habits of overeating and overindulging. It may be uncomfortable and you may feel hungry at times, but that’s okay. Your body is adjusting to the correct portion sizes and will soon thrive without the stress of digesting too much food.

At the end of your 22 days, your body will have adjusted to the recommended portion sizes and you’ll be able to eat intuitively without overdoing it. The goal is to develop health habits and to understand restraint.

If you’re trying to lose weight, stick to the lower number within the ranges above. If you’re embarking on the program for its myriad health benefits, then feel free to enjoy the upper end of the range.

If you’re not seeing the results you hoped for, be sure to check your portion size. That is the number one reason progress falters.

Recently I saw this happen firsthand when I was helping out the sister of a friend of mine. He had great success with the 22-Day Revolution—and became a permanent soldier, transforming his own health and his family’s—and wanted to get his sister, Alison, involved in the plant-based party. He kept after her for two years before she finally agreed, and when she did, she totally went for it. She filled her kitchen with fruits and vegetables and whole grains, and changed the way she ate.

When he called her a week later to see how it was going, she hadn’t lost a pound. How was this possible? He got me on the case. Since I had known her for years, I went over to her house to see what the story was. She invited me to stay for lunch, and I agreed, because I was hungry

<table>
<thead>
<tr>
<th>PORTION SIZES:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans and legumes</td>
</tr>
<tr>
<td>Grains, like rice, quinoa,</td>
</tr>
<tr>
<td>millet, oatmeal</td>
</tr>
<tr>
<td>Vegetables</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Fruit</td>
</tr>
<tr>
<td>Fats like avocado</td>
</tr>
<tr>
<td>Nuts, raw and unsalted,</td>
</tr>
<tr>
<td>seeds</td>
</tr>
<tr>
<td>Olive oil</td>
</tr>
<tr>
<td>Vinegar/lemon/lime for</td>
</tr>
<tr>
<td>dressings</td>
</tr>
<tr>
<td>Nut butter</td>
</tr>
</tbody>
</table>
### GRAINS

- **Amaranth, cooked**
  - 1 cup, 9g protein

- **Brown rice, cooked**
  - 1 cup, 5g protein

- **Buckwheat**
  - ½ cup dry, 12g protein

- **Millet, cooked**
  - 1 cup, 8g protein

- **Oats**
  - ½ cup dry, 6g protein

- **Quinoa, cooked**
  - 1 cup, 8g protein

### BEANS

- **Black beans, cooked**
  - 1 cup, 15g protein

- **Chickpeas, cooked**
  - 1 cup, 15g protein

- **Edamame**
  - 1 cup, 17g protein

- **Kidney beans, cooked**
  - 1 cup, 16g protein

- **Lentils, cooked**
  - 1 cup, 18g protein

- **Tofu**
  - ½ cup, 10g protein

### NUTS

- **Almond butter**
  - 2 tablespoons, 8g protein

- **Almonds**
  - 1 ounce, 6g protein

- **Cashews**
  - 1 ounce, 5g protein

- **Peanut butter**
  - 2 tablespoons, 8g protein

- **Peanuts**
  - 1 ounce, 7g protein

- **Pistachios**
  - 1 ounce, 6g protein

- **Walnuts**
  - 1 ounce, 4g protein
**SEEDS**

- **Flax seeds**
  - 1 tablespoon, 2g protein

- **Hemp seeds**
  - 2 tablespoons, 7g protein

- **Pumpkin seeds**
  - ½ cup, 6g protein

- **Sesame seeds**
  - 2 tablespoons, 3g protein

- **Sunflower seeds**
  - ½ cup, 15g protein

**VEGETABLES**

- **Asparagus, cooked**
  - 1 cup, 4g protein

- **Beets, cooked**
  - 1 cup, 3g protein

- **Broccoli, cooked**
  - 1 cup, 4g protein

- **Green peas, cooked**
  - ½ cup, 4g protein

- **Portabello mushrooms, cooked**
  - 1 cup, 5g protein

- **Spinach, cooked**
  - 1 cup, 5g protein

**FRUITS**

- **Avocado (Florida)**
  - 1 cup, 5g protein

- **Blackberries**
  - 1 cup, 2g protein

- **Coconut, dried and unsweetened**
  - 1 ounce, 2g protein

- **Dates, medjool**
  - ½ cup, 2g protein

- **Dried fruit (raisins)**
  - ¼ cup, 1g protein

- **Guava**
  - 1 cup, 4g protein

- **Orange**
  - 1 large, 2g protein

- **Watermelon**
  - 1 cup, 1g protein
### TOP SOURCES OF SOY-FREE PLANT-BASED CALCIUM

<table>
<thead>
<tr>
<th>FOOD TYPE</th>
<th>AMOUNT</th>
<th>mg CALCIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nondairy milk, fortified</td>
<td>1 cup</td>
<td>200–300</td>
</tr>
<tr>
<td>Sesame seeds</td>
<td>1 oz.</td>
<td>280</td>
</tr>
<tr>
<td>Collard greens, cooked</td>
<td>1 cup</td>
<td>266</td>
</tr>
<tr>
<td>Spinach, cooked</td>
<td>1 cup</td>
<td>245</td>
</tr>
<tr>
<td>Turnip greens, cooked</td>
<td>1 cup</td>
<td>197</td>
</tr>
<tr>
<td>Kale, raw</td>
<td>2 cups</td>
<td>180</td>
</tr>
<tr>
<td>Broccoli, cooked</td>
<td>1 cup</td>
<td>180</td>
</tr>
<tr>
<td>Chia seeds</td>
<td>1 oz.</td>
<td>177</td>
</tr>
<tr>
<td>Bok choy, cooked</td>
<td>1 cup</td>
<td>158</td>
</tr>
<tr>
<td>Tahini</td>
<td>2 tbsp.</td>
<td>128</td>
</tr>
<tr>
<td>Navy beans, cooked</td>
<td>1 cup</td>
<td>126</td>
</tr>
<tr>
<td>Great Northern beans, cooked</td>
<td>1 cup</td>
<td>120</td>
</tr>
<tr>
<td>Amaranth</td>
<td>1 cup</td>
<td>116</td>
</tr>
<tr>
<td>Mustard greens, cooked</td>
<td>1 cup</td>
<td>104</td>
</tr>
<tr>
<td>Kale, cooked</td>
<td>1 cup</td>
<td>94</td>
</tr>
<tr>
<td>Almond butter</td>
<td>2 tbsp.</td>
<td>88</td>
</tr>
<tr>
<td>Sweet potato, baked</td>
<td>1 cup</td>
<td>76</td>
</tr>
<tr>
<td>Almonds, whole</td>
<td>1 oz.</td>
<td>74</td>
</tr>
<tr>
<td>Adzuki beans</td>
<td>1 cup</td>
<td>65</td>
</tr>
<tr>
<td>Okra, cooked</td>
<td>½ cup</td>
<td>62</td>
</tr>
<tr>
<td>Navel orange</td>
<td>1</td>
<td>60</td>
</tr>
<tr>
<td>Figs, dried</td>
<td>2</td>
<td>55</td>
</tr>
<tr>
<td>Sunflower seeds, raw</td>
<td>1 oz.</td>
<td>50</td>
</tr>
<tr>
<td>Dried apricots</td>
<td>½ cup</td>
<td>35</td>
</tr>
</tbody>
</table>

**DAILY CALCIUM NEEDS**

- **Kids, Birth–12 Months**: 210–270 mg/Day
- **Women, 19–50, and Men, 19–70**: 1000 mg/day
- **Kids, Ages 1–8**: 700–1000 mg/day
- **Women, 51+, and Men, 70+**: 1300 mg/day
- **Kids, Ages 9–18**: 1300 mg/day

*Source: USDA.*
As you can see, achieving even 18 milligrams per day of iron isn’t difficult when you combine plant-based iron sources. A simple salad of spinach, dried currants, almonds, pumpkin seeds, and a few sun-dried tomatoes can easily deliver 10 milligrams of iron, while some quinoa combined with lentils and hearts of palm can provide another 8 milligrams. As you can see, with just two side dishes you’ve covered your bases for the day—simple as that. Add in a few snacks, plus a nibble of dark chocolate, and you’ve accomplished your goal of 100 percent plant-based iron intake for the day. Don’t let the naysayers get in your way—you can easily get enough iron without meat sources.

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39 Source: USDA.
ESSENTIAL KITCHEN TOOLS

A Revolution kitchen needs an arsenal:

- Measuring spoons and cups
- Food processor
- Spiralizer (great tool for making veggie pasta)
- Sushi bamboo mat

WEEK 1 SHOPPING LIST

Fresh seasonal fruits and vegetables are the backbone of an exciting vegan diet, but pantry staples round out the fresh produce into a satisfying meal. To prepare for your 22-day program, this week you’ll build up your arsenal, stocking up on flours, grains, oils, vinegars, and nuts, as well as all of the fresh fruits and vegetables that you’re going to be enjoying.

**PANTRY STAPLES:**

**FLOURS**
- almond flour
- baking soda
- brown-rice flour
- gluten-free oat flour
- tapioca flour

**OIL/VINEGAR**
- apple cider vinegar
- balsamic vinegar
- coconut aminos
- coconut oil
- extra virgin olive oil
- safflower oil (or canola oil) (high heat)

**SPICES/SEASONING**
- basil leaves (or dried basil flakes)
- black ground pepper
- cayenne pepper
- cinnamon
- coriander
- cumin
- curry
- garlic powder
- ginger
- Madagascar vanilla extract
- paprika
- parsley flakes (dried)
- sea salt
- turmeric

**CONDIMENTS/MISC.**
- applesauce
- artichoke hearts (1 BPA-free can)
canola mayo
capers
Kalamata olives
maple syrup

nori sheet
pitted dates
vegan chocolate chips

---

**WEEK 1**

**GRAINS/BEANS/LEGUMES**
beluga lentils
black beans
brown rice (short-grain)
chickpeas (1 can of BPA-free)
green lentils
quinoa (actually a seed but usually found with grains)
quick oats
vegan and gluten-free bread

**PRODUCE**
banana
blueberries (fresh)
broccoli
carrots
cauliflower
celery (chopped)
cherry tomatoes (1 small pack)
cucumber (2)
eggplant (1)
fresh fruit (whole)
garlic
Granny Smith apples (3)
grape tomatoes (1 pack)
grapefruit (1)
grapes (green)
Haas avocados (7)
jalapeño pepper
jicama

kale
lemon (6)
lime (3)
onion (2)
oranges (2)
plum tomato (3)
red pepper
romaine lettuce
shallot
spinach
sweet potato (1)
tomatoes (2)
zucchini

**SEEDS/NUTS/DRIED FRUIT/NUT MILKS**
almond butter or sunflower butter
cashews (raw, unsalted)
chia seeds (2 cups)
flaxseed (milled)
nuts (raw, unsalted)
pine nuts
sesame seeds
tahini
walnuts
almond milk (available plain or vanilla flavored. You may want to try both)
coconut milk
WEEK 2 SHOPPING LIST

You’ve already got a gorgeous stocked pantry full of oils, vinegars, spices, and seasonings that make your veggie dishes sing. This week you’ll add to the mix, with some more grains and beans, and a market stand’s worth of fruits and veggies. Happy cooking!

GRAINS/BEANS/LEGUMES
black beans
brown rice (short-grain)
lentils (black)
pinto beans (1 BPA-free can)
quinoa

PRODUCE
apple (1)
Asian pears (2)
basil (fresh)
beets (2)
blueberries (frozen)
broccoli
carrots
cauliflower
celery
cherry tomatoes (2 boxes)
cranberries (dried)
cucumber (4)
fennel
fresh fruit
Fuji apple (1)
garlic
ginger
Granny Smith apple (cored)
grapes
Haas avocado (6)
 iceberg lettuce

SEEDS/NUTS
almonds
cashews
sunflower seeds

SPICES/SEASONING
mustard (traditional)

PLUS
almond milk
coconut milk (1 can)
gluten-free oats
hearts of palm (canned)
 linguine (gluten-free preferred) (1 box)
WEEK 3 SHOPPING LIST

By now you should be used to picking up your arrowroot flour and your quinoa, and, most important, your cartful of produce. How does it feel to shop consciously, with purpose, and know that you are giving yourself the best of the best? It feels incredible—but you don’t need me to tell you that. You already know.

GRAINS/BEANS/LEGUMES
black beans
brown rice
chickpeas (raw in a bag)
chickpeas (1 can of BPA-free)
green lentils
lentils (1 can of BPA-free)
lentils (beluga) (bagged)
quinoa

PRODUCE
alfalfa sprouts (small box)
banana (1 bunch)
basil leaf, chopped (or pinch of dried basil)
broccoli (1 head)
carrots (1 bag)
cauliflower (1 head)
celery (1 bunch)
cherry tomatoes (1 box)
cucumber (6)
eggplant (1–2 large)
fennel
garlic clove
ginger, grated (small bunch)
Granny Smith apples (2)
Haas avocado (7)
jalapeño (2 small)
kale
lemons (3)
limes (6)
onion
parsley
peppers (5 medium, any variety)
pineapple
romaine lettuce
scallions
shallot
spinach (1 bunch)
sweet potato (1 large)
tomato (3 plum)
tomato (8 large)
tomato (cherry) (1 large box)
turmeric
zucchini (1 large)

SEEDS/NUTS
cashews (1 cup raw)
flax meal
sunflower butter
walnuts (raw, unsalted)

PLUS
almond milk (vanilla)
applesauce
capers
coconut milk (1 can)
cranberries (dried)
dates
hearts of palm (1 BPA-free can)
hummus
linguine (gluten-free) (1 box)
DAY 1 MENU

➤ Breakfast

Oatmeal with Banana and Blueberries

Bananas are high-potassium, making them good for your heart, and their sterol content makes them good for your cholesterol levels, and their fiber makes them good for decreasing your risk of heart disease. And bananas are an excellent choice for endurance athletes, with vitamins and minerals, easy to tote and yummy to eat. A 2012 study discovered that consuming half a banana every fifteen minutes gave long-distance cyclists as much energy as sports drinks would have.\(^4\)

**INGREDIENTS:**
- 1 cup of almond milk (or other nondairy milk substitute)
- ½ cup of quick oats (steel-cut oats take a bit longer to cook)
- 1 banana
- ½ cup of fresh blueberries

1. Combine oats and almond milk in a pot over high heat.
2. Stir until it comes to a simmer and desired consistency is reached.
3. Pour mixture into a bowl and top with sliced banana and blueberries.

➤ Lunch

Quinoa Salad with Lentils

With power foods like quinoa and lentils in one dish, just one serving of this salad gives you plenty of protein, fiber, folate, and iron. Just another reason to enjoy your delicious lunch. . . .

**INGREDIENTS:**
- 1 cup quinoa
- 1 cup lentils

½ tsp. fine sea salt  
1 tbsp. cumin  
1 tbsp. coriander  
1 large carrot  
dash black ground pepper  
handful of spinach

1. Rinse one cup of quinoa in a fine sieve, drain, and transfer to a medium pot.
2. Add 2 cups of water and a pinch of salt. Bring to a boil and simmer until the water is absorbed and quinoa is fluffy (15–20 minutes).
3. Rinse one cup of lentils and transfer into a medium pot.
4. Add 2 cups of water, 1 tbsp. of cumin, 1 tbsp. coriander, 1 large carrot (chopped), 1 dash of black ground pepper.
5. Bring to a boil and simmer for 20–30 minutes. Add water as needed to make sure the lentils are just barely covered.
6. Serve quinoa over a bed of spinach and top with lentils.

Dinner

Raw Walnut Tacos

TACO MEAT INGREDIENTS:
2 cups walnuts  
2 heads of romaine lettuce  
1½ tbsp. cumin  
1 tbsp. coriander  
2 tbsp. balsamic vinegar  
1 tbsp. coconut aminos  
dash paprika  
dash garlic powder  
dash black ground pepper

GARNISH INGREDIENTS:
2 Haas avocados  
½ pint cherry tomatoes (1 small pack)  
½ tbsp. dried parsley flakes

Recipe Continues
pinch black ground pepper
pinch sea salt
1 lime

1. Thoroughly wash and drain the lettuce and tomatoes in a colander or on a paper towel and set aside while preparing remaining ingredients.
2. Combine all taco ingredients in a food processor.
3. Pulse several times until crumbly, making sure not to overblend.
4. Spread the walnut taco meat on the romaine leaves in 4 equal servings.
5. Slice tomatoes in halves.
6. Slice the avocados in half and remove the pit. Peel the skin and cut into small, even pieces.
7. Garnish the walnut taco meat with sliced avocado, tomatoes, parsley, ground pepper, sea salt, and lime juice.

EXERCISE

- **CARDIO**: Do 30–45 minutes of the cardio of your choice (suggestions outlined on page 222), followed by 10–15 minutes of stretching.
DAY 2 MENU

► Breakfast

Lean Green Juice

MIX ALL INGREDIENTS IN A BLENDER UNTIL SMOOTH:

4 stalks of kale
1 handful spinach
2 Granny Smith apples (cored)
1 lemon (peeled)
2 pitted dates
1 frozen banana

► Lunch

Spanish Beans over Sweet Potato

This dish is rich and hearty—and packed full of antioxidants, protein, and fiber. Sweet potatoes originated in South America and were brought back to Europe in the 1500s by Christopher Columbus. Have you ever seen a morning glory, with its brilliant purple flowers in a trumpet shape? Sweet potatoes are a member of the morning glory family, and just as the flower comes in many shades, so do sweet potatoes. They can be yellow, orange, dark orange, white, and purple. In every case they are sweet, rich, and a yummy base for recipes like my Spanish beans over sweet potatoes.

INGREDIENTS:

1 sweet potato
1 cup black beans
½ small onion, chopped
1 glove garlic, chopped
1 dash salt
½ tsp. oregano

— Harold McGee, On Food and Cooking, 304.
1 tsp. cumin  
1½ tbsp. balsamic vinegar  
dash black ground pepper

1. Soak beans overnight. Drain, rinse, and discard water.  
2. Place the beans in a medium pot with 4 cups of water, onion, garlic, oregano, and cumin and bring to a boil, then simmer for 45 minutes.  
3. Once beans are tender, add vinegar, salt, and ground pepper.  
4. Preheat oven to 450 degrees.  
5. Scrub sweet potato under running water and dry.  
6. Poke a few holes around the potato and place on a sheet of parchment paper.  
7. Place sweet potato in the oven for 30 minutes and flip over for another 20 minutes.  
8. Remove cooked potato from oven and slice in half after it has cooled a bit.  
9. Top with black beans and garnish with tomato and avocado.

► Dinner

Artichoke, Tomato, and Avocado Salad

Creamy avocados, fresh tomatoes, and the salty brine of the artichokes make this a balanced and satisfying salad. The word tomato comes from the Aztec word for “plump fruit”: tomatl. And in fact, tomatoes are a fruit, even though they are widely treated like a vegetable. Tomatoes started out in South America and were domesticated in Mexico; it took a while for them to be accepted in Europe, but once they were, food was never the same again. And they’re good for you too, because the salicylates found in tomatoes are beneficial in protecting you against diseases like heart disease and cancer. And the lemony dressing adds healthy benefits as well as a vibrant note. Lemon is a versatile fruit used to treat scurvy, the common cold and flu, and kidney stones, as well as digestion issues,

43 Ibid. McGee, 256.
pain, and swelling. Researchers think that the antioxidants lemons have, called bioflavonoids, are what make the fruit so good for us.\textsuperscript{44} Lemons (and limes) also contain limonoids, which can fight cancers that occur on the mouth, skin, lung, breast, and colon.\textsuperscript{45}

**INGREDIENTS:**

- 1 box grape tomatoes
- 1 Haas avocado
- 1 BPA-free can artichoke hearts
- 1 lemon
- 2 tbsp. Kalamata olives
- dash paprika

1. Into a mixing bowl, slice grape tomatoes into fourths, slice artichoke, peel avocado and chop into equal-size pieces.
2. Add in olives and lemon juice and toss gently.
3. Place into serving bowl and top with paprika.

**EXERCISE**

- **RESISTANCE TRAINING:** Complete the exercises outlined on page 222.

\textsuperscript{44} http://www.webmd.com/vitamins-supplements/ingredientmono-545-LEMON.aspx?activeIngredientId=545&activeIngredientName=LEMON, accessed July 23, 2014.

DAY 3 MENU

★ Breakfast

Chia Pudding (2 servings, so save one for tomorrow!)

INGREDIENTS:

½ cup of chia seeds
2 cups of almond milk
1 tsp. ground cinnamon
1 tsp. Madagascar vanilla extract
1 tbsp. maple syrup

1. Combine all the ingredients in a blender and blend for 1 minute.
2. Place mixture into mason jar(s) with a lid and refrigerate overnight.
3. When ready to serve, stir well and spoon into bowl.
4. Top with fruit and/or seeds/nuts.

★ Lunch

Lentil Soup Garnished with Avocado and Tomato

It doesn’t have to be a chilly afternoon to enjoy a warm bowl of this hearty lentil soup . . . and you’ll flip when you see how good it is with an avocado garnish!

SOUP INGREDIENTS:

1½ cups dry green lentils
6 cups water
1 tbsp. high-heat safflower oil (or canola oil)
½ onion, finely chopped
¼ tsp. garlic, minced
½ tbsp. cumin
½ tsp. coriander
¼ tsp. turmeric
½ tsp. sea salt
dash cayenne pepper
GARNISH INGREDIENTS:
2 Haas avocados, chopped
3 plum tomatoes, diced
½ lemon, juiced
½ tsp. parsley, minced
dash sea salt

1. In a bowl, mix together all the garnish ingredients and set aside while preparing the lentil soup.
2. Sift through lentils, and rinse well in a colander, making sure to remove any tiny stones that may be mixed in.
3. In a saucepan, heat the safflower oil over medium heat. Add onion, garlic, and a dash of salt, making sure to stir occasionally until onion becomes translucent.
4. Add remaining soup ingredients and bring to a boil.
5. Reduce to a simmer, cover, and cook for about 45 minutes.
6. Stir occasionally to avoid the soup burning or sticking to the pot.
7. Once lentils are soft and tender and desired consistency is reached, serve and garnish.

(about 4 servings)

Dinner

Cauliflower Salad

Rich roasted cauliflower paired with pine nuts and grapes makes this salad unexpected—and an unexpected new favorite. Grapes are full of phytonutrients, and research has been done on the benefits of grapes for your cardiovascular health, immune system, and blood sugar regulation, among others.46

INGREDIENTS:

1 medium head cauliflower
1 lemon (juice)
dash salt
dash pepper
2 tbsp. pine nuts
½ cup grapes (sliced in half)

1. Heat oven to 300 degrees.
2. In a mixing bowl toss the cauliflower with all the ingredients.
3. Place on parchment paper and roast for 15–30 minutes.

EXERCISE

- **CARDIO:** Do 30–45 minutes of the cardio of your choice (suggestions outlined on page 222), followed by 10–15 minutes of stretching.
DAY 4 MENU

► Breakfast

Chia Pudding

*Enjoy the second portion from yesterday!*

► Lunch

Thin-Crust Pizza

*Pizza is on the menu in the 22-Day Revolution program! It will satisfy any pizza craving while keeping you on your way to a healthy new you. Make this over the weekend or the night before for a great lunch to bring to work.*

**INGREDIENTS FOR CRUST:**
- ¾ cup brown-rice flour
- ½ cup tapioca flour
- ½ cup water
- 1 tsp. olive oil
- ½ tsp. sea salt

**INGREDIENTS FOR TOPPINGS:**
- 2 medium ripe tomatoes
- ½ Haas avocado
- 2 fresh basil leaves, chopped (or 1 tsp. dried basil flakes)
- black ground pepper, to taste

**INGREDIENTS FOR VEGAN MOZZARELLA CHEESE:**
- ½ cup raw cashews, soaked
- 1 cup water
- 1 tbsp. tapioca flour
- 1 tsp. lemon juice
- 1 tsp. apple cider vinegar
- ½ tsp. sea salt, or to taste
1. To prepare the cheese, add all ingredients into a high-speed blender and blend until creamy. In a saucepan, cook the cheese, stirring often over medium-high heat. Reduce heat and keep stirring to prevent burning. Once consistency has thickened (looks like melted cheese), remove from heat and let cool. Set aside while preparing other ingredients. Leftovers can be stored in fridge up to 5–7 days.

2. Preheat oven to 350. Lightly grease and dust a baking sheet or pizza stone with brown-rice flour.

3. In a mixing bowl, combine the flours with the salt and whisk together.

4. Make a well in the center and add the water and oil and mix with a spoon. If necessary, add 1 tbsp. at a time of water until consistency is reached.

5. Scoop out the dough onto a baking sheet or pizza stone and use hands to shape and press down into desired shape (square/rectangular). Smooth with wet fingers and prebake for about 20–25 minutes.

6. Wash and slice each tomato into 3 thick slices.

7. Remove the pizza crust from the oven and top with the 6 slices of tomato, sliced avocado, cheese (or vegan cheese of choice), and basil.

8. Bake for another 15–20 minutes until slightly crisp.

9. Remove from oven, top with a dash of pepper, slice into 6 square slices, and serve (serves 2)!

► Dinner

**Raw Zucchini, Carrot, and Cucumber Salad**

*One bite and you'll agree that zucchini and cucumber belong together. The carrots add a pretty hue, and I just can't get enough of this tahini dressing... And tahini is a good source of calcium.*
INGREDIENTS:
1 zucchini
1 carrot
1 cucumber
1 tbsp. tahini
3 tbsp. lemon juice
dash sea salt
dash sesame seeds

1. Spiralize the zucchini, carrot, and cucumber.
2. Whisk together tahini, lemon juice, and sea salt.
3. In a mixing bowl, toss spiralized veggies with dressing.
4. Serve and top with sesame seeds.

EXERCISE
■ RESISTANCE TRAINING: Complete the exercises outlined on page 222.
DAY 5 MENU

▶ Breakfast

Quinoa Porridge

It’s a breakfast that satisfies and gives you the energy to power through your day—exactly what you want out of a breakfast. Get creative and top with different combinations of fresh fruit, seeds, and nuts.

INGREDIENTS:

▲ 1 cup of quinoa
  2 cups of almond milk
  ¼ tsp. Madagascar vanilla
  1 dash of cinnamon
▲ 1 tbsp. milled flaxseed
  1 tsp. maple syrup

1. Combine quinoa, almond milk, cinnamon, and vanilla in a pot.
2. Bring to a boil and reduce to a simmer.
3. Once the quinoa is fluffy, remove from pot, top with milled flaxseed, and drizzle with maple syrup.

▶ Lunch

Vegan Sushi Roll

It’s a real treat in my house when Marilyn gets the nori sheets and the bamboo mat out. Turning your kitchen into a pop-up sushi bar is even more fun than going out to dinner! (Looks too difficult? It’s really not. Stop by your local sushi restaurant, sit at the bar, and order a veggie roll. Once you’ve seen them make it you’ll realize just how easy it is to prepare and perhaps be encouraged to try for yourself.)

This roll can be made with any of your favorite foods. Feel free to substitute any of the vegetables and make it your own. Another vegan sushi roll that is also delicious is made with brown rice, avocado, sliced jicama, spinach, and carrots. Sprinkle with sesame seeds, then cut roll into 6–8 pieces and top
each piece with one teaspoon of hummus and one whole salted cashew. The burst of flavor in each bite is so delicious you won’t even need soy sauce!

INGREDIENTS:

- 1 cup short-grain brown rice, cooked
- ½ Haas avocado, cut in two slices
- 3 tbsp. raw broccoli, ground in food processor
- 2 tbsp. raw cauliflower, ground in food processor
- 2 tbsp. crushed cashews
- 1 tbsp. light canola mayo
- sprinkle sesame seeds
- 1 nori sheet
- sushi bamboo mat

1. Cover the bamboo mat with plastic wrap.
2. Place the nori with the rough side facing upward.
3. Wet hands and place the brown rice in the middle of the nori. Evenly spread the rice with fingers while pressing down gently.
4. Flip the nori over and place the avocado slices across the middle of the nori, along with the broccoli, cauliflower, mayo, and cashews.
5. Begin to roll the mat, keeping it tight with every move forward, including the sides.
6. Sprinkle sesame seeds and, with a wet knife, cut the roll into 6–8 pieces and enjoy!

Dinner

Baked Eggplant with Pico de Gallo

If you like eggplant, you are going to love this dish. The roasted eggplant is the perfect foundation for the creamy, spicy pico de gallo. . . . I’m getting hungry just thinking about it. The flavor comes from roasting the eggplant and adding herbs, onion, garlic. . . . Delicious taste along with health benefits that are out of this world. Parsley has volatile oil components,
like myristicin, limonene, eugenol, and alpha-thujene. In studies of animals, myristicin has been shown to inhibit the growth of tumors. Parsley’s volatile oils make it a “chemoprotective” food that can help protect us from some forms of carcinogens, like cigarette smoke.47 Meanwhile, onions help you slow the body’s removal of calcium from bones. Eggplant is a great source of phenolic compounds, which function in your body like antioxidants. Eggplant is also good for your heart and protects you against free radicals—and is the most delicious thing you’ll ever eat when you prepare my wife Marilyn’s Baked Eggplant with Pico de Gallo (available here as well as in my house, when I’m lucky).48

INGREDIENTS FOR EGGPLANT:
1 large eggplant
4 tbsp. olive oil (for coating eggplant)
sea salt, to taste

INGREDIENTS FOR PICO DE GALLO:
1 Haas avocado, quartered, pitted, peeled, and chopped
2 medium tomatoes, diced
1 small onion, minced
½ jalapeño pepper, seeded and minced
2 limes, juiced
1 garlic clove, minced
¼ cup parsley, minced (can use cilantro instead)
black ground pepper, to taste
sea salt, to taste

1. Preheat oven to 450.
2. Wash and peel skin of eggplant, then slice into half-inch round slices.
3. Lightly brush each slice with olive oil on both sides and sprinkle with sea salt.
4. Place on a lined baking sheet in the oven for about 8–10 minutes on each side.

5. Prepare the pico de gallo by adding all the ingredients in a mixing bowl and lightly tossing together.
6. Once eggplant is cooked, serve and top each slice with pico de gallo and enjoy!

EXERCISE

- **CARDIO**: Do 30–45 minutes of the cardio of your choice (suggestions outlined on page 222), followed by 10–15 minutes of stretching.
DAY 6 MENU

► Breakfast

Kale Lean Juice

*Kale is a fabulous source of antioxidant vitamins A and C, and apples may reduce risk factors for heart diseases, as well as lower cholesterol, help regulate blood sugar, and control appetite.*49

**MIX ALL INGREDIENTS IN A BLENDER UNTIL SMOOTH:**

- 4 stalks of kale
- 1 cucumber
- 1 Granny Smith apple (cored)
- 1 cup green grapes

► Lunch

Vegetable Curry

*Every bite of this curry is as good for you as it is just plain good—exactly what you deserve at every meal. Broccoli is a power food. It’s a great source of protein, dietary fiber, calcium, iron, vitamin C, folate, potassium, and more.*50 Cauliflower also gives you plenty of the potassium, fiber, and folic acid you need to stay healthy, plus a compound called isothiocyanate that is useful for disease prevention.51 Fresh ginger, veggies, coconut milk: This curry is rich, aromatic, and loaded with health benefits.

Recipe Continues

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INGREDIENTS:

4 cups mixed veggies (use any mixed veggies of your choice, or try my suggested combination below)
1 cup broccoli
1 cup kale
1 cup peppers
½ cup cauliflower
½ cup spinach
1 onion, finely chopped
2 garlic cloves, chopped
1 tbsp. fresh ginger, grated
2 tsp. curry
dash salt
1 can coconut milk

1. In a large skillet over medium heat, sauté onions, garlic, and ginger in a dime-size dollop of canola oil for 2 minutes.
2. Add in all the other ingredients and bring to a simmer until the sauce thickens and the veggies are tender.

Dinner

Beluga Lentil Salad

Tiny black belugas are one beautiful way to explore variety. And in this salad, the dark hue of the lentils gives you extra anthocyanins and really pops against the green and red of the salad.

INGREDIENTS:

1 cup beluga lentils
1 shallot
1 tbsp. lemon juice
1 tsp. apple cider vinegar
1 tsp. sea salt
½ tbsp. coriander
½ tbsp. cumin
1 tbsp. capers
2 tbsp. red pepper, diced
1 handful of fresh greens

1. Rinse the lentils and place them in a pot with 2 cups of water with sea salt, coriander, and cumin. Bring to a boil and simmer until desired tenderness is reached (15–20 minutes).
2. In a mixing bowl, combine the lentils with lemon, vinegar, capers, shallots, and pepper.
3. Arrange lentils over a bed of greens and top with lemon juice and vinegar.

EXERCISE

■ RESISTANCE TRAINING: Complete the exercises outlined on page 222.
DAY 7 MENU

▶ Breakfast

Toast with Nut Butter and Blueberries

Just two minutes to make! If you don’t have two minutes for the most important meal of the day, then you may want to reconsider how your day begins. A solid, healthy breakfast will get you ready to go! Blueberries are full of anthocyanins that provide good health as well as their deep purple color. They are also a great source of vitamin C, offering nearly a quarter of your daily requirement in just one serving. Vitamin C boosts your immune system, and it also helps your gums stay healthy. If you’re looking for fiber, manganese, and antioxidants, eat a cup of blueberries and feel good about your morning.\

INGREDIENTS:

- 2 slices of vegan and gluten-free bread
- 2 tbsp. of almond butter or sunflower butter
- 1 banana
- 1 cup of blueberries

1. Spread almond or sunflower butter on toasted bread.
2. Top with banana slices and blueberries.

▶ Lunch

Chickpea Sandwich

Chickpeas are good for digestion, managing blood sugar, and getting plenty of protein and fiber—and they are also a tasty way to eat your lunch. There’s a reason chickpeas are so popular in so many cuisines across the world; just one bite of this chickpea spread should show you why.

Recipe Continues

INGREDIENTS:

2 slices of vegan, gluten-free bread
1 BPA-free can of chickpeas
¼ cup celery (chopped)
¼ cup carrots (shredded)
2 tbsp. canola mayo
1 tbsp. whole-grain mustard
1 romaine lettuce (head)
1 small tomato
pinch ground pepper

1. Place chickpeas, mayo and mustard in a food processor. Pulse a few times until blended well, but not too smooth.
2. Transfer to a bowl, and mix with the celery and carrots.
3. Place lettuce over toasted bread and top with chickpea spread.
4. Add tomato and a dash of pepper to finish.

Dinner

Jicama and Avocado Salad

Crispy, cool jicama; creamy, delicious avocado . . . this is one of my favorites, and we eat it all the time at my house. Jicama is light and crunchy, and a cup contains nearly 6 grams of dietary fiber, about a quarter of your daily dose—good news, since eating fiber can keep you regular and also protect you from hypertension, heart disease, stroke, and obesity.

INGREDIENTS:

2 cups jicama, peeled and diced into cubes
1 Haas avocado
1 carrot (or ½ cup shredded carrots)
½ cup diced fresh curly parsley
1 tbsp. extra virgin olive oil
1 lime, juiced
sea salt, to taste
ground black pepper, to taste

1. Wash jicama, carrots, and parsley thoroughly and let dry in a colander.
2. Peel or scrub the carrot, then cut the ends off and slice with a vegetable peeler.
3. Peel and dice the jicama and avocado.
4. Finely dice the parsley.
5. Toss ingredients in a mixing bowl with olive oil, lemon, sea salt, and pepper, and serve.

EXERCISE

■ **CARDIO**: Do 30–45 minutes of the cardio of your choice (suggestions outlined on page 222), followed by 10–15 minutes of stretching.
DAY 8 MENU

▶ Breakfast

Immunity Juice

*The Baltimore Longitudinal Study of Aging ranked the combination of apples and pears as the second-highest source of flavonols—and that was among all fruits and vegetables. The phytonutrients in pears are antioxidant and anti-inflammatory, and can help decrease the risk of type 2 diabetes, heart disease, and cancer.*

**MIX ALL INGREDIENTS IN A BLENDER UNTIL SMOOTH:**

- 2 Asian pears
- 1 Fuji apple
- 1 cup of frozen blueberries

▶ Lunch

Gluten-Free Linguine with Tomato and Basil

*Sometimes you just want to settle back with a bowl of pasta . . . and basil just makes it better. Basil, a member of the mint family, has been part of the human diet since the Greeks and the Romans discovered its pleasures (and that is just one of the reasons we think they have such great taste). The basil you will find at the market may have tasting notes of lemon, cinnamon or anise.*

Recipe Continues

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54 Harold McGee, *On Food and Cooking.*
INGREDIENTS:

1 box linguine (remember to look for healthier options, such as quinoa, brown rice, or other kind of gluten-free pasta)
4 quarts water
6 large ripe tomatoes
2 tbsp. extra virgin olive oil
1 tbsp. garlic, minced
18 basil leaves
sea salt, to taste
ground black pepper, to taste

1. Heat olive oil and garlic in a large pan with a dash of sea salt over medium-high heat.
2. Wash and lightly chop tomatoes and basil leaves (half the portion) and add to the pan. Let cook for about 5–10 minutes until soft. Set aside to cool.
3. Place tomatoes in a blender (leaving pan aside for later use) and mix until smooth, or when desired consistency is reached.
4. Pour the sauce back into the pan on low heat, and add the remaining basil. Let cook for about 10 minutes, while preparing the pasta.
5. Bring 4 quarts of water to a boil. Add a dash of salt, add the pasta, and stir. Cook for about 6–9 minutes, stirring frequently and making sure not to overcook.
6. Drain and rinse in a colander.
7. Add the pasta to the saucepan and gently toss together.
8. Cover over low heat for a few more minutes, then serve, top with basil, and enjoy. (Serves 4–6.)

Dinner

Hearts of Palm Salad

Perfect for picnics or any potluck where you’re asked to bring a dish.
INGREDIENTS:
▲ 1 cup quinoa
  2 cups water
  1 cup hearts of palm, sliced (canned)
  ½ pint of cherry tomatoes, halved
  1 Haas avocado, quartered, peeled, and chopped
  1 cup cucumber, chopped
  ½ cup iceberg lettuce, (or romaine) chopped
  ¼ cup broccoli, finely chopped
  1 tbsp. extra virgin olive oil, optional
  1 lime, juiced
  black ground pepper, to taste
  sea salt, to taste

1. Rinse one cup of quinoa in a fine sieve, drain, and transfer to a medium pot.
2. Add 2 cups of water and a pinch of salt. Bring to a boil and simmer until the water is absorbed and quinoa is fluffy (15–20 minutes). Makes about 2 cups.
3. In a small bowl, mix together the olive oil, lime juice, pepper, and sea salt.
4. In another bowl, add the hearts of palm, tomatoes, avocado, cucumber, lettuce, and broccoli and lightly toss together with the dressing. Toss in the quinoa once completely cooled and serve.

(Serves 2.)

EXERCISE

■ RESISTANCE TRAINING: Complete the exercises outlined on page 222.
DAY 9 MENU

» Breakfast

Homemade Granola with Berries

Homemade granola is so easy to make, and so delicious to eat, that you’ll wonder why you ever thought you had to buy it in a store.

INGREDIENTS:

- 2 cups of gluten-free oats
- ¼ cup of maple syrup
- ¼ cup (mix) chopped cashews, almonds, and sunflower seeds
- ½ tsp. of fine sea salt

1. Preheat oven to 325°F. Line a rimmed baking sheet with parchment paper.
2. Combine all the ingredients except the maple syrup in a large mixing bowl. Stir well and slowly pour in maple syrup as you continue to mix.
3. Spread onto parchment paper.
4. Bake for 10 minutes, then toss around and bake for another 10 minutes.
5. Allow to cool at room temperature before storing in airtight container (mason jars).

(Makes 4 servings.)

» Lunch

Brown Rice and Kale Bowl

Brown rice and kale make the perfect base for your most imaginative vegetable creations. Kale is packed with more nutritional benefits and fewer calories than most foods around. This green leafy vegetable is loaded with phytonutrients that protect against cancers, and is also rich in fiber, calcium, vitamins A, C, B6, and E, and manganese and copper. Kale is truly a nutrient superstar!
INGREDIENTS:
1 cup of brown rice
kale
vegetables of choice

1. Rinse brown rice under water for 30 seconds.
2. Place rice in a pot with 2 cups of water. Bring to a boil, cover, and simmer for 40 minutes, or until the liquid has been absorbed and the rice is soft.
3. Place cooked rice in a bowl of kale and top with raw vegetables of choice (broccoli, cucumber, tomatoes, carrots, etc.).
4. Use lemon/lime juice as dressing, or mix 2 tbsp. of balsamic vinegar with 1 tbsp. of mustard and a dash of pepper for a homemade balsamic vinaigrette.

Dinner

Tomato and Avocado Salad

Simple, gorgeous, packed with freshness and with health: an instant classic.

INGREDIENTS:
2 medium tomatoes
1 Haas avocado
2 limes, juiced
2 tsp. dried basil leaves
1 tbsp. extra virgin olive oil (optional)
sea salt, to taste
ground black pepper, to taste

1. Wash and dry tomatoes, then chop and set aside in a mixing bowl.
2. Cut avocado in half, peel the skin, slice in cubes, and combine with tomatoes.
3. Add the lime juice, basil, olive oil, sea salt, and pepper, and lightly toss together.
4. This salad can be enjoyed as a complete meal or as a snack, making this 2 servings.

EXERCISE

- **CARDIO**: Do 30–45 minutes of the cardio of your choice (suggestions outlined on page 222), followed by 10–15 minutes of stretching.
DAY 10 MENU

▸ Breakfast

All You Need Is a Cape Juice

Ginger is an herb that has been used by people as a spice and a medicine since prehistoric times and was one of the most important spices in medieval times. It is used to treat stomach issues like motion sickness and morning sickness, nausea, and vomiting; muscle soreness; arthritis; coughs; and bronchitis. It appears that the chemicals in ginger work by reducing inflammation and nausea in the stomach and intestines, but it is possible that they control feelings of nausea in the brain.

MIX ALL INGREDIENTS IN A BLENDER UNTIL SMOOTH:

1 handful of spinach
2 stalks of kale
1 cucumber
1 lemon
½ inch of gingerroot
1 inch of whole turmeric (or 1 tsp. of powdered if fresh is not available)
1 pinch parsley
2 carrots
1 Granny Smith apple (cored)

▸ Lunch

Raw Walnut Tacos

Creativity is encouraged so feel free to make this one your own using almonds or any combination of mixed nuts!

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56 Ibid.
**TACO MEAT INGREDIENTS:**

- 2 cups nuts
- 2 heads of romaine lettuce
- 1½ tbsp. cumin
- 1 tbsp. coriander
- 2 tbsp. balsamic vinegar
- 1 tbsp. coconut aminos
- dash paprika
- dash garlic powder
- dash black ground pepper

**GARNISH INGREDIENTS:**

- 2 Haas avocados
- ½ pint cherry tomatoes (1 small pack)
- ½ tbsp. dried parsley flakes
- pinch black ground pepper
- pinch sea salt
- 1 lime

1. Thoroughly wash and drain the lettuce and tomatoes in a colander or on a paper towel and set aside while preparing remaining ingredients.

2. Combine all taco ingredients in a food processor.

3. Pulse several times until crumbly, making sure not to overblend.

4. Spread the nut taco meat on the romaine leaves in 4 equal servings.

5. Slice tomatoes in halves.

6. Slice the avocados in half and remove the pit. Peel the skin and cut into small, even pieces.

7. Garnish the nut taco meat with sliced avocado, tomatoes, parsley, ground pepper, sea salt, and lime juice.
Black Bean and Kale Salad

Marilyn knows that whenever she makes this salad, I get a huge smile on my face. So she’s nice enough to make it often! The fennel adds a crisp crunch with light licorice flavor. You don’t have to know the words rutin, quercetin, and kaempferol glycosides to be assured that the fennel you sliced into your lunch is full of antioxidants that help your body fight free radicals (but now you do).57

INGREDIENTS:

1 cup black beans, uncooked (or 1 cup canned)
4 cups water
2 cups kale, finely chopped
¾ cup tomato, diced
¼ cup curly parsley, diced
½ Haas avocado, chopped
¼ cup fennel, diced
¼ cup onion, diced
⅓ cup carrots, shredded
1 tbsp. extra virgin olive oil
3 tbsp. lemon juice
sea salt and pepper, to taste

DIRECTIONS FOR COOKING BLACK BEANS:

1. Presoak 1 cup black beans overnight in 4 cups of cold water to reduce cooking time, or quick-soak (cover beans with water, bring to a boil for 2 minutes, then remove from heat and let sit for 1–2 hours).
2. Rinse, drain, then cover with 3 cups of fresh water and continue cooking.
3. Bring water and beans to a boil, reduce heat, cover, and let simmer, skimming off any foam and stirring occasionally (presoaked beans will take about 1 hour to cook).

4. Beans are done when tender.
5. Rinse and drain. Unused beans can be stored in an airtight container or in heavy-duty freezer bags for 3–4 days, or in freezer for 1–2 months.

DIRECTIONS FOR SALAD:
1. In a mixing bowl, add 1 cup cooked black beans, kale, tomato, parsley, avocado, fennel, onion, carrots, olive oil, and lemon juice, and lightly mix together.
2. Add sea salt and pepper, to taste, and serve!

EXERCISE

RESISTANCE TRAINING: Complete the exercises outlined on page 222.
DAY 11 MENU

▶ Breakfast

French Toast

French toast in a diet book? That’s right. With the right ingredients, you can enjoy your favorite foods and still give yourself the health benefits of eating plants!

INGREDIENTS:

- 4 slices of vegan and gluten-free bread
- 1 ripe banana
- 1½ cups of almond milk
- ½ tbsp. milled flaxseed
- 1 dash cinnamon
- ½ tsp. vanilla

1. In a large mixing bowl mash banana.
2. Add almond milk, vanilla, cinnamon, and flax and stir.
3. Coat skillet with coconut oil and preheat to medium.
4. Once your skillet is hot, dip your slices into the mixture and flip to ensure both sides are completely covered.
5. Cook until golden brown on each side.
6. Serve immediately and top with maple syrup.

▶ Lunch

Cauliflower Salad

INGREDIENTS:

- 1 medium head cauliflower
- 1 lemon (juice)
- dash salt
- dash pepper
2 tbsp. pine nuts
½ cup grapes (sliced in half)

1. Heat oven to 300 degrees.
2. In a mixing bowl toss the cauliflower with all the ingredients.
3. Place on parchment paper and roast for 15–30 minutes.

Dinner

Kale Salad with Sweet Potato

Two of my favorites—united! The sharp bite of the kale with the sweetness of the sweet potato is an amazing combo, especially when you add cranberries and sunflower seeds . . . which also help to up the nutritional value. It doesn’t get better than this!

INGREDIENTS:

1 small sweet potato
1 handful of kale
¼ cup dried cranberries
¼ cup sunflower seeds
dash sea salt
2 tbsp. balsamic vinegar
1 tbsp. mustard

1. Preheat the oven to 350 degrees.
2. Scrub sweet potato under running water and steam until tender.
3. Place sweet potato on parchment paper and bake for 10 minutes, or until edges are crisp.
4. Chop kale and toss with sweet potato, cranberries, and sunflower seeds.
5. Whisk mustard, vinegar, and salt together and drizzle over the top.

EXERCISE

■ CARDIO: Do 30–45 minutes of the cardio of your choice (suggestions outlined on page 222), followed by 10–15 minutes of stretching.
DAY 12 MENU

▲ Breakfast

Extra C Juice

MIX ALL INGREDIENTS IN A BLENDER UNTIL SMOOTH:
1 orange
4 carrots
4 stalks of celery
1 lemon
½-inch (raw ginger)

▲ Lunch

Thin-Crust Pizza

Add extra veggies like onions and peppers for toppings with a punch.

INGREDIENTS FOR CRUST:
¾ cup brown-rice flour
½ cup tapioca flour
½ cup water
1 tsp. olive oil
½ tsp. sea salt

INGREDIENTS FOR TOPPINGS:
2 medium ripe tomatoes
½ Haas avocado
2 fresh basil leaves, chopped (or 1 tsp. dried basil flakes)
black ground pepper, to taste

Recipe Continues
Ingredients for Vegan Mozzarella Cheese:

- ½ cup raw cashews, soaked
- 1 cup water
- 1 tbsp. tapioca flour
- 1 tsp. lemon juice
- 1 tsp. apple cider vinegar
- ½ tsp. sea salt, or to taste

1. To prepare the cheese, add all ingredients into a high-speed blender and blend until creamy. In a saucepan, cook the cheese, stirring often over medium-high heat. Reduce heat and keep stirring to prevent burning. Once consistency has thickened (looks like melted cheese), remove from heat and let cool. Set aside while preparing other ingredients. Leftovers can be stored in fridge up to 5–7 days.

2. Preheat oven to 350. Lightly grease and dust a baking sheet or pizza stone with brown-rice flour.

3. In a mixing bowl, combine the flours with the salt and whisk together.

4. Make a well in the center and add the water and oil and mix with a spoon. If necessary, add 1 tbsp. at a time of water until consistency is reached.

5. Scoop out the dough onto a baking sheet or pizza stone and use hands to shape and press down into desired shape (square/rectangular). Smooth with wet fingers and prebake for about 20–25 minutes.

6. Wash and slice each tomato into 3 thick slices.

7. Remove the pizza crust from the oven and top with the 6 slices of tomato, sliced avocado, cheese (or vegan cheese of choice), and basil.

8. Bake for another 15–20 minutes until slightly crisp.

9. Remove from oven, top with a dash of pepper, slice into 6 square slices, and serve (serves 2)!
Dinner

Lentil Burger with Veggies

My wife makes these burgers often, especially in summertime, when everybody's firing up the grill! Enjoy your lentil burger topped with avocado, tomato, lettuce, onion, and tahini sauce (mix 1 tbsp. tahini with 3 tbsp. lemon juice and a dash of sea salt) on vegan and gluten-free bread. Delicious!

INGREDIENTS:
- 2 cups black lentils, cooked
- ▲ 2 cups quinoa, cooked (1/3 cup dry quinoa plus 2/3 cup of water)
- 1 cup carrots, chopped
- 1/2 cup onion, chopped
- 1 tbsp. lemon juice
- 1 tbsp. arrowroot flour
- 2 tbsp. garbanzo flour
- 1/4 tsp. cumin
- 1/4 tsp. coriander
- 1 tbsp. parsley flakes, dried or fresh
- dash garlic powder
- 1/2 tsp. sea salt, or to taste

DIRECTIONS FOR COOKING BLACK LENTILS:
1. Rinse thoroughly with cold water in a sieve until water runs clear.
2. In a pot, combine 1 cup of black lentils with 4 cups of water and bring to a boil. Add a pinch of sea salt, bring to a simmer, and cover. Let cook for about 20 minutes, stirring occasionally, making sure not to overcook.
3. Remove from heat, drain, rinse, and set aside.

DIRECTIONS FOR QUINOA:
1. Rinse thoroughly with cold water in a sieve.
2. In a pot, combine 1 cup of quinoa with 2 cups of water and bring to a boil. Add a pinch of sea salt, bring to a simmer, and cover. Let cook for about 20 minutes. Once cooled, leftovers can be stored in the fridge for up to a week.

DIRECTIONS FOR BURGERS:
1. Preheat oven to 400°F.
2. In a food processor add onion, carrots, about 1 cup of quinoa, 1 cup of lentils and lemon juice.
3. Pulse well until evenly chopped. Then add the arrowroot, garbanzo flour, cumin, coriander, parsley, garlic, and sea salt and pulse again.
4. Add mixture to remaining quinoa and lentils and blend together.
5. Portion the mix into six even patties with the palms of your hands. Or, divide 12 patties if you want to make sliders.
6. Bake at 400 degrees on greased parchment paper for approximately 45 minutes, turning patty once at about 20 minutes. Can also be made on the stove.
7. Leftovers can be stored in the fridge for a few days, or in the freezer in an airtight container for up to 6 months. (Makes about 6 burgers.)

EXERCISE

RESISTANCE TRAINING: Complete the exercises outlined on page 222.
Day 13

▶ Breakfast

**Overnight Oats**

A clever, no-cook way to get your breakfast in on even the busiest mornings . . . just put it in the fridge the night before!

**Ingredients:**

▲ ½ cup of gluten-free oats
▲ ½ cup of almond milk
▲ 1 dash cinnamon
▲ ½ tbsp. milled flaxseed
▲ ½ cup fresh fruit

1. Mix oats, cinnamon, and almond milk in a bowl and store in a covered mason-type jar in the refrigerator overnight.
2. In the morning top with milled flaxseed and fresh fruit.

**22 ways! Get creative and top with different combinations of fresh fruit, seeds, and nuts.**

▶ Lunch

**Quinoa Tabbouleh**

Tabbouleh is traditionally made with cracked wheat. Here we use quinoa, so we get better nutrition, with all the flavor of the original.

**Ingredients:**

▲ 1 cup quinoa
▲ ½ lemon
▲ 1 garlic clove, minced
▲ 1 dash ground pepper
▲ 1 cucumber, chopped
1 box cherry tomatoes, ½ pint quartered
1 pinch parsley flakes
1 scallion, chopped
dash salt

1. Rinse one cup of quinoa in a fine sieve, drain, and transfer to a medium pot.
2. Add 2 cups of water and a pinch of salt. Bring to a boil and simmer until the water is absorbed and quinoa is fluffy (15–20 minutes).
3. Meanwhile, mix together all other ingredients in a bowl.
4. Let quinoa cool. Then add to the mixture, toss, and coat with lemon juice, salt, and pepper.

Dinner

Vegetable Curry

INGREDIENTS:

4 cups mixed veggies (any combination, or try broccoli, kale, peppers, cauliflower and spinach in equal servings)
1 onion, finely chopped
2 garlic cloves, chopped
1 tbsp. fresh ginger, grated
2 tsp. curry
dash salt
1 can coconut milk

1. In a large skillet over medium heat, sauté onions, garlic, and ginger in a dime-size dollop of canola oil for 2 minutes.
2. Add in all the other ingredients and bring to a simmer until the sauce thickens and the veggies are tender.

EXERCISE:

CARDIO: Do 30–45 minutes of the cardio of your choice (suggestions outlined on page 222), followed by 10–15 minutes of stretching.
DAY 14 MENU

► Breakfast

Clarity Juice

Beets lend a gorgeous hue and sweet taste to juices. They’re also superpowered for your health. According to some studies, drinking beet juice can help boost stamina so you can exercise longer. It can also help to lower blood pressure.\(^{58}\)

MIX ALL INGREDIENTS IN A BLENDER UNTIL SMOOTH:

1 cucumber
1 apple
1 lemon (peeled)
1 pinch parsley
2 beets

► Lunch

Vegan Sushi Roll

INGREDIENTS:

1 cup short-grain brown rice, cooked
½ Haas avocado, cut in two slices
3 tbsp. jicama, ground in food processor
2 tbsp. raw spinach, ground in food processor
2 tbsp. raw carrots, ground in food processor
▲ 2 tbsp. crushed cashews
1 tbsp. light canola mayo
sesame seeds
1 nori sheet
sushi bamboo mat

Recipe Continues

1. Cover the bamboo mat with plastic wrap.
2. Place the nori with the rough side facing upward.
3. Wet hands and place the brown rice in the middle of the nori. Evenly spread the rice with fingers while pressing down gently.
4. Flip the nori over and place the avocado slices across the middle of the nori, along with the broccoli, cauliflower, mayo, and cashews.
5. Begin to roll the mat, keeping it tight with every move forward, including the sides.
6. Sprinkle sesame seeds and, with a wet knife, cut the roll into 6–8 pieces and enjoy!

Dinner

Quinoa-Stuffed Red Peppers

There’s just something gorgeous about stuffed peppers—it’s the kind of dish that gets “oohs” when you bring it to the table. This version gets “oohs” after everybody takes a bite, too. And they’re so good for you! A cup of peppers gives you all you need of vitamins A and C for the day. The more colors of peppers you enjoy, the more varied the phytochemicals you get. Red bell peppers are rich in phytochemicals like lutein and zeaxanthin, which may be useful for eye diseases; beta-carotene, which may help fight some types of cancer; and lycopene, which some think can decrease the risk for ovarian cancer.59

INGREDIENTS:

▲ 1 cup quinoa
   1 BPA-free can of pinto beans
   4 medium peppers
   1 small sweet onion
   ½ tbsp. cumin
   dash salt
   dash garlic powder
   dash pepper

1. Preheat oven to 350 degrees.
2. Cut peppers open through the top and remove seeds.
3. Rinse one cup of quinoa in a fine sieve, drain, and transfer to a medium pot.
4. Add 2 cups of water and a pinch of salt. Bring to a boil and simmer until the water is absorbed and quinoa is fluffy (15–20 minutes).
5. Toss beans, onion, garlic, cumin, salt, and pepper in a bowl and mix with quinoa.

(Serving: Make one to two peppers per person depending on size. If they’re about the size of your fist, two; if they’re much bigger, one)

EXERCISE

- **RESISTANCE TRAINING:** Complete the exercises outlined on page 222.
DAY 15 MENU

► Breakfast

On-the-Run Protein Smoothie

_On the run? No problem. Pour into a travel cup and take with you for a protein-packed punch that will keep you running for as long as you need._

- 2 scoops 22 Days plant-based protein powder (chocolate)
- 2 cups almond milk
- 1 frozen banana
- 1 tbsp. sunflower butter

► Lunch

Black Bean and Kale Salad

**INGREDIENTS:**

- 1 cup black beans, uncooked (or 1 cup canned)
- 3 cups water
- 2 cups kale, finely chopped
- ¾ cup tomato, diced
- ¼ cup curly parsley, diced
- ½ Haas avocado, chopped
- ½ cup fennel, diced
- ¼ cup onion, diced
- ½ cup carrots, shredded
- 1 tbsp. extra virgin olive oil
- 3 tbsp. lemon juice
- sea salt and pepper, to taste
DIRECTIONS FOR COOKING BLACK BEANS:
1. Presoak 1 cup black beans overnight in 4 cups of cold water to reduce cooking time, or quick-soak (cover beans with water, bring to a boil for 2 minutes, then remove from heat and let sit for 1–2 hours).
2. Rinse, drain, then cover with 3 cups of fresh water and continue cooking.
3. Bring water and beans to a boil, reduce heat, cover, and let simmer, skimming off any foam and stirring occasionally (presoaked beans will take about 1 hour to cook).
4. Beans are done when tender.
5. Rinse and drain. Unused beans can be stored in an airtight container or in heavy-duty freezer bags for 3–4 days, or in freezer for 1–2 months.

DIRECTIONS FOR SALAD:
1. In a mixing bowl, add 1 cup cooked black beans, kale, tomato, parsley, avocado, fennel, onion, carrots, olive oil, and lemon juice, and lightly mix together.
2. Add sea salt and pepper, to taste, and serve!

Dinner

Ceviche

You’ll love this recipe for a quiet dinner, or for a dinner party. Your guests will go crazy for it! Carrots lend a burst of orange as well as 203 percent of your daily supply of vitamin A in just one serving, and plenty of potassium. And spicy peppers, like the jalapeño, are full of a chemical called capsaicin, found in the white pith on the inside of the pepper. Capsaicin raises the body’s temperature, makes you sweat, and increases your metabolic rate. It can also make you feel less hungry.60

60 Harold McGee On Food and Cooking, 419.
INGREDIENTS:

2 cups hearts of palm, sliced
1 Haas avocado, diced
1 cup cucumber, diced
1 cup carrots, diced
½ cup scallions, diced
1 small jalapeño, seeded and minced
4 limes, juiced
1 tbsp. extra virgin olive oil, optional
dash parsley flakes
dash sea salt
dash ground black pepper

1. In a mixing bowl, combine the hearts of palm, avocado, cucumber, carrots, scallions, jalapeño, lime juice, and olive oil.
2. Gently mix together and serve.
3. Top with parsley flakes, sea salt, and pepper. (Serves 2.)

EXERCISE

■ CARDIO: Do 30–45 minutes of the cardio of your choice (suggestions outlined on page 222), followed by 10–15 minutes of stretching.
DAY 16 MENU

▶ Breakfast

Alive Juice

*Fresh turmeric is a relative of ginger. It looks like its cousin but comes in a vibrant yellow hue. You’ll find it fresh in our recipes for our juices because it has so many benefits . . . among them helping to alleviate arthritis, stomach pain, bloating, colds, and headaches. It is thought that the chemicals in turmeric might decrease swelling and inflammation.*

MIX ALL INGREDIENTS IN A BLENDER UNTIL SMOOTH:

- 4 stalks of kale
- 1 cucumber
- 1 cup pineapple
- 2 stalks celery
- 1 inch turmeric

▶ Lunch

Hummus Tartine with Sprouts

*A tartine is an open-faced sandwich, and this fabulous rendition begins with hummus and then piles on the veggies for a beautiful treat. It takes only two minutes to make, and it’s easy to bring with you on the run and to work.*

Recipe Continues

---

INGREDIENTS:
2 slices vegan and gluten-free bread
½ small Haas avocado
2 tbsp. hummus
1 pinch of alfalfa sprouts
4 cherry tomatoes
dash paprika

1. Spread hummus on toasted bread.
2. Top with sprouts, sliced tomatoes, and avocado and finish with a dash of paprika.

Dinner

Lentil Soup Garnished with Avocado and Tomato

SOUP INGREDIENTS:
1½ cups dry green lentils
6 cups water
1 tbsp. high-heat safflower oil (or canola oil)
½ onion, finely chopped
¼ tsp. garlic, minced
½ tbsp. cumin
½ tbsp. coriander
¼ tsp. turmeric
½ tsp. sea salt
dash cayenne pepper

GARNISH INGREDIENTS:
2 Haas avocados, chopped
3 plum tomatoes, diced
½ lemon, juiced
½ tsp. parsley, minced
dash sea salt
1. In a bowl, mix together all the garnish ingredients and set aside while preparing the lentil soup.

2. Sift through lentils, and rinse well in a colander, making sure to remove any tiny stones that may be mixed in.

3. In a saucepan, heat the safflower oil over medium heat. Add onion, garlic, and a dash of salt, making sure to stir occasionally until onion becomes translucent.

4. Add remaining soup ingredients and bring to a boil.

5. Reduce to a simmer, cover, and cook for about 45 minutes.

6. Stir occasionally to avoid the soup burning or sticking to the pot.

7. Once lentils are soft and tender and desired consistency is reached, serve and garnish.

(about 4 servings)

EXERCISE:

- RESISTANCE TRAINING: Complete the exercises outlined on page 222.
DAY 17 MENU

➤ Breakfast

Tomato, Avocado, and Hummus Tartine

_This one is topped with fruit for a delicious breakfast._ Yes, you read that right. Like tomatoes, avocados are often treated like a veggie, but they’re really a fruit. Either way, avocados provide nearly 20 essential nutrients for your diet, like potassium, vitamin E, B vitamins, and folic acid. They can also help to boost the quality of the nutrition that you’re eating alongside them by helping you absorb more fat-soluble nutrients, like alpha- and beta-carotene and lutein._62_

**INGREDIENTS:**

- 2 slices of vegan and gluten-free bread
- ½ small Hass avocado
- 2 tbsp. hummus
- 4 cherry tomatoes
- 1 sprinkle of paprika

1. Spread hummus on toasted bread.
2. Top with sliced tomatoes and avocado and finish with a sprinkle of paprika.

➤ Lunch

Bean Medley over Sweet Potato

_Another rich and satisfying sweet potato creation! Sweet potatoes are a great base for almost every topping. Choose any combination of nutrient-rich beans you have on hand, or try my favorite combination: navy beans and kidney beans._

---

INGREDIENTS:
1 sweet potato
1 cup bean medley (½ cup navy beans and ½ cup kidney beans, or any
variety or combination)
½ small onion chopped
1 glove garlic chopped
1 dash salt
½ tsp. oregano
1 tsp. cumin
1½ tbsp. balsamic vinegar
dash black ground pepper

1. Soak beans overnight. Drain, rinse, and discard water.
2. Place the beans in a medium pot with 4 cups of water, onion, garlic, oregano, and cumin and bring to a boil, then simmer for 45 minutes.
3. Once beans are tender, add vinegar, salt, and ground pepper.
4. Preheat oven to 450 degrees.
5. Scrub sweet potato under running water and dry.
6. Poke a few holes around the potato and place on a sheet of parchment paper.
7. Place sweet potato in the oven for 30 minutes and flip over for another 20 minutes.
8. Remove cooked potato from oven and slice in half after it has cooled a bit.
9. Top with black beans and garnish with tomato and avocado.

Dinner

Artichoke, Tomato, and Avocado Salad

INGREDIENTS:
1 box grape tomatoes
1 Haas avocado
1 BPA-free can artichoke hearts
1 lemon
2 tbsp. Kalamata olives
dash paprika

Recipe Continues
1. Into a mixing bowl, slice grape tomatoes into fourths, slice artichoke, peel avocado and chop into equal-size pieces.
2. Add in olives and lemon juice and toss gently.
3. Place into serving bowl and top with paprika.

EXERCISE

■ CARDIO: Do 30–45 minutes of the cardio of your choice (suggestions outlined on page 222), followed by 10–15 minutes of stretching.
DAY 18 MENU

▶ Breakfast

Breathe Juice

Recently researchers have begun to pay attention to cucumbers, because they contain certain lignans that are connected with a reduced risk of cardiovascular disease as well as reduced risk of breast cancer, uterine cancer, ovarian cancer, and prostate cancer. Fresh cucumber can help your body fight free radicals and inflammation, and it’s likely also beneficial for your antioxidants. And these low-calorie vegetables are a great source of vitamin C, beta-carotene, and manganese.63

- 4 stalks celery
- 1 large cucumber
- 2 lemons (peeled)
- 1 handful spinach

▶ Lunch

Chickpea Sandwich

INGREDIENTS:

- 2 slices of vegan, gluten-free bread
- 1 BPA-free can of chickpeas
- ¼ cup celery (chopped)
- ¼ cup carrots (shredded)
- 2 tbsp. canola mayo
- 1 tbsp. whole-grain mustard
- 1 romaine lettuce (head)
- 1 small tomato
- pinch ground pepper

Recipe Continues

1. Place chickpeas, mayo and mustard in a food processor. Pulse a few times until blended well, but not too smooth.
2. Transfer to a bowl, and mix with the celery and carrots.
3. Place lettuce over toasted bread and top with chickpea spread.
4. Add tomato and a dash of pepper to finish.

**Dinner**

**Quinoa Tabbouleh**

*Tabbouleh is traditionally made with cracked wheat. Here we use quinoa, so we get better nutrition, with all the flavor of the original.*

**INGREDIENTS:**

- 1 cup quinoa
- ½ lemon
- 1 garlic clove, minced
- 1 dash ground pepper
- 1 cucumber, chopped
- 1 box cherry tomatoes, ½ pint quartered
- 1 pinch parsley flakes
- 1 scallion, chopped
- dash salt

1. Rinse one cup of quinoa in a fine sieve, drain, and transfer to a medium pot.
2. Add 2 cups of water and a pinch of salt. Bring to a boil and simmer until the water is absorbed and quinoa is fluffy (15–20 minutes).
3. Meanwhile, mix together all other ingredients in a bowl.
4. Let quinoa cool. Then add to the mixture, toss, and coat with lemon juice, salt, and pepper.

**EXERCISE**

- **RESISTANCE TRAINING:** Complete the exercises outlined on page 222.
DAY 19 MENU

► Breakfast

Orange You Happy Juice

Oranges have a health profile that includes nearly a day’s worth of vitamin C in just one serving, with benefits for colds and cardiovascular disease, and a potential to lower cholesterol, protect respiratory health, and protect against rheumatoid arthritis.\(^{64}\)

1 peeled grapefruit
2 peeled oranges
1 lemon
½ inch of ginger

► Lunch

Brown Rice and Kale Bowl

INGREDIENTS:
1 cup of brown rice
kale
vegetables of choice

1. Rinse brown rice under water for 30 seconds.
2. Place rice in a pot with 2 cups of water. Bring to a boil, cover, and simmer for 40 minutes, or until the liquid has been absorbed and the rice is soft.
3. Place cooked rice in a bowl of kale and top with raw vegetables of choice (broccoli, cucumber, tomatoes, carrots, etc.).
4. Use lemon/lime juice as dressing, or mix 2 tbsp. of balsamic vinegar with 1 tbsp. of mustard and a dash of pepper for a homemade balsamic vinaigrette.

Dinner

Vegetable Curry

INGREDIENTS:

4 cups mixed veggies (any combination, or try broccoli, kale, peppers, cauliflower and spinach in equal servings)
1 onion, finely chopped
2 garlic cloves, chopped
1 tbsp. fresh ginger, grated
2 tsp. curry
dash salt
1 can coconut milk

1. In a large skillet over medium heat, sauté onions, garlic, and ginger in a dime-size dollop of canola oil for 2 minutes.
2. Add in all the other ingredients and bring to a simmer until the sauce thickens and the veggies are tender.

EXERCISE

■ CARDIO: Do 30–45 minutes of the cardio of your choice (suggestions outlined on page 222), followed by 10–15 minutes of stretching.
DAY 20 MENU

► Breakfast

Lean Green Juice

MIX ALL INGREDIENTS IN A BLENDER UNTIL SMOOTH:

- 4 stalks of kale
- 1 handful of spinach
- 1 frozen banana
- 2 green apples
- 1 lemon (juiced)

► Lunch

Quinoa Salad with Lentils

INGREDIENTS:

▲ 1 cup quinoa
  1 cup lentils
  ½ tsp. fine sea salt
  1 tbsp. cumin
  1 tbsp. coriander
  1 large carrot
  dash black ground pepper
  handful of spinach

1. Rinse one cup of quinoa in a fine sieve, drain, and transfer to a medium pot.
2. Add 2 cups of water and a pinch of salt. Bring to a boil and simmer until the water is absorbed and quinoa is fluffy (15–20 minutes).
3. Rinse one cup of lentils and transfer into a medium pot.
4. Add 2 cups of water, 1 tbsp. of cumin, 1 tbsp. coriander, 1 large carrot (chopped), 1 dash of black ground pepper.
5. Bring to a boil and simmer for 20–30 minutes. Add water as needed to make sure the lentils are just barely covered.
6. Serve quinoa over a bed of spinach and top with lentils.
Dinner

Baked Eggplant with Pico de Gallo

INGREDIENTS FOR EGGPLANT:
1 large eggplant
4 tbsp. olive oil (for coating eggplant)
sea salt, to taste

INGREDIENTS FOR PICO DE GALLO:
1 Haas avocado, quartered, pitted, peeled, and chopped
2 medium tomatoes, diced
1 small onion, minced
½ jalapeño pepper, seeded and minced
2 limes, juiced
1 garlic clove, minced
¼ cup parsley, minced (can use cilantro instead)
black ground pepper, to taste
sea salt, to taste

1. Preheat oven to 450.
2. Wash and peel skin of eggplant, then slice into half-inch round slices.
3. Lightly brush each slice with olive oil on both sides and sprinkle with sea salt.
4. Place on a lined baking sheet in the oven for about 8–10 minutes on each side.
5. Prepare the pico de gallo by adding all the ingredients in a mixing bowl and lightly tossing together.
6. Once eggplant is cooked, serve and top each slice with pico de gallo and enjoy!

EXERCISE

■ RESISTANCE TRAINING: Complete the exercises outlined on page 222.
DAY 21 MENU

▶ Breakfast

Avocado Bruschetta

*That’s right—bruschetta for breakfast!*

**INGREDIENTS:**

- 1 medium tomato, finely chopped
- ½ Haas avocado, finely chopped
- ½ small onion, diced
- 1 garlic clove, minced
- 2 tbsp. lemon juice
- 2 tsp. extra virgin olive oil
- 1 tsp. balsamic vinegar
- 1 fresh basil leaf, chopped (or pinch of dried basil)
- sea salt, to taste
- ground black pepper, to taste
- 2 vegan and gluten-free slices of toast (recipe above)

1. In a mixing bowl, toss together the tomato, avocado, onion, garlic, lemon juice, oil, vinegar, basil, salt, and pepper.
2. Toast the bread, top with tomatoes, and serve! (Serves 1–2.)

▶ Lunch

Raw Walnut Tacos

*Another opportunity to make this one your own using any combination of mixed nuts!*

Recipe Continues
TACO MEAT INGREDIENTS:
2 cups nuts
2 heads of romaine lettuce
1½ tbsp. cumin
1 tbsp. coriander
2 tbsp. balsamic vinegar
1 tbsp. coconut aminos
dash paprika
dash garlic powder
dash black ground pepper

GARNISH INGREDIENTS:
2 Haas avocados
½ pint cherry tomatoes (1 small pack)
½ tbsp. dried parsley flakes
pinch black ground pepper
pinch sea salt
1 lime

1. Thoroughly wash and drain the lettuce and tomatoes in a colander or on a paper towel and set aside while preparing remaining ingredients.
2. Combine all taco ingredients in a food processor.
3. Pulse several times until crumbly, making sure not to overblend.
4. Spread the nut taco meat on the romaine leaves in 4 equal servings.
5. Slice tomatoes in halves.
6. Slice the avocados in half and remove the pit. Peel the skin and cut into small, even pieces.
7. Garnish the nut taco meat with sliced avocado, tomatoes, parsley, ground pepper, sea salt, and lime juice.
Dinner

Kale Salad with Sweet Potato

*Make this dish sing with creative toppings like cranberries and pumpkin or sunflower seeds.*

**INGREDIENTS:**
- 1 small sweet potato
- 1 handful of kale
- ¼ cup dried cranberries
- ¼ cup sunflower seeds or pumpkin
- dash sea salt
- 2 tbsp. balsamic vinegar
- 1 tbsp. mustard

1. Preheat the oven to 350 degrees.
2. Scrub sweet potato under running water and steam until tender.
3. Place sweet potato on parchment paper and bake for 10 minutes, or until edges are crisp.
4. Chop kale and toss with sweet potato and your combination of cranberries and seeds.
5. Whisk mustard, vinegar, and salt together and drizzle over the top.

**EXERCISE**

- **CARDIO:** Do 30–45 minutes of the cardio of your choice (suggestions outlined on page 222), followed by 10–15 minutes of stretching.
DAY 22 MENU

▷ Breakfast

Popeye Smoothie

BLEND THE FOLLOWING INGREDIENTS UNTIL SMOOTH:

- 1 handful of spinach
- 1 frozen banana
- 1 tbsp. almond butter
- 2 scoops 22 Days plant-based protein powder
- 2 cups almond milk

▷ Lunch

Raw Zucchini, Carrot, and Cucumber Salad

INGREDIENTS:

- 1 zucchini
- 1 carrot
- 1 cucumber
- 1 tbsp. tahini
- 3 tbsp. lemon juice
- dash sea salt
- dash sesame seeds

1. Spiralize the zucchini, carrot, and cucumber.
2. Whisk together tahini, lemon juice, and sea salt.
3. In a mixing bowl, toss spiralized veggies with dressing.
4. Serve and top with sesame seeds.
Dinner

Beluga Lentil Salad

INGREDIENTS:

- 1 cup beluga lentils
- 1 shallot
- 1 tbsp. lemon juice
- 1 tsp. apple cider vinegar
- 1 tsp. sea salt
- ½ tbsp. coriander
- ½ tbsp. cumin
- 1 tbsp. capers
- 2 tbsp. red pepper, diced
- 1 handful of fresh greens

1. Rinse the lentils and place them in a pot with 2 cups of water with sea salt, coriander, and cumin. Bring to a boil and simmer until desired tenderness is reached (15–20 minutes).
2. In a mixing bowl, combine the lentils with lemon, vinegar, capers, shallots, and pepper.
3. Arrange lentils over a bed of greens and top with lemon juice and vinegar.

EXERCISE

■ RESISTANCE TRAINING: Complete the exercises outlined on page 222.
MAINTAINING YOUR REVOLUTION

You’ve made it—and if you want to continue building up those benefits, keep it up. Even if you don’t follow the menus precisely, you’ve developed a set of skills that can help you keep eating well. You learned to make plants a habit. You developed attention to consistency. You manifested a sense of awareness. You learned to eat with restraint.

Now what?

- Continue to eat plants—if what you’re eating can’t go bad, don’t eat it!
- Use slipups as learning experiences instead of invitations to keep on slipping.
- Eat breakfast, lunch, and dinner instead of eating for emotional reasons.
- Give your food attention by sitting while you eat and eating slowly.
- Keep your home stocked with fresh fruits and vegetables instead of bulk processed foods.
- Prepare your meals and snacks in advance to make sure that healthy foods are just as fast as “fast foods.”
- Eat right when you wake up in the morning, not right before you go to sleep at night.
- Refer to Chapter 18, “More Revolution Meals,” to prepare tasty and tantalizing dishes you and everyone you love can enjoy—and thrive on!
- Remember that alcohol calories are empty calories, so choose them wisely. If you’re going to reintroduce wine, do so with moderation and realize that it affects your weight and your health.
1.

BURPEES

A burpee is a full-body aerobic exercise that moves you from standing to squatting to a push-up to a squat and back to standing. This should be done with as fluid a motion as possible, and should really warm you up.

The basic movement is performed in five steps:

1. Begin in a standing position.
2. Drop into a squat position and place your hands on the ground.
3. Kick your feet back, while keeping your arms extended.
4. Jump back into squat position with hands on the floor.
5. Jump up from the squat position while reaching for the sky with your hands.
2.

SPLIT SQUATS

One of my favorite lower-body exercises. The split squat targets the quadriceps, hamstrings, glutes, and core. In addition, it builds balance and stability.

1. Position yourself into a staggered stance with your rear foot elevated on a bench or box and your front leg extended forward with foot firmly planted on the ground.

2. Slowly lower your body (making sure that your front foot is far enough in front of you so that your front knee remains over the ankle at the bottom of the movement) until the front thigh is parallel to the ground.

3. At the bottom of the movement, drive your hips forward and up as you press down on your heel to return to the start position.

➤ **TIP:** *Keep your back straight throughout the movement.*
3. SQUATS

A compound, full-body exercise that works primarily the muscles of the thighs, as well as the glutes, hamstrings, hips, and core. The movement is simple but must be done properly to avoid injury and maximize results. Squats are amazing for building powerful thighs and legs. Move with purpose, and don’t let gravity do the work for you!

1. Begin with feet firmly planted shoulder width apart (arms should be bent at 90 degrees and in front of the body for the entire movement).

2. Inhale as you drop your hips until your thigh is parallel to the ground while keeping your back straight.

3. Exhale and drive your hips forward as you lift and return to start position.
4. **PUSH-UPS**

The push-up is one of the most common body-weight (calisthenic) exercises and is also used as an indicator of overall fitness. The push-up works the muscles of the chest, along with the triceps, shoulders, core, and serratus anterior, and develops muscular endurance.

1. Begin in a plank position (hands and feet placed shoulder width apart firmly on the ground with a straight line down the body).

2. Inhale as you bend at the elbow and drop down until the chest touches the ground (lightly).

3. Exhale as you press and lift your upper body back to starting position.
Reverse dips have long held their place in gyms across the world because of the benefits this simple move yields. Muscles worked are the triceps, and those in the shoulders, back, and neck. Reverse dips are great for defining the back of the arm and sculpting shoulders!

1. Begin with your arms fully extended and hands firmly placed on a bench behind you.

2. Extend your legs straight out in front of you (or on another bench for added difficulty).

3. Begin to bend at the elbow as you lower your body past the bench until the upper arm is parallel to the ground.

4. Squeeze your triceps and lift your body back to start position with arms fully extended.
6. **PLANKS**

The plank is great for building the muscles of the core in addition to building balance and muscular endurance.

1. Begin in a push-up position with arms fully extended and a straight line down the body.
2. Hold position (30 seconds) by flexing the muscles of the core and arms.

**BEGINNER MODIFICATION:** Feel free to try this move on your elbows as well.
7.

SIDE PLANK

The side plank, like the plank, is great for building the muscles of the core, with an added emphasis on balance and muscular endurance.

1. Lie on your side with your legs straight and fully extended.
2. Prop up your body with the arm closest to the ground fully extended under your shoulder.
3. Raise your hips until your body forms a straight line down to your ankles.
4. Hold this position (30 seconds).
5. Repeat on opposite side.

BEGINNER MODIFICATION: Feel free to try this move on your elbows as well.
SMOOTHIES MAKE A GREAT BREAKFAST, and they are a perfect meal replacement whether you’re trying to fast-track your weight loss (see Chapter 15 for details) or eating plant-based to maintain a healthy weight for the long-term.

For each, combine all the ingredients in a blender and blend until smooth.

<table>
<thead>
<tr>
<th>Lean Green Smoothie</th>
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<tbody>
<tr>
<td>4 stalks of kale</td>
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<tr>
<td>1 handful of spinach</td>
</tr>
<tr>
<td>1 frozen banana</td>
</tr>
<tr>
<td>2 green apples</td>
</tr>
<tr>
<td>1 lemon (juiced)</td>
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<table>
<thead>
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</tr>
</thead>
<tbody>
<tr>
<td>1 handful of spinach</td>
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<tr>
<td>1 frozen banana</td>
</tr>
<tr>
<td>1 tbsp. almond butter</td>
</tr>
<tr>
<td>2 scoops of 22 Days plant-based protein powder</td>
</tr>
<tr>
<td>2 cups of almond milk</td>
</tr>
</tbody>
</table>
Jungle Gym

2 scoops 22 Days plant-based protein powder (chocolate)
2 cups almond milk
1 frozen banana

Recover and Repair

2 scoops 22 Days plant-based protein powder (vanilla)
2 cups coconut water
1 cup frozen blueberries
▲ 1 tbsp. flaxseed oil

Green Machine

2 scoops 22 Days plant-based protein powder (vanilla)
1 handful kale
1 handful spinach
1 frozen banana
3 pitted dates
2 cups almond milk

Chocolate Dream

2 scoops 22 Days plant-based protein powder (chocolate)
2 cups almond milk (chocolate)
1 tbsp. almond butter
1 cup ice

Green Awareness

2 scoops 22 Days plant-based protein powder (vanilla)
2 cups almond milk
1 handful spinach
1 frozen banana
1 tbsp. almond butter
Tropical Power

2 scoops 22 Days plant-based protein powder (vanilla)
2 cups almond milk
½ cup frozen mango
½ cup frozen peaches

S’mores

2 scoops 22 Days plant-based protein powder (chocolate)
2 cups almond milk
6 vegan graham crackers (or ½ cup homemade granola)
1 frozen banana

Orange Creamsicle

2 scoops 22 Days plant-based protein powder (vanilla)
2 cups vanilla almond milk
½ frozen orange
1 frozen banana

Peanut Butter Banana

2 scoops 22 Days plant-based protein powder (vanilla or chocolate)
2 cups almond milk
1 frozen banana
2 small pitted dates
1 tbsp. peanut butter
1 tbsp. chia seeds

Imagination Creation

2 scoops 22 Days plant-based protein powder (chocolate or vanilla)
2 cups favorite milk substitute (water and coconut water included)
2 cups leafy greens
2 cups frozen fruit
On-the-Run Protein Smoothie

On the run? No problem. Pour into a travel cup and take with you for a protein-packed power punch.

2 scoops 22 Days plant-based protein powder (chocolate)
2 cups almond milk
1 frozen banana
1 tbsp. sunflower butter
AFTER YOUR 22-DAY REVOLUTION, ONCE you’ve gotten into the habit of keeping your home stocked with fresh fruits and vegetables, once you’ve experienced how satisfying plant-based eating is, you’ll want to keep on going. So we’ve put together a collection of our family classics to keep inspiring you in the kitchen, from hearty oatmeal to homemade almond milk, from sandwich fillings to a Thai twist on noodles.

Breakfast, lunch, dinner and snacks, eating plants tastes as good as it makes you feel. These recipes are some of my favorites, from my family cookbook to yours.
Chunky Cinnamon Apple Oatmeal

1 SERVING

INGREDIENTS:

½ cup dry oats
½ small Fuji apple, peeled and diced
¾ cup almond milk
½ cup water
1 tbsp. almond butter
1 tsp. milled flax
4 almonds, chopped
dash cinnamon

1. In a small bowl, combine the almond milk, water, almond butter, chopped almonds and oats in a pot over medium-low heat. Bring to a simmer, stirring frequently.
2. Once oatmeal begins to thicken, add in the diced apple and stir a few times.
3. Remove from heat and serve.
4. Top with milled flax and a dash of cinnamon.
Muesli

8 SERVINGS

INGREDIENTS:

- 3 2/3 cups gluten-free rolled oats
- 1/2 cup dried cranberries
- 1/3 cup golden raisins
- 1/6 cup sunflower seeds
- ▲ 1/3 cup pumpkin seeds
- ▲ 1/6 cup sliced almonds
- ▲ 1/4 cup walnuts, chopped
- ▲ 1/4 cup cashews, chopped
- 1/2 tsp. ground cinnamon

1. Preheat oven to 350 degrees.
2. Place oats on baking sheet and bake for 5 minutes or until golden brown.
3. Remove and cool completely.
4. In a large mixing bowl, mix together all the ingredients and store in an airtight container (Ball mason jars are great) until ready to eat.
5. Can be enjoyed with favorite nut drink and topped with fresh fruit and milled flaxseed.
Almond Milk

We use almond milk with tons of recipes at home, including with our oatmeal for breakfast. After trying all the commercial products available, I decided I’d try to make my own. Turns out I absolutely love it, and the process just feels right! Less waste, no unnecessary additives, less sugar, better for the planet, and most important . . . better for my kids, and they love it!

WHAT YOU’LL NEED:

Nut milk bag or cheesecloth
Blender
Large bowl

INGREDIENTS:

▲ 2 cups of raw almonds
7 cups water
2 large pitted medjool dates or 2 tbsp. organic maple syrup
1 whole vanilla bean (chopped) or 1 tsp. vanilla
1 pinch of fine-grain sea salt to enhance flavor

1. Place the raw almonds in a bowl, cover with water, and soak overnight (8–12 hours).
2. Rinse and drain the almonds and place them into the blender along with the rest of the ingredients (including water).
3. Blend on highest speed until smooth (usually about one and a half minutes).
4. Pour the mixture into nut milk bag while holding it over a bowl.
5. Gently squeeze the bag to release the milk and repeat until all the milk has been squeezed out.
6. Pour into glass jars and store in the refrigerator for up to five days. Mixture separates when sitting; shake well before using.
7. Don’t be afraid to experiment until you discover your own perfect recipe!
Better Than Tuna Salad

6 SERVINGS

INGREDIENTS:
▲ 1 cup raw almonds
  2 celery stalks
  1 garlic clove, finely chopped (optional)
  2 tbsp. vegan mayo
  1 tbsp. fresh lemon juice
  1 tsp. mustard
  1 dash sea salt
  1 dash fresh ground pepper

2. Place almonds into a food processor until finely chopped. Place into a mixing bowl.
3. Mix all the other ingredients together and toss until even mix is achieved.
4. Place mix over a bed of greens (spinach, kale, romaine) and enjoy.
5. Can also be enjoyed in a lettuce wrap or vegan bread of choice topped with tomatoes and avocado.
Buddha Bowl

2–3 SERVINGS

INGREDIENTS:
- 1 head of broccoli
- 1 head of cauliflower
- 2 kale leaves
- 1½ cups cooked chickpeas (or preferred bean)
- 1 cup cooked brown rice or quinoa
- 1 plum tomato
- 2 tbsp. tahini
- 1 lemon
- 1 tsp. nutritional yeast
- salt and pepper, to taste

1. Lightly steam broccoli, cauliflower, and kale.
2. Place steamed veggies in a bowl and neatly place 1 serving of cooked grains next to it. Add the chickpeas and the tomato.
3. Drizzle tahini dressing (2 tbsp. of tahini mixed with the juice of 1 lemon) over the top and add salt, pepper and nutritional yeast to taste.
Veggie Pad Thai

2 SERVINGS

INGREDIENTS:

1 medium zucchini (spiraled)
2 large carrots (julienned)
1 red pepper (thinly sliced)
3 green onions (thinly sliced)
1 head of broccoli (steamed)
1 cup mung bean sprouts

DRESSING:

1 garlic clove chopped
¼ cup almond butter
1 lime
2 tbsp. coconut aminos (or low-sodium tamari)
2 tbsp. maple syrup
1 tsp. finely grated ginger
2 tbsp. water
½ tbsp. toasted sesame oil
1 tbsp. hulled hempseeds
1 tbsp. sesame seeds

1. Prepare vegetables as called for in ingredient list and add into large mixing bowl. Toss to combine.
2. Mix all dressing ingredients together in a food processor or by hand (whisking).
3. Top veggies with dressing and top with sesame and hempseeds.
Sautéed Zucchini with Pine Nuts and Basil

2–3 SERVINGS

INGREDIENTS:

3 large zucchini (sliced)
3 tbsp. pine nuts
½ tbsp. cold-pressed olive oil
4 fresh basil leaves
2 cloves of garlic (finely chopped)
1 tbsp. capers
1 tbsp. balsamic vinegar
salt and pepper, to taste

1. In a large skillet or pan heat a tablespoon of olive oil over medium heat. Add the zucchini and sauté until golden brown (you may have to do this twice to get all the zucchini).
2. In a large mixing bowl toss in all the other ingredients except 1 basil leaf you’ll save for garnish.
3. Once all the zucchini is golden brown, toss together with your mix and place it back in the pan. Toss well for a minute or so and then move to serving plate.
4. Garnish with chopped basil. Add salt and pepper to taste.
Baked Chickpeas over Greens

2 SERVINGS

INGREDIENTS:

- 2 cups cooked chickpeas
- 2 tsp. coconut aminos
- 1 tbsp. balsamic vinegar
- ½ tsp. oregano
- ½ tsp. rosemary
- ½ tsp. maple syrup
- 3 cups of greens (of choice)
- ½ avocado, cubed
- 1 plum tomato

1. Preheat oven to 375 degrees.
2. Toss all ingredients together in a mixing bowl.
3. Place all the ingredients over a lined (parchment paper) baking sheet and bake for 20 minutes, tossing a few times throughout.
4. Remove when chickpeas are golden in color and almost dry.
5. Serve over a bed of greens and top with chopped avocado and tomato.
Aloo Gobi (Potato and Cauliflower Curry)

6 SERVINGS

INGREDIENTS:

1 head of cauliflower (cut into bite-size florets)
2 medium potatoes, cubed
1 onion, chopped
2 Roma tomatoes, chopped
2 tbsp. coconut oil
1 tsp. minced garlic
½ tsp. coriander
½ tsp. turmeric
1 tbsp. cumin
¼ tsp. ground ginger
¼ tsp. cinnamon
¼ tsp. cayenne pepper (or more to taste)
½ tsp. sea salt

1. Heat the oil in a medium skillet over medium heat.
2. Add in onion, garlic, coriander, turmeric, cumin, ground ginger, cinnamon, cayenne pepper, and sea salt.
3. Cook for 1 minute, or until onion is lightly browned.
4. Add the potatoes, cover, and cook for an additional 7–10 minutes.
5. Add cauliflower, reduce heat to low, and cover. Stir occasionally and cook for an additional 10 minutes, or until cauliflower and potatoes are tender.
6. Mix in diced tomato when ready to serve.
Raw Walnut Crumble in an Avocado Cup

4 SERVINGS

INGREDIENTS:

2 Haas avocados sliced in half (leave skin on)

WALNUT CRUMBLE:
2 cups walnuts
1½ tbsp. cumin
1 tbsp. coriander
2 tbsp. balsamic vinegar
1 tbsp. coconut aminos
dash paprika
dash garlic powder
dash black ground pepper

GARNISH INGREDIENTS:
½ pint cherry tomatoes (1 small pack)
½ tbsp. dried parsley flakes
pinch black ground pepper
pinch sea salt
1 lime

1. Combine all taco ingredients in a food processor.
2. Pulse several times until crumbly, making sure not to overblend.
3. Spread the walnut taco meat evenly over the avocado half (portion out enough taco meat to make 4 even servings).
4. Chop tomatoes and use as topping.
5. Garnish with parsley, ground pepper, sea salt, and lime juice.
Quinoa and Kidney Bean Salad

3–4 SERVINGS

INGREDIENTS:

▲ 1 cup quinoa
  1 cup kidney beans
  1 small red onion, finely chopped
  1 tsp. cumin
  1 tsp. coriander
  1 carrot (julienned)
  ½ tsp. fine sea salt
  dash black ground pepper
  2 lemons
  2 tbsp. extra virgin olive oil

1. Rinse one cup of quinoa in a fine sieve, drain, and transfer to a medium pot.
2. Add 2 cups of water and a pinch of salt. Bring to a boil and simmer until the water is absorbed and quinoa is fluffy (15–20 minutes).
3. Toss (cooled) quinoa in a mixing bowl with the kidney beans, onion, and carrot.
4. In another bowl, whisk together lemon juice, olive oil, cumin, coriander, sea salt, and pepper.
5. Pour the dressing over the quinoa and toss to coat evenly.
Chickpea Hand Rolls

2–4 SERVINGS

INGREDIENTS:

1 head butter lettuce
1 cup cooked chickpeas (slightly mashed)
4 teaspoons tahini
2 lemons
1 teaspoon coconut aminos
½ tbsp. cumin
¼ cup diced celery
1 tbsp. parsley
sea salt and pepper to taste

1. Toss all the ingredients (except chickpeas and butter lettuce) in a mixing bowl and whisk until smooth.
2. Pour mix over chickpeas and toss to coat evenly.
3. Scoop chickpea mix onto lettuce cup and wrap neatly into a small hand roll.
Homemade Hummus

When we go to parties, we bring a hummus-and-veggie platter with us, and believe me—it’s gone before the chips even have a chance. I’m not sure anyone realizes that the fresh, crunchy celery they’re enjoying may be used to treat joint pain (rheumatism), is good for relaxation and sleep; has plenty of fiber to help keep you regular and may help control intestinal gas. The chemicals in celery may decrease symptoms of arthritis, as well as low blood pressure and blood sugar, and help muscles relax. And cucumber offers a host of benefits with every crisp bite. Now, that’s a power party food!\(^70\)

**INGREDIENTS:**

- 1 ¾ cups chickpeas, cooked (15-ounce can), or see below for cooking instructions using 1 cup dry
- ¼ cup chickpea water (if using canned chickpeas, rinse and drain, setting aside ¼ cup of the liquid from can)
- 4 tbsp. lemon juice
- 1 tbsp. tahini
- ¼ tsp. sea salt, or to taste
- pinch paprika
- 4 celery stalks
- 1 bunch baby carrots
- 1 large cucumber

**DIRECTIONS FOR COOKING CHICKPEAS:**

1. Presoak 1 cup chickpeas overnight in 4 cups of water to reduce cooking time, or quick-soak: Cover beans with water, bring to a boil for 2 minutes, then remove from heat and let sit for 1–2 hours.
2. Rinse, drain, then cover with 3 cups of fresh water and continue cooking.
3. Bring water and beans to a boil, reduce heat, cover, and let simmer, skimming off any foam and stirring occasionally (presoaked beans will take about 1 hour to cook).

4. Beans are done when tender.
5. Rinse, drain, and let cool. (Makes about 2 cups cooked chickpeas.)
   Once chickpeas are cooled, store leftovers in fridge for a few days, or
   in freezer for up to 6 months.

DIRECTIONS FOR HUMMUS AND PLATTER:
1. Combine all ingredients in a blender or food processor, except the
   chickpea water.
2. Blend until thoroughly mixed and smooth, adding chickpea water 1
   tbsp. at a time until desired consistency is reached.
3. Place in a serving bowl and sprinkle with a dash of paprika.
Marilyn’s Carrot Bread with Frosting

I love to cook and prepare fresh foods for my family and friends, but I love it even more when my wife, Marilyn, and my boys join me. Marilyn is fascinating to watch, because she was born with a gift that gives her the ability to turn any food into an incredibly delicious and, of course, healthy dish you’ll wish you had the recipe for.

INGREDIENTS:

1 cup unpacked finely grated carrot
¼ cup sweetened vanilla almond milk
½ cup maple syrup (add 1 additional tbsp. you if prefer sweeter)
1 tbsp. warm coconut oil, or canola oil (optional)
2 tbsp. applesauce
1 tsp. vanilla extract
½ tsp. apple cider vinegar
½ cup brown-rice flour
½ cup gluten-free oat flour
¼ cup tapioca flour
¼ cup arrowroot flour
½ cup almond flour
1 tbsp. flax meal
1 tbsp. ground chia seeds
2 tsp. baking powder
½ tsp. baking soda
1 tsp. ground cinnamon
½ tsp. sea salt
¼ cup walnuts, chopped (optional)

INGREDIENTS FOR FROSTING:

▲ 1 cup raw cashews, soaked, drained, and rinsed (or macadamia nuts)
1 tsp. lemon juice
2 tbsp. maple syrup (add more if you prefer sweeter)
¼ cup sweetened vanilla almond milk

DIRECTIONS FOR FROSTING:

1. In a blender or food processor, blend all ingredients until smooth, adding water as needed, and put in the refrigerator until ready to use.
DIRECTIONS:

1. Preheat oven to 350°F and lightly grease a small (8-inch-by-4-inch) loaf pan or 8-inch round cake pan.

2. In a bowl, mix together the almond milk, maple syrup, oil, applesauce, vanilla, and apple cider vinegar. Set aside while preparing the dry ingredients. If adding the coconut oil, make sure the wet ingredients are at room temperature to prevent the oil from hardening.

3. In another bowl, whisk together the gluten-free flour blend, almond flour, flax meal, chia seeds, baking powder, baking soda, cinnamon, and salt.

4. Pour the wet ingredients over the dry and stir until just combined. Then fold in the carrots and walnuts (or other nut of choice).

5. Pour into loaf pan lined with parchment paper and bake for about 50 minutes or until you can slide a knife into the center and it comes out clean. Remove pan from oven and let cool before transferring the loaf from pan to wire rack. Let cool completely (at last an hour), then slice and serve! Makes about 12 servings.

6. If baking in a cake pan, then bake for 40–45 minutes. Remove pan from oven and let cool before transferring the cake from the pan to a wire rack. Once completely cool, spread the frosting, slice, and enjoy. (To make a double-layered cake, simply double up the recipe and evenly divide the batter into two cake pans.)

7. If there are any leftovers (which is usually not the case in my house), store in an airtight container at room temperature for no more than a few days, in the refrigerator for up to a week, or in the freezer for no more than a few months. Slices should be individually wrapped with plastic freezer wrap or layered with parchment paper in freezer bags.

8. Enjoy a slice or two for breakfast or as a snack. This carrot bread is simple, healthy, nutritious, and delicious! For a lighter treat, have it without walnuts and save the frosting for special occasions. You can also explore using this recipe to make other variations. I’ve tried making carrot muffins with this batter instead of a cake or a loaf, or making a zucchini bread loaf by simply substituting the carrots with zucchini. Just be creative!
Marilyn’s Hearty Multigrain Bread

How can a bread be this good and be gluten-free? Because there are a wealth of flours out there that are fabulous when combined in the right ratios. Here, we use Marilyn’s special mixture of quinoa flour, brown-rice flour, gluten-free oat flour, and a few others . . . try it and see the difference!

**INGREDIENTS:**

- 1 cup water (warm)
- 2¼ tsp. dry active yeast
- 2 tsp. raw cane sugar
- 1 cup unsweetened almond milk (warm)
- 1 tbsp. canola oil (or high-heat safflower oil)
- 2 tsp. apple cider vinegar
- ▲ 1 cup quinoa flour
- ½ cup brown-rice flour
- ½ cup gluten-free oat flour
- ½ cup arrowroot flour
- ½ cup tapioca starch/flour
- 2 tbsp. almond flour
- 4 tbsp. ground chia seeds
- 1 tbsp. flax meal
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- ▲ 2 tbsp. pumpkin seeds (optional)
- 2 tbsp. sunflower seeds (optional)

**DIRECTIONS:**

1. In a bowl, combine the warm water with the yeast and sugar and allow it to froth for about 5–10 minutes. Then add the warm almond milk, oil, and apple cider vinegar and set aside.

2. In another bowl, combine all the dry ingredients and whisk well.

3. Pour the wet ingredients into the dry and stir well. Gently fold in the pumpkin and sunflower seeds or other seeds/nuts of choice.
4. Pour batter into a lined loaf pan (8 by 4 inches), using the back of a spoon to gently press and smooth out the top of the batter. You can also sprinkle gluten-free oats and/or seeds on top of the loaf.

5. Cover the loaf pan with a kitchen cloth or plastic wrap and set aside to allow the loaf to rise for approximately 45 minutes. Check on loaf after 30 minutes and remove towel or wrap to allow loaf to fully rise.

6. Preheat oven to 350°F.

7. Bake the loaf for about 50 minutes.

8. Remove pan from the oven and let cool before transferring the loaf from the pan to a wire rack. Let cool completely before slicing. There will be approximately 14 servings.

9. Store any leftovers in an airtight container at room temperature for no more than a few days, in the refrigerator for up to a week, or in the freezer for no more than 4 to 6 months. Slices should be individually wrapped with plastic freezer wrap or layered with parchment paper in freezer bags.

10. This hearty bread can be enjoyed any time of the day! Have it for breakfast toasted with almond butter or simply with a side of berries and fresh juice, or make a sandwich using your favorite ingredients, like avocado, hummus, or baked eggplant, or a veggie burger with tomato, lettuce, etc. Enjoy!
Marilyn’s Mini Chocolate-Chip Muffins

The kids love these, and I love that they can enjoy a sweet treat that still powers up their health. These mini treats are a great snack for you—and your little ones.

INGREDIENTS:

1 cup gluten-free oat flour
½ cup almond flour
½ cup millet flour (or more almond flour)
4 tbsp. flax meal (or ground chia seeds)
½ tsp. baking soda
dash of cinnamon
½ cup sweetened vanilla almond milk, warm
5 tbsp. maple syrup
3 tbsp. applesauce
1 tbsp. coconut oil, warm (or canola oil)
2 tsp. apple cider vinegar
1 tsp. vanilla
¼ cup vegan chocolate chips

DIRECTIONS:

1. Preheat oven to 325°F and lightly grease a mini muffin pan or line cups with muffin liners.
2. In a bowl, whisk together all the dry ingredients.
3. In another bowl, mix together all the wet ingredients. When adding the coconut oil, make sure the wet ingredients are at room temperature to prevent the coconut oil from hardening.
4. Pour the wet ingredients over the dry and stir until consistency is smooth. Then fold in the chocolate chips.
5. Generously pour batter into 12 mini muffin cups and top with extra chocolate chips (optional).
6. Bake for about 30 minutes, or until you can slide a knife into the center and it comes out clean. Remove from oven and let cool. Then transfer muffins to a wire rack to completely cool.

7. Store in an airtight container or in plastic wrap at room temperature for a few days, or refrigerate for a week. Can also be stored in the freezer for a few months.

8. Brownie muffin option: Add 2 tbsp. cocoa powder to the dry ingredient bowl plus 2 tbsp. maple syrup to the wet ingredient bowl.

9. Enjoy a healthy and nutritious muffin for a light breakfast or as a snack!
APPENDIX

GLOSSARY OF KEY VITAMINS

**VITAMIN A:** Vitamin A gives you healthy eyes, teeth, bones, and skin. You can find it in dark leafy vegetables, sweet potatoes, carrots, red peppers, cantaloupe and dark orange fruits.

**VITAMIN B<sub>2</sub>:** Vitamin B<sub>2</sub>, also known as riboflavin, is needed for energy metabolism, normal vision and skin health. It is found in green leafy vegetables and whole grains.

**VITAMIN B<sub>12</sub>:** Vitamin B<sub>12</sub> is needed for making new cells and important for nerve function. It is not commonly found in plant-based foods.

**VITAMIN C:** Vitamin C (ascorbic acid) is for healing wounds, healthy teeth and gums, protein metabolism, immune health and iron absorption. Go for Brussels sprouts, cabbage, potatoes, cauliflower, peppers, citrus fruits, kiwi fruit, mangoes and strawberries.

**VITAMIN D:** Vitamin D is important for healthy bones and teeth. If you get 15 minutes of sunlight each day, your body can produce vitamin D! Either way, eating mushrooms will help get you in the D. Keep in mind that your body also needs vitamin D in order to absorb calcium. If there’s any doubt as to whether you’re getting enough vitamin D on a daily basis, talk to your physician and/or look for a plant-based supplement.

**VITAMIN E:** Vitamin E helps your body make red blood cells. Eat plenty of green leafy vegetables, whole grains, avocado, broccoli, asparagus, papaya, seeds, and nuts.
VITAMIN K: Vitamin K is important for blood clotting, and it helps your body use calcium to strengthen your bones. You can find it in cabbage, cauliflower, and all your green vegetables.

BIOTIN: Biotin, also known as vitamin H, is necessary in order for your body to metabolize macronutrients to give you energy. It is also useful for strengthening hair and nails. You can find it in chocolate, grains, legumes, and nuts.71

FOLATE: Folate is needed for the production of DNA, and is especially important for pregnant women. Eat plenty of asparagus, broccoli, beets, lentils, oranges.

NIACIN: Niacin (vitamin B₃) supports healthy skin and nerves. Choose green leafy vegetables, avocado, legumes, nuts, and potatoes.

PANTOTHENIC ACID: Pantothenic acid helps you metabolize the food you eat, including your sources of pantothenic acid: avocado, broccoli, legumes, lentils, mushrooms.

PYRIDOXINE: Pyridoxine (vitamin B₆) maintains brain function, so to keep thinking clearly, eat bananas, legumes, nuts, and whole grains.

THIAMINE: Thiamine (vitamin B₁) helps your body turn carbohydrates into usable energy. Find it in legumes, nuts, seeds, and peas.