, sliced in 1–2-inch slices
- 2 onions, cut in half
- 2 teaspoons minced peeled ginger
- 2 butternut squash, peeled and cubed
- 10 ounces shiitake, cremini, or oyster mushrooms, stems trimmed, and sliced
- 1½ cups cooked great northern beans, or 1 (15-ounce) can no-salt-added or low-sodium great northern beans, drained
- 1/8 teaspoon cayenne pepper, or to taste
- 6 ounces baby kale or baby spinach

Place water, nondairy milk, vegetable broth, carrots, celery, onions, ginger, and butternut squash in a large soup pot. Bring to a boil, reduce heat, and simmer for 30 minutes or until squash is tender. Place soup in a food processor or blender, and, working in batches, blend until smooth. Return to pot. Add mushrooms, beans, and cayenne pepper; bring to a simmer and cook for 20 minutes. Add baby kale or spinach and continue cooking until greens are wilted.

PER SERVING: CALORIES 318; PROTEIN 19g; CARBOHYDRATES 60g; TOTAL FAT 3.8g; SATURATED FAT 0.7g; SODIUM 188mg; FIBER 12.8g; BETA-CAROTENE 16,098mcg; VITAMIN C 96mg; CALCIUM 287mg; IRON 6.1mg; FOLATE 168mcg; MAGNESIUM 167mg; ZINC 2.3mg; SELENIUM 12.4mcg

## Greens, Beans, and Mushroom Stew

#### Serves: 6

11/2 cups chopped onions

3 cloves garlic, chopped

1 cup chopped carrots

1 cup chopped celery

5 cups assorted mushrooms (button, portobello, and/or shiitake), chopped

2 cups lentils

3 cups low-sodium or no-salt-added vegetable broth

3 cups chopped tomatoes

1/4 cup tomato paste

1 tablespoon cider vinegar

2 teaspoons paprika

1½ teaspoons cumin

2 teaspoons fennel seed

½ teaspoon ground black pepper

¼ teaspoon cayenne pepper

1 cup chopped green bell pepper

10 ounces turnip greens or mustard greens, tough stems removed, chopped

Heat 2 tablespoons water and water-sauté onions, garlic, carrots, and celery until starting to soften. Add mushrooms and continue cooking until mushrooms lose their water. Add lentils, vegetable broth, chopped tomatoes, tomato paste, vinegar, paprika, cumin, fennel seed, black pepper, and cayenne pepper. Simmer covered until lentils are tender and most of the liquid is absorbed, 25 to 30 minutes. Add green pepper during the last 10 minutes of cooking. Add greens and cook until wilted.

If stew appears too dry, add additional water or vegetable broth.

PER SERVING: CALORIES 323; PROTEIN 25g; CARBOHYDRATES 58g; TOTAL FAT 1.8g; SATURATED FAT 0.2g; SODIUM 71mg; FIBER 26.2g; BETA-CAROTENE 5,486mcg; VITA-MIN C 77mg; CALCIUM 146mg; IRON 7.1mg; FOLATE 443mcg; MAGNESIUM 132mg; ZINC 4mg; SELENIUM 14.3mcg

## **In-a-Hurry Anticancer Soup**

#### Serves: 6

- 3 large onions, chopped
- 5 large zucchini, cut into 1-inch pieces
- 2 cups mushrooms, any type, chopped
- 1 pound kale, tough stems removed, chopped
- 1 pound mustard greens, tough stems removed, chopped
- 1 (15-ounce) can low-sodium or no-salt-added adzuki beans
- 6 cups carrot juice\*
- 2 cups water
- 1 tablespoon Dr. Fuhrman's VegiZest or other no-salt seasoning blend, adjusted to taste
- ½ cup raw cashews

Place all ingredients except cashews in a large stock pot. Bring to a boil, then reduce heat to a simmer; cover and cook for 30 minutes or until the vegetables are soft. Add cooked soup and cashews to a food processor or high-powered blender and blend until smooth and creamy. For a chunky soup, blend only a portion of the cooked soup and then return to pot.

\*For speed in preparation, this recipe uses a store-bought refrigerated carrot juice.

PER SERVING: CALORIES 335; PROTEIN 17g; CARBOHYDRATES 60g; TOTAL FAT 6.6g; SATURATED FAT 1.2g; SODIUM 153mg; FIBER 12.1g; BETA-CAROTENE 34,089mcg; VITAMIN C 197mg; CALCIUM 322mg; IRON 6.9mg; FOLATE 275mcg; MAGNESIUM 181mg; ZINC 2.9mg; SELENIUM 9.2mcg

## White Bean and Kale Soup

## Serves: 4

8 cups low-sodium or no-salt-added vegetable broth, divided

8 large cloves garlic, minced

1 medium onion, chopped

8 cups chopped kale

4½ cups cooked white beans, or 3 (15-ounce) cans no-salt-added or low-sodium white beans, drained, divided

4 plum tomatoes, chopped

1 teaspoon dried oregano

½ teaspoon dried basil

½ teaspoon dried thyme

½ cup chopped parsley

Black pepper, to taste

In a large pot, heat 2–3 tablespoons of vegetable broth and sauté garlic and onion until soft. Add kale, 6 cups of the vegetable broth, 2 cups of the beans, tomatoes, herbs, and pepper. Simmer for 5 minutes. In a blender or food processor, blend the remaining broth and beans until smooth. Stir into the soup. Simmer for 30 minutes or until kale is very tender.

PER SERVING: CALORIES 367; PROTEIN 29g; CARBOHYDRATES 62g; TOTAL FAT 3.8g; SATURATED FAT 1.0g; SODIUM 178mg; FIBER 13.7g; BETA-CAROTENE 10,433mcg; VITAMIN C 146mg; CALCIUM 340mg; IRON 9.5mg; FOLATE 184mcg; MAGNESIUM 155mg; ZINC 3mg; SELENIUM 3.9mcg

## MAIN DISHES AND VEGETABLE SIDE DISHES

# Baja Mango Black Bean Lettuce Wraps

## Serves: 4

- 2 cups cooked black beans, or canned no-salt-added or lowsodium black beans, drained
- ½ large ripe avocado, peeled, pitted, and mashed
- 4 cloves roasted garlic, mashed
- 1/3 cup fresh tomatoes, chopped
- ½ medium green bell pepper, seeded and chopped
- 1 mango, diced
- 2 red radishes, diced
- 1 jalapeño pepper, diced and seeded
- 3 green onions, chopped
- 1/3 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 teaspoon ground cumin
- 8 large romaine or Boston lettuce leaves

In a bowl, mash together beans, avocado, and garlic with a fork until well blended and only slightly chunky. Add all ingredients except the lettuce, and mix. Place approximately ¼ cup of the mixture in the center of each lettuce leaf and roll up like a burrito.

PER SERVING: CALORIES 221; PROTEIN 11g; CARBOHYDRATES 39g; TOTAL FAT 4.5g; SATURATED FAT 0.7g; SODIUM 21mg; FIBER 13.4g; BETA-CAROTENE 4,520mcg; VITAMIN C 66mg; CALCIUM 92mg; IRON 3.5mg; FOLATE 321mcg; MAGNESIUM 95mg; ZINC 1.5mg; SELENIUM 2.4mcg

# **Balsamic Portobello and Eggplant Stacks**

## Serves: 4

4 portobello mushrooms

¼ cup balsamic vinegar

1 medium eggplant, sliced ⅓ inch thick

¼ cup fresh basil leaves

1 tomato, sliced ⅓ inch thick

½ teaspoon oregano

¼ teaspoon black pepper

1½ cups no-salt-added or low-sodium pasta sauce

¼ cup pine nuts, toasted and chopped (see Note)

Preheat oven to 350°F. Marinate mushrooms in balsamic vinegar for 10 minutes. Remove from marinade. On a nonstick baking pan, layer in 4 stacks: mushrooms, eggplant, basil leaves, and tomato. Season with oregano and black pepper. Bake for 30 minutes or until mushrooms and eggplant are soft. In a small saucepan, heat pasta sauce. Serve stacks topped with sauce and chopped pine nuts.

*Note:* Mediterranean stone pine nuts have better flavor and a higher protein content.

PER SERVING: CALORIES 218; PROTEIN 6g; CARBOHYDRATES 29g; TOTAL FAT 10.8g; SATURATED FAT 1.1g; SODIUM 37mg; FIBER 8.6g; BETA-CAROTENE 586mcg; VITA-MIN C 18mg; CALCIUM 55mg; IRON 1.9mg; FOLATE 55mcg; MAGNESIUM 73mg; ZINC 1.2mg; SELENIUM 3.2mcg

# Bean Pasta with Cauliflower in a Garlicky Walnut Sauce Serves: 6

7 ounces bean pasta (see Note), cooked according to package directions and set aside

1 pound fresh or frozen cauliflower florets, steamed Squeeze of lemon

#### For the Sauce:

7 cloves garlic, peeled, divided

2 cups unsweetened almond or soy milk

1 cup walnuts, toasted

1 no-salt-added vegan bouillon cube, or 2 tablespoons Dr. Fuhrman's VegiZest

1/4 teaspoon ground nutmeg

3 tablespoons nutritional yeast

1 pound fresh or frozen spinach, chopped

1 tablespoon dried marjoram, or 1½ tablespoons chopped fresh marjoram (or substitute dried or fresh oregano)

To prepare sauce, roast 6 cloves of the garlic in oven-proof dish, with almond milk to cover, for 30 minutes at 350°F, covering the dish with foil. In a high-powered blender, puree walnuts, bouillon or VegiZest, nutmeg, and yeast with remaining almond milk and roasted garlic and remaining clove of raw garlic until smooth; transfer to a medium saucepan. Bring to a boil and simmer for 5 minutes until sauce thickens slightly. Stir in chopped spinach and marjoram and keep warm.

Divide the pasta among 6 plates, ladle on the sauce, and top with cauliflower florets and a squeeze of lemon. Serve immediately.

This may also be made with pistachios instead of walnuts for a delicious twist on the classic Italian walnut sauce.

Non-vegan option: Add 4 ounces shredded cooked chicken to the sauce.

Note: Explore Asian brand makes several varieties of bean pasta.

PER SERVING: CALORIES 290; PROTEIN 17g; CARBOHYDRATES 28g; TOTAL FAT 15.1g; SATURATED FAT 1.6g; SODIUM 153mg; FIBER 9.5g; BETA-CAROTENE 5,170mcg; VITA-MIN C 61mg; CALCIUM 192mg; IRON 6.8mg; FOLATE 390mcg; MAGNESIUM 151mg; ZINC 2.5mg; SELENIUM 8.8mcg

## California Creamed Kale

## Serves: 4

- 2 bunches kale, leaves removed from tough stems
- 1 cup raw cashews
- 1 cup unsweetened soy, hemp, or almond milk
- 4 tablespoons onion flakes
- 1 tablespoon Dr. Fuhrman's VegiZest or other no-salt seasoning blend, adjusted to taste

Place kale in a large steamer pot and steam 13 minutes until soft. Meanwhile, place remaining ingredients in a high-powered blender and blend until smooth. Place kale in a colander and press to remove some of the excess water. In a bowl, coarsely chop and mix kale with the cream sauce.

*Note:* This sauce may be used with broccoli, spinach, or other steamed vegetables.

PER SERVING: CALORIES 279; PROTEIN 12g; CARBOHYDRATES 26g; TOTAL FAT 16.7g; SATURATED FAT 2.9g; SODIUM 79mg; FIBER 3.8g; BETA-CAROTENE 7,060mcg; VITA-MIN C 90mg; CALCIUM 144mg; IRON 4.4mg; FOLATE 47mcg; MAGNESIUM 144mg; ZINC 2.7mg; SELENIUM 10.6mcg

# **Chickpea and Tofu Curry**

## Serves: 3

- 3 prunes, chopped and soaked in 2 tablespoons water for 30 minutes
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon curry powder
- ½ teaspoon ground black pepper
- 8 ounces firm tofu, cut into cubes
- 1½ cups cooked chickpeas, or 1 (15-ounce) can no-salt-added or low-sodium chickpeas, drained
- ½ cup water
- 2 tomatoes, chopped
- 6 ounces fresh spinach

Remove prunes from soaking water and chop more. Add prunes and the soaking water to a large skillet, bring water to a simmer, and then add onion and garlic. Sauté onion and garlic until tender. Stir in cumin, curry powder, and black pepper. Add cubed tofu and cook for 1 minute, stirring constantly. Add chickpeas and water and simmer for 5 minutes. Add tomatoes and spinach and continue to cook until spinach is wilted, about 3 minutes.

PER SERVING: CALORIES 315; PROTEIN 24g; CARBOHYDRATES 41g; TOTAL FAT 9.4g; SATURATED FAT 1.3g; SODIUM 70mg; FIBER 12g; BETA-CAROTENE 3,609mcg; VITA-MIN C 31mg; CALCIUM 647mg; IRON 6.6mg; FOLATE 294mcg; MAGNESIUM 147mg; ZINC 3mg; SELENIUM 17.2mcg

# **Black-Eyed Collards**

## Serves: 6

1 cup low-sodium or no-salt-added vegetable broth
1 large onion, sliced
½ pound collard greens, washed and chopped
¼ cup currants or raisins
1½ cups cooked black-eyed peas,\* or 1 (15-ounce) can
low-sodium or no-salt-added black-eyed peas, drained
½ teaspoon hot pepper flakes, or more to taste

Heat 2–3 tablespoons of the vegetable broth in a large skillet; add onion slices and sauté until tender. Add collards, remaining vegetable broth, and currants or raisins; bring to a boil, reduce heat, cover, and cook for 5 minutes or until collards are tender. Stir in black-eyed peas and hot pepper flakes and heat through.

\*You can substitute any white bean for black-eyed peas.

PER SERVING: CALORIES 99; PROTEIN 6g; CARBOHYDRATES 20g; TOTAL FAT 0.4g; SATURATED FAT 0.1g; SODIUM 13mg; FIBER 4.7g; BETA-CAROTENE 1,461mcg; VITA-MIN C 15mg; CALCIUM 104mg; IRON 1.9mg; FOLATE 103mcg; MAGNESIUM 36mg; ZINC 0.7mg; SELENIUM 1.2mcg

# **Stuffed Eggplant Tofenade**

## Serves: 4

1 cup shelled edamame, fresh or frozen

1/4 cup extra firm tofu

1/3 cup water

4 tablespoons raw pumpkin seeds, toasted

½ teaspoon dried basil

½ teaspoon dried oregano

1/8 teaspoon black pepper

1 medium red bell pepper, coarsely chopped

1 medium onion, coarsely chopped

½ cup coarsely chopped carrots

4 cloves garlic, chopped

4 ounces baby spinach

2 medium eggplants, peeled and sliced lengthwise into <sup>1</sup>/<sub>4</sub>-inch slices

2 cups no-salt-added or low-sodium pasta sauce

Preheat oven to 350°F. Boil edamame for 5 minutes. Combine in food processor with tofu, water, pumpkin seeds, basil, oregano, and black pepper. Set aside.

In 2 tablespoons water, sauté red peppers, onion, carrots, and garlic until tender, adding more water if needed. Add spinach and cook until wilted. Set aside.

Roast eggplant in baking pan lightly oiled with olive oil for about 20 minutes, or until tender and flexible enough to roll up. In baking pan, spread about ¼ cup tomato sauce. Place 1–2 tablespoons edamame puree in center of each eggplant slice. Top with sautéed vegetable mixture. Roll up and place in baking dish, seam side down. Top with remaining sauce. Bake 20 to 30 minutes or until heated through.

PER SERVING: CALORIES 356; PROTEIN 16g; CARBOHYDRATES 50g; TOTAL FAT 14.2g; SATURATED FAT 2.2g; SODIUM 85mg; FIBER 18.2g; BETA-CAROTENE 3,868mcg; VITA-MIN C 73mg; CALCIUM 250mg; IRON 5.3mg; FOLATE 285mcg; MAGNESIUM 181mg; ZINC 2.5mg; SELENIUM 6.3mcg

## **Mexican Lentils**

## Serves: 4

1 cup lentils, uncooked

1 cup frozen or fresh corn

1 cup tomato sauce, no salt added

1 medium onion, chopped

½ teaspoon cumin powder

1 teaspoon chili powder

2 tablespoons fresh cilantro

Boil lentils in 2 cups water for 30 minutes and then drain. Add corn, tomato sauce, onion, cumin powder, and chili powder; simmer over low heat for 20 minutes. Stir in cilantro.

Serving suggestion: Serve stuffed into poblano chili peppers. Cut 3–4 peppers in half lengthwise, fill with lentil mixture, and bake at 350°F for 30 minutes.

PER SERVING: CALORIES 241; PROTEIN 15g; CARBOHYDRATES 45g; TOTAL FAT 1.0g; SATURATED FAT 0.1g; SODIUM 14mg; FIBER 17.1g; BETA-CAROTENE 243mcg; VITA-MIN C 16mg; CALCIUM 47mg; IRON 4.4mg; FOLATE 257mcg; MAGNESIUM 81mg; ZINC 2.6mg; SELENIUM 4.8mcg

## Portobellos and Beans

#### Serves: 2

- 1 large onion, chopped
- 2 garlic cloves, chopped
- 2 large portobello mushroom caps, sliced thin
- ½ cup red wine or low-sodium vegetable broth
- 1 large tomato, diced, or 8 halved cherry tomatoes
- 1½ cups cooked garbanzo beans, or 1 (15-ounce) can no-salt-added or low-sodium garbanzo beans, drained

Water-sauté onion and garlic for 2 minutes, or until onions are soft. Add mushrooms and red wine or broth and continue cooking for 5 minutes until mushrooms are tender. Add tomatoes and garbanzo beans. Simmer for 5 minutes.

PER SERVING: CALORIES 326; PROTEIN 20g; CARBOHYDRATES 51g; TOTAL FAT 3.9g; SATURATED FAT 0.4g; SODIUM 26mg; FIBER 13.2g; BETA-CAROTENE 828mcg; VITA-MIN C 31mg; CALCIUM 103mg; IRON 4.8mg; FOLATE 261mcg; MAGNESIUM 99mg; ZINC 2.8mg; SELENIUM 12.1mcg

## Ratatouille over Spaghetti Squash

## Serves: 4

1 medium spaghetti squash

1 medium onion, chopped

2 cloves garlic, chopped

2 large tomatoes, chopped

1 medium eggplant, peeled and cubed

1 medium zucchini, chopped

1 red pepper, chopped

1 cup sliced mushrooms

1 teaspoon oregano

1 teaspoon basil

1½ cups no-salt-added or low-sodium spaghetti sauce

Preheat oven to 350°F. Slice spaghetti squash in half lengthwise and remove seeds. Place both halves, skin side up, on a baking sheet. Bake for 45 minutes or until tender.

Meanwhile, heat 2 tablespoons water in a large deep skillet. Watersauté onion until softened, about 3 minutes. Add garlic and cook for 1 minute, adding more water as necessary to prevent scorching. Reduce heat to low-medium and add tomatoes, eggplant, zucchini, red pepper, mushrooms, oregano, and basil. Cover and cook, stirring occasionally until vegetables are very tender, about 1 hour. Add spaghetti sauce and simmer for an additional 5 minutes.

When squash is done, remove from oven and, using a fork, scrape spaghetti-like strands from the squash onto serving plates. Top with eggplant mixture.

PER SERVING: CALORIES 288; PROTEIN 9g; CARBOHYDRATES 56g; TOTAL FAT 7.2g; SATURATED FAT 1.1g; SODIUM 101mg; FIBER 10.4g; BETA-CAROTENE 1,209mcg; VITAMIN C 78mg; CALCIUM 155mg; IRON 3mg; FOLATE 131mcg; MAGNESIUM 109mg; ZINC 1.6mg; SELENIUM 5.2mcg

## **Sweet and Smoky Baked Beans**

## Serves: 4

- 1 large onion, chopped
- 4 cloves garlic, chopped
- 1 cup low-sodium or no-salt-added tomato sauce
- 1 apple, cored and quartered
- <sup>1</sup>/<sub>4</sub> cup raisins, soaked in hot water to cover for 30 minutes
- 1 tablespoon apple cider vinegar
- 2 tablespoons prepared mustard, no salt added or low sodium
- 1 teaspoon Bragg Liquid Aminos
- 1 teaspoon chipotle chili powder
- 3 cups cooked red kidney beans, or 2 (15-ounce) cans low-sodium or no-salt-added red kidney beans, drained

Preheat oven to 350°F. Water-sauté onions and garlic in 2–3 tablespoons water until tender, about 5 minutes. Add small amounts of additional water as needed to prevent burning.

Blend tomato sauce, apple, raisins and soaking water, vinegar, mustard, Bragg Liquid Aminos, and chipotle chili powder in a high-powered blender until smooth. Combine kidney beans, blended mixture, and sautéed onions in a large casserole dish. Cover and bake for 50 minutes.

PER SERVING: CALORIES 249; PROTEIN 15g; CARBOHYDRATES 49g; TOTAL FAT 0.6g; SATURATED FAT 0.1g; SODIUM 121mg; FIBER 15.1g; BETA-CAROTENE 138mcg; VITA-MIN C 14mg; CALCIUM 88mg; IRON 5mg; FOLATE 111mcg; MAGNESIUM 77mg; ZINC 1.5mg; SELENIUM 4mcg

# Sweet Potatoes Topped with Black Beans and Kale

## Serves: 4

- 4 medium sweet potatoes
- 1 onion, chopped
- 2 cloves garlic, chopped
- 6 cups chopped kale
- 1½ cups cooked black beans, or 1 (15-ounce) can no-salt-added or low-sodium black beans, drained
- 1½ cups diced tomatoes
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 2 tablespoons chopped cilantro
- 1 cup unsweetened nondairy yogurt

Pierce sweet potatoes in several spots with a fork. Microwave on high until soft, 12–16 minutes. Potatoes can also be baked in a 350°F oven for 50 minutes or until soft.

Meanwhile, heat 2 tablespoons water in a large pan and water-sauté onion and garlic for 2 minutes. Add kale and stir until wilted. Cover pan and cook until kale is tender, adding water as needed, about 10 minutes. Add black beans, tomatoes, chili powder, and cumin; bring to a simmer and cook for 5 minutes.

Cut each potato lengthwise, skin and partially mash, then top with bean mixture. Sprinkle with cilantro. Top with nondairy yogurt.

PER SERVING: CALORIES 342; PROTEIN 16g; CARBOHYDRATES 69g; TOTAL FAT 2.8g; SATURATED FAT 0.4g; SODIUM 159mg; FIBER 13.7g; BETA-CAROTENE 20,928mcg; VITAMIN C 138mg; CALCIUM 295mg; IRON 5mg; FOLATE 162mcg; MAGNESIUM 151mg; ZINC 2mg; SELENIUM 11.4mcg

# Szechuan Sesame Stir-Fry

#### Serves: 4

#### For the Sauce:

14 cup unhulled sesame seeds, lightly pan toasted 1 cup unsweetened soy, hemp, or almond milk 6 Medjool or 12 Deglet Noor dates, pitted 1/2 tablespoon minced ginger 4 cloves garlic, peeled 1/4 teaspoon red pepper flakes, or to taste

## For the Stir-Fry:

2 cups broccoli florets
1½ cups cauliflower florets
1 red bell pepper, cut into 1-inch pieces
1½ cups sliced shiitake mushrooms
1 cup fresh snow peas
½ cup baby corn, each broken in half
2 cups cooked brown, black, or wild rice

In a high-powered blender, puree all sauce ingredients until smooth. Set aside.

Heat ¼ cup water in a wok or large sauté pan. Add broccoli and cauliflower; cover and steam for 8 minutes. Remove cover and add bell pepper, mushrooms, snow peas, and corn and stir-fry for an additional 5 minutes or until vegetables are crisp-tender. Add small amounts of water as needed to prevent sticking. Add sauce to veggies and continue to stir-fry for 1–2 minutes to heat through. Serve over rice.

*Non-vegan option:* Top with 8 ounces broiled scallops or pieces of broiled wild salmon.

PER SERVING: CALORIES 411; PROTEIN 14g; CARBOHYDRATES 82g; TOTAL FAT 6.8g; SATURATED FAT 0.9g; SODIUM 75mg; FIBER 10.3g; BETA-CAROTENE 1,004mcg; VITA-MIN C 107mg; CALCIUM 175mg; IRON 4.5mg; FOLATE 126mcg; MAGNESIUM 147mg; ZINC 3.7mg; SELENIUM 22.6mcg

## Tailgate Chili with Black and Red Beans

## Serves: 5

- ½ cup bulgur
- 1 cup water
- 3 cups chopped onions
- 3 cloves garlic, minced or pressed
- 2 green bell peppers, chopped
- 3 cups diced tomatoes
- 1½ cups cooked black beans, or 1 (15-ounce) can no-salt-added or low-sodium black beans, drained
- 3 cups cooked red kidney beans, or 2 (15-ounce) cans no-salt-added or low-sodium red kidney beans, drained
- 2 cups fresh or frozen corn kernels
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1/4 cup chopped fresh cilantro

Combine bulgur and water in a saucepan. Bring to a boil, reduce heat, and simmer for 12 to 15 minutes or until tender.

While bulgur cooks, heat 2 tablespoons water in a large saucepan and water-sauté onions and garlic until almost soft, about 5 minutes. Stir in green peppers and sauté an additional 3 minutes, adding more water as needed. Stir in diced tomatoes, beans, corn, chili powder, and cumin. Bring to a boil, reduce heat, cover, and simmer for 20 minutes. Add bulgur and simmer for an additional 5 minutes. Stir in cilantro.

PER SERVING: CALORIES 394; PROTEIN 23g; CARBOHYDRATES 79g; TOTAL FAT 2.6g; SATURATED FAT 0.5g; SODIUM 54mg; FIBER 20.7g; BETA-CAROTENE 1,221mcg; VITA-MIN C 68mg; CALCIUM 120mg; IRON 5.3mg; FOLATE 287mcg; MAGNESIUM 149mg; ZINC 2.7mg; SELENIUM 3.5mcg

## **Vegetable Gumbo**

## Serves: 4

1 medium green pepper, chopped

1 medium red pepper, chopped

½ large onion, thinly sliced

1 cup chopped celery

2 cloves garlic, minced

1 cup plus 2–3 tablespoons no-salt-added or low-sodium vegetable broth

10 ounces fresh mushrooms, sliced

1 zucchini, chopped

1 cup frozen okra, defrosted and sliced

11/2 cups diced tomatoes

1½ cups cooked kidney beans, or 1 (15-ounce) can low-sodium or no-salt-added kidney beans, drained

2 cups chopped collard greens

1 tablespoon lemon juice

1 teaspoon dried oregano

1 teaspoon dried basil

1/4 teaspoon red pepper flakes, or to taste

2 cups cooked brown rice, wild rice, or quinoa

Sauté green and red pepper, onion, celery, and garlic in 2–3 tablespoons vegetable broth until tender. Add mushrooms and zucchini and cook until liquid is evaporated. Stir in okra, tomatoes, beans, collard greens, remaining vegetable broth, lemon juice, oregano, basil, and red pepper flakes. (Add more red pepper flakes if you like it spicy.) Bring to a boil, reduce heat, and then cover and simmer for 10 minutes or until vegetables are tender. Serve on top of rice or quinoa.

*Non-vegan option:* Add 4 ounces of cooked shredded chicken or small wild-caught, domestic shrimp during the last few minutes of cooking time.

PER SERVING: CALORIES 266; PROTEIN 15g; CARBOHYDRATES 53g; TOTAL FAT 1.9g; SATURATED FAT 0.3g; SODIUM 39mg; FIBER 10.8g; BETA-CAROTENE 565mcg; VITAMIN C 63mg; CALCIUM 123mg; IRON 3.4mg; FOLATE 223mcg; MAGNESIUM 127mg; ZINC 2.3mg; SELENIUM 46.2mcg

## Vegetable Chickpea Loaf

#### Serves: 8

½ cup walnuts

1½ cups cooked chickpeas, or 1 (15-ounce) can no-salt-added or low-sodium chickpeas, drained

1 medium onion, quartered

1 medium carrot, cut into 1-inch pieces

1 medium green bell pepper, seeded and cut into large chunks

1 cup sliced mushrooms

1 cup cooked brown rice

2 tablespoons arrowroot powder

2 teaspoons agar powder (see Box)

1½ tablespoons stone-ground mustard

1 tablespoon nutritional yeast

1/4 teaspoon dried thyme

1/8 teaspoon dried sage

1/8 teaspoon dried marjoram

1/8 teaspoon black pepper

½ cup low-sodium ketchup, for top of loaf

Preheat oven to 350°F. Place walnuts and chickpeas in a food processor and process until finely chopped. Transfer to a large mixing bowl.

Add onion, carrot, bell pepper, and mushrooms to the food processor and process until finely chopped. Add to the chickpea mixture. Add to this mixture rice, arrowroot powder, agar powder, mustard, nutritional yeast, thyme, sage, marjoram, and black pepper and mix well.

Lightly wipe a 5-by-9-inch loaf pan with olive oil. Place mixture into pan, patting into place. Top with ketchup. Bake for 50 minutes. Let stand for 30 minutes before slicing; loaf will firm up as it cools. Leftover slices hold together well after being refrigerated and are good for lunch the next day.

PER SERVING: CALORIES 161; PROTEIN 6g; CARBOHYDRATES 23g; TOTAL FAT 6.1g; SATURATED FAT 0.6g; SODIUM 48mg; FIBER 4.6g; BETA-CAROTENE 756mcg; VITA-MIN C 17mg; CALCIUM 40mg; IRON 1.8mg; FOLATE 116mcg; MAGNESIUM 49mg; ZINC 1.1mg; SELENIUM 6.1mcg

Agar is a vegan product produced from a variety of seaweeds. It's used as a stabilizing and thickening agent and is sold in health food stores and some supermarkets in both flake and powder forms. If using agar flakes instead of powder, double the amount.

### BURGERS, PIZZA, AND FAST FOOD

# Arugula- and Spinach-Stuffed Pitas with Watercress Pesto Serves: 4

#### Pesto

- 1 bulb garlic
- 2 cups watercress, stems removed
- 5 leaves basil
- ½ cup walnuts
- 4 tablespoons unsweetened soy, hemp, or almond milk

#### Sandwich

- 4 pitas (100% whole grain)
- 1 tomato, sliced
- ½ cup thinly sliced red onion
- 2 cups arugula
- 2 cups spinach
- 1 avocado, pit removed, sliced

Roast garlic for 15 minutes at 300°F. Cut open cloves and squeeze out soft cooked garlic. Combine roasted garlic with other pesto ingredients in a high-powered blender and blend until smooth. Spread pesto on whole grain pitas. Stuff pita with remaining sandwich ingredients.

*Non-vegan option:* Add to each pita 1–2 ounces of oven-baked white-meat chicken or turkey, sliced or chopped.

PER SERVING: CALORIES 356; PROTEIN 11g; CARBOHYDRATES 43g; TOTAL FAT 17.3g; SATURATED FAT 2g; SODIUM 152mg; FIBER 6.6g; BETA-CAROTENE 1,653mcg; VITA-MIN C 22mg; CALCIUM 133mg; IRON 3.1mg; FOLATE 164mcg; MAGNESIUM 76mg; ZINC 1.5mg; SELENIUM 17.5mcg

## **Crispy Mushroom Fries**

#### Serves: 2

½ cup raw almonds, toasted

1 tablespoon cornmeal

1 tablespoon nutritional yeast

2 teaspoons chia seeds

1/4 teaspoon onion powder

1/4 teaspoon garlic powder

1/8 teaspoon black pepper

2 large portobello mushrooms, gills removed, sliced ¼ inch thick

½ cup chickpea flour

1 cup no-salt-added or low-sodium vegetable broth

Preheat oven to 425°F. Place almonds in a food processor and pulse until chopped to the consistency of coarse bread crumbs. Remove from food processor, and in a shallow bowl combine with cornmeal, nutritional yeast, chia seeds, onion powder, garlic powder, and pepper.

Dredge portobello slices in chickpea flour; dip them in the vegetable broth and then into the almond mixture. Place on a baking sheet, lightly greased with olive oil, and bake for 10 minutes; turn and bake an additional 5–10 minutes, until golden brown.

*Note:* If desired, serve with no-salt-added or low-sodium marinara sauce for dipping.

PER SERVING: CALORIES 180; PROTEIN 9g; CARBOHYDRATES 20g; TOTAL FAT 8.2g; SATURATED FAT 0.7g; SODIUM 19mg; FIBER 6.6g; BETA-CAROTENE 7mcg; VITAMIN C 1mg; CALCIUM 71mg; IRON 3mg; FOLATE 215mcg; MAGNESIUM 72mg; ZINC 1.7mg; SELENIUM 11.2mcg

## Easy Vegetable Pizza

#### Serves: 4

4 large pitas (100% whole grain)

2 cups no-salt-added or low-sodium pasta sauce

½ cup chopped shiitake mushrooms

½ cup chopped red onion

10 ounces frozen broccoli florets, thawed and finely chopped

2 ounces shredded nondairy mozzarella-type cheese

Preheat oven to 200°F. Place pitas on two baking sheets and warm for 10 minutes. Remove from oven and spoon on the pasta sauce. Sprinkle evenly with mushrooms, onion, and broccoli. Add a light sprinkle of cheese. Bake for 30 minutes.

PER SERVING: CALORIES 229; PROTEIN 12g; CARBOHYDRATES 47g; TOTAL FAT 2.4g; SATURATED FAT 0.3g; SODIUM 190mg; FIBER 9.7g; BETA-CAROTENE 686mcg; VITA-MIN C 57mg; CALCIUM 165mg; IRON 2.7mg; FOLATE 67mcg; MAGNESIUM 83mg; ZINC 1.9mg; SELENIUM 8.7mcg

#### Flax and Sesame Crackers

1 cup ground flaxseeds

1/4 cup unhulled sesame seeds

1/4 cup coarsely chopped pumpkin seeds

34 cup water, or more if needed

½ teaspoon garlic powder

½ teaspoon onion powder

Preheat oven to 350°F. Mix all ingredients in a mixing bowl until a dough forms, adding more water if needed. Spread evenly on parchment-lined baking sheet. Score into squares so they break evenly after baking. Bake for 30–35 minutes or until crisp and lightly browned.

*Note:* You can substitute a variety of seasonings for, or use in addition to, the onion and garlic powder. Try fresh or dried herbs, chili powder, nutritional yeast, Dr. Fuhrman's MatoZest, cinnamon, chopped dates, or raisins.

PER SERVING: CALORIES 55; PROTEIN 2g; CARBOHYDRATES 3g; TOTAL FAT 4.5g; SATURATED FAT 0.6g; SODIUM 2mg; FIBER 1.9g; BETA-CAROTENE 7mcg; CALCIUM 33mg; IRON 1mg; FOLATE 8mcg; MAGNESIUM 44mg; ZINC 0.6mg; SELENIUM 1.7mcg

## **Kale Chips**

#### Serves: 3

1 bunch kale, tough stems and center ribs removed Half olive oil and half water mixture in a spray bottle

#### Choice of Seasonings:

Garlic and/or onion powder

Balsamic vinegar

Fresh lemon juice

Dr. Fuhrman's VegiZest or MatoZest, Mrs. Dash seasoning blend, or no-salt Spike

Nutritional yeast

Chili powder

Black pepper

Raw cashew or almond butter mixed with water

Preheat oven to 225°F. Tear kale into uniform, chip-size pieces. Spread evenly on a nonstick baking sheet. Shake olive oil and water mixture well and spray kale lightly. Sprinkle with your choice of seasoning. Bake for 50 minutes, or until crispy and dry, tossing occasionally to prevent burning. Eat as a snack or use as a topping for salads or other dishes.

PER SERVING: CALORIES 123; PROTEIN 4g; CARBOHYDRATES 8g; TOTAL FAT 9.6g; SATURATED FAT 0.9g; SODIUM 22mg; FIBER 1.5g; BETA-CAROTENE 4,359mcg; VITA-MIN C 57mg; CALCIUM 106mg; IRON 1.4mg; FOLATE 24mcg; MAGNESIUM 63mg; ZINC 0.7mg; SELENIUM 0.4mcg

#### BEAN BURGER TIPS

Bean burgers are great because you probably have the ingredients on hand to make a batch at any given time. They work for a quick evening meal, and leftovers can be packed for lunch the next day. You can make them regular burger size or make smaller patties for bean burger sliders. Bean burger variations are endless, but my basic formula consists of beans, a source of fat such as seeds or nuts, a grain, and some veggies and flavoring ingredients. For example, my simple Sunny Bean Burgers contain just six ingredients: kidney or pinto beans, sunflower seeds, oats, minced onion, low-sodium ketchup, and a dash of chili powder.

#### **Bean Burger Ingredients**

*Beans:* You can use any variety of cooked, canned, or boxed beans—black, red kidney, pinto, or white beans; lentils or chickpeas. Mash them up well.

Nut and Seeds: Ground or chopped nuts and/or seeds provide the healthy fat.

*Grains:* Grains help to bind the other ingredients together. Oats are a common ingredient in bean burgers, but you can also use cooked rice, cooked quinoa, or a small amount of whole grain bread crumbs.

Vegetables: Diced mushrooms are great in burgers. In addition to adding a meaty texture, they provide *umami*, or the fifth taste in addition to sweet, salty, sour, and bitter. Umami is defined as robust, savory, and meaty. You can also add shredded carrots, chopped spinach, chopped kale, diced artichoke, or mashed sweet potato.

Onions and Garlic: Onions and garlic give a flavor boost without added salt. They are also in the *Allium* genus of vegetables, which have beneficial effects on the cardiovascular and immune systems.

*Tempeh:* Tempeh is made from cooked and slightly fermented soybeans that are formed into a firm patty. It provides an interesting flavor and chewiness and can be grated or crumbled and added to burgers.

*Tofu:* Freeze extra firm tofu, defrost it, squeeze out the excess moisture, and then crumble and add it to burgers for a light but chewy texture.

continued

For Meat Lovers: You don't really need meat since bean burgers taste so good, but if you want them to taste meaty, add 1 ounce of ground organic/wild meat or fowl per person for a burger that tastes even better than traditional all-beef patties.

*Toppings:* Add sliced red onion, sliced tomato, lettuce, avocado, sautéed mushrooms, and/or low-sodium/no-corn-syrup ketchup.

*Bread*: If desired, serve burgers on a small pita, half a roll, or a slice of bread. Make sure your bread choices are 100% whole grain. See page 271 for more advice on choosing bread products.

## **Sunny Bean Burgers**

#### Serves: 2

1/4 cup sunflower seeds

2 cups cooked kidney or pinto beans, or canned no-salt-added or low-sodium kidney or pinto beans, drained

½ cup minced onion

2 tablespoons low-sodium ketchup

1 tablespoon old-fashioned rolled oats

½ teaspoon chili powder

Preheat oven to 350°F. Lightly oil a baking sheet with a little olive oil on a paper towel. Chop sunflower seeds in a food processor or with a hand chopper. Mash beans in the food processor or with a potato masher and mix with the sunflower seeds. Mix in remaining ingredients and form into six patties.

Place patties on the baking sheet and bake for 25 minutes. Remove from the oven and let cool slightly, until you can pick up each patty and compress it firmly in your hands to reform the burger. Return the patties to the baking sheet, bottom side up, and bake for another 10 minutes.

Note: If desired, you can cook these on a grill.

PER SERVING: CALORIES 369; PROTEIN 21g; CARBOHYDRATES 53g; TOTAL FAT 10.2g; SATURATED FAT 1.1g; SODIUM 13mg; FIBER 14.4g; BETA-CAROTENE 187mcg; VITA-MIN C 8mg; CALCIUM 97mg; IRON 5.5mg; FOLATE 282mcg; MAGNESIUM 153mg; ZINC 2.9mg; SELENIUM 13.8mcg

## White Bean, Wild Rice, and Almond Burgers

#### Serves: 10

½ cup uncooked wild rice, rinsed

1 cup finely chopped red onions

1 cup finely chopped celery

3 cloves garlic, minced

1/4 teaspoon dried basil

1/4 teaspoon dried parsley

1/4 teaspoon Mrs. Dash Original no-salt seasoning blend

½ cup raw almonds, lightly toasted

1½ cups cooked white beans, or 1 (15-ounce) can no-salt-added or low-sodium white beans, drained

Bread crumbs (100% whole grain), or old-fashioned oats, if needed to adjust consistency

Combine rice and 2 cups water (or no-salt-added or low-sodium vegetable broth for additional flavor) in a saucepan. Bring to a boil, reduce heat, cover, and simmer for 45 minutes or until rice is tender. Drain any excess water.

While rice is cooking, water-sauté onions, celery, and garlic over low flame for 10 minutes, or until tender. Stir frequently to prevent burning; cover sporadically to soften vegetables, but uncover to let water steam off. Stir in basil, parsley, and Mrs. Dash.

Finely chop almonds in food processor. Add beans and process until beans are pureed and mixture is well combined. Place in a bowl and stir in wild rice and onion mixture. Form into burgers. If mixture is too wet, add a small amount of whole grain bread crumbs or oats. Place burgers on a baking sheet lined with parchment paper. Bake at  $350^{\circ}$ F for 40 minutes, turning after 20 minutes.

PER SERVING: CALORIES 117; PROTEIN 6g; CARBOHYDRATES 16g; TOTAL FAT 3.9g; SATURATED FAT 0.3g; SODIUM 13mg; FIBER 3.4g; BETA-CAROTENE 29mcg; VITAMIN C 2mg; CALCIUM 51mg; IRON 1.5mg; FOLATE 38mcg; MAGNESIUM 54mg; ZINC 1.1mg; SELENIUM 1mcg

#### **CHOOSE ORGANIC MEATS**

If you choose to include a small amount of meat in your diet, select certified organic products. You can be sure that the animal feed is grown without chemical pesticides and the animal is not treated with antibiotics or hormones. The animals also must have access to outdoor exercise areas, sunlight, and pasture. Organic farms are monitored, and the producers are held responsible for their practices. "Natural" meats may follow some or all of the organic practices, but they don't have to. "Natural" as well as "grass fed" are voluntary terms and aren't monitored. They can refer to a wide range of practices.

## Meat-Lover's Beef, Bean, and Mushroom Burgers

#### Serves: 7

1 small onion, chopped

1 clove garlic, minced

2 cups mushrooms, chopped

1/4 cup unhulled sesame seeds

1½ cups cooked red kidney beans, or 1 (15-ounce) can no-salt-added or low-sodium kidney beans, drained

1 teaspoon dry basil

½ teaspoon dry oregano

1/8 teaspoon black pepper

1 cup cooked black rice

6 ounces (about 1 cup) organic ground beef (see Note for vegan option)

Preheat oven to 300°F. Water-sauté onions and garlic until they begin to soften, about 2 minutes. Add mushrooms and cook for about 5 minutes, until all liquid is evaporated.

Grind sesame seeds in food processor. Add mushroom mixture, beans, and spices and process until well combined. Spoon into a bowl and mix in cooked black rice and beef.

Form into 7 medium-size patties. Place burgers on a baking sheet lined with parchment paper or lightly wiped with olive oil. Bake for 40 minutes, turning after 20 minutes.

*Note:* To make without ground beef, use an additional 1½ cups cooked beans.

PER SERVING: CALORIES 238; PROTEIN 12g; CARBOHYDRATES 32g; TOTAL FAT 7.1g; SATURATED FAT 1.8g; CHOLESTEROL 16.5mg; SODIUM 20mg; FIBER 4.2g; BETACAROTENE 16mcg; VITAMIN C 3mg; CALCIUM 81mg; IRON 3.8mg; FOLATE 64mcg; MAGNESIUM 45mg; ZINC 2.1mg; SELENIUM 7.3mcg

## **Black Bean and Turkey Burgers**

#### Serves: 7

2 cups chopped mushrooms

½ cup old-fashioned rolled oats

1/4 cup raw pumpkin seeds

2 carrots, grated

1½ cups cooked black beans, or 1 (15-ounce) can low-sodium or no-salt-added black beans, drained

½ teaspoon cumin

½ teaspoon coriander

½ teaspoon chili powder

½ teaspoon onion powder

1/4 teaspoon black pepper

1/8 teaspoon cayenne pepper

6 ounces (about 1 cup) ground organic turkey (see Note for vegan option)

Preheat oven to 300°F. Heat 1–2 tablespoons water in a small pan and sauté mushrooms until tender and moisture has evaporated, about 5 minutes. Set aside.

Grind oats and pumpkin seeds in a food processor. Add grated carrots, three-quarters of the beans, and all of the spices and process until blended. Spoon mixture into a mixing bowl and mix in remaining whole beans and ground turkey.

Form into 7 medium-size patties. Place burgers on a baking sheet lined with parchment paper or lightly wiped with olive oil. Bake for 40 minutes, turning once after 20 minutes.

*Note:* To make without ground turkey, use an additional  $1\frac{1}{2}$  cups cooked beans.

PER SERVING: CALORIES 148; PROTEIN 11g; CARBOHYDRATES 16g; TOTAL FAT 5.1g; SATURATED FAT 1.1g; CHOLESTEROL 19.2mg; SODIUM 40mg; FIBER 4.9g; BETA-CAROTENE 1,491mcg; VITAMIN C 2mg; CALCIUM 25mg; IRON 2.3mg; FOLATE 70mcg; MAGNESIUM 77mg; ZINC 1.6mg; SELENIUM 9.8mcg

## **Tofu Fingers Marinara**

#### Serves: 6

1 block extra firm tofu, drained

1 cup raw almonds, toasted

2 tablespoons cornmeal

2 tablespoons nutritional yeast

¼ teaspoon garlic powder

¼ teaspoon dried basil

¼ teaspoon dried oregano

1/8 teaspoon cayenne pepper, or to taste

1 cup no-salt-added or low-sodium marinara sauce, divided

Preheat oven to 375°F. Wrap tofu in several layers of paper towels and place on a plate or cutting board. Cover with a second plate and balance a heavy can or two on top to weigh down the plate and press the tofu. Set aside and let drain for 30 minutes. Remove and discard paper towels. Slice the tofu into ½-inch-thick slices.

Place almonds in food processor and pulse until chopped to the consistency of coarse bread crumbs. Remove from food processor and combine with cornmeal, nutritional yeast, garlic powder, basil, oregano, and cayenne pepper.

Place ½ cup marinara sauce in a bowl. Dip the tofu pieces into the marinara and then place them in the almond mixture, pressing lightly to cover both sides well. Gently shake off any excess nut mixture. Lay flat on a baking sheet. Bake, flipping every 10–15 minutes, for 40–45 minutes. Serve with remaining marinara sauce for dipping.

PER SERVING: CALORIES 282; PROTEIN 15g; CARBOHYDRATES 17g; TOTAL FAT 18.1g; SATURATED FAT 1.7g; SODIUM 23mg; FIBER 5.7g; BETA-CAROTENE 163mcg; VITA-MIN C 5mg; CALCIUM 128mg; IRON 2.8mg; FOLATE 123mcg; MAGNESIUM 159mg; ZINC 1.1mg; SELENIUM 1.5mcg

#### Zucchini Bean Burrito

#### Serves: 6

- 1 red onion, chopped
- 2 cloves garlic, chopped
- 1 green poblano chili pepper, seeded and thinly sliced
- 1 medium tomato, chopped
- 2 cups zucchini, chopped
- 3 cups cooked pinto beans, or 2 (15-ounce) cans low-sodium or no-salt-added pinto beans, drained
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 2 tablespoons chopped cilantro
- 6 large (100% whole grain) tortillas
- 3 cups shredded romaine lettuce or mixed greens
- 1 ripe avocado, sliced
- 1 cup low-sodium or no-salt-added salsa

Heat 2 tablespoons water in a large skillet. Add onion, garlic, and poblano chili pepper and water-sauté until tender, about 3 minutes. Add tomato and zucchini; continue cooking for an additional 5 minutes or until zucchini is soft. Add beans, chili powder, and cumin; stir to combine and cook for 10 minutes.

Using a potato masher or back of a spoon, thoroughly mash bean mixture. Stir in cilantro. Spread beans on tortillas, top with lettuce, avocado, and salsa and roll up. Beans may also be served as a side dish or dip.

PER SERVING: CALORIES 361; PROTEIN 18g; CARBOHYDRATES 73g; TOTAL FAT 10.7g; SATURATED FAT 2.1g; SODIUM 126mg; FIBER 14.6g; BETA-CAROTENE 1,603mcg; VITAMIN C 77mg; CALCIUM 109mg; IRON 5.6mg; FOLATE 326mcg; MAGNESIUM 94mg; ZINC 1.9mg; SELENIUM 22.8mcg

#### **HEALTHY BREAD CHOICES**

If you choose to eat bread, don't make your decision on the basis of claims made on the front of the package. You need to learn about the different options and look at the fine print on the list of ingredients.

Whole Grain Bread: "Whole grain" means that all parts of the grain are still present. A whole grain has three components:

*Germ:* The embryo or sprouting section of the seed.

*Endosperm:* The bulk of the interior of the seed.

Bran: The outer layer that holds everything together.

When wheat is refined to make white flour, the bran and germ are stripped away, along with most of the nutrients, leaving only the endosperm, which is ground into flour. Look for breads that contain only 100 percent whole grains. Breads that are made with whole grains that are more coarsely ground are the healthiest choice. The more finely ground the grain, such as whole wheat pastry flour, the higher the glycemic load. Breads that are labeled "made with whole grains" often contain some whole grain but include refined flour as well. In addition to wheat, whole grain products can be made with barley, millet, rye, brown rice, and oats. Intact whole grains have not been ground into flour and are usually eaten after being softened by boiling.

Sprouted Grain Bread: Sprouted grain breads are made from whole wheat kernels or other whole grains that are allowed to sprout and then are ground up. As far as nutrition goes, they are the best whole grain choice.

Whole wheat bread: Whole wheat bread is a type of whole grain bread made from whole wheat flour. Look for bread made from 100 percent whole wheat flour. This should be the first ingredient listed and the only flour mentioned in the ingredients. Many products claiming to be "whole wheat" are simply white bread with a little extra whole wheat flour added, along with some food coloring.

Multigrain and Seeded Breads: Breads containing mixed grains and seeds can appear to be healthful, but many of them fall short when compared with

100 percent whole wheat or 100 percent whole grain breads. Some consist mainly of processed white flour, with grains and seeds making up only a small proportion of the ingredients. A "multigrain" label only tells you that the bread contains different kinds of grains; it doesn't mean they haven't been refined.

White Bread: You should avoid white bread because it lacks the nutrients contained in less processed grain products. Some labeling terms can be misleading and make products appear healthful. The terms "wheat flour"; "unbleached wheat flour"; "enriched wheat flour"; "stone-ground wheat flour"; "multigrain," "five grain," or "seven grain"; and "100 percent wheat flour or bran" are all sometimes merely a way of saying "refined white flour." Wheat flour is just another name for white flour. Any time you see "enriched," you know that you're getting white flour. Flour that has been refined and stripped of its bran and germ must have some of the B vitamins and iron replaced by enrichment.

In addition to the form of grain used in a bread product, watch out for unhealthy fats. Don't choose a product that contains hydrogenated vegetable oil, *trans* fats, partially hydrogenated oil, or vegetable oil shortening. Also avoid products containing high-fructose corn syrup or a high level of sodium. A slice of bread should contain no more than 180 milligrams of sodium per slice and should provide at least 3 grams of fiber.

Table 19 lists some bread products that I recommend.

TABLE 19. RECOMMENDED BREAD PRODUCTS

BRAND	PRODUCT	SODIUM (mg per slice or piece)	FIBER (g per slice or piece)	INGREDIENT NOTES
Food for Life	7 Sprouted Grains Bread	80	3	Sprouted wheat, rye, barley, oats, millet, corn, and brown rice
Food for Life	Bran for Life Bread	140	5	100% whole wheat flour
Food for Life	Ezekiel 4:9 Sprouted Whole Grain Bread	75	3	Sprouted wheat, barley, millet, lentils, soybeans, spelt
Food for Life	Ezekiel 4:9 Whole Grain Pocket Bread	110	3	100% whole wheat flour
Food for Life	Ezekiel 4:9 Sprouted Whole Grain Tortilla		5	Sprouted wheat, soybeans, barley, millet, lentils, and spelt
Manna Organics	Multigrain	10	4	Sprouted wheat, brown rice, barley, oats, millet, rye
Manna Organics	Sunseed	3	7	Sprouted wheat; sunflower, sesame, flax, poppy, and caraway seeds
Manna Organics	Fruit & Nut	7	6	Sprouted wheat, raisins, dates, almonds, cashews, hazelnuts
Alvarado Street Bakery	Sprouted Wheat Multi-Grain	170	2	Sprouted wheat, millet, corn, rye, sunflower seeds
Alvarado Street Bakery	Sprouted Whole Wheat	180	2	Sprouted wheat, dates, raisins
Alvarado Street Bakery	No Salt Sprouted Multi-Grain	10	2	Sprouted wheat, millet, corn, rye, sunflower seeds
Pepperidge Farm	100% Natural Whole Wheat	130	3	Whole wheat flour; contains sugar and oil
Natural Ovens Bakery	Whole Grain Natura	ls 130	4	Whole wheat flour; contains sugar and oil

#### **DESSERTS**

## **Apple Surprise**

Serves: 6

1 cup raisins

1/4 cup water

8 apples, peeled, cored, and diced

1/2 cup chopped walnuts

4 tablespoons ground flaxseeds

1 tablespoon cinnamon

Place raisins in a pot and cover with ¼ cup water. Place diced apples on top. Cover and simmer to steam the apples over very low heat for 7 minutes. Transfer apple/raisin mixture to a bowl and mix well with remaining ingredients.

*Note:* This recipe keeps well in the refrigerator for 7 days.

PER SERVING: CALORIES 260; PROTEIN 7g; CARBOHYDRATES 48g; TOTAL FAT 8.8g; SATURATED FAT 0.8g; SODIUM 7mg; FIBER 7.9g; BETA-CAROTENE 51mcg; VITAMIN C 10mg; CALCIUM 59mg; IRON 1.7mg; FOLATE 21mcg; MAGNESIUM 51mg; ZINC 0.7mg; SELENIUM 1.8mcg

## **Banana Mango Sorbet**

#### Serves: 2

1 ripe banana, frozen

2 cups frozen mango

4 slices unsweetened dried mango

¼ cup almond, hemp, or soy milk

6 ice cubes

Add all ingredients to a high-powered blender and blend until smooth and creamy.

*Note:* You can substitute 4 Medjool or 8 Deglet Noor dates for the dried mango.

PER SERVING: CALORIES 308; PROTEIN 4g; CARBOHYDRATES 79g; TOTAL FAT 1.3g; SATURATED FAT 0.2g; SODIUM 21mg; FIBER 8.1g; BETA-CAROTENE 902mcg; VITA-MIN C 51mg; CALCIUM 62mg; IRON 1.1mg; FOLATE 47mcg; MAGNESIUM 64mg; ZINC 0.5mg; SELENIUM 3.0mcg

#### **BE READY WITH FROZEN BANANAS**

Bananas are a great ingredient for a number of desserts. Peel ripe bananas and wrap them tightly in plastic wrap or place in a plastic bag. Freeze at least 12 hours before you want to use them.

## **Black Cherry Sorbet**

#### Serves: 3

3 cups frozen sweet black cherries

1 cup vanilla soy, hemp, or almond milk

1 ripe banana, frozen

½ cup walnuts

3 Medjool or 6 Deglet Noor dates, pitted

Blend all ingredients in a high-powered blender.

PER SERVING: CALORIES 249; PROTEIN 6g; CARBOHYDRATES 37g; TOTAL FAT 11g; SATURATED FAT 1.1g; SODIUM 34mg; FIBER 5.3g; BETA-CAROTENE 273mcg; VITA-MIN C 8mg; CALCIUM 60mg; IRON 1.6mg; FOLATE 35mcg; MAGNESIUM 64mg; ZINC 0.9mg; SELENIUM 3.9mcg

## THE SECRET TO MAKING EASY AND DELICIOUS SORBETS AND THICK SHAKES

Blend together one bag of frozen fruit with one fresh fruit and a little nondairy milk. To make a creamy ice cream instead of a sorbet, add a healthy fat source such as hulled hemp seeds, cashews, coconut flakes, or macadamia nuts. Frozen desserts that contain some fat from nuts or seeds will stay softer and can be stored in the freezer before serving.

## **Blueberry Banana Cobbler**

#### Serves: 2

1 banana, sliced

1 cup frozen blueberries

1/4 cup old-fashioned rolled oats

1 tablespoon dried currants

1/4 vanilla bean, or 1/4 teaspoon alcohol-free vanilla extract

2 tablespoons chopped raw almonds

2 tablespoons unsweetened, shredded coconut

¼ teaspoon cinnamon

Combine banana, berries, oats, currants, and vanilla in a microwavesafe dish. If using a vanilla bean, scrape pulp and seeds from bean with a dull knife and add them to the mix; discard pod. Microwave for 2 minutes. Top with almonds, coconut, and cinnamon and microwave for 1 minute. Serve warm.

PER SERVING: CALORIES 195; PROTEIN 3g; CARBOHYDRATES 35g; TOTAL FAT 6g; SATURATED FAT 1.9g; SODIUM 3mg; FIBER 6.2g; BETA-CAROTENE 39mcg; VITAMIN C 8mg; CALCIUM 32mg; IRON 1.4mg; FOLATE 25mcg; MAGNESIUM 66mg; ZINC 0.7mg; SELENIUM 4.8mcg

## **Chunky Blueberry Walnut Sorbet**

#### Serves: 4

1¼ cups unsweetened soy, hemp, or almond milk (use 1 cup for thicker sorbet and 1½ cups for thinner sorbet)

3 cups frozen blueberries, divided

2 ripe bananas, frozen, one chopped into bite-size pieces

34 cup chopped walnuts, divided

1 tablespoon ground flaxseeds

Blend nondairy milk, 2 cups frozen blueberries, 1 frozen banana (unchopped), and ½ cup walnuts in high-powered blender. Empty into a chilled bowl and mix in remaining blueberries, chopped banana, and remaining walnuts. Serve topped with ground flaxseeds.

PER SERVING: CALORIES 303; PROTEIN 8g; CARBOHYDRATES 35g; TOTAL FAT 17.4g; SATURATED FAT 1.7g; SODIUM 44mg; FIBER 7.5g; BETA-CAROTENE 326mcg; VITA-MIN C 8mg; CALCIUM 67mg; IRON 1.9mg; FOLATE 55mcg; MAGNESIUM 82mg; ZINC 1.3mg; SELENIUM 5.8mcg

#### Cocoa Ice Bean

#### Serves: 4

- 2 ripe bananas, frozen
- ½ cup raw cashews
- 34 cup cooked black beans, or canned no-salt-added or low-sodium black beans, drained
- 3 tablespoons natural nonalkalized cocoa powder
- 5 Medjool dates or 10 Deglet Noor dates, pitted
- ½ vanilla bean, split lengthwise, or ½ teaspoon alcohol-free vanilla extract
- 1 cup soy, hemp, or almond milk

Blend all ingredients together in a high-powered blender until very smooth. If using a vanilla bean, scrape pulp and seeds from pod with a dull knife and add them to blender; discard pod. Add additional nondairy milk if needed to adjust consistency. Pour into bowl and freeze until firm. Allow to soften slightly before serving.

PER SERVING: CALORIES 254; PROTEIN 10g; CARBOHYDRATES 38g; TOTAL FAT 9.5g; SATURATED FAT 1.9g; SODIUM 37mg; FIBER 7.6g; BETA-CAROTENE 236mcg; VITA-MIN C 5mg; CALCIUM 49mg; IRON 3.2mg; FOLATE 76mcg; MAGNESIUM 125mg; ZINC 2mg; SELENIUM 8mcg

Medjool dates are larger and sweeter than the more common Deglet Noor date. In recipes that call for dates, substitute 2 Deglet Noor dates for 1 Medjool.

## **Fudgy Black Bean Brownies**

#### Serves: 12

- 2 cups cooked black beans or canned no-salt-added or lowsodium black beans, drained
- 10 Medjool or 20 Deglet Noor dates, pitted
- 2 tablespoons raw almond butter
- ½ vanilla bean, or ½ teaspoon alcohol-free vanilla extract
- ½ cup natural nonalkalized cocoa powder
- 1 tablespoon ground chia seeds

Preheat oven to 200°F. Combine black beans, dates, almond butter, and vanilla in a food processor or high-powered blender. If using a vanilla bean, scrape pulp and seeds from pod with a dull knife and add them to blender; discard pod. Blend until smooth. Add cocoa powder and chia seeds and blend again.

Spread into a very lightly oiled 8-by-8-inch baking pan. Bake for  $1\frac{1}{2}$  hours. Cool completely and apply topping if desired. Cut into small squares. Store in a covered container in the refrigerator for up to one week.

## **Optional Topping**

- 1 ripe avocado
- ½ cup water
- 4 tablespoons natural nonalkalized cocoa powder
- 5 Medjool dates, pitted

Blend topping ingredients in a high-powered blender.

PER SERVING: CALORIES 125; PROTEIN 4g; CARBOHYDRATES 25g; TOTAL FAT 2g; SAT-URATED FAT 0.5g; SODIUM 2mg; FIBER 5.6g; BETA-CAROTENE 18mcg; CALCIUM 40mg; IRON 1.5mg; FOLATE 50mcg; MAGNESIUM 58mg; ZINC 0.8mg; SELENIUM 0.9mcg

Agar is a vegetarian gelatin made from seaweed that you can use as a thickening agent in a variety of recipes. It's available at many health food stores and in some supermarkets. If using agar flakes instead of powder, double the amount.

## Oatmeal Raisin Cookies Filled with Blueberry Jam

#### Serves: 14

1½ cups blueberries

1 cup red or black grapes

½ teaspoon agar powder (see Box on page 280)

2 teaspoons arrowroot

2 ripe bananas, mashed (add extra banana if batter is too dry)

1½ cups old-fashioned rolled oats

½ cup raisins, soaked in water for 30 minutes, then drained

1/3 cup chopped almonds or walnuts

¼ cup unsweetened, shredded coconut

½ vanilla bean, split lengthwise, or ½ teaspoon alcohol-free vanilla extract

1/8 teaspoon cinnamon

#### To make the blueberry jam:

Combine blueberries, grapes, agar powder, and arrowroot in a high-powered blender. Transfer to a small saucepan and slowly bring to a boil over medium heat, stirring occasionally. Boil for 2 minutes (but no longer), stirring constantly. Remove from heat and allow to cool. Place in covered container and refrigerate until ready to use. Makes 2 cups.

#### To make the cookies:

Preheat oven to 325°F. Combine mashed banana and oats. Add soaked raisins, nuts, coconut, vanilla, and cinnamon. If using a vanilla bean, scrape pulp and seeds from pod with a dull knife and add them to mixture; discard pod. Mix well.

Drop by tablespoons onto a nonstick cookie sheet. Flatten a little, make an indentation in the center of the cookie, and add blueberry jam in the indentation. Bake for 13 minutes, or until golden. Makes 14 cookies.

ONE COOKIE: CALORIES 98; PROTEIN 4g; CARBOHYDRATES 19g; TOTAL FAT 2.4g; SATURATED FAT 0.6g; SODIUM 2mg; FIBER 2.4g; BETA-CAROTENE 14mcg; VITAMIN C 4mg; CALCIUM 11mg; IRON 0.8mg; FOLATE 10mcg; MAGNESIUM 38mg; ZINC 0.4mg; SELENIUM 3.3mcg

## **Strawberry Panna Cotta**

#### Serves: 4

#### For the Panna Cotta:

- 2 cups frozen strawberries
- 2 cups soy, hemp, or almond milk
- 3 Medjool or 6 Deglet Noor dates, pitted
- ½ vanilla bean, split lengthwise, or 1 teaspoon alcohol-free vanilla extract
- 1 tablespoon agar powder (see Note)

#### For the Sauce:

11/2 cups frozen strawberries

½ cup soy, hemp, or almond milk

3 Medjool or 6 Deglet Noor dates, pitted

1/4 cup raw cashews

Blend strawberries, nondairy milk, and dates in a high-powered blender until smooth. Add blended mixture to a medium saucepan. If using a vanilla bean, scrape pulp and seeds from the pod with a dull knife. Add pulp, seeds, and pod to the saucepan along with the agar powder. Cook over medium heat until mixture starts to boil. Reduce heat to low and simmer for 5 minutes, stirring constantly. Remove vanilla pod.

Pour into 4 glasses or small bowls. Refrigerate overnight. It should be firm.

To make the sauce, blend frozen strawberries, nondairy milk, dates, and cashews in a high-powered blender until smooth. To serve, spoon some of the berry sauce on top of each panna cotta.

Note: If using agar flakes instead of powder, double the amount.

PER SERVING: CALORIES 297; PROTEIN 9g; CARBOHYDRATES 54g; TOTAL FAT 7.5g; SATURATED FAT 1.1g; SODIUM 85mg; FIBER 8.3g; BETA-CAROTENE 621mcg; VITA-MIN C 3mg; CALCIUM 95mg; IRON 2.8mg; FOLATE 42mcg; MAGNESIUM 90mg; ZINC 1.4mg; SELENIUM 9mcg

#### **Summer Fruit Pie**

#### Serves: 8

#### For Pie Shell:

1 cup almonds

1 cup dates, pitted (Medjool, if available)

2 tablespoons unsweetened shredded coconut

#### For Pie Filling:

2–3 bananas, sliced

1 teaspoon lemon juice

2 kiwis, sliced

1 quart organic strawberries, sliced

1 pint blueberries

½ cup vanilla soy, hemp, or almond milk

 $1\frac{1}{4}$  cups frozen strawberries, or 1 pint fresh organic strawberries

2 dates, pitted

Make pie shell by placing almonds in a food processor or highpowered blender and processing until very fine. Add dates and process until chopped and mixed well. Remove from food processor and knead shredded coconut in by hand. Add a small amount of water if needed to hold mixture together. Press into 9-inch pie plate to form shell.

To make the filling, spread bananas on the crust, pressing down slightly. Sprinkle lemon juice over bananas. Place kiwis, strawberries, and blueberries over bananas. If desired, reserve some fruit to decorate top of pie.

Add nondairy milk, frozen strawberries, and dates in a blender and blend until smooth. Pour blended mixture over the fruit. Decorate with additional fruit as desired. Cover and freeze for at least 2 hours before serving.

PER SERVING: CALORIES 245; PROTEIN 9g; CARBOHYDRATES 47g; TOTAL FAT 6.8g; SATURATED FAT 0.6g; SODIUM 11mg; FIBER 8g; BETA-CAROTENE 101mcg; VITAMIN C 76mg; CALCIUM 70mg; IRON 1.6mg; FOLATE 47mcg; MAGNESIUM 75mg; ZINC 0.8mg; SELENIUM 2.7mcg

#### Vanilla Coconut Nice Cream

#### Serves: 4

20 walnut halves

½ vanilla bean, split lengthwise, or 1 tablespoon alcohol-free vanilla extract

4 medium bananas, frozen

½ cup unsweetened creamed coconut (see Note)

1/4 cup soy, hemp, or almond milk

Using a high-powered blender, blend walnuts on high speed until the consistency of dust. If using a vanilla bean, scrape pulp and seeds from pod with a dull knife and add them to the blender along with remaining ingredients (discard vanilla bean pod). Blend on very high speed until silky smooth. Serve immediately, or store in freezer for later use.

*Note:* Creamed coconut is unsweetened dehydrated coconut meat ground to a semisolid creamy paste.

PER SERVING: CALORIES 292; PROTEIN 3g; CARBOHYDRATES 33g; TOTAL FAT 18.3g; SATURATED FAT 13.5g; SODIUM 10mg; FIBER 3.4g; BETA-CAROTENE 31mcg; VITAMIN C 11mg; CALCIUM 17mg; IRON 1.2mg; FOLATE 30mcg; MAGNESIUM 60mg; ZINC 0.8mg; SELENIUM 1.4mcg

## Vanilla Cream Topping for Fruit

#### Serves: 8

1 vanilla bean, split lengthwise, or 1 teaspoon alcohol-free vanilla extract

11/3 cups raw macadamia or cashew nuts

1 cup soy, hemp, or almond milk

<sup>2</sup>/<sub>3</sub> cup dates, pitted

If using vanilla bean, scrape pulp and seeds from pod with a dull knife; discard pod. Blend vanilla pulp and seeds, nuts, nondairy milk, and dates together in a high-powered blender until smooth and creamy. Serve over strawberries, other berries, or fruit. May also be used as a topping for fruit sorbets or baked desserts.

*Note:* For a Chocolate Cream Topping, add 2 tablespoons of natural nonalkalized cocoa powder.

PER SERVING: CALORIES 184; PROTEIN 6g; CARBOHYDRATES 20g; TOTAL FAT 10.7g; SATURATED FAT 1.9g; SODIUM 20mg; FIBER 2.3g; BETA-CAROTENE 111mcg; CALCIUM 26mg; IRON 2mg; FOLATE 13mcg; MAGNESIUM 81mg; ZINC 1.5mg; SELENIUM 6.4mcg

# Appendix: Considering Supplements

Once you start to eat healthfully, using supplements judiciously and conservatively is often a wise choice. Your diet may be the major part of the health pie, but it is not the whole pie. It's also necessary to assure that you aren't hurting yourself with the wrong nutritional supplements. Remember: Too little of something can be suboptimal, but too much can be as well. We have to be cautious and informed to do the right thing, because very few people understand these complicated issues.

Certain supplemental ingredients are controversial, and my comprehensive review of the available science reveals that many of the synthetic elements in typical multivitamins have, alarmingly, been linked to an increased risk of cancer. Proving a definitive link between a supplement and cancer takes many years to accomplish. Don't be persuaded by a five-year study looking at the potential cancer-promoting risks of folic acid and claiming that it's safe. Five years simply isn't long enough for the potential risk to arise. We must give heavier weight to studies that look at outcomes after ten to thirty years.

It's also still important to consider that even the healthiest diet may not supply you with the optimal amount of every potentially beneficial substance or nutrient. Supplementing those nutrients may be advantageous for long-term health.

# Use supplements wisely and conservatively to assure that no deficiencies exist.

Just because almost all multivitamins contain some questionable and potentially cancer-promoting ingredients doesn't mean that all supplements are harmful or worthless. Certainly, not all supplemental ingredients are potentially harmful; many have significant benefits. A healthy diet might contain suboptimal levels of vitamins  $B_{12}$  and D, and for many people the levels of other critical elements may be similarly suboptimal. People aren't carbon copies of one another. Scientific literature points to the potential health problems that may arise from deficiency and insufficiency, and my decades spent examining the blood of thousands of patients have made clear that some people need supplementation of certain nutrients to maximize their health potential.

Traditional multivitamins, however, aren't the best answer. Some studies on multivitamins show benefits, and others don't; but it's not good science to look at studies on multivitamins as a whole because there are too many variables mixed together. Multivitamins are most often a combination of harmful substances and potentially helpful substances. My review of all the literature on the individual supplemental ingredients has led me to strongly advise against taking standard multivitamins that contain folic acid, beta-carotene, vitamin A (acetyl and retinyl palmitate), vitamin E, selenium, copper, and for men and postmenopausal women, iron.

## Folic Acid

Stay away from folic acid, which is the synthetic form of folate, a member of the family of B vitamins. Synthetic folic acid found in supplements has a different chemical structure than natural folate, which is found abundantly in natural food, particularly green vegetables and beans. Your body processes folate and folic acid differently. Folic acid is about twice as absorbable as natural folate, and once absorbed it must be modified before it can act as folate. Your body can convert only so much folic acid into folate, so too much folic acid enters the blood and tissues as unmodified folic acid. Exactly what unmodified folic acid does in the human body is unclear, but there is evidence that it can disrupt normal folate metabolism and promote cancer growth. Taking synthetic folic

acid has been linked to an increased risk of developing breast, prostate, and colorectal cancers.<sup>3</sup> For example, a ten-year study on women taking multivitamins concluded that those who took multivitamins containing folic acid increased their breast cancer risk by 20 to 30 percent.<sup>4</sup> A 2011 meta-analysis of six folic acid supplementation trials similarly found that the incidence of all cancers was 21 percent higher in the groups that received folic acid supplements.<sup>5</sup> In contrast, higher consumption of natural food folate helps to prevent breast, prostate, and colorectal cancers.<sup>6</sup> There is simply too much evidence to ignore. We must be cautious and avoid supplementing our diets with folic acid.

Fortunately, you don't really need to take extra folic acid, because natural folate is abundant in green vegetables, beans, and other plant foods. A nutritarian diet supplies you with enough folate for your body to function properly. Folate is essential for several chemical reactions related to DNA production, including methylation and repair mechanisms, crucial steps in the division of cells. Folate is also important for normal fetal development and support of normal immune function to fight against cancer.<sup>7</sup> Folate has become widely known for protecting against neural tube defects in developing babies.

The U.S. government and health authorities insist that women who may become pregnant take supplemental folic acid, rather than recommending that they eat green vegetables, which contain folate in addition to hundreds of other cancer-protective micronutrients. This pill-for-every-ill mentality may create new problems, such as an increase in childhood cancers and breast cancer. Every woman should be aware that no supplement can substitute for healthful eating. Eating folaterich foods during pregnancy may also offer protection against cardiac birth defects, childhood respiratory illnesses, and childhood cancers.<sup>8</sup>

Since folate is most important very early on in pregnancy, the most important thing women can do to prevent neural tube defects and protect their unborn child from other health problems is to consistently eat plenty of greens and other folate-rich foods before becoming pregnant and during pregnancy. Folic acid is a weak substitute for the real thing.

#### **Beta-Carotene**

Beta-carotene—along with alpha-carotene, lutein, and lycopene—is one of more than six hundred carotenoids, the yellow, orange, and red pigments that have antioxidant activity and are present in fruits and vegetables. Beta-carotene is a provitamin A carotenoid, which means that it is converted to vitamin A in the body. Carotenoids contribute to proper immune function and vision and defend the body's tissues against oxidative damage. This helps to prevent chronic diseases and premature aging.<sup>9</sup>

Early observational studies have found that individuals with higher beta-carotene blood levels had lower risks of cancer, and interventional studies using beta-carotene and vitamin A supplements followed. However, beta-carotene supplements were unable to produce the beneficial effects of carotenoid-rich plant foods. In fact, supplementation with beta-carotene was associated with an increased risk of cancer and premature death. A meta-analysis of many studies of antioxidant vitamin supplementation found that vitamin A supplements were associated with a 16 percent increased risk of death, beta-carotene a 7 percent increase, and vitamin E a 4 percent increase. It is possible that beta-carotene from supplements could interfere with the absorption of other anticancer carotenoids, such as lutein and lycopene.

The precise reason for the increased risk is not clear. What is clear, however, is that beta-carotene supplementation is a poor substitute for the more than six hundred carotenoids found in nature. It's possible for nutrients in isolation (in supplemental form) and at high doses to act differently in the body than when they are derived from foods and naturally balanced with other nutrients. A nutritarian diet style provides a more than adequate supply of carotenoids; therefore, supplemental beta-carotene and vitamin A simply are not needed—and they

may be risky. We should not be taking supplements that increase the risk of disease. Get your beta-carotene from food, not supplements.

#### Vitamin A

Vitamin A (acetyl or retinyl palmitate) is likely the most dangerous supplement of all. In addition to the 16 percent increased risk of death found in a meta-analysis of vitamin A supplementation trials,<sup>13</sup> high doses of supplemental vitamin A may also increase calcium loss. It has also been linked to an increased incidence of hip fractures.<sup>14</sup> And excess vitamin A can cause liver damage and birth defects.<sup>15</sup>

#### Vitamin E

Vitamin E encompasses a number of similar fat-soluble compounds found primarily in nuts and seeds such as almonds, hazelnuts, and sunflower seeds. The multiple vitamin E fragments they contain, coupled with other healthful compounds, result in health benefits that you simply cannot obtain from a vitamin E supplement. When one fragment of vitamin E is isolated and supplemented, according to hundreds of studies, these benefits are lost. Similar to vitamin A and beta-carotene, vitamin E supplements were found to not be protective, and a small increase in the risk of death was reported in a recent meta-analysis. Though hardly the most harmful of supplemental ingredients, vitamin E supplements do not give you the best benefit-to-risk ratio. Vitamin E is important, but it's best to get vitamin E from nuts and seeds.

## Selenium

Selenium deficiency is definitely harmful and usually the result of a steady diet of refined foods, or malnourishment. It is also sometimes related to gastric bypass surgery. A nutritarian diet prevents selenium deficiency.

While selenium deficiency is harmful, too much selenium can be harmful too, which is why taking selenium in supplemental form is so risky. Recently, evidence has emerged that high selenium levels may be associated with diabetes, elevated cholesterol levels, prostate cancer, cardiovascular disease, and impaired immune and thyroid function. There is also a link between selenium excess and amyotrophic lateral sclerosis (ALS).<sup>17</sup> In light of these studies, I advise avoiding supplemental selenium. You will automatically get sufficient selenium from a healthy diet, so you won't need this ingredient in a supplement.

## Copper and Iron

Copper and iron are essential minerals. Iron is crucial for oxygen transport in the blood, and both iron and copper take part in many of the body's vital chemical reactions. The human body stores excess iron and copper, and as we age these metals may build up and become toxic. Iron, in excess, also has pro-oxidant effects that may contribute to cardiovascular disease and cognitive decline in older adults. Excess copper intake, especially when in conjunction with high saturated and *trans* fat intake, may also contribute to cardiovascular disease and accelerate cognitive decline in older adults.

The most common sources of excess iron and copper are red meat and multivitamins. One of the negative health effects of red meat is due to its heme iron, which is too readily absorbed. Adequate, but not excessive, amounts of iron and copper are found in plant foods.

Excess iron is somewhat less of a concern for menstruating women compared with men because women lose some iron as a result of menstruation. Some women who have a heavier menstrual flow each month and who absorb iron less efficiently may require more iron than natural plant foods can supply. However, keep in mind that the health benefits

of a nutritarian diet and lower body fat stores include reduced menstrual pain and menstrual bleeding over time, which would also reduce iron requirements. So the amount of iron menstruating women need can be relative to the amount of blood they lose each month, their dietary choices, and their differences in absorption of iron.

The primary issue for men and postmenopausal women is to not consume excess iron. Eating red meat can result in your getting too much iron, which can increase your risk of heart disease and dementia. The iron from supplements is not as well absorbed as the iron in meat, so a low-dose iron supplement may be helpful if an increased need exists from heavy menstrual flow. Low iron levels can cause fatigue, even when anemia is not present. Also, iron deficiency in infants and toddlers can retard brain development and intelligence, so it's important that pregnant and nursing mothers aren't deficient in iron. A blood test showing a ferritin level lower than 50ng/ml indicates a need for iron. Supplemental iron should be taken only when there is a deficiency or increased biological need, such as during pregnancy or in premenopausal women who are experiencing excessive bleeding.

## Vitamin B<sub>12</sub>

Vitamin  $B_{12}$  is involved in red blood cell production and keeps the nervous system working properly. Vitamin  $B_{12}$  deficiency can elevate the amino acid homocysteine, a risk factor for cardiovascular disease, and cause a number of serious health problems, including anemia, depression, confusion, fatigue, digestive issues, and nerve damage. As we get older, our ability to absorb vitamin  $B_{12}$  from food begins to decline. In fact, about 20 percent of adults older than sixty have insufficient vitamin  $B_{12}$  levels, and insufficient  $B_{12}$  levels are associated with an increased risk of Alzheimer's disease. In addition, vitamin  $B_{12}$  is made exclusively by microorganisms, which means that animal products are the only dependable source of it. Soil contains vitamin  $B_{12}$ -producing

microorganisms, but since we wash produce before we eat it, most of us are unable to get sufficient vitamin  $B_{12}$  from plant foods alone. Therefore, vitamin  $B_{12}$  supplementation beyond what is found in a nutritarian diet is necessary.

#### Vitamin D

Vitamin D is produced by the skin in response to exposure to the sun's ultraviolet rays. It regulates bone density by increasing the intestinal absorption of calcium and promoting the activity of bone-building cells. Although it is most known for its role in bone health, recent evidence has shown that vitamin D has important functions relevant to many other aspects of human health.<sup>22</sup> Insufficient vitamin D levels are associated with several cancers, diabetes, cardiovascular disease, depression, and autoimmune diseases.<sup>23</sup> And a number of studies have now found correlations between low vitamin D levels and increased risk of death from all causes.<sup>24</sup> Higher blood levels of vitamin D, on the other hand, have been associated with reduced risk of several cancers.<sup>25</sup> One newly published study found that a doubling of vitamin D level resulted in a 20 to 23 percent reduced likelihood of mortality over thirteen years of follow-up.<sup>26</sup>

Because of our indoor jobs, our climate, and the risk of skin damage and skin cancer from overexposure to sunlight, it's very difficult to achieve optimal levels of vitamin D safely from the sun. Since the current Institute of Medicine recommendations on vitamin D intake fall below what many scientists believe to be an adequate daily dose for most people, most multivitamins do not contain enough vitamin D to constitute a healthy vitamin D level. In my experience, 2000 IU is an appropriate dose that most consistently brings most people into the favorable range for 25-hydroxy vitamin D on their blood test. My thorough review of all the science on this issue indicates a blood test range of 25 to 45 nanograms per milliliter is ideal. I have drawn thousands

of vitamin D blood tests on patients over the years, and found severe deficiencies of vitamin D to be very common. I do recommend having a blood test every few years to determine your vitamin D level to assure adequacy and to make sure you are not taking too much supplemental vitamin D, which could also be harmful.

#### Zinc

A cofactor in hundreds of chemical reactions, zinc is an important contributor to gene expression, immune function, cell growth, and reproduction. An adequate level of zinc is necessary for optimal resistance against infection, which is especially important for the elderly as immunity and disease resistance wane with aging. Although the zinc content of whole plant foods is adequate, zinc isn't as readily absorbed from plant sources compared with animal sources. This is because zincrich plant foods also contain substances, such as phytates,<sup>27</sup> that reduce zinc absorption. Suboptimal levels of zinc therefore are more likely to occur in people who eat low-calorie vegan and near-vegan diets. It is estimated that zinc requirements for people following a completely vegan diet are approximately 50 percent higher than for non-vegans.<sup>28</sup>

Zinc may be especially important for men, since blood zinc levels of men with prostate cancer tend to be lower than in healthy men, and long-term zinc supplementation has been associated with a decreased risk of advanced prostate cancer.<sup>29</sup> Supplementation with a low dose of zinc, 10 to 15 milligrams, seems wise.

## **Iodine**

Iodine is involved in the production of thyroid hormones. Most plant foods are low in iodine, largely because of soil depletion. Studies have shown that iodine deficiency is common in vegans and vegetarians.<sup>30</sup>

Kelp, a sea vegetable, is a good source of iodine, but only a pinch (one-tenth teaspoon) is an appropriate dose. It could provide excessive amounts of iodine if the amounts consumed aren't carefully measured and limited. Since the primary source of iodine in the American diet is iodized salt, it may be important to supplement your iodine intake because a nutritarian diet minimizes added salt. Since both too little and too much iodine can have a negative effect on thyroid function, taking 150 micrograms a day is sufficient and protective.

#### Only the optimal choice of food can result in optimal health.

The right foods are still the only answer to excellent health because supplements can never supply the broad diversity and comprehensive array of immune system–supporting nutrients that we need for superior health and a long life. There is simply no substitute for eating nutrient-rich vegetation.

Supplements can add exposure to beneficial substances not found in optimal amounts in one's diet, but we always have to keep in mind that both deficiencies and excesses of individual nutrients can be problematic and many supplements, because they may contain higher amounts of individual nutrients than can be utilized by the body, can push people up to a harmful level of intake. Remember, even too much clean water can be harmful.

So though we should maintain adequate intake of DHA,  $B_{12}$ , zinc, iodine, and Vitamin D, we should also be aware that taking too much can also be harmful. I want you to aim for comprehensive nutritional adequacy, not excess. Modern nutritional science directs us to combine the optimal diet with the judicious use of supplements to adequately meet our needs. When you do this, you achieve a zone of excellence, rarely achieved by humans in prior generations or even in our world today, and you have a unique opportunity in human history to live better, healthier and longer than ever before.