

MEAL BUILDING

Meal Basics:

1. **Start with a Starch:** (Brown Rice, Oats, Quinoa, Farro, Bulgur, Millet, Barley, Whole Wheat Pasta, Noodles, Beans, Potato's)
Whole plant starches are still low in calories, and high in nutrient density, but high enough in calories to keep you satisfied and full of energy.
2. **Add Vegetables to your Starch Base:** Sauté' Onions, peppers, other favorite vegetables and put on top of your starch (see specific examples below). You can also just add a side of steamed vegetables to any starch centered meal which will lower the overall calorie density of any meal. (Check out a lecture on You Tube by the Dietician, Jeff Novick; search using terms "Calorie Density Lecture, Jeff Novick")
3. **Eat until you feel satisfied, not overly stuffed.** Take a fairly large portion though, as you will realize that you are eating a higher volume of food than you may have before, but are amazingly still eating less calories, because the calorie density of eating "Plant Based" is much lower than the Standard American Diet.

Sautéing without Oil:

-As you learned, all oil, even Olive Oil and Coconut Oil are 4,000 calories a pound and 100% fat. Remember, "the fat we eat is the fat we wear."

-2 Tbsp. of Olive Oil once a day, is a pound of added body fat every 2 weeks.

-1 Tbsp. of Olive Oil is 120 calories, 100% of which are Fat. So more calories than 1 pound of Vegetables (vegetables average 100 calories per pound)

-Get your cooking pan moderately hot and add your chopped vegetables to the pan dry

-Just as the vegetables are starting to stick, and the natural sugars in the vegetables are beginning to brown or even "burn" just a bit, add 1-2 tsp. of vegetable broth, vegetable stock, wine, beer, or even water.

-Stir until it is starting to stick again and then add another 1-2tsp of the broth, stock or water

-Repeat until the vegetables are cooked the desired amount

-The biggest mistake most people make is adding too much liquid too soon, and do not let the pan get hot enough, this causes the vegetables to more or less be steamed, and end up kind of slimy.

-You will need to add less liquid to vegetables that naturally have a higher water content.

Sample Meals:

Breakfast:

- Oatmeal (I make my own, just put whole regular rolled oats in a big mixing bowl and add a couple of handfuls of ground up nuts, raw coconut and raisins) Store in a large container. Put a few scoops in a bowl and add Almond milk, Soy milk or other favorite nut milk to moisten. Sometimes I eat it cold, heat in microwave, or cook over stove top to make it creamier.
- Whole wheat toast with peanut butter and fruit (You want the Peanut Butter you have to stir when you open it, and it has to be stored in the refrigerator; not shelf stable, as they have added oil and sugar)

Lunch and Dinner:

- Mexican Theme: Bean and Rice bowl (Lettuce, beans, rice, olives, tomato, sauté onions and peppers, salsa) can put in a whole wheat or corn tortilla to make a burrito also. Great recipe for a Tofu sour cream in the Forks Over Knives cookbook (make ahead of time so it can chill)
- Italian Theme: Pasta with Marinara Sauce (Whole Wheat Pasta, tomato based Marinara Sauce, you can make your own or I often buy Newman's brand Marinara which has a little olive oil in it, but very little; I do this for convenience) Add sauté onions, peppers, mushrooms, garlic, Spinach, Zucchini, and serve with a side of steamed vegetables and some whole grain bread.
- Asian Theme: Brown Rice or Noodles, and add sauté vegetables. There are great recipes in the cookbooks and the McDougall website for oil free sauces to add over top.
- Northern European/Irish Theme: Potato's (Yukon Gold, Red, Sweet Potato's all better than Russet, but Russet is ok if that is the only choice) Sauté vegetables and add beans, salsa, tomato's, left over soup, tofu sour cream or other oil free sauces previously mentioned.

So you can see the theme here. Start with a starch and add vegetables. Fruit can be a side dish or dessert. Drink mostly water, as it is best not to drink your calories.

It is good to start off easy like the examples above, but when you want more variety and are feeling more brave, start to cook the recipes in the cookbooks and free web based recipe resources from the handout you were given.

- Take it one meal at a time and one day at a time. Change doesn't have to happen overnight. Just do the best that you can.