

≡ WEIGHT LOSS ≡

# Cheat Sheet

## A JUMP START GUIDE TO LOSING WEIGHT

» *on a* «  
PLANT-BASED DIET

By: HANNAH JANISH

# WEIGHT LOSS *Cheat Sheet*

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BY HANNAH JANISH

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# Welcome

**H**ello future carb lover! You may be at the point right now where you're totally frustrated with weight loss gimmicks, pills and plans that just don't work. Maybe you've been on a number of different diets that promise quick results but they also leave you feeling tired and hungry all the time. Maybe your weight has been yo-yoing for years and you're just sick and tired of it. I'm going to give you information in this cheat sheet that will just blow your socks off.

You want real results that are going to last for the rest of your life. I can't promise that you'll lose 30lbs in 30 days (because that would be crazy unhealthy) but I do promise to give you the very best information and guidance to reaching your natural weight in a healthy and sustainable way while feeling full, satisfied and kicking cravings to the curb.

Does that sound like a good plan? If it does then keep reading. This cheat sheet is broken up in to 5 sections:

## **Why Should You Eat Plant-Based (Including A Q&A Section)?**

This is the nuts and bolts of the entire program. I've included some incredible studies that show why you need to be eating a low-fat plant-based diet right NOW if you want long term sustainable results.

## **5 Reasons Why You're Still Not Losing Weight On A Plant-Based Diet**

A lot of people who find my videos or website and are already eating a plant-based but still not seeing results. There are a number of common reasons why I see this happen and what you need to change. Some of the changes might seem small and inconsequential but many small changes extrapolated over time can make a big different in your results.



## **Recipes To Get You Started TODAY**

I hope you're already excited! I've included a number of recipes that are directly from my website <https://highcarbhannah.co/recipes/> and a few freebies from our books. I want you to start eating plant-based as soon as possible because I know how amazing you'll be feeling. You could take these recipes, head off to the grocery today and be making these tonight and you'd be on the path to your optimal weight.

## **Success Stories**

My story is just one story but there are hundreds of success stories from people just like you who have followed Lean & Clean.

Hear from 5 women who have had fantastic results eating a whole food plant-based diet.

## **How I Can Help You**

I have dedicated my life to being of service to you and spreading the message of health and wellness through a plant-based diet. I have a number of resources that can fast track your results and help you find your natural weight.

Now that you know what you'll be getting, how about I introduce myself and my story on the following pages.



# My Story

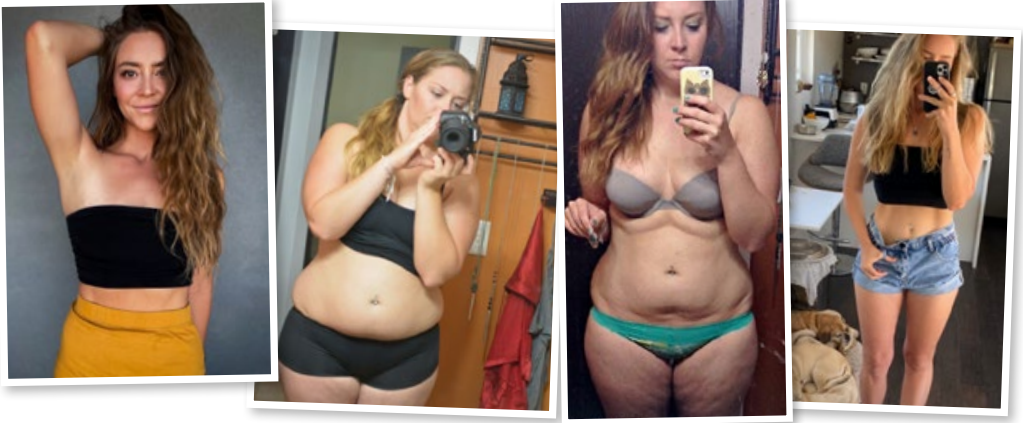
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MY JOURNEY TO LOSING 70 LBS AND  
REGAINING MY HEALTH ON A WHOLE  
FOOD PLANT-BASED DIET



## MY STORY

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**M**y name is Hannah, and the first thing I want you to know about me is that I can relate to you in so many ways. I believe you found this site because you want to get healthy, shed weight, and start living the life you deserve. I'm here to help you.

I have struggled with my weight throughout my entire life. I remember going on my first diet when I was twelve and in the sixth grade. I ate nothing except carrot sticks all day long with small portions of what my parents cooked for dinner because I thought the less I ate, the thinner I would become.

I would lay in my bed at night and do sit-ups and calisthenics until my muscles no longer moved. Looking back at that memory pains me. It marks the beginning of a life time struggle with my weight and body image, and to this day I pray no other person will ever have to go through the same struggle.

Over the next fifteen years my weight yo-yoed like crazy. I gained some here and lost some there, but I never understood how to eat healthy or care for my body in the way that it needed me to. I starved myself for days before breaking down and eating everything in my house. This was my way of dieting, but it never got me anywhere.

In fact, it led me to a very dark place to where I no longer knew how to deal with the basic stresses of life.

Around age sixteen, I turned to drugs and alcohol to help me cope, which, as you can guess, made things a whole lot worse.

By the time I was twenty years old, I was smoking a pack of cigarettes a day and drinking one to two bottles of wine a night while “sticking” to the low-carb diet that never got me anywhere. I knew I had to change, but I didn’t know how. I searched for inspiration, which I found online through social media.

When I was twenty-seven years old, I decided to go vegan—raw vegan. There were a few people on YouTube and Instagram who talked about how they ate tons of fruit all day, felt energetic, and lost weight. In my eyes, they were living the dream. Eat as much as you want? No way! This was when my life changed for the better. I decided this was it. I would quit smoking, quit drinking, and become a raw vegan. I started out by eating a ton bananas and drinking huge smoothies everyday because that’s what I saw others doing.

I ate around 3,000 calories a day and, to make a long story short, I gained weight—thirty pounds! The eat-as-much-fruit-as-you-can life didn’t make me feel very good after a while. I became more depressed over time (particularly due to weight gain), felt lethargic, had the worst acne of my life, and I was always hungry. In the summer of 2014, I decided I couldn’t eat this way anymore. But I was grateful I found this lifestyle because even though I had gained weight, I overcame a lifetime addiction to cigarettes and alcohol. I knew I wanted to continue the plant-based lifestyle, but if I never ate another banana again, it would be too soon.

It was at this time I found Dr. McDougall and his diet ‘The Starch Solution’. I thought, hey, I love potatoes and rice. I can do this! And I did. Over the next six months I lost forty pounds

without any effort. I rarely exercised, and I ate as much as I wanted. It almost seemed too easy.

Years later while I write this, I am so grateful that I am able to say that I truly love myself and this body that I have been given to explore the world. I no longer deprive myself of nutrition, I no longer use toxic substances like alcohol, cigarettes or prescription drugs. And life has never been better.

If you are in the place I used to be, know that you can free yourself. You CAN live a life without obsessing over food and exercise. You can be free from addiction and even though it seems impossible from where you are now, it may even seem incredibly difficult. Know that it is worth it. It is worth fighting for yourself. With every little success and bump in the road you become closer to the higher self you imagine yourself to be.

This book was created for you! The person that doesn't want to settle for the body and health situation they are in. It's for the people that want to live the happiest and healthiest life while they are here.

I'm often asked to mentor others on their journeys and trust me, I wish I had the time to help people one on one but the truth is, you can do this yourself. You have the power within you to change your life, and with a little guidance and help from the outside to move you in the right direction, you will get there in no time.

Love,  
Hannah



# Why Plant-Based?

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THE SCIENTIFIC REASONS TO CHOOSE A  
PLANT-BASED DIET FOR WEIGHT LOSS



**N**ow you may be curious as to what is a whole food plant based diet? What types of foods am I supposed to be eating? This falls into 6 categories: fruits, vegetables, legumes, whole grains, nuts and seeds.

When you look down at your plate, you want to see the majority of your calories coming from fruits, vegetables, legumes and whole grains. Nuts and seeds are more like a condiment.

### FRUITS

Fruits are wonderful foods. They get a lot of flack for being weight gaining foods because they are high in sugar. While that is true they are also high in water and fibre content which makes them calorically dilute. This means they are less likely to cause weight gain unless you were consuming more calories then your body is expending. They are also rich in vitamin C.



### WHOLE GRAINS

Whole grains are a great source of complex carbohydrates that are satiating to our body and provide us the energy to really live our life. This includes foods like barley, buckwheat, corn, millet, oats, brown rice, rye, sorghum, wheat, wild rice.

I love to build my meals around hearty grains (as well as starchy vegetables) since these are rich in fibre, protein, B vitamins and zinc.

### LEGUMES

Another important plant-based group is the bean group which also includes peas and lentils and chickpeas. Legumes are well known as great source of fibre as well as protein, iron, calcium, zinc and B vitamins.



### VEGETABLES

I like to categorize vegetables in two sections. Non-starchy vegetables and starchy vegetables.

Starchy vegetables include several types of roots and bulbs. Potatoes, sweet potatoes, pumpkin, squash, carrots, zucchini and yams are all examples of healthy starchy vegetables.

Non-starchy vegetables are typically flowering parts of the plant bok choy, broccoli, brussels sprouts, cabbage, cauliflower, celery, chives, collard greens, eggplant, garlic, green beans, kale, leeks, lettuce, mustard greens, okra, onions, peppers, radishes, rhubarb, scallions, spinach, summer squashes, turnips, zucchini are all considered non-starchy vegetables.

### Seventh-Day Adventist Study

The first study I want to talk about is this one [from May of 2009](#). A large population study of Seventh-Day Adventist church members (over 60,000 people) showed very strong correlations between BMI and the prevalence of type 2 diabetes.

The study goes on to investigate the differences between 4 different vegetarian diets and a non-vegetarian diet. The difference in BMI between the vegan diet and the non-vegetarian diet was 23.6 and 28.8 respectively. The other 3 vegetarian diets fall between those numbers.

	Vegan	Lacto-ovo vegetarian	Pesco- vegetarian	Semi- vegetarian	Nonvegetarian	<i>P</i>
<i>N</i>	2,731	20,408	5,617	3,386	28,761	
Type 2 diabetes	2.9	3.2	4.8	6.1	7.6	<0.0001
Age in years	58.1 ± 13.3	58.1 ± 14.1	57.2 ± 13.8	57.7 ± 13.6	54.9 ± 13.2	<0.0001
Female	60.1	62.3	65.9	65.7	63.2	<0.0001
Black	19.9	12.5	34.9	15.0	31.2	<0.0001
BMI (kg/m <sup>2</sup> )	23.6 ± 4.4	25.7 ± 5.1	26.3 ± 5.2	27.3 ± 5.7	28.8 ± 6.3	<0.0001

The difference in weight is substantial over this spread. Someone at 5'6 with a BMI of 23.6 weighs 146lbs with someone at a BMI of 28.8 weighing in at 178lbs. That's a 32lb spread! The vegans were the only group in this study that had an average BMI that was under 25. A BMI over 25 is considered to be overweight. This is one of the first studies that actually compared people eating a vegan diet to those eating other vegetarian diets and non-vegetarian diets. It clearly shows a very strong correlation between those eating a plant-based diet and those eating a non-vegetarian diet and how that affects their BMI and instances of type 2 diabetes.

**CONCLUSION:** The 5-unit BMI difference between vegans and non-vegetarians indicates a substantial potential of vegetarianism to protect against obesity. Increased conformity to vegetarian diets protected against risk of type 2 diabetes after lifestyle characteristics and BMI were taken into account. Pesco- and semi-vegetarian diets afforded intermediate protection.

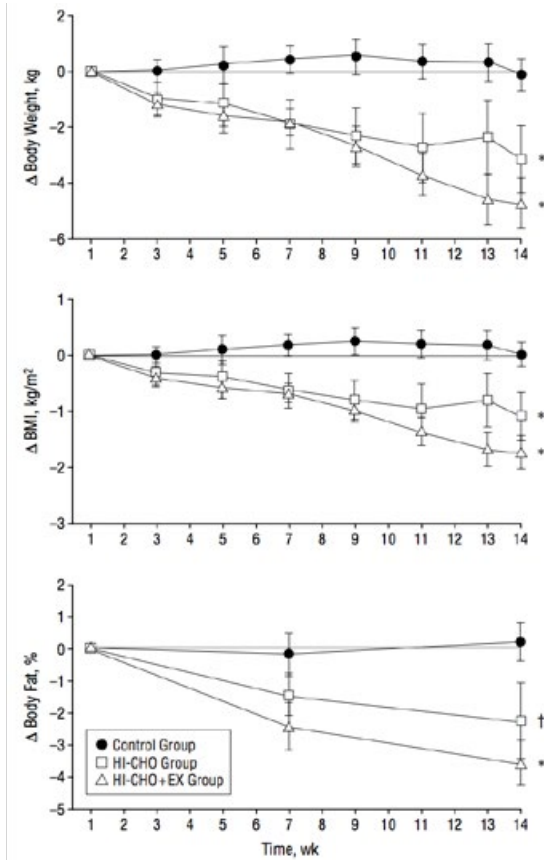
**SOURCE:** [Type of Vegetarian Diet, Body Weight, and Prevalence of Type 2 Diabetes](#)

## Ad Libitum High-Carb Diet Study

The next study I want to investigate is [this one from 2004](#). It found that participants in this randomized controlled study to lose weight just by altering their fat intake (to 18% from 30%+) and no change to their caloric intake. Over a period of 12 weeks, the control group who made no changes to their diet, didn't gain or lose weight any weight but the control who modified their food intake to include more complex high carbohydrate foods (rice, potatoes, etc) lost on average about 7lbs. Furthermore, when they included 45 minutes of stationary bike exercise 4 times weekly, they lost on average 11lbs.

18% dietary fat may be a bit high for some people. If you follow a strict whole food plant-based diet, that percentage can drop

## WHY PLANT BASED?



below 10% dietary fat and could be even more effective as a long term weight loss strategy.

**CONCLUSION:** A high-carbohydrate diet consumed ad libitum, with no attempt at energy restriction or change in energy intake, results in losses of body weight and body fat in older men and women.

**SOURCE:** [Effects of an Ad Libitum Low-Fat, High-Carbohydrate Diet on Body Weight, Body Composition, and Fat Distribution in Older Men and Women](#)

## EPIC PANACEA Study

In another very large [population study published in August of 2010](#), the objective was to assess the association between consumption of total meat, red meat, poultry, and processed meat and weight gain after a 5 year of follow-up, on average, in the large European population who participated in the European Prospective Investigation into Cancer and Nutrition-Physical Activity, Nutrition, Alcohol, Cessation of Smoking, Eating Out of Home and Obesity (EPIC-PANACEA) project.

We normally think that the reason why people are heavier while eating animal products is because the animal products are denser in calories and therefore consume more calories but this study adjusted overall energy intake. They still found that just by consuming more meat and poultry, it would still lead to weight gain.

**CONCLUSION:** Total meat consumption was positively associated with weight gain in men and women, in normal-weight and overweight subjects, and in smokers and nonsmokers. With adjustment for estimated energy intake, an increase in meat intake of 250 g/d (eg, one steak at approximately 450 kcal) would lead to a 2-kg higher weight gain after 5 y (95% CI: 1.5, 2.7 kg). Positive associations were observed for red meat, poultry, and processed meat.

**SOURCE:** [Meat consumption and prospective weight change in participants of the EPIC-PANACEA study.](#)

## Obesity Society Study

In a randomized control trial in 2013 where 50 participants completed the study. It investigated 5 different diet types: vegan, vegetarian, pesco-vegetarian, semi-vegetarian and omnivorous. It found that the linear trend for weight loss at 2 months and 6 months was significant. At 6 months they found that the weight loss between the vegan group and the

## WHY PLANT BASED?

Dr. Turner-McGrievy continued, "Diets that focus primarily on calorie restriction are a cornerstone of weight loss programs; however, they usually involve dietary self-monitoring, which many individuals find burdensome and can limit adherence."

Because weight loss achieved by patients following plant-based diets in this study occurred without emphasizing caloric restriction, some individuals may find these types of dietary patterns easier to follow over the long term, according to the researchers.

"This pilot study could have implications for those struggling to cut back on calories to lose weight," said Adam Tsai, MD, TOS Public Affairs Committee Chair and Assistant Professor at the University of Colorado. "These results show that weight loss can be achieved by following vegan and vegetarian dietary patterns that do not focus primarily on calorie restriction."

omnivorous group was significantly different.

Even the Obesity Society recognized this study and posted an article about it. The important thing with this study is that there wasn't an emphasis on calorie restriction. The change was in what foods they were eating.

**CONCLUSION:** Vegan diets may result in greater weight loss than more modest recommendations.

**SOURCES:**

[Comparative effectiveness of plant-based diets for weight loss: a randomized controlled trial of five different diets.](#)

[Plant-Based Diets Show More Weight Loss Without Emphasizing Caloric Restriction](#)

With all that science out of the way with... why does a whole food plant-based diet work for fast weight loss?

Starches, vegetables and fruit are low in caloric density. Where as animal foods and products like meat, milk, cheese, yogurt, eggs, fish, etc, are very high in caloric density due to the high fat content. You can fill up on starches, fruits and vegetables so you feel full but you will typically consume less calories. This means you don't have to worry about portion control. People find that they can eat until they are satisfied and still lose weight effortlessly.



## WHY PLANT BASED?

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The animal fat you eat is the fat you wear. Animal fat is stored effortlessly as fat on the body. This is definitely true for animal products and refined oils but I've seen some [research that suggests eating small amounts of nuts](#) (high in fat) isn't correlated to weight gain. Moving towards more plant-based foods low in fat and caloric density means you will be eating a lot less animal fats.

Carbohydrates satiate your hunger drive. People love carbohydrates. When they go on low-carb ketogenic diets, they tend to go crazy. They are depriving their body of carbohydrates and they get ravenous for carbs. Eating a low-fat starch-based diet allows you to eat a high-carb diet that is satiating to what you're hungry for but since it is so low in caloric density, can assist you in your weight loss goals.

Ok, that was a lot of information to digest but I think the point was made. It is clear from population studies and control randomized trials that a low-fat plant-based diet is optimal for weight loss.

You don't have to focus on eating less food, you have to focus on eating the right foods with the right caloric density - whole plant-based foods.



# Q & A

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COMMON QUESTIONS ABOUT A  
PLANT-BASED DIET

## What About Protein?

Where do you get your protein? The biggest question for most people regarding a plant-based diet is that they're concerned with protein. The general public has been sold the myth through advertising, friends and even textbooks that plant-based diets are deficient in protein.

A lot of this stems from a study done that humans need 9 essential amino acids. The fact is that this experiment was done on rats and rats require a different amino acid profile than humans. But this study is still quoted as being factual and that humans need to eat meat because meat is the only food with those 9 essential amino acids where plants only contain 8. The human body only requires 8 essential amino acids and it is found in all plants foods.

The reality is that all plant foods contain protein. Use any nutrition website like Cronometer (<http://www.cronometer.com>) and look up your favorite fruit, vegetable, grain, root or legume. They all have protein in them. Some of the largest animals on earth, like elephants, giraffes, gorillas, cows, are primarily herbivores. They eat only plant foods.

So where do they get their protein from? The food they eat! Protein cannot be synthesized within the human body or in the body of a cow. The cow gets its protein from the grass it eats. I'm not suggesting you eat grass for protein, just illustrating the point that protein is found in all plant foods and the very best source is from raw fruits, starches and vegetables.

So what if all plants contain protein, will I get enough protein eating a plant-based diet? Yes you will. The World Health Organization discovered in the 1970s that humans require only 2.5% of their calories from protein to live a healthy life. They doubled their protein recommendation to 5% in order to be 'safe'. The time when our bodies are growing the most is the first years of our life. We literally double in size our first year and this is when protein is needed the most in order to aid the

body in growth. How much protein is in mother's milk? 6% of the calories from mother's milk comes from protein.

The majority of fruits range from 4-10% of their calories from protein meanwhile vegetables and leafy greens have even MORE protein than fruit. If you don't want your body to double in size, keep your protein intake low. It is impossible to design a diet of whole plant foods that is deficient in protein. In fact, you should be concerned with consuming too much protein as that raises your chances for cancer, heart disease, obesity and autoimmune diseases.

SOURCE: [Where do you get your protein?](#)

## Carbs Are Fattening?

Many people condemn carbs for being fattening. The Atkins diet basically created the belief that by cutting carbs, you can get thin. Dr. Atkins died overweight due to a heart attack. Not a good role model for being healthy and slim but many people believe that if they just get their hamburger without the bun, then they will get thin and lean. That sounds a bit ridiculous right?

The reason low carb diets work is that by cutting out carbohydrates completely from your diet, you begin to put your body in ketosis. Ketosis is a survival mechanism and while you do begin to lose weight, it is not healthy or sustainable, your body is simply losing water weight and becoming sick. This state of sickness is pretty well impossible to maintain long term and people that experience amazing results on a low calorie low carb diet will almost always put the weight back on when they start eating sufficient calories.

So what happens when you eat all those carbohydrates from fruits, vegetables and starches? First things first, the body can store carbohydrates in the form of glycogen. Glycogen, which is like fuel for your car, is stored in the muscles and in the liver.

The body can store approximately 1kg of glycogen.

Afterwards the body can burn excess carbohydrates through thermogenesis but some people do not experience that. I've heard many stories of men and women despite eating high-carb and low-fat, have still gained weight which is mainly due to trying to hit a calorie minimum for the day.

We promote eating until you are satisfied and that is going to be different for everybody. You could be eating 1500 calories in a day or 3000. It depends on so many different factors and that is why we don't give calorie recommendations. We want you to learn how to become intune with your bodies' needs.

The trimmest nations in the world consume a diet highest in carbohydrates from fruit, vegetables and starches and that is another reason why we promote it. There is more information about that in the link below.

**SOURCE:** [The Carbohydrate Story](#)

## Will I Become Diabetic?

Diabetes is a disease of being overweight. Diabetes is contracted by eating a diet laden with fat-rich foods, and thus you begin to gain excess fat on the body.

Once you gain a certain amount of fat on the body, it becomes unhealthy and your body wants to stop any further fat gain to protect itself. In order to slow the rate of fat gain in your body, your cells become insulin resistant.

One of insulin's primary purposes is to push fat in to the fat cells. It does this to provide a certain amount of fat on the body in times of famine. Insulin also lets sugar in to the body's cells.

Now, when you hit that threshold of being overweight, the cells in the body become insulin resistant. The main reason for this is to slow the rate of fat gain on the body, yet at the



same time raise your blood sugar because the cells are now insulin resistant. If you were to medicate this problem using pharmaceuticals, you would inject insulin or take it orally. What this does is lower and maintain your blood sugar but since one role of insulin is to push fat in to the fat cells, it will cause you to gain even more weight.

The solution to diabetes is incredibly simple. Eat a high-carb low-fat diet. The trimmest nations around the world base their diets around high-carb low-fat plant foods. Once you begin to lose weight and eat a clean diet, the symptoms of type-2 diabetes can be gone within months or even weeks.

Eating high carbohydrate foods like fruit, starches and vegetables do not cause diabetes since basing your diet around these foods leave you slim and trim and your body will not have to become insulin resistant to slow the rate of fat gain.

**SOURCE:** [Type-2 Diabetes – the Expected Adaptation to Overnutrition](#)

## What About Calcium?

The regions of the world that have the highest incident of osteoporosis are the same regions in the world that consume the highest levels of dietary calcium. That doesn't sound right at all though. You would think it is the opposite but the regions that consume the highest amounts of dietary calcium, are getting the majority of their dietary calcium from dairy sources like milk and cheese.

When you consume a high protein diet full of meat and dairy, it creates an acidic environment within the bloodstream. The only way to neutralize the acid is by using calcium phosphate from your bones. The phosphate neutralizes the acidic blood and the calcium is excreted through the urine.

There are more important factors than calcium intake to

prevent osteoporosis. The most important being, reducing calcium loss from the body.

### **CAUSES OF CALCIUM LOSS:**

- Diets high in protein (meat, fish, chicken, dairy) cause more calcium to be excreted through the urine.
- Diets high in sodium (added salt, highly processed foods) increases calcium loss through the urine.
- Caffeine also increases calcium loss through the urine.
- Smoking increases the loss of calcium through the body.

All plant foods contain some amount of calcium in them. Some more than others but as long as you are getting a variety of plant foods in your diet along with sufficient calories, you will be consuming plenty of calcium.

**SOURCE:** [Calcium and Strong Bones](#)

## Oil Isn't Healthy?

Any type of oil that you purchase in the grocery store is a refined product. Soybean, corn, sunflower, hemp and olive are all common varieties. Oils are not food. They are a dense source of calories yes, but not anything else. The properties that made the corn, hemp or olive healthy, have been removed in the refinement process

So it's not much of a health food and if your goal is to get healthy, consuming extra refined fats is certainly not the way to do it. When consuming oils, which is essentially just pure fat and no vitamins, minerals or fibre, is easily stored as a foreign toxin, resulting in fat on the body.

Excluding oil, along with meat, fish, chicken and dairy, is also

## COMMON QUESTIONS

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ideal for the health of your heart. It has been shown in studies that consuming a low-fat diet is immensely beneficial to keeping your arteries clear of plaque build up.

**FURTHER READING:** 'Prevent and Reverse Heart Disease' by Dr. Caldwell Esselstyn.

**SOURCE:** [Why Do You Avoid Adding Vegetable Oils?](#)

# Still Struggling?

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THE 5 MOST COMMON REASONS  
WHY YOU'RE NOT LOSING WEIGHT  
ON A PLANT-BASED DIET



## Whole Foods

A big part of my message is about eating as many whole plant-based foods as you can. That doesn't mean you will banish eating any type of processed food for the rest of your life.

If you tell yourself that you will never have a vegan muffin for the rest of your life, because flour is a processed ingredient, then I believe you can develop an unhealthy relationship with food.

Aim to do the best you can.

If you can manage to eat whole foods 99% of the time and that's what works for you then great! If you can only manage 80% of the time then that's great as well. Just continually strive to eat as many whole plant foods as you can. They are the healthiest for your body.

Whole plant-based foods are very filling, calorically dilute and satiating which makes it the perfect food for sustained weight loss. This is what I focused on to lose 70lbs.

I started making my food from scratch and put so much value into it. That's why I've put together so many recipe books. Whole food plant-based meals work amazingly well for sustained weight loss.

On top of those benefits, whole foods are nutrient dense which means you are going to get plenty of vitamins, minerals, fibre and phytonutrients to support a healthy body.

This means that while eating a sufficient number of calories, your body will be nourished with all of those nutrients. When you are consuming a lot of refined foods, you are missing out on many critical nutrients for optimal health. Your body is starving for those nutrients and that can cause you to overeat.

While you are overfed on food, your body is still undernourished.



This can cause you to overeat on foods that are hindering your ability to find your natural weight. Some common culprits that may be hindering your weight loss are oils, dense plant foods, sugars or sweeteners, processed vegan foods, dried fruits and fibre broken foods like bread, pasta or crackers.

Oils are the worst of all and should only be used minimally or not at all. Oils are extremely high in calories, highly refined and have basically no nutritional value. Any recipes we post on our blog or in our recipe books will 100% be oil free.

If you're really struggling to lose weight, try avoiding or strictly limiting dense plant foods like nuts, seeds, avocados and tofu. It isn't something I like to promote but it might be necessary for some people who are really struggling. Like I've said earlier, I want you to find your own groove. What works for me or someone else, might not work for your beautiful unique body.

Something else to consider is the amount of sugar or sweeteners you are consuming. You may want to avoid or be very strict about their consumption even if they are organic and natural or not. Again, sugars and sweeteners are a very dense source of calories. They can also be very stimulating which could cause overeating. Remember that you can use stevia as a non-calorie sweetener

Processed vegan foods are the tofurky type food products you see in the grocery store. Yes, they are plant-based but are highly processed and refined. They are typically quite high in fat and are not complete foods. I still like to eat them as an occasional treat but they are not something I consume on a consistent basis.

Dried fruits such as raisins, dates, figs or prunes have had the majority of the water removed either by dehydrating them in the sun or in dryers. If you want to consume them in moderation that is totally fine.

Sprinkling some raisins on a bowl of oatmeal is great rather

than sitting down and eating an entire bag of raisins. Dried fruits are very dense in calories but don't provide the same satiety as if you were to eat the original fruit with the all the water intact.

Fibre broken foods, like bread, pasta, crackers or dry cereals, again are fine to eat in moderation but are not considered whole foods, even if you get the whole wheat varieties.

Instead of just eating a bowl of whole wheat pasta for dinner, fill up the bowl half full with the pasta and the other half with calorically dilute vegetables and starches such as broccoli, corn, green beans, cauliflower, green peas or carrots.

Something that goes along with eating whole foods is to focus on eating less calorically dense foods to speed up weight loss. Enjoy more calorically dilute vegetables and starches rather than focusing your entire meal around calorically dense starches.

For example, fill up half of your bowl or plate with potato and the other half with broccoli, green beans, green peas and carrots. Eat more of the calorically dilute plant foods so you feel full and satiated on less calories.

If you're already following a whole food plant-based diet then the next reason may be why you're still at a weight plateau or even gaining weight.

## Overeating

It is very common to hear in the plant-based community that you can eat as much food as you want without any consequence. I agree to a certain point because I promote intuitive eating, which basically just means eat when you're hungry till you're full.

There are plenty of people who when they switch to a plant-

based diet and eat intuitively, they get immediate results and lose weight effortlessly. I also understand that everyone is unique with a unique history and this can really make a difference.

Derek, my husband, for example, comes from a history of binge eating. He would literally force feed himself at times when he would binge. This caused his stomach to stretch and become quite large. Consequently he has always been a big eater.

This lead to him overeating on a continual basis, even when he went plant-based, and caused him to feel lethargic after meals. He felt tired because he was eating till he was so stuffed and was not listening to his body. After slightly reducing his portion sizes, he noticed that he felt quite satiated when he ate smaller meals and wasn't forcing himself like he was before.

He also noticed a persistent food baby that would never go away. When he ate more intuitively, he noticed a flatter stomach and better digestion.

In Japan, there is a practice called 'hara hachi bu', which means eat until you are 80% full. Many of us are so used to force feeding ourselves till we are stuffed and even if we are eating a plant-based diet. It can still be causing weight gain because our satiety and hunger mechanism is broken.

Here is how you practice hara hachi bu. Eat half of what you normally would eat and check in with yourself. Are you still hungry? Can you eat some more? If you are then eat some more.

Once you begin to feel some stomach pressure, you are at the 80% full stage.

It may take 15-20 meals in order to reset the muscle memory of your stomach to get used to eating less food.

A lot of times when people think they are eating till they are satiated, they are really eating until they are stuffed. You will

have to trust this process as it may be scary at first but over time you will become more in tune with exactly how much your body needs.

Be mindful of how much you are eating. Check in with yourself to see whether or not you're overeating. This isn't necessary for everyone but if you are used to stuffing yourself then this is a great practice for you.

Something to be mindful of is how much salt you are consuming. Salt can act like a stimulant and can cause overeating. If the food is less stimulating then you are less likely to overeat.

## Liquid Calories

Something that we notice that is promoted heavily in the plant-based community is drinking large smoothies. For some people who are very active and already lean, this can be necessary to replace the calories burnt through their exercise and fast metabolism.

For people who are struggling to lose weight, large fruit smoothies could be hampering their weight loss results from consuming too many calories. The reason for that is liquid calories, like smoothies, juices or non-dairy milks, are not registered in the body the same way a whole food is.

When eating a food in its unprocessed form, you have to chew it! Our teeth aren't accidental, they are there for a reason. Chewing is an important part of our digestive process and slows us down when we are eating.

Drinking your calories in a smoothie form doesn't provide the same satiety as it would if you chewed the actual whole foods.

We understand that fruit smoothies in the morning are nice and convenient so if you still want to consume smoothies,

make sure you're making smoothies that are a reasonable size. If you'd normally only eat 4 or 5 bananas in their whole form, then only blend 4 or 5 bananas into a smoothie, not 10.

Something else you can do is blend half of the fruit, chop the other half and mix the two in your smoothie jar so that you have a chunky smoothie. Chunky smoothies are great because it is still convenient but you are still having to chew most of it.

You may also want to consider your alcohol consumption as well. This isn't applicable to everyone but if you are consuming alcoholic beverages on a continual basis, it may be hampering your weight loss results from excess liquid calories.

## Mindless & Emotional Eating

Have you ever found yourself eating for no reason at all? Grabbing a snack here or there. Or maybe just eating for the sake of eating because you're bored.

If you are guilty of mindless eating and you're struggling to lose weight then tracking your daily food intake is great to see how you are doing. I'm not asking you to count calories, just track everything that goes into your mouth for 1-2 weeks.

What foods, this includes any liquid calories too, are you eating that might not be the healthiest for you? You can keep a paper journal or use a phone app such as 'My Fitness Pal' or 'Livestrong Daily Plate'.

You'd be surprised about what foods you've been eating but totally forgot.

After 1 or 2 weeks, check back and see and I think you'd be pleasantly surprised at the results. It may even come to the point where you are about to eat a treat or snack that you know you shouldn't be eating and you won't eat because you don't want to track it.

You may also be over eating for emotional reasons. Are you

feeling depressed? Just went through a break up? Having a tough day?

A lot of us use food as a way to sedate negative feelings. We aren't eating because we're hungry, we're eating to change our emotional state. This can cause us to binge on foods that we know are just not good for us.

Before Derek was plant-based, he would have bouts of depression due to feeling incredibly lonely. During these bouts, he would literally binge on really unhealthy foods such as frozen pizzas. The pizzas were perfect for sedating him into a food coma and quite convenient to make.

The first step to moving past emotional eating is to recognize if it exists in your life. When you're feeling a negative emotion what do you do?

Do you resort to eating food for comfort? Alcohol? Meditation?

When you find yourself reaching for the food that you know isn't good for you, stop. Don't beat yourself up for what you're doing, stop, think and ask yourself a question.

What would be a better choice for me right now?

You could eat what you're about to eat but maybe a better choice would be quickly steaming some rice. Doesn't have to be the healthiest meal of rice you've ever made but make it a better choice than what you were about to eat.

Always strive to make small improvements day by day. A recipe for success.

## Exercise Intensity

The last reason where we see a common mistake that people make is with regards to their exercise regimen.

Many people focus solely on endurance training rather than



incorporating some speed training into their fitness regimen.

For example people will want to run a longer distances rather than improving the speed and time in which they can run a shorter distance.

So say you run a 5km race. You get all excited and start training for a 10km race.

There isn't anything inherently wrong with this, if you're looking for a more effective strategy for weight loss, you should focus on improving your 5km time.

If you can run 5km in 27:00, focus your training around improving that time to 25:00... then 24:00... then 23:00. Why is this important?

As you do more intense exercise, you break down your muscles so that they have to grow back larger. As the muscles grow back stronger and you have more muscle mass on your body, your resting metabolic rate increases, which is the amount of calories you burn without doing anything.

This makes it much easier to run a sustainable caloric deficit and is great for toning your body. If you keep focusing on speed rather than endurance, your body will lean out much easier because of the caloric deficit that is fueled by a higher resting metabolic rate.

Also, when you do more intense exercise, your body has to recover from the hard workout, that also requires more calories and therefore a caloric deficit is easier to maintain.

Another example would be with cycling. Focus your exercise on the bike around cycling up hills or going really fast on the flats. Spend 10-30 minutes warming up at an easy pace, then give it your all for 3-5 minutes and then allow yourself to cool down for another 10-30 minutes.

You don't have to spend countless hours running, cycling,

## STILL STRUGGLING?

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swimming, walking in order to get results. Focus a portion of your fitness on high intensity intervals. That type of training will be extremely effective with any weight plateaus.

Yes it is difficult. Yes it is uncomfortable and yes it hurts but trust me, by improving your fitness level and speed through incorporating high intensity interval training into your current fitness plan will really make a significant difference.



# Epic Plant-Based Recipes

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A COLLECTION OF EPIC PLANT-BASED  
RECIPES THAT YOU CAN MAKE TONIGHT



1 SERVING

PREP TIME  
5 minutes

COOK TIME  
30 minutes

# Simple Sushi Bowl

## Ingredients

- 1 cup uncooked short grain brown rice
- 1/2 cucumber, peeled & diced
- 1 carrot, shredded
- 1/2 avocado, cubed
- ~ Sesame seeds, Tamari, wasabi & pickled ginger to taste

## Instructions

Rinse and drain your brown rice and combine with 2 cups of water in a small sauce pan, bring to a boil, reduce heat to low and cook until all the water is absorbed (about 30 minutes).

While the rice is cooking peel, dice and prepare your vegetables.

Once the rice is done and has cooled for a bit transfer to a serving bowl.

Add the vegetables, sesame seeds and whatever else you like on top.

Serve with wasabi, tamari and pickled ginger if you like!



2 SERVINGS

PREP TIME  
10 minutes

COOK TIME  
10 minutes



# Low Fat Alfredo

## Sauce Ingredients

- 2 cups cauliflower, chopped
- 2 garlic cloves
- 2 tbsp hemp seeds
- 2 tbsp nutritional yeast
- 1/2 lemon, juiced
- 1/4 tsp salt
- 1/4 cup water

## Ingredients

- 16-oz pasta
- Sautéed vegetables

## Instructions

First we are going to boil our cauliflower in a pot of water until soft, about 5 minutes. Transfer all of your sauce ingredients to a blender and mix until creamy.

Pour over your favorite pasta and add sautéed vegetables for a more hearty and filling pasta.

For this dish I used whole wheat fusilli noodles. I also sautéed asparagus, spinach, sun dried tomato, mushrooms, red onion and yellow bell pepper in a little bit of water and added that over the noodles before I mixed it all together.

The sauce also keeps well in the fridge for up to 3 days and it tastes great on cold pasta as well.



2 SERVINGS

PREP TIME  
10 minutes

COOK TIME  
30 minutes

# Creamy Red Pepper Pasta

## Sauce Ingredients

- 2 small roasted red peppers
- 4 tbsp hemp seeds
- 1/2 lemon, juiced
- 2 cloves garlic
- 2 tbsp nutritional yeast
- 1/4 tsp cayenne pepper
- 1 tsp salt

## Ingredients

- 16-oz pasta
- Sautéed vegetables

## Instructions

To roast your pepper, first place oven on broil setting. Place red pepper on the top rack and let roast until it turns black, about 10 minutes. Once the pepper turns black, flip it on the other side and repeat this step. Let it cool for 10 minutes and store in a tupperware container with the lid on so it retains moisture.

Once the peppers are cooled a bit we are going to peel the roasted black skin off. I usually run the peppers under cool water as I do this. You can discard the skins and seeds and throw the rest in your blender. Then blend this with the rest of the sauce ingredients until creamy.

You can use whichever type of noodle you want for this. I would recommend a brown rice noodle where the only ingredient is brown rice. You can also use zucchini spiralized and then sautéed in a pan with a little water for a few minutes to soften. It's amazing you must try it sometime! Cook your pasta according to the package, pour sauce over top and add fresh basil.



2 SERVINGS

PREP TIME  
10 minutes

COOK TIME  
10 minutes



# Epic Nachos

## Chip Ingredients

Organic corn tortillas,  
cut into triangles

Sprinkle of sea salt,  
chili powder, cumin

1 lime, squeezed over top

## Sauce Ingredients

1 red pepper, deseeded  
and chopped

1 tsp chili powder

1/2 tsp cayenne & salt

1/2 lemon, juiced

4 tbsp nutritional yeast

4 tbsp hemp seeds

1 garlic clove

Tiny bit of water

## Nacho Ingredients

pico, salsa, black beans, pinto beans,  
hot sauce, avocado, fresh jalapeños

## Instructions

Preheat oven to 450° F, place the cut tortillas on a pan. Cover with lime juice and sprinkle spice mixture over top. Bake for 5-7 minutes or until they start to crisp.

To make the cheese sauce, blend all ingredients in a high speed blender until smooth. You want to use just enough water to get the mixture moving. I usually blend 30-40 seconds and taste. If its still grainy blend a bit more. Place in refrigerator for a few hours or until it thickens (best to make the day before).

Lay out the nacho chips on a plate and pile all of the nacho ingredients on top and enjoy!



2 SERVINGS

PREP TIME  
15 minutes

COOK TIME  
30 minutes

# Burrito Bowl

## Burrito Bowl Ingredients

Rice, corn, beans or refried beans, salsa, onions, peppers, cilantro, avocado, hot sauce, head of romaine

## Hemp Ranch Ingredients

- 1/2 cup hemp seeds
- 1/2 cup water
- 1 tbsp apple cider vinegar
- 1/2 lemon, juiced
- 1/4 tsp salt
- 1 tsp agave nectar
- 1 garlic clove
- 1 tsp dill

## Instructions

First throw all your ranch ingredients in a blender and blend on high speed until creamy.

Then assemble your burrito bowl with whichever ingredients you have/like.

Place rice on bottom, then corn, beans, veggies, salsa and avocado on top. Garnish with cilantro and drizzle hot sauce and ranch on top.

Scoop into romaine leaves for a crunchy taco if you're feeling wild!



2 SERVINGS

PREP TIME  
10 minutes

COOK TIME  
30 minutes

# Pineapple Un-Fried Rice

## Ingredients

- 1/4 pineapple, diced
- 1/2 onion, minced
- 2 garlic cloves, minced
- 1 small zucchini, chopped
- 1/2 cup mushrooms, chopped
- 1 medium carrot, chopped
- 1 cup shredded kale
- 1/2 cup cilantro, minced
- ~ Crushed red pepper, to taste
- 2 cups uncooked brown rice
- 2 tbsp soy sauce
- 3 tsbp Teriyaki sauce
- 1/8 cup water

## Instructions

Cook the brown rice in either a pot or rice cooker.

In a wok or large pan add in your pineapple, onion, garlic, zucchini, mushrooms, carrot, kale, water and soy sauce.

Turn to high heat and cook until browned and all the moisture is gone (5-7 minutes).

Serve over rice and add cilantro, red pepper flakes (optional) and teriyaki sauce over the top.





2 SERVINGS

PREP TIME  
10 minutes

COOK TIME  
20 minutes

# Potato Salad

## Ingredients

- 2 lbs russet potatoes, peeled and diced
- 2 tbsp red onion, diced
- 2 stalks celery, diced
- 1 large ripe avocado
- 2 tbsp brown mustard
- 1 tsp dried dill
- 1 tsp apple cider vinegar
- 1/4 tsp salt
- 1/2 tsp maple syrup
- 1/4 cup water
- ~ Black pepper, to taste

## Instructions

Add the potatoes to a large stock pot and bring to a boil, cook until tender when pricked with a fork, drain and set aside.

Combine the avocado, mustard, dill, apple cider vinegar, water, maple syrup and salt and mash together in a large bowl until well incorporated.

Mix together potatoes with dressing, add in diced onion and celery and top with black pepper.

4 SERVINGS

PREP TIME  
5 minutes

COOK TIME  
30 minutes



# Creamy Squash Soup

## Ingredients

- 4 cups squash (you can use any kind, I've tried butternut, acorn, yellow and zucchini and they are all very good)
- 1/2 white onion, minced
- 1 can coconut milk
- 1 tbsp curry powder
- 2 cloves garlic, minced
- 1 thumb ginger, minced
- 1 tsp Better Than Bouillon
- 2 cups water

## Instructions

In your instant pot press the sauté function. Add in 2 tbsp of water and your onions and sauté for 5 minutes.

Cancel the sauté function and add in the rest of your ingredients.

Put lid on and seal the instant pot. Pressure cook for 20 minutes.

Once the soup is done let it pressure release naturally and then blend the soup until creamy with an immersion blender.



4 ROLLS

PREP TIME  
10 minutes

COOK TIME  
40 minutes

# Sweet Potato Tempura Sushi

## Tempura Ingredients

- 1 medium sweet potato, peeled and sliced
- 1/2 cup flour
- 1/2 cup unsweetened almond milk
- 1/4 cup sriracha
- 2 tbsp bread crumbs

## Sushi Ingredients

- 1 cup cooked brown rice
- 2 tbsp seasoned rice vinegar
- 1 avocado (optional)
- 1 Tempura sweet potato (see above)
- 4 nori sheets
- ~ Bamboo mat

## Instructions

Preheat oven to 450°F then peel and slice your sweet potato into long thin strips. Take your flour, almond milk and sriracha and whisk together in a bowl until smooth. Dip each sweet potato strip into the batter and tap off any excess on the side of the bowl.

Place each coated piece onto a baking sheet lined with parchment paper. Repeat until all pieces are done. Sprinkle with bread crumbs. Bake middle rack of your oven until lightly browned (30-40 min).

Mix your brown rice with the seasoned rice vinegar and set aside. Take your nori sheet and place shiny side down on your bamboo mat and cover 3/4 of the sheet with a layer of rice. Place a few pieces of your tempura and avocado in the middle. Roll the nori sheet over the filling and tighten the sushi mat around it as you roll. Wet the end of your nori sheet with a bit of water to make it sticky and roll the nori the rest of the way until you have your sushi roll.

Set aside and repeat with remaining sheets, tempura, avocado and rice. Once you are finished rolling, cut the sushi about 3/4 inch thick, sprinkle with sesame seeds and serve with wasabi and soy sauce.



2 SERVINGS

PREP TIME  
15 minutes

COOK TIME  
20 minutes



# Bad Ass Burritos

## Ingredients

Whole wheat flour tortillas  
2 cups brown rice  
Vegan refried pinto beans  
Red onion  
Red pepper  
Lettuce  
Serrano peppers  
Organic corn  
Guacamole (or avocado)  
Cheese sauce (from the Badass Vegan Nachos)  
Pico de gallo (or diced tomatoes)  
Hot sauce

## Instructions

Cook the brown rice either in your rice cooker or in a pot.

Mix together some of the brown rice and refried beans.

Place the brown rice and bean mixture in to the center of the tortilla first. Then pile the rest of the ingredients on top.

Wrap the burrito as shown in the video in the link below.

Put a non-stick pan on medium to high heat and grill the burrito on both sides for 3-5 minutes or until it is brown and crispy.



2 SERVINGS

PREP TIME  
5 minutes

COOK TIME  
40 minutes

# Crispy Potato Fries

## Ingredients

Any potatoes you want

## Instructions

Rinse and scrub your potatoes in the sink.

Slice the potatoes in half, then chop in to small fry pieces.

Place the potato fries directly on to the oven rack. Set the temperature to 425° F and bake for 37-38 minutes. The 37-38 minutes includes the preheat time.

Once the timer goes off, let the fries stand in the oven for 4-5 minutes. Remove the fries using a set of BBQ tongs and place in to a serving bowl.

This method of cooking potato fries saves some prep time and reduces the amount of dishes that you need to use. Without using a pan, it reduces cooking time and the need to flip them as well.

4-6 SERVINGS

PREP TIME  
10 minutes

COOK TIME  
4+ hours



# Thick & Hearty Chili

## Ingredients

- 3 x 15 oz cans diced tomato
- 3 x 15 oz cans of beans, rinsed & drained (kidney, pinto, black, use what you like or have on hand)
- 1 small onion, diced
- 4 medium russet potatoes, peeled & chopped
- 4 stalks celery, chopped
- 2 tbsp chili powder
- 1 tbsp vegan boullion (like Better Than Boullion)
- 4 cups water + additional (if needed)

## Instructions

Prep and chop all your vegetables, rinse your beans, and add into crockpot. Add in all spices and water and stir well.

Set timer to 8-10 hours on low or 3-4 hours on high. If you are home, check this during the day to make sure it has enough water. If you add in the red lentils and quinoa you may need to add another cup of water halfway through the day and stir again.

If you skip the lentils and quinoa you should be fine. Serve over brown rice or by itself. This will freeze well or last in the fridge up to one week. Enjoy!

Serve this to your skeptical friends and wow them with how delicious this healthy vegan chili can be.





4 SERVINGS

PREP TIME  
10 minutes

COOK TIME  
0 minutes

# Fiesta Salad

## Salad Ingredients

- 1 15 oz can black beans, rinsed and drained
- 1 15 oz can kidney beans, rinsed and drained
- 1 15 oz can cannellini beans, rinsed and drained
- 1 yellow bell pepper, chopped
- 1 red bell pepper, chopped
- 1 10 oz package frozen corn kernels
- 1 red onion, chopped
- 1/4 cup fresh cilantro, chopped

## Dressing Ingredients

- 1/2 cup red wine vinegar
- 1 lime, juice of
- 2 tbsp maple syrup
- 1/2 tsp salt
- 1 clove garlic, minced
- 1 tbsp ground cumin
- 1/2 tbsp crushed red pepper
- 1/2 tsp chili powder

## Instructions

Take the salad ingredients and combine in a large bowl.

Mix the dressing ingredients in a separate small bowl until well combined.

Pour dressing over salad and let sit and marinate for at least 1 hour before serving.

6 SERVINGS

PREP TIME  
10 minutes

COOK TIME  
20 minutes



# Potato Quesadillas

## Quesadilla Ingredients

- 1 package (6) fat free flour tortillas
- 2 medium russet potatoes
- 4 cups spinach
- 1 medium white onion
- 2 garlic cloves, minced
- 2 tbsp tamari
- 3 tbsp nutritional yeast
- ~ salt and pepper to taste
- ~ pinch of cayenne (optional)

## Sour Cream Ingredients

- 1 cup raw cashews + 1/2 cup water (soaked 1 hour)
- 2 tsp apple cider vinegar
- 1 tsp lemon juice
- 1/8 tsp sea salt

## Instructions

Peel and chop your potatoes and place them in a sauce pan and cover them with water. Bring to a boil then lower the heat to simmer, cover with a lid and cook until soft (about 10 minutes).

While the potatoes are boiling place your chopped onion in a large non stick skillet on medium high. Pay close attention to it and every few minutes add in little bits of water to get them to sauté, then stir, then add in more water until they are browned, this takes about 5 minutes. Once then onions are close to done add in a few more tbsp of water and your garlic, tamari and your spinach and sauté until wilted.

Once the potatoes are soft, drain them reserving about 1/4 cup water in the pot, add in your nutritional yeast, salt, pepper and cayenne if you wish and mash them until smooth and creamy. Get a large non stick skillet ready over medium high heat.

Spread the potato mash over one tortilla about 1/4 inch from the sides, add your spinach and onion mix on top, place another tortilla on top and brown in the skillet for 3-5 minutes on each side until crispy and brown. Repeat until all the tortillas are gone.

For the cashew sour cream take all your ingredients and blend in a high speed blender until smooth. Its best to make this ahead of time and allow to sit and cool in the fridge a few hours.

Cut the quesadillas in 4 triangles and serve with the cashew sour cream on top.



4 SERVINGS

PREP TIME  
15 minutes

COOK TIME  
60 minutes

# General Tso's Vegan Chik'n

## Chik'n Ingredients

- 1 cup flour (any kind)
- 1 cup water
- 1/2 head cauliflower florets
- 2 cups bread crumbs

## General Tso's Sauce Ingredients

- 3 garlic cloves, minced
- 1 inch thumb of ginger, minced
- 1/2 cup hoisin sauce
- 1/4 cup rice vinegar
- 3 tbsp soy sauce
- 4 tbsp brown sugar
- 1 tsp red pepper flakes
- 1 tsp sriracha

## Instructions

Preheat oven to 450°F. Take your flour and water and mix until smooth. The mixture should be about the consistency of pancake batter.

Next dip your cauliflower one by one in the flour batter and tap off the excess. Then dip into bread crumbs until evenly coated. Continue this process until all the cauliflower is covered.

Place all the cauliflower bites on a sheet of parchment paper or non stick baking pan and bake at 450F for 30 minutes.

While the cauliflower is baking we can make the sauce. Prep and measure all of your sauce ingredients and then mix well together in a bowl and set aside.

Take the cauliflower out of the oven and dip them one by one in the General Tso's sauce and place back on the baking tray. Do this process until all the cauliflower are covered in the sauce. Place back in oven for 15 minutes on 450F.

Serve over rice with vegetables and garnish with sesame seeds and a extra drizzle of sauce on top.



**MAKES**  
**15 truffles**

**PREP TIME**  
**15 minutes**

**COOK TIME**  
**0 minutes**



# Peppermint Patty Chocolate Truffles

## Ingredients

- 30 dates, pitted  
(medjools are my favorite)
- 3 tbsp cocoa powder
- 1-2 tbsp water
- 1 tsp peppermint extract
- ~ pinch of salt
- 2 tbsp cocoa powder for rolling

## Instructions

Pit your dates and add them into a food processor. Add in your 3 tbsp of cocoa powder, your water, peppermint and salt.

Blend together in your food processor until mixed well. You may need to stop the blades and push everything down once or twice and turn it back on.

Once the mixture is blended. Dust a surface with 2 tbsp of cocoa powder and start rolling the mixture into about 2 inch balls. Once you have a ball shape, roll them in the cocoa powder and set aside.

Repeat until all the mixture is gone. The recipe should make 15 truffles.

I usually put these in a glass container and freeze them (it slows me down) or else I would eat them all in a day but they would also be fine stored in the fridge. Trust me they wont last long!



4 SERVINGS

PREP TIME  
5 minutes

COOK TIME  
40 minutes

# Easy Vegan Dal

## Ingredients

- 2 cups red lentils
- 6 cups water
- 1 red or yellow bell pepper, chopped
- 1 red onion, chopped
- 1 teaspoon ginger, minced
- 3 garlic cloves, minced
- 1/2 lemon, juice of
- 1 tsp turmeric
- 1 tsp curry powder
- 1 tsp cumin
- 1 pinch cayenne pepper

## Stove Top Instructions

Place all your ingredients in a large pot and bring to a boil on the stove.

Once boiling cover and reduce heat to low.

Simmer for 30 minutes or until the dal has thickened.

Serve with brown rice and a sprinkle of cilantro on top.

## Instant Pot Instructions

Place all your ingredients in the instant pot, turn the vent to sealed and cook on manual for 18 minutes.

Once it is finished cooking, let it naturally release for 10-15 minutes.

Move the steam release handle to venting to release the remaining steam.

Serve with brown rice and a sprinkle of cilantro on top.





4 SERVINGS

PREP TIME  
15 minutes

COOK TIME  
30 minutes

# Spicy Red Lentil Chili

## Ingredients

- 1 red pepper, diced
- 1 red onion, diced
- 5 garlic cloves, minced
- 2 cups red lentils
- 7 cups water
- 1 tbsp chili powder
- 1 tbsp paprika
- 1 tsp cayenne
- 1/4 cup brown sugar
- 2 tbsp apple cider vinegar
- 6 oz can tomato paste
- 14 oz can diced tomatoes

## Instructions

Prepare and place all of your ingredients in to the Instant Pot.

Set the cooker to manual and change the time to 17 minutes. Remember to set the valve to sealing.

Once the time is complete, let it naturally release for 15 minutes.

If you do this on the stove top, bring to a boil, lower heat to simmer and cover, let cook about 30 minutes or until thick.



**MAKES**  
10 rounds

**PREP TIME**  
5 minutes

**COOK TIME**  
20 minutes

# Oil-Free Hash Brown Rounds

## Ingredients

- 2 russet potatoes, shredded
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/4 tsp salt

## Instructions

Preheat oven to 450°F. Shred your potatoes either using a hand shredder (cheese grater) or a food processor.

Take your shredded potatoes and toss them with spices and salt.

Prep a non stick baking tray or SIL Pat sheet and start forming small golf ball size balls of the potato mix. Flatten them with your hands and place them on the tray.

You should get about 10. Next place the baking tray on the top rack of your oven for about 10 minutes, take the potatoes out, flip and place them back in for 10 more minutes.

At the very end you can turn your broiler on to get them nice and crispy but watch them closely so they don't burn.

Serve with ketchup and enjoy.

**MAKES**  
**8 large burgers**

**PREP TIME**  
**5 minutes**

**COOK TIME**  
**35 minutes**



# S.O.S. Free Fennel Burgers

## Ingredients

- 1 can salt free black beans, rinsed well
- 1 can salt free garbanzo beans, rinsed well
- 1 cup oats
- 1/4 cup water
- 2-3 garlic cloves
- 1/2 tbsp fennel
- 1/2 tbsp paprika
- 1 bell pepper, chopped
- 1/2 white onion, chopped

## Instructions

Preheat your oven to 375° F. Combine all your ingredients in your food processor and blend until well combined. If you find your mixture to be too wet, add in a little more oats.

Once you have the right consistency. Form your mixture into patties. This will make 16 small burgers or 8 large ones.

Place on a non stick sheet and put in the oven for 20 minutes. Take them out, carefully flip them and place in the oven another 15 minutes.

Serve over rice with tomato paste or on a salt free bread. Ezekiel makes a good one.





**MAKES**  
15 balls

**PREP TIME**  
5 minutes

**COOK TIME**  
45 minutes

# Ikea Veggie Balls

## Ingredients

- 1 can garbanzo beans, rinsed and drained
- 1/2 red bell pepper, chopped
- 1/2 red onion, chopped
- 2 cups kale, chopped
- 1/2 cup frozen peas
- 1/2 cup corn
- 1/2 cup oats
- 1 tsp garlic powder
- 1/2 tsp oregano
- 1/2 tsp basil
- 3/4 tsp salt
- ~ black pepper, to taste

## Instructions

Preheat your oven to 375° F.

Heat a nonstick pan to medium high heat on the stove with 1/2 cup of water. Add in your bell pepper, kale and onion. Sauté for 10 minutes.

Add your garbanzo beans, sautéed veggies, peas, corn and spices into your food processor and process until well mixed. Next add in your oats and process again. Your mixture should be slightly sticky but also formable. If it is still too wet add in some more oats.

Next take about 1/8 cup worth of the mixture and roll into tennis size balls. Repeat until all the mix is gone.

Place on a non stick baking sheet/parchment paper and place in the oven for 35 minutes.

Once the time is up, take them out and let them cool for 15 minutes. Enjoy these on their own, in a wrap, on top of a salad or with some mashed potatoes YUM.

4 SERVINGS

PREP TIME  
15 minutes

COOK TIME  
90 minutes



# Creamy Butternut Squash Soup

## Ingredients

- 1 medium butternut squash
- 2 cups red lentils
- 4 cloves garlic
- 1/2 white onion
- 4 cups water
- 1 can coconut milk
- 1 cup salt-free vegetable broth
- 1 tsp curry powder
- 1 tsp cayenne powder
- 1 tsp paprika

## Instructions

Preheat your oven to 425° F. Scrub the outside of your butternut squash until clean. Cut squash in half, remove seeds and place on a baking tray. Take your garlic and onion and wrap in tin foil and place on tray with the squash.

Place tray in oven and roast the squash for 1 hour or until tender. Take the onion and garlic out after 30 minutes is up.

Once your squash is done cut into chunks (yes leave the skin on, it's nutritious) and place in your blender. Squeeze the roasted garlic out of the skin, add into your blender with squash, onion, and 4 cups of water. Blend until creamy.

Transfer this mixture to your instant pot, add in the rest of your ingredients and stir. Cook on high pressure for 20 minutes. Serve with rice.

If you want to cook this on the stove top follow the recipe and instead of putting the mix into your instant pot, transfer to a large sauce pan. Bring all the ingredients to a boil, reduce heat and let simmer until thick (about 40 minutes).





4 SERVINGS

PREP TIME  
5 minutes

COOK TIME  
30 minutes

# Cauliflower Buffalo Wings

## Wing Ingredients

- 1 head of cauliflower
- 1 cup of flour
- 2-3 cups unsweetened soy milk
- 2 cups bread crumbs
- 1 cup buffalo wing sauce - we use Frank's Red Hot (it's vegan)

## Ranch Dressing Ingredients

- 1 cup hemp seeds
- 1 tbsp maple syrup
- 1 tbsp lemon juice
- 1 tbsp apple cider vinegar
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dill
- 1/2 tsp salt
- 1/4 cup of water

## Instructions

Preheat oven to 400°F or air fryer to 350F. Chop your cauliflower in to bite size pieces. You want them to be about the size of a ping pong ball. Add your flour into a large bowl and whisk in soy milk until you get a pancake batter consistency.

Place your bread crumbs in another large bowl. Next dip each piece of cauliflower into your flour batter, tapping off any excess (it works best using a fork) and then cover with bread crumbs.

Place your battered pieces on parchment paper if you are using an oven and place in the oven for 10 minutes or until they start to brown and get crispy. If you are using an air fryer you can put them directly in there and cook 10 minutes.

Once the cauliflower is cooked. Place your buffalo sauce into another bowl and dip the wings into the sauce one by one and place back in the oven for another 5 minutes. Once they are cooked they are ready to eat and dip in the delicious ranch below.

**Ranch Dressing Instructions** - Place all your ingredients (minus the water) in a high speed blender. Start blending and slowly add in water until you get the consistency you want. Serve with buffalo wings.



# Success Stories

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PEOPLE LIKE YOU WHO HAVE ACHIEVED  
AMAZING RESULTS



## Chelsea

### **What was your lifestyle like before starting Lean & Clean?**

Growing up I was always overweight. I never really felt like I had any emotional issues with food, I was just eating the wrong foods. I got picked on for my weight and always wanted to change it but never really knew how.



### **What was your turning point to start getting healthy?**

A couple of years ago I weighed in at 188 lbs, the heaviest I have ever been and knew something needed to change. I followed the [Lean and Clean](#) plan religiously and lost weight very steadily.

### **What did you like most about the program?**

I loved the freedom to eat pretty much anything I wanted to. Hannah makes it easy to still eat all of your favorite foods, but just prepare them in a much healthier way!

### **What was your starting height, weight and current weight?**

Im 5'3 and my starting weight was 188 lbs, I now weigh around 120 lbs and have been maintaining that weight for around a year now.

### **What are your favorite foods from Lean & Clean?**

I love oven fries and the Thai almond salad! I try to incorporate a ton of veggies into every meal.

### **What type of exercise did you do?**

I did some yoga while losing weight but never did any intense exercising and was never extremely consistent with it.



### **Any advice or tips to inspire others?**

My best advice is to not be so hard on yourself, slip ups are bound to happen and that's okay! No one is perfect, it's just about having good choices add up and pay off in the end! I always recommend adding a ton of veggies to every meal to bulk up what you're eating.

### **Whats the biggest benefit to your life you have noticed?**

I would say the biggest benefit is how much more energy I have now. I no longer feel dull, sluggish and sleepy all of the time. I enjoy doing way more activities and honestly enjoy my life so much more. I would have never been able to feel this way if I hadn't stumbled across Hannah's YouTube videos!

You can follow Chelsea on Instagram at:

@chelseaxlynnne or <https://www.instagram.com/chelseaxlynnne>

## Eileen

### **What was your lifestyle like before starting Lean & Clean?**

I ate fast food almost ALL THE TIME. If it wasn't fast food it was something completely unhealthy like chips, processed

junk from the store. A typical day would be eating hot Cheetos in the morning, lunch would be anything that would deliver. A favorite place of mine is a local taco spot. They even served chili cheese fries which I always ordered a large and added more salt. Dinner wouldn't be that much better than lunch. I grew up eating home-cooked meals but I was always a picky eater too. All I wanted was French fries and deep-fried anything.

Granted I didn't eat a lot of that growing up. It was more home-cooked meals but once I got out of high school it was all



downhill from there. I ate anything my heart desired. Shortly after high school I was diagnosed with PCOS. Depression was part of this battle as well. It wasn't helping my self esteem at all. The side effect of PCOS, is diabetes and heart disease. I have been lucky that I do not have any of these yet. That's the key word. Yet. My doctor pretty much told me there is no avoiding it whatsoever. So again, added to my depression already.

I always found myself hungry and ravaging. Nothing was ever filling or satisfying. If I had a slight hunger I would eat whatever I wanted, generally a giant meal only a few short hours after I had just ate. I have tried keto and did it for 6 months. I never even came close to losing this much weight and feeling this great with myself as I do with a whole food plant-based lifestyle.

I have tried every diet prior to changing to a whole food plant-based lifestyle. Keto, paleo, clean eating, diet pills, low-carb pretty much everything. Nothing really helped. All it did was make me lose water weight or a few pounds and BAM they were back on. When I did keto and a low-carb diet I never felt this good. My energy was sluggish. My personality changed. I became angry and annoyed that what I was eating was so limited. I was even going to the gym 4-5 days a week spending an hour and a half working out. I still never felt this amazing!

I live a very busy lifestyle I run a full time photography business and work a full-time job on top of that. So there is barely any me time and on the go foods, like fast food was always such an easy choice. Prior to changing to a whole food plant-based lifestyle I would never sleep very well and my energy was non-existent. Since I made this change 4 months ago My energy levels keep improving each day! My insomnia has pretty much disappeared as well.

### **What was your turning point to start getting healthy?**

The turning point for me was this summer. Late May, early



June. Each year my husband and I travel cross country and sight see for 2-3 weeks. The week prior to going on our road trip I was having a slight issue breathing. Almost like asthma, which I do not have. One night we were in Nebraska, it got so bad he almost called 911. It scared me a bit. We assumed it was allergies, still could have been, but I never had allergies before.

My body was changing and it wasn't for the better either. While in a town called Three Rivers, CA near the Sequoia National Forest we met a couple that are both retired military members. Upon talking to them and admiring her achievements with running in marathons I made a comment saying something along the lines of "I wish I can do that, but I have to get back into shape and on my low carb diet again" She then handed me the Forks Over Knives book. Skeptical at first I agreed to read it that night and return it the following day. This day forever changed my life. This was the day I was determined the moment we got home everything was going to be thrown away and I was jumping full force into this lifestyle. I ordered that book and the China Study that night.

Once we got home I started getting ready to meal prep and jump into this lifestyle full force. I started watching YouTube videos and came across Hannah's Channel. The rest became history.

### **What did you like most about the program?**

I love how easy everything is to follow. Simple. Fresh. The advice and motivation to keep pushing forward, even with the wonderful support of others in the group is what helps keep pushing me forward. It hasn't been easy the first few weeks but this program made it so much easier.

### **What was your starting height, weight and current weight?**

Starting weight: around 152 Height 4'10 (June 26th 2018)

Current weight: 135 and 4'10 (September 20th 2018)

### **What are your favorite foods from Lean & Clean?**

There are so many! I haven't come across one I dislike. I absolutely love the pizza and spud cheese. That cheese goes on EVERYTHING, even nachos! Mmmm Nachos. Now I know what I am making for dinner tonight!

### **What type of exercise did you do?**

I have been slacking going to the gym. I own a full time photography business and work a full-time job as well. Time has been tight as far as getting back to the gym But the days I do make it I do some form of cardio for 15-20 minutes. Then hit the weights that are appropriate for that day. I always make sure to get some form of ab workout in as well. Then finish with a 10 minute run or jog before I leave. Every night I do a light yoga stretch to help relax my body before bed.

### **Any advice or tips to inspire others?**

Pack a small cooler for days you will be out and about. Apples, grapes, anything you heart desires. This helps me from falling off and caving. Also always remember: Don't. Give. Up. I know people say that often, and when you feel defeated it sounds very repetitive. But seriously. Don't give up. We are human, and we make mistakes. We're not perfect, no one is. Just pick your self-back up and keep pushing forward. YOU GOT THIS!

### **Whats the biggest benefit to your life you have noticed?**

My energy levels have improved SO MUCH. My depression has faded, anxiety GONE. I feel just overall happy and positive in everything and anything. My blood pressure is almost back to normal range as well. Best part, I can finally BREATHE. I never went to the doctors to see what it was because almost within a few short weeks I was able to breathe so much better. I only wish I knew about this sooner. It is so simple.

You can follow Eileen on Instagram at:

@eileen\_hyatt or [https://www.instagram.com/eileen\\_hyatt/](https://www.instagram.com/eileen_hyatt/)

Or you can check her out on Facebook at:

<https://www.facebook.com/Hyatt.Eileen/>

## Kimberlee

### **What was your lifestyle like before starting Lean & Clean?**

I was very sedentary, and I ate mostly processed junk food! A lot of dairy, a lot of candy, cakes and chips.

### **What was your turning point to start getting healthy?**

My turning point to start getting healthy was actually the fear of getting cancer or diabetes.



### **What did you like most about the program?**

I like that you can eat as much as you want and still lose weight.

### **What was your starting height, weight and current weight?**

Starting weight 210lbs / height 5'8". Ending weight 145lbs (been on the program for a year and 3 months)

### **What are your favorite foods from Lean & Clean?**

Favorite foods would be everything! I am no longer picky.

### **What type of exercise did you do?**

I just walk for 5-7 miles a day. Varied terrain.

### **Any advice or tips to inspire others?**

Stick with it! Results will show. You just have to be patient. And enjoy the journey and food!

### **Whats the biggest benefit to your life you have noticed?**

Biggest benefit, hmm, being able to enjoy food for a different reason. Also I would be lying if I said I wasn't happy about the weight loss. Of course I am. Feeling lighter is better! I can breathe better.

You can follow Kimberlee on Instagram at @oatmealisdessert or <https://www.instagram.com/oatmealisdessert/>

### Jamie

#### **What was your lifestyle like before starting Lean & Clean?**

I was very lean and fit my whole life up until I had my son in 2013 and then the weight was incredibly hard to get off. I would try low-carb and lose weight fast, but would always gain it back, plus some, because it's not a sustainable diet. Growing up we did not eat very healthy. I remember lots of McDonald's and ramen noodles. Milk and cereal for breakfast, etc. I was never taught what a healthy diet was or how important our food choices were to our overall health.



#### **What was your turning point to start getting healthy?**

My turning point was when my grandmother passed away from colorectal cancer. I was angry. The week after she passed I bought a book by a doctor who had brain cancer and it opened my eyes to how important our food choices are to our health. It blew my mind! It's the best thing that's ever happened to me, reading that book. I began really digging deep into research about nutrition after that.

Several years later, I found Hannah's YouTube channel on accident and I binge watched as many videos as I could! It aligned with everything I had been reading and finding in my research. That's when I really began implementing the whole

food plant-based lifestyle.

### **What did you like most about the program?**

The program honestly gave me such mental clarity I can't even describe it. It's like a fog had been lifted and I could see for the first time. I could really taste my food and savor it. I no longer felt heavy and inflamed. And once you start feeling better, it makes you that much more motivated to keep going. The recipes were very easy to make as well.

### **What was your starting height, weight and current weight?**

I started around 206 pounds (probably more) and ended around 176 pounds. I'm about 5 ft 6 in tall.

### **What are your favorite foods from Lean & Clean?**

My favorite foods are the dal and the red lentil chili!

### **What type of exercise did you do?**

I honestly didn't exercise much at all! When I did, it was a walk or a HIIT workout. I also walked several flights of stairs at my job every day.

### **Any advice or tips to inspire others?**

My biggest tip is to throw away any excuse you have as to why you can't do it and just DO IT. I used to say "I'll start Monday", and then the whole week would pass and I hadn't done a single thing I said I would do. And then it turns into weeks and months of just not starting because of laziness and fear. And then I would think, wow, where would I be now if I had actually started when I said I would?

Nobody can change you but YOU. That was my biggest turning point, realizing that I had to be the one to do this, no one else was going to do it for me. And the longer I put it off, the worse off I would be. Self pity gets us NOWHERE. You have to put in the work! You are worth it!!

### **Whats the biggest benefit to your life you have noticed?**

Definitely my confidence! Not just physically, but mentally. I



look back at what I did for myself and I'm just in awe that I actually did the damn thing. I actually stuck to something and proved everyone wrong, including myself! Doing that has made me feel like I can literally do anything. We have to get out of our own heads! It really is all about mindset.

You can follow Jamie on Instagram at:

@high\_vibe\_wellness\_and\_beauty or

[https://www.instagram.com/high\\_vibe\\_wellness\\_and\\_beauty/](https://www.instagram.com/high_vibe_wellness_and_beauty/)

### Elise

#### **What was your lifestyle like before starting Lean & Clean?**

I was raised eating relatively healthy foods. My Mom didn't really allow for sugary cereals, sodas, etc. Since these foods weren't in my house, I would binge on them in secret at school or at other people's homes. Because of this, when

I was in high school, I was

about 90 pounds overweight but still didn't really understand why. I ran cross country and played soccer, and I assumed I was healthy because of that.

My Mom started making me see a nutritionist when I was 16, where I had to count calories and then go over my food journal with her. When I was 18, my doctor told me I was pre-diabetic and I decided to make a change. I started taking Alli, which is a weight loss drug. I took it for probably over 3 years and I lost about 100 pounds. Due to my diet on this pill, which restricts fat intake and caloric intake, I developed a severe eating disorder. I lost my period, started losing hair, developed



Hashimoto's and struggled to get out of bed every day. People who loved me let me know that they were worried about what was going on, so I decided to seek help.

I became a vegetarian around this time because I read *Food Rules* by Michael Pollan. Slowly, I gained back about 60ish pounds. This again put me into the overweight category and I wasn't feeling great about myself. My brother is a vegan, so I decided to "go vegan" since he is fit and healthy. I then gained probably about 10 pounds after that – since I discovered that French fries and Oreos are both allowed on a vegan diet.

I again became depressed and would try to go on these crash diets and then soon after I would find myself binging on the foods I restricted. I felt stuck in this rut for about a year. I went to YouTube because I was interested in the "what I eat in a day" type videos. There, I found Hannah! She was still in the middle of her journey, but I was so interested in what she was doing because she seemed so happy and satisfied, which was literally the opposite of what I was used to. When [Lean and Clean](#) came out, I bought it immediately. I lost 60 pounds total, and have kept it off!

### **What was your turning point to start getting healthy?**

When I had gained back over half of the weight I had lost in the first place. I was depressed, and I realized that living the life I was living wasn't who I was created to be. Also, I felt like I was just chronically sick and exhausted by life.

### **What did you like most about the program?**

Hannah focuses so much on your mind and your spirit! I loved that a lot of the program was looking internally and understanding that we need to just act like we are the person we want to be and hope to be one day, because that is truly who we are already. It makes the weight loss process so much better and sustainable, because it focuses on the health inside and out rather than the appearance.

**What was your starting height, weight and current weight?**

I am 5'5" and my starting weight was 180lbs. I am now around 120lbs. I am trying to focus on building muscle now so I can do more things in my yoga practice.

**What are your favorite foods from Lean & Clean?**

Sushi! Oh, and those amazing cheesy mashed potatoes. Seriously.

**What type of exercise did you do?**

Yoga. I also like to hike, backpack, bike a lot in the summer since I live in Colorado.

**Any advice or tips to inspire others?**

You can do this. It all starts with believing in yourself and making the changes for yourself and already picturing that you are your best self.

**What's the biggest benefit to your life you have noticed?**

Mental health, energy and learning to cook and enjoying the process of cooking

You can follow Elise on Instagram at:

@elisemarie18 or <https://www.instagram.com/elisemarie18>





# Resources



## LEAN & CLEAN EBOOK

14 day meal plan for maximum weight loss

[highcarb.co/lean](https://highcarb.co/lean)



## INSTANT POT EBOOK

30 simple oil-free vegan pressure cooker recipes for lazy f@cks.

[highcarb.co/epic](https://highcarb.co/epic)



## LET'S GET SAUCY

Over 55 mind blowing vegan sauce recipes!

[highcarb.co/saucy](https://highcarb.co/saucy)



# Thank You

I am sending you my heart felt gratitude. I really hope that the information in this cheat sheet will assist you on your journey to optimal health and finding your natural weight.

Check out my Youtube channel [youtube.com/highcarbhannah](https://youtube.com/highcarbhannah) every Wednesday for free recipes and meal plans we are over 830k people strong on there so come join our community!

Love,  
Hannah

