# MEAL PLAN & RECIPES

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## Best Foods to Eat to Reverse Heart Disease, Diabetes and Aggressive Weight Loss

| | |
|---|---|
| Raw greens | Tomatoes |
| Cooked greens | Cauliflower |
| Mushrooms | Legumes (beans, lentils and peas) |
| Oats | Buckwheat |
| Barley | Berries (other low sugar fruits) |
| Eggplant | Nuts/Seeds |

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## The Raw Vegetable Salad

| | | |
|---|---|---|
| Lettuce | Baby Greens | Carrots |
| Broccoli | Radish | Red Onions & Scallions |
| Snap Peas | Peppers | Cucumber |
| Sprouts | Tomatoes | Avocado |
| Baby Bok Choy | Kale | Apple |

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## Nature's Most Powerful Disease Fighting Foods

Kale, collard greens, broccoli, mustard greens, turnip greens, red cabbage, Brussels sprouts, watercress, Chinese cabbage, arugula, bok choy, radish, spinach, chard

•These vegetables contain phytochemicals that can modify human hormones and prevent toxic chemicals from binding to your DNA causing cancer and other diseases.

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# THE TRANSITION WEEK

Don't try to dive into this new way of eating cold turkey. If you're currently eating a lot of processed foods, then it's best to slowly transition into this new way of eating.
You can take a week to make the transition; it's up to you.

- ***On Day One*** – focus only on switching to your new breakfast.
- ***On Day Two*** – keep your new meal plan breakfast.
- ***On Day Three*** – keep your new meal plan breakfast and switch your lunch too.
- **On Day Four** - keep your new meal plan breakfast and lunch.
- **On Day Five** - keep your new meal plan breakfast and lunch and switch dinner too.
- **On Day Six and Beyond** - Congratulations, you're all in!

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## COOKING WITHOUT OIL – STEAM FRY

When you are sautéing vegetables on the stovetop, simply replace the oil you normally use with water or vegetable broth. You can use other liquids too, but these are the most common oil replacements for sautéing.

Vegetables naturally have a lot of water in them, which releases when they are cooked, so this is why we only need to add a small amount of water or broth. Just keep an eye on your pan so that your vegetables don't stick; I keep a glass of water nearby so I'm ready.

### Steam Frying

1. Use a nonstick skillet.
2. Heat it on high heat until it is very hot.
3. Add your vegetables and toss or stir them constantly.
4. Add a few drops of liquid (broth, water, wine, beer, etc.)

In preparing your pans for baking cakes, breads, or cookies, you can use parchment paper instead of oil. Parchment is a silicone-coated paper that nothing sticks to and it is disposable. (It's different than wax paper but is found close to it in your grocery store.) Or you can use silicone bake ware, which is food-grade and safe to use; bread just pop right out of loaf and muffin pans.

Silicone baking mats are also available; these are useful for flat baking (roasting vegetables). Both the silicone bake ware and the mats are washable and reusable.

## HOMEMADE DRESSINGS

For quick homemade dressings without oil I like to use prepared mustard, vinegar, water, or juice (lemon, grapefruit, lime, apple, carrot, celery), and if I will be making a blended dressing, I'll add in some soft fruits or vegetables, such as strawberries, cucumbers, or mango.

For creamy dressings, a little tofu, avocado or soaked nuts may be added, however go light on these since these are much higher in calories than vegetables and fruits. A tablespoon or two of minced fresh herbs (basil, cilantro, parsley) are also a tasty addition to homemade salad dressings.

# WEEKLY MENU

| Day | Breakfast | Snack | Lunch | Snack | Dinner |
|---|---|---|---|---|---|
| Day 1 | Toasted Oatmeal w/ Apples, Almond & Banana* | Fruit--1 piece or 1 cup chopped | Chopped Salad*, | 1 piece fruit or 1/2 cup fruit | Romaine & Arugula salad,<br><br>Asian Vegetable Stir Fry* |
| Day 2 | Fruit Bowl with Nuts & Seeds* | Fruit--1 piece or 1 cup chopped it | Kale, Chickpea & Avocado Salad* | 1 piece fruit or 1/2 cup fruit | Minestrone Soup* |
| Day 3 | Soaked Oats with Blueberries & Apple* | Fruit--1 piece or 1 cup chopped | Leftover Minestrone soup<br><br>Salad: Mixed baby greens, bell peppers & cucumber with Almond Vinaigrette Dressing* | 1 piece fruit or 1/2 cup fruit | Kale White Bean Stew* |
| Day 4 | Strawberry Banana Smoothie*<br><br>Or Berrilicious* | Fruit--1 piece or 1 cup chopped | Kale, Pineapple, Walnut Salad* | 1 piece fruit or 1/2 cup fruit | Beefless Stew* |
| Day 5 | Toasted Oatmeal w/ Apples, Almond & Banana* | Fruit--1 piece or 1 cup chopped | Blueberry Walnut Rice Salad* | 1 piece fruit or 1/2 cup fruit | Roasted Root Vegetables with Cauliflower & Tomatoes* |
| Day 6 | Fruit Bowl with Nuts & Seeds* | Fruit--1 piece or 1 cup chopped | Raw Vegetable Salad* | 1 piece fruit or 1/2 cup fruit | Tomato Rice Soup* |
| Day 7 | Breakfast Scramble* | Fruit--1 piece or 1 cup chopped | Leftover Tomato Rice Soup<br><br>Salad: Mixed baby greens, bell peppers & cucumber with your Choice of Dressing | 1 piece fruit or 1/2 cup fruit | Lentils & Pasta* |

*Recipe Included

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# RECIPES

## BREAKFAST RECIPES

### Toasted Oatmeal with Apples, Almonds & Banana

1 teaspoon slivered almonds
1/2-cup old-fashioned oats (not instant)
1 cup unsweetened soymilk
1/2 medium apple, diced
1/2 banana, crushed
1/2 teaspoon raisins
1/2 teaspoon cinnamon
1/2 teaspoon ground nutmeg
1 teaspoon vanilla extract

1. Preheat a medium saucepan for about one minute. Add almonds and oatmeal until golden. Shake regularly to prevent burning.
2. Add milk, apple, raisins, cinnamon, nutmeg and vanilla extract, cover and cook for 5 minutes. Add a little more soymilk for a less thick consistency.
3. Mix in the crushed banana and enjoy. You can cook the oatmeal with water then add 1/4 cup soymilk; you'll save 60 calories.

### Soaked Oats with Blueberries & Apple

1/2 cup unsweetened organic soy, hemp or almond milk
1 cup old-fashioned rolled oats
1/4 cup water
1 cup blueberries (fresh or frozen)
1 chopped green apple
1 tablespoon ground flaxseeds

1. Pour Milk over oats and add enough water to cover oats. Soak for 30 minutes or overnight. Add berries, apples and flaxseed. Mix and serve.

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# SMOOTHIES

## Tofu, Strawberry & Banana

8 oz soft silken tofu
1/2-cup fresh or frozen strawberries
1 medium banana
1-cup plain unsweetened soymilk
1/2 cup old-fashioned oats (uncooked)
1 tsp. ground flax seeds (flax meal)
4 ice cubes

Blend until smooth. Enjoy.

## Berrilicious

1-cup plain unsweetened soymilk
1/2-cup fresh or frozen strawberries
1 medium banana
1 scoop Vanilla JuicePlus+® Complete protein powder
1/2 cup old-fashioned oats (uncooked)
1 tablespoon ground flaxseeds

4 ice cubes
Blend until smooth. Enjoy.

## Green Machine

1 cup unsweetened organic soy, hemp or almond milk (prefer almond milk)
1/2 cup frozen blueberries
1 banana
1 cup chopped kale leaves
1 cup spinach
1 date, pitted
3 oz soft silken tofu
1 tablespoon ground flax meal

Blend all ingredients until smooth. Add more liquid for desired consistency. Enjoy.

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## Scrambled Tofu with Tomatoes, Basil & Avocado

6 firm tofu
1 medium tomato, chopped
1/4 tsp turmeric
Fresh basil, chopped
Mrs. Dash or other salt-free herbal blend
Vegetable broth for sauteing
1 cup baby spinach, washed
1/4 small avocado
salt and pepper to taste

1. Chop the tofu and use a fork to crumble it into bite-sized pieces.
2. Add some water or vegetable stock to a frying pan and when it's hot, add the tofu and the rest of the ingredients. Stir until well combined and cook over medium-high heat for 5 to 10 minutes. Stir occasionally.
3. We served our tofu scramble over some toasted multigrain bread and topped it with avocado.
4. Keep leftovers in a sealed container in the fridge for 3 to 4 days.

## Breakfast Bowl

6 oz firm tofu (crushed)
1/2 green bell pepper, chopped
1/2 cup cooked black beans (canned)
1/2 onion, chopped
1/2 tsp turmeric
1 tsp Mrs Dash salt free seasoning
Black pepper to taste
2 Tbsp. medium or hot salsa

1. Heat some vegetable stock in anon-stick skillet until it sizzles and sauté onion and pepper over medium heat, about 2 minutes (stir frequently).
2. Add tofu, Mrs Dash seasoning and turmeric and scramble until cooked.
3. Add black beans and stir.
4. Place mixture in a bowl; top with salsa and enjoy.

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## Vegan French Toast

1 cup unsweetened organic soy, almond or oat milk
1 tbsp flaxseeds
2 tbsp natural maple syrup
1/2 tsp vanilla extract
1/4 tsp ground cinnamon
1/4 tsp ground nutmeg
1/8 tsp sea salt
6-8 slices whole wheat bread

1. Add all the ingredients to a blender (except the bread) and blend until smooth.
2. Pour the mixture into a baking dish or a shallow bowl and let stand for 5 minutes at room temperature.
3. Place each slice of bread into the mixture, allowing the bread to soak in some of it on both sides.
4. Heat some water in a non-stick hot skillet, and place the bread slices onto the hot skillet until browned on one side, then flip and brown the other side (about 5 minutes for each side).
5. Serve with your favorite toppings. We added some maple syrup, berries,  and soy yogurt.
6. Keep leftovers in a sealed container in the fridge for 3 to 4 days.

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## Oatmeal Pancakes

2 cups old-fashioned oats
1 tablespoon ground flax meal
2 teaspoon baking powder
1/2 teaspoon soda
1 tablespoon white vinegar
1 ripe banana
2 tablespoon vinegar
2 tablespoon natural maple syrup
2 cups unsweetened organic nonfat soy or almond milk
1 tablespoon ground flax seeds
1 medium banana
1/2 cup berries (for serving)

1. Grind oats into a flour in a blender
2. Add all other ingredients (except berries) and puree until smooth
3. Sprinkle a littler water on a hot non-stick skillet over medium-high heat. If water dances around, skillet is ready.
4. Add 1/3 cup of batter to skillet and let cook until brown around the edges and bubbles on top, then flip over and cook for another 1-2 minutes.
5. Serve with berries on top

## Buckwheat pancakes

1/2 cup buckwheat flour
1/2 cup old-fashioned oats
1/2 cup cornmeal
1 teaspoon baking powder
1/2 teaspoon baking soda
1 ripe banana
2 tablespoon vinegar
3 tablespoon natural maple syrup
2 cups unsweetened organic nonfat soy or almond milk
1 teaspoon ground flax seeds

1. Mix buckwheat flour, oats, cornmeal, baking powder, baking soda in a bowl.
2. Mash the banana in another bowl. Add vinegar, maple syrup and milk. Stir then add dry ingredients.
3. Heat nonstick pan on medium high with a little water. When water sizzles on pan it is ready for pancakes. Cook until bubbles form on top of pancakes then flip over.

Buckwheat is actually a fruit and not wheat. It is a gluten free whole grain that is packed with lots of great cholesterol lowering nutrients.

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## Buckwheat Porridge

1/2 cup buckwheat groats
2 cup unsweetened organic soy, almond or oat milk
1 teaspoon vanilla extract
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1 banana
1 tablespoon almond butter

1. Soak buckwheat groats for at least 4 hours. This step is optional, but it makes buckwheat groats easier to digest and they'll cook faster.
2. Drain the groats and add them to a food processor or a blender with the milk. Blend until smooth.
3. Add the mixture to a saucepan, bring it to a boil and cook for about 5 minutes over medium-high heat, stirring occasionally.
4. Serve the porridge in bowls and add your favorite toppings (I added sliced bananas, natural maple syrup, slice almonds and also almond butter).
5. Keep leftovers in a sealed container in the fridge for up to 4 days.

## Homemade Muesli Cereal

1/4 cup ground flax seeds (flax meal)
1/4 cup wheat germ
1/4 cup wheat bran
4 cups old fashioned oats
1/2 cup barley flakes
1/2 cup rye flakes
1/4 cup raisins
1/4 cup dried cranberries
2 tablespoons slivered almonds
2 tablespoons sesame seeds

Combine ingredients in a large bowl and mix together. Store in a glass container. Makes 8-10 servings.

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## Tofu Spread

4 oz firm tofu
2 Tbsp tahini
2 tsp Bragg's Liquid Amino or reduced sodium soy sauce
1 scallion, chopped finely
1/2 cup finely chopped red bell pepper
1 tsp. apple cider vinegar
1 medium tomato, chopped finely
1/2 small avocado, chopped
2 large lettuce leaves

1. Crush tofu in a bowl with a folk.
2. Add other ingredients (except lettuce) and mix well.
3. Serve on top of lettuce as an open face sandwich

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# SALAD DRESSING & SALSA

## CAESAR SALAD DRESSING

3 Tablespoon toasted sesame seeds
1/2 cup unsweetened organic soy, almond or hemp milk
1/3 cup raw cashews
1 tablespoon lemon juice
11/2 teaspoons Dijon Mustard
Pepper

Blend all ingredients together and serve.

## RED WINE VINAIGRETTE

1/4 cup red wine vinegar
1 tablespoon balsamic vinegar
1 clove garlic, crushed
1 tablespoon Dijon mustard
2 tablespoon Bragg's Liquid Aminos
1 tablespoon natural maple syrup

Whisk or blend all ingredients together then refrigerate.

### ASIAN SALAD DRESSING

1/3 cup water
1/4 cup rice wine vinegar
1/4 cup low sodium soy sauce
1/4 teaspoon minced garlic
1/4 teaspoon grated ginger
1/4 teaspoon red pepper flakes (optional)
1/4 teaspoon guar gum

Combine all ingredients in a bowl and mix well.

Note: Guar gum is used for thickening dressings and sauces. Find it in the Asian food section of your local market.

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**NO-OIL CITRUS DRESSING:**
1/2 cup orange juice (fresh-squeezed preferred, Navel recommended)
2 tablespoon cashews, raw (soaked and drained or plain raw)
1 tablespoon sesame seeds, raw or toasted
1 tbsp lemon juice
1/2 tsp orange zest (optional)

Blend all ingredients together then refrigerate

## ALMOND VINAIGRETTE DRESSING

1 cup raw almonds
1 cup unsweetened organic soy, almond or hemp milk
1/4 cup balsamic vinegar
2 tablespoon lemon juice
1/4 cup raisins
2 teaspoon Dijon mustard
1 clove garlic

Blend all ingredients until creamy and smooth. Enjoy.

## MISO-SESAME GINGER SAUCE

1/2 cup tahini
2 tablespoon lemon juice
1 tablespoon white miso
1 tablespoon finely grated ginger
2 pitted dates
1 clove garlic, crushed
Ground black/white pepper
2/3 cup water

Blend all ingredients together. Add more water to achieve desired consistency. Serve over your vegetables

## LEMON, GARLIC & MUSTARD VINAIGRETTE

3 tablespoon lemon juice
1 tablespoon Dijon mustard
1/2 teaspoon balsamic vinegar
1/4 teaspoon freshly minced garlic
1 teaspoon dried tarragon

Mix ingredients together.

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## PEANUTTY HUMMUS

1-cup chickpeas (canned is fine, rinse first)
1 clove garlic, cut
4 oz soft silken tofu
1 tablespoon peanut butter
1 tablespoon tahini
2 tablespoon fresh lemon juice
1 teaspoon hot pepper sauce
Pinch of salt and pepper

Blend all ingredients in a blender until smooth. Enjoy.

## TOFU MAYONNAISE

1 package organic soft silken tofu
2 tablespoons cider vinegar or lemon juice
1 teaspoon sea salt
1/2 teaspoon dry mustard
1/8 teaspoon white pepper

Blend all ingredients until smooth. Store in covered container for up to 2 weeks.

## MANGO AVOCADO SALSA

1/2 red onion, chopped
1/2 red bell pepper, chopped
1 mango, peeled and chopped
1 avocado, chopped
1 jalapeño, seeded and chopped
The juice of 1 lime
2 tbsp fresh cilantro, chopped
1/4 tsp sea salt
1/8 tsp ground black pepper

1. Add all the ingredients to a bowl and stir until well combined.
2. Serve immediately with any food you like. It's delicious as a salad dressing or a sauce to enjoy with any dish.
3. Keep leftovers in a sealed container in the fridge for 3 to 4 days.

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**HOMEMADE (LOW SODIUM) VEGETABLE BROTH**

Ingredients:
2 yellow onions, sliced
3 carrots, peeled and sliced
2 celery stalks, sliced
3 cloves garlic, halved
1 potato, cut into 1-inch chunks
3 bay leaves
2 teaspoons whole black peppercorns
4 sprigs fresh flat-leaf or curly parsley

Method:
1. Place all ingredients and 1-gallon water in a large pot. Bring to a boil over high heat.
2. Reduce to a simmer and cook 2 hours, then strain and discard solids.
3. Strain once more through a fine mesh sieve.
4. Cool and refrigerate for up to 3 days. Stir before using if broth separates. You can also freeze it.

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# RAW VEGETABLE SALAD

## Ingredients

1 cup finely chopped kale
1 cup finely chopped purple cabbage
1/2 cup thinly chopped broccoli
1 tablespoon dried berries, tart cherries or raisins
1/2 cup shelled frozen edamame, thawed
1 tablespoon shelled raw or toasted sunflower seeds
1/2 cup mung bean or other sprouts
1 finely chopped Granny Smith apples
Salt and fresh ground black pepper to taste

## Almond Vinaigrette Dressing

1 cup raw almonds
1 cup unsweetened organic soy, almond or hemp milk
1/4 cup balsamic vinegar
2 tablespoon lemon juice
1/4 cup raisins
2 teaspoon Dijon mustard
1 clove garlic

## Instructions

1. Make the dressing by blending all ingredients until creamy and smooth.
2. To make the salad, combine all the salad ingredients, and pour 1/2 the dressing (you may add more or less to suit your taste) over ingredients. Toss well, then season with salt and pepper, and serve.

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**QUINOA-KALE BOWL**

INGREDIENTS
1 cup cooked quinoa (any color)
2 cups packed, finely chopped kale (any type)
1/2 cup cooked black or pinto beans (or 1 15-ounce can, drained/rinsed)
1/2 cup corn kernels (cooked or raw)
1/2 cup chopped romaine lettuce
1 chopped tomato (or 1/2 cup chopped cherry tomatoes)
¼ cup chopped red onion

Dressing:
1/2 cup raw, unsalted cashews
2 tablespoons water
¼ cup cilantro (or basil) leaves
¼ cup lime juice (1 to 2 limes)
2 green onions, chopped (white and green parts)
1 medium clove garlic

INSTRUCTIONS
1. Place all of the dressing ingredients into a blender (smaller blenders work best since this is a small amount of dressing, about ½ cup) and set aside while the quinoa is cooking, or about 15 minutes (so the cashews can soften).
2. In a medium bowl, toss together the beans, corn, lettuce, tomatoes, red onion, and the cooked quinoa (1 cup) and kale. (The beans, corn, quinoa and/or kale can be eaten warm or cold).
3. Blend the dressing ingredients on high until very smooth, adding a little water as needed to reach a slightly thick but pour-able consistency. Serve the dressing on the side or toss with salad.

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## SWEET BEET SALAD

INGREDIENTS
1½ pounds red beets (about 2 very large beets)
½ large red onion, chopped or sliced (about 1½ cups)
6 cups loosely packed baby arugula leaves
2 oranges or large tangerines, peeled and sectioned (seeds removed)
2 tablespoons balsamic vinegar
¼ cup raw, unsalted pumpkin seeds (optional)

INSTRUCTIONS
1. Peel the beets, trim the ends and cut in half. Slice each half into ⅛ to ¼-inch-thick slices. Place into a saucepan and cover with water. Bring to a boil and then reduce heat to medium-low and cook until tender, about 15 minutes (test for doneness with the tip of a knife or a fork). You may need to cover the beets, as they like to splatter once boiling.
2. While the beets are cooking, place the chopped or sliced red onion into a saucepan and cook while stirring on medium-high heat, adding water as needed to prevent sticking, until lightly browned around the edges, 3 to 5 minutes. Place into a medium bowl when done.
3. When the beets are done, drain and rinse under cool water and place them into the bowl of onions. Add the arugula, oranges or tangerines, and balsamic vinegar, and toss. Sprinkle pumpkin seeds on top.

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# BLACK BEAN & YAM SALAD

INGREDIENTS
2 medium yam peeled and cut into 3/4-inch cubes
1/2 medium red onion, finely chopped
1 medium red bell pepper, chopped
1 cup finely chopped kale
1/2 cup cooked black beans, drained and rinsed
1 cup loosely packed cilantro leaves, coarsely chopped (or fresh basil)
1/2 teaspoon cumin
1/2 avocado, chopped (optional)

For the dressing:
1/3 cup lime juice
1/4 teaspoon of each: chili powder, garlic powder, onion powder, red pepper flakes, oregano, paprika, cumin, salt and pepper

INSTRUCTIONS
1. Heat oven to 450 degrees.
2. Line a baking pan with parchment paper, then place yam on top. Season with cumin, salt and pepper. Roast on lower rack, until tender, tossing once during cooking, 25 to 35 minutes.
3. In a large bowl, whisk lime juice and herb blend, then add yam, black beans, cilantro, and avocado (if using). Mix gently and enjoy.

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## SUMMER CORN & EDAMAME SALAD

2 ears fresh sweet corn, husks and silk removed (or about 1 1/2 cups frozen corn kernels, thawed)
1 (10-ounce) bag frozen shelled edamame
1 cup cherry tomatoes, halved
1/2 small red onion, diced
5-6 medium basil leaves, chiffonaded
2 tablespoons lemon juice
1 tablespoon balsamic vinegar
1/2 teaspoon Mrs. Dash
1/4 teaspoon freshly ground black pepper
Chopped lettuce (optional)
1 cup raw vegetables (optional)

1. Set a large pot of water over high heat. Bring to a boil. Carefully add the corn cobs. 2. Boil for three minutes. Remove with tongs and set aside to cool a bit. Add the edamame. Cook for three minutes. Drain and let cool for a bit.
3. Cut the corn kernels off the cob (I set it on end and use a large, sharp chef's knife. Be careful!) Add them to the bowl along with the cooled edamame. Add the cherry tomatoes, onion, and basil.
4. Drizzle in the lemon juice and vinegar. Add 1/2 teaspoon seasoning and 1/4 teaspoon pepper.
5. Toss well. Taste and add additional seasoning and pepper if desired. Serve immediately or refrigerate until ready to serve. Keeps well for 2-3 days in the refrigerator.
6. Toss in some lettuce and your favorite raw vegetables to make this a complete salad meal.

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# TOMATO RICE SOUP

INGREDIENTS
1 medium yellow or white onion, chopped (about 2 cups)
6½ cups low sodium vegetable broth
1 can cooked navy or white beans (15 ounces; about 1½ cups) drained and rinsed
¾ cup dry/uncooked, long-grain brown rice
2 cans diced tomatoes (14.5 ounces each; about 3 cups total), undrained
2 ribs celery, sliced (about ⅔ cup)
5 medium white or cremini mushrooms, sliced (about 2 cups)
1 tablespoon dried Italian herb seasoning
1 teaspoon chopped garlic
3 cups chopped Swiss chard
½ cup chopped fresh basil

INSTRUCTIONS
1. Heat 1 tablespoon of water in a soup pot over medium-high heat. When the water starts to sputter, add the onions and garlic and cook while stirring for about 3 to 5 minutes.
2. Add the broth, beans, rice, diced tomatoes (including juice), celery, mushrooms, Italian seasoning, and bring to a boil, uncovered. Reduce the heat to low then cover and cook for 30 minutes.
3. Stir in the chard then cover and cook for 10 minutes more, until the chard has wilted. Stir in the basil toward the end of cooking.

NOTES
Dried herbs: If you don't have a dried Italian herb blend on hand, use a blend of dried oregano, basil, thyme, rosemary, sage, and/or parsley.

You may also use other greens in this soup, such as beet greens, collard greens, and kale.

If you want to use fresh tomatoes instead of canned, add 1½ pounds of fresh tomatoes (peeled or unpeeled) chopped, in step 2.

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# 4-BEAN SALAD

INGREDIENTS
For the salad:
3 cups precooked green beans (cut into 1-inch pieces; or 2 14.5-ounce cans, drained and rinsed)
1 can cooked black beans (15 ounces; about 1½ cups), drained and rinsed
1 can cooked kidney beans (15 ounces; about 1½ cups), drained and rinsed
1 can cooked garbanzo beans (15 ounces; about 1½ cups), drained and rinsed
1½ cups peas (thaw first if frozen)
1½ cups corn (thaw first if frozen)
½ cup finely chopped red onion

Tomato Vinaigrette:
1 medium tomato, chopped (including seeds; about ¾ cup)
⅓ cup vinegar (I like apple cider)
2 tablespoons mustard (I like Dijon or stone ground)
1 teaspoon ground cumin
1 medium clove garlic

INSTRUCTIONS
1. Place all of the salad ingredients (green beans, black beans, kidney beans, garbanzo beans, peas, corn, and onion) into a large bowl.
2. Place all of the vinaigrette ingredients (tomato, vinegar, mustard, cumin, and garlic) into a blender, and blend until smooth. Stir into the salad.

NOTES
A little chopped fresh parsley or basil is also nice in this salad.

If you're feeling decadent, add 1 chopped ripe avocado.

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## KALE, CHICKPEA & AVOCADO SALAD

1/2 medium ripe avocado, divided (you'll massage half with the kale, the other half will be sliced for the salad)
1 cup curly kale, finely chopped
2 tablespoons lemon juice (from approx. 1 medium lemon), divided
1/2 Mrs. Dash seasoning
1 cup cooked chickpeas, drained and rinsed
1/4 cup diced red onion (about 1/4 medium onion)oil
1 teaspoon Dijon mustard
1 teaspoon pure maple syrup
1/8 teaspoon freshly ground black pepper
2 tablespoons roasted sunflower seeds
1 pinch sea salt

(***Add a Cup of your favorite RAW Vegetables)

1. Mash half the avocado in a large bowl with a folk. Add the kale, 1 tablespoon lemon juice, and 1/4 teaspoon Mrs. Dash. Massage the mixture with your hand.
2. To a medium bowl, add the chickpeas, onion, the remaining 1 tablespoon lemon juice, Dijon mustard, pure maple syrup, pinch of sea salt, Mrs. Dash and black pepper. Stir until well-combined. Add kale mixture to bowl.
3. Serve on plate topped with remaining avocado and sprinkle sunflower seeds over the top. Serve immediately.

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## CHOPPED SALAD

1 bunch lacinato (a.k.a. dinosaur) kale, thick stems removed and leaves chopped bite-size
1 cup shredded red cabbage
2 navel oranges, peeled, juiced and cut up (reserve juice for dressing)*
1/4 small red onion, thinly sliced
1 medium red bell pepper, cored, seeded and thinly sliced
1 medium yellow bell pepper, cored, seeded and thinly sliced
1 can chickpeas (garbanzo beans), drained
1/3 cup sunflower seeds
1/3 cup pepitas (hulled pumpkin seeds)

DRESSING:
1/4 cup freshly squeezed orange juice (use reserved juice from oranges)
1/4 cup balsamic vinegar
2 tablespoons Dijon mustard
1/2 teaspoon kosher salt
1/2 teaspoon ground black pepper

1. To a very large bowl, add the kale, cabbage, orange segments, onion, and bell peppers. Mix well with your hands, salad tongs, or wooden spoons. Top with the chickpeas, sunflower seeds, and pepitas.
2. Make the dressing. In a small bowl, combine the orange juice, vinegar, Dijon, salt, and pepper. Mix briskly with a whisk until combined.
3. Pour the dressing over the salad. Mix with tongs or two wooden spoons until well-combined. Serve.
4. Keeps refrigerated, covered, for 2-3 days.

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**TURMERIC TOFU SESAME SEED SALAD**

**For the Salad:**
1 cup mixed baby greens
1 carrot peeled and grated
1 medium cucumber sliced
2 tablespoon sun-dried tomatoes chopped
2 tablespoon olives sliced in half
1 tablespoon sesame seeds toasted

**No-Oil Citrus Dressing:**
1/2 cup orange juice (fresh-squeezed preferred, Navel recommended)
2 tablespoon cashews, raw (soaked and drained or plain raw)
1 tablespoon sesame seeds, raw or toasted
1 tbsp lemon juice
1/2 tsp orange zest (optional)

**For the Tofu:**
4 oz firm tofu sliced
Sprinkle of white pepper
Pinch of chili flakes
1 tablespoon tamari
1/2 tsp turmeric

1. Combine tofu ingredients in a bowl and mix well.
2. "Steam fry" tofu in a hot nonstick skillet over high heat until brown on both sides.
3. Combine citrus dressing ingredients in blender and blend until smooth.
4. Toss salad ingredients, tofu and dressing together in a bowl. Enjoy.

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## TOFU-CARROT-GINGER SOUP

1 cup chopped carrots
1/4 cup chopped leeks
1 teaspoon fresh grated ginger
2 cups vegetable broth
1/2 teaspoon ground ginger
8 oz soft silken tofu crushed
1 tablespoon fresh minced cilantro leaves

1. In a hot skillet, add a few drops of water or vegetable broth and "steam fry" leeks for 2 minutes. Stir in fresh ginger and cook for another minute. Add carrots, then tofu and cook for another minute, stirring constantly.

2. Add broth, ground ginger, salt and pepper. Bring to a boil, reduce heat and let cook for 5 minutes.

3. Puree soup in a blender until smooth. Garnish with cilantro and enjoy.

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## LENTIL SOUP WITH CAULIFOLWER AND KALE

1/2 teaspoon cumin seeds or ground cumin
1 teaspoon Mrs. Dash (herbal seasoning)
1 teaspoon mixed Italian herb blend or any no-salt herbal blend of choice
3/4 cup chopped onion
1/2 teaspoon minced garlic
1 (14.5-ounce) can diced tomatoes
2 cups red/green dry lentils
2 cups low-sodium vegetable broth
1/2 block soft/silken tofu blended with 1-cup water
1 lemon (about 2 tablespoons), Juice of
2 cups shredded kale
2 cups cauliflower
1/4 teaspoon fine sea salt (optional)

1. Heat a saucepot over medium heat until hot. Add a teaspoon extra virgin olive oil or 2 teaspoon vegetable broth.

2. Add cumin and herbs and toast 1 minute or until aromatic. Add onion and garlic and cook, stirring frequently, until beginning to brown and stick to the pot, about 2 minutes.

3. Add tomatoes with their juice and cook 2 minutes longer, stirring frequently. Add lentils, broth, 2-3 cups water, tofu cream and lemon juice; bring to a boil.

4. Reduce heat to low, cover and simmer 30 to 35 minutes or until lentils are tender, stirring occasionally. Add cauliflower and cook until lightly cooked but not soft, about 5 minutes.

5. Add kale and cook for another couple minutes.

6. Add more water or broth for desired consistency. Add more Mrs. Dash and salt and pepper to taste.

7. Enjoy.

**Note:** You can make a larger or smaller amount of soup by adjusting the amount of water or broth used. Lentils tend to expand so you may need to add more broth depending on your desired consistency.

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## MINESTRONE SOUP

1 onion, chopped
2 celery stalks, sliced
3 cloves freshly minced garlic
1/2 cup chopped green beans
1 large carrot, minced
1 cup shredded cabbage
1 cup minced zucchini
1 cup cooked Great Northern beans
1 cup cooked chickpeas
1 15 oz can diced tomatoes
1/4 cup tomato paste
1/2 cup uncooked brown rice pasta (or chickpea pasta)
6 cups vegetable broth
1 teaspoon dried oregano
1 teaspoon dried basil
1/2 teaspoon dried thyme
1/4 teaspoon ground cloves
Salt and pepper to taste

1. Add onion, celery, carrots, zucchini and garlic into a large pot with 1/4 cup vegetable broth. Cook over medium-high heat, stirring constantly until vegetables soften.
2. Add remaining stock and all other ingredients, except pasta. Bring to a boil, reduce heat, cover and cook for 45 minutes.
3. Add pasta and continue cooking for another 10-15 minutes, until pasta is done.

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## THREE-BEAN SALAD

2-3 sun-dried tomatoes
1/2 small red onion, chopped finely
1/2 cup red kidney beans (canned is fine, rinse first)
1/2 cup black beans
1/2-cup lima beans
2 Tbsp chopped fresh cilantro
2 celery stalks, chopped finely

**Creamy Dressing:**
4 oz soft tofu
3 Tbsp water
2 Tbsp apple cider vinegar
2 Tbsp extra virgin olive oil
Salt & pepper
1 tsp. honey

1. Toss salad ingredients in a large bowl.
2. Blend dressing ingredients until smooth.
3. Toss salad with dressing and serve. Your salad would taste better if you let it sit in the refrigerator for a couple hours. Enjoy.

## LENTIL SALAD

1 can lentils, rinsed and drained
1 cup finely diced carrots
1/3 cup finely diced celery
1/4 cup finely diced red bell pepper
2 tomatoes, diced
1/2 cucumber, diced
1/2 red onion, finely chopped

Vinaigrette dressing:
2 tbsp. light soy sauce or Bragg's Liquid Aminos
1 tbsp. Dijon mustard
1 tbsp. rice wine vinegar
1 clove garlic, minced

1. Combine salad ingredients in a large bowl and toss well.
2. Combine ingredients for the vinaigrette in a small bowl and mix well.
3. Pour vinaigrette over the salad and toss well.

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## BLACK BEAN AVOCADO SALAD

2 cups leftover cooked brown rice
1 ripe avocado, diced
1 lime, juiced
1 tablespoon. extra virgin olive oil
2 tablespoon chopped cilantro
1 can black bean, rinsed
2 scallions, chopped
2 tablespoon rice wine vinegar

1. Combine all ingredients in a large bowl and toss well.
2. Serve warm or cold.

## BLUEBERRY-WALNUT RICE SALAD

1 tablespoon chopped walnuts
1-cup blueberries
1-cup beans (of your choice)
1 orange cut into segments
1/2 cup cooked brown/wild rice
Pinch of sea salt
Pinch of black pepper
1 teaspoon freshly chopped/dried tarragon
1 cup mixed baby greens
1 cup curly kale, finely chopped

### Asian Salad Dressing

1/3 cup water
1/4 cup rice wine vinegar
1/4 cup low sodium soy sauce
1/4 teaspoon minced garlic
1/4 teaspoon grated ginger
1/4 teaspoon red pepper flakes (optional)
1/4 teaspoon guar gum

1. Mix all ingredients for the dressing together.
2. Toss salad in a bowl. Add dressing and toss to coat. Enjoy.

If you have time, toast the walnuts at 350 F for 3-5 minutes, they would actually taste better.

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## CURRY TOFU SALAD

8 oz soft silken tofu
1/2-cup plain nonfat Greek yogurt
2 celery stalks, finely chopped
2 green onions, finely chopped
1 Tbsp. Braggs Liquid Amino or Reduced sodium soy sauce
1 tsp. curry powder
1 tsp. Dijon mustard
sea salt & black pepper
2 large lettuce leaves (for serving)
Mash tofu in a bowl with a fork.
Add other ingredients, mix well and serve over lettuce leaves.
If you do not eat yogurt, try my vegan mayonnaise recipe above instead. If you do, leave out the mustard from this recipe.

## ESCAROLE AND WHITE BEAN SOUP

1 cup chopped escarole
1 can (15 oz) cannellini (white kidney) beans, rinsed
2 cloves garlic, minced
1/4 cup chopped onion
4 cups reduced sodium vegetable broth
Salt and pepper

1. Sauté garlic and onions in a saucepan with 1/4 cup broth for about 2 minutes.
2. Add escarole and sauté until wilted, another 2 minutes.
3. Add remaining broth, beans, salt and pepper. Cover and let simmer for 3-5 minutes. Enjoy.

Note:
Escarole is a broad leaf member of the endive family. You should be able to find it in the produce section of your local market. It's bitter when raw, but loses some of the bitterness when cooked. Substitute spinach or mustard greens.

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# A NOTE ABOUT TOFU

If you drain tofu and marinate it overnight, it will have more flavor.

## Draining:

1. Place tofu in a bowl or cutting board on top of two layers of fresh towels.
2. Place another towel on top of the tofu and press down on it to remove excess water.
3. Remove towel and place two layers of fresh towel on top of tofu.
4. Place a weighted bowl or other weight on top of towel to press out excess water.
5. Let sit for 15 - 20 minutes.

You can repeat the above steps to remove even more moisture.

Marinate tofu and let sit in the refrigerator overnight. You can use any of the marinades from the Dressings, Marinades and Vinaigrettes previous section.

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# OTHER RECIPES

## PAN-SEARED TOFU WRAP WITH ORANGE-CHILI SAUCE

8 oz firm/extra firm tofu
1/2 medium cucumber, peeled, seeded and chopped into small pieces
2 green onions (scallions), slivered thinly & chopped
1 tablespoon basil
1/2 teaspoon toasted sesame seeds
1 tablespoon pickled ginger
1 tablespoon extra virgin olive oil
2 rice paper wrappers
2 tablespoons reduced sodium soy sauce or Braggs Liquid Amino
1/2 teaspoon Mrs. Dash
Pepper
1/4 cup vegetable broth

### Orange-Chili Sauce:

1/4 cup freshly squeezed orange juice
3 teaspoon reduced sodium soy sauce
2 teaspoons lime juice
1 teaspoon balsamic vinegar
1 teaspoon hot chili pepper sauce
1/4 teaspoon sea salt

1. Whisk together all the sauce ingredients in a mixing bowl. Allow the sauce to stand for a while so that the flavors can infuse. Serve at room temperature.
2. Slice tofu into small 2 inch pieces, season with soy sauce, Mrs. Dash and pepper. Steam-fry in a hot nonstick skillet with broth or water over high heat.
3. Soak each rice paper in warm water for 30 seconds or until soft and pliable. Place it on a paper towel on a flat surface. Fill the center with tofu, cucumber, onion, basil, ginger, and sesame seeds and wrap it. Cut in half and enjoy with dipping sauce.

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## KALE & WHITE BEAN STEW

3 cups kale, chopped
1/2 medium onion, chopped
2 cloves garlic, minced
1 tablespoon Mrs. Dash (or other salt-free herb blend)
1 can (15 oz) low sodium cannellini beans, washed
1 can diced tomatoes
2 cups low sodium vegetable broth
1/2 teaspoon red pepper flakes
ground black pepper to taste

1. Add kale and 1/4 cup broth to soup pot over medium heat. Cook for 5 minutes.
2. Add onion, garlic, red pepper and Mrs. Dash. Cook for 3 minutes, stirring occasionally.
3. Add beans, tomatoes and rest of broth and bring to a boil. Season with ground black pepper to taste. Cover and let simmer for 10 minutes. Enjoy.

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## QUINOA TABBOULEH

1 cup tri-color quinoa, rinsed in cold water
1 1/4 cups water
1 medium cucumber, peeled and diced (about 1 1/2 cups)
2 medium tomatoes, seeded and diced (about 1 cup)
3 scallions, chopped, some green parts included (about 1/4 cup)
1 cup fresh parsley, chopped finely
1/4 cup fresh mint, chopped finely
1/3 cup balsamic vinegar
3 tablespoons lemon juice (from about 1 large lemon)
1 pinch sea salt

1. Set a medium saucepan over medium heat. Add the water. Bring to a boil. Add the quinoa, stir, and reduce to a simmer. Cover and cook until all of the water has absorbed, 10-15 minutes. Uncover and fluff with a fork. Let cool for a few minutes.
2. Add the cucumber, tomatoes, scallions, parsley, and mint to a large bowl. Add the cooled quinoa. Toss together gently.
3. In a separate small bowl, whisk together the vinegar, lemon juice, and salt. Pour over the veggies and quinoa. Mix well.
4. Taste and add additional salt if desired. Serve immediately or refrigerate for a while before serving (I think it's best fully chilled). Keeps for 3-4 days in the fridge.

## APRICOT MARINATED TOFU WITH BROCCOLI & CARROTS

8 oz extra-firm tofu, drained
1/2 cup apricot juice
2 cloves garlic, minced
1 tablespoon Braggs Liquid Amino
1 tablespoon chopped dried apricots
1 teaspoon natural maple syrup
1 carrot, shredded
1-cup broccoli
1/4 cup vegetable broth
To Serve:
1 tablespoon chopped roasted walnuts
1 cup Brown rice or quinoa

1. Drain and marinate tofu overnight if possible. If not, cut tofu into small
1/2" slices and marinate with first 5 ingredients above.
2. Sauté carrot and broccoli with broth in hot nonstick skillet over medium-high heat for 2 minutes, stirring constantly.

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3. Add tofu, without marinade, and stir-fry for another minute.
4. Pour in marinade and bring to a boil. Reduce heat and let simmer for 2 minutes.
Serve with a cup of brown rice and garnish with walnuts.
Use the medium holes of a grater to shred the carrot.

## SPICY TOFU WITH BASIL

8 oz extra firm tofu, drained & cut into 1/2" cubes
2 cloves garlic
1 small red/green chili pepper, minced
1 tablespoon Braggs Liquid Amino
1 cup chopped green beans
2 tablespoons chopped fresh basil
1/4 cup vegetable broth
Salt and pepper
Cooked brown rice or quinoa to serve

1. Steam-fry garlic and chili pepper with broth in a hot nonstick skillet for 30 seconds over high heat. Add tofu and stir-fry for 2 minutes.
2. Add Braggs and stir well. Add green beans and cook for another 2 minutes. Add basil and stir for 30 seconds.
3. Serve with a cup of brown rice. Enjoy.

## ORANGE-GINGER TOFU

8 oz extra firm tofu, drained & cut in 1/2" cubes
1/2 cup fresh squeezed orange juice
2 cups baby spinach
2 cloves garlic, minced
1/2 teaspoon fresh grated ginger
1/4 teaspoon ground ginger
1/4 vegetable broth
Salt and pepper
Brown rice or quinoa to serve

1. Steam-fry tofu and garlic with broth in hot nonstick skillet over high heat until tofu is brown. Add fresh and ground ginger, then spinach, cook until wilted.
2. Add orange juice and bring to a boil. Add salt and pepper to taste. Reduce heat, cover and simmer for one minute.
3. Serve with a cup of brown rice or quinoa. Enjoy.

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## STIR-FRY TOFU WITH KALE & CASHEWS

8 oz extra firm tofu, drained and cut into 1/2" cubes
2 cloves garlic, minced
2 tablespoon reduced sodium soy sauce or Braggs Liquid Aminos
1 cup kale, finely chopped
1 tablespoon raw unsalted cashews, chopped
1/4 cup vegetable broth or water
Salt & pepper

1. Marinate tofu with 1-tablespoon soy sauce.
2. Steam-fry tofu with broth in a hot nonstick skillet over high heat for 2 minutes. Add garlic and cook another 30 seconds.
3. Add kale and cook for another minute, stirring frequently.
4. Add rest of soy sauce and salt and pepper to taste.
Stir in cashews. Enjoy.

## BRAZILIAN BLACK BEAN STEW

1/2 small onion, finely chopped
2 cloves garlic, minced
1/2 cup chopped red bell pepper
3 tablespoons shredded sweet potatoes
1/2 can (15 oz) diced tomatoes
1 small hot red or green chili, minced
1 can (15 oz) black beans, rinsed
4 oz soft tofu
1 teaspoon Mrs. Dash
1-cup organic vegetable broth
1/2 cup chopped ripe mango
2 tablespoon chopped cilantro
Salt and pepper

1. Steam-fry onion and garlic with 1/4 cup broth in a hot nonstick skillet high heat. Stir in sweet potato and bell pepper and cook for 1 minute.
2. Stir in beans, tomatoes, chili and Mrs. Dash.
3. Blend tofu and broth together until creamy and stir into skillet.
4. Add salt and pepper to taste. Increase heat; bring to a boil. Reduce heat cover and simmer for 5 minutes.
5. Stir in mango and cilantro and cook for another minute. Enjoy.

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# BEEFLESS STEW

## INGREDIENTS

1 yellow or white onion, chopped
2 medium carrots, chopped
3 ribs celery, chopped
2 medium portabella mushrooms, cut into ¾-inch pieces (about 4 cups)
1½ tablespoons finely chopped garlic (about 6 medium cloves)
5 cups low sodium vegetable broth
1 pound potatoes, peeled and cut into ¾-inch chunks (about 3 cups)
⅓ cup tomato paste (half of a 6-ounce can)
1 tablespoon dried Italian herb seasoning
1 tablespoon paprika
2 teaspoons finely chopped fresh rosemary (dry works too)
1½ cups cooked peas (if frozen, rinse under warm water)
½ cup fresh parsley, chopped
2 cups chard, chopped

## INSTRUCTIONS

1. Heat 1 tablespoon of water in a soup pot over medium-high heat. When the water starts to sputter, add the onions, carrots, and celery, and cook, stirring frequently, for about 8 minutes, adding water as needed.
2. Stir in the mushrooms and garlic, and continue to cook while stirring for 5 minutes more, adding water as needed.
3. Add the broth, potatoes, tomato paste, Italian seasoning, and paprika, and bring to a boil, uncovered. Reduce the heat to medium-low and stir in the rosemary. Cover and cook for 25 to 30 minutes, stirring occasionally, or until the carrots and potatoes are very tender.
4. Add the peas and chard and cook for 5 minutes more.
5. Place 2 cups of the stew (broth and vegetables) into a blender, and blend just briefly. Stir the mixture back into the pot to thicken the stew. Stir in the parsley.

## NOTES

Peeling the potatoes: I like to peel my potatoes before cooking them, but you can also leave the skins on.

Fresh rosemary: Fresh rosemary is wonderful in this stew, but if you only have dried, use ½ teaspoon.

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## SPINACH AND BLACK-EYED PEAS

1 cup baby spinach, rinsed and chopped
2 Tbsp. fresh parsley, finely chopped
1 can (15 oz) black-eyed peas, rinsed
2 tablespoon fresh lemon juice
2 green onions, finely chopped
1/4 cup leeks (white part only), halved length-wise and finely chopped
1/2 tsp. ground cinnamon
1/4 tsp. ground nutmeg
4 oz soft tofu, blended with 1/2 low sodium vegetable broth into cream
Salt and pepper

1. Heat 1 tablespoon of water in a soup pot over medium-high heat. When the water starts to sputter, add leeks, stirring often for 2-3 minutes.
2. Add spinach, parsley and green onions, cook for another minute.
3. Stir in black-eyed peas, lemon juice, nutmeg, cinnamon and tofu cream.
4. Season with salt and pepper to taste. Increase temperature and bring to a boil.
5. Reduce temperature, cover and simmer for 2 minutes. Enjoy.

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# VEGAN LASAGNA

## INGREDIENTS

**Tomato sauce:**
1 medium yellow or white onion, chopped (about 2 cups)
½ pound mushrooms (8-10 medium white or cremini), thinly sliced (about 3 cups)
1 medium zucchini, thinly sliced (about 1¼ cups)
1 tablespoon garlic finely chopped (3-4 medium cloves)
1 26-ounce box of Pomi strained tomatoes (or other brand)
1 teaspoon balsamic vinegar
1 tablespoon dried Italian herb seasoning
½ teaspoon ground fennel
¼ to ½ teaspoon red pepper flakes (optional; these are spicy)

**For layering and garnish:**
1 10-ounce package lasagna noodles (I like brown rice noodles)
6 cups coarsely chopped Swiss chard
¼ cup unsalted, unroasted cashews or walnuts (as garnish; optional)

**Faux ricotta "cheese":**
10 to 12 ounces of soft tofu (see notes), cubed
1 cup coarsely chopped Swiss chard
3 tablespoons lemon juice
1 tablespoon apple cider vinegar
2 teaspoons poultry seasoning, Italian herb seasoning, or other no-salt seasoning blend

## INSTRUCTIONS

1. Add a tablespoon of water to a large frying pan or soup pot at medium-high heat. 2. When the water begins to sputter, add the onion and mushrooms, and cook while stirring for 3 to 5 minutes, adding a little water as needed.
3. Add the zucchini and garlic, stirring for one minute. Stir in the strained tomatoes, balsamic vinegar, Italian herbs, ground fennel, and red pepper flakes (if using).
4. Reduce heat to low and cook covered while you prepare the rest of the ingredients.
5. Preheat the oven to 375°F. Set aside a 13x9-inch baking dish.
6. Cook the lasagna noodles in a large pot of water according to the package instructions. Drain and rinse, and set aside until ready to use.
7. Place all of the "cheese" ingredients (tofu, chard, lemon juice, vinegar, and seasoning) into a food processor, and process for 20 to 30 seconds until blended but still bumpy, adding water as needed (if too thick).
8. In your baking dish, you'll begin making layers. First, evenly spread 1 cup of the red sauce in the bottom. Add a layer of noodles (next to each other, not overlapping), then a

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layer of half the chard, then half the tofu "cheese" (by spoonfuls then spread out), then 1½ cups sauce (spreading out a bit).
9. Repeat this layering once more: noodles, spinach, tofu, and sauce again.
10. Now, finish with a single top layer of noodles, and spoon all of the remaining sauce (about 1½ cups) on top, spreading out evenly. Cover with a lid or aluminum foil (sealing the edges), and bake for 30 minutes. Remove and, using a rotary cheese grater, grate on some grated cashews or walnuts, and baked uncovered for an additional 5 minutes. Cool for at least 10 minutes before serving (to help set the layers).

**NOTES**
To use potatoes instead of pasta noodles, very thinly slice 1½ pounds (about 2 medium-large) white potatoes. In a soup pot, place the sliced potatoes and cover with water. Bring to a boil and cook for 3 to 5 minutes, just until potatoes are tender but not falling apart. Carefully drain and rinse and set aside.

Lasagna noodles: I like the Tinkyada brand of brown rice noodles. If you are not gluten-free, a whole-grain, wheat-based lasagna noodle may be used.

Tofu: I think "soft" is best in this recipe, as it resembles ricotta cheese texture best; but if you can't find "soft," "firm" is the next best option.

Greens: I think Swiss chard is the best green to use for this dish, as it imparts a naturally salty flavor, more so than spinach. But if you only have spinach, you can use that as well (in the tofu mixture and in the layers).

Basil: If you have some good fresh basil on hand, feel free to add ½ to 1 cup chopped to the sauce toward the end of simmering, as well as a garnish on top of plated servings (as in the top photo).

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# STIR-FRY TOFU VEGETABLES IN ORANGE-MISO SAUCE

8 oz extra firm tofu, drained
1-cup broccoli florets
1/2 cup shiitake mushrooms, thinly sliced
2 tablespoon shredded carrots
1 cup chopped bok choy
2 cloves garlic, minced
2 scallions, chopped
1 tsp. fresh grated ginger
1/2 cup fresh squeezed orange juice
2 teaspoon white miso
1 tablespoon reduced sodium soy sauce or Braggs Liquid Aminos
1 tsp. toasted sesame seeds
1/4 cup low sodium vegetable broth

1. Steam-fry tofu in hot nonstick skillet with broth over high heat. Remove and set aside.
2. Steam-fry garlic, ginger, scallions and mushroom for 2 minutes.
3. Add broccoli and carrots and cook for another minute.
4. Stir in miso, soy sauce, and orange juice. Bring to a boil.
5. Add tofu back to skillet, cover, reduce heat and simmer for a minute.
6. Sprinkle toasted sesame seeds on top and enjoy.

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## VEGETARIAN CHILI

2 cloves garlic, minced
1 small onion, diced
1 can kidney beans, rinsed
1 can white beans, rinsed
1 cup frozen sweet corn
1 tablespoon chili powder
1 can diced tomatoes
1 tablespoon tomato paste
1 tablespoon Dijon mustard
1 tsp. cumin
1 tsp. fresh or dried thyme
1 tsp. salt-free herb blend (Mrs. Dash, Italian herbs)
2 cups low sodium vegetable broth
Salt and pepper
1 tablespoon chopped fresh cilantro or parsley

1. Sauté garlic and onions over medium heat for 1 minute in 1/4 cup broth. Add beans and corn then stir.
2. Add broth, chili powder, tomatoes, tomato paste, mustard, thyme, cumin, herb, salt and pepper to taste. Stir well.
3. Increase temperature and bring to a boil. Reduce temperature, cover and simmer 5 minutes.
4. Garnish with cilantro or parsley and serve by itself or over a cup of brown rice or baked potato.

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## LENTILS & PASTA

5 cups low-sodium vegetable broth
1 cup uncooked brown lentils
1 medium onion, chopped
2 cloves garlic, chopped
1 teaspoon ground cumin
4 cups chopped chard, kale or other greens
4 ounces whole wheat or brown rice spaghetti broken in thirds
2 tablespoon lemon juice
1/4 cup chopped fresh parsley or cilantro (optional)
Pinch of cayenne pepper
Salt and pepper to taste

1. Bring broth and lentils to a boil in medium saucepan.
2. Reduce heat, cover and cook until lentils are tender, about 25 minutes.
3. Steam-fry the onions, garlic and cumin in large nonstick saucepan/skillet (use just a little water or broth to prevent sticking or burning).
4. Pour lentils and broth over onions. Add cilantro, greens and pasta. Bring to a boil then reduce heat to medium.
5. Cook uncovered until pasta is tender, about 10 minutes, and most of the broth is absorbed leaving a sauce.
6. Stir in lemon juice, salt and pepper to taste. Enjoy.

## ROASTED ROOT VEGETABLES WITH CAULIFLOWER & TOMATOES

1 coyote squash
1 turnip
2 cups chopped cauliflower
1 small yam, chopped into small pieces
1/2 cup cherry tomatoes
2 tablespoons chopped onions
1 tablespoon rosemary
1 tablespoon dried basil
1 tablespoon Mrs DASH salt-free seasoning
1/4 cup vegetable broth

1. Toss all ingredients in large baking pan covered with parchment paper at 375. Bake until yam is soft.

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## SESAME TOFU, BROCCOLI, TOMATOES & ZUCCHINI

8 oz. extra firm tofu, cut into small cubes
1/2 cup broccoli florets
1/2 cup sliced mushrooms
1 medium zucchini, chopped
1 large tomato, diced
2 tbsp. Bragg's Liquid Aminos or reduced sodium soy sauce
2 tbsp. red wine vinegar
2 cloves garlic, minced
1/4 tsp. red pepper flakes
1/4 cup vegetable broth
1/2 tsp. fresh grated ginger

1. Steam-fry tofu in hot nonstick skillet over high heat until brown on all sides, 1-2 minutes. Remove and set aside.
2. Steam-fry broccoli, mushrooms, zucchini and garlic for 1 minute.
3. Add tomatoes and sauté for another minute.
4. Combine Bragg's, vinegar, ginger and pepper flakes in a bowl, then pour the mixture over the vegetables, stirring.
5. Return tofu to skillet.
6. Add vegetable broth, reduce heat and simmer for 2 minutes.

## TEMPEH WITH PEAS AND TOMATOES

*8 oz.. tempeh, crumbled*
*1/2 tsp. dried basil*
*1/2 tsp. oregano*
*1/4 tsp. anise seeds*
*3 cloves garlic, minced*
*1 medium onion, chopped*
*1 cup peas*
*1 cup fresh or canned diced tomatoes*
*1 cup vegetable broth*
*salt and pepper to taste*

1. Steam-fry tempeh on both sides in a hot nonstick skillet using a little broth. Remove and set aside.
2. Add a little more both and saute basil, oregano, anise, onion and garlic for another minute.
3. Stir in the peas, tempeh, tomatoes and vegetable broth. Cover and cook for another 2 minutes.

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4. Add salt and pepper to taste and serve.

## BLACK BEANS, GINGER & TOFU

1 tablespoon Chinese rice wine or dry sherry
8 oz. extra firm tofu, drained and cut in 1/2 inch cubes
2 tablespoon reduced sodium tamari
1 tsp. fresh ginger
1 can black beans, drained and rinsed
1/2 tsp. red pepper flakes
2 cloves garlic, minced
2 scallions, cut into 1/2 inch length
2 tbsp. cornstarch
1 red bell pepper, seeded and cut
pepper to taste
1 tbsp. cornstarch mixed with 1/2 cup vegetable stock or white wine

**For serving**: 1 cup cooked brown rice and a green salad

1. Add the oil to a large skillet over medium-high heat.
2. Coat tofu with cornstarch, pan-fry in a nonstick skillet until golden brown on both sides, then remove and set aside. Use a little broth to prevent sticking.
3. Add a drop of broth to hot skillet. Add garlic, ginger, scallions and bell pepper. Sauté for 1 minute. Add black beans and saute for another minute.
4. Return tofu to skillet and add rice wine or sherry, tamari, red pepper flakes and vegetable stock with cornstarch. Stir constantly until thickens.
5. Add pepper to taste.
6. Remove and serve with left-over brown rice and a small mixed-greens salad.

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## SPICY TOFU & ASPARAGUS WITH GARLIC GINGER SAUCE

2 tablespoons lite tamari
1/4 cup vegetable stock
1/4 cup green onions, thinly chopped
1 teaspoon fresh garlic, minced
1 teaspoon minced jalapeno pepper
1 teaspoon fresh ginger, minced
1 cup chopped asparagus
8 oz. extra firm tofu, cut in 1/2" cubes
1 teaspoon cornstarch

To serve: 1 cup brown rice or quinoa

1. Place large nonstick skillet over high heat. Add a few drops of broth. Steam-fry tofu on both sides. Add asparagus and stir-fry for another minute.
2. Combine tamari, cornstarch and vegetable stock in a bowl and mix until cornstarch completely dissolves.
3. Add green onions, garlic, jalapeno, and ginger to skillet and sauté for 30 seconds.
4. Stir in the sauce until it thickens, about 1 minute.

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# TOFU AND LENTILS WITH SPINACH AND TOMATOES

8 oz firm tofu, drained and cut into 1/2" cubes
1/8 teaspoon ground allspice
1/8 teaspoon red pepper flakes
1 can lentils (15 oz), rinsed
1 tablespoon fresh lime juice
1 tablespoon grated lime zest
1/2 teaspoon ground ginger
2 green onions, cut diagonally
1 tablespoon dried apricots, cut into thin strips
1/2 cup reduced sodium vegetable broth
1-cup baby spinach
6 cherry tomatoes, cut in half
1 tablespoon chopped cilantro
Salt and pepper
Mrs. Dash salt-free seasoning

**For serving**: 1-cup brown rice or quinoa

1. Season tofu with Mrs. Dash
2. Steam-fry tofu on both sides in a hot nonstick skillet using a drop of broth.
3. Add onion, ginger, allspice, red pepper, lime zest, and apricot; stir well.
4. Stir in lentils, lime juice and stock. Add salt and pepper to taste.
5. Add spinach and tomatoes. Increase temperature and bring to a boil, then reduce heat, cover and let simmer for 2 minutes. Enjoy.

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# TOFU/TEMPEH WITH GRAPEFRUIT, GINGER & MISO

8 oz firm tofu or tempeh, cut into 1/2" cubes
2 medium shallots, finely chopped
1 tablespoon fresh grated ginger
1 tablespoon light miso paste
1 tablespoon rice vinegar
1 tablespoon sake or white wine
1 teaspoon fresh/dried thyme
1 teaspoon fresh/dried oregano
Juice from 1/2 ruby grapefruit
Flesh from 1/2 ruby grapefruit
1 tablespoon cornstarch
1/2 teaspoon fresh chives
Sea salt and pepper
1 tablespoon Mrs. Dash salt-free seasoning

To serve: 1-cup brown rice/quinoa and your favorite salad

1. Blend grapefruit juice, miso, vinegar and sake.
2. Sauté shallots and ginger over medium heat for 2 minutes or until soften in a few drops of broth. Add blended mixture, increase heat and bring to a boil. Reduce heat, cover and let sauce reduce by 2/3.
3. Toss cornstarch, thyme, oregano, and Mrs. Dash in a bowl. Add tofu/tempeh and coat well.
4. In another large nonstick skillet, steam-fry tofu/tempeh on both sides. Add to sauce skillet and cook for another minute. Enjoy.

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# ASIAN STIR FRY CURRY

1 cup uncooked brown/wild rice
2 cups frozen edamame (shelled)
1/2 large red onion, diced
3 cups chopped baby bok choy
1 cup sliced mushrooms
1 small carrot, finely chopped

**For Curry:**
1/2 cup raw almonds or cashews
1 tablespoon tomato paste
1/2 peeled apple
2 dates
1 teaspoon curry powder
1 teaspoon turmeric
1 cup vegetable broth
3 unsulfured dried apricots

1. Combine curry ingredients into a blender and blend until smooth.
2. Cook rice in 3 cups water over medium heat.
3. When rice is nearly done, add edamame for last 10 minutes and simmer.
4. Saute onions and mushrooms in a little broth for 3 minutes. Add carrots and bok choy and cook for another 2 minutes. Add curry mixture and simmer for 2 minutes.
5. Serve the vegetables over the rice & edamame. Enjoy.

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# BROWN RICE BOWL WITH MAPLE-GLAZED TEMPEH AND TAHINI-MISO DRESSING

1 tablespoon lite soy sauce
1 tablespoon natural maple syrup
1 teaspoon rice vinegar
1 clove garlic, grated or crushed
4 ounces tempeh, cut into 1/4-inch thick slices
1 (6-inch) piece dried wakame seaweed
4 cups kale cut into 1/2-inch ribbons
1/2 cup sauerkraut
1 avocado, sliced

**For serving:**
2 cups cooked brown rice (for two servings)
1 teaspoon toasted sesame seeds

**For the dressing**:
1/4 cup tahini
1 tablespoon light miso
2 teaspoons lemon juice
2 teaspoons grated ginger
About 1/4 cup warm water

1. Marinate tempeh with soy sauce, maple syrup, rice vinegar, and garlic. Cover and let sit in refrigerator for 20 minutes.
2. To prepare the wakame, place the dried wakame in a bowl and cover with cold water. Soak for 15 minutes to expand. Drain wakame and pat off excess water with a towel. Remove any thick center stems and cut wakame into 1/4-inch ribbons.
3. Mix tahini, miso, lemon juice, and ginger into a creamy paste in a small bowl. Gradually stir in warm water to achieve the consistency of sauce. Set aside.
4. Lightly steam kale with 1/4 cup vegetable broth until tender but slightly crisp.
5. Steam-fry tempeh using a little broth until brown on both sides. Pour remaining marinade over tempeh.
6. Place rice in a bowl then arrange tempeh, sauerkraut, avocado, and wakame on top. Sprinkle with sesame seeds. Serve with dressing on the side.

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# LENTIL CASHEW LOAF

**For the loaf:**
1 brown onion diced
1 clove garlic crushed
1/2 cup cashews
1 can brown lentils, drained
1 can red kidney beans, drained
1teaspoon dried sage
1 teaspoon dried thyme
1 teaspoon dried rosemary
1/2 cup sun-dried tomatoes, diced
1 cup grated carrot
1 cup whole wheat breadcrumbs or organic chickpea crumbs

**For serving**: green salad of your choice

**For the glaze:**
2 tablespoon natural maple syrup
1 tablespoon apple cider vinegar
1/4 cup tomato sauce
1 teaspoon lemon juice

**For the loaf:**
1. "Steam Fry" the onions and garlic until brown. Set aside.
2. Blend the cashew in a food processor until fine.
3. Add the onion and garlic, along with the brown lentils, kidney beans, sage, thyme and rosemary, salt, pepper and sun-dried tomatoes. Blend until well incorporated
4. Transfer mixture into a mixing bowl and add grated carrots and breadcrumbs. Mix through with your hands
5. Add this mixture to a loaf pan and bake for 30 minutes in a pre-heated oven at 350 F.

**For the glaze:**
1. Mix all of the glaze ingredients together in a small saucepan and bring to the boil. 2. Simmer for a few minutes and then pour over the loaf after it's cooked for 30 minutes.
3. Cook the loaf for a further 30 minutes with the glaze on top.
4. Let the loaf cool down for about 30 minutes before taking it out of the loaf pan.
5. Enjoy right away or eat later!

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# 13 Quick, Easy & Versatile Tofu Toppings
# For Baked Potatoes, Brown Rice & Other Whole grains

1. Equal parts nonfat, plain soy yogurt and soft tofu blended with chives.
2. Equal parts low fat firm tofu and salsa mashed together.
3. Soft tofu blended until smooth with minced red peppers, ginger and olives.
4. Firm tofu seasoned with minced garlic, onions, celery and Spicy Mrs. Dash.
5. Low fat soft or silken tofu and almond butter blended with jalapeno peppers.
6. Blended soft or silken tofu, raisins, almonds and hot pepper sauce.
7. Blended broccoli, cauliflower, onions, garlic and soft tofu.
8. Mashed avocado and firm tofu, mixed with chopped tomatoes, onions and garlic.
9. Mashed avocado, firm tofu and spicy salsa mixed.
10. Mashed firm tofu, onions, minced garlic, fresh lemon juice and hot pepper sauce.
11. Soft or silken tofu and apricots blended together and mixed with chopped walnuts.
12. Soft or silken tofu and tahini blended together and mixed with dark raisins.
13. Low fat firm tofu mashed and mixed with chopped prunes and almonds.

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# TOP 10 HEALING HERBS AND SPICES

## 1. Turmeric

The active ingredient in turmeric is curcumin, which helps to control blood sugar.  It switches on the liver genes that keep glucose levels in check. It improves the pancreas's ability to make insulin and helps slow down the metabolism of carbohydrates after meals.

## 2. Cinnamon

*Controls Glucose Levels*. Cinnamon contains antioxidants called polyphenols that boost levels of three key proteins responsible for insulin signaling, glucose transport, and inflammatory response. Sprinkle one-half teaspoon on your food to slow carbohydrate absorption by 29 percent.

## 3. Cayenne

*Appetite Suppressant and Metabolism Booster*. Capsaicin, found in cayenne, has thermogenic properties that increase your blood flow and metabolism. Individuals who only use cayenne infrequently also find it reduces hunger.

## 4. Ginger

Ginger has been a remedy for digestive problems for thousands of years. It has the ability to sooth the effects of nausea and ingestion. What many people do not realize is that ginger can effectively reduce pain and swelling caused by arthritis and, as well as, diminishing the effects of migraine headaches. Ginger can be purchased raw and crushed to use in various recipes or used as a powder.

## 5. Garlic

Garlic is a great herb that is already used in many types of dishes. It has been used for thousands of years to fight various illness, and is today considered a strong protector, fighting against numerous cancers, including ovarian cancer, lowering blood pressure, and reducing the size and number of colon polyps. Garlic also promotes cardiovascular health, by slowing down blockage in the arteries.

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## 6. Cloves

From diminishing toothache pain to fighting arthritis to preventing diabetes, this great spice does it all. Its antioxidant and antibacterial principles help to rid the body of infection, reduce inflammation, and stabilize blood sugar levels. It can also resolve skin problems, deter annoying mosquitoes, and promote cardiovascular health.

## 7. Mustard

Mustard is made from the seeds of a plant in the cabbage family, a strongly anticancer group of plants. It contains compounds that studies suggest may inhibit the growth of cancer cells.

## 8. Sage

*Memory Minder*. Both the phytonutrients and volatile oils in sage maintain levels of acetylcholine, a neurotransmitter that supports memory.

## 9. Nutmeg

Like cloves, nutmeg contains eugenol, a compound that may benefit the heart.

## 10. Oregano

Oregano (and it's milder cousin, Marjoram) is antiviral, antibacterial, anticancer and antibiotic.

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# STOCK UP ON THESE 10-HEALTHY FRIDGE MUST-HAVES

Every week, I stock up on these ten must-haves. When possible, I would recommend buying them in bulk to save money.

## 1 – Vegetable Broth

I almost always have an opened veggie stock in the fridge. On this meal plan you don't cook with oil. Instead, you do your sautéing with low-sodium vegetable stock.
This is really easy to do and you'd be surprised how little you actually miss the oil! Go for the low sodium variety.

## 2 – Non-Dairy Milk

My favorite non-dairy milk of choice is Trader Joe's Unsweetened Vanilla Almond Milk. I also use TJ's unsweetened, non-vanilla for savory recipes.

So, why switch to non-dairy milks?

The reason is milk (and other dairy products and animal products) elevate the levels of IGF-1 in our bodies. IGF-1 is an insulin-like growth factor that is one of the body's most important growth promoters during our infancy and childhood because it accelerates the aging process. Now, that we are adults "accelerating the aging process" is not what you want!

Elevated IGF-1promotes the growth, proliferation and spread of cancer cells later in life. There are so many delicious, non-dairy milks to choose from like soy, coconut, hemp, cashew, and almond. This is an easy area of your life you can change and reap immediate cancer-prevention benefits.

## 3 – Citrus Juice

I always have a container of lemon and limejuice in the frig to use for the week. Since you don't cook with oil on this meal plan, citrus juice is perfect for roasting veggies, creating dressings and sauces and I also have a mug of hot lemon-water in the mornings to help wake up my lymphatic system.

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## 4 – Organic Salad Greens

If there's only one healthy eating habit you're willing to adopt it needs to be to eat a large salad everyday with beans, and a nuts/seeds dressing!

## 5 – Fresh Fruits

Try to have your fruits ready-to-go and visible in the fridge. Wash and cut strawberries, melons, pineapple, etc.… We like to have chilled apples and oranges in the warmer months.

## 6 – Tofu

This is one of my major protein sources (along with beans, seeds and nuts) and I always have it on hand!

I know there's a lot of conflicting information out there about soy products being safe. But don't fall for the hype. Soy has been the food of choice to an entire continent (Asia) for centuries and the rate of heart disease and diabetes in those countries are dramatically less than in America.

Besides, tofu has tons of plant-based protein, calcium and iron–so make sure to give it a try!

## 7 – Mushrooms

I try to always have fresh mushrooms on hand in the fridge. Mushrooms are a healthy fridge must-have because they are a dietary superfood!

They induce weight-loss and reduce blood sugar, they have these things called angiogenesis-inhibitors that actually attack fat and cancer cells, and they enhance immune function and promote healthy gut bacteria!

Bottom line is you need mushrooms in your life and in your fridge! Sauté them in veggie broth, sprinkle with no-salt seasoning and keep them in the fridge to put on salads!

## 8 – Fresh Veggies For Days

The fact is the more fresh and cooked veggies you eat the healthier you are–that is an irrefutable fact!

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I try to have ready-to-go veggies at all times. Taking an hour to cut up veggies for the week can really save you time when you're making your 1 to 2 daily salads on. I also buy them fresh, chopped them up and freeze some for later in the week.

My favorite veggies to prep ahead of time are:

- chopped eggplant (to quickly roast or sauté)
- red bell peppers
- celery
- red cabbage
- sugar snap peas
- cucumbers

## 9 – Weekly Preps

Weekly batch food prepping saves you major time in the kitchen. You need to have ready-to-go meals in your fridge. You decide the time commitment you can handle and start making at least some of your food ahead of time.

At a bare-minimum you want to focus on these three areas:

- Beans (you can soak them and cook ahead of time or use canned)
- Pot of soup for the week
- Ready-to-go whole grains (brown/wild rice)

## 10 – The Right Condiments

Condiments can sneakily add extra calories, salt, sugar and fat to your diet. Read your condiment labels and purge accordingly! Anything with too much salt, fat or sugar needs to go!

I like to keep apple cider, balsamic and rice wine vinegar on hand when I just want to use them as a simple dressing on their own.

Ditch processed, store-bought salad dressings and make your own oil-free versions instead. You can use orange juice, lemon juice, liquid aminos (a lower-sodium soy sauce substitute), Dijon mustard and tahini to make your own dressings.

Use juice as a condiment rather than a stand-alone drink. I recommend eating whole fruit instead of fruit juice so you get that beneficial fiber instead of only the sugars.

# WEEKLY PLANT-BASED DIET SHOPPING LIST

## FRUIT

Apples bananas blackberries cantaloupe grapefruit
mangoes oranges pears pineapple pomegranates
raspberries strawberries watermelon

## VEGETABLES

bok choy bell peppers (red, green, yellow) broccoli lettuce
cabbage (green, red) carrots celery corn cucumbers
eggplant kale (baby, curly, dinosaur) mixed baby greens
onions (red, yellow, green) radishes squash (spaghetti, summer) sugar snap peas spinach
tomatoes (grape, heirloom, Roma) yam zucchini

## CONDIMENTS

balsamic vinegar lemon juice low-sodium vegetable broth liquid aminos
nut butter (almond, cashew, peanut) orange juice pomegranate juice
rice vinegar roasted red peppers in water tahini
white vinegar Mrs. Dash (salt-free seasoning) Dry herbs
Dijon mustard Canned tomatoes Chili powder
Herbs (Cumin, Ginger, Turmeric, Cinnamon, cloves, sage, nutmeg, oregano)
Curry powder Pure vanilla extract

## FREEZER

frozen veggies (peas, carrots, kale, corn, broccoli...)
frozen fruit (bananas, mangoes, pineapples...)

## COMPLEX CARBOHYDRATES

Beans (canned or dry) Brown/wild rice Yam/sweet potato
Cornmeal Oats (steel cut or old-fashioned)
Quinoa Brown rice/bean pasta

## OTHER

Plant-based, organic un-sweetened milk (almond, hemp, soy, coconut)
Tofu, tempeh

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