

# PlantPure

## Common Questions and Concerns When Transitioning to a Whole Food, Plant-Based (WFPB) Lifestyle



As individuals start the process of changing to a whole food, plant-based lifestyle, there are some common questions and concerns that always seem to come up:

- What exactly do people mean by whole food, plant-based?
- What to do with all of your non plant-based food you still have in your fridge and pantry?
- How do I minimize my cooking time in the kitchen after an exhausting day at work?
- Planning ahead and grocery shopping
- Missing or craving certain foods (i.e. desserts, ice cream, hamburgers)
- What are some quick and easy breakfasts I can take to eat on the go?
- What to pack for lunch
- Sharing your new lifestyle with family/friends
- Going out to a restaurant, work events, work lunches
- Going over to other people's houses for dinner, family dinners, and holidays
- Traveling (either for work or on vacation)
- Questions from family about calcium and protein
- Favorite resources to use when transitioning

Here are some answers and suggestions on how to successfully handle these issues.

### **What exactly do people mean by whole food, plant-based (WFPB)?**

A diet consisting of whole, minimally processed plant foods.

- Whole grains: brown rice, oats, whole wheat, quinoa, barley
- Beans: peas, black beans, kidney beans, soy beans, garbanzo beans
- All fruits and vegetables
- Nuts, seeds, and avocados - in moderation

In addition, we recommend no oil and minimal amounts of salt, refined sugars, and white flour. It also means no animal products such as eggs, chicken, fish, beef, or dairy. There is such a wide variety of plants to choose from that you can find a great deal of flavor and satiety just by eating plants from all the categories.

### **What to do with all of your non plant-based food you still have in your fridge and pantry?**

This is a common question and there are a few options. Most importantly, it is critical to have a PlantPure kitchen - it makes transitioning so much easier! Learn how to read labels wisely and go through your refrigerator and pantry and remove all items that include animal products and added oils. You can choose to throw out unopened items or donate them to a person or organization that is currently using these products. The goal is to have a 'clean' kitchen that is well-stocked with delicious plant-based foods that you love.

### **How do I minimize my cooking time in the kitchen after an exhausting day at work?**

Many people do not actually prepare and cook meals, so when they start eating whole food, plant-based entrées, they can become overwhelmed by the time prepping and cooking. Here are some strategies that will help decrease the amount of preparation:

- Purchase pre-washed/pre-cut vegetables to use in salads, soups, and stir-fries
- Purchase frozen vegetables that are already chopped and ready to use.. There are many varieties that can either be used as a side dish or added to a recipe to eliminate chopping (i.e. chopped peppers and onions for a soup; mixed peas, carrots, corn, and beans for a soup; or broccoli and cauliflower for a stir fry). Remember to purchase frozen foods that have no added oils, salts, and sugars since many frozen vegetables contain added flavorings and ingredients.
- Grocery stores now offer prepared bagged salads that just require mixing the ingredients together. Simply eliminate the oil-based salad dressing that is often in the package and use a no-oil dressing of your choice.
- Create simple dinners that require almost no cooking:
  - Bake a large baked potato topped with steamed mixed frozen vegetables, nutritional yeast, and a spice blend of your choice.
  - Open a jar of marinara sauce to go over whole grain pasta
  - Build a Mexican burrito, taco, or salad by opening a can of beans a bag of precooked rice, and topping with avocados, seasonings, and salsa.



## Planning Ahead and Grocery Shopping

People who are the most successful when transitioning to a plant-based lifestyle incorporate planning into their week. On Saturday or Sunday, sit down with a pen and paper and think about your week. Plan for busier days, getting home later than usual, the kids activities, etc..

Next, make a specific plan for how you will be prepared for each of those days. Here are a few ideas:



- Make several meals or prep for meals during the weekend. You can either freeze or refrigerate them for use during the week (soups, casseroles, chilis).
- Purchase plant-based snacks for those afternoons when you will be home later than usual that everyone will enjoy (apples, bananas, oranges, nuts)
- Use a PlantPure Kitchen Starter pack that only requires a few simple ingredients be added to create a family style meal in minutes. Or, heat up a PlantPure frozen entrée for a fast no-cook option.

Finally, take a trip to the grocery store on the weekend and stock up on all the items needed for your weekly menu. Nothing is more frustrating than starting to cook your meal at the end of the day and realizing you do not have all the ingredients.

## Will my grocery bills be higher on a whole food, plant based diet?

It is actually a myth that your grocery bills will increase due to eating a WFPB diet. When you focus your meals around unprocessed rice, beans, pasta, potatoes, and in-season fruits and vegetables, you will actually see your grocery bills decrease. The problem arises if you start to purchase expensive and highly processed vegan foods. Here are some tips to help you save money at the grocery store:

- Shop in the bulk section for things like grains, nuts, nutritional yeast, flours, and dried beans. You can also purchase these kinds of ingredients on Amazon.com
- Snack on whole foods like fruit, cut veggies and hummus, and popcorn, rather than on processed snack foods.
- Many canned and dry goods like tomatoes, rice, or pastas go on sale and last for a long time, so stock on up these products when they are on sale.
- If possible, use dried beans. They do require a bit of planning, but only cost around \$0.25/cup cooked, as opposed to canned beans which cost around \$0.60/cup. Cooking beans in a crock pot or pressure cooker is an easy way to cook dried beans and do not require soaking overnight. If you're batch cooking your beans, store them in small freezer bags with 1 ½ cups of beans per bag, which is equivalent to one 15 ounce can of beans - a common unit in many recipes.
- Buy a mix of frozen and fresh veggies. Buying vegetables in the frozen form doesn't compromise their nutrient quality since vegetables are flash frozen soon after harvesting.
- Go homemade. Packaged hummus, for example, is far more expensive than the homemade version, and usually contains oil and sodium.
- Shop at your local farmers market and buy produce that is in season.

### **Missing or craving certain foods (i.e. desserts, ice cream, hamburgers)**

It is natural to crave certain foods that you are used to eating. It will take around 3-6 weeks to change your palate, but it will adjust to this new way of eating. The trick is handling cravings. We recommend finding a healthy plant-based alternative.

- ❖ Potato chips: Make your own by very thinly slicing potatoes (or using a mandolin) and then placing slices on parchment paper and sprinkling with salt, garlic powder, and pepper. Bake at 400 degrees until lightly browned. Then, turn the oven off and leave the potatoes in there for 1-2 hours to dehydrate slightly, getting that crunchy texture.
- ❖ Fried tortilla chips: Slice corn tortillas into triangles and brush them with lime juice, chili powder, and sea salt. Bake them on a parchment lined baking sheet at 400 degrees until slightly browned.
- ❖ Ice cream and shakes: Freeze ripe bananas (peel and pop in a plastic baggie). Then, use a blender to create your own dessert by adding frozen bananas, frozen berries, and plant milk (less milk creates more of an ice cream and more milk a shake). Here is a favorite recipe to try:
  - Add the following ingredients to a blender:
    - 1 frozen banana
    - 2 teaspoons cocoa powder
    - 2 teaspoons peanut butter (or try powdered peanut butter)
    - 1 packet stevia or your favorite sweetener
    - ½ cup plant milk of choice
  - Blend until smooth and creamy
- ❖ Cookies and cakes: There are amazing WFPB cookie and cake recipes in the PlantPure Nation Cookbook or on the web. Try several that sound good. Don't get discouraged if the first recipe is not to your liking - just find another to try the next time.
- ❖ Burgers: There some amazing vegan burgers on the market that you can try. Or, make a burger recipe from the PlantPure Nation Cookbook. Make big batches of burgers and freeze them so you have plenty on hand. Find a whole grain bun and top with as many fun items as possible (avocado, pickles, onions, jalapenos, lettuce, and tomatoes).



### **What are some quick and easy breakfasts I can take to eat on the go?**

Getting in the habit of eating breakfast is a really important step in your health journey. Many people are rushed in the morning and skip this meal altogether. Here are a few ideas to try:

- ❑ Make a batch of plant-based waffles on the weekend and then pull a few out on the weekdays. Pop into a toaster and top with a light smear of peanut butter and fruit for a satisfying and delicious breakfast (they also pack well for a late breakfast).
- ❑ If you're used to grabbing an egg and sausage sandwich at a drive-thru, try making your own version by toasting some hearty bread (try a sprouted wheat or rye bread) and then topping with avocado, cucumber, pepper, and tomatoes (you can even top with a few fresh basil leaves if you have any on hand). The sandwich is filling and hits the spot. Plus, it packs well too.

- ❑ Make a plant based breakfast burrito with oil-free refried beans, lettuce, salsa, and avocados. You can even make a tofu scramble from the PlantPure Kitchen Cookbook and make tofu scramble burritos.
- ❑ Put together a to-go oatmeal container the night before. Simply take a plastic container and put in oats, nuts, and dried fruit of choice (cherries, raisins, or cranberries). Then, pack a small container of plant milk or purchase single serving containers at your grocery store. When you're ready for breakfast, add the milk. No need to cook - it has the consistency of dry cereal.
- ❑ Make a few mason jar oatmeals to store for a grab and go breakfast that is literally already prepared. You can find a recipe in the PlantPure Nation Cookbook.
- ❑ Make a batch of blueberry muffins on the weekends and then pop a few in a bag on your way out the door.



### **What to pack for lunch**

Packing your lunch can save you time, money and improve your health. Take some time on the weekend to plan the days you will be packing a lunch and exactly what that will include. Then, make sure you stock up on those items so that when you are ready to pack, you have everything on hand. Here are some ideas to keep in mind:

- Keep a growing list of simple lunches. Then, rotate throughout the week.
- Leftovers are the easiest and most economical way to use up dinners and enjoy a warm lunch.
- Prep your lunch components every few days. This way, you don't have to do it every morning or every night. For example, a sandwich made the night before may be soggy by morning, so have containers with all of your sandwich ingredients prepped (i.e. tomato slices, lettuce, cucumbers). Now all you have to do is throw it together.
- Think of your lunchbox as three sections
  1. Main (sandwich, leftovers, or frozen entree)
  2. Salad, steamed, or raw veggies
  3. Snacks (fruit, hummus, veggies, etc.)
- Getting the right gear can make packing easier and keep your food fresher. An insulated thermos is nice to have for packing leftovers. A lunch box with compartments is also nice so you don't have to keep track of (and worry about losing) individual containers.

### **Sharing your new lifestyle with family/friends**

It's normal to want to share how great you feel eating plants! Unfortunately, not everyone is open to this lifestyle. We have found that modeling the lifestyle can be one of the most effective ways to get people interested. The easier and more fun you make eating plant-based, the more intrigued they will become. Many people experience improved sleep and energy, decreased weight, and an overall sense of wellness. When other people see these changes, they want the same for themselves. When they ask what you are doing, this is the optimal time

to share (just a little - not an hour long explanation) about your journey. Your job is not to convince, but to show why you have adopted this new lifestyle and how much you enjoy it.

Talking with family can be slightly different - if it is extended family (parents, uncles, aunts, etc.), then the same ideas apply. But if it is the family you live with, then you may want to explain why you have chosen to take the plant-based path (briefly). Remember this is your path and not theirs. When your health and vitality improve, they will often choose to join you by their own accord which will be far more effective as they begin their own journey and make it a lifestyle.

### **Going out to a restaurant, work events, and work lunches**

Normal life is going to encompass going out to restaurants, work events, and work lunches. These types of gatherings can be stressful, so here are a few ideas of how to successfully navigate each situation:

#### **Restaurants**

- If possible, choose a restaurant that you already know has a few good plant-based options.
- If you are not familiar with the restaurant, look at the menu online before you go. That way, you can decide what are your best options in a quiet setting.
- Remember that the restaurant has to accommodate all sorts of allergy requests on a regular basis, so it is OK to ask for the dairy, beef, chicken, eggs, or fish not be included in a dish. If you cannot find obvious good choices, try finding a dish that has rice or pasta along with animal products. Then, ask for the animal product be swapped with either a vegetable or beans (i.e. swap the shrimp with steamed broccoli or the chicken with black beans). You have now created a wonderful plant-based menu item.
- Ask the waiter if they have any vegetarian or vegan dishes not listed on the menu. You may be surprised when they pull out a separate menu upon request - don't forget to ask for any dairy products to be removed from a vegetarian dish.
- If all else fails, try ordering 3 or 4 sides and have them put onto a dinner plate. For example, a baked potato, steamed broccoli, corn on the cob and a side salad make a very filling meal.



#### **Work events and work lunches**

Remember the purpose of a work event is to either network or actually get work completed, not necessarily to have the greatest plant-based meal. With this in mind, here are a few suggestions:

- If possible, contact the establishment ahead of time and find out what is on the menu and if they have any plant-based options.
- If there are not options available, have a small meal before you attend to make sure you are not hungry at the event.

- Choose any side items that look vegetarian and have those for your meal. Remember this is just one meal and the goal is to work, not eat. If you are not perfect at this work outing, just remember your next meal will be a stellar plant-based one.

### **Going over to other people's houses for dinner, family dinners, and holidays**

How to socialize successfully with your non plant-based friends and family is the one of the most common questions. First, remember that you are there to 'socialize' with your friends and family, not necessarily to have the best plant-based meal you have ever eaten. Remembering this and relaxing makes everything go a bit smoother. Here are some ideas for each of these gatherings:

#### **Going over to other people's houses for dinner**

- If feasible, mention beforehand about your new lifestyle - as much as possible, try not to make a big deal about it.
- If your host seems nervous about cooking for you assure them that you are happy to eat whatever vegetable sides they are making and the most important thing is enjoying their company for the evening.
- Offer to bring 1 or 2 sides that you think everyone will enjoy (rice, pasta, or potato dishes usually go over well and are filling)
- Don't talk about your new way of eating unless you are asked. Many people may feel threatened or judged because they are not eating as healthily as you are and the conversation may be misinterpreted. Just enjoy your friends and family and model how wonderful you feel. If someone asks, think about a short succinct reply on how great you feel and delicious the food is.
- Relax and enjoy the friendships which are so important to a healthy. satisfying life.

### **Traveling (either for work or on vacation)**

Traveling has its stresses, but often times there are easy solutions that are stated in our restaurant recommendations. Here are some simple suggestions to make traveling a plant-based adventure:

- There are several great websites to look at before you go to a new city that will list vegan restaurants ([happycow.net](http://happycow.net) and [veganrestaurantfinder.com](http://veganrestaurantfinder.com)). You can also ask your hotel if they have any recommendations for good vegetarian options.
- Pack plenty of healthy snacks or even meals when traveling by plane or car.
- Choose an ethnic restaurant that traditionally offers vegetarian options (Thai, Japanese, Mexican, Italian, Chinese).
- Look for salad bar style restaurants and cafes. They usually offer plenty of vegetables grains.
- Another option is to bring food with you that you can warm up in your hotel room, Using the Hot Logic Warming Oven to heat up the PlantPure frozen entrees is an easy mess-free option.



## **Questions from family on calcium and protein**

First and foremost, it's not wise to get into a debate on these topics! Here is a great opportunity to share the books and documentaries that you enjoy that address many of these health and science related questions. Refer to our resource guide for suggestions. Assure your loved ones that yes indeed you are getting enough nutrients and you appreciate their concern.

Here are a few popular resources our members have recommended to use when transitioning:

### **Books:**

- **PlantPure Nation Cookbook** by Kim Campbell
- **Whole Heart Solution** by Dr. Joel Kahn
- **Prevent and Reverse Heart Disease** by Dr. Caldwell Esselstyn (PlantPure Summit Speaker) plus Jane Esselstyn's cookbook
- **Whole** and **The China Study** by T. Colin Campbell
- **The Plant-Based Journey** by Lani Muelrath
- **The Starch Solution** by Dr. John McDougall
- **21 Days Weightloss Kickstart** by Dr. Neal Barnard
- **How Not to Die** by Dr. Michael Greger
- **Heart Healthy Pizza** by Mark Sutton
- **Forks Over Knives**
- **Nathan Pritikin's Books**
- **The End of Dieting, Eat to Live, Eat for Health** by Dr. Joel Fuhrman
- **The Engine 2 Diet** and **My Beef with Meat** by Rip Esselstyn
- **SHRED IT!** BY Robert Cheeke
- **Happy Herbivore Guide to Plant-Based Living** by Lindsay Nixon plus her- other cookbooks
- **The PlantPower Way** by Rich Roll
- **Cookbooks** by Dreena Burton
- **Naked Food Magazine** by Margarita Restrepo

### **Documentaries:**

- **PlantPure Nation**
- **Forks Over Knives**
- **Cowspiracy: The Sustainability Secret**
- **Fat, sick, and nearly dead**
- **Vegucated**
- **Food Inc**
- **Food Matters**
- **Earthlings (warning – very graphic)**
- **Fed Up**
- **GMO OMG**

## Popular Research Websites:

- **PlantPure Nation** - Nelson Campbell
- **PlantPure Recipes** - Kim Campbell
- **PlantPure Directory**
- **NutritionFacts.org** - Dr. Michael Greger
- **T. Colin Campbell Center for Nutrition Studies** - Dr. T. Colin Campbell
- **PlantBasedResearch.org** - Micaela Karlsen
- **PubMed.gov**
- **Physicians Committee for Responsible Medicine (PCRM)** - Dr. Neal Barnard
- **Complete Health Improvement Programs (CHIP)** - Dr. Hans Diehl
- **Preventative Medicine Research Institute (PMRI)** - Dr. Dean Ornish
- **Starch-Smart Health Science Research Summaries** - Dr. Linda Carney
- **Prevent and Reverse Heart Disease Program** - Dr. Caldwell Esselstyn, Jr.
- **Plant-Based Docs** - Dr. Scott Stoll