

Some things to keep in mind about milk alternatives ...

MILK ALTERNATIVE FYI		
O1	PROTEIN Soy milk best option for Increased protein intake (8g/cup)	
	FORTIFIED BRANDS Different brands will have different levels of supplementation. Including VITAMIN D, B12, CALCIUM	O2
O3	ADDED OILS Many brands now adding canola, palm, sunflower oil. Texture, cost of manufacturing, purpose. Oat milk and barista blends often have oils	
	UNSWEETENED Always choose unsweetened varieties.	O4

MILK ALTERNATIVE FYI

05

THICKENERS/EMULSIFIERS

Can be inflammatory, irritating to GI tract for some
ex. Caregeenan

SHELF VS. FRIDGE

Packaging main difference (Tetrapacking)
Refrigerate after opening & use within 7 days

06

07

ORGANIC

Cost? Personal choice.
Organic soy milk made with non-gmo beans is a good choice.

MAKE YOUR OWN!

**Blend 1:4 (nuts to water) and strain in nut milk bag.
Add your own: flavorings, sweeteners, salt**

08



PLANT-BASED PROTEIN EXAMPLES

All calculations are estimations only and vary based on product.

Oatmeal & Berries

- ½ cup rolled oats (6g)
- 1 cup unsweetened soy milk (8g)
- 1 cup blueberries (1 g)
- 2 tablespoons pumpkin seeds (6g)

21 GRAMS OF PROTEIN

Basic Quinoa Salad

- 1 cup cooked quinoa (8g)
- 1 cup chopped broccoli (3g)
- ½ cup chickpeas (6g)
- ¼ avocado, diced (1g)

Lemon juice

18 GRAMS OF PROTEIN

Hummus & Toast

- 2 slices of sprouted whole grain bread (10g)
- ¼ cup oil-free hummus (5g)

15 GRAMS OF PROTEIN

Tofu Scramble & Sautéed Kale

- Scramble (½ of 397 g block: 15g)
- 2 cups chopped kale (6g)

21 GRAMS OF PROTEIN

Spaghetti & Marinara

- 4 ounces dry whole wheat spaghetti (16 grams)
- 1 cup marinara sauce (4 g)
- ½ cup cooked green lentils (8g)

28 GRAMS OF PROTEIN

Convenient High Protein Snacks

- Steamed edamame pods (1 cup cooked edamame) - 17 g protein
- 1-ounce almonds (24 almonds) - 6 g protein
- Fruit smoothie made with soy milk - 8 to 16 grams protein
- Whole Wheat Bread with 1 tablespoon almond butter - 7 grams protein



PLANT-BASED SOURCES OF...

PROTEIN

- Almonds
- Beans
- Broccoli
- Buckwheat
- Chia Seeds
- Edamame
- Hemp Seeds
- Dark Leafy Greens
- Lentils
- Nut Butters
- Oats
- Peanut butter
- Peas
- Pumpkin seeds
- Quinoa
- Soy Milk
- Tempeh
- Tofu

CALCIUM

- Almonds
- Beans
- Brazil Nuts
- Broccoli
- Bok Choi
- Collard Greens
- Figs
- Kale
- Sesame seeds/Tahini
- Pumpkin Seeds
- Tofu (calcium set)
- Oranges
- Fortified Dairy-Free Milks
- Fortified Juice
- Seaweeds
- Tempeh

IRON

- Beans
- Blackstrap Molasses
- Cashew Nuts
- Chia Seeds
- Chickpeas
- Dried Apricots
- Dried Figs
- Hemp Seeds
- Kale
- Lentils
- Oats
- Pumpkin Seeds
- Quinoa
- Raisins
- Spinach (cooked)
- Tempeh
- Tofu



QUICK GROCERY GUIDE

What belongs in your grocery cart?

SHOULD I BUY THIS? Ask yourself the following:

- Is this a whole food? Then YES!
- Is this labeled, packaged, or processed food? Maybe...
 - First 3 ingredients include oil or sugar? NO
 - Ingredients you can't pronounce or can't find somewhere else in the grocery store? NO
 - Minimally processed whole food? YES
 - frozen fruit, green peas, corn
 - canned tomatoes and beans
 - whole grains and whole-grain pasta
 - whole-grain flours, bread, wraps
 - tofu, tempeh, edamame
 - mustard, vinegar, soy sauce, or tamari
 - canned pumpkin puree
 - unsweetened apple sauce

PANTRY CLEANSE

- Things you can get rid of ASAP
 - Oil-based sauces and spreads
 - Nut/seed butters made with sugar and hydrogenated oils
 - Sugary beverages (soda, juices)
 - Chips, cookies, commercial snacks
 - Vegetable oils



RECIPE TIPS

How to speed up and simplify recipes.

READ THE RECIPE!

- Gather all equipment and ingredients.
- Does anything need to be done ahead of time?

CHOP VEGGIES FIRST (if you're not used to working with produce)

- Prepare all vegetables before starting so you're not stressed.

MEASURE ALL SPICES INTO SMALL BOWL

- It can take time to measure all spices (if you're not familiar with the process or organized) which slows down the "Add Spices" step.
- Do this before you start cooking.

WHAT CAN YOU DO AHEAD OF TIME?

- Make or soak grains?
- Cook beans? Open cans?
- Juice lemons?

CREATE A CLEAN AND TIDY WORKSPACE

- Clean cutting board
- Garbage/compost bin nearby
- Clean dish towels
- All equipment is ready and accessible

MAKE NOTES

- What worked and what didn't?
- What did you like or not like?
- What would you change for next time?



MEAL PLANNING

How to save time and simplify meal planning.

1. **Make a BASIC meal plan** (in the beginning!)
2. **Simple foods** and meals made of whole grains, beans, steamed or roasted veggies, and easy seasonings (tamari, soy sauce, spices, salt and pepper, splash of vinegar).
3. **Batch cook** whole grains and beans for reheating.
4. Make 1 or 2 **sauces or dressings** and keep in the fridge to use throughout the week.
5. **Pre-chop** or purchase pre-chopped vegetables/fruit and keep in sealed containers
6. Make and plan for **leftovers**.
7. **Freeze** soups, stews, broths, pasta sauces, burgers, leftovers.
8. Stock OMS-friendly **pre-made foods** (hummus, marinara sauce, pre-baked tofu, tempeh, cooked beans, vegetarian sushi, whole grain pizza dough, quality bread)
9. Learn a handful of **one-pot, 30-minute, sheet-pan meals**.
10. **BE KIND TO YOURSELF!**



TOP TEN EASY MEALS

Meals that are easy and versatile

1. Veggie/grain bowls
2. Tofu Scramble
3. Avocado and/or veggies on toast
4. Plant-based chili (versatile leftovers!)
5. One-pot pasta with marinara or other sauce
6. Loaded salad, oil-free dressing or flax dressing
7. Veggie pizza (baked) made on whole wheat, pre-made crust, or pita bread
8. Wrap filled with veggies, hummus, mustard, sprouts
9. Stuffed baked potatoes (stuff with stew, hummus, avocado, dahl, steamed veggies)
10. Oil-free stir-fried veggies (and beans) on noodles or rice



TOP TEN EASY SNACKS

1. Fruit
2. Hummus (crackers or veggies)
3. Almond butter on apple, crackers, banana
4. Steamed edamame (in pods)
5. Smoothie
6. Raw, unroasted nuts
7. Toast and avocado
8. Air-popped popcorn
9. Hot chocolate (dairy-free milk)
10. Overnight oats (snack portion)



SWEET POTATO CHEESE SAUCE

INGREDIENTS

1½ cups chopped sweet potato (1 small-medium sweet potato)

½ yellow onion, chopped (~ ½ cup)

1/3 cup cashews

2 teaspoons creamy Dijon mustard

¾ teaspoon onion powder

2 tablespoons nutritional yeast

1 tablespoon apple cider vinegar or lemon juice

½ teaspoon sea salt

½ cup water or dairy-free milk (plus more as needed)

PROCEDURE

Place the sweet potato and onion in a steamer basket and steam in a medium pot for 10 minutes or until very tender.

Place the steamed veggies and all other ingredients in a high-speed blender and blend on high until completely smooth. Add more water or milk, 1 tablespoon at a time, as needed to get a smooth, thick but pourable, sauce. I usually add a total of ¾ cup of liquid.

Transfer to a glass jar or container and keep in the fridge (for up to a week) and use as needed! I like to pour this over steamed veggies, stir it into just-cooked pasta, or warm as a pita chip dip.



FLAX OIL VINAIGRETTE

INGREDIENTS

- ¼ cup flax oil
- ¼ cup apple cider vinegar
- 1 tablespoon creamy Dijon mustard
- 1 tablespoon maple syrup
- ½ teaspoon dried oregano
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 tablespoon soy sauce (or tamari for gluten free)

PROCEDURE

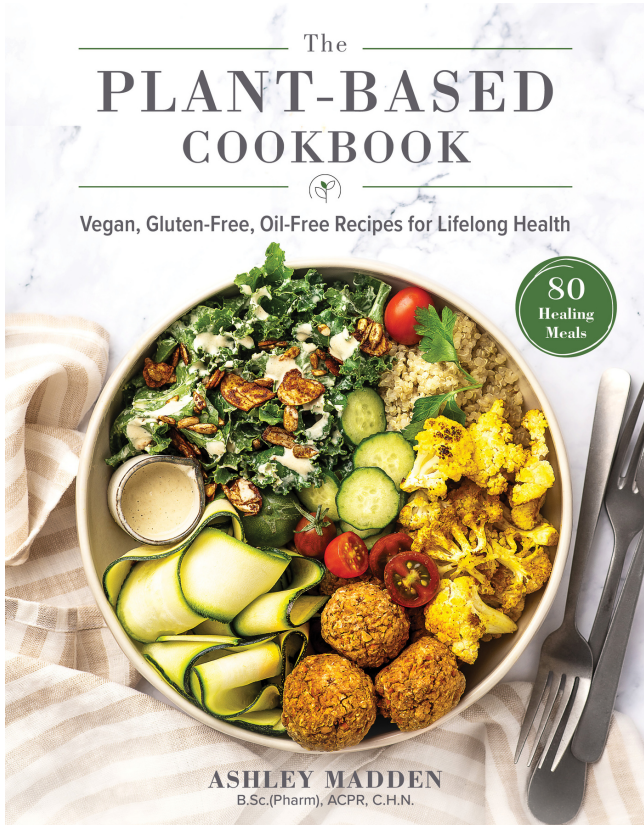
Whisk all ingredients together in a bowl or jar. If you want a creamy consistency that won't separate, add all ingredients to a blender and blend until smooth.

Keep in the fridge for up 5 days.



THE PLANT-BASED COOKBOOK

VEGAN, GLUTEN-FREE, OIL-FREE RECIPES FOR LIFELONG HEALTH



All recipes in The Plant-Based Cookbook are made without added oils and are OMS friendly.

All recipes are also coconut-free, made without highly processed foods, and focus on anti-inflammatory whole-food ingredients.

For more information about the book go [HERE](#).

Purchase where books are sold! Availability and publication vary depending on country/region.



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RECIPE IDEAS

BREAKFAST

- [Oat Casserole](#)
- [Basic Smoothie](#)
- [Blender Pancakes](#)
- [Mango Chia Pudding](#)

SOUPS/STEWES

- [Lentil Chili](#)
- [Broccoli Dahl](#)
- [White Bean Kale Stew](#)

TOFU

- [Mexican Tofu Scramble Bowls](#)
- [Tofu Teriyaki](#)
- [Basic Baked Tofu](#)

GRAIN BOWLS

- [Vegetable "Fried" Rice](#)
- [Winter Squash and Quinoa Bowl](#)
- [Moroccan Chickpeas and Rice](#)
- [Kitchari](#)
- [Quinoa Tabbouleh](#)

MUFFINS

- [Banana Bread Muffins](#)
- [Raspberry Lemon Muffins](#)

PANTRY/FRIDGE STAPLES

- [Cashew Sour Cream](#)
- [Raspberry Chia Jam](#)
- [Almond Milk](#)
- [Oil-free Hummus](#)

PASTA

- [Nut-free Mac & Cheese Sauce](#)
- [Cauliflower Alfredo](#)
- [Oil-free Pasta Salad](#)

OIL-FREE DRESSINGS

- [Cashew Caesar Dressing](#)
- [Maple Dijon Vinaigrette](#)
- [Herb Tahini Dressing](#)
- [Asian Noodle Sauce](#)