

# PLANT-BASED STARTER GUIDE

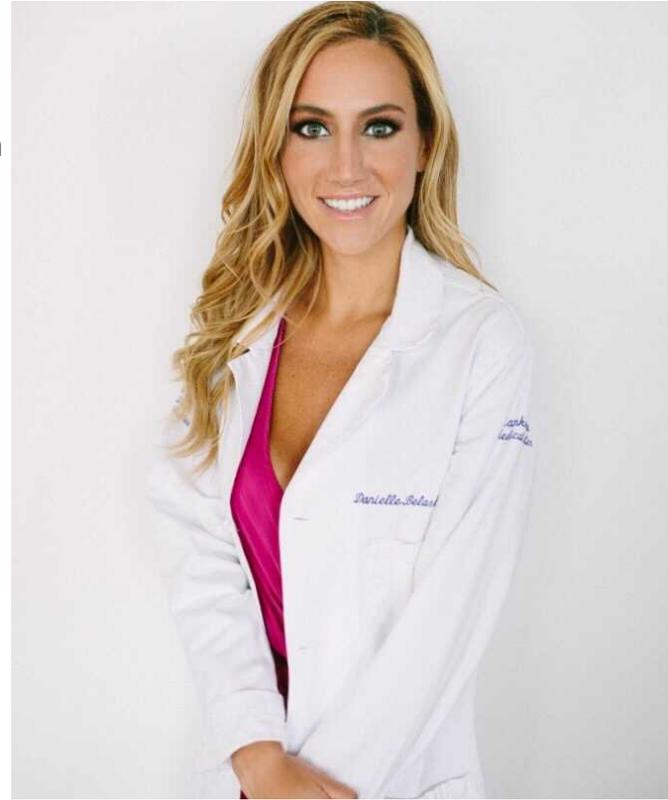
BY DANIELLE BELARDO, M.D



# WELCOME TO MY PLANT-BASED STARTER GUIDE!

Thank you so much for your interest in the plant based starter guide!. No matter where you are in your health journey, this is an incredible step forward toward living your best life!

You may wonder how and why I became so passionate about evidence based nutrition and plant based diet. I have been plant based my entire adult life, and this was based on the evidence and research that I have read in peer reviewed journals for years and years. Over the last 10 years (4 years of medical school and 6 years as a physician) the majority of patients I have seen in the hospital, come in with preventable illnesses.



So throughout my medical training, I kept thinking, why are we just throwing drugs at chronic diseases such as hypertension, obesity, sleep apnea, diabetes and coronary artery disease, instead of using medication in addition to lifestyle modification?

Sometimes people who are my age and younger, feel they are invincible. They aren't worried about chronic diseases such as coronary artery disease, diabetes and hypertension. But the truth is, these disease processes start NOW, when you are young. We have literature and data that have shown us that coronary arteries start to develop plaque in children! Prevention starts now.

Are you tired of feeling sick and tired? Do you wish you could have the energy to walk further, run longer, recover faster, sleep better? You can do it. Why don't you deserve to live your best life? Be the weight you want? Wear that dress you love? And MOST importantly: feel the healthiest from the inside out?

You deserve it! Congrats on starting your journey with me. I am so proud of you!

# PLANT BASED STARTER GUIDE!

If you are currently reading this guide, that means that you are interested in going plant-based! Congratulations for taking this step and I am honored that you are doing this with me.

This guide is for ANYONE and EVERYONE. If you're pescatarian, vegetarian, or a full on omnivore, give this guide a try!

If you are already vegan, challenge yourself to go whole food plant based, integrating fruits, vegetables, legumes, whole grains and cutting out processed foods!

My hope is that this guide will not only help you with setting up your mindset and your commitment, but it will also provide you with all the information and tools you need to successfully transition to plant-based diet! And change your life!

## O V E R V I E W :

**Eliminate or limit meat, dairy, chicken, fish, pork, eggs, and processed foods**

**Find support, and share support with others, share ideas and tips on our facebook group called: Nutrition Rounds**

### **FEEL AMAZING**

**Feel lighter, healthier and empowered. Get ready to live your best life, and live it to the fullest.**

# WHAT IS A PLANT BASED DIET?



#WFPB

Let's begin with distinguishing what exactly is a Whole Food Plant Based diet (WFPB), and how is this different from a vegan diet.

Whole Food Plant Based nutrition consists of maximizing your intake from plants in their most natural form: fruits, vegetables, whole grains, legumes, beans, lentils, peas, nuts, seeds, tofu, and tempeh. This is where you get the maximum fiber, antioxidants, and health benefits that are the center of WFPB nutrition.

Veganism is a lifestyle choice rather than about nutrition: abstaining from harming animals in any way shape or form, through making conscious choices about what you eat, wear, to the shampoo you use. Vegans may choose to follow a WFPB diet (me!) or they may choose to eat processed foods that are free of animal products, but are still not healthful (oreos!)



#7DAYVEGGIE GUIDE /4

## WHOLE FOOD PLANT BASED



### AVOID:

Foods to avoid when following a WFPB diet:

\*Refined carbohydrates including white rice and bread, crackers, cookies, cakes and muffins made with white flour

\*Eliminate ALL processed foods

\*Eliminate or limit animal products:

\*Meat, Poultry and fish

\*Dairy Products and eggs

# WHY GO PLANT BASED?

## HEALTH & WELLNESS

There are plenty of reasons to transition to a whole food plant based diet. Weight loss, chronic disease prevention and remission, emotional well being, animal rights and the environment to name a few.

The most important thing, is to find your reason.

Research shows that it takes about 8 weeks to change the neural networks in our brains and develop a new habit. This guide can be the start to a total lifestyle transformation! Find a reason that resonates with you to help you stick with this lifestyle change!



As a physician, I have seen plant based nutrition transform my patients. I started counseling my patients about whole food plant based nutrition, and the results spoke for themselves. So many of my patients have lost weight, normalized their cholesterol, and have been able to come off of their medications for high blood pressure and diabetes, as many have put their chronic disease into remission while reducing their risk for heart disease!

We know from the evidence in numerous research studies that a whole food plant based diet lowers your risk of heart disease, stroke, obesity, diabetes, dementia and cancers. The blue zones, as well as the China study, have shown us that our longest living populations on earth eat no processed foods, predominantly plant based diets with minimal to no animal products.

It is about making one decision that will give you a healthier body, prevent chronic disease, and ultimately provide you with more healthful years of life to share with your loved ones.

# FIND YOUR REASON

## EMOTIONAL EATING

If emotional eating has been a source of pain and struggle for you, switching to a WFPB diet could help. When you transition to a whole food plant based diet, your bodies response to food changes. A plant based diet rich in fiber causes sensations of feeling full despite eating less calories , but high in nutrient density. Plant based foods are naturally rich in fiber, which contributes to feelings of satiety. This sensation can be beneficial if you tend to over eat, eat when bored, eat out of emotion or miss signals or fullness from your body.

Whole, unprocessed, plant based foods such as fruits, vegetables and whole grains, are high in antioxidants, vitamins and minerals, giving you the energy you need. And they are high in protein and fiber, which helps slow digestion so we don't experience a sudden spike in blood sugar followed by a crash.

Many of my patients have found success in ending the cycle of emotional eating, by increasing their satiety and regulating their hunger hormones with a whole food plant based diet.



## ANIMAL ADVOCACY

Although personally I went vegan originally to optimize my health after reading a significant amount of nutrition research, over time the more I learned about the terrors of factory farming and the dairy industry, the more I couldn't believe how blind I had been for so long. The more I learned about how horrible we as humans are treating beautiful animals of all species, who have the same ability to love, learn, feel pain and hurt, just as we do, the more I have become confident in my purpose.

In the US, every year 10 billion land animals and countless of billions of fish are killed for food. They live in crowded cages and enclosures, are deprived of normal life, and spend their short life span without seeing daylight or being able to walk on the ground. They spend their short lives suffering, being artificially inseminated for dairy production and mothers have their calves taken from them immediately at birth. These animals live a short life of torture before they are slaughtered.



# FIND YOUR REASON

## ENVIRONMENT



A study published in Nature found that, by 2050, at a minimum, the projected 80% increase in global greenhouse gas emissions from food production can be avoided, if the global diet transitioned from omnivore to plant based.

80% of all Amazon deforestation is due to cattle-raising, and livestock production plays a major role in the global biodiversity crisis that we are now facing, unprecedented since the end of the last ice age.

Going vegan brings greater environmental benefits than buying a hybrid vehicle or eschewing showers for 6 months.

It takes 2,400 gallons of water to produce one pound of beef, but only 25 gallons to produce a pound of wheat.

Raising animals for food uses 30 percent of the Earth's land mass – or an area about the size of Asia. If you care about our beautiful planet, global warming, world hunger, think about sticking with a plant based diet♥️🌱. And don't we all owe it to this beautiful planet we live on, to treat it with all of the kindness in the world?

## WHAT IS YOUR REASON?

It is truly important that you find your own reason and purpose to make this lifestyle change! Even though I believe we can do anything we set our minds to, nothing motivates us more than a deep, personal reason WHY.

If you aren't ready to jump into going fully plant-based right away, try just having one plant-based meal per day. Then increase it to one plant-based day per week. Before you know it, you will be adding more and more plant-based days into your schedule!

# FOOD DIARY

I cannot emphasize enough HOW IMPORTANT IT IS TO USE A FOOD TRACKING TOOL WHEN CHANGING DIET!! Especially for the first 4 weeks!

The most common reasons why people find they are not happy with a WFPB diet are:

Problem #1: "I am gaining weight on a plant based diet"

The reason this is an important issue to tackle, is because although 99/100 people will LOSE weight on a plant based diet, occasionally someone will come to me and tell me they have gained weight. This is because one of 2 reasons:

a. (most commonly) they are STILL eating processed foods, even though some foods may be marketed as "vegan" or "plant based" they can still be filled with crap. Stick with whole, natural, plant foods, as minimally processed as possible.

b. they are just eating too many calories

Regardless of diet, we can't trick basic biochemistry. In order to lose weight on a whole food plant based diet, similar to ALL diets on earth, you must have a caloric deficit. Your calories in, must be less than your calories out. This is actually generally easy to accomplish on a plant based diet because it is SO naturally low in calories and high in fiber and nutrients. But every once and a while, I will meet someone who encounters this. And this can be easily solved with tracking your meals which we will get to on the next page.

Problem 2. "I am too tired, I am hungry, etc"

You are eating TOO LITTLE CALORIES. This FAR more common than problem #1 above.

A whole food plant based is naturally LOW in calories, but HIGH in nutrients, therefore you will naturally be eating lower calories just by nature of eliminating ALL processed foods and animal products. Make sure you are eating ENOUGH calories, filled with whole, plant based foods!

# FOOD DIARY

So how does FOOD tracking help? It helps SO much regardless of what your health goals are.

This is useful for weight loss as well if that is your goal. Remember, healthy weight loss is losing 1-2 lbs per week. This is a net 500-1000 calorie deficit per day, which can be achieved with dietary modification and exercise

I do recommend tracking your macros and calories! This is especially important for beginners because it allows you to get an idea of how many calories and protein/carbs/fats are in the foods you're eating. If you want to get serious results, it is important to track your data so you can tailor your plan to your specific needs in the future. You would be surprised how many people have no idea why they are not losing or gaining weight like they want, simply because they don't realize the amount of calories they're consuming.

I recommend using apps like My Fitness Pal or Cronometer. These are very easy to use applications that are available on your phone. All you need to do is enter in the amount of food you're eating and it will add everything up so you can see how much you're consuming per day. It helps you to be more mindful of which meals may provide you more satiety, and it helps to eliminate mindless snacking.

# HIGH CARB PLANT BASED? LOW CARB PLANT BASED? HIGH PLANT PROTEIN?

YOU CAN DO ANY PROGRAM THAT WORKS  
FOR YOU!

It's 2019, and guess what: you have MANY options!

Plant based diets that are high in fiber, low in saturated fat, can be healthful whether they are a high carb plant based diet or a low carb plant based diet. Or maybe you're looking for higher plant protein? There are programs for that too! The most important component of a healthful diet is removing processed foods, and incorporating more plants that are in their natural form. The rest is up to you, and what works for you!

## HIGH CARB LOW FAT PLANT BASED MEAL PLANS

- [pcrm.org](http://pcrm.org)
- [plantricianproject.org](http://plantricianproject.org)
- [forksoverknives.com](http://forksoverknives.com)
- [mealplanner.22daysnutrition.com](http://mealplanner.22daysnutrition.com)
- [masteringdiabetes.org](http://masteringdiabetes.org)

## LOW CARB PLANT BASED MEAL PLANS

[getkeyto.com/plantbased](http://getkeyto.com/plantbased)

## HIGH PROTEIN PLANT BASED MEAL PLAN

[veganfitness.com](http://veganfitness.com)  
[mealplanner.22daysnutrition.com](http://mealplanner.22daysnutrition.com)

## FIND A REGISTERED DIETITIAN

[eatright.org](http://eatright.org)

This is a general guide to following a whole food plant based diet. These are general suggestions for serving size and quantity, and can be modified depending on each individual's caloric goals, plan for weight loss, weight gain, or maintenance. Remember, the overall goal is to eat more plants, and less processed foods with an emphasis on progress over perfection! Even if you are not ready to go fully plant based - there are still numerous benefits to making the majority of your diet unprocessed, whole, plant foods.

Print out this check list to help remind you to get your whole plant foods in!

NOTE: If you have any allergy to any of the following items please do not eat them. This handout is provided for educational purposes only and is not intended to provide medical advice. Please consult with your physician if you have any medical questions.

Nutrition Handouts 2019 - Danielle Belardo MD with appreciation to Robert Ostfeld, MD, MSc & Kevin Klatt RD, PhD



## GREEN LIGHT Foods

**3+ Servings Per Day**

The green light category contains foods that are unrefined whole foods. Aim for a MINIMUM of 3 servings per day! Focus on eating plant foods, as close to their original form as possible (not processed!)

### Dark Leafy Greens

**3+ Servings \*UNLIMITED\***

*These are the MOST important items on your plate*

Please consult with a physician if on Coumadin/Warfarin

Kale, spinach, collard greens, mustard greens, red/green leaf lettuce, romaine lettuce, swiss chard, turnip greens, beet greens, mustard greens, broccoli, cabbage

### All Other Vegetables (Starchy and Non-Starchy)

#### 3+ Servings

Fresh or frozen brussels sprouts, carrots, peas, celery, okra, tomatoes, zucchini, squash, sweet potatoes, mushrooms, etc

### Fresh Fruit (and no sugar added frozen fruit)

#### up to 3 Servings

blackberries, raspberries, blueberries, strawberries, apples, oranges, bananas, pears, peaches, plums, etc



## YELLOW LIGHT Foods

**1-3 Servings Per Day**

The yellow light category contains foods that you can include in small-medium quantities, because they are either slightly processed or have a higher calorie content. Aim for 1-3 servings per day.

### Legumes, beans, lentils

#### 2-3 servings (some may benefit up to 4!)

\*Lentils, edamame, soybeans, black beans, garbanzo beans (chickpeas) cannellini beans, kidney beans, lupini beans \*\*make sure if you are eating canned beans it says NO salt added, and make sure to rinse!

\*Tofu, tempeh

### Whole Grains

#### 1-2 servings

A daily serving of minimally processed versions of these foods fortified with vitamin B12 and vitamin D are encouraged

\*Focus on eating minimally/low processed whole grains such as quinoa, spelt, millet, barley, steel cut/rolled oats

\*Choose whole wheat/whole grain pasta and bread over white pasta. Even if something says "whole grain" it is still a processed food! Limit to 1-2 servings per day.

### Nuts & Seeds

#### 1-2 servings (8-30 nuts per day)

Make sure all nuts and seeds are raw, and unsalted

### Ground Chia Seeds, Ground Flax Seeds

#### 2 tablespoons per day



## RED LIGHT Foods

**Eliminate/Minimize/Reduce**

The red light category contains the foods that we recommend eliminating, minimizing, or reducing as much as possible.

- Try not to DRINK your calories! Stick with water (sparkling or flat) and avoid ALL juices/sodas (If you must drink soda, stick with diet!)
- Avoid Processed Foods/Pre Packaged foods
- Avoid candy, sweets, muffins, pastries, cookies, cakes
- Avoid White Pasta, White Breads, White Bagels
- Avoid Red Meat
- Avoid Processed Meat/ Lunch Meat
- Avoid Anything Fried
- Avoid High Fat Dairy
- Avoid Butter or Margarine
- Avoid added oils like coconut oil, vegetable oil, peanut oil (extra virgin olive oil is okay - just remember it is calorically dense - and make sure it fits into your calorie goals! Limit to 2 tbsp per day)
- Minimize: ALL animal products as much as possible

If you would like to continue eating animal products, stick with low fat dairy, lean meats and fish such as salmon

# VITAMINS AND SUPPLEMENTS TO TAKE ON A VEGAN DIET

\*These are standard and general recommendations for vitamin supplementation while on a plant based diet. This may vary for each individual. Please consult with your physician.

1. Vitamin B12: the formulation I recommend is Cyanocobalamin

· Please take 50 mcg of Cyanocobalamin daily

If you are over 65 years old, please take 500 mcg of Cyanocobalamin daily.

2. Vitamin D

\*\*\*this may vary based on your sun/outdoor exposure

3. Algae Based EPA/DHA

# ADDITIONAL RESOURCES

Here are some additional plant-based books and cookbooks, just to name a few!

## Books:

**Becoming Vegan - B Davis RD**

**The Alzheimer's Solution - Ayesha & Dean Sherzai, MD**

**Greenprint - Marco Borges**

**UnDo it! - D Ornish MD, A Ornish**

**The Cheese Trap - N Barnard, MD**

**The China Study - T C Campbell, PhD**

**Dr. Neal Barnard's program for reversing diabetes**

**Proteinaholic - G Davis MD .**

**Trifecta of Health - A Sadeghi, MD**

**The Plant Based Solution - J Kahn MD**

**Plant Power Way - Julie Piatt and Rich Roll**

**The Kick Diabetes Cookbook - Brenda Davis RD**

**The Prevent and Reverse Heart Disease CookBook -  
Ann and Jane Esselstyn**

**Forks Over Knives: Flavor! - Darshana Thacker**

**Vegan 100 - Gaz Oakley**

I am beyond excited you have decided to try plant-based nutrition, I am thrilled to be a part of a life changing transformation, and there is a huge community of people doing this with you! Make sure to join our Facebook group "Nutrition Rounds" to find a community of support.

Because I want you to succeed, I have teamed up with some of the best WFPB Recipe creators on Instagram to bring you 20+ free recipes! I am incredibly grateful for each of their contributions. Make sure to scroll to the end of the guide to read about each of these plant based advocates!

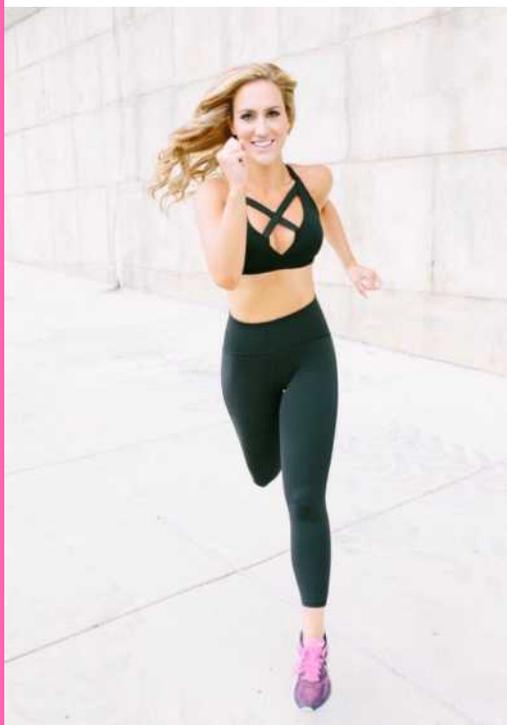
## HERE IS HOW I WOULD LOVE FOR YOU TO USE THIS GUIDE:

### 1. GO THROUGH THE WHOLE GUIDE.

I would love for you to go through all these recipes and decide which seem most appealing to you.

### 2. EASY SWAP

Think of your current daily eating habits and decide what are the easiest ways to transition. For example, if you have coffee every morning, decide which milk you will try to replace cow milk with. If you have pasta for dinner, decide what type of veggie pasta you will try.



### 3. PLAN AHEAD.

Use the Game Sheet/Meal Plan worksheets provided to get your shopping list ready and make a plan of the meals you will consume/

### 4. SHOP AND TAKE THIS CHALLENGE HEAD ON!!

Share your shopping trip with friends and family on social media, and in our facebook group!

# BREAKFAST RECIPES

## ONE CHIA PUDDING →

**Recipe by: Dr. Danielle Belardo M.D**  
**@theveggiemd.com**  
**theveggiemd.com**

What is the chia seed? It's a power packed seed that is super high in omega-3 fatty acids - these essential fats are important for both brain and heart health. My chia pudding is a recipe of GOOD fat + protein + fiber

Recipe for 1 serving (as seen in my photo!) use your math skills and multiply by x for larger servings:

- 5 tbsp chia seeds
- 0.5 cup unsweetened almond milk
- Mix, let chill in fridge for 2 hrs
- Add 1 tbsp chopped walnuts
- Add 0.5 cup fresh raspberries
- Mix and eat!



## OVERNIGHT OATS!

Recipe by: Dr. Reshma Shah

@reshmashah

<http://www.thefamily-table.com>



1/4 cup rolled oats (not quick or steel cut)  
1 teaspoon hemp seeds  
1 teaspoon chia seeds (feel free to double one or the other if you don't have both on hand)  
generous sprinkle of cinnamon  
1/2 plant based milk of choice  
Place all of the ingredients in a mason jar and stir to combine. Let the oats soak overnight. If you have forgotten, you can even do this an hour or so ahead of time and it still works.

Flavor boosters: sliced banana, fresh berries, you could use a drizzle of maple syrup or date paste, toasted walnuts or nut butter.

## CHOCOLATE PROTEIN OATMEAL

Recipe by: Mayte Moncada

@mayte\_moncada\_p

1 serving

Ingredients:

1/2 cup of organic rolled oats

1 cup of water

3/4 cup of plant based milk

1 tsp. Of ground cinnamon

1 tbsp. Of ground flaxseed

1 tbsp. Of chia seeds

1 tbsp. Of Hemp seeds

1/2 banana sliced

1 measure of your favorite plant based chocolate protein powder

Optional: almonds, cashews or walnuts to top your oatmeal

Cook the rolled oats with the water in medium heat, once it boils reduce the fire to low and cook for about 8 min. Stirring every now and then.





## OVERNIGHT OATS

2 ½ cups rolled oats  
 ½ cup raw, unsalted seeds\*  
 ½ cup unsweetened dried fruit\*  
 ¼ cup unsweetened coconut (optional)  
 Unsweetened soy or nut milk

### Directions

1. Place ingredients in airtight large container mix and then store for future use.
2. To make overnight oatmeal, add a 1/2-cup mix to a Mason jar or container. Add any toppings, then fill jar with soy or nut milk. Seal and keep in the refrigerator overnight or up to 3 days (can be made ahead of time for grab and go). Mix before eating, add a little extra milk and fresh fruit if desired. My favorite topping is fresh/frozen blueberries.

Recipes by: **Krisann Politomoller**  
 @krisannpolitomoller  
 krisannpolitomoller.com  
**SCRAMBLED PESTO TOFU**

8 oz. extra firm tofu, drained and mashed with a fork  
 8 oz. sliced mushrooms  
 ¼ cup chopped onion  
 ¼ cup of raw baby spinach  
 2 Tbs. Basil Pesto (see below)  
 \*I absolutely love this pesto recipe! I make a double batch and freeze it into small containers. I defrost when needed and use it on wraps, pizza, sandwiches, pasta and tofu. !

### Directions:

Warm a non-stick skillet over medium heat. Add the onion to the hot pan and dry sauté for a few minutes until it becomes translucent. Continually stir it and add a few drops of water if it begins to stick. Add the mushroom, lower the flame to medium low and put a cover over the pan. The mushrooms will cook and release water. Once the mushrooms are cooked, add the tofu to the pan. ! Mix the onions, mushrooms and tofu together. Add 2 tablespoons of pesto to the mixture. Continue to stir and cook for 3 minutes until the tofu is heated but not dried out. Add the spinach and stir for a minute till the leaves are wilted. The heat will wilt the spinach. Serve!



# LUNCHES + DINNERS!

Recipes by: Dr Vivien Chen  
@plateful.health  
www.platefulhealth.com

## THAI SQUASH CURRY

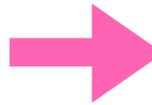
- 1 can coconut milk
- 1 cup cannelloni beans or chickpeas
- ½ red pepper
- ¼ onion
- 1 tbsp coconut aminos
- 1 tsp maple syrup
- kefir lime leaves (can omit if you don't have)
- Lemongrass (can omit if you don't have)
- 3 cups cubed butternut squash or kabocha squash
- 2 tsp yellow thai curry paste
- Brown rice



### Instructions:

1. Cook the brown rice according to instructions
2. While the rice is cooking, scoop out 2 tbsp of the cream on top of the coconut milk can (ONLY the top, thick part, not the watery part).
3. Put this into a heated medium sauce pan and heat over low/medium heat, the water will start to evaporate, bubble, and after about 2-3 minutes you will be left with a clear coconut 'oil'.
4. Now put in 2 tsp of the thai curry paste, sauté for 1-2 minutes on low heat, stirring constantly and making sure the paste does not burn. It will start to smell fragrant.
5. Add the rest of the can of coconut milk
6. Bring to boil and then add the lemongrass and kefir lime leaves (if using)
7. Simmer on low heat for 10 minutes
8. Add in butternut squash. Cook for 10 minutes
9. Add the cooked cannelloni beans.
10. Add in the red pepper and onions for 1 minute and serve.

## CHICKPEA FLAT BREADS (SOCA)



- 1 cup chickpea flour (aka basan flour)
- 1 cup water (or almond milk)
- 2 tbsp tapioca flour
- 1 leek - chopped finely
- 1 tbsp dried or fresh rosemary (chop finely)
- 1/2 tsp salt
- 1/2 tsp cumin

1. Heat 1 tbsp avocado oil on a medium skillet
2. Add the leek and rosemary, saute for 5 minutes
3. Mix the chickpea flour and tapioca flour with the water, whisk until smooth
4. add the sauted leek and rosemary, salt, and cumin.
5. heat up a medium skillet, add 1 tsp oil
6. once the pan is hot, use a ladle to ladle a small amount onto the pan slowly, cook for 2-3 minutes, then flip.





Recipes by: Tara Kemp  
@TaraKemp\_  
Tarafkemp.com

For optimal enjoyment, Tara recommends eating these meals without distraction or in the company of loved ones, and taking a moment of "gratifoood" before digging in ♥

### THE NEVER-GETS-OLD NOURISH BOWL FORMULA

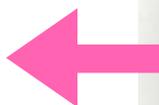
- greens (raw or cooked - or both!)
- beans or lentils
- sweet potato (baked or steamed) or whole grain
- veggie mix (steamed, roasted, or raw)
- fave spices
- fresh herbs
- avocado, tahini, nut butter, or raw seeds/nuts
- lemon or lime squeeze

### WARM AND WONDERFUL BUCKWHEAT SALAD

- 1 cup buckwheat
- 1 medium sweet potato, chopped
- 1 medium carrot, chopped
- 1/3 cup raisins
- 1 red bell pepper, diced
- 1-2 tsp italian herb spice mix
- 1 bunch kale, stripped and finely chopped
- 2-3 tbsp tahini
- juice of 1 lemon

#### Instructions:

Place buckwheat, sweet potato, and carrot in a medium pot along with 2.5 cups water. Bring to a boil, then lower to a simmer. After it has been simmering for about 5 minutes, add raisins. In another 5 minutes, add red bell pepper and italian herb spice mix. After 5-10 more minutes (when it has been simmering for 15-20 minutes total), the buckwheat and sweet potato should be fully cooked. Check to be sure, then remove from heat. Stir in kale (it will wilt from the heat), tahini, and lemon.



## RAINBOW HEAVEN PLATE

Recipe by: **Tatiana Polizos**  
**@Tatiana.p.fitness**

100g of shredded carrots  
50g of peas  
100g of kidney beans cooked  
100g of lentils cooked  
1/4 cup of wild rice cooked  
1 tbsp of nutritional yeast (optinal)  
Sea salt (optinal)

Boiled the carrots peas. Cook the wild rice as you would cook white or brown rice. I personally use a rice cooking machine. Cook lentils and beans or use from can/paper box whichever way you please. Mix all together. You can serve cold or hot.



## SUMMER QUINOA SALAD

Recipe by: **Dr. Ethan J. Ciment, DPM**  
**@DrEthanTheVegan, @VeganMos**  
**www.VeganMos.com**

1 cup dry quinoa  
2 cups low sodium vegetable broth  
2 large mangoes, sliced into 1/2" cubes  
2 Haas avocados, sliced into 1/2" cubes  
2 cups corn kernels  
15 oz can of black beans, drained and rinsed  
1 large lime, juiced  
1/4 cup tamari  
1/4 teaspoon salt  
1/4 cup fresh mint, finely chopped

Rinse quinoa and put into a medium saucepan. Add 2 cups of vegetable broth, cover and bring to a boil. Once boiling, stir to mix, cover, reduce heat to simmer for 15 minutes, or until all the broth is absorbed. Set aside and let it come down to room temperature.

In a large mixing bowl, add the remaining ingredients to the cooled quinoa and adjust seasonings to taste.

Garnish with whole mint leaves and serve at room temperature or chilled.





Recipes by: Karen Burzichelli RN  
@Karenshealingkitchen  
[www.karenshealingkitchen.com](http://www.karenshealingkitchen.com)

## CHICKPEA "TUNA" SALAD

- 1 can chickpeas drained
- 2 tbsp chopped celery
- 2 tbsp chopped onion
- 2 tbsp Dijon mustard
- 2 tbsp avocado or guacamole
- Romain lettuce leaves
- Whole grain wraps
- Chopped tomatoes
- Chopped lettuce
- Salt and pepper to taste
- Balsamic vinegar for drizzle

Chop chickpeas in mini food processor or mash with a fork  
Chop celery and onion in food processor and add to chickpeas  
Add mustard and avocado/ guacamole mix well

Scoop into lettuce boats or wrap  
Top with chopped lettuce and tomatoes and drizzle with balsamic

## BUTTERNUT SQUASH AND SWEET POTATO SOUP

- 1 BUTTERNUT SQUASH
- 2 large or 3 SMALL SWEET POTATOS
- 2 large CARROTS
- 1/2 white or yellow onion
- 1 Apple - 2 apples depending if you want a sweeter soup
- 1 32oz CARTON OF VEGGIE BROTH
- 1 tsp turmeric
- 2 tsp allspice
- 2tbsp maple syrup ( optional )

Directions:  
CUT SQUASH IN HALF AND SCOOP OUT SEEDS, chop in small chunks  
Cut Potatoes, Carrots, onions, and apple into small chunks add spices and broth.  
Set IP to 10 minutes manual , use natural or quick release and use immersion blender to blend till smooth.  
Add maple syrup if using and blend

Or simmer on stove top till tender and blend when all veggies are soft.



## VEGAN SUSHI

Recipe by: **Mayte Moncada**  
**@mayte\_moncada\_p**

2 servings

### Ingredients:

1 cup of cooked brown rice (it has to be warm not very hot or it might break the nori sheet)

2 nori sheets

½ cucumber peeled and cut into thin strips

½ avocado in slices

¼ pack of extra firm tofu previously drained (press all the tofu between two plates with a heavy object on top, drain the liquid and repeat. Then you cut the tofu in about 4 slices)

½ small zucchini, make some slices with a peeler

Salt and pepper as desired (season the tofu with this if you need to)

3 tbsp. Of tahini

2 cups of mixed greens

½ cup of cherry tomatoes in half

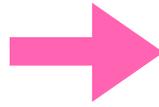
¼ cup of pistachios

¼ cup of water

2 tbsp. Of Balsamic vinegar

Flaxseed crackers as desired

3 tbsp. of aminos mixed with the juice of ½ lime and 1 tbsp. Of water to dip the sushi roll



### Preparation:

Spread ½ cup of cooked rice on each nori sheet covering it completely. (if you don't have a sushi mat, place the nori sheet on a plate). Divide all the other ingredients in two parts, start by placing the zucchini ribbons in one of the edges of the nori sheet with rice. Then add the cucumber, tofu and avocado. Season everything with salt and pepper on top. Start rolling the sheet, pressing with your fingers while you keep rolling it until you reach the other end. Once you finish both, hold it tight and slice it in about 8 pieces. The easiest way is using a very sharp knife. If it gets rice stuck, clean it every time you slice. Place the sushi in a plate.

Mix the greens with the tomatoes, pistachios and flaxseed crackers in a bowl. For the dressing, mix the balsamic vinegar, water, and tahini. If you like spicy flavors you can add sriracha or any other hot sauce. Mix very well, it might need more water since the tahini will absorb all the liquid. Pour on top of the salad and enjoy the sushi rolls with the aminos!

**Switch made by Danielle Belardo M.D**  
**@TheVeggieMd**  
**Theveggie.md.com**



Want a quick plant-based swap for an old meat-based classic (the BLT)? Switch out your bacon for avocado, for a healthier (and even tastier!) alternative.



## SHIITAKE MUSHROOM NOODLES

1 serving

### Ingredients:

- 1 ½ cup of shiitake mushrooms sliced
- 1 garlic clove thinly chopped
- 1 tbsp. Of Miso paste
- 1 tsp. Of fresh ginger finely chopped
- 1 tbsp. Of Aminos or soy sauce
- Salt to taste
- Black pepper to taste
- ½ cup of broccoli florets
- ½ cup of green beans or your favorite vegetable
- 1 cup of kale chopped without stem
- 2 ½ cups of purified water
- 1 pack of shirataki noodles (drained and rinsed) or your choice of noodles
- Optional: chili flakes as desired, chipotle pepper paste or fresh cilantro chopped.

### Preparation:

In a non stick pan, sauté the garlic, ginger and mushrooms for 2 min. in low heat stirring constantly (you can also add a bit of water so it doesn't stick, though the taste is not the same). Add the rest of the ingredients except the noodles. Cover and cook for 9 minutes in low heat. Add the Shirataki noodles and cook for 1 minute (or your choice of noodles following the cooking instructions). Serve and enjoy! these with you for post work out snack/snacks on the go



## EASY CHICKPEA TACOS

1 serving

### Ingredients:

- 1 cup of cooked chickpeas (drained and rinsed)
- ½ small cucumber diced
- ½ cup of cherry tomatoes in half
- ⅓ cup of any bell pepper diced
- 2 tbsp. Of sunflower seeds
- ¼ avocado in cubes
- 2 tbsp. Of freshly chopped cilantro or parsley
- The juice of 1 big lime
- 2 tbsp. Of red onion finely chopped
- 4 leafs of butter lettuce
- Salt and pepper to taste

### Preparation:

Place the chopped onion in a big bowl with the lime juice and let it sit for 8 minutes. Add the rest of the ingredients except the lettuce and the avocado. Mix and let it rest for 5 minutes. Place the lettuce leafs on a plate and top with the ingredients, add the avocado on top and enjoy just the way you would eat a taco!



## WARMING PESTO PASTA

Recipe by: **Melissa Woodhealth**  
**@MelissaWoodHealth**  
**MelissaWoodhealth.com**

### INGREDIENTS (ALL ORGANIC):

1 box brown rice pasta (Jovial pasta brand I use here)

1 cup cremini mushrooms

1 head of kale

Pesto sauce

Nutritional yeast to taste on top (brand I use here)

### PROCESS:

Cook pasta by following instructions on the box  
Sauté mushrooms and kale in pan with 1 tbs of water or avocado oil

Once pasta is done cooking put it in the pan with veggies and mix in pesto sauce.



## MAC AND CHEESE

Recipe by: **Karen Burzichelli RN**  
**@Karenshealingkitchen**  
**www.karenshealingkitchen.com**

1 large carrot cut in small pieces  
2 yellow potatoes  
1/4 onion  
1/2 cup cashews (if you don't have a higher speed blender like a vitamix you will have to soak your cashews over night)  
1 tsp salt  
1 tsp onion powder  
1 tsp garlic powder  
1 tbsp Dijon mustard  
1/4 cup nutritional yeast  
Squeeze of lemon

Add ins: Steamed broccoli, kale, spinach or peas..

Cut potato in small cubes and boil for 2 minutes  
Add carrot and boil 5 minutes, add onion boil 7 minutes until veggies are tender.

Blend cashews with veggies and 1 1/2 cups of hot water and all the spices, in a high speed blender.. blend until smooth

Add veggies if using.

Serve over your favorite whole grain or gluten free pasta.



# BEET BLACK BEAN QUINOA BURGERS

Recipe by: Amy Stabley

@aim\_2bewell

Serves: approx 8 patties

Ingredients (All Organic when possible)

1. 3/4 cup cooked quinoa
2. 1/2 large red onion, finely diced (~3/4 cup)
3. 1 cup finely chopped mushrooms (I prefer baby portobello's)
4. 1 15-ounce can black beans, well rinsed and drained
5. 1 cup finely grated raw beet (about 1 large beet)
6. 1/4 Nutritional Yeast
7. 2 tsp cumin
8. 1 tsp chili powder (or sub extra cumin)
9. 1 tsp smoked paprika
10. 1/4 - 1/2 flax meal, oat flour, or almonds meal.
11. 2-4 cloves of garlic minced
12. Freshly Ground Pepper / Sea Salt to taste
13. Few splashes of coconut aminos to taste



Directions:

- 1 Heat a large skillet over medium-low heat and add some nonstick spray or a bit of olive oil. Once hot add the onion and sauté, seasoning with a pinch each salt and pepper.
- 2 When the onions are soft - about 5 minutes - turn up the heat to medium and add the mushrooms. Season with another pinch of salt and pepper and cook until the mushrooms and onions are slightly browned and fragrant - about 3 minutes.
- 3 Remove from heat and add black beans and mash. You're looking for a rough mash, so you can leave a bit of texture if you want.
- 4 Transfer the mixture to a mixing bowl and add the quinoa, beets, all spices and stir.
- 5 Lastly, add the flax meal a little at a time until the mixture is good texture to form into patties. Place mixture into fridge to chill - this allows you to form the patties a little easier. But stepped can be skipped if you want to save time.
- 6 Form into patties ( I like to use a mason jar lid lined with wax paper for a mold)
- 7 Over medium heat brown the Patties in a non stick skillet lightly coated with coconut oil. Cook until brown on both sides 3-4 minutes per side.

Serving: These can be served on a bun, on romaine leaves, on top of a salad! Be creative! Great toppings would include plain hummus, fresh tomatoes, onions, avocados, dill pickles, mustard etc! \* FREEZING: If you don't want to cook the whole batch at once, form into 10 patties, par-bake them at 375 degrees F for 15-20 minutes. Then cool and stack between layers of parchment paper and cover. Freeze for up to a few weeks. To cook, place on baking sheet still frozen and bake at 375 degrees F until desired texture/color is reached - roughly 25-35 minutes.

## EGGPLANT PARM

Recipe by: Karen Burzichelli RN

@Karenshealingkitchen

[www.karenshealingkitchen.com](http://www.karenshealingkitchen.com)

1 eggplant  
1 cup chickpea flour  
1 tsp onion powder  
1 tsp garlic powder  
3/4 cup non dairy milk  
1 box whole wheat regular or Panko breadcrumbs

1 jar favorite organic pasta sauce( no oil added)  
1 10oz can organic tomatoe sauce

### Tofu Ricotta

1 package 16oz firm tofu water squeezed out really good  
( put in collider and put a heavy pot on top to squeeze out)  
2 tbsp fresh lemon juice  
3 tbsp nutritional yeast  
1 tbsp chopped garlic  
1 tbsp dried basil  
1 tsp Italian seasoning  
1 tsp salt  
3 tbsp water  
Salt and pepper to taste  
Blend all ingredients in food processor till creamy

You can add frozen spinach and kale  
if you want just make sure you squeeze all the water out.

### Cashew Parmesan

3/4 cup raw cashews  
3 Tbsp nutritional yeast  
3/4 teaspoon sea salt  
1/4 tsp garlic powder

Add all ingredients to food processor and pulse until fine.  
Store in glass jar in refrigerator. Will last for 3-4 weeks.

Peel eggplant and slice into thin rounds  
Mix flour with spices and milk in food processor till creamy

Dip eggplant in flour mixture and than in breadcrumbs  
Put into airfryer for 15 minutes or bake at 350 for 15-20 minutes in pan lined with parchment paper.  
Be sure to turn over 1/2 way through.

Combine the pasta sauce and tomato sauce and mix well

Pour sauce on bottom of 9x12 glass pan  
Layer eggplant on top of sauce  
Top with more sauce and sprinkle with Cashew Parm  
Next layer the Tofu ricotta on top  
Add another layer of eggplant and sauce and top with more Cashew Parm  
Bake at 350 covered with foil for 20-30 minutes till heated through



## DESSERTS



## CHOCOLATE CHIA SEEDS PUDDING

Recipe by: **Krisann Polito**  
**@krisannpolitomoller**  
**krisannpolitomoller.com**

### Ingredients

1 1/2 cups unsweetened soy or nut milk  
1/3 cup ground\* chia seeds  
1/4 cup unsweetened cacao powder  
2 Tbs. pure maple syrup  
1/2 tsp. ground cinnamon  
1 tsp. almond or vanilla extract

### Instructions

Add all ingredients in a bowl and whisk vigorously to combine. Let rest covered in the refrigerator overnight or at least 35 hours. Can store it small mason jars for individual servings for a grab and go option. Add any toppings you like: fresh fruit, dried fruit, nuts, seeds, coconut, and/or granola.  
\* can substitute unground chia seed or grind in a coffee grinder.



## RASBERRY BLISS BALLS

Recipes by: **Dr. Vivien Chen**  
**@plateful.health**  
**www.platefulhealth.com**

1 cup raspberries (frozen or fresh)  
1 cup rolled oats 1 tbsp cacao nibs  
6 pitted medjool dates  
1/3 cup desiccated coconut



1. If you are using freeze dried raspberries jump to step 3. But if you are using frozen or fresh raspberries then follow these steps: Over a stove top, boil and then simmer the raspberries on low heat with the lid off to reduce to half (about 10 minutes or so)
  2. Let it cool
  3. Put the reduced raspberries (or freeze dried raspberries) into the food processor with the rest of the ingredients.
  4. Blend until the mixture starts to stick together, about 2 minutes.
  5. Roll the mixture into small balls and then coat in desiccated coconut
  6. place into a box and put into the fridge to firm up for 2 hours.
- you can individually wrap them in tin foil and carry these with you for post work out snack/snacks on the go

# Thank you!

Thank you so much for taking the time to go through this guide. Thank you again to everyone who contributed. I created it with so much love and with you in mind, no matter where you are in your journey.

As a Physician, I see the results of the standard American diet every day in the faces of many ill patients.

I hope this guide is just the beginning of your journey toward plant based nutrition, and a life of health and wellness. Thank you for contributing to a more compassionate world.



I am beyond excited and honored to help you in this quest for wellness! If you found value in this guide, feel free to share it with all your friends and family!

Connect with me on Instagram @daniellebelardomd  
Twitter @dbelardomd

Join our plant-based support group on Facebook at: Nutrition Rounds

This Guide is just the beginning of everything I have in mind to help you  
Go plant based!

With gratitude,

*Danielle Belardo, M.D.*

# THANK YOU SO MUCH TO ALL WHO CONTRIBUTED TO THIS GUIDE!

Not only is this guide possible because of your help, but your work is invaluable. Thank you to each one of you for using your gifts and knowledge to guide the world toward plant based nutrition. Please follow these amazing Influencers for more recipes and beyond! (just click on their names)



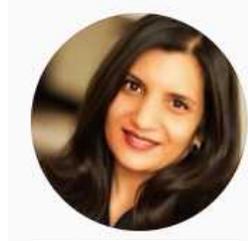
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