



january  
jump start

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This book is for educational purposes, from the research, education and experience of Heather Nicholds. It is not intended as medical advice. You should consult with a nutritionist, dietitian or naturopath before beginning a new nutrition program, and if you run into any problems on this plan, do the same.

Do not take any nutritional supplements without first checking with your physician for potential adverse reactions with any medications you're taking. You should not stop taking prescribed medication without the advice of a medical doctor to do so.

Never disregard professional medical, health, nutrition or any and all related issues and advice, or delay in seeking it because of something you have read here. This is especially important if you have a serious health concern, are on medication, have had health problems in the past, or have had past indications that a vegan or vegetarian diet might cause adverse effects for your body.

This nutrition advice does not replace any advice or prescriptions you have been given by your physician.

# veg•an•ook:

/vēgənōōk/

*noun*

vegan cooking to put some wow in your mouth.  
zing pow healthy, baby.

## 3 facets of veganooking:

### 1. Veganize

No animal ingredients - just plants.

### 2. Healthify

Replacing empty calories with nutrient density.

### 3. Super Yumful

Infusing max flavor into every bite.

Cause if it tastes great, you'll be back for more.

# Vegan Portion Guide

Food Group	Serving Size	1200 Cal Portions	1500 Cal Portions	1800 Cal Portions	2100 Cal Portions	Notes
Vegetables	1 cup chopped	3+ per day	3-4+ per day	3-4+ per day	3-4+ per day	
Leafy Greens	1 cup chopped	1+ per day	1+ per day	1+ per day	1+ per day	Broccoli & cauliflower can count here
Fruit	1 cup chopped	1+ per day	1-2+ per day	1-2+ per day	1-2+ per day	
Grains	1 cup cooked whole grains or pasta 2 slices bread 1 pita or wrap 1 bagel	2 per day	2-3 per day	3-4 per day	4 per day	With cooked whole grains, the serving size depends on the amount of water used in cooking Opt for whole grain versions of bread products
Beans/Legumes	1/2 cup cooked beans, lentils, peas 2 Tbsp peanut butter	3 per day	3-4 per day	3-4 per day	4-5 per day	Quinoa (1 cup cooked) can count as a serving of beans or grains
Nuts & Seeds	1 Tablespoon	2 per day	2-3 per day	3-4 per day	3-4 per day	Include 1 Tbsp of flax or chia each day
Spices	1 teaspoon	1+ per day	1+ per day	1+ per day	1+ per day	
Water	1 cup	12 per day	12 per day	12 per day	12 per day	



# Sesame-Ginger Macro Bowl

Prep Time: 20 min. Makes: 2 servings.

Here's a yummy sesame-ginger dressed bowl with all the plant food groups represented, in proportion and at an average portion size. Scale up or down, based on your energy needs. Choose the bowl size that works for you, and fill it with wonderful foods to fuel your body.

## INGREDIENTS

- 1 cup cooked brown rice
- 1 cup cooked blackeyed peas
- 1 cup red cabbage, sliced
- 1 bell pepper, thinly sliced
- 1 cup snow or snap peas, trimmed and sliced in half width-wise
- 2 Tbsp green onion, chopped
- 1 cup kale or spinach, chopped
- 1 avocado, thinly sliced
- 2 Tbsp sesame seeds (white or black)

## DRESSING INGREDIENTS

- 2 Tbsp tahini (or almond or cashew butter)
- 2 Tbsp rice or apple cider vinegar
- 1 tsp toasted sesame oil
- 1 Tbsp fresh ginger, grated then juiced
- pinch-1/4 tsp salt, to taste

## DIRECTIONS

1. Make sure your rice and blackeyed peas are cooked in advance.
2. Heat a pan to medium-high, and saute the cabbage with water, broth or olive or un-toasted sesame oil. Once it's softened lightly, add the bell pepper. Then add the snow/snap peas, the kale or spinach, and green onion last, to warm for a minute, until it just wilts, before turning off the heat.
3. Make the dressing by whisking together the dressing ingredients, or pureeing in a small blender, adding about 2-3 Tbsp water as needed to make a creamy consistency.
4. Arrange your bowl, with the vegetables on one side, the rice in one quarter, the peas in the other quarter.
5. Top with the sliced avocado, a long drizzle of dressing and a sprinkle of sesame seeds.

## NUTRITION FACTS

Per serving  
Calories 585

		% Daily Value
30 g	Total Fat	46%
4 g	Saturated Fat	22%
0 mg	Cholesterol	0%
52 mg	Sodium	2%
67 g	Carbohydrates	22%
20 g	Dietary Fiber	79%
10 g	Sugar	
19 g	Protein	29%
7900 IU	Vitamin A	172%
162 mg	Vitamin C	270%
312 mg	Calcium	31%
7 mg	Iron	53%

## Hints & Tricks

Make a double (or triple) batch of the dressing, so that you can whip up an easy salad or bowl.

# Protein from Plants

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It's not nearly as hard as people think to get enough protein from plant foods. All whole plant foods have some protein in them. If you eat enough calories from a balanced diet, and include legumes (beans, lentils and peanuts), you should get more than enough protein and all the essential amino acids for normal daily needs.

## **MYTH 1: "VEGANS CAN'T GET ENOUGH PROTEIN."**

Protein RDA

Adult Males 56g/day

Adult Females 46g/day

Pregnancy & Lactation 71g/day

Protein as % of calories, Adults 10-20%

An average vegan diet easily meets all of those numbers. The only thing to be aware of is that one amino acid, lysine, tends to be low for vegans because it's lower in most plant foods. But beans, legumes (includes lentils, peas, peanuts), quinoa, amaranth, pistachios and pumpkin seeds all have lots of lysine – so if we eat some those foods each day we're good.

## **MYTH 2: "ATHLETES CAN'T GET ENOUGH PROTEIN FROM PLANTS."**

Athletes focus on protein as part of their diet because they've been told they need more than most people. Their needs are actually within the normal range as a percentage of calories. As a factor of body weight, their protein needs are slightly higher than average but that's covered by their increased calorie intake to support higher activity levels. A vegan diet can easily meet protein needs, even for athletes.

There are lots of athletes—both bodybuilders and endurance athletes—who are shifting to a vegan diet purely for the performance benefits. They say that a vegan diet gives them more energy during training, and faster recovery after a workout so that they can train more often.

## **MYTH 3: "VEGANS NEED TO EAT BEANS AND GRAINS IN EACH MEAL TO GET COMPLETE PROTEIN."**

The truth is, your body will create complete proteins from any foods you eat within a 48 hour period. So as long as you get a balanced diet of various kinds of plant foods over the course of 2 days, your body will get all the protein it needs. You don't need to eat complete proteins at each meal.

## **MYTH 4: "ANIMAL PROTEIN IS BETTER THAN PLANT PROTEIN."**

The amino acids in plants, once broken down and absorbed into your body, work just the same as the amino acids from animals. There is some evidence that plant foods aren't digested quite as efficiently as animal foods in terms of breaking down the food into protein, absorbing it into our tissues, and utilizing it. But the difference is minimal—only about 10% or less. All that means is that vegans should aim for 10% more protein overall. Most people eat more than enough to cover that difference, whether vegan or not.

## **MYTH 5: 'THE MORE PROTEIN YOU EAT, THE BETTER.'**

The truth is that the way to build muscle is by exercising, not by eating protein. What's more is that when you're exercising, the limiting factor for muscle mass gains among active athletes is overall caloric intake, not protein intake. Although protein is an important part of our diet, there is such a thing as too much. In the short term, that can cause dehydration. Over time, it can cause kidney stones or kidney disease.

## **FURTHER READING:**

Protein, VeganHealth.org by Jack Norris, RD: [veganhealth.org/articles/protein](http://veganhealth.org/articles/protein)

Protein, NutritionFacts.org, by Dr. Michael Greger: [nutritionfacts.org/topics/protein](http://nutritionfacts.org/topics/protein)

Protein from Plants nutrition/cookbook, by Heather Nicholds, CHN: [veganook.com/protein-plants](http://veganook.com/protein-plants)

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# Chocolate Protein Bars

Prep Time: 15 min. Chill Time: 15 min. Makes: 8 bars.

These will show you how to use plant-based protein powder to make your own protein bars instead of store-bought – though you can swap it out for almond meal if you like. Flavorful and based on whole foods, these are perfect to take on the go for a post-workout boost.

## INGREDIENTS

1/2 cup dates  
1/4 cup walnuts or cashews  
1/4 cup cocoa powder  
1/4 cup plant protein powder or ground almonds  
1 tsp cinnamon (optional)  
zest of an orange (optional)  
2 Tbsp ground flaxseed

## DIRECTIONS

1. In a small bowl, mix together the flax with 2 Tbsp of water and stir to combine.
2. Then put everything in a food processor and puree. It will be a very thick mixture, so you may have to scrape down the sides to make sure it all mixes in.
3. Press the mixture into a square tin, lined with parchment paper, to about a 1/2 inch thickness. I usually just press it onto my silicon baking mat, and shape the edges with my hands. Or you could make balls or free-form squares.
4. Chill in the fridge for 10-15 minutes, then slice into bars or squares.
5. Keep in an air-tight container.

### NUTRITION FACTS

Per serving  
Calories 121

% Daily Value\*

4 g	Total Fat	7%
1 g	Saturated Fat	4%
0 mg	Cholesterol	0%
2 mg	Sodium	0%
18 g	Carbohydrates	6%
3 g	Dietary Fiber	13%
11 g	Sugar	
6 g	Protein	
22 IU	Vitamin A	0%
0 mg	Vitamin C	0%
23 mg	Calcium	2%
1 mg	Iron	8%

## Hints & Tricks

These work best with a lighter protein powder - like rice protein, or a blend that's mostly rice and quinoa. Hemp and pea proteins are heavier, and have more distinct flavors, so unless you know you like them you may not want to use them here.



# How Much Carbs?

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## **LOW-CARB DIETS:**

Paleo: (also called the caveman diet or stone-age diet) is based on foods presumed to be available to Paleolithic humans. It includes vegetables, fruits, nuts, roots, meat, and organ meats - with no dairy products, grains, sugar, legumes, processed oils, salt, and alcohol or coffee. This diet is generally low-carbohydrate, high-protein.

Why do we want to try to eat like our paleolithic ancestors, when our bodies and our lives and our availability of food sources has evolved so much since then? When we have the choice to do things better now, why wouldn't we evolve?

Paleo proponents often talk about the enzyme-inhibiting compounds in grains, beans and legumes as arguments against eating them. But those compounds are easily neutralized through soaking, sprouting, and/or cooking.

Atkins: a low-carbohydrate, high-fat diet promoted by Robert Atkins, who suggested that starchy carbohydrates are the root cause of weight gain by putting the body in a state of "hyperinsulinism" - which is a term Atkins coined that many doctors feel is the same as Type 2 diabetes.

Atkins has been fully and completely refuted by doctors and scientific studies, so we should really just let this fad diet be put to rest. Most doctors disagree with the underlying theory of the diet, and it was not shown to have any significant effect on long-term weight loss in studies.

## **HIGH-CARB DIETS:**

Starchitarian: This is a diet promoted by Dr John McDougall, which revolves around the concept of eating more "Resistant Starches". Resistant starches are ones that our digestive systems can't break down. Resistant starch is found in peas, beans and other legumes, green bananas, and also in cooked and cooled starchy products like sushi rice and pasta salad.

(I also use the term starchitarian in a more unofficial way, to describe someone who goes vegan by cutting out meat, but doesn't rebalance their diet with more protein-rich plant foods, and just relies on starchy foods (potatoes, rice, pasta, bread) for sustenance.)

Fruitarian: a diet that consists entirely or primarily of fruits in the botanical sense, and possibly nuts and seeds, without animal products. Fruitarianism is a much more restrictive subset of veganism.

In general, low-carbohydrate diets can create issues with energy levels, to both your body and your brain, meaning you would operate at less-than-optimal performance. There's a reason that endurance athletes are more likely to go with a high-carb than a low-carb diet - our bodies need it as fuel.

Starchitarians and fruitarians tend to not eat much fat or protein, both of which are important to many of the functions of your body. There isn't usually enough fat for full vitamin and mineral absorption or to maintain hormone balance, and many women need more fat in their diet to make sure their menstrual cycle and reproductive system is healthy.

## **BALANCE. QUALITY. NOT LOW-CARB. NOT HIGH-CARB.**

Studies have shown that the range of carbohydrates in our diets is optimized for most people at 55-70% of total calories. People may vary somewhat within that range, but the range is pretty big, and is done so that 97.5% of people will find their optimum balance within it.

One of the biggest factors is the quality of the foods in question. Things like white bread are high-carb, and pretty much empty calories (have no real nutrients), so good to reduce or eliminate them. If you compare that to some cooked quinoa or buckwheat, which have a high level of vitamins, minerals, antioxidants, fiber, and water content along with the carbohydrates, it's a totally different story. They should be part of an overall balanced and healthy diet for energy and nutrition.

## **SWEETENERS**

Opt for fruit, stevia, unrefined cane sugar (Sucanat), coconut sugar, molasses, maple syrup.

Avoid white sugar, but also agave nectar and artificial sweeteners like splenda or nutrasweet





# Black Bean Chocolate Brownies

Prep Time: 15 min. Cook Time: 30 min. Makes: 16 brownies.

This may sound weird at first glance - but these brownies are so rich and fudgy and delicious, no one would ever guess they have beans in them! Promise.

## INGREDIENTS

- 1 14oz can (1 1/2 cups) black beans
- 1 banana
- 1/2 cup fresh medjool dates, pitted\*
- 1/2 cup non-dairy milk
- 1/2 cup natural peanut butter (or any other nut/seed butter)
- 1 tsp vanilla extract
- 1 tsp apple cider vinegar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 3/4 cup cocoa and/or carob powder
- 1/2 cup raisins, dried cranberries or chocolate chips (or a mix of any or all)
- 1 cup spelt or sorghum flour

## DIRECTIONS

1. Preheat the oven to 400 degrees F.
2. Put the beans, banana, dates, milk, nut/seed butter, vanilla and apple cider vinegar in a food processor and puree until smooth.
3. Add the baking powder, soda, cocoa/carob powder and flour and pulse until they're incorporated. Don't overmix here. Sprinkle the raisins, cranberries or chocolate chips into the mix and push them into the batter (don't puree them).
4. Pour the batter into a greased or lined 8" brownie dish and put in the oven for 30-40 minutes.
5. Once the brownies are cooked, pull them from the oven, let them cool completely and then cut into squares and serve.

## NUTRITION FACTS

Per serving  
Calories 176

% Daily Value\*

5 g	Total Fat	8%
1 g	Saturated Fat	6%
0 mg	Cholesterol	0%
69 mg	Sodium	3%
31 g	Carbohydrates	10%
6 g	Dietary Fiber	24%
11 g	Sugar	
6 g	Protein	10%
37 IU	Vitamin A	1%
1 mg	Vitamin C	2%
38 mg	Calcium	4%
2 mg	Iron	12%

## Hints & Tricks

If you're not using a food processor, you can use 1/2 cup unrefined sugar instead of the dates.

# Healthy Fats

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Your body needs enough fat to function, maintain its metabolism, absorb and utilize nutrients and be healthy. Vitamins A (which includes all of the carotenoids, like beta-carotene), D, E and K are all fat-soluble vitamins, and they need to have some fat with them to absorb into your body.

There are also studies showing that certain antioxidants, like lutein in dark green leafy vegetables and lycopene in tomatoes, need fat for proper absorption.

We want to get our fats from whole plant foods - avocados, nuts, seeds, nut/seed butters. Grains and beans also have some healthy fat, and there are even small amounts in fruits, vegetables, spices and pretty much every food.

Ideal ratio: 20-35% of calories from fat.

Each gram of fat is approximately 9 calories.

2000 calories a day: aim for 44-78 grams of fat.

1500 calories a day: aim for 33-58 grams of fat.

Every food you eat will have a little (or a lot) of each of these macronutrients, so it can be hard to find the right balance.

Avocados: 77% of the calories from fats, 19% from carbohydrate and 4% from protein.

Avocados by weight: 73% water, and 7% fiber, neither of which count as calories.

A half cup of avocado: 75 calories and 11 grams of fat, and gives you lots vitamins and minerals (like vitamins E, K, lots of the B vitamins, potassium, magnesium, zinc, and more), plus 5 grams of fiber.

Incorporating some fat into a meal gives it more of a fullness factor.

Fat can be really helpful in the transition to a healthy eating plan, if they're used to a high-fat diet they may not enjoy steamed vegetables right off the bat.

2 fats are essential to humans - meaning we need to get them from our food intake.

Omega-3 is one, and omega-6 is the other.

The reason we only ever hear about omega-3 is because most people get way too much omega-6.

Typical North American diet gets a ratio of omega-6:omega-3 that's about 15-16:1.

The recommended ratio is 4:1.

So most people are getting about 4 times too much omega-6, or 4 times too little omega-3.

(Source: [www.ncbi.nlm.nih.gov/pubmed/12442909](http://www.ncbi.nlm.nih.gov/pubmed/12442909))

Most food sources of these essential fatty acids have too much omega-6, which creates a relative deficiency of omega-3. This is especially true as foods get to be lower and lower quality, like cheap processed foods, refined vegetable oils, and industrially-raised animals.

You can increase your relative intake of omega-3 by eating certain foods - ground flax, chia seeds, or sacha inchi - every day.

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# Chickpea Salad Sandwich

Prep Time: 15 min. Makes: 4 sandwiches.

Let's blend an avocado up into a mayo-like dressing, and use it as a dressing for a chickpea salad – which makes a great replacement for tuna salad in a sandwich!

## AVO-MAYO INGREDIENTS

1 avocado  
1/4 cup fresh lemon juice  
1 clove garlic (optional), or 1 tsp  
garlic powder  
pinch salt  
1 tsp dijon mustard (optional)  
1 tsp paprika (optional)

## CHICKPEA SALAD

1 14oz can chickpeas  
1/2 cup celery, diced  
1/2 cup red pepper, diced  
1 Tbsp green onion or chives,  
chopped  
2-3 Tbsp fresh parsley, chopped  
1 Tbsp dried nori, chopped  
(optional)  
Sea salt, to taste

## SANDWICH INGREDIENTS

Whole grain bread, pita or wrap  
Lettuce, spinach or sprouts  
Sliced tomato

## DIRECTIONS

1. Puree the avocado mayo ingredients until smooth, adding more water if necessary for consistency.
2. Mash the chickpeas with a fork, potato masher or your hands. Mix in the rest of the chickpea salad ingredients.
3. Spread some of the chickpea salad onto a slice of bread, or into a pita or wrap. Top it with spinach, lettuce or sprouts. It's great as an open-face sandwich with a big leaf of lettuce instead of a 2nd slice of bread.
4. Put the sandwich in a baggie or container, and refrigerate until you eat it.

### NUTRITION FACTS

Per serving  
Calories 335

% Daily Value\*

9 g	Total Fat	14%
1 g	Saturated Fat	7%
0 mg	Cholesterol	0%
290 mg	Sodium	12%
51 g	Carbohydrates	17%
13 g	Dietary Fiber	53%
10 g	Sugar	
15 g	Protein	23%
4492 IU	Vitamin A	98%
53 mg	Vitamin C	88%
131 mg	Calcium	13%
4 mg	Iron	31%

## Hints & Tricks

You can use the avo-mayo any number of ways:

- as a dip for sweet potato fries
- as a topper for chili
- thicker, as a condiment on a veggie burger
- thinner, as a dressing for a kale salad

# Iron & Calcium from Plants

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## IRON

You can find a rich plant source of iron in beans and legumes, as well as the leafy greens and molasses. The iron intake of most vegans and vegetarians is actually pretty high, since iron per calorie is higher in plant foods than animal foods.

Studies haven't found that vegans or vegetarians have any trouble with iron deficiency. Levels of iron deficiency or anemia are on par with non-vegetarians, and our daily intake meets or exceeds the RDA on average.

### IRON RDA

Adult Males	8mg/day
Adult Females	18mg/day
51 years+	8mg/day
Pregnancy	27mg/day

### IRON DEFICIENCY SYMPTOMS:

- Extreme fatigue.
- Weakness.
- Pale skin.
- Chest pain, fast heartbeat or shortness of breath.
- Headache, dizziness or lightheadedness.
- Cold hands and feet.
- Inflammation or soreness of your tongue.
- Brittle nails.

Unless you've had blood tests done to measure the iron levels, and have been told you're deficient by a doctor, there shouldn't be any need to take iron supplements. Even if you do find yourself with an iron deficiency, you may be able to correct it by eating lots of legumes and vitamin-c-rich fruits and vegetables. Many vegan multivitamins include iron, but if you don't need to take iron then I'd suggest getting the iron-free version because iron supplements can accrue excess iron in your system. The main side effects are constipation, nausea and headaches.

### FURTHER READING:

Iron, VeganHealth.org by Jack Norris, RD: [veganhealth.org/articles/iron](http://veganhealth.org/articles/iron)  
Iron, NutritionFacts.org, by Dr. Michael Greger: [nutritionfacts.org/topics/iron](http://nutritionfacts.org/topics/iron)

## CALCIUM

For so long, cow's milk was considered the only good source of calcium. But it turns out that the best way to get useable calcium is to eat a variety of plant foods, like quinoa, chickpeas, sesame seeds and broccoli. The dark green leafy vegetables are particularly good sources.

Plant sources of calcium, unlike milk, also have magnesium, potassium and vitamin K, which is essential along with vitamin D for your body to absorb and use the calcium.

### CALCIUM RDA

Adults up to 50	1000mg/day
51 years+	1200mg/day

### CALCIUM DEFICIENCY SYMPTOMS:

- confusion or memory loss.
- muscle spasms or cramps.
- numbness & tingling in the hands, feet, and face.
- depression.
- hallucinations.
- weak and brittle nails.
- easy fracturing of the bones.

The average vegan is getting 500-600mg. My meal plans usually have 700mg/day. Calcium is a large molecule, and in foods it usually comes in calorie-rich foods like nuts and seeds. So if we aren't eating 2000 or more calories a day, we aren't going to get quite enough calcium to meet the RDA.

The RDA is based on a 25% absorption rate, so you only need to absorb 250mg/day, which makes it possible to get enough from lower amounts.

However, there's no downside in taking a small calcium supplement of 300mg, to add to your food intake to meet 1000mg, and be a back up.

The bonus of taking an extra calcium supplement is that if you take it before bed, it can help with sleep and muscle cramps.

### FURTHER READING:

Calcium & Vitamin D, VeganHealth.org by Jack Norris, RD: [veganhealth.org/articles/bones](http://veganhealth.org/articles/bones)  
Calcium, NutritionFacts.org, by Dr. Michael Greger: [nutritionfacts.org/topics/calcium](http://nutritionfacts.org/topics/calcium)



# Lentil Chili

Prep Time: 15 min. Cook Time: 30-45 min. Makes: 4 bowls.

Rich and satisfying, hearty chili is the perfect meal for a winter evening. Pairing those iron-rich lentils with vitamin-c-rich tomatoes and cilantro means that you'll be absorbing much more of the energy-boosting nutrient than if you ate the beans alone.

## INGREDIENTS

- 1 tsp olive oil, or 1-2 Tbsp water, vegetable broth, or red wine
- 1 onion, diced
- 2-3 garlic cloves, minced
- 1 28 oz can tomatoes
- 2 cups water or vegetable broth
- 1/4 cup tomato paste or crushed tomatoes
- 3/4 cup brown lentils, dry
- 1 Tbsp chili powder
- 2 cups swiss chard, chopped
- salt, to taste
- 2 Tbsp fresh cilantro, chopped
- 2 green onions, chopped

## DIRECTIONS

1. Saute the onion and garlic in the oil, water, broth or wine. Once the onion and garlic are soft, add the tomatoes, tomato paste, lentils, spices, and water/broth.
2. Bring to a boil, cover with a lid, then turn down to simmer for 30-45 minutes, or until the lentils are soft. Turn off the heat.
3. Add the chard, stirring it through to wilt. You may want to put the lid back on for a couple of minutes for it to steam.
4. Scoop into bowls, and garnish with fresh cilantro/parsley and green onions, maybe a drizzle of avocado cream (see note), and enjoy.

### NUTRITION FACTS

Per serving  
Calories 198

		% Daily Value*
3 g	Total Fat	4%
0 g	Saturated Fat	2%
0 mg	Cholesterol	0%
82 mg	Sodium	3%
34 g	Carbohydrates	11%
15 g	Dietary Fiber	59%
7 g	Sugar	
12 g	Protein	19%
2075 IU	Vitamin A	45%
33 mg	Vitamin C	54%
100 mg	Calcium	10%
3 mg	Iron	21%

### Hints & Tricks

To make an avocado cream for drizzling on top, just puree some avocado with salt, nutritional yeast, green onion and just enough water to make it thick and creamy.



# Garlic Toast

Prep Time: 5 min. Cook Time: 5 min. Makes: 1 serving.

The aroma of garlic bread toasting is something that barely anyone can resist. You can make it dairy-free by using coconut oil, which has a solid texture at room temp, or olive oil if you don't like the flavor of coconut oil.

## INGREDIENTS

- 1 slice whole grain bread
- 1 tsp coconut oil or olive
- 1/8 tsp sea salt
- 1 tsp nutritional yeast
- 1/4 tsp garlic powder

## DIRECTIONS

1. Mix together the oil, salt, nutritional yeast and garlic. Optional: add some finely minced parsley.
2. You can either toast the bread and then spread the seasoned oil, or brush on and put in a toaster oven.

NUTRITION FACTS			
Per serving			
Calories 155			
		% Daily Value*	
Total	Fat	7g	11%
Saturated	Fat	5g	25%
Polyunsaturated	Fat	1g	
Monounsaturated	Fat	0.4g	
Sodium		471mg	20%
Potassium		128mg	4%
Total	Carbohydrates	20g	7%
Dietary	Fiber	5g	20%
Sugars			4g
Protein		6g	12%
Vitamin	C		10%
Calcium			2%
Iron			7%



# Using Oils

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## **WE SHOULD PROBABLY REDUCE THE AMOUNT OF OIL WE'RE USING...**

Oils are incredibly calorie dense, and some of them have a tendency to form free radicals.

Compare an olive to olive oil:

- 1 Tbsp olive oil is 14 grams and has 119 calories, 100% of which are from fat
- 1 ounce of whole olives are 28 grams and have 40.6 calories, of which 88% are from fat, 3% are from protein and 9% are from carbs.

Whole olives, even at twice the weight, have a third the calories of the oil. The secret is that the whole olives are made up of 21 grams (75% by weight) of water.

Because of their chemical structure, polyunsaturated fats are the most unstable and most prone to oil rancidity. Polyunsaturated fats should be part of a healthy diet, but getting them from refined plant oils is not a great idea. Go to the source: fats from whole foods.

## **OIL CAN BE USEFUL IN CERTAIN CIRCUMSTANCES...**

- in transition from diet heavy in oils to wean tastebuds to enjoy healthier foods
- to carry the flavor of spices (whole food fats can also do this)
- help with nutrient absorption (minerals and fat-soluble vitamins - whole food fats can also help)
- flax oil is a concentrated source of omega-3 fatty acids if ground flax or chia isn't digested well (for children and older adults)
- if cholesterol levels are low, coconut oil (saturated plant fat) can help the body produce cholesterol and balance hormones
- coconut oil also makes a fantastic skin moisturizer

## **USING OIL**

- Oils should only be used if a whole-food form of fat isn't appropriate, like stir-frying.
- Use the minimum amount of oil necessary i.e. 1 teaspoon for 2 cups of vegetables
- Sauteeing: heat the pan before adding oil, since it will quickly thin out and you'll use less
- Roasting: rub oil onto the veggies with your hands; you'll use less oil and coat them better
- Use the lowest temperature possible when cooking with oil
- Use the shortest cooking time possible when cooking with oil
- Use the most stable types of oils for cooking – olive and coconut are the best (monounsaturated and saturated)

## **OILS I USE**

- unrefined extra-virgin olive oil
- unrefined sesame oil (toasted and untoasted)
- unrefined coconut oil
- unrefined cold-pressed flax or sacha inchi oil \*never heated

## **OILS I WOULD USE IF THEY COST LESS**

- walnut oil
- almond oil
- avocado oil
- any other unrefined monounsaturated oil

## **OILS I AVOID**

- canola
- soy
- refined sunflower/safflower
- any other highly processed oil, ones with chemicals to bleach and deodorize



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# Creamy Orange-Ginger Dressing

Prep Time: 10 min. Makes: 8 servings.

A rich, creamy dressing with sweetness from the orange, and tanginess from the fresh ginger. This is a perfect pair to a simple salad, taking it up a notch.

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## INGREDIENTS

1/3 cup cashew butter (or almond or tahini)  
1 orange, zest and juice  
1 Tbsp apple cider vinegar  
1-3 tsp fresh ginger, grated (optional)  
pinch sea salt

## DIRECTIONS

1. Whisk all of the ingredients together (or puree in a small blender) until smooth. Keep extra dressing in the fridge.

### NUTRITION FACTS

Per serving  
Calories 82

% Daily Value\*

6g	Total Fat	9%
1g	Saturated Fat	6%
0mg	Cholesterol	0%
75mg	Sodium	3%
6g	Carbohydrates	2%
1g	Dietary Fiber	3%
2g	Sugar	
2g	Protein	4%
51IU	Vitamin A	1%
12mg	Vitamin C	20%
14mg	Calcium	1%
1mg	Iron	4%

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## Hints & Tricks

If you use a ginger grater, it will be more of a pulp and you can squeeze the juice from it, for a milder ginger flavor, rather than the full pulp.

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# Supplements for Vegans (or anyone)

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## **BARRIERS IN GETTING ENOUGH NUTRIENTS:**

- Low nutrient levels in degraded soils due to industrial agriculture with chemical fertilizer and pesticides
- Low nutrient levels in highly processed foods
- Low nutrient intake because of calorie-restriction
- Low absorption and utilization rates if our digestive systems are weak or slowing down as we age

## **ANIMAL PRODUCTS USED IN SUPPLEMENTS:**

- Gelatin capsules (made of animal bone). Cellulose (vegetable fiber) is used for vegetarian capsules.
- Magnesium stearate (can be made of animal oils or vegetable oils). So look for the company to specify which they use.
- Vitamin D3 (sourced from oil in sheep's wool). D3 is listed as cholecalciferol. The vegan form is D2 (ergocalciferol). There are now vegan sources of D3 from mushrooms, but you'd have to check.
- Omega-3 and DHA often come as fish oil, but there are sources using algae or flaxseed oil.
- Active (preformed) vitamin A is only found in animal food sources. Beta-carotene and mixed carotenoids are the vegetarian/vegan form of vitamin A.

## **MULTIVITAMIN:**

Taking a multivitamin doesn't need to have your full daily levels of every vitamin and mineral. I usually try to find a multi that splits the daily dose into 2 or 3 capsules, and then only take 1 per day.

Best taken with food.

[Pure Vegan Multivitamin](#)

## **VITAMIN D:**

There's none in plant foods, but our bodies produce it naturally when our skin is exposed to the sun. Deficiency symptoms often come up during the winter, and supplements can be really helpful any time of year to maintain optimal levels.

Best taken with some food that has fat in it.

[NOW Foods Vitamin D2](#)

## **VITAMIN B12:**

With no natural plant sources, it's important to be aware of the deficiency symptoms and to take a high quality supplement of B12 regularly – either in your multivitamin or in addition.

Best taken in the morning.

[Ultra B12 Liquid](#)

## **CALCIUM:**

Plant sources are a better choice than dairy, but most people don't eat quite enough food to get the full recommended intake for the day, so a low level supplement or fortified non-dairy milk a good idea.

Best taken in the evening.

[Pure Vegan Calcium/Magnesium](#)

## **ESSENTIAL FATTY ACIDS:**

There are plenty of plant sources of omega-3, and algae-based DHA supplements if you want a concentrated source.

[DEVA Vegan DHA](#)

## **DIGESTIVE ENZYMES:**

If you aren't digesting your food fully, you won't be getting all of the nutrients from it, and they may be treated as allergens by your immune system. It can also be helpful for people who are transitioning to vegan, if they have trouble digesting beans at first.

Best taken before a meal.

[Rainbow Light Plant Enzymes](#)

## **PROBIOTICS:**

They're bacteria, and don't need dairy to grow into a high-quality culture. There are some excellent sources of vegan probiotics that you can take if you've had to take a course of antibiotics or your gut flora has gotten imbalanced for any reason.

Best taken on an empty stomach.

[Rainbow Light ProBioActive](#)

## **FORTIFIED FOODS:**

Fortified foods, like non-dairy milk, cereals and nutritional yeast, are a great way to get nutrients into children or people who don't like taking capsules. But there's no benefit in terms of the nutrition compared to supplements. They are essentially supplements added to food, so it's the same as taking a supplement on its own.





# Seasoned Kale Chips

Prep Time: 20 min. Cook Time: 30 min. Makes: 2 servings.

These crunchy little chips are a great snack to get some nutrient-dense kale into your life, and also give you a much better snack option than potato chips. They have lots of flavor to satisfy your taste buds but are much lower in calories than regular chips.

## INGREDIENTS

4 cup kale washed and torn into large pieces  
1 Tbsp olive oil  
1 tsp onion powder or 1 Tbsp fresh onion  
1 Tbsp nutritional yeast  
1/2 tsp dill  
pinch sea salt to taste

## DIRECTIONS

1. Preheat the oven to 300 degrees F.
2. Put the kale on a baking sheet, and sprinkle all the seasonings and olive oil, and massage it into the kale.
3. Bake for 10-20 minutes, or until the kale gets crispy and dry.
4. Once baked, let them sit for a few minutes to cool before serving. Keep in an air-tight container, though they don't keep very well so it's best to bake and enjoy them the same day.

## NUTRITION FACTS

Per serving  
Calories 142

			% Daily Value*
Total	Fat	8g	12%
Saturated	Fat	1g	5%
Polyunsaturated	Fat	1g	
Monounsaturated	Fat	5g	
Sodium		59mg	2%
Potassium		619mg	18%
Total	Carbohydrates	15g	5%
Dietary	Fiber	3g	12%
Sugars			0.4g
Protein		6g	12%
Vitamin	A		414%
Vitamin	C		270%
Calcium			19%
Iron			13%

## Hints & Tricks

Make sure the kale is fully dried after washing - this is important, otherwise they won't dry out properly in the oven and will wind up chewy and/or soggy and/or overdone as you try to dry them out while baking. Tear the leaves off the stems, and then tear the leaves into bite-size pieces.

# About Your Nutritionist



Hi! My name's Heather. I'm a Certified Holistic Nutritionist helping vegans (or veg-curious) nourish their bodies through easy, wholesome, and delicious plant-based meals.

My goal is to show you how to get balanced nutrition and truly enjoy your food – so that you stick with being vegan for the long term.

I was drawn to a vegan lifestyle when I learned that eating plants was the single biggest thing I could do to help save our planet – in terms of greenhouse gas emissions, resource usage, rainforest destruction, reef destruction, and so much more... Way beyond switching to CFL lightbulbs or taking shorter showers.

I realized I could do something to make a difference in a problem that before had seemed too big for one person. Here was something that was within my control. Something that was so easy for me to do, and makes such a massive difference.

I wanted to make sure I was getting everything my body needed to thrive, so I went back to school to study holistic nutrition, from a vegan perspective.

After shifting to a healthy vegan lifestyle, I had more energy, I lost some extra weight without trying, and I didn't have chronic gas or digestion issues. I had no idea that this was how I was supposed to feel! I didn't realize how good "good" could feel!

I can help inspire and motivate you to take control of your own health and energy levels through conscious choices about what you eat.

But I'm not going to tell you what to do. You have to make your own choices.

There are so many people who have so many "rules" about food that they wind up unbalanced and unhappy. My philosophy of healthy food and healthy living is simple: Eat and do the things that make you balanced and happy.

I eat lots of mangoes, chickpeas, squash, and chocolate.

I love kale, but I don't have a shrine to it.

I love maple syrup, but I don't need to use a lot of it.

I hope you find something in here that inspires your tastedbuds or your soul. Even better - I hope you find a tidbit of information or a meal to share with a friend.

Thanks for being here.

A handwritten signature in black ink that reads "Heather".

**Heather Nicholds, C.H.N.**

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