

# Six Steps to Nutritional Excellence

## Step 1

### Introduction

This program breaks down the transition to a superbly healthy plant-based diet into six easy to understand steps. We suggest that you spend 2 weeks meeting the goals in each step but you may wish to spend more or less time in each phase. At the end of the six steps, you will find yourself consuming mostly a whole foods plant-based diet. When you have learned to prepare and enjoy these foods that will profoundly support your well-being, we encourage you to consume 10% of your calories as traditional foods so that you never feel deprived and can enjoy the benefits of a plant-based dietstyle for a lifetime!

### Basics of a Whole Foods Plant-based Diet

#### Raw Vegetables

Eat as many raw vegetables including lettuce salads as possible with the goal of **one pound daily**. This would be an entire head of romaine lettuce or the equivalent amount of green lettuce. Include raw vegetables such as lettuce (romaine, bib, Boston, red leaf, green ice, arugula, radicchio, endive, frisee, iceberg), celery, spinach, mushrooms, broccoli, cauliflower, onions, radishes, kohlrabi, carrots, beets, cabbage, snow peas, sweet red peppers, raw peas, tomatoes, cucumbers, and sprouts. Eat huge portions! The vegetable salad is the main dish so eat it first at lunch and dinner.

#### Steamed or Cooked Vegetables

Eat as many steamed or cooked green and non-green vegetables as possible with the goal of **one pound daily**. String beans, broccoli, artichokes, asparagus, zucchini, kale, collard greens, cabbage, Brussels sprouts, bok choy, okra, Swiss chard, turnip greens, escarole, beet greens, spinach, dandelion greens, beet greens, broccoli raab, cauliflower, eggplant, peppers, and water chestnuts. Greens are always great with mushrooms, onions, garlic, and stewed tomatoes. Make vegetable soups and stews. Eat huge portions!

### **Fresh Fruit**

Eat as least **four** fresh fruits per day but limit fruit juice. Eat a variety of fruit including apples, apricots, bananas, blackberries, blueberries, clementines, dates, figs, grapefruit, grapes, kiwis, kumquats, mangoes, melons, nectarines, oranges, papayas, pears, persimmons, pineapple, plums, raspberries, starfruit, strawberries, and tangerines. The best dessert is fruit or blended frozen fruit.

### **Beans or Legumes**

Legumes are among the world's most perfect foods. They stabilize blood sugar, blunt your desire for sweets, and prevent midafternoon cravings. Eat an unlimited amount of beans and legumes **but at least one cup per day**. Eat beans with every lunch. Include chickpeas, black-eyed peas, black beans, cowpeas, green peas, lima beans, lentils, red kidney beans, soybeans/tofu, cannellini beans, pigeon peas, white beans, and bean sprouts.

### **Whole Grains**

**Consume only whole grains.** Grains include amaranth, barley, buckwheat (kasha), millet, oats, quinoa, brown rice, and wild rice. Soaking whole grains such as brown rice, buckwheat, and quinoa, for a day before cooking them greatly increases their nutritional value. Certain phytonutrients and vitamins are activated as the grain starts to germinate. A 24-hour soak induces the early stage of germination, but you will not see the sprouts. Soaking a day ahead also shortens cooking time.

### **Nuts and Seeds**

Nuts and seeds contain 150-200 calories per ounce but contain valuable nutrients and healthy fats.. **Eat one ounce (fits into a cupped hand) each day.** Always eat nuts and seeds **raw** because the roasting process alters their beneficial fats. Nuts and seeds are ideal in salad dressing, particularly when blended with an orange and spices or vegetable juice. Choose from almonds, cashews, walnuts, black walnuts, pecans, filberts, hickory nuts, macadamias, pignolis, pistachios, sesame seeds, sunflower seeds, pumpkin seeds, and flaxseeds.

## Step One—Equipment, Healthy Substitutions, and Breakfast

### Step 1 Performance Goals

- Gather essential kitchen equipment helpful in preparing healthy food
- Throw away or give away all products containing processed/white flour (breads, bagels, crackers, pastries, pancake mix, most cold cereal) and replace with whole grain breads, oatmeal and whole grain crackers
- Throw away or give away all products containing processed sugar (cookies, cakes, candy, pastries) and replace with medjool dates [see [pop 'ems recipe]
- Throw away or give away all butter and cheese
- Throw away or give away all full fat dairy products (whole milk, ice cream, yoghurt) and replace with low-fat or non-fat substitutes or non-sweetened soy milk
- Throw away or give away all salty processed foods (more than 1mg sodium per calorie) like chips, canned soups). Remove the salt shaker from the table.
- Purchase some rolled oats, Swiss muesli, and soy milk for breakfast recipes
- Try Cinnamon Fruit Oatmeal, Blueberry Nut Oatmeal, and Swiss Muesli with fruit, nuts, and soymilk for breakfast
- Add **one tablespoon** ground flaxseed to food each day to boost omega-3 fatty acids
- Purchase raw almonds, walnuts, cashews, sunflower seeds, and medjool dates for the Date-Nut Pop-'Ems and Banana/Oat Square desserts and try them!

### Kitchen Equipment

Take a few minutes to see if you are supplied with these important basics:

Blender

Vegetable Juicer

Whisk

Food Processor

Pressure Cooker

Colander

Vegetable Steamer

Nut & Seed Grinder

Sieve

For step one, you will need to locate a food processor and a nut & seed (coffee) grinder.

A powerful blender such as the Vita-Mix 5000 ([www.vitamix.com](http://www.vitamix.com)) is helpful. Only the more expensive high-powered blenders will be able to make fruit sorbets from frozen fruits, creamy dressings from nuts and seeds, and be able to blend vegetables and fruit effortlessly into smoothies. It is a good investment that will last a lifetime. If you are using a conventional blender, reduce the amount you blend at any one time.

A food processor with an “S” blade will be useful in making dips, salsas, and desserts.

A large dedicated vegetable steamer (two steaming containers fit inside the pot containing the boiling water) is useful to in preparing several steamed vegetables at once.

A vegetable juicer makes it easy to prepare fresh carrot juice for our soup recipes. As an alternative, vegetable juice is readily available in supermarkets and health food stores.

A good model is the Breville Juice Fountain Plus ([www.bedbathandbeyond.com](http://www.bedbathandbeyond.com))

Cooking soups and stews with a pressure cooker is helpful because it produces healthy and tasty food and you can prepare a soup or bean dish in less than half the time. Beans soaked overnight cook in 10-20 minutes in a pressure cooker and then these freshly cooked beans can be added to vegetable soups and stews. Take a look at the 6 quart Fagor pressure cookers at

([http://www.macys.com/catalog/index.ognc?CategoryID=19082&PartnerID=GOOGLE&BannerID=g6495&PageID=19082\\*1\\*24\\*-1\\*-1](http://www.macys.com/catalog/index.ognc?CategoryID=19082&PartnerID=GOOGLE&BannerID=g6495&PageID=19082*1*24*-1*-1))

A small coffee bean grinder is ideal for grinding flax seeds and sesame seeds.

A colander and a sieve are useful in washing vegetables, fruit, beans, and grains.

### **Restock Your Pantry**

Eliminate temptation! It is best if you can get rid of all the unhealthy food in your kitchen. Purge the junk food (processed foods, sweets, salt-laden foods). If unhealthy, low nutrient food is not in the house, you will not be faced with making constant decisions

whether or not to eat it. Stock up on plenty of nutrient-rich healthy food.

If your family does not want to join your health makeover, then **create a separate area in the pantry and refrigerator for your foods.**

### **Step 1 Shopping List (try at least one type of bread, one cracker, and one pasta)**

Whole grain bread (try Alvarado Street Bakery, Ezekiel 4:9 and Earthseed products)

Alvarado Street No Salt! Sprouted Multi-grain bread (10mg sodium/90 calories)  
Alvarado Street Essential Flax Seed Bread (120 mg sodium/100 calories, date sweetened)

Alvarado Street Cinnamon Raisin (105 mg sodium/80 calories)

Ezekiel 4:9 Sprouted Grain Bread (75 mg sodium/80 calories)  
Ezekiel 4:9 7 Spouted Grain Bread (80 mg sodium/80 calories)  
Ezekiel 4:9 Cinnamon Raisin Bread (65 mg sodium/80 calories)  
Ezekiel 4:9 Low Sodium (0mg sodium/80 calories)  
Ezekiel 4:9 Tortillas (140 mg sodium/150 calories)  
Ezekiel 4:9 Pocket Bread (120 mg sodium/100 calories)  
Ezekiel 4:9 Sprouted Whole Grain English Muffins (80 mg sodium/80 calories)  
Ezekiel 4:9 Cinnamon Raisin English Muffins (85 mg sodium/80 calories)

Earthseed Fruit and Nuts (0 mg sodium/130 calories)  
Earthseed Multiseed (0 mg sodium/130 calories)  
Earthseed Carrot Raisin (0 mg sodium/10 calories)  
Earthseed Whole Rye (0 mg sodium/10 calories)

Whole grain crackers (try Ryvita and Kavli products)

Ryvita Rye and Oats (10 mg sodium/35 calories)  
Ryvita Light Rye (20 mg sodium/35 calories)  
Ryvita Dark Rye (40 mg sodium/35 calories)  
Ryvita Fruit Crunch (0 mg/50 calories)

Kavli Hearty Thick (55 mg sodium/70 calories)  
Kavli 5 Grain (30 mg sodium/40 calories)  
Kavli Crispy Thin (45 mg sodium/50 calories)

Whole grain pasta (try Ezekiel 4:9 and Westbrae products)

Ezekiel 4:9 Sprouted Grain Pasta Fettuccine (10 mg sodium/210 calories)  
Westbrae Natural Organic Whole Wheat Lasagna (5 mg sodium/180 calories)

Rolled Oats and quick oats for the banana oat squares

2 cups golden flax seeds

Swiss Muesli (raw oats, fruit, nuts mixture)

Fruit including apples, oranges, and bananas

1 package frozen blueberries

Box of Westsoy Unsweetened Soy Milk (Original or Vanilla)

Raw almonds, cashews, walnuts, pecans and sunflower seeds

Medjool dates

Shredded Coconut

Low or non-fat milk and yoghurt if desired

### **Step 1 Recipes**

Try these 3 oatmeal variations for breakfast and make Date Nut Pop 'Ems for dessert or a healthy snack

#### **Cinnamon Fruit Oatmeal**

Serves: 2

##### **Ingredients**

2 cups water

1/4 teaspoon cinnamon

1 teaspoon vanilla extract

1/2 cup old-fashioned rolled oats

1/2 cup frozen or fresh blueberries

2 apples, chopped

1 tablespoon flaxseeds, ground

2 tablespoons walnuts, chopped

1/4 cup raisins

##### **Directions**

In a saucepan, combine water with the cinnamon and vanilla and bring to a boil over high heat. Add oats and again bring to a boil. Now reduce heat to low and simmer for 5 minutes. Add blueberries.. Turn off heat when berries are heated through. Cover and let stand for 5 minutes until thick and creamy. Mix in apples, flaxseeds (grind flaxseeds in a small coffee grinder), nuts, and raisins. Add more cinnamon if you like. Stir and serve with soymilk.

#### **Morning Glory Oatmeal**

Serves: 2

**Ingredients**

2 1/2 cups water  
2 cups rolled oats  
1 cup orange juice  
1/4 teaspoon cinnamon  
1/4 teaspoon nutmeg  
2 tablespoons maple sugar  
6 tablespoons chopped nuts

**Directions**

Place all ingredients except maple syrup and nuts in a medium saucepan and stir to combine. Bring to a boil. Cover and reduce heat to low. Simmer for 5 minutes, stirring once or twice. Remove from heat and let sit, covered for 2-5 minutes. Stir in maple syrup and top with nuts. Serve hot.

**Blueberry Nut Oatmeal**

Serves: 3

**Ingredients**

1 cup rolled oats  
2 tablespoons currants or raisins  
1 tablespoon ground flax seeds  
1 3/4 cups water  
1 cup apple, grated  
1 cup blueberries, frozen or fresh  
8 pecan halves, chopped

**Directions**

In saucepan, bring water to a boil and stir in all ingredients, except blueberries and pecans. Cook for 5 minutes. Stir in blueberries and pecans and cover for 2-3 minutes before serving.

**Grizzlie's Swiss Muesli with Fruit, Nuts, and Soymilk**

**Ingredients**

1/2 cup Swiss Muesli mix  
2 pieces fruit chopped  
1/4 cup walnuts chopped  
1/2 cup unsweetened soy milk

**Directions**

Mix together the muesli mix, fruit and nuts. Then top with cold soymilk

## **Date-Nut Pop'Ems**

Preparation Time: 10 minutes

### **Ingredients**

1/4 cup raw almonds  
1/4 cup raw cashews  
1/4 cup raw walnuts  
1/4 cup raw sunflower seeds (or substitute ¼ cup pecans or macadamia nuts)  
6 large medjool dates

### **Instructions:**

In a food processor, grind the nuts and seeds into a powdered meal. Now add the pitted medjool dates to the nut mixture and thoroughly blend. Knead mixture together and form into little nut balls.

Note: There are many variations to these delicious Date-Nut Balls. You may use equal amounts of almonds, cashews, walnuts, pecans and sunflower seeds in any combination, adding more dates as needed for desired consistency. These appeal to all ages, but they are especially good for toddlers to use as a finger food. You can grind a large amount of the nuts and seeds at one time and store in the freezer for later use.

## **Banana/Oat Cookies**

Serves: 8

Preparation Time: 5 minutes

### **Ingredients:**

2 cups quick oats (not instant)  
1/4 cup chopped walnuts  
1/2 cup shredded coconut  
1/2 cup chopped medjool dates (may substitute raisins)  
3 large ripe bananas, mashed  
1/2 cup unsweetened applesauce (or 1 cup for more moist cookies)

### **Instructions:**

Preheat oven to 350 degrees. Mix ingredients together in a large bowl. Press dough in a 9"X 9" baking pan or form into cookies. Bake for 30 minutes. Cool on wire rack. When cool, slice into squares or bars and serve. ENJOY!!

## **I have completed these items during Step I**

1.

I now have essential kitchen equipment:

- blender
- food processor
- vegetable steamer
- nut and seed grinder (coffee grinder)

2.

I have removed from my refrigerator and pantry:

- products containing processed/white flour
- products containing processed sugar
- butter, cheese, whole milk, whole yogurt
- salty processed products

3.

I have restocked my refrigerator and pantry with:

- whole grain breads, crackers, and cereal
- medjool dates
- Low-fat or non-fat dairy products and non-sweetened soy milk

4.

I have purchased the ingredients for and prepared:

- Cinnamon Fruit Oatmeal
- Swiss Museli
- Date-nut Pop 'ems

\_\_\_ Banana Oat Cookies

5.

\_\_\_ I now add 1 tablespoon ground flax seed to my breakfast cereal each morning