



Day 1 – The End of Dieting – This Is How We Do It! – <http://tspmg.com/21day/day1.html>

Day 2 – Where Do You Get Your Protein? – <http://tspmg.com/21day/day2.html>

Day 3 – Is Soy Safe? – <http://tspmg.com/21day/day3.html>

Day 4 – Does Milk Do A Body Good? - <http://tspmg.com/21day/day4.html>

Day 5 – Eat Plants, Not Supplements - <http://tspmg.com/21day/day5.html>

Day 6 – Dietary Influences on Prostate Cancer - <http://tspmg.com/21day/day6.html>

Weekend

Day 9 – Dietary Influences on Breast Cancer - <http://tspmg.com/21day/day9.html>

Day 10 – Dietary Influences on Colon Cancer - <http://tspmg.com/21day/day10.html>

Day 11 – Plant-Powered Athletes Win! - <http://tspmg.com/21day/day11.html>

Day 12 – Vegan Is the New Viagra - <http://tspmg.com/21day/day12.html>

Weekend

Day 15 – The Last Heart Attack - <http://tspmg.com/21day/day15.html>

Day 16 – The Facts on Fat - <http://tspmg.com/21day/day16.html>

Day 17 – Fish Is Not the Solution - <http://tspmg.com/21day/day17.html>

Day 18 – Carbs- Good or Bad? - <http://tspmg.com/21day/day18.html>

Day 19 – Dump Diabetes - <http://tspmg.com/21day/day19.html>

Weekend

Day 21 – Congratulations! - <http://tspmg.com/21day/day21.html>

Tips for Adopting a Whole Food Plant-Based (WFPB) Diet - Part 1

“The answers to our leading health woes are not at the bottom of our pill bottle, but on the end of our fork.” Shushana Castle & Amy-Lee Goodman, [Rethink Food – 100+ Doctors Can’t Be Wrong](#)

1) Plan for Success

- Plan your meals including snacks at least 1 week in advance.
- Shop and cook on the weekends to prepare for the week ahead.
- Cook in larger batches to eat for several days or freeze into portions for the future.
- Read labels to assess the nutritional content – calories, fat, fiber, protein, etc.
- Choose products with whole grains, low in sugar, salt and fat.
- Avoid foods with dairy products (whey, casein, non-fat dry milk, egg whites, cream)
- Carry emergency snacks to avoid fast food temptations (trail mix, dairy-free granola bar, etc.)
- Buy inexpensive dry beans, bulk food items, and seasonal produce for best flavor and lowest cost.

2) Keep it simple

- Rework old favorite recipes – chili with beans instead of meat, etc.
- When shopping, make your cart more than half fresh fruits and vegetables
- Keep the freezer stocked with vegan breakfast patties and burgers to use in a pinch
- Plan a simple breakfast that is always easy and ready to go.

3) Try new recipes

- Use a plant-based cookbook or website to find new recipes.
- Have fun experimenting! Small changes to favorite meals can be even BETTER!

4) Find a partner

- If possible, ask someone to embark on this new journey with you to share recipes, trade experiences, explore vegan-friendly restaurants.

Tips for Adopting a Whole Food Plant-Based (WFPB) Diet - Part 2

As you prepare to begin the 21-Day Challenge next week, it's important to plan ahead and understand the important elements of a good plant-based diet.

A *Well-Planned* Whole Food Plant-Based Diet is the Key to Health

1. Protein

- Beans, grains, seeds and nuts have the highest amount of protein in the plant kingdom.
- To keep your protein intake up, eat bean products throughout the day –soymilk, hummus/bean dips, beans in salads, stewed bean dishes, peanut butter.

2. Carbohydrates

- Stick to **Whole Food** carbohydrates which have fiber and complex starches – potatoes, whole grains (brown rice, oats, corn, amaranth, farro, freekah, quinoa, spelt, etc.), whole grain pastas and bread.
- Look for whole grains to be listed first on the ingredients label –whole wheat, whole corn, etc.
- Avoid fiber-less, sugary food products.

3. Fats

- Obtain healthy fats (in small quantities) from whole foods such as nuts, seeds, avocados.
- Minimize the use of all fats and oils –olive oil, canola oil, sesame oil, etc.
- Keep plant butters (Spectrum, Earth Balance) to a minimum. They're cholesterol free but still have fat.
- For seeds –consider hemp, flax, chia, sunflower, pumpkin seeds. Sprinkle on cereals, salads, and toast; mix into breads and smoothies.
- Flax seeds should be ground to obtain the healthy Omega-3 fatty acids and must be refrigerated. Chia seeds can be stored at room temperature and do not need grounding to absorb the Omega-3s.
- Start decreasing your oil intake. Try sautéing onions, bell pepper and garlic without oil as a base for a bean dish. Cook these gently in a low to medium-hot skillet, adding a little water at a time as the food starts to stick.
- Watch out for high-fat vegan products (french fries, pastries).

4. Fruits and Vegetables

- Eat your 5-9 servings of fruits and vegetables per day. These are packed with vitamins, minerals, antioxidants and phytochemicals which help to ward off cardiovascular disease, diabetes, cancer, and autoimmune disorders.
- Eat more vegetables than fruits since fruits are higher in calories due to the fruit sugar (fructose).
- Try to have a leafy green vegetable per day.
- Try a “Green Smoothie” for breakfast or a snack *on occasion* to get your daily dose of green vegetables. Recipe: lots of spinach or kale, semi-frozen bananas, pineapple chunks, frozen green grapes plus soy or almond milk.
- Eat whole fruits, **not fruit juice**, to maintain the fiber and to avoid excess calorie intake.

5. Dairy Substitutions

- Use plant milks (soy, almond, hemp, rice, oats) instead of animal milks (cow, goat). Check for products fortified with calcium, Vitamin D, B12 and other nutrients.
- There are plant-based substitutions for cheese, ice cream, sour cream, cream cheese, and yogurt. They can be found in the health food section of many standard grocery stores or in a health food store. Recipes for these can also be found in plant-based cookbooks. As these dairy substitutions are higher in fat, they should be eaten sparingly.
- Remember that whole foods which are naturally low in fat and sugar are always best.

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6. Nutritional Supplements

- A well-planned balanced WFPB diet contains all the nutrients you need, therefore extra commercially produced supplements are not needed except for Vitamin D and B12.
- Our bodies make Vitamin D in our skin with sufficient sunlight exposure. Since most people in our society do not get enough sunlight exposure, we can become Vitamin D deficient. Vitamin supplements have been added to food products but a more reliable way to obtain this is through taking Vitamin D tablets. There is not yet a general medical consensus on Vitamin D screening and supplementation, but this is a topic that you may wish to discuss with your doctor.
- Vitamin B12 is made by bacteria and fungi. Animals contain B12 since they eat food contaminated with bacteria. Vegans may become deficient in B12 since they no longer eat animal products and the plants they consume are washed clean of bacteria. Those consuming a WFPB diet for life will need to take Vitamin B12 supplements for life.

Plant Power Challenge Resource Websites General Information:

Physicians Committee for Responsible Medicine

<http://www.pcrm.org>

<http://www.nutritionmd.org/index.html> (siteofthe21DayKickstartWeightLossProgram)

<http://nutritionfacts.org>

www.nutritionstudies.org

<http://www.forksoverknives.com> (website, DVD, Book, Cookbook)

<http://www.vegsource.com>

<http://www.vrg.org/nutrition>

Plant-based Nutrition Books

The Complete Idiot's Guide to Plant-Based Nutrition by Julieanna Hever, M.S., R.D., C.P.T.

21-Day Weight Loss Kickstart-Boost Metabolism, Lower Cholesterol and Dramatically Improve Your Health by Neil D. Barnard, MD

The Forks Over Knives Plan—A 4-Week Meal-By-Meal Makeover

How to Transition to the Life-Saving Whole-Food, Plant-Based Diet by Alona Pulde, MD and Matthew Lederman, MD

Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs by Neal D. Barnard, MD

Power Foods for the Brain: An Effective 3 Step Plan to Protect Your Mind and Strengthen Your Memory by Neal D. Barnard, MD

The China Study—Startling Implications for Diet, Weight Loss and Long-Term Health by T. Colin Campbell, PhD and Thomas M. Campbell II, MD

The China Study Cookbook by Leanne Campbell, PhD

The Complete Vegan Kitchen by Jannequin Bennett

Whole—Rethinking the Science of Nutrition by T. Colin Campbell, PhD

Becoming Vegan Express Edition –The Everyday Guide to Plant-based Nutrition by Brenda Davis, RD and Vesanto Melina, MS, RD

Vegetarian Times Magazine

Plant-based Nutrition Recipe Websites

https://foodforhealth.kaiserpermanente.org/recipe_type/vegan/

<http://www.ordinaryvegan.net><http://happyherbivore.com/>