

Getting Started

Welcome! You may have downloaded this guide because you're just beginning your journey of eating plant-based food, or perhaps you've been eating some version of a whole food, plant-based diet for some time and you've hit a roadblock or a plateau. Perhaps you don't want to actually eat a vegetarian, vegan, or largely plant-based diet but are just looking for strategies to help you incorporate more vegetables and fruits into your life. If any of those things are true, you are in the right place.

Sustainable Diet takes an evidence-based and compassionate approach for anyone who wants to know what a whole food plant-based diet is and take the steps to ensure success in sticking with it. We believe the modern food environment is very challenging, and so long-term success in any kind of dietary choice requires three elements:

- Evidence-based information to make informed decisions about nutrition
- Recipes, cooking skills, and the opportunity to eat healthy food
- Social support - both from pre-existing social networks and from new connections based on sharing the diet

The tools in this kit are designed to give you a bit of each of these. We hope you enjoy the journey, and don't hesitate to get in touch with us if you are interested in our Transition and Support Program.

All the best for your health and wellness,

Micaela Karlsen, PhD, MSPH & Kathy Pollard, MS

Reading, Recipes, and Inspiration

Where to get Education and Inspiration:

Books on Nutrition and Diet:

- *The China Study* by T. Colin Campbell, PhD and Tom Campbell, MD
- *Whole* by T. Colin Campbell, PhD and Howard Jacobson
- *Prevent and Reverse Heart Disease* by Caldwell B. Esselstyn Jr, MD
- *The Pleasure Trap* by Doug Lisle, PhD and Alan Goldhamer, DC

Cookbook:

- *Forks Over Knives: The Plant-Based Way to Health* edited by Gene Stone
- *Forks Over Knives: The Cookbook* by Chef Del Sroufe
- *The China Study Cookbook* by LeAnne Campbell, Steven Campbell Disla and T. Colin Campbell
- *The Health Promoting Cookbook* by Doug Lisle, PhD and Alan Goldhamer, DC
- *Bravo!: Health Promoting Meals from the TrueNorth Health Kitchen* by Ramses Bravo and Alan Goldhamer
- *Prevent and Reverse Heart Disease* by Caldwell B. Esselstyn Jr, MD
- *The Happy Herbivore* by Lindsay Nixon

Recipes Websites

- [Lighter](#)
- [FatFreeVegan](#)
- [StraightUpFood](#)

DVDs:

- Forks Over Knives
- PLANEAT

For More Recipes:

<http://theplantbasedlife.com/recipes>

Cooking for Health

Remember that tasty cooking does not have to be complicated. Paring the right flavors can be very satisfying and doesn't necessarily need a lot of ingredients or a lot of time.

Cooking oil-free:

- Water-sauté vegetables, or water-sauté in no-sodium vegetable broth. This means continually adding very small amounts of liquid to the pan so that nothing sticks to the pan, but the flavors can still concentrate
- In baking, try substituting oil with applesauce, ground flaxseeds and water, or tofu.

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Oil-free salad dressings:

- Try using fruit as a base for your salad dressings – it keeps the dressing thick without oil. My favorite dressing is made with frozen strawberries, soaked dates, and water. Blend and serve!

Cooking without salt:

- If you live with someone else who still wants to use salt, see if you can make an agreement that they can add salt at the table, so that you can still cook with less or without it.
- Try no-sodium seasonings. Dr. Klaper's favorite is Benson's Table Tasty (you can find it online)

To avoid temptation:

- If you are worried about cravings, make a deal with yourself that you will always eat healthy food first – the strategy is called “crowding out”, and people often find that once they eat healthy food, they are full!

Creating Your Winner's Mindset

Read at least one of the books above and consider your own diet. What you eat is one of the biggest factors in your risk for developing chronic disease, or moving into older age with full function independence. Where are you now? How do you feel? What is your motivation to improve your diet and lifestyle? WHY do you want to be healthy?

Creating Your Support System

Find a friend, spouse, partner, or other family member who can be part of your support system. Ideally, they care about you and your health but are willing to allow you the space to make your own decisions and set your own trajectory. Setting up regular contact (over the phone or email, or in person) with this person may be useful to let them know what is going on for you as you make dietary and lifestyle changes. Try to choose someone you feel comfortable being honest with, but also someone you can ask to help keep you accountable to yourself.

Finally, as you learn more about which foods you want to avoid and which foods you want to eat more often, you will want to make different choices when you shop for food or eat out at restaurants. You may decide to remove food from your kitchen. You may decide to have a discussion with the people you live with about what you need from the environment in order to be successful, and then make a plan together about how to achieve this.

Creating an Environment for Success

Think about all the places you encounter food. Home, work, school, friends' houses, restaurants? Which of these can you control? What can you do to make sure the food available is healthy for you and not something you'll feel bad about eating? Which of these places can you not control? How can you prepare yourself so that you can maintain self-control in these situations? Perhaps you can eat beforehand or bring food to add so that there is something there for you to eat.

Bring snacks with you wherever you go. Do not let yourself become starving – your willpower will go way down.

Bring a reminder of your “WHY” to difficult situations. This reminder should be part of your support system for yourself to stick to your commitments. It could be positive or negative – it could be a picture of yourself at your sickest moment, or it could be a picture of yourself now that you are feeling healthier. Perhaps it is your current weight written down on a card as a reminder of what you’ve accomplished, or perhaps it is your target weight written down on a card a reminder of where you are going. Perhaps it is simply a thought or visualization you keep in your mind without sharing with anybody.

Remember – we’re all different and we may need different things to be successful. Do whatever works for you!

Creating Your Plan

You have already accomplished something incredible by setting an intention to be healthy. Very few people are up for a changing their diet. Spend some time thinking about what you want to accomplish and what you are prepared to commit to. Set realistic expectations for yourself. Try not to over commit, which might result in not meeting the commitments that you do make. Try to make a concrete plan before you go home, so that you know what to do once you are there.

GOOD LUCK! YOU’RE GOING TO WIN!

Easy Eating Guide

Structuring a healthy, whole food, plant-based diet is easy: eat freely from most of the food categories below, put some extra attention on vegetables and fruits, and vary your diet. Nuts and oilseeds should be eaten sparingly, especially for people with cardiovascular concerns, and are best used as condiments.



Colorful Vegetables - Add lots at meals:

Green leafy vegetables like spinach, kale, chard, collards bok choy and lettuce; cruciferous like broccoli, cauliflower, Brussels sprouts and cabbage; peppers, mushrooms, zucchini, squash/pumpkin, cucumber, scallions, leeks, peas, asparagus, herbs, edamame; avocado & tomato (really fruits)



Fruits – Add to breakfasts; reach for these as snacks and treats:

Berries, apples, bananas, melons, pears, kiwi, mango, papaya; citrus, stone and dried fruits (moderate)



Root Vegetables - Where the plant stores energy:

Potatoes, sweet potatoes, garlic, ginger, radishes, carrots, parsnips rutabagas, turnips



Whole Grains - cooked, sprouted or moderately processed, plain or seasoned

Brown rice, corn, quinoa, spelt, millet, barley, oats, wild rice, whole wheat, buckwheat, rye, wild rice, teff, amaranth



Legumes/Beans – Use as a main dish, or as an ingredients in salads and baking

Chickpea/garbanzo, kidney, black, lentils, black-eyed peas, soy, red lentils, cannellini/lima, butter, pinto, split peas



Nuts and Seeds - Consume sparingly, particularly with weigh or vascular concerns:

Nuts: Walnuts, almonds, pecans, cashews, pine, Brazil, macadamia; peanuts (really a legume)

Seeds: Sesame, sunflower, flax, chia, poppy, pumpkin, hemp

FOOD GUIDELINES EXPLAINED: Portion control and calorie counting are unnecessary if you eat whole, plant-based foods and an overall low-fat eating pattern

Avoid Animal Foods

- Excess protein increases carcinogenic activity and is correlated with risk for all chronic diseases. The RDA for protein is 10% of calories. Most tend to eat twice that which is hard on the liver and leaves the body in an acidic state. The only way to over-consume protein is through excess animal food consumption, or the use of isolated protein in processed foods.^{1,2} Animal foods have NO FIBER. Whole plant foods are filled with fiber, to fill you up, keep you regular, and regulate nutrients into the body.

Avoid Dairy

- Contrary to popular belief, dairy consumption is correlated with higher bone fracture rates among adults. This might be due to its acidic properties, demanding calcium to be leached from bone to neutralize blood. Cow's milk and products are also associated with autoimmune diseases, diabetes and cancers of the prostate and breast, as its proteins promote growth hormones increasing tumor growth.^{3,4}

Avoid Oil and Added Fats

- Oils are the most calorie-dense food there is, with ~ 120 calories per tablespoon. Olive oil is 14% saturated fat, leaving arteries at risk. Even adding just a little oil can have an impact on health. Studies show that oils constrict blood flow after a meal by 10%.⁵

Mind the Refined! - Avoid Processed Foods

- There is a correlation between refined foods and disease - sweets, pastries and pastas - bereft of their original fiber, vitamins and minerals. Such simple carbohydrates convert to sugars in the blood without control, adding risk for insulin resistance, colon cancer, vascular disease and weight gain.^{6,7}

Breakfast – Eat It

- Eat It - The body needs fuel after fasting all night, and most people need to start the day off with fuel. A breakfast high in fiber and complex carbohydrates will allow for steady levels of blood sugar through the day, a prolonged feeling of fullness, optimal alertness and less desire for snacking later in the day. Oatmeal with fruit, whole-grain cereals, or smoothies made with frozen fruit, plant milk and fresh vegetables, are great ways to start the day.⁸⁻¹⁰ So are beans with rice in a tortilla!

Read Ingredients

- Read what's in the package, box or can of food that you are consuming. Note that ingredients are listed in descending order, with the most by weight listed first. Purchase products with a few, recognizable ingredients that are all whole plant food. Avoid additives and added sweeteners, oils and fats.¹¹

Drink Water

- Water in blood carries nutrients, oxygen and electrolytes throughout the body for all of its vital work, including nerve signaling, muscular movement and toxin removal. Water in lymph clears the body of trash and toxins, to boost and maintain immune and healing functions. Signs of not taking in enough include fatigue, fluid retention and constipation.¹² Drink plain water throughout the day.

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Eating and Shopping for Whole Plants

Whole Plant Foods	Variety	Shopping
Leaves	Lettuce, kale, spinach, cabbage, chard, Brussels sprouts, asparagus, bok choy, watercress, collards; Herbs – parsley, dill, basil, etc.	Fresh, frozen, dried herbs
Colorful Vegetables	Mushrooms, peppers, green peas, zucchini, broccoli, celery, tomatoes and avocados (really fruits), cucumber, red cabbage, winter squash, yellow zucchini, pumpkin, edamame, scallions	Fresh, frozen, canned or jarred tomato products (pasta sauce), canned vegetables
Fruits	Apples, oranges, berries, bananas, grapes, melons, stone fruit, pineapple, pears, grapefruit, lemons, limes, mangos, figs, papaya, kiwi	Fresh or frozen, some canned, dried fruits – dates, raisins, apricots, cherries, prunes, pears, mangos
Whole Grains	Spelt, barley, wheat, corn, brown rice, oats, buckwheat, millet quinoa, wild rice, rye, teff, amaranth	Whole grain pasta, hot and cold cereals, whole grain or sprouted grain breads, crackers, tortillas, corn cakes, pizza crust, pita, whole grain wraps, rice cakes
Roots, Tubers & Bulbs	Potatoes, carrots, beets, sweet potatoes, yams, turnips, parsnips, onions, garlic, ginger	Fresh, dried garlic, ginger
Legumes	Beans: Black, lentils, kidney, pinto, chickpeas or garbanzo, butter, cannellini, black-eyed peas, adzuki, navy, lima, soy, red lentils, split peas	Canned beans, tofu, tempeh, soy milk,
Nuts and Seeds	Nuts: Almonds, cashews, walnuts, pecans, pine, Brazil, peanuts (really a legume) Seeds: Sunflower, sesame, chia, flax, pumpkin	Raw, butters, condiments seeds ground to a meal or powder, nut and seed milks

Quick Snacks and Meals

- Whole fruit – the original fast-food!
- Steamed baby potatoes stored in the fridge (I'm not kidding – these are good!)
- Baked sweet potatoes cold (still not kidding – these are good!)
- Whole, sweet bell pepper (Eat it like an apple)
- Bag of baby bell peppers
- Bag of baby carrots
- Bag of lettuce (I'm not kidding – the ultimate finger food!)
- Veggies alone - snap peas, carrot sticks, jicama sticks, sweet pepper slices celery, lightly steamed asparagus spears
- Veggies and hummus or other dips
- Rice crackers, rice snaps (Trader Joe's mini; Edward & Son's Rice Snaps...)
- Whole, multi-grain cereal, granola, Muesli, with plant milk and banana
- Almond milk yogurt and dried or fresh fruit
- Wraps with hummus, sprouts, and veggies*
- McDougall instant soups (add rice or beans or tofu or veggies, too)
- Leftovers wrapped in lettuce leaves, or steamed kale or collard leaves
- Nut butter sandwich with banana, dried fruit or fruit spread**
- Nut butter on celery with raisins on top (if weight or cholesterol are not issues)
- Apple slices with peanut butter (if weight or cholesterol are not issues)
- Whole grain crackers (look for oil-free) with hummus and sprouts
- Energy/granola bars without added sweetener or oil - those with just a few, whole ingredients, like oats, dates and nuts.
- Raw nuts mixed with dried fruit - figs/dates/apricots/raisins/prunes, (but not a lot, particularly if watching weight, blood glucose or insulin, or have a chronic disease)

* WFPB = Whole Food, Plant-Based

**FRUIT SPREAD: Soak dried fruit in water overnight. Whiz fruit in mini-mixer, for a whole food jam replacement

Top 10 Tips to Be Socially Plant-Based

Eating a plant-based diet can be challenging when you are initially the only person you know eating this way. Getting social support is critical and can mean the difference for some in sticking with a dietary transition or getting derailed, whether you are beginning a total transition or refining an already healthy diet. Here are our top 10 suggestions for staying connected with existing social networks, as well as making new connections:

1. Let a good friend know you are trying something new with your diet, and you'd appreciate their support during this transition. If you feel you need some accountability, you could share some of your goals and ask this friend (or family member) to check in with you about how you are doing in meeting them. This works best when you can choose someone who is a good listener and non-judgmental, although they don't necessarily have to be eating the same way you are.
2. Make delicious healthy treats and bring them into the office. Your coworkers will never see what hits them!
3. Post pictures of the dinners you make on Facebook. All the "likes" and "mmm, want to be my personal chef?" are really good for morale.
4. If you have kids, schedule a time to cook together. Let them choose the recipes (from your pre-selected list) and go shopping for the ingredients together. Let them do as much of the cooking as possible, and make the dish the centerpiece of your family lunch or dinner, with special praise for them in developing some new skills.
5. Do the same thing with your kids and their friends – schedule a special cooking play date for them, and allow the kids to choose the recipe and cook together. Your kids will learn the experience of sharing food preparation in community, and you can help train their friends (and sometimes vicariously the friends' parents) in liking more healthy food.
6. Join a plant-based or [vegan Meetup group](#). Make new friends and share some tasty food.
7. Host a plant-based-themed potluck dinner gathering at your house. If your friends aren't familiar with what that means, send fancy email invitations and promise them some exotic wine to pair with these plant-based dishes. You can frame this as an exciting adventure dinner and include some links to recipe websites if they need ideas about what to make.
8. Carry your favorite plant-based snacks in your bag, purse, briefcase, or backpack, and casually offer them to friends as you go about your day. Nothing draws people in like free food!
9. Find a cooking buddy you can share dinner with on a weekly basis. It may be a friend who already eats plant-based, it could be someone new whom you meet through the Vegan Meetup groups, or you could even advertise on craigslist or emails lists you belong to. If you make enough food you'll both have leftovers for lunch the next day.
10. If your spouse, partner, boyfriend, or girlfriend is dubious about these new diet moves on your part, take the time to discover a new dish or dessert that they haven't had before but love. Without comparing this plant-based option to their other preferences, simply present this as a new side benefit of your diet – they get to eat this awesome food that never showed up until now!

5 Delicious Dinners for a Family of 4

Enjoy recipes approved by Micaela Karlsen and customized for a family of 4 – get more recipes and mealplans customized to your family, lifestyle, preferences, and even appetite size at Lighter.world!

PLANT-POWERED PAD THAI

4 Servings



Ingredients:

2 tbsps + 2 tsps Apple cider vinegar
8 ounces Brown rice noodles
2 Carrot
1 block Extra firm tofu
4 cups Frozen broccoli
4 cloves Garlic
2 Lime
1/4 cup Low-sodium soy sauce/tamari
1/4 cup Peanut butter
1/2 cup Water
to taste Sriracha (optional)

Directions:

- 1 Heat olive oil over medium heat in a large flat saute pan. (To make this recipe oil-free, omit the oil and use a non-stick pan.)

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- 2 Drain the extra firm tofu and cut into small cubes and place them in the warm pan in a single layer. Regularly flip the extra firm tofu so it doesn't stick to the pan, and so it gets an evenly golden brown cook on each side. (This will take 10-15 minutes.)
- 3 Produce Prep: While the extra firm tofu is cooking, wash the carrot. With a peeler, peel the carrot lengthwise into long ribbons. Not a lot of time? Just chop up the carrots into bite-sized pieces. Peel and mince the garlic.
- 4 Heat water in a pot and cook the brown rice noodles according to the directions on the box. (Don't overcook them!)
- 5 After 10-15 minutes of extra firm tofu-cooking, add the frozen broccoli to the tofu pan. If you don't love raw garlic, add the garlic here! Cook for another 5 minutes, or until frozen broccoli is warm throughout. Add the carrot ribbons to the extra firm tofu right before you turn off the heat to give them a very mild cook.
- 6 In a deep bowl, mix the peanut butter, apple cider vinegar, soy sauce, garlic (if you enjoy it raw) and water together. If you have salted peanut butter then you may want to decrease the soy sauce (and increase water by that amount) so the dressing doesn't come out too salty. To combine all the ingredients, whisk vigorously with a whisk or a fork. Some find it easier to shake up the ingredients in a tightly sealed jar.
- 7 Drain the brown rice noodles and place them back in the pot (removed from heat). Mix the sauce with the brown rice noodles while they're still hot.
- 8 To plate, top the brown rice noodles with extra firm tofu and vegetables, and squeeze a lime wedge onto the dish before serving. If desired, drizzle with sriracha.
- 9 **Kid-Friendly Tip:** Pru, the official 6-year old Taste Tester of Lighter, says this dish is better than pizza. We hope your little one loves it, too!

Get more recipes and mealplans from Lighter at http://www.lighter.world/providers/Micaela_Karlsen

PASTA WITH LENTIL MARINARA & SIDE SALAD

4 Servings



Ingredients:

- 1/4 cup** Balsamic vinegar
- 1 cup** Brown lentils
- 1/2 cup** Fresh basil
- 4 cloves** Garlic
- 8 cups** Mixed greens
- 2 cans** No-salt canned diced tomatoes
- 1** Onion
- 8 ounces** Spaghetti (whole-grain or gluten-free)
- 2 tbsps** Tomato paste
- 3 cups** Water
- to taste** Salt & pepper (optional)

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Directions:

1. Cook the spaghetti (whole-grain or gluten-free) according to directions on package.
2. Produce Prep: Peel and dice the onion and garlic. Rinse and slice the fresh basil into thin ribbons.
3. In a large sauté pan, warm a few splashes of water over medium heat. Add the onions and sauté until translucent.
4. Add the garlic. Sauté for a few more minutes.
5. Then, add the brown lentils, no-salt canned diced tomatoes, tomato paste, and water. Bring to a boil and let simmer until lentils are tender and sauce thickens, about 25 minutes.
6. Season with salt and pepper to taste. Top cooked spaghetti (whole-grain or gluten-free) with sauce and garnish with fresh basil.
7. Place the mixed greens on a plate and drizzle with the balsamic vinegar. Enjoy!

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SUMMER SQUASH CURRY STEW

4 Servings



Ingredients:

- 1 tbsp + 1 tsp** Curry powder
- 2 tbsps** Fresh ginger
- 4 cloves** Garlic
- 2 cups** Green beans
- 2 tsps** Mustard
- 1 cup** Red lentils
- 2** Sweet potato
- 3/4 cup** Unsweetened soy/nut/rice milk
- 2** Yellow summer squash
- to taste** Salt & pepper (optional)

Directions:

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1. Produce Prep: Rinse the all the vegetables and remove any bad spots from the surface (particularly important for eyes on the sweet potatoes and stems on the green beans). Cut the green beans into thirds. Chop the yellow summer squash and sweet potato in even pieces, around 1.5 inches each.
2. Heat a large pot on the stove with 1 cup water per medium sweet potato. Add the sweet potato(es) and stir with the water and cover. Turn the heat up to medium high. The goal is to get the potato chunks to cook quickly. Remove the skin from the garlic and fresh ginger (if using fresh ginger root). Mince both and add them to the pot immediately.
3. After 10 minutes, add the red lentils, yellow summer squash and water, adding twice as much water as lentils. Add the curry powder and mustard, stir, and cover and continue to cook for 5 minutes.
4. After 5 minutes, add the green beans. Stir and cover again.
5. The stew is done cooking when the red lentils and sweet potatoes are soft. When everything is soft (10-20 minutes more), turn the heat off and stir in the non-dairy milk. Add salt and pepper to taste.

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PASTA PRIMAVERA WITH NUTTY 'PARMESAN'

4 Servings



Ingredients:

- 1 bunch** Asparagus
- 2 tsps** Dried basil
- 2 tsps** Dried oregano
- 1 tsp** Dried thyme
- 2 cups** Frozen peas
- 2 cloves** Garlic
- 3/4 cup** Mixed nuts
- 1/4 cup** Nutritional yeast
- 3 cups** Pasta (Whole-grain or GF)
- 1** Red pepper
- 1 cup** Unsweetened soy/nut/rice milk
- 2** Yellow summer squash

to taste Salt & pepper (optional)

Directions:

1. Cook the whole grain pasta according to the directions on the box.
2. Produce Prep- Pull the frozen peas out of the freezer to begin thawing. Peel and mince the garlic. Wash the remaining produce. Remove the stem and seeds from the red pepper and chop into small bite-sized pieces. Chop the asparagus into thirds or quarters. Cut the yellow summer squash horizontally into thin circles.
3. Heat olive oil in a pan (with a lid) over medium heat. (To make this recipe oil-free, use water instead of oil.) Add the garlic, veggies and unsweetened soy/nut/rice milk. Stir in the dried oregano, dried thyme, dried basil and salt. Cover and cook for 10 minutes, or until vegetables are slightly tender, and the sauce has reduced. Stir occasionally.
4. With a food processor, or by hand, finely chop the mixed nuts. Mix the mixed nuts with the nutritional yeast. This is your nutty 'parmesan.'
5. Serve the whole grain pasta with a generous helping of the veggies and 'cream' sauce. Sprinkle with the nutty 'parmesan,' and season with salt and pepper to taste.

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RED LENTIL DAL WITH CRISPY TOAST

4 Servings



Ingredients

4 slices Bread (whole-grain or gluten-free)

2 tsps Coriander

2 heads Fresh cauliflower

2 tsps Garam masala

4 cloves Garlic

2 Onion

1 cup Red lentils

2 tsps Turmeric

2 cups Unsweetened soy/nut/rice milk

7 cups Water

1 Zucchini

2 tbsps Cilantro (optional)

to taste Salt & pepper (optional)

Directions:

1. Produce Prep: Peel and dice the onion and garlic. Rinse the fresh cauliflower and zucchini and cut into small, bite-size pieces, removing tough ends. Rinse and chop the cilantro, if using.
2. In a large sauce pan or soup pot, bring olive oil up to medium-low heat. (To make oil free version of recipe, replace olive oil with water.) Add in the onion and sweat for 5 minutes, stirring frequently. Stir in garlic and cook for another minute.
3. Add water, red lentils, coriander, garam masala and turmeric to the pot. Cover and bring up to a boil, and then reduce heat to low and simmer for 5 minutes.
4. Stir in the fresh cauliflower and zucchini. Cover and simmer for another 5 minutes, then remove cover and simmer for 5 more minutes, or until the vegetables are just soft.
5. Remove from heat and stir in the unsweetened soy/nut/rice milk. Add additional spices, sugar, and salt and pepper to taste.
6. Toast the whole grain bread. Serve the toasted whole grain bread in a soup bowl with cilantro sprinkled on top if desired. Dip the toast into the dal and enjoy!

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TORTILLA PIZZA

4 Servings



Ingredients:

- 4 cups** Arugula
- 2 cups** Canned artichoke hearts
- 2 tsps** Dried basil
- 2 cups** No-salt canned cannellini beans
- 1/4 cup + 2 tsps** Nutritional yeast
- 2** Tomato
- 3/4 cup** Tomato paste
- 6** Tortilla (Wheat or GF)
- to taste** Salt & pepper (optional)

Directions:

1. Preheat the oven to 350 degrees.

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2. Spread tomato paste in a thin layer over the whole grain tortilla. Rinse and drain the canned cannellini beans.
3. Produce Prep: Rinse the produce. Chop the tomatoes, arugula and canned artichoke hearts into small, flat pieces. Lay the olive oil tomatoes, arugula, canned artichoke hearts and beans on top of the tomato paste. (To make recipe oil-free, omit the oil.)
4. Sprinkle it all with nutritional yeast, dried basil, and any other desired spices on top.
5. Lay the pizza on a non-stick baking sheet, a pizza stone or a foil-lined baking sheet. Bake for 6-9 minutes, or until the whole grain tortilla is lightly browned and the toppings are warmed.
6. Serve and enjoy!

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