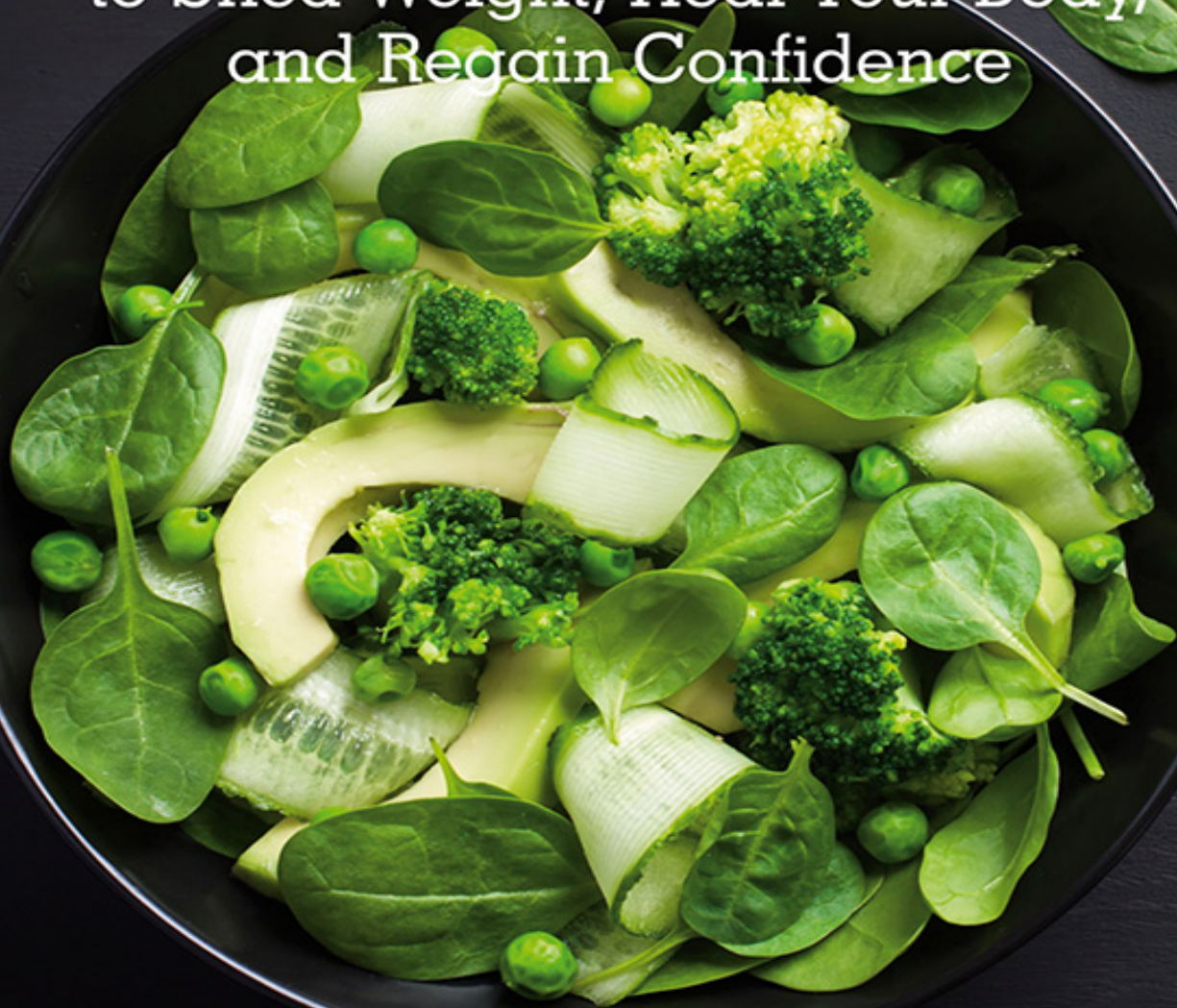


The Ultimate
PLANT BASED
Diet Cookbook

More Than 50 Delectable Recipes
to Shed Weight, Heal Your Body,
and Regain Confidence



PEARL JONES

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INTRODUCTION

A plant-based diet is a diet that includes mainly plants and excludes meat and other animal products. The term "plant-based" does not mean vegetarian or vegan. Plants provide the fuel for any human, regardless of their dietary preferences. This is because humans are omnivores, capable of digesting both plant and animal foodstuffs. Many traditional diets have been plant-based; they include fruits, vegetables, grains, nuts and beans as staple foods without including meat or other animal products at all.

When people look at the list of foods that make up a plant-based diet, they're always struck by how little there is to learn. However, this is most likely due to the removal of many of the meat options. It seems as if a significant portion of the diet has been eliminated as a result of it. How will life be enjoyable without a delicious steak? What are we going to do if we don't have chicken wings? Is there anything that can be achieved in the absence of a tasty fish?

In fact, there are a variety of ingredients with which you can experiment. Furthermore, the fun is not only in the ingredients, but also in the way we prepare them. As a result of the increased demand, more people are trying out new recipes and combining ingredients in novel ways. Have you ever heard of cayenne pepper smoothies? Doesn't it sound like a lot of fun? We'll look at a variety of wonderful

and delectable recipes, as well as a variety of other dishes made with wholesome and natural ingredients.

Some people are following it; others are learning about it, but there is still a lot of misunderstanding about what a complete plant-based diet means. Most of us are unsure about nutrition because we divide food into its macronutrients: sugars, proteins, and fats. What if we could reassemble these macronutrients to clear the mind of confusion and stress? The key is to keep things simple. We compile a four-week schedule for you to use over the course of weeks or months.

BREAKFAST RECIPES

1. Banana Waffles



Preparation Time: 5 minutes

Cooking time: 5 minutes

Servings: 6

Ingredients:

- 1/4 teaspoon ground nutmeg
- 1 cup cashew milk, unsweetened

- 1 teaspoon ground cinnamon
- 2 1/2 tablespoon cashew butter
- 1/4 teaspoon baking soda
- 1 peeled medium banana
- 1 tablespoon baking powder
- 7 oz all-purpose flour
- 2 tablespoon sugar

Directions:

1. In a blender, add all the Ingredients: on the list, cashew milk, and baking soda first. Blend for a minute until smooth.
2. In a waffle maker, use a spoon to transfer the mixture and cook the batter over medium-high heat. Your machine might not tell you when they are ready. Take them off when you can no longer see steam.

Nutrition: Calories: 200 Carbs: 35g Protein: 4g Fat: 5g

2. Ginger Chocolate Oats



Preparation Time: 3 minutes

Cooking time: 0 minutes

Servings: 1

Ingredients:

- 2 tablespoon chocolate chips
- 1 $\frac{3}{4}$ oz rolled oats
- 1 cup almond milk
- 1 tablespoon cocoa
- 1/2 teaspoon ground ginger
- 1 tablespoon chia seeds
- 1 tablespoon maple syrup

Directions: