

NUTRITION GUIDE

Exploring the Influence of Diet in Tobacco Addiction Recovery

FrameWork Health, Inc.



Introduction

Of immediate concern to a new non-smoker is weight gain. The sense of taste is returning; the moments previously occupied with smoking have become a vacuum which brings the temptation of indulging. Those indulgent snacks may be high in calories. That is where weight gain begins.

Just as you have approached tobacco cessation in a systematic way, so the approach to snacking and the day's meal plan in particular should be systematic.

This booklet is prepared with the busy consumer in mind. Life is demanding of our time and energy. We want instructions that are easy to understand, methods that save us time, and immediate satisfaction in the fact that we are doing things right.

Learning that meal planning and preparation can be simple is gratifying.

Using natural foods with simple seasoning and recipes low in fat and sugar is beneficial to addiction recovery. Foods rich in Vitamins A, B, and C are critical for healing the damage from tobacco use. Minerals that are essential during this time are iron, magnesium, calcium, selenium, chromium, and potassium. That means a diet rich in fruits, vegetables, whole grains, nuts, legumes. The optional addition of low-fat dairy products is also acceptable.

In this booklet you are going to be introduced to the fact that you can achieve optimal nutrition status without meat or other animal products.

Included in this addiction recovery nutrition supplement are tasty recipes that will provide easy-to-prepare menu items that give you the bonus of productive activity for your mind and hands.

Enjoy!

Linda Royer, Producer

Chapter One

The Ideal Diet

Obesity is currently one of the major health-related problems across the nation. As a result, dieting has become an obsession. Many are trying desperately to lose weight rapidly and are looking for the perfect, or "miracle," diet to supply this demand, with its own recipe for success.

What is the recipe for success? What is your recipe for success in the nicotine addiction recovery program? Are you finding that choosing to change those habits and attitudes that support your deleterious lifestyle is a major mechanism for success? What have you learned are the elements that help you reach and maintain your goals? Consistency . . . balance . . . simplicity . . . trust . . . focused goals . . . control.

Those same elements apply to controlling weight.

The Original Diet

In the beginning of time, God created man and woman to oversee and manage the other life He had created. All lived in harmony. The food they ate provided strength and enhanced beauty. It didn't require destroying the life of another to provide adequate nutrition. Those perfect giants of health lived on fruits, nuts, grains, seeds, and plants! Read it in Genesis 1:29, 30, "Then God said, 'Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be food for you; and to every beast of the earth and to every bird of the sky and to every thing that moves on the earth which has life, I have given every green plant for food; and it was so'".

The original diet instituted by God in the Garden of Eden will maintain ideal weight and provide adequate nutrients for a healthy body today as it did then. Later in chapter 9 of Genesis you can read how God permitted humans to eat flesh meats after the Great Flood. But as a result, the human life span was shortened considerably from more than nine hundred years to less than one hundred years. However, with the introduction of flesh meats, God provided a standard for the kinds to be consumed. You will find that information in Leviticus 11. The Bible tells us later that if the laws of health established with His people are followed, many diseases that plague us today will not afflict us. (Exodus 15:26)

The dietary guidelines for Americans, as set by the U.S. Department of Agriculture encourage the increased use of fruits, vegetables, whole grain breads and cereals, and decrease use of high fat and high cholesterol foods. Eat a variety of foods; avoid too much sugar and salt; maintain ideal weight. Returning to the original diet can help us reach these goals.

These suggestions can help you as you decide to simplify and optimize the quality of your diet:

- Choose foods in their most natural state.
- Try eating a hearty or moderate breakfast to maintain energy levels in the morning.
- Eat enough at lunch so that the remainder of your day's activities can be accomplished without snacking.
- Make the mid-day meal your largest meal, with a variety of vegetables, some grain foods, and simple carbohydrates like pasta, rice, potatoes.
- Eat as little as possible at suppertime. This allows the digestive organs time to relax and aids in getting restful sleep. Those of you who have a reversed schedule should adjust your meals to reflect this pattern.

- Set a long-term goal of limited or no snacks between meals (unless you are planning 4-6 small nutritious meals each day). During tobacco addiction recovery the healthy snack food may be your solution from relapse.
- The longer nicotine stays in your body the less intense and frequent are the withdrawal symptoms. The fruit juices and vegetables produce an alkaline effect on the system. Nicotine is eliminated from the kidneys more slowly in an alkaline state. Studies were done using sodium bicarbonate to alkalize the body and nicotine was eliminated more slowly and cravings were less in the first couple of days.

I will say with Jesus' beloved disciple, "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." (3 John 2)



Chapter Two

The Most Important Meal of the Day

Nutritionists recommend breakfast as an important part of healthy eating habits. Despite these recommendations millions of Americans routinely skip breakfast. Many people may believe that by omitting breakfast they are reducing their total calorie intake therefore helping their efforts at weight control.

Eating breakfast is important because it is associated with:

- improved strength and endurance
- better attitude toward school or work
- maintenance of constant blood glucose concentration and prevention of hunger and subsequent overeating later in the day.

Several large surveys have explained the contribution of breakfast to general nutritional quality of the diet in adult children populations. Using data from the nationwide Food Consumption Survey, the researchers concluded that skipping breakfast lowered the nutritional adequacy of the adult diet, particularly for adult females. In general, the individuals who eat breakfast regularly have more adequate vitamin and mineral intake, lower percentage of calories from fat, and higher intake of crude fiber.

Another major advantage of eating breakfast was a greater reduction in unexplained, impulsive snacks and a larger reduction in calories and fats associated with impulsive eating. It will also help in restricting calorie intake for the remainder of the day; supper will be a lighter meal. Most breakfast skippers eat their heaviest meal in the evening.

Breakfast breaks the "fast" of the night. After 12-14 hours without food, the body is in need of nourishment more than any other time of the day. Energy must be renewed, body tissues must be furnished with nutrients for building new cells along with vitamins, moisture, and bulk for the body's daily function. Without an adequate breakfast, you probably will experience reduced energy, headaches, excessive fatigue, even dizziness, and difficulty in concentrating and performing.

In the morning, the stresses and strains of the day have not yet begun, and the body is not only in need of food more than at any other time of the day, but it is usually able to handle more food than at any other meal. The organs and glands of the digestive tract, as well as every other part of the body, will function at their best. Give your body the benefit of food when it is most needed.

What Should Your Breakfast Be Like?

Nutritious. It should supply 1/4 to 1/3 of the day's nutrient needs with sufficient protein. (Please refer to the next chapter on Protein). The balance of need can be obtained by including whole-grain cereal, low-fat milk or an alternate, whole-grain or near whole-grain bread with a spread, fruit, and a protein-rich food.



Check the label of your packaged breakfast cereal for the quality of ingredients. As you probably know, the ingredients must be listed in order of their predominance or amount in the recipe. If sugar is listed first, it means it is the major ingredient.

Watch out for other sweeteners, such as dextrose and corn syrup which are considered empty calories without vitamins or minerals. Choose cereals that list whole grains instead of refined ones.

Appearance. The breakfast table should look attractive and the food appetizing. A well-planned and well-prepared breakfast menu on a well-set table in a cheerful atmosphere will attract you or the family to eat.

Timing. It should be ready with enough time to eat it. This comes by planning. The morning program must allow time for preparing and eating a good breakfast. Starting the preparation of breakfast the day before, getting up a few minutes earlier, along with assistance from other members of the family will help accomplish this goal.

Easy. It should be simple and easy to eat. Omit fancy dishes, foods that need preparation at the table, such as unpeeled fruits or nuts in the shell, foods that take a long chewing time, or that are complicated to serve, or that would not be accepted readily. Keep the menu simple, quick, easy, but generous and nutritious.

Social need. If at all possible, make breakfast the family hour if you have a family. Start the day with those things that are the most important needs of life spiritually and physically—morning meditation, family companionship, a good breakfast. The day, then, having been started positively with love, will certainly be more apt to go well.

With all this background on which to plan a hearty, healthy breakfast, just what can we eat?

Ideas for The Most Important Meal of the Day

- Steamed brown rice with chopped dates, raisins, or sliced bananas and milk
- Fruited oatmeal; raisins and grated raw apple, dates and sliced bananas, figs and sliced peaches - with milk or adequate milk alternate
- Add one tablespoon wheat germ for each serving of cooked cereal just before serving. Add raisins or dates to cooked cereal just before it is served. Sprinkle chopped nuts or toasted sesame sunflower seeds over a serving of cooked or dry cereal
- Waffles, either whole-wheat or reinforced with soy flour, wheat germ. For special occasions, serve with fruited cream or molasses cream (see following recipes)
- Cooked potatoes hashed with gluten or one of the nutmeal preparations or meat analogues and onions (see list of brand names at end of chapter)
- Fruit toast served with stewed fruit or berries and topped with a low-calorie cream
- Cornbread or whole-wheat muffins with orange honey butter (see recipe)
- Granola



Chapter Three

Better Breakfast Recipes

Orange Honey Butter

Beat together thoroughly 4 T. liquid margarine, 4 T. honey, and 1 t. grated orange rind.

Fruited Molasses, Maple, or Honey Cream

Fold any fruit, fresh or cooked, pureed, mashed, or cut into small pieces, into whipped low-fat cream or evaporated milk. Strawberries, apricot puree, crushed pineapple, cubed bananas, raspberries, applesauce, or fresh grated apples are delicious. Fold into cream a tablespoon or two of molasses, maple, or honey for another delicious choice. Use on waffles, pancakes, or whole grain toast.

Alternatives to Dairy Milk: Soy Milk (purchased in powder or liquid form in natural food stores), Nut Milk, made by whizzing in the blender 1/2 cup of lightly toasted cashews or almonds with 4 dates and 2 cups of water. Two T. of sesame or sunflower seeds or a ripe banana may be added. This will not equal dairy milk in nutrient value.

Skillet Corn Bread

1 cup yellow cornmeal
1/4 cup bread flour
1 T. honey
1 cup boiling water
2 T. olive oil
1/2 cup Scramblers or a similar egg substitute
1/4 cup soy milk



Mix dry ingredients in a large bowl. Pour boiling water over them, and blend well using a little more or less water as needed to make a medium consistency batter. Warm oil in skillet, and stir into batter. Mix Scramblers with honey and soy milk. Fold into batter gently to preserve air—making cornbread light.

Top-of-stove method: Pour batter into hot oiled skillet. Have lid warm also. Cover and place over low to medium heat. Bake until set, about 15 minutes. Uncover, loosen around edges with knife spatula, and turn cornbread over. Bake about 10 minutes longer, uncovered, to brown crust (now on bottom).

Oven method: Bake uncovered at 350o F. for 25 minutes or until done (toothpick test). Serve at once with Orange Honey Butter. Serves 4 generously.

Fruit Toast

3 cups cooked fruit, sweetened to taste with honey

1 1/2 cup fruit juice

1 1/2 T. cornstarch

4 slices whole-wheat toast

Bring fruit, mashed slightly, cubed, or sliced, to boil in juice. Moisten cornstarch with an equal amount of water and stir into boiling ingredients. Cook 1 minute, stirring a few times. Serve over toast spread with margarine or peanut butter.

Skillet-Steamed Apples

- 6 medium apples
- 1 T. margarine
- 2 T. water, if needed



Quarter, core and slice apples. (Leave peeling on all or on as many as desired for fiber) Melt margarine in skillet and coat bottom. Add sliced apples. If apples are not juicy, add water. Stir, cover, and steam over low heat, stirring now and then, until apples are tender. Serve hot. Serves 4.

It is surprising that sweet apples steamed without sugar are very tasty. When not diluted with a large amount of water, the natural sugar is concentrated and is adequate. If apples are tart, stir in 2 T. of brown sugar or frozen apple-juice concentrate. Prepare apples this way for apple pie, Apple Betty, and other apple dishes.

Almond French-Style Toast

- 1 cup water
- 1/2 cup bleached untoasted almonds
- 2 dates
- 2 T. whole-wheat flour
- 1 t. chicken-style seasoning (optional)
- 6-8 slices dry whole-wheat bread

Place all ingredients except bread in blender; whiz until smooth. Dip whole-wheat bread slices in mixture; lay on slightly oiled cookie sheet and bake at 350° F for 10 minutes; bake on both sides to golden color. Or brown delicately on both sides in lightly oiled skillet over low heat. Serve with a simple topping—applesauce, apricot puree, orange honey butter.



Chapter Four

Adequate Protein in the Optimum Diet

Proteins are essential to good nutrition and thus to life, health and efficiency. The word protein comes from the Greek word meaning "preeminence" or "to take first place."

Body proteins are not fixed and unchanging substances. They are in a constant state of exchange. Continuously, some molecules or their parts are breaking down and others are being built up as replacements. This exchange is a basic characteristic of living things. The body is very efficient in this recycling process so that little loss occurs in the turnover taking place. However, there is a steady but small loss as a result of the sloughing of skin and the growing of hair and nails, and from various secretions and excretions of the body. These losses are estimated for the adult man to be about thirty grams of protein per day, which must be replaced.

During digestion, the protein in food is broken down into units called amino acids, and these units or "building blocks," as they often are referred to, are absorbed from the small intestines and carried by the blood to the tissues. Here each cell takes from the bloodstream the kind and amount of amino acids it requires.

Amino acids are available for tissue formation not only from food but from what is known as a small "metabolic pool" of amino acids that is made up from this constant turnover of body proteins. In a well-nourished person the body is able to obtain the amino acids it needs on a constant basis, not only during the digestive process but when digestion is not occurring.

building does not stop when digestion and absorption are completed.)

(Tissue building does not stop when digestion and absorption are completed.)

Proteins are essential for:

- growth and for replacement in tissue building
- the manufacturing of the digestive juices with their enzymes by which foods are transformed into substances that meet the requirements of the body
- the formation of hormones such as those produced by the thyroid, pituitary, and adrenal glands. The secretions of these glands are vital in maintaining and regulating growth and many body functions.
- in the production of antibodies which assist the body in its defense against disease
- the production of hemoglobin for iron transport
- the production and maintenance of neurotransmitters

We may have sufficient amounts of all the other food nutrients, but if we do not have enough protein, the cells in the body will suffer. Proteins are an essential constituent of both plant and animal tissue. Without them there is no known life. Plants are able to build their own protein from the chemical elements in the air, soil, and water, but man and other animals must depend upon the plants for their source of protein.



Getting the Best Quality of Protein for You

Proteins are made up, as we have seen, of units produced by the body called non essential amino acids—there are some twenty or more. Certain amino acids that cannot be made by the body are called essential. Practically speaking, all the so-called essential and non-essential amino acids must be present to build the body proteins.

When a food protein contains all the essential and amino acids in significant amount and in proportions fairly similar to those found in the body protein, it is classified as a protein of high biological value. Egg protein is an example of such a protein. Other foods have been studied using the amino acid pattern (proportion and concentration) of egg protein as a standard.

Foods in a lacto-ovo-vegetarian diet of high biological value include milk and milk products; several of the legumes, particularly soybeans; potatoes and green leafy vegetables. Other valuable sources include the entire legume group, nuts, seeds, and grains.

For example, with the biological value need for adults at 60 and for infants and children at 70, the following foods rank like this:

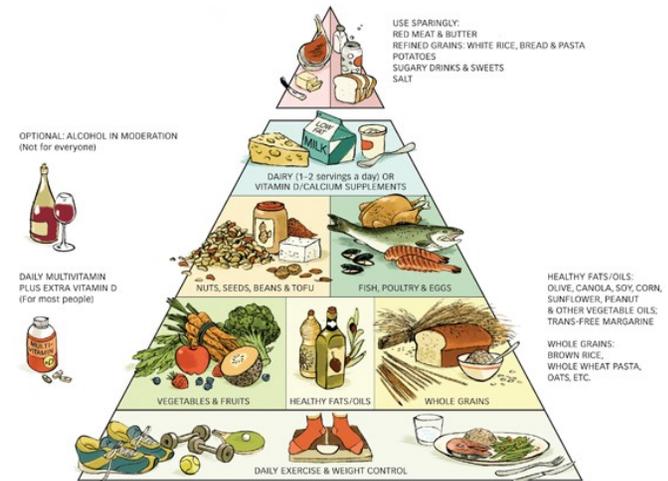
Buckwheat cereal	77
Oats	65
Wheat	65
Soybeans	73
Lima beans	67
Peas.....	64
Cashews	72
Pecans	60
Beef and veal	74
Fish	76
Milk (cow)	85
Mushrooms	80

Some nonmeat foods are limited in certain amino acids. To correct that, foods that are deficient are combined with others that have adequate quality of that amino acid and a total protein occurs. This is known as complementation. Researchers have discovered that combining milk with grains, grains with legumes, potatoes with vegetables, soy milk with grain bread or cereal, nuts or seeds with legumes, peanut butter on wheat bread all provide the necessary total protein.

Here again, following the recommended Pyramid 4 diet will provide the adequate nutritional balance you need. Protein should furnish 10-15% of the total daily calories, year round. In adult males that would be 56 grams/day; in adult females, 44 grams/day.

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



For more information, visit WWW.THE NUTRITION SOURCE.ORG

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Protein Recipes

Baked Beans

2 1/2 cups (1lb) dried beans
7 cups boiling water
3 1/2 cups tomatoes
2 t. Vegex/Marmite
1/2 cup tomato paste
1/4 cup brown sugar
2 T. molasses
2 T. oil
1 lge. whole onion
1 t. sweet basil

Follow general method for cooking beans to medium soft stage, including 1/2 t. salt/1 cup of beans at the end of cooking. Add all ingredients except onion and sweet basil. Mix well. Put in bean pot. Place whole, peeled onion in center.

Bake covered for 1 hour. Remove cover. Add sweet basil. Stir in with fork. Bake uncovered until liquid is thickened.

Yield: 6 servings

Calories: 120/cup



Walnut Stuffing Balls

4 cups bread crumbs
1 cup chopped walnuts
1/2 t. thyme
1/2 t. basil
1/2 cup chopped fresh parsley
1/2 cup diced celery
1 onion, chopped
1/2 cup olive oil
2 vegetable boullion cubes

1 cup boiling water

Saute' celery and onion in 1 T. oil. Place boullion cubes in water and set aside. Mix dry ingredients together, then add saute'ed celery and onion and the olive oil. Add just enough of the boullion to moisten the mixture. Shape into 2-inch balls, place on oiled baking sheet, and bake at 375° F for 20 minutes until crisp and brown.

Serving: 3200 calories; 2 grams fat; 6 grams protein.



Chapter Five

Look What You Can Do With Tofu

Tofu, originally an Asian food for hundreds of years, is known as "soybean curd". It is made by extracting the protein from soybeans using acids or salts. This "curd" is allowed to settle, the water is removed, and the "cheeselike" substance is formed into blocks of tofu. Both "soft" and "firm" tofu is sold in most produce sections of larger supermarkets.

It is very high in protein, yet low in saturated fat, sugar, salt and contains no cholesterol. It serves as an ideal "meat substitute". Costing only about \$1.00 per pound, it helps to stretch the food dollar.

Because it has little flavor of its own, tofu picks up the taste of ingredients added to it, and therefore, can be enjoyed in many dishes, from appetizers, through main courses and to desserts.

Always store tofu in airtight containers, with water to cover that is changed daily for freshness. Use tofu within a week of purchase or check expiration date on container.

Tofu Recipes

Tofu Salad

1 pound firm tofu, crushed
1 cup cooked peas
1/2 cup grated carrots
1 small onion, chopped
2 T. oil
1 t. garlic powder
1/2 t. cumin powder
1/2 t. sweet basil
1/2 t. parsley flakes
1/8 t. salt or seasoned salt

1/2 t. cumin powder
1/2 t. sweet basil
1/2 t. parsley flakes
1/8 t. salt or seasoned salt
2-4 T. salad dressing

Saute' onion and carrots in oil, then add crushed tofu, peas, and seasonings. Stir occasionally. Let cook for 5-8 minutes over low heat. Cool in the refrigerator, then add salad dressing. Serve with crackers.

Calories: 60 per 2 oz. serving.

Tofu Vegetable Stir Fry

Marinate 1/2 hour:

1 pound firm tofu, cut into 1/3" cubes
2 packets George Washington Seasoning
1 pint water
Drain and reserve liquid.

In a wok or large frying pan, saute' tofu over medium heat in 2 T. olive oil until brown.

Stir fry in 1 T. olive:

1/2 pound stir fry vegetables or:
1/2 carrot, chopped
1/2 green pepper, chopped
1 cup bean sprouts
1 cup broccoli spears
1/2 cup fresh mushrooms, chopped

In separate bowl mix:

1 T. cornstarch
1 cup water
1 packet George Washington Seasoning Mix

Add to tofu and stir fry vegetables. Then stir until vegetables are cooked to slightly crisp. Serve over hot rice.

Serves 6 (1/2cup). Each serving: 100 calories, 4 grams fat

Scrambled Tofu

1 pound tofu

1 T. oil

1/4 cup sliced green onion or minced onion

1 T. food yeast flakes or 2 T. chicken-style flavoring

1 T. soy sauce

Sprinkle of tumeric for color

Drain tofu and place between absorbent cloth or paper towels to absorb moisture. Oil skillet and saute onions to soften, but not brown. Cube tofu.

If food yeast is used, sprinkle over onions, and stir until slightly browned (food yeast burns easily). Add diced tofu at once and if chicken-style flavoring is used add at this time. Stir to scramble. Cook over low heat, stirring and scraping from bottom of skillet until dry as desired. Sprinkle soy sauce and tumeric on it. Stir to blend. Serve hot. Serves 4.

Tofu can be added to many recipes when you want to enrich the protein content, including lentil soup, pasta recipes in place of cheese, burgers, stroganoff, Spanish rice, and in salad dressings in place of egg or to add bulk.



Low Fat/Low Sodium Salad Dressings

Green Goddess Dressing

1/4 cup oil

1/2 T. dry chives

2 T. dried parsley

2 T. lemon juice

1 t. onion powder

1/4 t. garlic powder

1 t. Parsley Patch

Mix ingredients in a jar and shake well before serving.

Keep in refrigerator.

Basic French Dressing

1/2 cup tomato sauce

1/3 cup olive oil

2 T. lemon juice

1 t. seasoned salt

Mix ingredients in a jar and shake well before serving.

Keep in refrigerator.

Thousand Island Dressing

Combine in a blender until smooth and creamy:

1/2 pound soft tofu, mashed

1/2 t. onion powder

1/2 cup ketchup

1/4 t. Vegesal/Vegamite

2 T. olive oil

1/8 t. garlic powder

Fold in:

3 T. sweet pickle relish

3 T. stuffed green olives, minced

1 T. parsley, chopped fine

Serving: 1 T. with 23 calories, 1 gram protein, 2 gram carbohydrates

Chapter Seven

Low-Calorie Desserts

Lemon Pie Filling

- 1 cup pineapple juice
- 1 cup fresh orange juice
- 4 T. fresh lemon juice
- 10 dates
- 1/4 cup water
- Grated rind of 1 lemon
- 1/4 cup cornstarch
- 1/4 tsp. salt
- 1 T. chopped cashews

Blend all ingredients at high speed until smooth. Cook on low heat, stirring constantly, until mixture thickens. Let cool and pour into baked pie crust.

Calories: 45 per cup

"It Takes Five"

- 1 can pineapple chunks
- 1/2 cup shredded coconut
- 1 cup plain yogurt
- 1/2 cup chopped pecans
- 6 oz. mandarin oranges

Fruit Balls

- 1/2 cup dried figs
- 1/2 cup dates
- 1/4 cup dried apricots

Put fruits and nuts through grinder. Add lemon juice and mix well. Form into small balls and roll in fine coconut or powdered nonfat milk. Store in refrigerator.

- 1/4 cup pitted dried prunes
- 1/2 cup walnuts
- 1/2 cup seeded raisins
- 1 t. lemon juice

Calories: 50 per ball

How Much Fat Can You Eat?

How much fat is 30% of your total calories per day? Here is a formula you can use to calculate the answer. You will need pencil and paper and/or a calculator.

Figure out the number of grams of fat allowed daily and add up the grams in each food item. (Foods labels are required to have nutrition information including the grams of total fat by serving.)

Determine the number of calories you should be consuming daily, multiply the calorie level by 0.30, and then divide the resulting number by 9, since each gram of fat has 9 calories.

For example, if your target maximum is 2,200 calories, up to 660 calories could come from fat, which would be supplied by 73 grams of fat.

$$\begin{aligned} \text{Target maximum of calories} &= 2200 \\ \text{Ideal fat percentage} &= \times .30 \\ &660 \end{aligned}$$

Divide by 9 (fat gm. value) Result :73 gm.



Chapter Eight

Two Week Menu for Weight Control

This menu compliments the two weeks you have committed to tobacco addiction recovery. You will notice the daily calorie intake averages approximately 1300. Review with your physician the appropriateness of this menu plan for you.

We suggest that you begin this diet on Day 4 of **Taking Control**. Those items with an * refer to recipes given at the end of this chapter.

Day One

Breakfast

- 1 grapefruit
- 2 slices whole wheat toast
- 1 T. date preserve*
- 1 cup water

Lunch

- 1 cup cooked brown rice*
- 1/2 tomato sauce
- 1 cup tossed salad with fresh mushrooms
- 1 T. oil dressing
- 1 cup water

Dinner

- Fruit Platter of: 1 apple, 1 orange, 1 banana, 1/2 cup grapes
- 1 cup water

Calories: 1235
 Sodium: 1131 mg.
 potassium: 3274 mg.
 fat: 5 grams
 cholesterol: 0 mg.



Day Two

Breakfast

- 1 sliced orange
- 1 cup cooked oatmeal
- 2 chopped dates
- 1 cup water

Lunch

- 1 1/2 cups raw vegetable salad:
- 1/2 cup cooked noodles
- 1 cup lettuce
- 1/2 cup sliced cucumbers
- 3 radishes
- 1/2 cup raw spinach
- 2 T. oil dressing
- 2 slices toast
- 1 cup water

Dinner

- (summer menu)
- 1/2 cantaloupe
- 1/2 cup applesauce
- 1/2 cup strawberries
- 1 whole wheat muffin
- 1 cup water

(winter menu)

- 1 cup lentil soup*
- 10 crackers
- 1 apple
- 1 cup water
- Calories: 1400
- sodium: 1000 mg.
- potassium: 4372 mg.
- fat: 10 grams
- cholesterol: 0 mg.



Day Three

Breakfast

- 1 cup whole grain cereal
- 1 cup non-fat dry skim milk
- 1 medium banana
- 1/2 cup orange juice
- 1 cup water

Lunch

- 1 cup cooked brown rice*
- 1/2 cup tomato mushroom sauce
- 1 cup carrot/raisin salad
- 1 T. oil dressing
- 1 cup water

Dinner

- 1 cup fruit cocktail in natural juice
- 2 slices whole wheat toast
- 1 T. apple butter (natural)
- 1 cup water

Calories: 1200

sodium: 1349 mg.

potassium: 3165 mg.

fat: 12 grams

cholesterol: 10 mg.



Day Four

Breakfast

- 15 grapes
- 2 slices whole wheat toast
- 1 T. natural peanut butter (no salt or sugar added)
- 3/4 cup Postum (cereal drink)

Lunch

- 1 cup kidney beans
- 1 cup cooked brown rice*
- 1 cup salad - tomato, lettuce, cucumber
- 1 T. oil dressing
- 1 cup water

Dinner

- 1 1/2 cup fresh fruit salad - fruit cocktail, apples, oranges, raisins, bananas
- 1 bagel
- 1 T. almond butter
- 1 cup water

Calories: 1500

sodium: 995 mg.

potassium: 2832 mg.

fat: 2 grams

cholesterol: 10 mg.



Day Five

Breakfast

- 1/2 cup crushed pineapple (in natural juice)
- 2 whole grain waffles (giant)
- 1/2 cup vanilla yogurt
- 1/8 cup raisins
- 1 cup water

Lunch

- 1 whole wheat pita bread
- Mix together and place in pita:
 - 1 cup garbanzo spread*
 - 1/2 cup tomatoes/cucumbers
 - 1 large raw carrot, grated
 - 2 t. oil dressing
- 1 cup water

Dinner

- 1 apple, diced
- 1 small banana, sliced
- 1/2 cup sliced peaches
- 6 prunes
- 1 whole bran muffin
- 1 cup water



Calories: 1500
sodium: 1390 mg.
potassium: 3275 mg.
fat: 5 grams
cholesterol: 8 mg.

Day Six

Breakfast

- 1 medium banana
- 3/4 cup granola
- 1 cup skim milk
- 1/2 cup orange juice
- 1 cup water

Lunch

- 1 Dinner Cut (Loma Linda product)
- 1 cup cabbage, shredded
- 1/2 apple, diced
- 2 T. oil dressing
- 1 sweet potato (baked)
- 1 cup water

Dinner

- 3 cups popcorn
- 1 pear, 1 orange
- 1 cup apple juice
- 1 cup water

Calories: 1480
sodium: 1680 mg.
potassium: 3248 mg.
fat: 10 grams
cholesterol: 15 grams

Day Seven

Breakfast

- 1 grapefruit juice
- 1/2 cup scrambled tofu
- 2 slices whole wheat or rye bread
- 1/2 cup applesauce
- 1 cup water

Lunch

- 2 Linketts (Loma Linda product)
- 1 medium baked potato
- 1 cup greens
- 1 whole wheat roll
- 1 cup water

Dinner on next page

Day Seven, continued . . .

Dinner

- 3/4 cup garbanzo salad
- 1 whole wheat pita bread
- 1/2 cup lettuce & tomato
- 1 cup water

Calories: 1600
 sodium: 1245 mg.
 potassium: 3014 mg.
 fat: 10 grams
 cholesterol: 15 grams

Day Eight

Breakfast

- 15 grapes
- 2 slices whole wheat bread
- 1 T. homemade preserve or 1/2 cup applesauce
- 1/2 cup skim milk
- 1 cup water



Lunch

- 1 Griller Patty (Morningstar product)
- 1 cup cooked brown rice*
- 1 cup steamed broccoli
- 1 cup sliced tomato, cucumber, radishes, lettuce, spinach
- 1 T. oil dressing
- 1 cup water

Dinner

- 1 cup fruit mixture: 1 banana, 1 apple, 1 T. raisins
- 1 whole grain muffin
- 1 cup water
- Calories: 1359
- sodium: 869 mg.
- potassium: 2806 mg.
- fat: 15 grams
- cholesterol: 20 mg.

Day Nine

Breakfast

- 1 cup cream of wheat (or multigrain cereal, cooked)
- 1 cup skim milk
- 4 dates
- 1 whole wheat toast
- 1 orange

Lunch

- Pasta Salad:
 - 1 cup whole wheat noodles
 - 1 tomato, diced
 - 1/2 carrot, shredded
 - 3 radishes, sliced
 - 1/2 cup cucumber
 - 1/3 cup kidney beans
 - 2 T. bean sprouts
 - 2 T. oil dressing
- 1 roll (whole grain or slice of bread)
- 1 cup water

Dinner

- 1 cup canned apricot or peach halves (natural juice)
- 1 pear
- 1 whole wheat bagel
- 1 T. peanut butter (natural)
- 1 cup water

Calories: 1460
 sodium: 1018 mg.
 potassium: 2814 mg.
 fat: 4 grams
 cholesterol: 10 mg.



Day Ten

Breakfast

2 slices rye bread
1 Linkett
1 cup applesauce
1 cup skim milk
1 cup water

Dinner

(summer menu)
2 cup fruit salad:
1/2 cup strawberries
1/2 cup watermelon
1 medium banana
1/2 cup fruit cocktail
(or use peaches from day before)
1 whole wheat roll/
 2 slices whole wheat bread
1/2 T. natural peanut butter
1 cup water

Lunch

1 cup baked beans
1 cup cooked brown rice*
1/2 cooked spinach
1 cup tossed salad
1 T. salad dressing
1 cup water

(winter menu)

1 cup vegetable soup
2 slices whole wheat toast
1 orange
1 cup water

Calories: 1550
sodium: 1146 mg.
potassium: 4460 mg.
fat: 8 grams
cholesterol: 12 mg.



Day Eleven

Breakfast

1 cup grapefruit juice
1 cup scrambled tofu
2 slices rye bread
1/2 cup applesauce
1 cup water

Lunch

1 cup kidney bean delight*
1 cup cooked brown rice*
1 cup carrot-raisin salad
1 pear
1 cup water



Dinner

1 Griller patty
1 whole wheat bun
1/2 cup lettuce
1/2 tomato, sliced
1 apple
1 cup water

Calories: 1528
sodium: 1032 mg.
potassium: 3312 mg.
fat: 10 grams
cholesterol: 15 mg.

Day Twelve

Breakfast

1 medium orange
3/4 cup granola (low fat)
1 cup skim milk
1 medium banana
1 cup water

Lunch

3/4 cup cooked black-eyed peas
1 baked sweet potato
1 cup collard greens*
1 cornmeal muffin
1/2 tomato-cucumber mix
1 cup water

Day Twelve, continued . . .

Dinner

- 1 cup fresh fruit mixture
- 2 slices whole wheat toast
- 1 T. peanut butter (natural)
- 1 cup water

Calories: 1600
 sodium: 1700 mg.
 potassium: 3466 mg.
 fat: 4 grams
 cholesterol: 10 mg.

Day Thirteen

Breakfast

- 1 cup whole grain cereal
- 1 cup non-fat skim milk
- 1/2 cup grapes
- 1/2 cup orange juice
- 1 cup water

Calories: 1640
 sodium: 1600 mg.
 potassium: 3367 mg.
 fat: 8 grams
 cholesterol: 10 mg.

Lunch

- 1 cup lentils*
- 1 medium baked potato
- 1 corn muffin
- 1 cup coleslaw
- 1/2 cup grated cabbage
- 1/2 cup grated carrots
- 1 cup water

- 1 T. oil dressing
- 1 cup water

Dinner

- 1 Linkett on whole wheat bun
- 1/2 cup tomato & lettuce
- 1 peach

Day Fourteen

Breakfast

- 1 grapefruit
- 2 slices whole wheat toast
- 1 T. date preserve*
- 1 cup water



Lunch

- 1 Dinner Cut, saute'ed or heated in microwave
- 1 cup cooked brown rice*
- 1/2 tomato sauce, seasoned
- 1 cup tossed salad with fresh mushrooms and radishes
- 1 T. oil dressing
- 1 cup water

Dinner

- Fruit Platter: 1 apple, 1 orange, 1 banana, 1/2 cup grapes
- 1 cup water

Calories: 1400
 sodium: 1600 mg.
 potassium: 4870 mg.
 fat: 10 grams
 cholesterol: 15 mg.



Selected Recipes for Two Week Menu

Lentil Soup

2 cups lentils (dry)
2 carrots, finely chopped
2 quarts water
2 T. margarine
1 large onion, chopped
1/4 cup parsley, chopped
2 stalks chopped celery
2 t. garlic powder
2 bay leaves
1 t. Mrs. Dash (optional)

Cook all ingredients except margarine and parsley until lentils are done, about 1 hour. Add margarine, parsley, and serve with plain croutons.

Yield: 6 cups

Brown Rice

2 cups boiling water
Add 1 cup brown rice, cover
Cook slowly for 20-30 minutes until soft.

Date Preserve or Jam

Blend together
1 cup chopped dates
1/2 cup crushed pineapple in natural juice
Calories: 60 per T.

Carrot-Raisin Salad

1 cup grated carrots
1/2 cup diced pineapple and
1/2 cup of raisins
1 T. mayonnaise (low fat)
1 T. walnuts, chopped
Mix all well together

Garbanzo Spread or Dip

1 can (15 oz.) garbanzos - mash well with fork
1 T. mayonnaise or salad dressing
1 T. chopped onions
1 clove garlic, minced
1 t. parsley flakes
1/4 t. basil
1/8 t. salt
1/4 t. tumeric
Mix all together. For Dip add: 1/4 cup water, 1/4 cup lemon juice and whiz in blender with spread mixture.

Greens (kale or collards)

2 lbs. greens, washed, chop as desired
2 T. olive oil
1 chopped green pepper
1 cup chopped or sliced onions
1/2 cup water
1 T. Mrs. Dash
Saute' onions, green peppers and oil together in large sauce pan. Add chopped greens and water, cover. Cook slowly, stirring frequently until done, 20-30 minutes. Serves 4-6.



Kidney Bean Delight

1 medium onion, chopped

1/2 cup green pepper, chopped

1 T. olive oil

3 cups cooked kidney beans

1/2 cup soya cheese, grated, cheddar flavor (may substitute low-fat commercial cheese)

1/4 cup bread crumbs, plain

Saute' onion and green pepper in oil. Mix with beans and cheese in a casserole dish. Sprinkle top with bread crumbs. Bake at 350o F. for 20 minutes or until cheese is melted. Serve with brown rice.

Serves 6-8

112 calories/serving

There are several vegetarian entree' foods available in natural food stores and some big grocery chains that are made by the following companies:

- Loma Linda Food Products
- Worthington Foods/Morningstar
- Cedar Lake Foods

These foods are easy to prepare and relatively inexpensive. And, naturally, they have no cholesterol.

We hope you have enjoyed making and eating the dishes from these recipes.

The benefit in incorporating vegetarian recipes in your daily routine and lifestyle is that there is no end of creativity you can express in taste and in presentation!