



THE BEGINNER'S GUIDE TO

Whole Food Plant Based Nutrition



powered by DRFHE, Investonhealth & Dr.Rajender's Lifestyle Clinic



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Acknowledgement

As we reach the end of this Whole Food Plant-Based (WFPB) guidebook, I am filled with immense gratitude for the incredible team that made this project a reality

Special appreciation goes to INVEST ON HEALTH © for their significant contribution to the guidebook's content, and to Dr RAJENDER'S LIFESTYLE CLINIC © for the support and guidance. Your commitment to promoting nutrition and lifestyle medicine has shaped the essence of this work.

I extend heartfelt thanks to PAN-Hyderabad Ambassadors, Dr. Amreeta Yanamandra, Dr. Rajender Ramagiri, Dr. Prathusha Nerella, and Dr. Prapthi Bathini, for their invaluable assistance in organizing the in-person Continuing Medical Education (CME) event in Hyderabad. Gratitude to Dr. Sharang Wartikar, Sourabh B Sonawale, Dr. Venkataswarlu Gongurafor and Dr. Palaniyamma Durairaj, for sharing their time and knowledge during the CME.

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Lastly, gratitude to the team of experts and co-editor Gade Bhavani from INVEST ON HEALTH for their invaluable contributions.

As we conclude, I express my sincere thanks to everyone involved. Together, we have created a resource that I hope will inspire and guide many towards a healthier and more fulfilling life.

With heartfelt appreciation,



Dr. Rajeena Shahin

Medical Director

Physicians Association For Nutrition – India

www.pan-india.in



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About Us



Facilitating intergration of Evidence Based Nutrition (EBN) in to the core of Healthcare system by educating, empowering and engaging with Physicians & other healthcare professionals

Physicians Association for Nutrition (PAN) is a Global NGO on a mission to eliminate diet-related deaths globally. By making nutrition a core part of healthcare and by engaging health professionals in efforts towards healthy and sustainable food environments we are advancing the food transformation needed to mitigate the three largest global health crises: chronic disease, climate change and pandemic risk.

PAN India is the Indian branch of PAN International, aims to be the catalyst in revolutionising Healthcare in to a whole person care model with evidence-based nutrition at the core matrix. The mission follows an 'educate - empower - engage' approach to create a highly skilled medical community that is able to implement nutrition intervention in healthcare

In our first year of operations, we focused on building an active medical and scientific community around 'nutrition in medicine', creating a strong interconnected network of 3500 healthcare professionals. Fostering an ambassador group within hospitals and research institutes, PAN India catalyses change at the grassroots level. Collaborating with medical institutions, physicians, and research clinics, PAN India champions evidence-based nutrition for a healthier India.

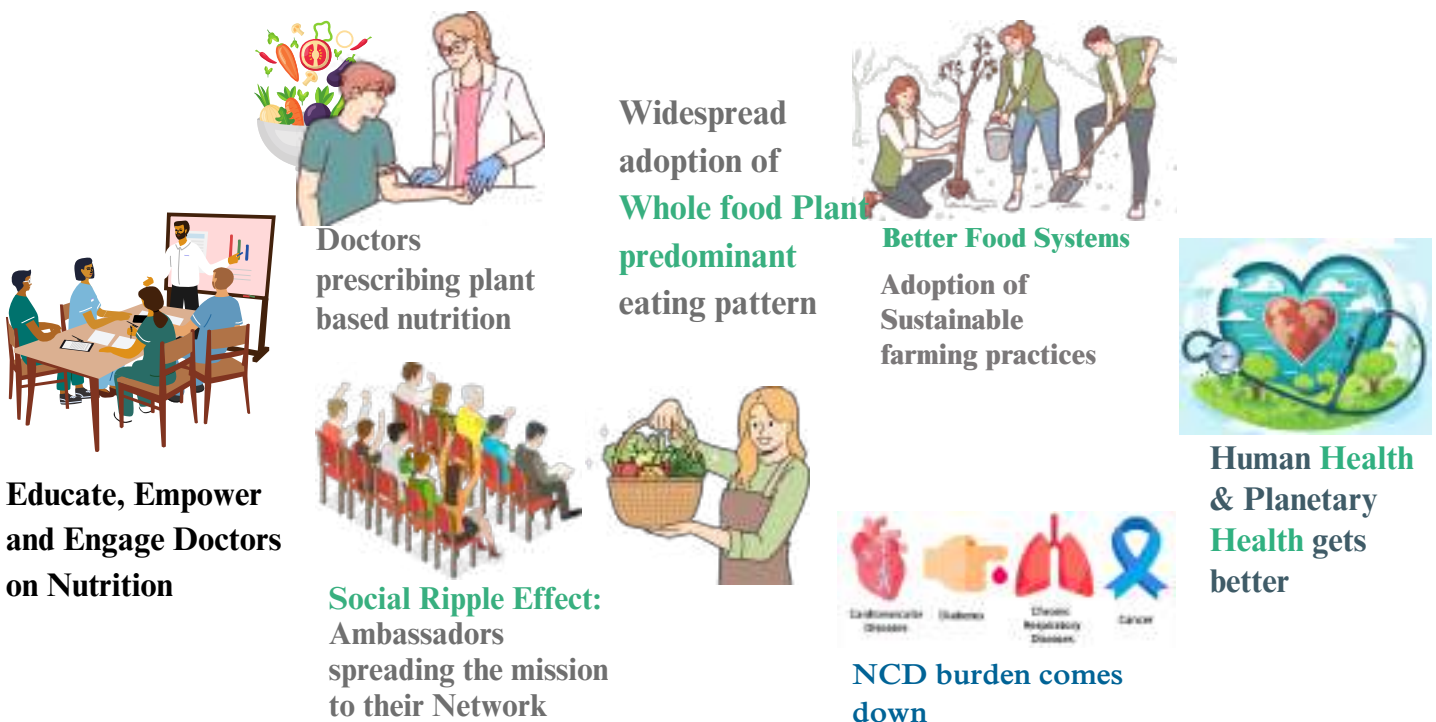


PLANT BASED DIET (PBD)

The current global food system is not only harmful to human health but also is a key driver of climate change, pollution and biodiversity loss. A transition to plant-based (PBD) diets will **mitigate against these impacts and potentially reduce agriculture greenhouse gas emissions by up to 80%**. Plant based diet has been widely associated with a lower risk of premature mortality and protection against **Non Communicable Diseases (NCDs)**. The widespread adoption of plant based diets is proven to improve not only individual & public health but also planetary health as it minimises damage from deforestation, loss of diversity, overuse of freshwater resources and damage through nitrification of land and water.

A plant-based diet is a diet that consists mainly or entirely of vegetables, whole grains, legumes, fruits, nuts and seeds, and contains little or no foods derived from animals. A plant based diet which eliminates or limits all forms of processed food is called a **Whole Food Plant Based Diet (WFPB)**. Extensive scientific evidence supports the use of a whole-food, predominantly plant-based diet as an important strategy in the prevention of chronic disease, treatment of chronic conditions, and in intensive therapeutic doses, reversal of chronic illness.

PAN India aims to train doctors and healthcare professionals on Plant based Nutrition as we believe that's the wisest strategy to address NCDs & Climate crisis.



THE PLANT-BASED NUTRITION

The whole food plant-based diet is an excellent way to ensure your body gets all the nutrients it needs and also minimises those which body require only in limited amounts. WFPB food choices are naturally low in calories, saturated fat, trans fat, sugar & salt. It is rich in fiber, phytonutrients, anti-oxidants, healthy fats (MUFA & PUFA), vitamins, and minerals, making it one of the healthiest diets. A well planned WFPB meal pattern can provide all nutrients in adequate proportions.

Fibre : The Foundation of Gut Health

One of the primary benefits of a plant-based diet is its abundant source of dietary fiber. Fiber plays a crucial role in maintaining digestive health, regulating bowel movements, promoting satiety, and fostering a diverse and thriving gut microbiome. It also reduces the risk of heart disease, diabetes, and colorectal cancer.

Healthy Fats: Nourishing the Body and Mind

Plant-based sources of healthy fats (PUFA/MUFA), such as avocados, nuts, seeds, and olive oil, provide fats that are crucial for brain health, hormone production, and nutrient absorption.

Protein: A Crucial Building Block

The right plant-based foods can be excellent sources of protein and other nutrients, often with fewer calories than animal products. Some plant products, such as soy beans and quinoa, are complete proteins, which means that they contain all nine essential amino acids that humans need

Rainbow of Vitamins and Minerals

The diversity of plant-based diets ensures a wide range of micronutrients that support immune function, bone health, and overall vitality. Citrus fruits are a great source of vitamin C, leafy greens are rich in iron, and fortified plant-based milk is high in calcium.

Phytonutrients: The Benefits of Eating Plants

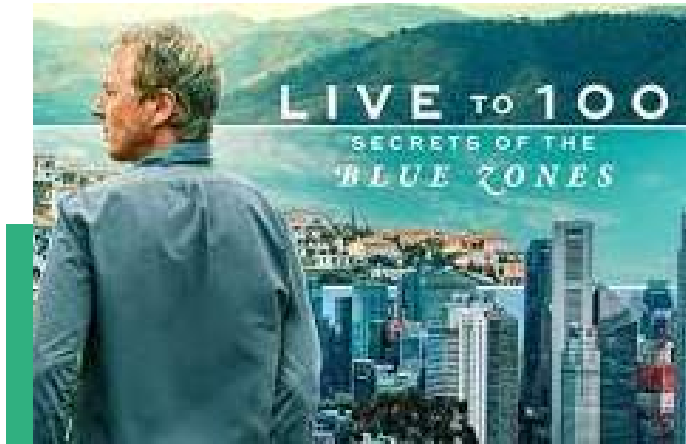
In addition to traditional nutrients, plant-based foods contain phytonutrients – natural compounds with antioxidant and anti-inflammatory properties. These compounds contribute to the prevention of chronic diseases by bolstering the body's defenses against oxidative stress.

EVIDENCE BASE OF A PLANT BASED DIET



CENTENARIAN AND LONGEVITY STUDIES

“Blue Zones”: dietary pattern shared by those longest-living peoples is 95% to 100% whole food plant-based. The commonalities are especially rich in beans, and whole grains or root vegetables.

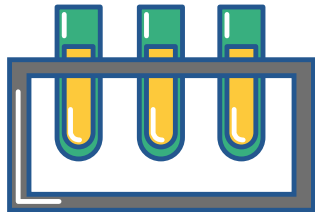


OBSERVATIONAL STUDIES

Adventist Health Study, Nurses’ Health Study, and The China Study. strongly suggesting that diet and lifestyle far outweigh genetics, as risk factors.

CLINICAL RESEARCH AND INTERVENTIONS

Multiple RCTs: WFPB diets have been repeatedly shown to reverse heart disease, type 2 diabetes, hypertension, high cholesterol, and obesity..



BIOCHEMISTRY:

WFPB diet is most aligned with growing knowledge of healthy biochemistry in the body. Low in saturated fat, trans fat, cholesterol & high in antioxidants, phytonutrients, and fiber

TRANSITIONING TO A PLANT BASED LIFESTYLE

Transformation to healthy diets by 2050 will require substantial dietary shifts. A diet rich in plant-based foods and with fewer animal source foods confers both improved health and environmental benefits”

- Eat Lancet Report, 2019

If you're considering transitioning to a plant-based diet, it doesn't have to be challenging. Start by incorporating more fruits, vegetables, and whole grains into your meals. Try substituting meat with plant-based protein sources, such as tofu, tempeh, or beans. And, be sure to explore new recipes and flavors to keep it exciting and delicious. Learning about the various food groups in a plant based diet is an important first step towards transforming to a plant based dietary pattern. The food groups in a plant based eating pattern includes

Vegetables

Fruits

Whole grains

Beans & Legumes

Nuts and seeds

Learning to create healthier well balanced plant based meal pattern is the next step



Fill half of your plate with fruits & non-starchy vegetables, such as carrots, broccoli, spinach, cabbage, green beans, peppers, zucchini, onions, greens, tomatoes, or lettuce. Fill one-quarter of your plate with a plant based protein source, such as cooked beans, lentils (dal), or soy products like tofu or tempeh. Fill one-quarter of your plate with healthy grains or starches, such as brown rice, millet or wheat or barley roti, whole-wheat pasta, bulgur, corn or 1 slice of whole-grain bread. Pseudo grains like quinoa, amaranth can be used as alternatives too.

TRANSFORMING KITCHEN FOR PLANT BASED LIFESTYLE

For most people, going whole-food, plant-based doesn't require a complete fridge and pantry overhaul. You'll continue to use staples such as rice, wheat flour, millets, beans, dals, herbs, spices, chutneys and dips. Replacing unhealthy items in the grocery shelf with healthy alternatives require basic understanding of nutrition

Step: 1

Evaluate your kitchen, remove unhealthy heavily processed products and food products from animal sources

It's time to make some major changes to your diet. You should start by cutting out all animal products and highly processed junk foods, without exception. This will help you avoid mindless snacking and free up space for healthier, whole plant-based foods. Here are some examples of what you should remove from shelf

- White bread, white pasta, white rice
- Packaged snacks like chips, cookies, cakes
- Sweets and Sweetened beverages
- Cooking oils, oily salad dressings and sauces, margarine
- Dairy products such as cheese, milk, yogurt and butter
- Eggs, Meat, poultry, and seafood
- Highly refined sweeteners (pure cane sugar is okay for sparing use in sauces and desserts)



By removing these items, you can create a better foundation for a healthier, more balanced diet. Once you've eliminated animal products and heavily processed foods from your kitchen, it's vital to evaluate what you have remaining. You might only need to incorporate a few essential items to achieve a fully stocked whole-food, plant-based kitchen.

GROCERY PURCHASE BASED ON FOOD GROUPS IN PBD

Plant-based or plant-predominant eating patterns focus on foods primarily from plants. This includes not only fruits and vegetables, but also nuts, seeds, oils, whole grains, legumes, and beans. Shifting to a plant based eating pattern needs a slight shift in the grocery list as the priority is given for vegetables and fruits.

Step: 2

Create a Grocery List with Food groups in mind

Monthly or weekly grocery list can be prepared keeping these food groups in mind. Vegetables and fruits can be purchased once in few days. Grains, legumes, nuts, seeds etc can be purchased once in a week or month. Include variety in all food groups.



Vegetables



Fruits



Nuts & seeds



Legumes



Whole grains



Herbs & spices

Ideally your kitchen grocery shelf should contain 4-6 different types of whole grains, 7-8 different types of legumes, 4-5 variety of nuts and seeds. Store them in glass containers or steel containers. Few sample grocery lists are given at the end of the booklet

SHIFTING TO A VEG-FRUIT RICH GROCERY LIST

Fruit and vegetables are a good source of vitamins and minerals, including folate, vitamin C and potassium. They're an excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fruit and vegetables can help protect you against cancer, diabetes and heart disease.

FRUITS

Fruits are an excellent source of essential vitamins and minerals, and they are high in fiber & provide a wide range of health-boosting antioxidants, including flavonoids. Eating a diet high in fruits and vegetables can reduce a person's risk of developing heart disease, cancer, inflammation, and diabetes

To ensure a diverse range of nutrients, consume fruits of various colors. Each hue represents different vitamins, minerals, and antioxidants. It is best to choose fruits that are in season as they are often fresher, more flavorful, and more affordable. Opt for whole, fresh fruits instead of fruit juices or processed fruits. Whole fruits contain fiber, which is beneficial for digestion. They provide natural sugars for energy and can satisfy sweet cravings.

Here are some tips on how to include fruits in your diet:



- Aim to consume 2-3 servings of fruits a day. A serving is a small orange, banana, or apple, or 1 cup of grapes, berries or cubed melon.
- Add variety of fruits with different textures and colours, such as crunchy apples, juicy mangoes, and creamy bananas.
- Fruits can be eaten along with meals or as healthy snacks.
- Dried fruits are nutritious, but they are concentrated in sugars and calories. Consume them in moderation.

VEGETABLES

A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check. Eating non-starchy vegetables even promote weight loss and prevent blood sugar spikes (low Glycemic load).

Here are some tips on how to include vegetables in your diet:



- **Variety is as important as quantity.** No single fruit or vegetable provides all of the nutrients you need to be healthy. Eat plenty every day
- Incorporate leafy greens like spinach, kale, and Swiss chard into your meals.
- Bring out unique flavours & textures by adopting different cooking methods such as steaming, roasting, sautéing, or eating vegetables raw.
- Replace packaged snacks with raw vegetables in combo with hummus, salsa, or guacamole.
- Try vegetables you haven't had before to keep your meals interesting.

STARCHY VEGETABLES

Starchy vegetables like potato, corn, pumpkin, cassava, tapioca etc are incredibly beneficial to our health, but it is important to consume them in moderation, particularly if you are monitoring your carbohydrate intake.



- **Watch your portion sizes** while including starchy vegetables in your meals.
- Balance out your starchy vegetables with non-starchy ones by combining both
- Baking, roasting, steaming, or boiling are better options than frying as they help retain the nutritional value of your vegetables.
- Herbs and spices are a great way to enhance the taste without relying on excessive amounts of oil & salt

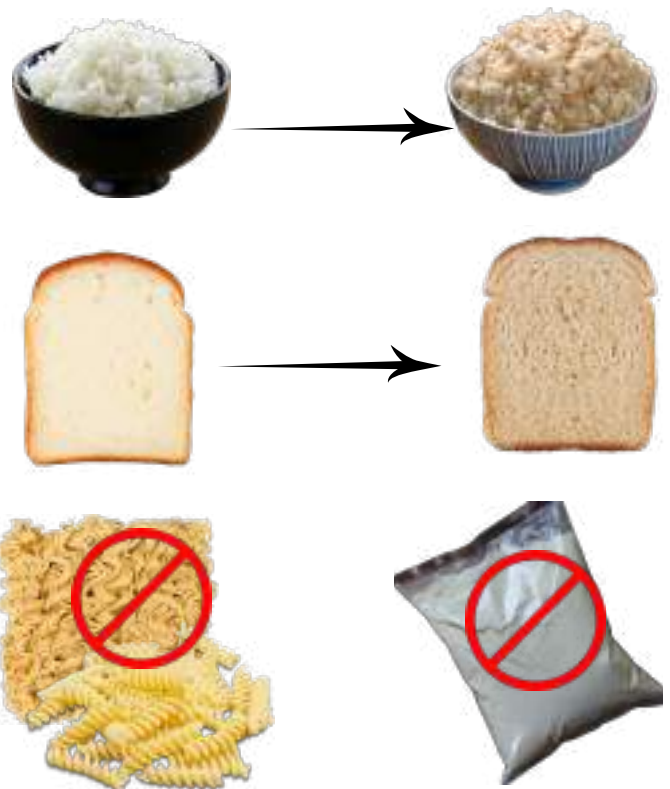
WHOLE GRAINS

All types of grains are good sources of complex carbohydrates and some key vitamins and minerals. Fibre rich whole grains keep you satiated and hence prevent overeating, helpful in weight loss & maintenance. It also helps to slow the breakdown of starch into glucose and hence maintain a steady blood sugar & also lowers cholesterol. Phytochemicals present in whole grains may protect against some cancers. Inflammatory markers appear to decrease when you switch from refined grains to whole grains. By keeping the stool soft and bulky, the fiber in whole grains helps prevent constipation



- Eating a variety of whole grains ensures more health promoting nutrients, make your meals more interesting & increase the diversity of good bacteria
- Let most of your grains be whole grains
- Fill only 1/4th portion of the plate with whole grains. This ensures overconsumption of grains which is common in all Indian eating patterns.
- Balance your grain intake with adequate proteins, vegetables & fruits.

Whole grains		
Brown rice	Rolled Oats or Steel cut Oats	Millets
Broken Wheat	Buckwheat	Quinoa
Jowar	Amaranth	Barely
whole wheat pasta	Whole wheat bread	whole wheat noddles
Bulgur	Farro	wheat flour



Substitute Refined Noodles, Pasta, and Instant Maida Noodles with Homemade Whole Wheat Noodles or Millet Noodles and Pasta.

PROTEINS

Protein is a vital nutrient required for building, maintaining, and repairing tissues, cells, and organs throughout the body. Protein provides energy and supports your mood and cognitive function. Eating high-quality protein can help you maintain healthy skin, nails, and hair, build muscle, and maintain lean body mass while dieting.

The National Academy of Medicine also sets a wide range for acceptable protein intake—anywhere from 10% to 35% of calories each day. ICMR recommends dietary allowance of protein for an average Indian adult is 0.8 to 1 gm per kg body weight.



- Protein Package matters: When we eat foods for protein, we also eat everything that comes alongside it: the different fats, fiber, sodium, and more.
- Fill 1/4th portion of the plate with protein rich sources to ensure adequate protein intake
- Swap the unhealthy packaged snacks with roasted nuts, peanuts or chana chaat for better protein intake

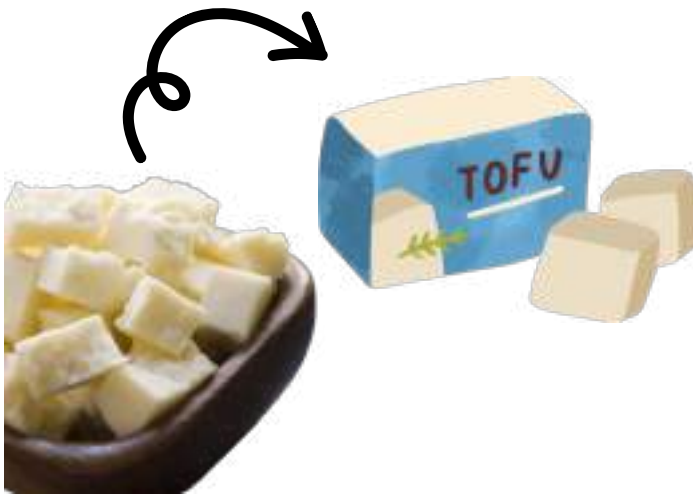
MYTH: You need to eat animal protein to meet your protein needs.

FACT: Plants foods such as beans, lentils, nuts, whole grains, and veggies provide ample protein, fiber and other essential vitamins, minerals, and phytochemicals not found in animal products such as meat, fish, poultry, eggs, and dairy.

PLANT PROTEIN SOURCES		
Red kidney beans	Black beans	pinto beans
chickpeas	green gram	yellow dal
Edamame	black gram	black lentil
soya beans	Green peas	Double beans



SOYA PRODUCTS



Tofu : is a nutrient-rich alternative to animal proteins, containing essential amino acids for muscle health. It is low in calories, high in calcium and iron, and supports bone health. Tofu is versatile and can be used to create a range of dishes for various dietary preferences.

100gm tofu - 83kcal
protein -10gm



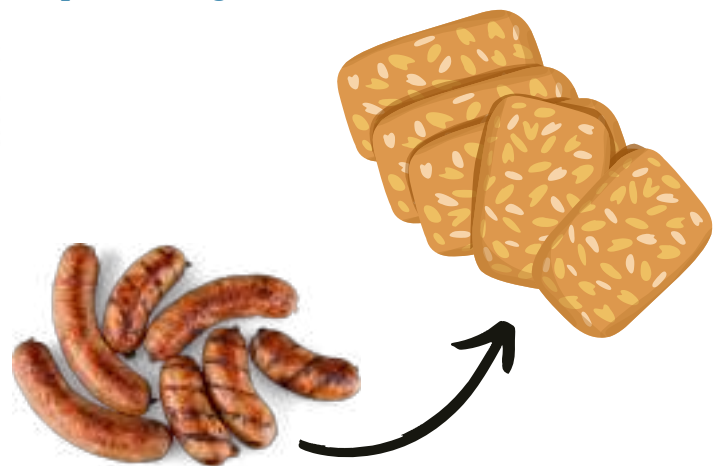
Soy chunks : are plant-based protein derived from soybeans, rich in essential nutrients like iron and calcium, and convenient meat substitutes in various dishes. They help in muscle development, contribute to overall bone health, and support a heart-healthy diet due to their low-fat content.

1oz 28gms soy chunks-100kcal
protein : 15gm



Soy milk: is a dairy-free alternative rich in protein and low in saturated fat, promoting muscle and heart health. Enriched with vitamins like B12 and D, it also contributes to bone health and immune system support. Soy milk is a suitable option for those with dairy sensitivities as it is lactose-free.

1glass soy milk - 100kcal
protein - 7gm



Tempeh is a fermented soy product that offers several nutritional benefits. It is rich in protein, probiotics, essential minerals and vitamins that support muscle health, weight management, digestion, and overall well-being.

100gm Tempeh -195
protein : 20gm

HEALTHY FATS : NUTS AND SEEDS

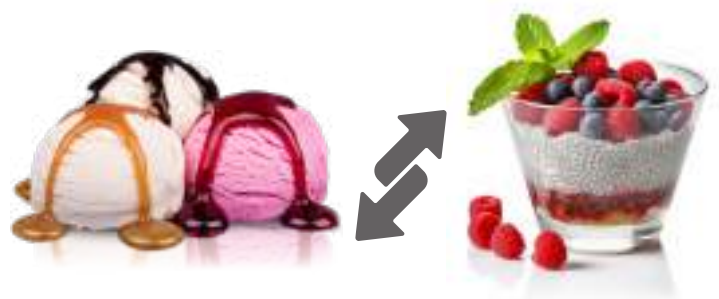
Incorporate a variety of nuts and seeds into your diet for a broad range of nutrients, but practice portion control due to their high calorie content. Choose raw or dry-roasted options and consider allergies and dietary needs. Store in a cool, dark place or the refrigerator to prevent rancidity.



- Include whole food sources of fats such as nuts, seeds and avocado in your menu regularly. Nuts and seeds are good sources of protein, healthy fats, fibres, vitamins and minerals.
- EBN guidelines recommend a nut intake of 30 grams (handful of nuts) on most days of the week as part of a healthy diet for adults.
- Combine nuts and seeds with low-energy dense foods (such as vegetables) which helps to balance the taste

- There is no need to soak or remove the skin of nuts unless you prefer the flavour and texture of soaked nuts. The skin of nuts is high in phytochemicals that have antioxidant and anti-inflammatory properties.
- Roasting nuts enhances their flavour but has little impact on their fat content. Most nuts only absorb 2% of extra fats.
- Salted nuts are not recommended due to their higher sodium content.
- If you cannot tolerate the hard texture of nuts and seeds, consider eating them in unsweetened and unsalted paste forms such as nut butter and tahini
- Those with nut allergies should be careful about nut intake

Healthy fats : Nuts and seeds		
Almonds	Walnuts	Pistachios
Cashews	Brazil nuts	Pecans
Groundnut	Flaxseeds	Chia seeds
Pumpkin seeds	sunflower seeds	sesame seeds





HERBS & SPICES

Herbs are used for medicinal and culinary purposes. They possess beneficial properties that can lower glucose and cholesterol levels, reduce inflammation, and affect cognition and mood.



Ideas to incorporate herbs into daily meals include,

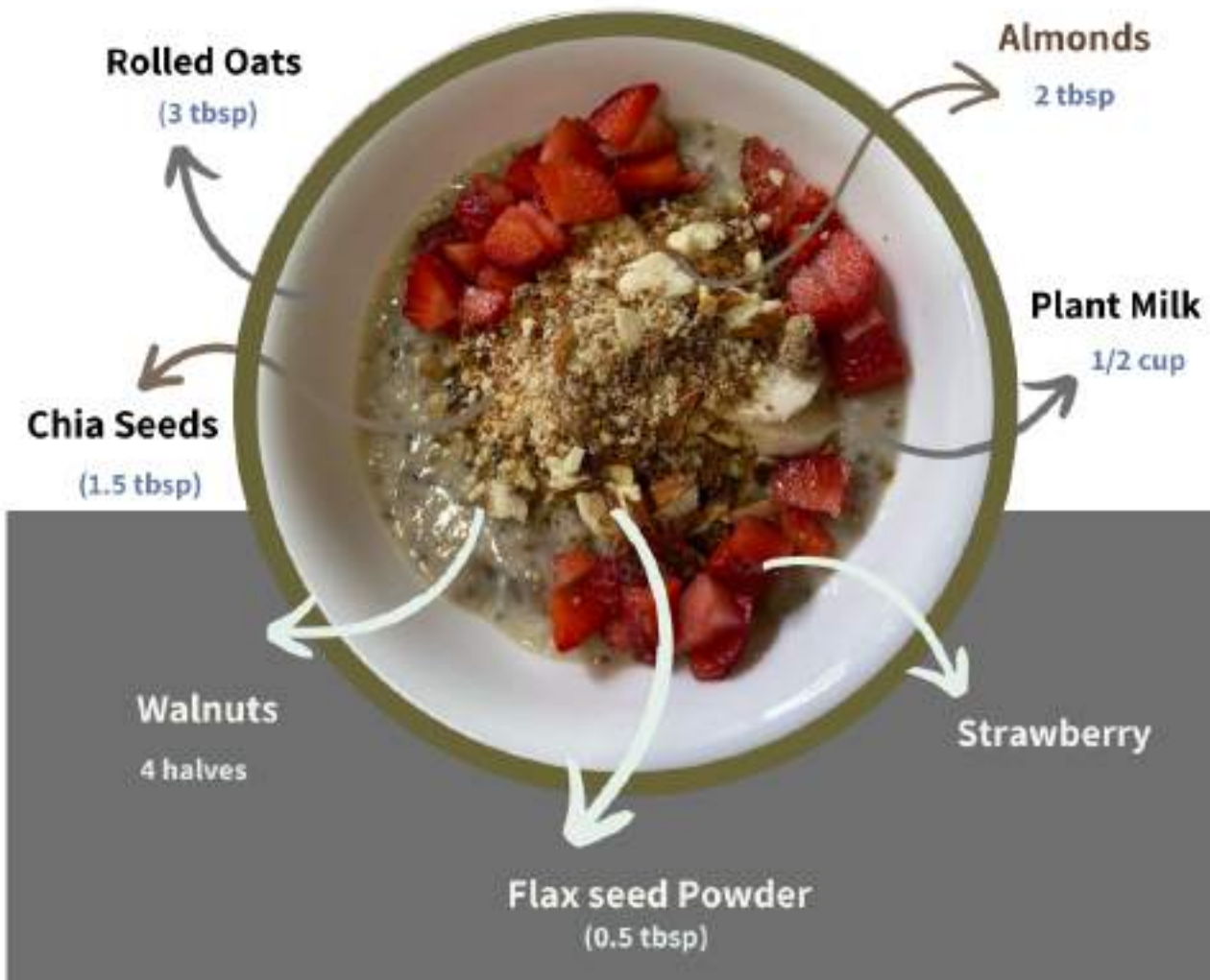
- Making salads with herbs as the main ingredient
- Mixing herbs into pasta salads
- Adding fresh herbs to drinks like a pinch of Rosemary
- As food seasoning on soups and sautéed veggies.

Herbs & Spices		
Rosemary	Parsley/cilantro	Mint Leaves
Oregano	Dill	curry leaves
Cinnamon	Cardamom	Turmeric
Cloves	Cumin	bay leaf



WFPB BREAKFAST MEAL IDEAS

OATS WITH FRUITS, NUTS AND SEEDS



An oatmeal or oats porridge can be made healthier and highly nutritious by

- Using whole oats like rolled oats or steel cut oats
- Restricting oats to 4-6 tbsp of cooked oats
- Including nuts and seeds adds additional nutrients like proteins, good fat and fibre
- Fruits give phytonutrients and fibre
- Plant milk like soy milk adds additional proteins

BALANCED BREAKFAST MEAL IMAGES IDEAS

Designing a Healthy and Balanced Plate

Here's what a healthy, well-balanced plate should look like:

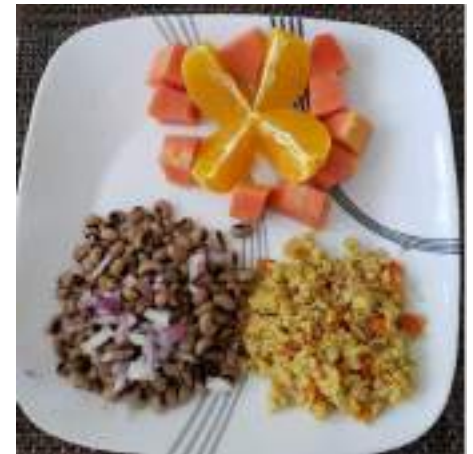
- Half of the plate on the left should be filled with a variety of colorful fruits
- The upper right quarter should be dedicated to a 1/2 cup of protein, such as cooked lentils, legumes, nuts, and seeds.
- The lower quarter should be filled with a 1/4th of whole grains.



Fruits 1/2plate+ 1 dosa+sambar 1/2cup +small handful of nuts



fruits 1/2cup+ABC juice1/2glass+2 idly +1/2cup sambar+1tbsp chutney



fruits+upma +blackeyedbeans chat



fruits+small serving puttlu +green gram



sandwich +nuts +fruits



fruit bowl with nuts and seeds

BALANCED LUNCH MEAL IMAGES IDEAS

Designing a Healthy and Balanced Lunch Plate

Here's what a healthy, well-balanced plate should look like:

- Half of the plate on the left should be filled with a variety of colorful vegetable salad or sautéed veggies.
- The upper right quarter should be dedicated to a 1/2 cup of protein, such as cooked lentils, legumes, nuts, and seeds.
- The lower quarter should be filled with a 1/4th of whole grains.



**salad +rice+chana
curry**



**salad+palak roti+
lentils curry**



**Sauté beans & carrots
+ roti + chickpeas
chat.**



**cucumber +cabbage
stir fry +rice+dal
curry**



**salad+sweetpotato+hu
mmus+lentil**



**salad+dal+saute
tofu+rice**

BALANCED DINNER PLATE IDEAS

Designing a Healthy and Balanced dinner Plate

- Half of the plate on the left should be filled with a variety of colorful vegetables.
- The upper right quarter should be dedicated to a 1/2 cup of protein, such as cooked lentils, legumes, nuts, and seeds.
- Ideally plan a simple dinner without grains or plan to keep the portions minimal and early dinners .



veg chickpeas soup



veg tofu salad



veg chickpeas salad



**Salad / sautéed veggies
+ roti + green gram.**



dal carrot soup



**mixed steam veggies
salad with nuts and
seeds**

A DAYS PATTERN



**1 cup tea :
4 gm proteins**

Mid Morning Snack



**1 cup steamed veg :
4 gm proteins**

Evening snack



**1 cup tea :
4 gm proteins**



**1 handful of
peanuts: 7 gm**



Breakfast



lunch



Dinner

**1 cup dal palak :
10 gm proteins**

**LET'S
EXPLORE
SOME PLANT-
BASED RECIPES.**





DIPS & DRESSINGS



Hummus.

Hummus is a healthy and delicious dip. It is a great source of protein, fiber, and healthy fats. Hummus can be enjoyed in various ways, such as a spread, dip, or topping, and can be customized with different herbs, spices, and toppings. It is a versatile and nutritious addition to any meal.

INGREDIENTS :

- 1 cup chickpeas, drained and rinsed
- Tahini paste
- 1 tbsp olive oil, 1/2 lemon juiced
- 2 tbsp chopped fresh parsley/mint leaves
- 2 cloves garlic, 1 1/2 tsp salt
- 1 tsp ground cumin, 5-6 grinds black pepper, 1/4 cup water

HOW TO MAKE :

- In a food processor combine the tahini, lemon juice, garlic, water, salt, pepper, and optional spices, if desired. Pulse to combine.
- Add the chickpeas and process until smooth. You may need to add more water if the consistency is too thick. Add enough cold water to achieve a spreadable consistency.
- When you're ready to serve, spoon the hummus onto a shallow plate. Note that if you make hummus ahead of time, the mixture will thicken as it stands, in which case you may need to thin it with water. Smooth the hummus with a spoon or spatula. If desired, sprinkle with olive oil, parsley, or other optional garnishes listed.



Tahini Sauce Dressing

Exploring the Rich Flavors of Tahini Sauce. Tahini sauce is a beloved Middle Eastern classic, renowned for its luscious and velvety texture, beautifully smooth consistency, and a perfect blend of nutty and tangy flavors. Infused with a subtle hint of garlic, this sauce enriches the toasted sesame flavor. You must definitely give it a try.

INGREDIENTS :

- 4 medium-to-large cloves garlic, pressed or minced
- ¼ cup lemon juice
- ½ cup white sesame seeds
- ½ teaspoon salt
- Pinch of ground cumin
- 6 tablespoons ice water, more as needed

HOW TO MAKE :

- In a medium bowl, combine the garlic and lemon juice. Let the mixture rest for 10 minutes, to give the garlic time to infuse the lemon juice with flavor.
- Pour the mixture through a fine-mesh sieve into another medium bowl. Press the garlic solids with a spatula to extract as much liquid as possible. Discard the garlic.
- Add the tahini, salt and cumin to the bowl. Whisk until the mixture is thoroughly blended.
- Add water 2 tablespoons at a time, whisking after each addition until smooth. After about 6 tablespoons, you will have a perfectly creamy and smooth, light-colored tahini sauce.

How to store

Once opened, tahini should be stored in an airtight container in the refrigerator. It can last up to six months if stored properly. If the tahini has a rancid smell or taste, it should be discarded



Spicy lemon olive dressing

A Versatile and Delicious Dressing for Your Salads and Roasted Vegetables. This dressing is a fantastic addition to any salad or roasted vegetable dish, adding a delicious and versatile flavor.

INGREDIENTS :

- 1/4 cup fresh lemon juice
- 1 small garlic clove, grated
- 1 teaspoon mustard
- 1/4 teaspoon salt
- Freshly ground black pepper
- 1/2 teaspoon honey or maple syrup, optional
- 1 or 2 tbsp extra-virgin olive oil
- 1/2 teaspoon fresh or dried thyme, spring onions optional

HOW TO MAKE :

- In a small bowl, whisk together the lemon juice, garlic, mustard, salt, pepper, and honey, if using.
- Drizzle in the olive oil while whisking and continue to whisk until the dressing is emulsified. Alternatively, combine everything in a jar with a tight-fitting lid and shake to combine.
- If your dressing is too tangy, add a little bit of olive oil, to taste.
- Add the thyme, if desired, and season to taste.
- Store in the fridge for up to 1 week. The olive oil will solidify a bit in the fridge. To soften, let the dressing sit at room temp for a few minutes and stir before using.



Fresh Herb Fusion Dressing

Fresh Herb Fusion Dressing is packed with the lively freshness of mint and the enticing aroma of coriander. It's like taking your taste buds on a delightful adventure. This green elixir doesn't just liven up your salads – it brings a burst of herbal brightness to every bite. It's a simple way to make your meals more exciting and flavorful!

INGREDIENTS :

- 1/2 cup fresh mint leaves
- 1/2 cup fresh coriander leaves
- 1/4 lime juice
- 2 green chillies
- small piece of ginger
- 1/4 cup roasted almonds
- pinch of salt

HOW TO MAKE :

1. Begin by cleaning the mint and coriander leaves.
2. Roast the almonds in a pan for 2-3 minutes.
3. Transfer the roasted almonds to a blender and add a small quantity of water for a thick consistency. Blend until 50% smooth.
4. Add the mint and coriander leaves, green chili, and ginger to the blender and blend until a fine paste forms.
5. Transfer the dressing to a bowl and add the lime juice. Enjoy it with salad or as a sandwich spread.

How to store:

- This dressing can be stored in a tight glass container and refrigerated for 3-4 days. Before using, make sure to stir it well and check the taste.



Creamy Corn Dressing

Creamy Corn Dressing: A Wholesome and Flavorful Addition to Your Plant-Based Recipes Add a touch of flavor to your plant-based meals with this simple and delicious recipe for creamy corn dressing. Use it as a dipping sauce for veggies or add it to grain bowls for an extra burst of flavor. The possibilities are endless, making it the perfect go-to condiment for those seeking both taste and plant-based goodness.

INGREDIENTS :

- 1 onion, chopped
- 1 red pepper, chopped
- 2 cloves of garlic, minced
- 1 cup of corn
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp oregano
- 1 cup roasted cashews
- 1 tsp ginger
- 2 tbsp olive oil
- Sesame seeds and spring onion (optional)
- Shredded plant-based cheese (optional)

HOW TO MAKE :

1. In a pan, heat 1 tsp of oil and sauté the onion and red pepper for 5-7 minutes until soft. Add corn and garlic and cook for another 5-7 minutes, stirring often. Season with salt, black pepper, and oregano, then set aside.
2. In a high-speed blender, blend roasted cashews, salt, and ginger for 1 minute on high until smooth.
3. Pour the cashew mixture over the vegetable mixture and stir to combine.
4. Scrape the dip mixture into a bowl and pour 1 tbsp of olive oil over it. Add sesame seeds and spring onion if desired.
5. Bake the dish and cover with shredded plant-based cheese (optional). Bake for 25-30 minutes until bubbly and edges are set. Let the dip cool for 5 minutes before serving.



Buttery Guacamole

Explore the Versatility of Guacamole:
Popular Pairings

1. Salad: Used for dressing in salads to enhance the taste and provide good fats.
2. Sandwich/toast spread.
3. Dip for vegetable sticks like carrots, bell peppers, cucumber.

INGREDIENTS :

- 1 Avacado
- 1 lime, juiced
- 1 small onion, finely diced
- 1-2 cloves garlic, minced
- 1 medium tomato, diced
- 1/4 cup fresh cilantro, chopped
- Salt and pepper to taste

HOW TO MAKE :

- Start by preparing the avocados: cut them in half, remove the pits, and scoop the flesh into a bowl.
- Mash the avocado with a fork or potato masher to your desired texture. Some prefer it chunky, while others like it smoother.
- Squeeze in the juice of one lime over the mashed avocados. Lime adds flavor and also helps prevent the avocados from browning.
- Add the finely diced onion and minced garlic to the bowl.
- Carefully fold in the diced tomato and chopped cilantro.
- Season the guacamole with salt and pepper to taste. Begin with a small amount and adjust according to your preference.



Peas, Edamame, Mint Dip

For a fresh, and protein-packed take on the classic hummus dip, we've chosen to swap out the chickpeas for green peas and edamame. It makes for a vibrantly green spread, perfect to enjoy with fresh veggies, crackers, or in a sandwich!

INGREDIENTS :

- 1 cup (134 g) frozen green peas
- 1 cup (150 g) frozen shelled edamame beans
- 3 tbsp water & 3 tbsp Tahini
- 1 tbsp olive oil, ½ lemon, juiced
- 2 cloves garlic, 1 tsp (3 g) ground cumin
- ½ tsp salt
- 10 fresh mint leaves
- Small raw radish, toasted sesame seeds

HOW TO MAKE :

- Cook the peas and edamame in a saucepan of boiling water for 3 minutes, or according to package instructions, then drain.
- Place all the ingredients in a food processor and blend until creamy.
- Taste test and adjust to your liking. Add more tahini for a creamier consistency. Add more lemon for more zest.
- Plate, sprinkle on garnish, serve, and enjoy!
- Store in an airtight container in the fridge for up to 5 days.



Baba Ganoush DIP

Baba Ganoush is a great Middle Eastern dip that's punchy in flavor and just plain delicious. This low calorie version uses yogurt to cut through the bitterness of the other flavors and create a creamy, delightful dip

INGREDIENTS :

- 700g aubergine
- 2 garlic cloves
- ½ tsp salt, 2 tbsp fresh lemon juice
- 2 tbsp tahini paste
- ¼ tsp ground cumin seeds
- ¼ tsp white pepper
- 56g plain low fat yogurt
- 1 tsp olive oil
- 2 tbsp fresh parsley

HOW TO MAKE :

- Preheat the grill to high. Stab the aubergines with a fork and grill them, turning occasionally, until the skin blisters and blackens all over. When cool, peel off the skin. Leave the aubergine flesh in a cup.
- Pound the garlic and salt until smooth with a pestle and mortar for 15 minutes to drain off excess liquid.
- Transfer to a food processor. Add the aubergine flesh, lemon juice, tahini, cumin, pepper and yogurt, if using. Whiz to a thick puree.
- Adjust the seasoning. Transfer to a bowl, drizzle with oil, sprinkle with parsley.



Pesto with cashews

A Quick and Easy Recipe Bursting with Flavor

This delectable cashew pesto recipe is simple to make and packed with flavor. The zesty, tangy taste of lemon perfectly complements the richness of cashews, The addition of garlic adds a delightful kick, resulting in a dip that's sure to leave a lasting impression.

INGREDIENTS :

- 2 cups fresh basil leaves
- 1/2 cup cashews
- soaked for at least four hours, or boiled for 15 minutes, then drained
- 3 cloves garlic, peeled
- 2 tbsp extra-virgin olive oil
- Salt and pepper to taste
- Lemon juice (optional, for added brightness)
- 50 g nutritional yeast flakes
- 10 tbsp hot water

HOW TO MAKE :

- Begin by placing the cashews in a blender or food processor and blend until you have a fine meal.
- Slowly add hot water to the mixture and continue to blend until it becomes a thick cream.
- Add the remaining ingredients and blend for 30-60 seconds until a coarse paste is formed.
- while blending add olive oil in a steady stream. Continue processing until the mixture reaches your desired consistency. If you prefer a smoother pesto, process for a longer time.
- Once your pesto is ready, serve it however you'd like and sprinkle over a couple of spoonfuls of vegan parmesan for added flavor!



White bean creamy dressing

Creamy, Silky, and Delicious White Pasta Sauce made with White Beans
This pasta sauce is a game-changer. Its velvety smooth texture, savory and garlicky flavor, and versatility make it a must-try. And the secret ingredient? White beans!

INGREDIENTS :

- $\frac{3}{4}$ cup cooked white bean
- 6-8 cloves garlic
- 1 tsp red pepper flakes
- 1 tsp dry oregano
- $\frac{1}{4}$ cup raw cashews
- Salt to taste
- 1 lemon



HOW TO MAKE :

- Heat the oil in a large saucepan. Add the garlic and stir-fry until it begins to turn blonde.
- Add the red pepper flakes and oregano and stir-fry for a minute.
- Add the beans and salt to taste. Let the mixture come to a boil. Add a cup of water if it is too dry. Lower heat to a simmer and let the beans cook with the garlic and oregano for about 10 minutes.
- Remove the beans to a blender, add the cashews, and blend into a very smooth, creamy sauce. You can add water as needed, but add a little at a time to get just the consistency you want.
- Add the sauce back to the saucepan and bring to a boil. Keep stirring the sauce to ensure it doesn't stick to the bottom - don't use more than medium heat. When the sauce begins to boil, turn off the heat and add the lemon juice





SALAD & SOUPS





Asian-Inspired Edamame Salad

The Ultimate Green Powerhouse!

Looking for a healthy, refreshing, and nutrient-packed salad? Look no further than the Edamame Salad. This dish highlights the star ingredient: edamame. These tender, vibrant green veggies add a delightful pop to each bite, while providing a wealth of nutrients to keep you feeling energized and satisfied.

INGREDIENTS :

- 1/2 cup steamed edamame
- cabbage
- sweet corn 1/4cup
- lettuce
- carrots
- tomatoes
- bell peppers
- onions
- 1 tbsp olive oil
- 1/4 cup lemon juice
- 1 tsp mixed dry herbs
- freshly ground black pepper

HOW TO MAKE :

How to Make a Healthy Edamame Salad in Four Simple Steps:

Step 1: Cook and cool 1/2 cup of edamame.

Step 2: Chop up required veggies such as cabbage, bell peppers, lettuce, onions, herbs, carrots, and tomatoes and sweet corn

Step 3: Prepare the dressing by mixing 1 tablespoon of olive oil, the juice of 1 lemon, 1 teaspoon of dry mixed herbs pinch of salt and black pepper in a small cup.

Step 4: Combine the cooked edamame and chopped veggies in a large salad mixing bowl. Mix in the dressing and enjoy your healthy salad!



Zesty Tofu salad

Exploding with zesty flavors and vibrant colours, this simple Mexican dish is sure to leave you wanting more and more.

INGREDIENTS :

- 1 block of firm tofu
- 2 cups of mixed veggies (such as lettuce, spinach, cucumber, carrots, and bell peppers)
- 1/4 cup of chopped nuts (such as almonds, cashews, or peanuts)
- diced garlic
- 1/4 cup of your favorite salad dressing

HOW TO MAKE :

- Start by pressing the tofu to remove any excess water. You can do this by wrapping the tofu in a towel and placing something heavy on top (like a dish) for about 15 minutes.
- Once the tofu is pressed, cut it into small cubes and pan fry it until it is golden brown color and add 1 tsp of herbs and garlic chopped
- While the tofu is cooking, chop up your veggies and mix them together in a large bowl.
- Once the tofu is done, add it to the bowl of veggies.
- Add the chopped nuts
- Finally, drizzle your favorite salad dressing over the top and toss everything together until it is well combined



7-Bean Rainbow Salad

Try this delicious and nutritious Seven Bean Salad. This salad is a fantastic blend of taste and health, packed with protein, fiber, and other nutrients. It's perfect for a side dish or meal replacement salad. Give it a try and indulge in the flavors!

INGREDIENTS :

- 4 ripe tomatoes, diced
- 1/2 red onion, finely chopped
- 1 jalapeno pepper, seeded and finely chopped
- 2 cloves garlic, minced
- 1/4 cup fresh cilantro, chopped
- Juice of 1 lime
- Salt and pepper to taste



HOW TO MAKE :

Step 1:

Start by choosing your beans. A good mix of beans could include black beans, kidney beans, garbanzo beans, green beans, wax beans, cannellini beans, and lima beans. Once you have your beans, rinse and drain them, and mix them together in a large bowl. Note: You can customize your legume choices based on what is locally available.

Step 2:

Chopped red onion, diced tomatoes, and sliced bell peppers work well in this recipe. You can also add some fresh herbs, such as parsley or cilantro, for extra flavor. For the dressing, whisk together olive oil, Dijon mustard, honey, salt, and pepper. Pour the dressing over your bean and vegetable mixture, and toss to combine. You can also add some guacamole for the buttery taste.



Mediterranean Chickpea Salad

Mediterranean Chickpea Salad: A simple nourishing Dish for Any meal or occasion Take your taste buds on a journey with Mediterranean Chickpea Salad. This dish can be served as a refreshing side dish or a light main course. It's perfect for picnics or as a healthy meal option that's both satisfying and delicious.

INGREDIENTS :

- Canned chickpeas, drained and rinsed
- Cucumber
- Cherry tomatoes
- Red onion
- Kalamata olives
- Fresh parsley
- Lemon-garlic dressing (lemon juice, olive oil, minced garlic, dried oregano)
- guacamole 1/4th cup

HOW TO MAKE :

Start by chopping the cucumber, tomatoes, red onion, and parsley.

1. Combine the chickpeas, vegetables, olives, and parsley in a large bowl.
2. Whisk the lemon-garlic dressing together, and pour it over the salad.
3. Gently toss the salad and let it sit for a while to allow the flavors to blend before serving. Enjoy!





Quinoa and Vegetable Salad

If you're looking for a light lunch, a side dish for a gathering, or a nutrient-packed dinner option, this Quinoa and Vegetable Salad is a versatile and delicious choice. Prepare to indulge in a bowl full of health and flavor with every bite.

INGREDIENTS :

- 1/2 cup quinoa
- 2 cups water
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 cucumber, diced
- 1/2 red onion, diced
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh mint
- 1/4 cup olive oil
- 1/4 cup lemon juice
- Salt and pepper to taste

HOW TO MAKE :

- Rinse the quinoa in a fine-mesh strainer and drain well.
- In a medium saucepan, bring 2 cups of water to a boil.
- Add the quinoa to the boiling water, reduce the heat to low, and cover the saucepan.
- Simmer the quinoa for 15-20 minutes, or until the water is absorbed and the quinoa is tender. Remove the quinoa from the heat and let it cool for a few minutes.
- In a large bowl, combine the cooled quinoa, diced bell peppers, diced cucumber, diced red onion, chopped parsley, and chopped mint.
- In a small bowl, whisk together the olive oil and lemon juice. Pour the dressing over the salad and toss to coat.
- Season the salad with salt and pepper to taste.
- Serve the quinoa and vegetable salad immediately or refrigerate until ready to serve.



Chickpea veggie fusion soup

Chickpea vegetable soup is a hearty and healthy dish that is perfect for a cold winter day. This soup is packed with protein and fiber, making it a great option for anyone looking to add more nutrients to their diet. Give this soup a try and you'll see why it's a staple in many kitchens around the world.

INGREDIENTS :

- 1 tsp Olive Oil
- 1 chopped white onion
- Bell peppers, tomato, and carrots
- 2 cloves garlic, ½ tsp oregano
- 1 cup water / aquafaba
- 1/2 cup chickpeas, rinsed and drained
- 1 tsp lemon juice
- 1/2 tsp each sea salt and black pepper
- 1/2 cup finely chopped parsley

HOW TO MAKE :

- If using dried chickpeas, soak them overnight in water. Rinse and drain before using.
- Cook soaked chickpeas in a large pot of water until tender. This may take about 1 to 1.5 hours. Alternatively, you can use canned chickpeas.
- Begin with heating 1 tsp oil over medium heat. Add chopped onion, carrots, and bell peppers. Cook until the vegetables are softened, about 5-7 minutes.
- Add aromatic herbs like chopped garlic, red chili flakes, and combine them with the cooked (or canned) chickpeas. Also, add diced tomatoes (with their juice). Bring the soup to a simmer.
- Now season the soup with salt and pepper to taste. Allow the soup to simmer for about 20-30 minutes to allow the flavors to meld.
- Add fresh herbs like mint, coriander, or parsley, and sprinkle dry herbs like oregano. Taste the soup and adjust the seasoning if needed. If you like, squeeze in some fresh lemon juice for a bit of brightness.
- Serve hot, garnished with chopped fresh parsley.



Golden carrot ginger soup

This soup, with its warm, golden hue and aromatic blend of carrots and ginger, is a perfect way to cozy up on a chilly day or when you're in need of a nutritious pick-me-up.

INGREDIENTS :

- 1 clove garlic finely
- chopped 1 piece ginger
- a thumb-sized pieced peeled and grated
- 1 medium onion finely chopped 2 tbsps olive oil
- 2 tsps turmeric powder
- 6 cups vegetable broth /water
- 4 cups carrots chopped
- Fresh parsley to garnish Pumpkin seeds to garnish Salt and pepper to taste

HOW TO MAKE :

- Heat up olive oil in a large pot over medium heat.. Once the oil is hot, add the onion and sautee until it turns translucent,
- Add the garlic, ginger, turmeric, salt, and pepper and cook for another 2 minutes, or until the spices become fragrant.
- Add the carrots and cook for an additional 3 minutes. Pour in the vegetable stock/water and bring the mixture to a boil.
- Once the soup has reached boiling point, reduce the heat and let it simmer for 20 to 25 minutes, or until the carrots are cooked through.
- Now comes the fun part! Transfer your soup to a high-speed blender, and puree it in batches (you may not be able to fit it all at once).
- Give your soup a taste and add more salt and pepper if necessary.
- Serve your soup with sprinkled parsley and pumpkin seeds over it.
- Enjoy this tasty and healthy dish!



Creamy Mushroom Soup

Whether you're looking to warm up on a chilly evening or start your meal on a sophisticated note, This Creamy Mushroom Soup is the perfect culinary masterpiece. This soup elevates the simple bowl into a lavish experience that will delight your taste buds. Savor the decadent flavor of mushrooms at their finest and celebrate your dining moments with this opulent dish.

INGREDIENTS :

- 1 cup mushrooms
- 1 chopped onion
- 1 bay leaf
- 1 tsp thyme
- 1 tsp olive oil
- vegetable broth/water
- 1/2 glass coconut milk
- salt
- black pepper
- parsley
- coriander for garnishing

HOW TO MAKE :

Start by sautéing chopped onions and garlic in a large pot until they become soft and fragrant.

- Add sliced mushrooms and continue to cook until they are tender and slightly browned.
- Next, add vegetable broth, thyme, and bay leaves to the pot and bring the mixture to a boil. Reduce the heat and let the soup simmer for 15-20 minutes.
- Remove the bay leaves and use an immersion blender or a regular blender to puree the soup until it is smooth and creamy.
- Finally, stir in some coconut milk to add richness to the soup. Season with salt and pepper to taste.
- Serve the soup hot with a sprinkling of fresh herbs or croutons on top.

This creamy mushroom soup is perfect for a cozy night in or a dinner party, and is sure to be a crowd pleaser. Enjoy!



Nutriboost Green Lentil Soup

This hearty and flavorful lentil soup not only satisfies your taste buds but also provides a balanced combination of fiber and protein, making it a wholesome and nutritious choice for any meal. Enjoy the nourishing goodness of this delicious soup!

INGREDIENTS :

- 1/4 cup green gram (whole green moong dal), soaked overnight
- 1 tsp oil (olive oil or vegetable oil)
- 1 onion, finely chopped
- 2 tomatoes, chopped
- 1 carrot, diced
- 1 potato, diced
- 1/2 cup green beans, chopped
- 1/2 cup peas
- 1 teaspoon cumin seeds
- 1 teaspoon ginger, grated
- 1 teaspoon garlic, minced
- 1 teaspoon turmeric powder
- 1 teaspoon cumin powder
- Salt to taste
- 6 cups vegetable broth or water
- Fresh coriander leaves for garnish

HOW TO MAKE :

Prepare the Green Gram:

- Rinse and drain the soaked green gram.

Cook the Vegetables:

- Heat oil in a large pot and add cumin seeds. Wait for them to splutter.
- Add chopped onions, grated ginger, and minced garlic. Saute until onions become translucent.

Add chopped tomatoes, potatoes, green beans, carrots, and peas. Cook for 5-7 minutes until the veggies begin to soften.

- Add turmeric powder, cumin powder, and salt. Mix well to coat the vegetables in the spices.
- Add the soaked and rinsed green gram to the pot. Stir to combine.

Simmer the Soup:

- Pour in the vegetable broth or water. Bring the mixture to a boil and then reduce the heat to a simmer.
- Cover the pot and allow the soup to simmer for around 30-40 minutes or until the green gram and vegetables are tender.
- Adjust the seasoning by tasting the soup and adding more salt or lemon juice according to your preference.
- Ladle the hot soup into bowls. Garnish with fresh coriander leaves and serve with lemon wedges if desired.



Veg tofu soup

This Vegetable Tofu Soup is a nutritious and flavorful option, combining the protein-rich tofu with a variety of colorful vegetables. It's a comforting and satisfying soup that's perfect for a wholesome meal. Enjoy!

INGREDIENTS :

- 1 tsp sesame oil
- 1 onion, finely chopped
- 2 carrots, julienned
- 2 celery stalks, thinly sliced
- 1 bell pepper (any color), thinly sliced
- 1 zucchini, diced
- 3 cloves garlic, minced
- 1 tablespoon ginger, grated
- 4 cups vegetable broth
- 1 cup water
- 100g tofu, cubed
- 1 cup broccoli florets
- 1 cup spinach or baby kale, chopped
- Salt and pepper to taste
- Green onions and cilantro for garnish
- Sesame seeds for garnish

HOW TO MAKE :

Step 1 :

- In a large soup pot, heat sesame oil over medium heat.
- Add onions, carrots, celery, bell pepper, and zucchini and cook for 5-7 minutes until the vegetables are slightly softened.
- Add minced garlic and grated ginger and cook for an additional 1-2 minutes until fragrant.

Step 2 - Pour in Broth:

- Add vegetable broth, water, soy sauce, rice vinegar, and Sriracha sauce to the pot. Mix well.
- Bring the soup to a simmer and cook for about 10 minutes to allow the flavors to meld.

Step 3 - Add Tofu and Vegetables:

- Add the cubed tofu, broccoli florets, and chopped spinach or kale to the soup.
- Simmer for an additional 5-7 minutes until the tofu is heated through, and the vegetables are tender-crisp.

Step 4 - Season to Taste and Serve:

- Season the soup with salt and pepper to taste.
- Adjust the soy sauce or rice vinegar if needed.
- Ladle the Vegetable Tofu Soup into bowls.
- Garnish with sliced green onions, cilantro, and a sprinkle of sesame seeds.



SMOOTHIES





Berry Bliss Smoothie

Berry Bliss Smoothie is a delicious and healthy drink that you can easily make at home. Here is a simple recipe that you can follow.

INGREDIENTS :

- 1 cup mixed berries (fresh or frozen)
- 1 ripe banana
- 1 cup almond milk (or any other milk of your choice)
- 1 scoop vanilla protein powder (optional)
- 1 tablespoon honey (optional)

HOW TO MAKE :

- Begin with Adding all the ingredients to a blender and blend until smooth.
- If the smoothie is too thick, add more milk to thin it out.
- Taste the smoothie and add honey if you prefer it sweeter.
- Pour the smoothie into a glass and serve immediately.
- You can also add some ice cubes to the blender if you prefer a colder smoothie.

- This Berry Bliss Smoothie is packed with vitamins, fiber, and antioxidants, making it a perfect breakfast or snack option. Enjoy!



Apple Mint Cucumber Smoothie

A refreshing Apple Mint Cucumber Smoothie combines the crispness of apples, coolness of cucumber, and aromatic touch of fresh mint. This hydrating and nutritious choice is suitable for any time of the day. Packed with vitamins, antioxidants, and hydration-boosting elements, this smoothie offers a perfect balance of sweetness and tanginess

INGREDIENTS :

- ½ cup handful of mint leaves
- ½ cup cubed apple peeled, 1 small cucumber peeled
- ½ avocado & 6 Almonds peeled
- 1 tbsp Basil seeds soaked in water
- Maple Syrup or ½ tbsp jaggery
- ½ cup water

HOW TO MAKE :

- Add all of the ingredients into a blender and blend until the mixture is creamy and smooth.
- If the smoothie is too thick for your liking, add more water or orange juice.
- You can either serve it immediately in glasses or enjoy it as a smoothie bowl topped with your favorite toppings.



Spinach Avocado Chia Smoothie

The Spinach Avocado Chia Smoothie is a nutritious drink that combines spinach, avocado, and chia seeds to create a well-rounded nutritional powerhouse. It provides vitamins, heart-healthy monounsaturated fats, omega-3 fatty acids, fiber, and plant-based protein. The result is a deliciously smooth and refreshing drink that is excellent for a healthy boost.

INGREDIENTS :

- 1 cup spinach leaves
- ½ Avocado
- ½ cup pieces Apple
- 1 tbsp chia seeds or flax seed powder
- 6 Almonds
- ½ cup Soya milk or can use water or coconut water
- 2 dates or 1 tbsp Jaggery if needed
- Flavor with Mint leaves if needed

HOW TO MAKE :

- Add all the ingredients except the seeds, into a blender and puree for about 30 seconds.
- Add soaked chia or basil seeds or flax seed powder to the blended mixture.
- Taste to adjust flavor and serve immediately.



Banana blast Smoothie!

Try a Banana Blast Smoothie Mixed with Berries - A Delicious and Nutritious Treat!

This sweet and refreshing smoothie is packed with antioxidants, vitamins, and minerals that will give you the energy boost you need. It's a perfect meal replacement option for hot summer days.

INGREDIENTS :

- 1 ripe banana
- 1/2 cup strawberries (fresh or frozen)
- 1/2 cup blueberries (fresh or frozen)
- 1/2 cup raspberries (fresh or frozen)
- 1 cup spinach
- 1 cup almond milk (or any plant-based milk)
- 1 tablespoon jaggery or maple syrup (optional for added sweetness)
- Ice cubes (optional)

HOW TO MAKE :

- Start by peeling and slicing a banana.
- Combine the banana slices, strawberries, blueberries, raspberries, spinach, and almond milk in a blender. If you like your smoothie sweeter, consider adding honey or maple syrup.
- Blend until all the ingredients are well-combined and the mixture is smooth.
- For a refreshing and cool drink, add a few ice cubes to the blender before mixing.
- Finally, pour your smoothie into a tall glass and enjoy the delicious blend of flavors.



ABC smoothie

ABC Smoothie is a delicious and healthy drink that you can easily make at home. It is a combination of three wholesome ingredients including apple, carrot, and beetroot. The rich nutrient profile of ABC drink helps in slowing down ageing, enhancing vision, boosting memory, and combatting common infections. Here is a simple recipe that you can follow.

INGREDIENTS :

- 1 Beet root
- 1 apple
- 1 medium carrot
- 1 lemon juice
- Ginger



HOW TO MAKE :

- Start by peeling and slicing beetroot, apple, and carrots.
- Combine the beetroot, apple, carrot, and a small cube of ginger.
- Blend until all the ingredients are well-combined and the mixture is smooth.
- For a refreshing and cool drink, add a few ice cubes to the blender before mixing.
- Finally, pour your smoothie into a tall glass, squeeze lemon and enjoy the delicious blend of flavors



PLANT BASED MILK





SOYA MILK

Soy milk is a good source of plant-based protein. It contains all essential amino acids, making it a complete protein. fat free , lactose free best plant based alternative for cows milk

INGREDIENTS :

- 1 cup dried soybeans
- 4 cups water (for soaking)
- 6-8 cups water (for blending)
- Sweetener (optional), such as sugar, agave syrup, or honey
- Vanilla extract (optional)



HOW TO MAKE :

- First, soak one cup of dried soya beans in water for at least 8 hours or overnight. After the beans have soaked, drain and rinse them thoroughly.
- Next, blend the soaked soya beans with four cups of water in a blender until the mixture is smooth. Strain the mixture through a cheesecloth or fine-mesh strainer to remove any solid particles.
- Transfer the strained liquid to a pot and bring it to a boil over medium heat, stirring occasionally. Reduce the heat to low and let the mixture simmer for 10-15 minutes.
- After the soya milk has simmered, add your desired sweetener and flavorings, such as vanilla extract or honey. Allow the milk to cool before transferring it to a container and storing it in the fridge.
- Homemade soya milk is a healthy and delicious alternative to store-bought milk. Plus, it's a great way to reduce waste and save money.



ALMOND MILK

The Rise in Popularity of Almond Milk as a Plant-Based Alternative Almond milk, which is created from almonds, is a popular replacement for dairy milk. It has a subtly nutty flavor and a smooth texture, making it a versatile ingredient in a variety of culinary applications.

INGREDIENTS :

- 1 cup raw almonds
- 4 cups water for soaking
- 4 cups water for blending
- Sweetener (optional), such as sugar, agave syrup, or honey
- Vanilla extract (optional)



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HOW TO MAKE :

- Place almonds in a bowl and cover them with approximately 4 cups of water.
- Soak the almonds for a minimum of 12 hours, or overnight.
- Rinse the soaked almonds thoroughly and drain them.
- In a blender, combine the soaked almonds with 4 cups of water and blend until the mixture is smooth.
- Use a nut milk bag or cheesecloth to line a bowl and strain the blended mixture to separate the liquid from the almond pulp. Squeeze the cheesecloth or bag to extract the maximum amount of liquid.
- Optionally, add sweetener (such as honey) and vanilla extract to taste and stir well.
- Pour the almond milk into an airtight container and refrigerate. Remember to shake well before using as the mixture may separate over time.



HEALTHY SNACKS





CHIA SEED PUDDING

Chia seed pudding is a delicious and easy-to-make dessert that is also highly nutritious, packed with omega-3 fatty acids, fiber, antioxidants, and protein. It is a nutritional powerhouse and a delightful treat that blends flavor with nourishment.

INGREDIENTS :

- 1/4 cup chia seeds
- 1 cup almond milk (or any plant-based milk of your choice)

Optional Toppings:

- Fresh berries (strawberries, pomgrante arils, black raisins)
- Sliced bananas
- Chopped nuts (almonds, walnuts)



HOW TO MAKE :

- Place almonds in a bowl and cover them with approximately 4 cups of water.
- Soak the almonds for a minimum of 12 hours, or overnight.
- Rinse the soaked almonds thoroughly and drain them.
- In a blender, combine the soaked almonds with 4 cups of water and blend until the mixture is smooth.
- Use a nut milk bag or cheesecloth to line a bowl and strain the blended mixture to separate the liquid from the almond pulp. Squeeze the cheesecloth or bag to extract the maximum amount of liquid.
- Optionally, add sweetener (such as sugar, agave syrup, or honey) and vanilla extract to taste and stir well.
- Pour the almond milk into an airtight container and refrigerate. Remember to shake well before using as the mixture may separate over time.



SNACKY SPROUTS CHAT

This Sprouts Chaat is not only delicious but also packed with protein, fiber, and various nutrients from the sprouts and veggies. It makes for a perfect snack that's both satisfying and nutritious.

INGREDIENTS :

- 1 cup mixed sprouts (mung beans, chickpeas, lentils, etc.), soaked and boiled
- 1 small red onion, finely chopped
- 1 small cucumber, diced
- 1 tomato, diced
- 1 green chili, finely chopped (adjust to taste)
- Fresh coriander leaves, chopped
- 1 tablespoon lemon juice
- 2 tablespoons tamarind chutney
- 1 teaspoon roasted cumin powder
- 1/2 teaspoon chaat masala
- Salt to taste

Optional Toppings:

- Pomegranate seeds
- Chopped mint leaves

HOW TO MAKE :

- Rinse and soak the mixed sprouts overnight. Boil them until they are just tender. Drain any excess water.
- Create the Chaat Dressing: Mix tamarind chutney, roasted cumin powder, chaat masala, and salt in a small bowl to make the chaat dressing. Adjust the quantities to suit your taste.
- Assemble the Chaat: In a large mixing bowl, combine the boiled sprouts, chopped red onion, diced cucumber, diced tomato, green chili, and fresh coriander leaves.
- Add the Chaat Dressing: Pour the chaat dressing over the sprout mixture. Add lemon juice for a citrusy kick. Toss everything together until it is well coated.
- Serve: Transfer the sprouts chaat to serving plates. Top it with optional toppings such as pomegranate seeds, sev, and chopped mint leaves.
- Enjoy: Savor the mix of textures and flavors in this delightful plant-based sprouts chaat.

HEALTHY SNACKS

HUMMUS WITH VEGETABLE STICKS



Satisfy Your Snack Cravings with a Nutritious and Delicious Classic Middle Eastern Dip. Hummus, a dip made from blended chickpeas, is a nutritious snack that is high in protein and fiber. Pairing hummus with vegetable sticks is a tasty and healthy way to fulfill your snack cravings.

ROASTED MAKANA



Makhana, also known as lotus seeds, is a healthy, nutritious snack that satisfies cravings while also being rich in protein, fiber, and a low-calorie option. The roasting process enhances the taste and crunchiness of the seed.

HANDFULL OF NUTS



Nuts are a great choice, as they contain a wealth of healthy fats, protein, fiber, and various essential nutrients. However, it's important to keep in mind that while nuts are nutritious, they are also high in calories. So, it's best to enjoy them in moderation. A small handful of nuts is typically a healthy portion size that will leave you feeling satisfied.

HEALTHIER COOKING TIPS

Minimal Oil Usage:

Cook without oil whenever possible. When needed, limit oil use to 1 tablespoon per dish for the entire family. Herbs can be excellent substitutes for flavor in stir-fried vegetables.

Raw Fruits Preference:

Consume fruits in their raw, whole form as much as possible. Occasionally, enjoy a juice or smoothie without added sugar.

Vegetable Variety:

Include a diverse range of vegetables in your meals. For lunch, incorporate a small salad (onion/tomato, etc.) and a vegetable sabzi. Opt for stir-fried or steamed vegetables, limiting oil to 1/2 teaspoon for stir-frying.

Legume Preparation:

Soak legumes overnight (12-18 hours) before cooking and consuming. This enhances their nutritional value.

Mindful Nut and Seed Consumption:

Choose nuts and seeds without added salt or sugar coating. Consider dry-roasting them at home for a healthy and flavorful snack.

Immunity-Boosting Foods:

Enhance your immunity with beta-carotene and vitamin C-rich foods like green leafy vegetables, broccoli, spinach, and tomatoes. A well-balanced protein meal contributes to overall immune strength.

WEBSITES FOR REFERENCE

PAN International	https://pan-int.org
PAN India	https://pan-india.in
ICMR-NIN	https://www.nin.res.in/NICE.html
ACLM	https://www.lifestylemedicine.org
STANFORD PBD Initiative	https://web.stanford.edu/group/nutrition/cgi-bin/pbdi/wordpress/
Harvard T.H Chan	https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/
Friedman School of Nutrition Science and Policy	https://nutrition.tufts.edu/
American Heart Association	https://www.heart.org/en/healthy-living/healthy-eating
Health.gov	https://health.gov/our-work/nutrition-physical-activity/dietary-guidelines
Invest on health	https://www.investonhealth.com/
forks over knives	https://www.forksoverknives.com
Pick up limes	https://www.pickuplimes.com

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Embrace Positive Change with a Plant-Based Diet

Choosing plant-based meals is a choice that can make a real difference in the world. Not only are you nourishing your body, but you're also contributing to the movement towards sustainable living. Your plate holds the power to reduce the impact on the environment, promote animal welfare, and improve personal well-being. By joining the growing community of individuals committed to a plant-powered lifestyle, you can help cultivate a healthier planet for generations to come. Your choice can make a significant impact

– let the plant-based revolution begin with you!

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