

# **Your Guide Becoming a Vegan Vegetarian**

**by Angela Poch, N.C.**



**How to eat, cook, and live healthy as a  
complete or total vegetarian.**

# **Your Guide to Becoming a Vegan Vegetarian**

by Angela Poch, N.C.

**How to eat, cook, and live healthy as a complete or total vegetarian.**

Published by:

Higher Path Print & Production © 2008. 2011

[www.HigherPath.ca](http://www.HigherPath.ca)

ISBN #978-1-897182-68-0

Revised March 29, 2011

Printed in Canada

*Disclaimer: This book is only offered as general information to the reader. Independent investigation should be done by anyone considering a significant lifestyle change as well as consulting with a medical professional if there are any health concerns whatsoever.*

# Contents

Chapter 1: An Introduction	4
Chapter 2: Motivation	9
Chapter 3: What are the steps?	13
Chapter 4: What Can I Eat?	19
Chapter 5: Nutrients	23
Chapter 6: Menu planning	29
Chapter 7: Cooking Tips	33
Chapter 8: Where will I shop?	37
Chapter 9: Higher Power	41
Chapter 10: Dealing with Issues	43
Appendix: Recipes	49
Appendix II: Glossary	73

# Chapter 1: An Introduction

So, you've decided to become a vegan or vegetarian but you are not sure where to start? What do you eat? How do you deal with others? What about nutrition? Can I get enough calcium? How will I feel my children? What if my spouse doesn't want to change? We are going to answer those questions in this book. But to get started you need to understand a little about yourself. Ever make New Years Resolutions you didn't keep? Life will carry you away if you don't stop to think over your own thoughts. That's right, before we talk about the diet of a vegetarian, I want to discuss the thought process of change.

First of all, it is important to think about why you are becoming a complete vegetarian before you even get started with changing your lifestyle. What is motivating you to change your eating habits:

- ☛ **Health issues?**
- ☛ **Animal rights?**
- ☛ **Environmental?**
- ☛ **Longevity?**
- ☛ **Vitality for your later years?**
- ☛ **Prevention of disease?**

- ☛ **Culture change?**
  - ☛ **To loose weight?**
  - ☛ **Increase your mental health?**
  - ☛ **Desire for new foods?**
  - ☛ **Religious or spiritual?**
  - ☛ **Overcome heart disease?**
  - ☛ **Deal with diabetes?**
  - ☛ **Endurance and athletic performance?**
  - ☛ **Spouse or partner is a vegan?**
  - ☛ **Want more energy and vitality?**
  - ☛ **To bug your ranching neighbor friends?**
- (Ok, just kidding!!! NOT a good reason!)**
- ☛ **OTHERS???**

Most of you probably have several of these reasons or even others. Knowing each of the reasons that affect you, will help you make the right choices and keep up your motivation to change your way of life.

Next, how much do you eventually want to change? (For more information on making such a decision you'll want our e-book "Should I Go Vegetarian or Vegan?" where we cover the reasons why people go vegetarian and all the benefits for such a diet.) Regardless of how many animal products you would like to give up, you can use this guide in the

process of your life change. This is a monumental change for many people and to have a personal guide you can depend on is a big help. That is what this book is all about. Guiding you through a lifestyle change to help you stick with your choices.

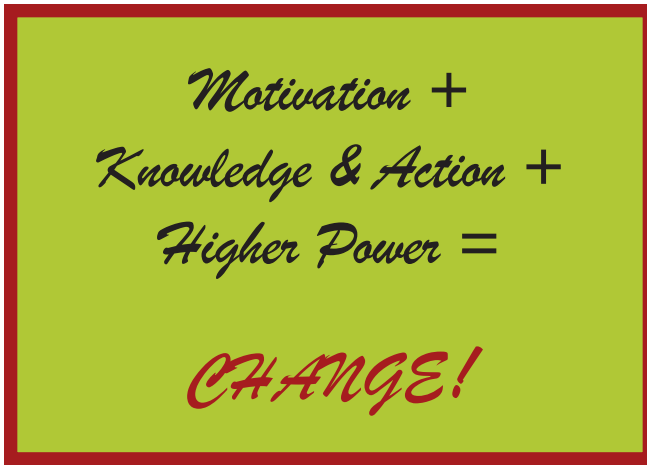
How fast are you willing to change? Some people drop everything overnight and never look back. But most people who jump in too fast, without considering why they are changing, slowly drop it over the next 5 to 10 years. You need to make a conscious thought filled choice at every turn to keep up your new healthy habit. Positive lifestyle change is not as easy as just buying veggies and not buying meat.

So, we are going to go through a simple 3 step formula for making change and we will break each one down as we go:

- 👉 **Motivation**
- 👉 **Knowledge & Action**
- 👉 **Higher Power**

Ok, before you close the book, I want to let you know we are going to make this very real and practical for vegetarianism and making those changes. I am not a psychologist, but there are some real issues you will have to face making this lifestyle change. Let's break

it down, so you can see exactly what is coming.



Motivation - chapter one will go into detail on how you can stay motivated in your new change.

Knowledge & Action - this is the longest portion of the change model.

- ☛ **What are the steps of progression?**
- ☛ **What can I eat? (Recipes in the Appendix)**
- ☛ **Nutrients you need**
- ☛ **Menu planning**
- ☛ **Cooking tips**
- ☛ **Where will I shop?**

Higher Power - this is an important chapter dealing with the problems you may face as a vegetarian.

How to deal with family, how to have self-control, and so on which we will discuss in question answer format in chapter 10!

We will help you with getting some delicious recipes, in the Appendix, to get you started so you can make meals your whole family will love. That is my goal. I want to help you make your choice to become a vegetarian as easy as possible.

So, get ready to make a difference in your life!



# Chapter 2: Motivation

Remember that list of what motivates people to go vegetarian in chapter 1?

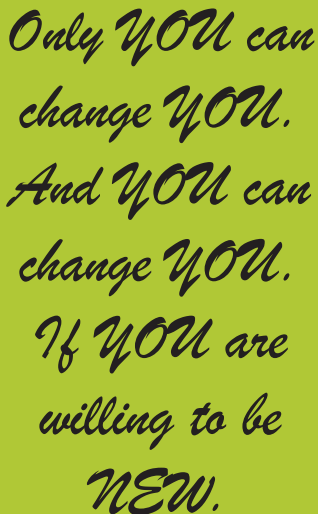
- ☛ **Health issues?**
- ☛ **Animal rights?**
- ☛ **Environmental?**
- ☛ **Longevity?**
- ☛ **And so on....**

Now is the time to really think over your reasons. Consider each one that applies to you in detail and rate them as to how important each one is in your life. This will determine the priority of that item in relationship to other factors in your life. Is a healthy lifestyle more important than a certain hobby you may have? Some thing may conflict in your life either because of type or time, and you have to decide, make a conscious choice to prioritize.

How important is it for you to stay healthy? Join a forum for health and vegetarian issues. What concerns you the most about animal abuse and misuse? Join a Vegan Club. What is bothering you about the environment? Join the Sierra Club. Are you trying to

prevent or treat heart disease? Find a local CHIP chapter (Coronary Health Improvement Program). Do you see a pattern here yet or should I go on? Social support. Friendship. Like minded individuals. One of the biggest pitfalls to change is a lack of support. GET SOME! A place to ask questions, someone to lean on when

self cries out “I’ve HAD enough!” Social support is one of the biggest helps for those making change. We are gregarious creatures with a desire for company and encouragement. Get a friend to lean on!



*Only YOU can  
change YOU.  
And YOU can  
change YOU.  
If YOU are  
willing to be  
NEW.*

Learn about the benefits of a vegetarian lifestyle and share those with others. As you share, you are more motivated to keep moving

forward. For an in depth look at the benefits of Vegetarianism - Go to: [www.healthyhomecookin.com](http://www.healthyhomecookin.com) and check out the FREE health articles! Get informed and stay informed. Sign up to vegetarian newsletters, look for local supper clubs, join a book of the month club, or look for a Seventh-Day Adventist Church, as they often put on health seminars. Even if health is

not the primary reason you are going vegetarian, the seminars will help remind and motivate you to continue in your new found lifestyle.

Prepare for the trials! Yes, there will be trials, temptations, and tantalizations. Plan ahead how you will deal with circumstances. Give yourself an armor to fight the battles. So, if eating out with friends is problematic, then have a plan. Perhaps choose a restaurant that is favorable to vegetarianism, or think ahead what you can order before you get there. If it is going to a relatives home for the weekend, think of ways you can participate in meal preparations. Make it fun, enjoy the variety, and avoid criticizing others for their choices. Like begets like. If you are critical or condescending of others it will come back to bite you!

Prepare for the wrong thoughts that come to sabotage your new choice to live a healthier lifestyle as a vegetarian. Redirecting your thoughts is one of the keys to changing your mental outlook. When an insidious negative thought comes, learn to recognize it and then re-direct it into a positive thought or at least neutralize it. Sounds like a sci-fi movie, huh? Vaporize those incoming missiles of destruction! Ok, its not quite like that, but you get the idea. You are what you think so think about what you want to be.

Post little notes to remind yourself, why you are making these changes. “I will feel better about myself.” “I appreciate the benefits of this choice.” and so on. Little notes help you to stay focused when your emotions are drained. They guide your thoughts, as mentioned above, to a more positive outlook.

Share with others! Sharing what you have with others helps to keep you on track. It keeps you motivated to learn more, keep going, and press forward. You will be motivated to keep advancing in your own progress as you mentor others in theirs. It will give you even more meaning and will keep everything fresh. Hold mini cooking classes, invite a friend to a vegan meal you’ve prepared, join a group and help out in it.

To recap on motivation:

- 👉 **Get social support**
- 👉 **Learn the benefits**
- 👉 **Prepare for the bumps**
- 👉 **Challenge unproductive thoughts**
- 👉 **Post reminders of why you chose this**
- 👉 **Share with others**

So, what are the steps of progression for a healthy lifestyle as a vegetarian? Let’s explore those next....

# Chapter 3: What are the steps?

So, where do you get started on the diet part? Here is the part you've all been waiting for. How do I start making the actual changes in my diet?

The first big step in a healthy lifestyle is adding nutritious foods while eliminating the most harmful things, like: chemicals, drugs, alcohol, caffeine, etc. I strongly suggest you get off all the Biblical abominables like pork products, shrimp, etc. See Leviticus 11. These are some of the highest in cholesterol and other contaminants. It is not a good idea to eat a living garbage dump, but that is exactly what you are doing when you eat bottom feeders like lobster and shrimp. Hummmmm, bet you never thought of that while dining out on these costly critters.

The second step in a healthy lifestyle change is eating more whole foods, like whole grains (not whole watermelon). Start by adding whole wheat flour to your baking, use 1/2 whole wheat and 1/2 white for a nice mix. This allows it to still be light and tasty, while adding the fiber and B'vits of the whole grains. Start using new grains like Spelt or Kamut. The more new

foods you add to your diet, the less you will miss those other foods. The more natural the state of the food the better!

Next step, reduce and eliminate your cheese consumption. This is the hardest for people to give up, but it is one of the worse foods. It is devoid of many nutrients and hard to digest. Even harder than meat!

Ok, now it is time to reduce and eliminate meat. Start with the red meats and progress to chicken and fish. It seems red meats create more of a craving than the others. Start with going vegetarian two days per week. Then work your way to a complete week. Take however long you need to develop a system and habit you can live with. If you go too fast you may give up. Not to mention the other's in your household who may not approve! You can use the meat substitutes, also called meat analogs. Now that sounds delicious! Or you can opt for recipes that are more conducive to both lifestyles like: pasta, lasagna, rice & beans, Chinese food, Indian food, etc.

Reduce and eliminate other dairy products like butter, milk, ice cream and so on. These are fairly easy to replace with substitutes. Soy milk, non-hydrogenated margarine, soy ice cream, etc. It may take some time

to find a brand your family likes. There are so many to choose from and you can even make your own when you get that ambitious. Here are just a few brands:

- ☞ **Silk**
- ☞ **So-Good**
- ☞ **Rice Dream**
- ☞ **Vita-soy**
- ☞ **Almond Breeze**
- ☞ **Hempmilk**
- ☞ **Better Than Milk**
- ☞ **Pacific (almond, soy)**
- ☞ **Soy Dream**
- ☞ **and many “store” or no-name brands**

There are lots of recipes to make your own milk and other dairy substitutes. We will explore some of those in our recipe section.

Now it is time to lower the fat! Yes, I’m giving it where it hurts. For some, like my dear husband, the next cut is a more painful, heart wrenching one, reducing sugar, but for me it is fat. Donuts, cookies, french fries, potato chips, deep fried delectables! I realize you can make all the above vegetarian and even vegan, and you can make them healthier than purchased varieties. But for the most part these foods are blood vessel blocks and bombs! So, if all you care about is the cow and not cholesterol, I guess you can skip this

section. (There are more problems than cholesterol, but you get the idea.) By the way for those of you who know cholesterol only comes from animal products and you're eating fried foods with veggie oil, don't forget your body makes its own cholesterol. Many a vegetarian has been surprised to get their blood tests back. Don't be one of them!

The first thing to get rid of in the fat department, is the hard fats and reduce the free fats. What on earth are those? Hard fats are usually hydrogenated so they don't melt at room temperature. They are often high in saturated fat and trans fats. Nasty little guys they are. Wreaking havoc on your poor little cells. You can use non-hydrogenated fats or oils instead of those bad guys.

Free fats are not free of charge. You still pay in weight gain, heart disease, and your pocket book. Free fats are any fat that are not in their natural habitat. All vegetable oils, margarines, and so on. Reduce these to a minimum, and then reduce them again. Sometimes what we think is the minimum today, is a lot as our taste buds adapt. Yes, your taste will change. Hurraaaaahh! It won't taste yucky forever. Actually, it shouldn't taste too bad right now. Since I have been eating this way for over a decade (Love that, makes me sound old and wise.), I have noticed I am still drawn to the donut



section. I linger, drooling over the deep fried bread (I should mention I live on bread and potatoes), and I think. Ah, just one, once more for good old memories of taste bud reunions. So, I succumb. I buy one. I eat one. Well, some times I can get through one. I find they aren't so good any more. The grease oozes out and the sugar hurts my teeth. My guts start to complain, "What did they do to the donuts?" Nothing, I've changed not the donuts.

*Your taste buds will change and you'll enjoy the new foods. Give yourself a chance.*

Reduce sugar in your cooking step by step. You will be surprise how much sugar you can take out of a recipe before it is tasteless. We are an over do society and sugar is no exception. I have written

over seven cookbooks and when I look at some of my recipes I think, whoa, that looks like a lot of sugar, half of cup! Then I pull out an "original" and find it said two cups. Then half a cup of sugar for a cake that serves 6 to 8 people isn't too bad after all. Especially since my icing has little or no sugar, while the "original" has another 2 CUPS!

I would also suggest you reduce spices as your

taste buds and buddies adjust to a vegetarian diet. Spices can create crippling cravings causing caving of conscience. (Say that 5 times, fast!) Spices like cinnamon, black pepper -- REALLY bad, and hot foods. Teach your body to go natural. Less is more. Eat your food as close to the way the creator created it.

In summary here is the cooking PROGRESSION to a Healthier Lifestyle:

- 1. Omit harmful products such as chemicals, drugs, etc.**
- 2. Eat more whole foods (including whole grains) and more raw if possible. Start adding whole wheat flour to your baking. Use 1/2 whole wheat and 1/2 white to get started.**
- 3. Reduce and eliminate cheese**
- 4. Reduce and eliminate meat.**
- 5. Reduce and eliminate other dairy products.**
- 6. Reduce hard oils like margarine.**
- 7. Reduce sugar & spices. (Eliminate eggs if you have a good alternative source of: Omega 3, Vitamin D, and B12)**

Now, that all important question, WHAT CAN I EAT???

# Chapter 4: What Can I Eat?

No cheese, no milk, no meat! What is left to eat? These are VERY common questions. I can't give up meat and cheese, I'd starve. It will taste terrible! Ever heard these comments after you have told someone you are thinking of going vegetarian. Wow, it's worse if you say vegan!

Well, just to give you a sample of ingredients that you have left, here is a list of just some of the foods left for a vegetarian to eat:

- 🌱 **Amaranth**
- 🌱 **Arrowroot**
- 🌱 **Carob Powder**
- 🌱 **Cornmeal**
- 🌱 **Barley**
- 🌱 **Buckwheat**
- 🌱 **Brown rice**
- 🌱 **Kamut**
- 🌱 **Millet**
- 🌱 **Oats**
- 🌱 **Popcorn**
- 🌱 **Quinoa**
- 🌱 **Rice**
- 🌱 **Rye**
- 🌱 **Spelt**
- 🌱 **Tapioca**
- 🌱 **Wheat**
- 🌱 **Asparagus**
- 🌱 **Beets**
- 🌱 **Broccoli**
- 🌱 **Cabbage**
- 🌱 **Carrots**
- 🌱 **Cauliflower**
- 🌱 **Celery**
- 🌱 **Corn**

- 🍷 Cucumber
- 🍷 Eggplant
- 🍷 Endive
- 🍷 Garlic
- 🍷 Green beans
- 🍷 Leeks
- 🍷 Lettuce
- 🍷 Mushrooms
- 🍷 Onions
- 🍷 Peas
- 🍷 Peppers
- 🍷 Potato
- 🍷 Pumpkin
- 🍷 Squash
- 🍷 Sweet Potato
- 🍷 Tomatoes
- 🍷 Zucchini
- 🍷 Peas
- 🍷 Apples
- 🍷 Apricot
- 🍷 Bananas
- 🍷 Berries
- 🍷 Cantaloupe
- 🍷 Cherries
- 🍷 Dates
- 🍷 Figs
- 🍷 Grapes
- 🍷 Grapefruit
- 🍷 Lemons
- 🍷 Limes
- 🍷 Mangoes
- 🍷 Melons
- 🍷 Nectarines
- 🍷 Oranges
- 🍷 Papaya
- 🍷 Pineapple
- 🍷 Peaches
- 🍷 Pears
- 🍷 Plums
- 🍷 Prunes
- 🍷 Raisins
- 🍷 Strawberries
- 🍷 Tangerine
- 🍷 Watermelon
- 🍷 Baked Beans
- 🍷 Butter Beans
- 🍷 Garbanzos  
(chickpeas)
- 🍷 Kidney Beans
- 🍷 Lentils
- 🍷 Lima Beans
- 🍷 Navy Beans
- 🍷 Pink Beans
- 🍷 Pinto Beans

- 👉 **Romano Beans**
- 👉 **Tofu**
- 👉 **Gluten products**
- 👉 **Soy products**
- 👉 **Almonds**
- 👉 **Brazil nuts**
- 👉 **Cashew nuts**
- 👉 **Chestnut**
- 👉 **Coconut**
- 👉 **Flax Seed**
- 👉 **Filberts/Hazelnuts**
- 👉 **Macadamia nuts**
- 👉 **Peanuts**
- 👉 **Pecans**
- 👉 **Pine nuts**
- 👉 **Pistachios**
- 👉 **Sesame seeds**
- 👉 **Sunflower seeds**
- 👉 **Walnuts, Black**
- 👉 **Walnuts, English**
- 👉 **Avocado**
- 👉 **Olives**

Well, I don't think you will go hungry, do you? And these are just the ingredients, wait till you see the recipes!! The combinations are just about endless.

As you progress from meat eating to vegetarian there are lots of alternatives available on the markets these days. Burgers, chicken nuggets, ground beef, chicken breast, cheddar cheese, mozza cheese, sour cream, cream cheese, yogurt, ice cream, and many many more all made with vegetarian ingredients, and most are even available VEGAN! You can, if you choose to, make all your favourite old recipes using vegetarian substitutes. NO EXCUSES!!!

So where do you go to get all these delicious products? We will get to that in chapter 8, but first let's look at the nutrients you need to stay healthy!

# Chapter 5: Nutrients

What about protein, calcium, B-12, Vitamin D, and iron? Where does a vegan or total vegetarian get these nutrients? I mean don't you have to eat meat or eggs or dairy to get these? No. Simple, short, truthful. The basic truth is you don't need a degree to get your nutrients. We will just go over some of the most common worries people have when they start going vegan. If you want more details, I highly recommend the book "Becoming Vegan" by Brenda Davis, R.D. & Vesanto Melina, M.S., R.D.

Let's start with protein. Protein is made up a several amino acids. These amino acids are the building blocks for your body. Your body is not fiber or carbohydrates or sugars - but you do need these as we will discuss. Protein is found in veggies, legumes, nuts, seeds, and even grains. Even potatoes have enough protein per calorie to sustain your needs. Albeit one does not eat only potatoes, nor am I suggesting this!

Whole grains give you lots of protein as well. But how much is enough? The average person needs 50 to 80 grams of protein per day, or about 10% of

our calories (according to the USDA). If you have health issues, injuries, underweight, or have athletic requirements, you may need more. Check with a health professional.

So how much protein is in your veggies? (I am using the word veggies very loosely here.) Half of a cantaloupe has 2.5 grams, 1 cup of oats about 5-7 grams, so add 4 Tbsp of chopped walnuts, 1 cup of soy milk, and you have over 25 grams. There, just in breakfast you have had enough to meet the half the minimum requirements.

It is harder for a meat eater to avoid getting excess protein, than for a vegetarian to not get enough. And the best part is, there is less health risk in over doing vegetable protein. Too much animal protein has health risks (that we discuss in detail in our info sheet on Protein).

Now, calcium. Without milk will your bones fall apart? Of course not. Cows don't drink milk. What nonsense we hear from the media. Calcium needs vary from person to person, and a vegan/vegetarian must be thoughtful about this. Unlike protein, calcium, is not quite as abundant in every veggie and calcium needs to vary for individuals from 400 grams for an



average healthy vegan (according to the World Health organization) to 1200 grams for a breast feeding mother. (Yes, vegans need a little less calcium in their diet, as they loose less in excreting waste.) [We have a whole info sheet on calcium and how much you need, how much in different foods, and more: www.higherpath.ca](http://www.higherpath.ca)

Just a few sources of calcium for a vegan:

- 🌱 **Oranges**
- 🌱 **Almonds**
- 🌱 **Figs**
- 🌱 **Flax seed**
- 🌱 **Soymilk**
- 🌱 **Tofu**
- 🌱 **Oats, instant**
- 🌱 **Ener-G Baking Powder (see glossary)**
- 🌱 **Cooked Collards (not my favourite)**
- 🌱 **Broccoli (my son loves little trees)**

B12 is a little more controversial. Studies and reports show just as many meat eaters get B12 deficiency as do vegetarians, but some health professionals are saying strict vegans can get into trouble. Since the side effects are so alarming (like irreversible nerve damage), most doctors and dieticians recommend supplementation. Since I like to live by the facts, at this point in my research, I would say supplement. That

doesn't mean you need to take a pill every day, you can use fortified products and natural products that have B12 like red star nutritional yeast flakes (This brand has been tested and does have B12 and not the analog - B12 look-a-like - which seaweed does.) Again, if you want more information on this (the studies are still being done) keep checking our site for updates or go to the [US Gov't website http://ods.od.nih.gov/factsheets/vitaminb12.asp](http://ods.od.nih.gov/factsheets/vitaminb12.asp)

Vitamin D. Sunshine - 15 to 20 minutes per day, more in the winter or up North. (Far north may need supplementation.) Your body will store it and you can't over do it. (You CAN over do the sunshine!)

Lastly iron. Iron deficiency is common in all diet types. A lack of amount, in poverty areas, or a lack of variety are the two biggest causes. Other causes, heavy menstruation, illness - like crones, poor absorption ability, and so on. On average you need 15 to 18mg grams per day. So, where is it found?

- ☞ **Tofu**
- ☞ **Quinoa**
- ☞ **Rye flour**
- ☞ **Whole wheat flour**
- ☞ **Potatoes**
- ☞ **Mushrooms**

- 🍷 Carrots
- 🍷 Soybeans
- 🍷 Garbanzos
- 🍷 Lentils

Here is a little chart to help you with basic nutrition:

Well, there you have the low down. Your bones

**Essentials:**  
 Calcium rich foods like almonds & sesame seeds. Omega-3 foods like flax seeds. Plus, sunshine for vit D and 6 to 8 glasses of water per day.

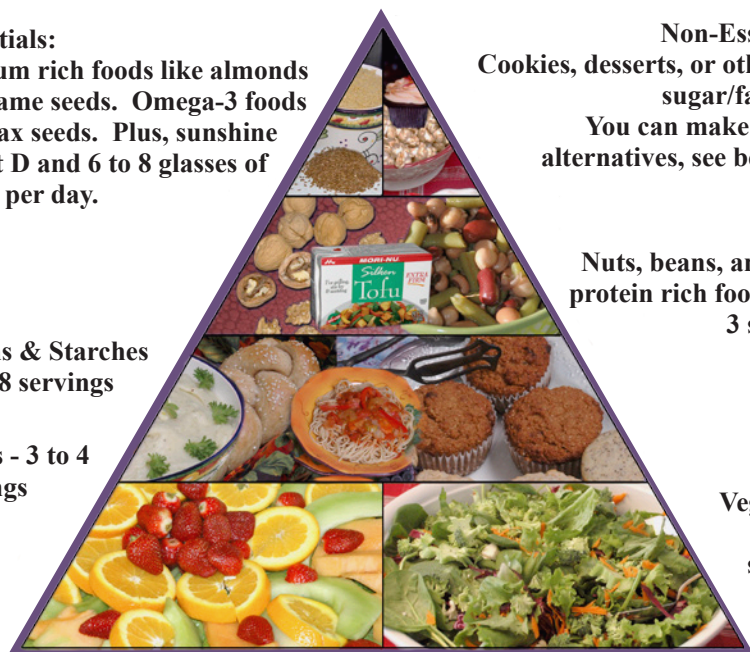
**Non-Essentials:**  
 Cookies, desserts, or other high sugar/fat foods.  
 You can make healthy alternatives, see below for recipes.

**Nuts, beans, and other protein rich foods - 2 to 3 servings**

**Grains & Starches - 6 to 8 servings**

**Fruits - 3 to 4 servings**

**Vegetables - 3 to 5 servings**



won't disintegrate, your protein isn't scarce, and you can make wise choices to include enough iron and calcium in your diet. So let's get into menu planning so you can keep your family's health on the right track.

# Chapter 6: Menu planning

So you find a few recipes you like and you make them over, and over, and over, and over, and over, and over.... Finally you find a few more, you quit the first set and make the new recipes over, and over, and over, and over, and over..... And a couple years later you stumble back onto the first set of recipes and you make it again, and again....

Guess what it happens to us all. So, to get out of the rut or in fact to prevent it, make up menus. No, not a bunch of options for the family at each meal. Mom is not a restaurant, contrary to popular belief. This menu is for you to plan out your week of meals. It will help you with shopping, cooking, and making sure you have a balanced meal.

We offer FREE menu planners for you to download at: [www.TheVegetarianCookingSchool.com](http://www.TheVegetarianCookingSchool.com) So you can get started there.

Menu planning can be as simple as listing your favourite recipes and alternating them each week, plus adding new ones every couple weeks or once a month.

This will prevent your favourites from going stale and keep the variety and interest alive. But, be sure to pick from the food groups so you get proper nutrition. [Here is a link to a FREE Vegetarian food guide - www.TheVegetarianCookingSchool.com](http://www.TheVegetarianCookingSchool.com)

This is one of the biggest concerns for new vegetarians, am I getting enough of the nutrients I need. Here's how to plan meals:

- 👉 Print the Vegetarian food guide**
- 👉 Print a blank menu planner**
- 👉 Write out a list of favourite recipes**
- 👉 Organize the recipes by how the ingredients fit into the food guide.**
- 👉 Write them into the menu planner**
- 👉 Add the missing food groups**
- 👉 Look over the ENTIRE day (not meal) and be sure you've included something from each food group.**
- 👉 You're done!**

For those of you who have non-vegetarians in your home you may need to do a little more work in the planning department. As you plan your meal, you may need to add foods that your family will eat. To keep it

as simple and easy as possible, I suggest you fill in all the foods the family is willing to eat (apples, peanut butter, granola, pasta, cookies, cake, bananas, oranges, salad, etc.) and then add just a few meat or dairy items, or better yet, let them add it.

You may be surprised how much vegetarian food some will eat as long as you don't call it vegetarian. (Ever try going to a picnic or potluck and your vegan food disappears before you get to it?) Just call it what it is: lemon pie, cinnamon buns, bran muffins, marinara sauce and spaghetti, you get the idea.

If you feel you cannot cook meat (I personally would/do not), let them know, and explain why. Give them real answers so they know you are not trying to force them into a change they don't want, but that while you respect they don't want to be vegetarian, you would like them to respect your choice not to cook those foods for the reasons you stated. Personally, I have a couple reasons: I can't STAND to look at anymore (I used to) it just makes me sick, reason enough, but also I feel it is against my conscious as a mother to cook and feed my family or friends that which is harmful to the environment and their own health.

Now, having said all that, remember children do NOT need to dictate to you what they will and will not

eat. If you are the parent making the change, please inform the children why and don't feel you have to cook meat to keep them happy. If they are almost youth (12 +) you may need to be a little more flexible and reasonable. It all depends on the relationship you have with them.

PS: We do offer menu's all ready done, with our recipes, for your convenience visit us at [www.TheVegetarianCookingSchool.com](http://www.TheVegetarianCookingSchool.com)



# Chapter 7: Cooking Tips

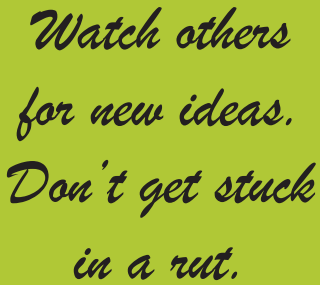
Get organized: make a list of jobs in the kitchen you wish to get done today in order of importance. Those you didn't get done yesterday put at the top of today's list. The kitchen is the foundation of the home and to have a plan and order is vital in good home economics. Some jobs are daily, while others weekly, and some monthly. Start a list and divide it into those sections.

Organize your pantry by Kind or Meal type. Soups, and items for soups, in one place, vegetables in another section. Pasta and sauces, etc. Organize your freezer with boxes. Strawberries here, blueberries there. Nuts in the right corner, etc. I have different boxes for each. (I also have two freezers, when you live in the country you need to stock up.) Place items in specific spots in your freezer. Fruit on the left, Grains/nuts in the middle, Veggies on the right, ETC. (Do the same in your fridge) Works GREAT!

Alphabetize spices, seasonings, for quick identification. Now, I don't actually put all my spices in alphabetical order, I actually have two groups. One for "sweet" spices and one for savory. Then I put them

in ABC order.

Form the habit of assembling what will be needed before starting the job. Pretend you will be demonstrating this on a video! This will help you get the recipe done much faster and ensures you have all the ingredients.



*Watch others  
for new ideas.  
Don't get stuck  
in a rut.*

Put frequently used items, like measuring cups and spoons as close to your main work area as possible. You can even store them in a fancy basket on the counter top. I have a knife/spice rack/spoon caddy combo for

traveling to do seminars. I also hang my measuring spoons off it and so everything I need is in one easy to find spot. I can concentrate on the recipe and not the tools. You wouldn't believe how much time you can save if you are organized. Many of the youth and "young" cooks that tried my recipes out for the first time were surprise at my time ratings. It seems I can do in 15 minutes what takes others 20 or even 30 minutes. (I did adjust some of the times in my cookbooks, just to make them happy.)

Clean as you go. Rinse out each item as you get it dirty. I usually go even further and wash it right then. Much faster to wash a mixing bowl before it hardens. I usually put away each ingredient or every second ingredient as I use it, unless I am doing another recipe that will need that same ingredient. Which leads me to the next tip.

Cook multiple items at the same time that are similar in cooking procedure or ingredients. For example: You can make up a batch of muffins, after you start the pancakes. Or make a pudding while you are at the stove cooking pasta. Do gluten nuggets, gluten patties, and a gluten loaf in one shot then freeze them for later. I find this a big time saver. When cooking beans, rice, or millet, cook larger portions than needed. Freeze in 4 cup portions. Label the container with date and food item. Use clear containers! I even make casseroles up and freeze them.

Keep your tools sharp and in good shape. I've watched people take extra time peeling potatoes because they haven't purchased a new peeler in 2 or 3 years. Yes, blades get dull, and you won't notice because the change is so small over time. Set a schedule to sharpen your knives. Some knives need sharpening every week, others last a month or two.

Get a food pyramid like “The Total Vegetarians Food Guide” by Higher Path Print & Production, [www.HigherPath.ca](http://www.HigherPath.ca), and post it on your wall. You can give it a glance to make sure your meal is adding up.

If you have to make multiple meals because of different diets of the family, choose meals that can be adapted easily. Ie: Mashed potatoes, cashew gravy, salad, and veggie patties or roast beef (for the stubborn, unadvised, hopeless carnivore in your family). Ok, be nice. Didn't I say that once all ready? Anyway, don't work yourself into a frenzy every meal, nor is it a good idea to tell them “cook for yourself, I'll cook for me.” Family, marriage and civility should be a priority! More about this in Chapter 10: Dealing with Issues.

# Chapter 8: Where will I shop?

Do I have to live out of a health food store? What if I live in a remote area, where do I get vegan foods? How will I find vegetarian foods? The great thing about vegetarian foods is most of them are available right in your local grocery store.

Remember that list of foods in Chapter 3? Those are basic ingredients of life and most of them are found all over the world in stores or can be grown in your own backyard (which has many health benefits, I might add). If you can't get one grain, you can be sure to find another. Where you can't get wheat, there is corn. If peaches aren't available maybe mango's are. You'd be surprised how much you can grow in the city or on a rock bed. (I know, I've tried both.)

What about some of the substitute items that are nice for quick meals or having "non-vegetarian" guests over? Even those are coming into more and more stores. Check out the big stores Super-Walmart is carrying many vegetarian burgers and other foods. Trader Joes, Super-One Foods, Save-On-Foods (in Canada), Safeway, Costco (limited, but has some) all carry meat substitutes and most carry cheese as well.

*You don't need to shop until you  
drop to buy vegetarian.*

*Most of what you need is right  
in your local grocery store or  
better yet, in your garden.*

you live in a larger center, look for an Adventist Book Center. (A franchise that carries LOTS of vegetarian products from canned to frozen, seasonings and more not just books.) Look for one near you online at: [www.adventistbookcenter.com](http://www.adventistbookcenter.com).

Look for Co-op's in your area - check out the ad's in the phone book and look on community bulletin boards. Ask at a local tourist information place, they often have lists of businesses in the area.

Ask your grocer to carry more options. Many times stores are happy to get in new products that you will buy. Let them know you will take so much and be

honest with them.

Look for local farmers and buy from the source. You can often get “organic” foods from growers, but they may not be certified. Or you may be able to get foods with less sprays and so on.

See if there are any ethnic stores in your area. Many Indian and Asian shops carry plenty of vegetarian foods, but you may need an interpreter. For example: dhal is a lentil, seitan is gluten, etc.

More resources:

☞ **Azure Standard:** [www.azurestandard.com](http://www.azurestandard.com) (bulk foods at VERY reasonable prices. No shipping if you live near a drop area - in the Pacific Northwest and moving East. Phone Orders: 541-467-2230

☞ **Country Life - mail order store.** Phone: 706-323-9194 ~ Email: [countrylife@ucheepines.org](mailto:countrylife@ucheepines.org) Address: Country Life Natural Food Store, 1217 Eberhart Ave., Columbus, GA 31906-2430

☞ **ABC Online Health Food Store:** [www.vegefood.com/shop.html](http://www.vegefood.com/shop.html)

☛ Garden Spot Distributors: Route 1 Box 729A, New Hollare, PS 17557, USA; Phone: 800-829-5100 ~ (bulk foods, speciality items)

☛ Harvest Direct: PO Box 4514, Decateur, IL 62525, USA. Phone: 800-8flavor (TVP, Sauces, Herbs, Mixes)

☛ The Mail Order Catalog: P.O. Box 180, Summertown, TN 38483, USA. Phone: 800-695-2241 or 615-964-2241 or email [catalog@use.usit.net](mailto:catalog@use.usit.net) (Cookbooks, TVP, Instant Gluten Flour, Nutritional Yeast)

☛ Soyfoods Center Catalog: PO Box 234, Lafayette, CA 94549, USA. Phone: 415-283-2991

☛ Walnut Acres: Penns Creek, PA 17862, USA Phone: 800-433-3998 (Organic foods, kitchenware, pantry items)

☛ Rainbow Natural Foods: 1487 Richmond Road, Ottawa, Ontario K2B 6R9, Canada Phone: 613-726-9200

☛ Total Health - [www.TotalHealthforToday.com](http://www.TotalHealthforToday.com) - low sodium, VEGAN seasonings - beef, chicken, mushroom, and more. Email [rdblancy@telus.net](mailto:rdblancy@telus.net)



# Chapter 9: Higher Power

Are you still with me? Keep reading, just a little bit further, you're almost done. I promise to not get "too religious" on you. You are certainly going to need this chapter to get you through the next chapter on dealing with issues as a vegetarian.

When making positive changes in your life, you are bound to run into resistance. It's a fact of life. Whether you believe in the Bible or some other religion or think you don't believe in any religion, you will find good changes hard and bad habits easy. (By the way this natural law is one of the most confusing to naturalists as it contradicts evolution. Hint, Hint.)

It has been said: If I believe in God - I've got nothing to lose even if there is no God, but everything to gain if He does exist. But, to not believe, and God does exist, I would lose eternal life and gain other hellish results. Pun intended. So for the sake of sanity and safety the logical choice is belief in God. (Make no mistake you are making a belief choice either way!)

God has the power to help you overcome that which you of your own self cannot. You can call on

Him, lean on Him, trust in Him. He will give you wisdom to know just what changes you should make and how fast.

I invite you to take His hand on this new adventure so you can go further, live longer, feel better. And deal with the issues we will discuss in the next chapter.

# Chapter 10: Dealing with Issues

There are many issues that come up for a vegetarian, from how to live with a non-vegetarian to answering questions that feel like the 3rd degree from those you meet. I think the easiest way to go through these is in question and answer format.

Q. Why are you a vegetarian?

A. (Your answer will depend on your reasons. If you actually put the first two chapters of this book into practice you will have an answer to this question. And I suggest you have a short version and a longer one.)

Q. Animals eat each other, why not eat them?

A. We are not animals. We are humans, with a spiritual self and a conscience. We were created to care take this planet (see Gen 1 & 2). Eating animals does not benefit us in health and we are misguided to think otherwise.

Q. My spouse eats meat, how do I deal with that?

A. Prayer, first of all. You need a surrendered heart to avoid pushing them into a decision because you want them to. They need to choose based on their own motivation, or they may become resistant. Be willing to cook meals that are adaptable (see Meal Planning.)

Communicate, talk, explain, reason how you feel, but DO NOT argue, try to convince, nag, harbor, harp on, the issue. Here are a few comments from the vegetarian union web site:

From a reader in California:

I have been a vegetarian for 14 years with a non-vegetarian husband. I think that our dietary differences do not cause a problem because we respect each other's position. He does not demand a meat course for every meal, and I do not denigrate him for choosing to eat meat. At least once a week I offer to go out to dinner so that he may have meat. (He doesn't take me up on this as often as he used to because we got a satellite dish and subscribed to NHL Center Ice. Hockey can be brutal, but it's not as bad as the slaughterhouse.)

I keep some frozen meat-based entrees on hand and he knows that whenever he would like to supplement my vegetarian meal, I will make no comment about his choice. My husband has never complained about my being a vegetarian, and has defended my choice to others who mock vegetarianism. In return, I never put him down for remaining a carnivore.

From another reader:

I have been a vegetarian for about 10 years, and am marrying a person who loves meat. My basic stance on

my vegetarianism is that it is my choice - every day I make the choice to not eat meat. I do not judge people who chose differently since I have always hated being judged for my choice (is there anyone else who has had to defend their choice to complete strangers?). As a matter of fact, I don't even mind cooking meat for my sweetheart (although my repertoire is limited since I haven't done it in so long). I have long since labeled my choice as one of consumption - I chose not to eat anything that died (and once had a face). If I cook for him, and don't eat it, then by my standards, I have not done anything wrong.

From a reader in Australia:

I have lived happily for more than 7 years with my non vego partner. It is an interesting situation for me because not only is he a dedicated meat lover so are all his friends and family! (Some relatives work in the slaughter industry) So am I living a contradictory life and compromising my belief system? Or am I an ambassador for Vegetarians? It would certainly be easier if I had a partner who was vego too. But then again ,if you have chosen to be a vegetarian you will find that a lot of things in your daily life become irreversably complicated. If you conduct yourself with integrity and conviction you will be surprised at what you can achieve!

Q. What about visiting friends & relatives?

A. Again, prayer for a way to communicate and work out a plan. Some relatives are basically antagonistic and there is little more you can do than bring your own food, or don't go there at meal time. If you are staying in their home, explain you have prior commitments (like committing your life to being a vegetarian) and you will not be there for dinner. Go out and eat, or take a picnic somewhere, etc. With other relatives, you can simply contribute to the meal. We do this with my husbands parents all the time. In fact, on occasion I help make the meal like a vegetarian soup. It is up to you how little or how much non-vegan foods you are willing to eat. Some people will not eat in the home of a meat eater because of contamination of the utensils, etc. But my personal conviction is this is un-Christlike and not Biblical. We draw our lines differently at the homes of others, than in our own home, I do not feel this to be hypocritical or wishy-washy. We are trying to act like Christ. You need to make your own choices and that is fine to. Oh, one more suggestion, camp! Yeah, that's right, often we will take our R.V. (used to be a camper - we've upgraded) even on a weekend trip and then we can cook to our hearts content.

Q. What is a Vegan? Is it the same as total vegetarian?

A. No. A vegan: excludes animal flesh (meat, poultry,

fish and seafood), animal products (eggs and dairy), and usually excludes honey and the wearing and use of animal products (leather, silk, wool, lanolin, gelatin...). The major vegan societies all disallow honey (largely due to the treatment of the bees), but some “vegans” still use it. A total vegetarian excludes animal products in their diet but will use honey, and will use animal products like leather. Thus I call myself a strict or total vegetarian with vegan tendencies (I don’t use very much honey anymore, and I avoid leather, but will use a leather saddle. I do look for home based ranchers who make their own leather, which my neighbor does. He takes VERY good care of them while alive, he even uses a naturopath for them!). Life can get a little complicated, just do your best and make the best choice for you as you can.

Q. What is Seitan?

Basically it is gluten. It is a high protein, low fat, food. Seitan is made from whole wheat flour which is mixed with water and kneaded. This dough undergoes a simple process of rinsing and mixing, to remove the starch and some bran, until a gluten is obtained. Seitan is simmered in a stock of soy sauce and water.

Q. Where Can I find more information on being a vegetarian?

A. Here is a short list of good websites:

🍷 **International Vegetarian Union - <http://www.ivu.org/>**

🍷 **[www.vegweb.com](http://www.vegweb.com)**

🍷 **Vegetarian Resource Group - [www.vrg.org](http://www.vrg.org)**



PS: If you would like to learn more about the vegetarian lifestyle and get an entire course on vegetarian cooking complete please have a look at [www.TheVegetarianCookingSchool.com](http://www.TheVegetarianCookingSchool.com)



# Appendix: Recipes

So many cookbooks, so little time. The longer you are vegetarian, the more bowed down your cookbook shelf will get. There is a profusion of good vegetarian material out there, all though you may get some duds along the way. Word of mouth, taste testing, that's the best way to determine how good a recipe is.

Some of the cookbooks out there:

- 👉 **Tasty Vegan Delights**
- 👉 **Seven Secrets**
- 👉 **The Optimal Diet**
- 👉 **Vegetarian For Life**
- 👉 **More Choices**
- 👉 **Fabulous Foods**
- 👉 **Taste of Health**
- 👉 **Cooking with the Micheff Sisters**
- 👉 **Quick and Easy Cooking**
- 👉 **Good Nutrition for Life**
- 👉 **Oh, and of course Healthy Home Cookin'**

**Series, how could I forget those seven books!**

In fact, let me give you just a few recipes from the Healthy Home Cookin' Cook Book Series.

# Recipes are from the 3ABN Booklet as seen on TV.

## Quick Meals

### Easy Bean Burger Mix

Make up a batch and store in cupboard for quick meals.  
From Vol. 2 Seasonal Treats.

- 1/2 cup garbanzos, dry (or red lentils)
- 3/4 cup brown or green lentils
- 3/4 cup quick oats
- 2 cup breadcrumbs (can use GF breadcrumbs)
- 1/4 cup cornmeal
- 1/2 cup nutritional yeast flakes
- 2 Tbsp onion powder
- 4 Tbsp Tasty Brown Bouillon

Put garbanzos and lentils in a blender and blend until course flour. Combine remaining ingredients in a bowl and stir in beans. Store in air tight container.

For Nutrition see Easy Bean Burgers, next recipe.

### TIPS 'N' TECHNIQUES

Great for Camping! These are quick to prepare and easy to make. This will store several months in a cool, dark place. We take these when we travel as they are so fast to prepare. Can omit Bouillon in this mix and add as needed to liquid when making burgers.

## Easy Bean Burgers

Quick and Easy, from Healthy Home Cookin' Vol. 2.

- 1 1/2 cups Easy Bean Burger Mix
- 1 cup boiling water

Combine boiling water and burger mix and let stand 5 to 7 min. Fry until golden brown in a non-stick skillet.

Variations: Add 1/2 cup chopped or slivered almonds.

Serves 4

*Nutrition (per serving):* 197.1 calories; 2.4g total fat; 268.8mg sodium; 297.3mg potassium; 34.4g carbs; 6.1g fiber; 0g sugar; 10.1g protein.

## Potato Medley

A delicious & eye pleasing low fat dish. From Vol. 3.

- 4 to 6 med yellow (or white) potatoes
- 4 to 6 small purple (or red) potatoes
- 2 to 4 med carrots
- 1 tsp sea salt (or Seasoning Salt)

Peel and wash potatoes (peeling optional). Cut into wedges (about 1" chunks or so). Sprinkle with salt and place in prepared pan. Bake at 400°F for 20 to 30 minutes. Stir twice, every 10 minutes. Variation: add red onions, 4 to 6 Tbsp BBQ Sauce or Ketchup, 1/2 to 1 tsp Italian Herbs, etc. Serves 4

*Nutrition (per serving):* 302.7 calories; 0.4g total fat; 509.7mg sodium; 2064.6mg potassium; 70.6g carbs; 5.5g fiber; 1.4g sugar; 7.3g protein.

## Oven Roasted Potatoes

One of our favourites, from one of our favourite cookbooks. Vol. 3 - Pasta, Potatoes, Rice & Millet. (A variation on the above.)

- 8 med potatoes, red or new
- 1 med onion, coarsely chopped
- 3 to 4 med carrots, sliced
- 8 to 10 whole cloves garlic, peeled
- 1 to 2 tsp Seasoning Salt
- 1 to 2 Tbsp oil

Wash and chop potatoes into wedges or cubes about 1” to 2”. Smaller will cook faster. Combine all ingredients in a large bowl and mix well. Pour into a prepared 10 x 14 pan or cookie sheet. Bake at 375°F for 20 minutes. Stir and cook until browned.

Variations: see above.

Serves 4

Preparation time: 15 minutes

Cooking time: 20 minutes

Ready in: 35 minutes

*Nutrition (per serving):* 399.8 calories; 3.6g total fat; 478.2mg sodium; 2470mg potassium; 87.1g carbs; 7.3g fiber; 3.5g sugar; 9.2g protein.

## Lemon Pie

Favourite Lemon Pie. A traditional favorite with a topping change. Vol. 4 - Pies, Cookies, Cobbler & Cheezecakes (my husbands favourite book).

- 1/2 can frozen apple juice concentrate
- 3/4 cup water
- 1/4 cup orange juice
- 1/3 cup lemon juice (can use 1 to 2 med. lemons)
- 1/3 cup cornstarch
- 1/4 tsp sea salt
- 1/2 to 3/4 cup raw sugar
- Just Like Graham Crust

Blend all together well, adjust lemon juice to taste, in medium saucepan. Cook over medium heat until thick. Pour into pre-baked crust, chill, and serve with whipped topping.

Serves 8

Ready in: 3 to 5 hours

*Nutrition (per serving):* 119.2 calories; 0.1g total fat; 0mg cholesterol; 66.4mg sodium; 149.2mg potassium; 29.9g carbs; 0.1g fiber; 23.8g sugar; 0.3g protein.

## **Just Like Graham Crust - best**

This is so good you won't need regular graham crusts again. From Vol. 4.

- 1 1/4 cups whole wheat flour (or spelt or brown rice flour works in this recipe)
- 1/4 cup Sucanat
- 1/4 tsp sea salt, optional (use with oil)
- 1/3 cup melted margarine (or oil)

Combine all dry ingredients. Stir melted margarine (use non-hydrogenated) into dry until crumbly. Press lightly into a 9" pie pan. Bake at 350°F for 12-15 minutes or golden brown. The oil works just fine, I use it all the time.

Serves 8

Ready in: 15 to 20 minutes

*Nutrition (per serving):* 154.6 calories; 8.3g total fat; 0mg cholesterol; 259.6mg sodium; 93.2mg potassium; 18.6g carbs; 2.3g fiber; 4.9g sugar; 2.6g protein.

# Lunch Ideas

## Tofu Slices

Great warm or cold. EASY!! Thank you Donna. From Vol. 5 - Breakfast, Brunch, Soup & Salads.

- 1 pkg firm or med water packed tofu (454g/16oz)
- 1/4 to 1/2 cup Bragg's Aminos
- 2 to 4 Tbsp nutritional yeast flakes, optional

Slice tofu thinly and place into a non-stick skillet. Drizzle Aminos liberally over each slice and cook 3 to 5 minutes. Turn over and repeat. Serve warm or store in fridge for sandwiches. Variation: put Bragg's and yeast flakes in a bowl with sliced tofu (ONLY with firm). Mix well and cook as above.

Serves 8

Ready in: 20 minutes

*Nutrition (per serving):* 31.3 calories; 1.7g total fat; 0mg cholesterol; 466.1mg sodium; 59.9mg potassium; 1.0g carbs; 0.4g fiber; 0.2g sugar; 4.2g protein.

## **G-Good Dinner Loaf**

Great for Sandwiches, slices well when cool. From Vol. 6.

- 1/2 cup boiling water
- 1/4 to 1/2 cup peanut (or walnut butter)
- 1 cube Tasty Brown Bouillon (or salt to taste)
- 2 1/2 cups gluten flour
- 1/4 cup nutritional yeast flakes
- 1/4 cup Bragg's Aminos
- 2 cups water

Pre-heat oven to 400°F. Dissolve bouillon into 1/2 cup hot water, add remaining wet ingredients. Combine all dry ingredients in a medium bowl and stir in wet ingredients. Place in a prepared loaf pan and bake 15 minutes, reduce heat and bake an additional 45 to 60 minutes at 350°F. Let cool 20 minutes before slicing. Serve cool or re-heat in saucepan or in oven with gravy. Serves 9, two slices each

Ready in: about 90 minutes

*Nutrition (per serving):* 209.0 calories; 4.6g total fat; 477.3mg sodium; 124.6mg potassium; 8.5g carbs; 0.2g fiber; 0g sugar; 35.1g protein.



## Blueberry Muffins

Delicious! Where is the fat??? Blueberries are an exceptional food for healthy living. From Vol. 7.

- 3/4 cup whole wheat flour (or spelt)
- 1 cup unbleached flour
- 1/2 cup raw sugar (or alternative, see Appendix)
- 1/2 tsp sea salt
- 1 1/2 Tbsp Ener-G Baking Powder
- 1 1/4 cups soy milk (or coconut milk)
- 1/4 cup applesauce (or vegetable oil)
- 1/8 tsp almond extract
- 1 tsp vanilla extract
- 1 cup blueberries (fresh or frozen)

\*Preheat your oven to 400°F. Prepare muffin tin (paper works well). Mix dry ingredients, stir in blueberries. Combine wet ingredients and mix wet into dry. Bake at 375°F for 20 to 25 minutes.

Serves 12

Preparation time: 10 minutes

Cooking time: 20 to 25 minutes

Ready in: 30 to 35 minutes

*Nutrition (per serving):* 119.0 calories; 0.8g total fat; 0mg cholesterol; 93.2mg sodium; 87.0mg potassium; 25.4g carbs; 1.9g fiber; 10.3g sugar; 3.3g protein.

### TIPS 'N' TECHNIQUES

Can add 1/3 cup more blueberries for EXTRA blueberries. \*I usually preheat my oven hotter than I need to allow for the door opening. This prevents the element from coming on too soon.

## Rice Muffins - Blueberry

Quick gluten free alternative. From Vol. 7.

- 1 cup brown rice flour
- 1/3 cup tapioca starch (or corn flour)
- 1/2 cup corn flour (millet ground in blender)
- 1 1/2 Tbsp Ener-G Baking Powder
- 1 tsp Ener-G Egg Replacer, optional
- 1/3 to 1/2 cup raw sugar (or alternative)
- 1 cup blueberries
- 1 cup soy milk
- 1/4 cup applesauce (or vegetable oil)
- 1 tsp vanilla extract
- 1/8 tsp almond extract, optional

Preheat oven to 400°F. Combine dry ingredients in large bowl, stir in blueberries. Combine wet and stir into dry. Fill 12 muffin tins and bake at 375°F for 25 to 30 minutes or until light, golden brown. You may need to add more tapioca starch depending on your altitude. Try as is and add more if they sink too much.

Serves 12

Preparation time: 10 minutes

Cooking time: 30 minutes

Ready in: 40 minutes

*Nutrition (per serving):* 115.9 calories; 1.0g total fat; 0mg cholesterol; 12.7mg sodium; 83.6mg potassium; 24.7g carbs; 1.6g fiber; 6.5g sugar; 2.2g protein.

## More Lunch Ideas

### Potato Stew

Potato Stew from Vol. 5. Thank you Mihaela for the inspiration.

- 6 cups water
- 2 cups tomato juice
- 1/2 cup lentils, optional
- 4 medium potatoes, diced
- 1 cup diced carrots
- 2 lrg onions, sautéed if desired
- 1 Tbsp lemon juice
- 2 med bay leaves
- 1 tsp sea salt, to taste
- 1 cube Tasty Brown Bouillon (see EXTRAS)

Combine all in large pot and bring to a boil. Reduce heat and let simmer 60 minutes or until lentils and potatoes are tender. Adjust water and salt to taste.

Serves 8

Preparation time: 15 minutes

Cooking time: 60 minutes

Ready in: 75 minutes

*Nutrition (per serving):* 118.2 calories; 0.3g total fat; 299.7mg sodium; 808.9mg potassium; 27.7g carbs; 2.6g fiber; 4.5g sugar; 3.0g protein.

## Mariner Spread

Like a “mock tuna salad” from Vol. 5. One of the biggest hits at cooking schools!!

- 2 cups garbanzos or chickpeas (19 oz can)
- 1/2 cup Mayo (more or less to taste)
- 2 to 3 Tbsp Sweet Relish
- 1/4 cup green onions, chopped (or chives)
- 1/2 tsp dulse (or kelp)
- 1 tsp kelp, to taste (or a dash of salt)
- 1/4 tsp sea salt
- 1 tsp fresh lemon thyme (or 1/2 tsp dried), opt.

Mash up garbanzos in food processor, and stir in remaining ingredients. Chill or serve. Variations: Add 1/2 cup chopped celery, 1/4 cup red or sweet onion, and/or 1 Tbsp fresh parsley.

Serves 4

Ready in: 15 minutes

*Nutrition (per serving):* 425.7 calories; 5.7g total fat; 3540mg sodium; 984.8mg potassium; 93g carbs; 10g fiber; 48.8g sugar; 11g protein.

## Omega Bars

Full of omega 3's – 1.8grams per serving. Vol. 4.

- 1/2 cup brown rice syrup (or honey, will be sweeter)
- 1/4 cup canola oil (or soy creamer to reduce fat)
- 1/2 cup almond butter (or peanut butter)
- 1/2 cup peanut butter
- 1 cup chopped walnuts
- 1/2 cup pumpkin seeds
- 1/2 cup ground flax
- 1/4 cup sesame seeds, optional
- 3 cups brown rice crispies

Heat syrup, soy creamer and nut butters over medium heat until soft and smooth. Stir in nuts and seeds. Stir in rice cereal and press into a prepared 9 x 9 pan. Cut into 12 and chill.

Serves 16

Ready in: 30 minutes

*Nutrition (per serving):* 398.0 calories; 19.5g total fat; 0mg cholesterol; 86.7mg sodium; 213.5mg potassium; 58.3g carbs; 2.5g fiber; 38.3g sugar; 7.8g protein.

# EXTRAS

## Dinner Crumbles

A very adaptable recipe you can use in place of ground beef or ground beef substitutes. From Vol. 6.

- 2 cups bulgur wheat (see variations)
- 1/2 cup raw brown lentils (ground in blender)
- 1 can tomatoes, with juice (796ml/28 oz)
- 1 1/2 cups water, as needed
- 1/2 tsp garlic powder (or 1 to 2 cloves)
- 1 tsp onion powder
- 1 lrg onion, sautéed, optional
- 1/2 cup ground walnuts or pecans, optional
- 3 to 4 cubes Tasty Brown Bouillon

Blend all (except bulgur and onions) in blender until smooth. In a large skillet mix all and bring to a boil over medium heat. Reduce heat and simmer for 30 to 45 minutes stirring occasionally, until mixture is a moist, burger-like consistency (a bit gooey). Will “dry up” as it cools. Freezes nicely. Use cold in most recipes.

Serving Size: 1 cup

Ready in: 60 minutes

*Nutrition (per serving):* 379.1 calories; 2.5g total fat; 494.5mg sodium; 898.8mg potassium; 78.0g carbs; 22.0g fiber; 6.2g sugar; 16.5g protein.

**Variation 1:** Can use bulgur or TVP in place of ground lentils.

**Variation 2:** Can use Golden Nuggets, pg. 27 or just about any “gluten” loaf recipe, ground in food processor, with or without seasonings on page 24.

**Variation 3:** Can use TVP or Granburger in place of bulgur.

**Gluten free alternative:** Use above recipe with Soy Curls (see Appendix) crushed into pea sized bits or use soy TVP (available in some grocery stores).

**Quick alternatives:** several products on the market. These are ready to use, use in place of recipe.

Yves - “ground round or Just like Ground” (available in many grocery stores); Vibrant Life – in a can;

Grillz, a dry burger mix – just add water (see appendix); Granburger - a dry mix, add water according to directions on package. And many more in health food stores.

### **Golden Nuggets**

These are very versatile and delicious!!! (Gluten free see Tips.)

- 3 1/2 to 4 cups gluten flour
- 1/2 cup whole wheat flour
- 2 Tbsp onion powder
- 1 Tbsp garlic powder
- 2 cubes Tasty Brown Bouillon
- 1 cup boiling water

- 2 1/2 cups lukewarm water
- Golden Nugget Broth

Prepare two 9 x 13 pans with non-stick spray. Dissolve Bouillon in the boiling water. Combine all dry ingredients, and combine all wet ingredients with Bouillon. Mix together. This will seem goeey but will not stick to your hands. Tear into chunks about 1” or so. (Less than bite size as these will expand) Place into prepared pans. Pour broth over top and bake at 350°F for approx 1 hour. (Switch pans halfway, top to bottom, bottom to top). Cook until liquid is almost absorbed. Cool, stirring a couple times and place in baggies. Freezes well. Variations: Can use Golden Seasoning in place of Tasty Brown Bouillon.

Serves 16

Yields: 4 -- 2 cup baggies

Preparation time: 10 to 15 minutes

Ready in: 90 minutes

*Nutrition* (per serving including broth without oil):

147.2 calories; 0.9g total fat; 0mg cholesterol;  
246.7mg sodium; 83.8mg potassium; 9.3g carbs; 0.8g  
fiber; 0.4g sugar; 26.2g protein.

#### **TIPS ‘N’ TECHNIQUES**

For gluten free: Use 8 cups dry Soy Curls (see Appendix) in place of above recipe, add 2 Tbsp Golden Seasoning or Tasty Brown Bouillon, and soak in the Golden Nugget broth for 15 minutes and bake in the broth for 30 min at 350°F.



## **Golden Nuggets Broth**

Can be used for many different recipes, including soup.

- 4 1/2 cup water
- 2 cubes Golden Seasoning (or Tasty Brown Bouillon)
- 1/2 cup Bragg's Aminos
- 1/2 cup nutritional yeast flakes
- 2 to 4 Tbsp vegetable oil, optional

Dissolve bouillon in hot water. Combine all and pour over gluten, making sure you divide evenly. Stir as pouring to ensure even flavour. Bake as described above.

## **Veggie Pot Pie**

One of my personal favourites! Very YUMMY, from Vol. 6.

- 1 1/2 to 2 cups Golden Nuggets
- 3 to 5 cups diced potatoes
- 1 cup diced carrots
- 1 can corn, drained (398ml/14oz)
- 1/2 cup diced onions
- 1/2 cup peas, optional
- 2 Tbsp whole wheat flour (gluten free use corn flour)
- 2 to 3 Tbsp Golden Seasoning
- 2 to 4 Tbsp nutritional yeast flakes, optional
- 2 cups soymilk (or water)\*
- Pastry (or Low fat Cornbread, for a low fat alternative.)

Chop nuggets in a large bowl. Combine remaining ingredients in nuggets and mix thoroughly. Top with pastry or Cornbread. Bake at 350°F for 30 to 45 minutes. \*For extra creamy add 1 cup more.

Serves 8

Ready in: 70 minutes

*Nutrition with pastry* on pg. 65 of Vol. 6. (per serving): 412.6 calories; 19.4g total fat; 0mg cholesterol; 652.0mg sodium; 644.4mg potassium; 48.0g carbs; 6.4g fiber; 3.1g sugar; 15.0g protein.

*Nutrition with corn bread* made with applesauce (per serving): 119.4 calories; 1.6g total fat; 0mg cholesterol; 230.4mg sodium; 512.9mg potassium; 22.4g carbs; 3.2g fiber; 2.7g sugar; 5.8g protein.

## **Sloppy Joes**

Sloppy Joes - Quick, Quick and tasty, from Vol. 6.

- 2 cups Dinner Crumbles
- 1 med onion, chopped
- 1/2 cup tomato sauce, to taste
- 1/2 to 1 tsp chili powder
- sea salt to taste

In a large frying pan sauté onion in a bit of water or oil. Add remaining ingredients and stir well. Cook

on medium heat covered for 20 minutes, stirring occasionally. Serve on toast, buns, or rice.

Serves 8

Ready in: 30 minutes

*Nutrition (per serving):* 446.2 calories; 3.3g total fat; 454.6mg sodium; 788.9mg potassium; 88.4g carbs; 19.5g fiber; 1.3g sugar; 22.5g protein.

More ideas for Golden Nuggets:

Pasta and Sauce

Sweet n Sour Sauce and Rice

In a stir fry

Basically use it like chicken

### **Easy Buns**

Quick and easy. For gluten free see below. From Vol. 7.

- 4 cups whole wheat flour (or spelt)
- 1 to 2 cups unbleached flour (or oat, or Kamut)
- 2 Tbsp active dry yeast
- 1 tsp sea salt
- 2 1/4 cups warm water
- 1/4 cup vegetable oil, optional
- 2 Tbsp lemon juice

Combine whole wheat flour, 1 cup unbleached, and yeast in a large bowl. Combine liquids and add into flours mixing well. Knead in more unbleached flour

as needed to form a soft ball. Knead 5 minutes. Shape into 16 buns (for burgers) or 24 (for dinner rolls) and let rise until double. Bake at 375°F for 7 minutes, reduce heat to 350°F and bake 7 to 10 minutes more.

Serves 16

*Nutrition (per serving):* 164.9 calories; 4.1g total fat; 120.7mg sodium; 162.3mg potassium; 28.5g carbs; 4.2g fiber; 0.2g sugar; 5.5g protein.

### **Easy Buns - gluten free**

Does not roll out like traditional dough. From Vol. 7.

- 2 3/4 cups warm water
- 1 Tbsp active dry yeast
- 1/4 cup vegetable oil
- 1 Tbsp lemon juice
- 1/4 cup ground flax
- 1 tsp sea salt
- 2 cups brown rice flour
- 1 cup tapioca starch
- 1 cup corn flour
- 1/4 cup sweet rice flour (or 3 Tbsp potato flour)
- 2 tsp Ener-G Egg Replacer, optional
- 2 Tbsp raw sugar

Dissolve yeast in water. Combine dry ingredients. Add remaining wet ingredients to yeast mix and stir wet into dry. Beat 2 minutes on high with electric mixer.

Buns - Fill prepared muffin tin 2/3 high. Let rise till just topping tin and bake at 350°F for 25 to 35 minutes or lightly browned.

Pizza Shells - Pour dough on prepared pizza pan and let rise until doubled. Bake un-topped shell at 400°F for 7 minutes, just starting to brown, top with toppings and bake 10 minutes more. Can freeze after first baking if desired, I find a bit crumbly after. Serves 12

*Nutrition (per serving):* 247.2 calories; 6.8g total fat; 162.1mg sodium; 153.8mg potassium; 43.3g carbs; 3.7g fiber; 0.8g sugar; 3.7g protein.

### **B-B-Q Sauce**

Delicious on patties or potatoes. From Vol. 2.

- 1 can tomato paste (156ml/6oz)
- 3/4 cup water (or more, will thicken in fridge)
- 1/4 cup fresh lemon juice, to taste
- 1/2 tsp sea salt
- 1 tsp garlic powder
- 2 tsp onion powder
- 1/4 cup Sucanat (or brown sugar)
- 1 Tbsp Tasty Brown Bouillon (or beef flavour)

Blend all well by hand or hand blender. Use as desired.

This will thicken in the fridge.

## **Golden Seasoning**

A great “chicken flavour” substitute. From Vol. 3.

- 1/2 cup soy flour
- 1 1/4 cups nutritional yeast flakes
- 1/4 cup each onion powder and sea salt
- 2 Tbsp Italian herbs
- 1 Tbsp each paprika and garlic powder
- 2 tsp turmeric
- 1 tsp each celery seed, sage, and thyme
- 1/2 tsp rosemary
- 3 to 4 Tbsp parsley

Combine all ingredients, except parsley, in a food processor and blend until powdery smooth. Stir in parsley. This is worth doing up. Keeps in the refrigerator for weeks, (even months, if you can keep it around that long). If recipe says to dissolve bouillon, just add this seasoning to the dry. No need to “dissolve” like you would need to if you used a cube.

Yields: 2 – 2 1/2 cups

Serving Size: 1 Tbsp

Preparation time: 5 minutes

Ready in: 5 minutes

### **TIPS ‘N’ TECHNIQUES**

Can purchase pre-made seasonings. If the recipe calls for a Tbsp, I use homemade Golden Seasoning. If it calls for 1 cube, use McCormick’s.

## Tasty Brown Bouillon

Nutritional Analysis on all recipes is with McCormick's.  
From Vol. 3.

- 1/2 cup sea salt
- 3/4 cup onion powder
- 1/2 cup garlic powder
- 1/4 cup ground basil
- 1/4 cup carob powder
- 2 Tbsp Italian Herbs
- 1/2 cup nutritional yeast flakes

This recipe is not real “beefy”, but is an acceptable option. Combine all and store in air tight container. To get that beefy or caramel flavor, sauté onions until very brown and blend. Add to wet ingredients in recipe. -- Use 1 to 2 Tbsp.

McCormick's is my first choice. This is in cube form. Gluten free, fairly inexpensive, and tasty. -- Use 1 cube.

Better-Than-Bouillon is very tasty, quite healthy, in most grocery stores, and moderately priced. This is a paste. This company makes many favours, but ONLY one is vegetarian. -- Use 1 tsp.

Bill's Best Beef is healthy, a powder, but hard to find and expensive. Azure Standard carries it -- Use 2 tsp.

Blaneys Beef Flavour is also healthy, a powder, and low in sodium, order direct from Total Health, see Appendix. Use 2 tsp.

Vegetable Broth: Use your favourite vegetable broth in place of the liquid in the recipe. May need to adjust the salt or water or liquid called for.

### **TIPS ‘N’ TECHNIQUES**

Hint: If the recipe calls for 1 Tbsp then I use Jack Jr. and if the recipe calls for 1 cube, I would use McCormick’s.

[PLUS many more recipes, like cakes, cookies, etc. on our website FREE at www.TheVegetarianCookingSchool.com](http://www.TheVegetarianCookingSchool.com)



# Appendix II: Glossary

**Bragg's Aminos:** A non-fermented soy sauce substitute. Fermented products disrupt digestion and can lead to many different diseases. This product is available in many stores nationwide. This is still high in sodium and is a concentrated food so use sparingly.

**Baking Powder – Ener-G:** Ener-G Baking Powder reacts with liquid so time is of the essence. Get it into the oven as quickly as possible. This is the only baking powder I have found without sodium bicarbonate or baking soda in it (which is very harmful). It is made with citric acid and calcium carbonate, which when liquid is added form calcium citrate which is a highly digestible form of calcium.

**Blaney's:** A Canadian company, they produce a low sodium chicken and beef flavor. Will ship direct to you: (403) 746-5388 or email [rdblaney@telus.net](mailto:rdblaney@telus.net) or visit [www.TotalHealthforToday.com](http://www.TotalHealthforToday.com)

**Gluten Free Flour Mix** (whole grain style):

2 cups potato starch (or sweet rice flour)

2 cups tapioca starch

4 cups chickpea (garbanzo) flour (or garbanzo/

fava bean flour)

4 cups brown rice flour

2 cups corn starch (or tapioca starch or arrowroot)

Store in a baggie and use in place of whole wheat flour one to one in any

**Golden Seasoning:** A recipe we have developed to replace “Chicken Flavour.” You can substitute your favourite “Chicken Flavour” see Blaney’s.

**Flours:** Whisk flours well before adding wet ingredients to make a lighter cakes & muffins.

For wheat free: spelt flour can be used in most recipes in place of whole wheat. For gluten free see Gluten Free Flour recipe above. For optimum health, use whole wheat pastry flour (or Kamut or oat flour) in place of unbleached flour. Soft wheat ground fine works well.

When experimenting with different flours: Change only one at a time, and test it out. Oat flour tends to be light, flaky and crumbly, barley is moist and a bit gooey, and rye a bit heavy. Combining oats with barley or rye works well. Corn flour is quite absorbent so use less.

Grinding your own: Because purchased flours, even whole wheat, have additives in them, home ground flours may react differently in recipes,

often more absorbent and a bit crumbly. Soft wheat will replace pastry flour as it is lower in protein and hard wheat replaces regular baking flour. We find combining these two flours works well in most recipes.

Soy flour is great in gluten free cakes, use in place of corn flour or try in place of sweet rice flour or tapioca starch.

**Milks:** Dairy has a host of problems these days from allergies to contamination. It can lead to diabetes in children and much more. Soy milk has many different flavours depending on the brand. Don't just try one! Vita Soy is thick and creamy, So-Nice is more like skim milk, and So Good is very sweet and thick, to just name a few. Here are some alternatives to dairy or soy milk that we use.

### **Almond Milk**

Blend until very smooth: 1/3 cup almonds  
(can use blanched)

1/3 cup water

Then add: 2 to 2 ½ cups of water

Blend, blend, until smooth. Strain if desired, add 2 tsp honey.

**Cashew Cream** (for cream pies, soups, etc.)

Blend: ½ cup cashews and ½ cup water till thick and creamy

Add: 1 cup water

Blend till smooth. Yields 2 cups. (Add more water to taste if needed.)

Note: Add vanilla and a touch of sweetener, about 2 to 4 Tbsp raw sugar, if recipe calls for vanilla soy milk or soy creamer.

**Raw Cashews:** Do NOT use roasted unless called for. Roasted have a much different flavour and will not work in well in these recipes (especially for sweets). Don't forget to rinse cashews well before using. Blanched almonds work but have a different flavour and are not as creamy. I recommend buying large quantities of raw cashews and freezing them, see Azure Standard.

**Soy Curls:** A whole food made from just soy beans, no additives or seasonings. [www.butlerfoods.com](http://www.butlerfoods.com) - For a dealer near you contact: Butler Foods (503) 879-5005 or email [dan@butlerfoods.com](mailto:dan@butlerfoods.com)

**Sweeteners:** Diabetes may lean toward Agave Nectar due to its low GI. Those with bowel, heart, or immune system disorders may want a natural sugar like raw sugar or honey. And Vegans will not choose honey, but rather maple syrup. I have done my best to give you

a very brief description of each so you can choose for yourself.

**Agave Nectar or Syrup:** A natural juice from a cactus native to Mexico. It is 60 to 90% fructose which gives it a very low glycemic index – beneficial for diabetics. Agave not tested for the cautions mentioned under fructose, but as it is not refined it is unlikely to have the harmful side effects. Agave is not as sticky as honey and mixes well into other ingredients. Has a mild flavor and works well in various recipes. I quite like it. No aftertaste, sweeter than sugar, similar to honey. \* 1/2 cup agave nectar replaces 1 cup of sugar.

**Brown Rice Syrup:** A refined syrup from brown rice. Not as quite as sweet as maple syrup or honey, very thick and sticky. I use in place of corn syrup. \*use equal with corn syrup or honey

**Fructose:** This is extracted from various fruits. It acts very much like regular white sugar. It has a low glycemic index but care must still be taken to not overuse it, as studies show high quantities of refined fructose may lead to increased cholesterol, aggravating bowel problems, and liver issues. Be cautious. \* 3/4 cup fructose replaces 1 cup sugar

**Honey & Maple Syrup:** While not vegan, it is Biblical, however so it milk. Word of caution, bees are given antibiotics and so on. Maple syrup, not as sweet so you need more, can be substituted, but treat

it as a liquid. Be sure to check on the brand as some companies use formaldehyde.

\* 2/3 cup honey replaces 1 cup sugar or visa versa (may need to adjust liquid)

\* 1 cup pure maple syrup replaces 1 cup honey (reduce liquid by 1/4 cup)

\* 1 cup pure maple syrup replaces 1 cup sugar (reduce liquid by 1/2 cup)

**Raw or Unbleached Icing Sugar:** This is an unbleached product found in many grocery stores. You can grind 1 cup raw sugar to a powder and add 1 tsp corn starch, or use regular icing sugar.

**Raw sugar:** Raw sugar is also called dried or evaporated cane juice. The “juice” is extracted from the sugar cane and dried, not bleached. The brown sugar in stores is regular sugar, bleached with molasses added back to it. You can get raw sugar in most grocery stores. Bleaching is harmful and devalues the nutrients in the sugar. Raw sugar can be used directly in place of regular sugar.

\* 1 cup raw sugar replaces 1 cup sugar

\* 1 cup raw sugar plus 1 tsp molasses = 1 cup brown sugar or Sucanat

**Stevia:** Unlike artificial sweeteners, stevia is simply the leaf of a herb. It is very sweet and leaves a bit of an aftertaste. It is excellent for diabetics as it has almost no carb’s. It can be used in place of sugar or

honey in many recipes. I use the white, but the green is good and less refined. Experiment! \*1 tsp green or 1/4 tsp white replaces 1 cup sugar, to taste (may need to add more flour). Will not work in ‘candies’.

**Sucanat:** This is dried cane juice with molasses added in. Some controversy as to how refined it is. The source I contacted said it is the cane ground up, thus less refined than raw sugar. Can use raw sugar with molasses; or Turbinado. \* 1 cup Sucanat or Turbinado replaces 1 cup brown sugar

**Tasty Brown Bouillon:** This is a replacement for “Beef Flavour.” See Blaney’s, or try our recipe.

**Vegetarian Jel:**

1/2 cup agar agar powder (not flakes)

1/2 cup organic cornstarch

1/4 cup raw sugar

Combine well and store in airtight container. Use 1 Tbsp per 1 1/2 cups of liquid for med-firm. Directions: Wisk Jel into 1/2 cup of liquid from the recipe, bring to a boil, boiling 1 min, and add to recipe. Blend just until mixed and chill. You can also use commercial Kosher.

**Zesty Sprinkles:** Our version of a Parmesan substitute. In cookbooks Vol. 3, 5, and 6.

Hope you enjoyed,

**“Your Guide to  
Becoming a Vegan  
Vegetarian”**

by Angela Poch, N.C.

Get more materials at:  
[www.HigherPath.ca](http://www.HigherPath.ca)

ISBN 978-1-897182-68-0



9 781897 182680