

**Updated July 15, 2014**

**This document contains a few suggestions and recipes to help with your transition to vegan diet. I don't claim to be a nutrition expert and these suggestions are based on my personal research and experience. If you suffer from special health conditions, you might need to consult a professional health practitioner or nutritionist first. Congratulations on taking the first step and please feel free to share. (Alysse Stepanian: <http://alyssestepanian.com>)**

### **EDUCATIONAL & OTHER RESOURCES:**

**Book:** "Forks Over Knives" check local library - also on Amazon:

<http://www.forksoverknives.com/>

<http://engine2diet.com/recipes/favorites/>

**Book:** "Eating Animals" by Jonathan Safran Foer – a literary masterpiece full of factual information <http://www.eatinganimals.com/>

**Book:** "The Sexual Politics of Meat: A Feminist-vegetarian Critical Theory" by Carol J. Adams

<http://www.caroljadams.com/spom.html>

**Movie:** "Forks Over Knives" on Netflix, instant queue

**Movie:** "Earthlings" by Nation Earth <http://www.earthlings.com>

**Movie:** "The Ghosts In Our Machine" by Liz Marshall: <http://www.theghostsinourmachine.com/>

**Website:** Jo\_Anne McArthur (photo journalist): <http://www.weanimals.org/>

her photographs: <http://www.weanimals.org/photographs.php>

**Links and resources:** <http://plantbaseddietitian.com/resources/>

<http://www.carnism.org/2012-05-08-16-39-52/important-links>

<http://www.weanimals.org/links>

**Find vegan food near you:** <http://www.happycow.net/>

**Phone apps for finding vegan food near you:** <http://vegoutapp.com/>

<http://www.veganxpress.com/>

**Melanie Joy, Ph.D., Ed.M. (psychologist, author of Why We Love Dogs, Eat Pigs, and Wear Cows):** <http://www.carnism.org/> "Carnism is an illogical system that creates an illogical loyalty to eating animals. Carnistic conditioning distorts people's perceptions of animals and meat such that they selectively notice, and selectively retain, the facts about eating animals."

**Joe-Anne McArthur's Photojournalism:** <http://www.weanimals.org/photographs>

### **PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE:**

<http://pcrm.org/search/?cid=248>

"Since animal products force calcium out of the body, eating meat can promote bone loss. In nations with mainly vegetable diets (and without dairy product consumption), osteoporosis is less common than in the U.S., even when calcium intake is also less than in the U.S."

A study on Pubmed.gov: <http://www.ncbi.nlm.nih.gov/pubmed/15741380?dopt=Abstract>

"Therefore, in clinical, longitudinal, retrospective, and cross-sectional studies, neither increased consumption of dairy products, specifically, nor total dietary calcium consumption has shown even a modestly consistent benefit for child or young adult bone health."

## **VITAMINS / SUPPS:**

### **B12 (may be necessary for vegans):**

- Spirulina powder – high in B vitamins and minerals (can mix with juice, lime, water)  
The following online supplier also carries hemp protein powder (for extra protein and omega fatty acids); good place to order both if you can't find them locally:

<http://www.nuts.com/cookingbaking/powders/spirulina/organic.html>

<http://www.nuts.com/cookingbaking/seeds/hemp/powder.html>

- Raw vegan B Complex capsules in whole food form: <http://www.luckyvitamin.com/p-321779-garden-of-life-vitamin-code-raw-b-complex-120-vegetarian-capsules>

### **D:**

Best source might be the sun: 20 minutes of daily walks in the sun, no sunscreen and minimal clothing (unless you are suffering from skin-related conditions). Many vegan options for D are available online. Good D info here:

<http://articles.mercola.com/sites/articles/archive/2012/03/26/maximizing-vitamin-d-exposure.aspx>

Also check these sites: <http://www.vegansociety.com/lifestyle/nutrition/vitamin-d.aspx>

<http://www.mayoclinic.com/health/vitamin-d-toxicity/AN02008>

## **SOME SUGGESTIONS (not to make things more difficult, so take it easy, one thing at a time, and make cooking and enjoying vegan meals an exciting adventure):**

\*Fast food restaurant chain, Chiptole, has the delicious vegan Sofritas on their menu - it's been a great success and even meat eaters love it. It is easy to find fast food places that would make a vegan meal for you: For example, order a burrito without the meat or cheese (tofu or beans provide plenty of easily digestible protein).

- Buy local organic whenever possible, plant your own vegetables or start a community garden if you can. When possible, buy USDA certified organic and avoid toxic GMO (Genetically Modified) soy, corn or other produce.

- To make lentils and beans more easily digestible, soak them overnight, change the water, boil for 20 minutes, remove foam and change water again, cook well until soft (the foam is what will give you tummy ache).

- Soak rice for a few hours before cooking and change the water.

- Add Dulse or other a sea vegetables to salads, sandwiches and soups. Most are high in B12 and minerals and contain salt and iodine. Dulse can be eaten raw, or may be added to cooked food after cooling to retain vitamins. Also try Kombu (needs 20 minutes low heat cooking), toasted sushi Nori sheets (the outer wrap for shushi, which you can break into little pieces and add to salads or sandwiches). You can find these in Japanese sections of supermarkets or order them online. View examples here: <https://www.seaveg.com/shop/>

- Use ginger powder and tumeric for cooking (great healing and liver cleansing qualities).
- Experiment with different beans, lentils and peas: white beans, garbanzo beans (look up hummus recipes for sandwich spreads, made with garbanzo or buy already made hummus – in the US, Trader Joe’s and many markets carry hummus), pinto beans, kidney beans, mung beans, black beans, green lima beans, dried green peas (can make pea soup or sandwich spread); red lentils, brown lentils...
- Try different grains, such as quinoa (takes only 20 minutes to cook, high in protein); try white and red quinoa; can use it like rice or mix it with veggies as salads
- Use organic, unfiltered, unpasteurized apple cider vinegar for salads, greens, and even add to cooked beans to make them more digestible.
- Avoid high heat when cooking with olive oil – it’ll spoil.
- Soak raw leafy veggies in filtered water mixed with a spoonful of apple cider vinegar, and wash carefully to get rid of insects/eggs.

## RECIPES

### **BREAKFAST:**

- Oatmeal (try instant Irish Oatmeal) and add fruit, cinnamon, agave syrup or maple syrup, almond or other milk (see MILK)
- toast with peanut butter (make sure it's organic, otherwise can be toxic) and apple sauce
- toast with sesame tahini / apple sauce and banana slices on top, sprinkled with cinnamon

### **MILK:**

Try almond milk, rice milk, or soy milk. Experiment.

### **VEGGIE SIDE DISHES:**

- steamed buttersquash
  - steamed pumpkin
  - steamed broccoli
  - steamed cauliflower
- \*experiment with various vegetables, sprinkle with pepper, apple cider vinegar, lime or lemon juice, etc.

### **SNACKS:**

- a handful of nuts (almond, walnuts)
- organic corn on the cob (make sure it’s non-GMO)
- fruits: blue berries (all sorts of berries), cantaloupe, watermelon - very rich in vitamins and antioxidants; red/ green apples, bananas, oranges... try all fruit
- pineapple and papaya aid digestion –rich in enzymes.

### **ALYSSE'S RED LENTIL WITH VEGGIE SOUP AND RICE:**

Cook separately:

- red lentils
- brown rice

Steam these chopped veggies or sauté them in low heat with a little water and chopped onion and/or garlic; add to the lentils at the end:

- carrots
- butter squash, or cauliflower, or red cabbage, or broccoli
- yam
- dinosaur kale

Add 3 minutes before cooking is done:

- 2 TBS organic unfiltered, unpasteurized apple cider vinegar

Add at the end/ when food cools down a bit:

- 1/4 teaspoon or more tumeric
- 1/4 teaspoon or more ginger powder
- Dulse sea veggie (a handful)

### **ALYSSE'S KELP (sea veggie) SOUP WITH QUINOA AND BEANS:**

For a large pot, use 5 cups of beans, one cup of quinoa, 1-2 sticks of Kombu, and veggies to your taste.

- Beans (try pinto, black, mung, or any other that you like): soak overnight, change water. Boil for 20 minutes, remove foam with a spoon and change water again. Let simmer on low heat for 1-2 hours, until very tender.

- Break 1-2 sticks of Kombu into small pieces.

- Once the beans are tender, add chopped carrots, tomatoes, quinoa and Kombu - be careful not to boil the veggies and ruin the vitamins. Simmer on low heat for 20 minutes.

- To make the beans even more digestible, add 3 tablespoons of Apple Cider Vinegar.

If you can get organic shiitake mushrooms: they're wonderful for cleansing the liver, with great texture and taste. Just 3-4 large size mushrooms are enough. Price per pound is high, but you will need very little of it.

### **ALYSSE'S SANDWICHES:**

- Ezekiel 4:9 Sesame organic bread with sprouted grains from Trader Joe's

- strips of fried organic tempeh, OR organic tofu (cook with little olive oil and garlic, low heat) – always buy organic soy
- sliced tomatoes (can even cook them for added benefit)
- cooked strips of carrots
- sliced radishes
- slices of yellow or red onions
- sliced avocados

Greens suggestions:

- dandelion leaves
- arugula
- kale leaves (sprinkle with apple cider vinegar and a little olive oil)
- organic alfalfa sprouts if you can find them
- mixed/ variety lettuce
- mint leaves
- bok choy
- Mustard greens

Suggestions for spreads:

- hummus
- cooked until pureed green peas

Garnishes/ Comdiments/ Spices:

- parsley
- organic sauerkraut (good for digestion) or pickles, low salt, if possible
- tumeric or ginger powder, black pepper
- vegannaise (vegan mayonnaise, if you must have it), mustard

**MORE DELICIOUS RECIPES (following recipes were taken from these sites):**

<http://engine2diet.com/recipes/favorites/>

<http://www.forksoverknives.com/>

**Sweet Potato lasagna:**

<http://engine2diet.com/recipe/raise-the-roof-sweet-potato-lasagna/>

- 1 onion, chopped
- 1 small head of garlic, all cloves chopped or pressed
- 8 ounces mushrooms, sliced
- 1 head broccoli, chopped
- 2 carrots, chopped
- 2 red bell peppers, seeded and chopped
- 1 can corn (organic), rinsed and drained
- 1 package Silken Lite tofu (organic, non-GMO)
- ½ teaspoon cayenne pepper
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon rosemary

- 2 jars Engine 2 approved pasta sauce
- 2 boxes whole grain lasagna noodles
- 16 ounces frozen spinach, thawed and drained
- 2 sweet potatoes, cooked and mashed
- 6 roma tomatoes, sliced thin
- 1 cup raw cashews, ground
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**Preparation:**

Pre-heat oven to 400 degrees. Sauté the onion and garlic on high heat for 3 minutes in a wok or nonstick pan. Add the mushrooms and cook until the onions are limp and the mushrooms give up their liquid. Remove them to a large bowl with a slotted spoon. Reserve the mushroom liquid in the pan. Sauté the broccoli and carrots for 5 minutes and add to the mushroom bowl. Sauté the peppers and corn until just beginning to soften. Add them to the vegetable bowl. Drain the silken tofu by wrapping in paper towels. Break it up directly in the towel and mix into the vegetable bowl. Add spices to the vegetable bowl and combine. To assemble the vegetable lasagna : Cover the bottom of a 9-by-13-inch casserole with a layer of sauce. Add a layer of noodles. Cover the noodles with sauce. This way the noodles cook in the oven, saving time and energy. Spread the vegetable mixture over the sauced noodles. Cover with a layer of noodles and another dressing of sauce. Add the spinach to the second layer of sauced noodles. Cover the spinach with the mashed sweet potatoes. Add another layer of sauce, the final layer of noodles, and a last topping of sauce. Cover the lasagna with thinly sliced roma tomatoes. Cover with foil and bake in the oven for 45 minutes. Remove the foil, sprinkle with the cashews, and return to the oven for 15 minutes. Let lasagna sit for 15 minutes before serving.

**Lynn's Meatloaf (vegan):**

<http://engine2diet.com/recipe/lynns-meatloaf/>

2 stalks celery, chopped

½ onion, chopped

2 cloves garlic, minced or pressed

10 ounces firm tofu, drained (organic, non-GMO)

¼ cup walnuts, finely ground

1 1/2 cups cooked brown lentils

1 ¼ cups quick-cooking oats

3 tablespoons soy sauce (organic, non-GMO)

2 tablespoons ketchup (additional for topping)

1 tablespoon Dijon mustard

2 teaspoons dried parsley

½ teaspoon each thyme, sage, and rosemary

Ketchup, to taste

**Instructions:**

Pre-heat oven to 350

Spray loaf pan (or use non-stick silicone bake-ware)

Sauté celery, onion and garlic on high heat in skillet with a little water or low sodium **vegetable broth** (see below) for 5 minutes until tender.

Remove from heat and cool.

Mash tofu in large bowl.

Stir in cooked mixture and remaining ingredients, and combine well.

Spoon mixture into loaf pan. Top with a layer of ketchup.

Bake for 55 to 60 minutes, or until a toothpick comes out clean.

**Almost Instant Pumpkin Pudding:**

<http://www.forksoverknives.com/almost-instant-pumpkin-pudding/>

*Makes 4 servings*

**Ingredients:**

- 1 cup unsweetened almond milk
- 2 cups pumpkin (not pie filling)
- 1 banana
- 2/3 cups pitted dates
- 1 tablespoon alcohol free vanilla
- 1 tablespoon pumpkin pie spice
- 6 tablespoons chia seeds

**Instructions:**

Place all ingredients in blender except for chia seeds and blend until smooth. Add seeds and blend again, adding more milk if necessary to achieve a vortex. Pour into 4 bowls and cover with Saran, chill several hours or overnight. Dust with cinnamon before serving.

### **Pumpkin and Anasazi Bean Stew (Serves 6-8):**

<http://www.forksoverknives.com/pumpkin-and-anasazi-bean-stew/>

Anasazi beans are similar to pinto beans but have a richer flavor. They are considered an heirloom bean and are not readily available in grocery stores. If you can't find them, use pinto beans instead.

#### **Ingredients:**

- 1 large yellow onion, peeled and diced
- 2 large carrots, peeled and diced
- 2 celery stalks, diced
- 2 cloves garlic, peeled and minced
- 2 tablespoons cumin seeds, toasted and ground
- 2 tablespoons tomato paste
- 1 small pumpkin (about 1 pound), peeled, seeded, and cut into 1-inch cubes
- 4 cups cooked Anasazi beans, or two 15-ounce cans, drained and rinsed
- 6 cups Vegetable Stock (recipe follows or low-sodium vegetable stock can be purchased from your local supermarket)
- Salt and freshly ground black pepper to taste
- 6 green onions (white and green parts), thinly sliced

#### **Instructions:**

Place the onion, carrot, and celery in a large saucepan and sauté over medium heat for 10 minutes.

Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan.

Add the garlic and cook for another minute.

Add the cumin, tomato paste, pumpkin, beans, and **vegetable stock** (see below) and bring to a boil over high heat.

Reduce the heat to medium and cook, covered, for 25 minutes, or until the pumpkin is tender.

Season with salt and pepper, and serve garnished with the green onion.

### **Vegetable Stock (makes about 6 cups)**

#### **Ingredients:**

- 1 large onion, peeled and chopped
- 2 large carrots, peeled and chopped
- 2 celery stalks, chopped
- 8 cloves garlic, peeled and smashed
- 8 sprigs parsley
- 1/2 cup green lentils, rinsed



## **Instructions**

Scrub the vegetables and chop them roughly into 1-inch chunks.

In a large pot, add the onion, carrots, celery, garlic, parsley, and lentils and cook them over high heat for 5 to 10 minutes, stirring frequently.

Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan.

Add 2 quarts of water and bring to a boil. Lower the heat and simmer, uncovered, for 30 minutes.

Strain the stock carefully and discard the solids.

**Note:** Vegetable stock keeps for up to a week in the refrigerator and several months in the freezer. Freeze stock in ice cube trays, and then keep frozen stock cubes on hand to add to dishes that call for small quantities of stock or water. Low-sodium vegetable stock can also be purchased from your local supermarket.