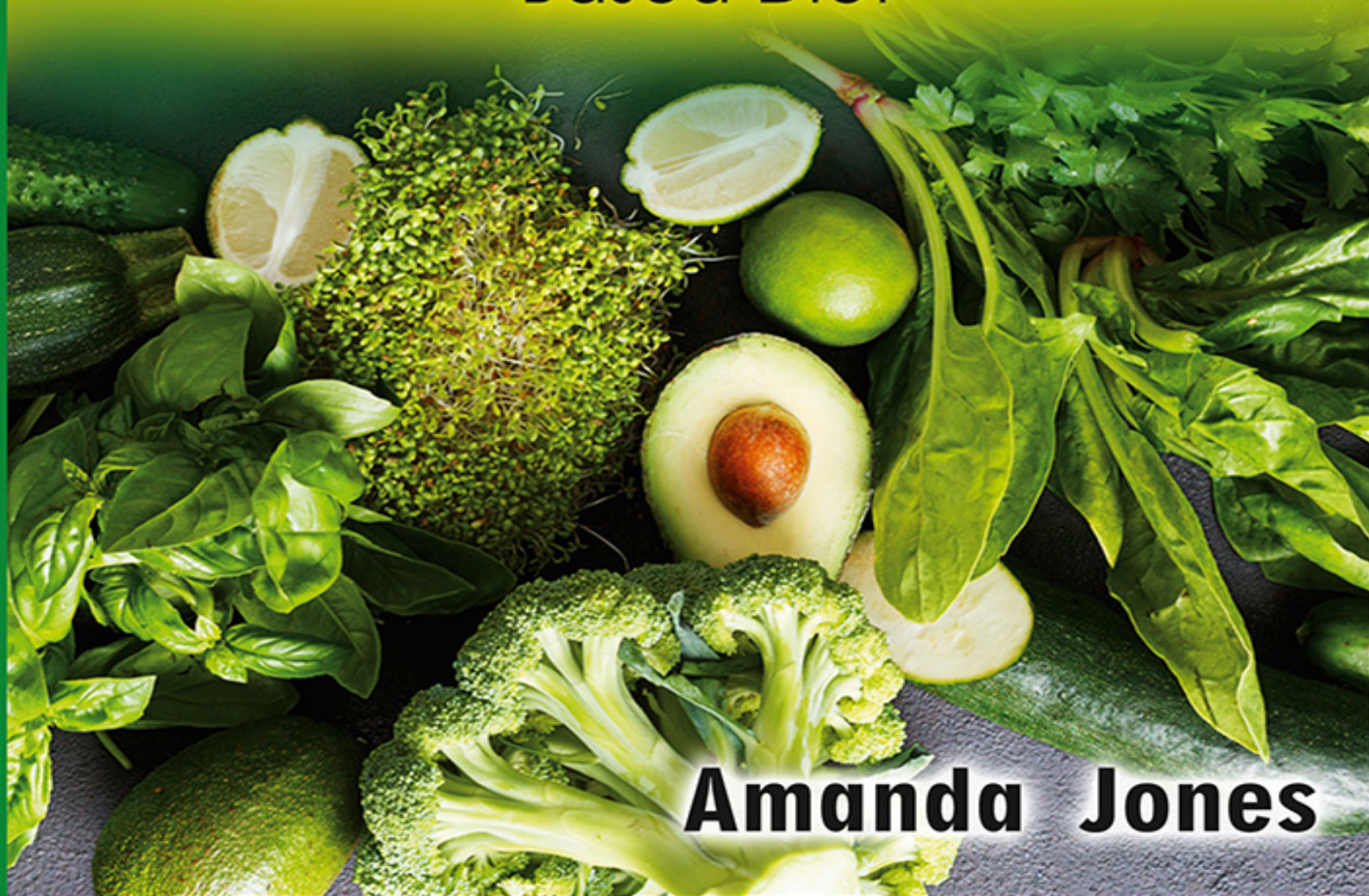


THE PLANT BASED DIET COOKBOOK

Quick Recipes for an Easy
Transition to the Plant
Based Diet



Amanda Jones

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INTRODUCTION

A plant-based diet is one that emphasizes leafy greens, fruits, nuts, and seeds as well as other vegetables. Plant-based diets have also been known to reduce the risk of heart disease, diabetes, and cancer, among other health benefits. If you want to enhance your fitness, you must eat a plant-based diet. Fibre, vitamins, minerals, phytochemicals, enzymes, and other nutrients are abundant in plant-based diets. Saturated fat is also scarce in plant foods.

One of the most advantages of a plant-based diet is that it boosts the body's antioxidant levels. These antioxidants help to prevent free radical damage and aging by fighting free radicals. This is critical information for those seeking anti-aging benefits.

A lot of people confuse a vegan diet with a plant-based diet. But let's talk about the distinction. Both have similarities, but there are some minor variations. Animal-based items are not used in a vegan diet. Of course, this includes meats, milk, and animal byproducts such as honey. Vegans will take this outlook into their daily lives, which is more than just a diet to them. A vegan diet will prohibit you from consuming food made from animals, but it will not stop you from using animal products in your daily life.

Understanding what it means to eat a whole food plant-based diet is the first step. To put it plainly, it means eating foods that are not processed or refined and come directly from plants for the majority of your diet. They are foods that

are as similar to their natural state as possible and have not been altered in any way. There are several tasty options to help you have a satisfying variety of foods to eat; it is not a diet limited solely to fruits and vegetables.

Phytochemicals can only be found in whole foods like fruits, tomatoes, beans, and whole grains. These vital nutrients have a direct effect on your overall health. According to new research, a few key phytochemicals can help to prevent certain cancers, lower cholesterol, maintain the health of the gastrointestinal tract, and protect various cells throughout the body. There are thousands of different types of nutrients, but the most wellknown ones are flavonoids, antioxidants, and carotenoids, which you may be familiar with.

BREAKFAST RECIPES

1. Peanut Butter & Cacao Breakfast Quinoa



Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 2/3 cup quinoa flakes
- 1 cup unsweetened nondairy milk, plus more for serving
- 1 cup of water
- 1/4 cup raw cacao powder
- 2 tablespoons natural creamy peanut butter
- 1/4 teaspoon ground cinnamon
- 2 bananas, mashed
- Fresh berries of choice for serving
- Chopped nuts of choice for serving

Directions:

1. In a 6-quart pot over medium-high heat, stir together the quinoa flakes, milk, water, cacao powder, peanut butter, and cinnamon.
2. Cook, stirring, until the batter begins to simmer. Turn the heat to medium-low and cook for 3 to 5 minutes, stirring frequently.
3. Stir in the bananas and cook until hot. Serve topped with fresh berries, nuts, and a splash of milk.

Nutrition: Calories: 471 Fat: 16g Protein: 18g
Carbohydrates: 69g

2. Vanilla Buckwheat Porridge



Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 3 cups of water
- 1 cup raw buckwheat groats
- 1 teaspoon ground cinnamon
- 1 banana, sliced
- $\frac{1}{4}$ cup golden raisins
- $\frac{1}{4}$ cup dried currants
- $\frac{1}{4}$ cup sunflower seeds
- 2 tablespoons chia seeds
- 1 tablespoon hemp seeds
- 1 tablespoon sesame seeds, toasted
- $\frac{1}{2}$ cup unsweetened nondairy milk
- 1 tablespoon pure maple syrup
- 1 teaspoon vanilla extract

Directions: