

Foreword

Thank you for trusting Ethos Primary Care with your medical care. It's an honor to serve and support you on your wellness journey.

Lifestyle medicine is based on seven pillars: whole, plant-based nutrition, fitness, sleep, stress reduction, social connection, avoidance of unhealthy substances and connection to the natural world. Of these, good nutrition is most important. Changing what you eat is more than just switching out the food on your plate. It's about completely reforming your relationship with eating, changing the way you experience food, and learning to detach deep-seated feelings from unhealthy eating. We associate certain foods with visceral emotions and events (like celebrations or hardships), so it's of utmost importance that we confront our associations and do the challenging emotional work of unraveling and replacing them. Congratulate yourself on taking such a brave step. It means you're ready to have a transformative experience and do what it takes to change your life; your courage and initiative deserve recognition. Take a deep breath: you can do it.



“If you eat to save your heart, you eat to save yourself from other diseases of nutritional extravagance: from strokes, hypertension, obesity, osteoporosis, adult-onset diabetes, and possibly senile mental impairment, as well. You gain protection from a host of other ailments that have been linked to dietary factors, including impotence and cancers of the breast, prostate, colon, rectum, uterus, and ovaries. And if you are eating for good health in this way, here’s a side benefit you might not have expected: for the rest of your life, you will never again have to count calories or worry about your weight.”

— Dr. Caldwell Esselstyn, *Prevent and Reverse Heart Disease*

What is a Whole-Food, Plant-Based Lifestyle?

A diet of whole, plant foods consists of vegetables, fruits, whole grains, nuts, seeds, and legumes. It is devoid of animal products (including chicken, beef, fish, dairy, and eggs), oil, added sugar, and salt. While this may sound drastic, a diet of whole, plant foods is colorful, diverse, enjoyable, delicious, and most importantly – health-promoting. It supplies the essential macronutrients (carbohydrates, protein, and fat) and is rich in micronutrients. Its healing power is beyond that of **any other lifestyle change**. *Your diet should include:*

1. Leafy greens

Cruciferous Greens: Arugula, Bok Choy, Chinese Cabbage, Collard Greens, Daikon Radish Greens, Kale, Kohlrabi Greens, Mustard Greens, Radish Greens, Swiss Chard, Turnip Greens, Watercress

Non-cruciferous Greens: Lettuces, Spinach, Dandelion Greens, Escarole, Endive, Amaranth "Red Spinach", Purslane, Lovage, Lambsquarters

2. Non-leafy vegetables

Examples: Artichoke, Asparagus, Bamboo Shoots, Bean Sprouts, Bell Pepper, Bitter Gourd Or Bitter Melon, Broccoli, Broccolini Flowers, Brussels Sprouts, Cabbage (Green, Bok Choy, Chinese), Carrot, Cauliflower, Celery, Chayote, Chives, Cucumber, Daikon, Eggplant, Florence, Fennel, Garlic, Ginger, Green Bean (French Bean), Green snow peas, Leek, Okra, Onion, Radish, Shallot, Spring Onion, Green Scallion, Squash, Sugar Snap Peas, Tomatillo, Tomato, Turnip, Zucchini, Sweet Potato, Squash (Butternut, Acorn, Spaghetti, Zucchini), Parsnip, Peas, Beets, Turnips

Sea Vegetables: Arame, Kombu, Wakame, Dulse, Agar

3. Mushrooms

Examples: Button, Shiitake, Oyster, Cremini, Portobello, Maitake, Enoki, Beech, Porcini

Note: *White button, cremini, and portobello mushrooms should be cooked over medium heat for five minutes to remove harmful compounds.*

4. Cooked beans or lentils

Examples: Black Beans, Chickpeas, Kidney Beans, Soybean, Pinto Beans, Peas, Garbanzo, Red Lentils, Green Lentils

5. Whole grains

Examples: Amaranth, Buckwheat, Farro, Barley, Bulgur, Millet, Steel-cut Oats, Quinoa, Spelt

6. Fruits, especially dark berries

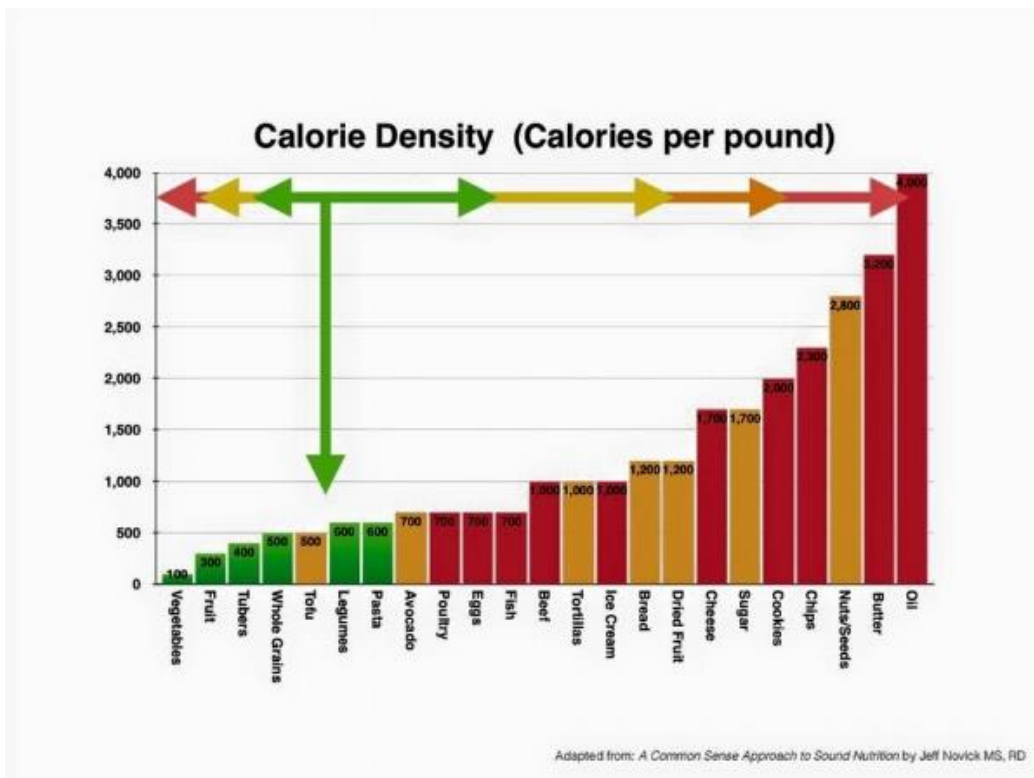
Examples: Blueberries, Blackberries, Raspberries, Strawberries, Mangoes, Pineapples, Oranges, Apples, Bananas, Grapefruit, Papayas, Pomegranates, Pears, Kiwis, Melons

7. Nuts and seeds (*restrict to a small palmful per day*)

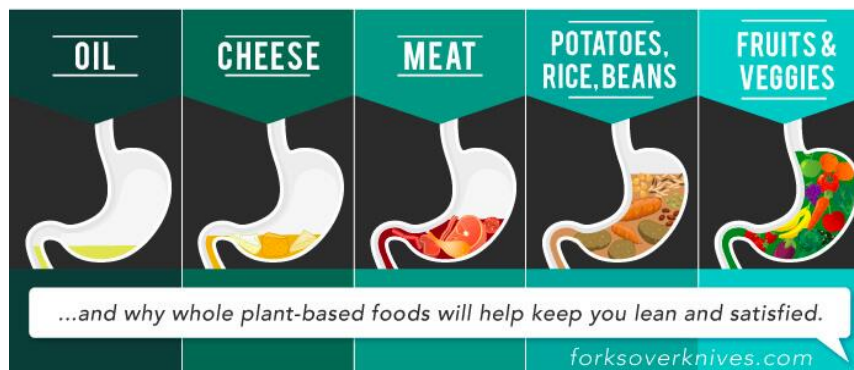
Examples: Flaxseeds, Chia Seeds, Sunflower Seeds, Pumpkin Seeds, Hemp Seeds, Sesame Seeds, Walnuts, Almonds, Cashews

Calorie Density

Calorie density is a measure of the calorie content of a food relative to its volume. A diet of whole, plant foods is naturally low in calories, so that you can enjoy healthful foods without calculating portions, macros, or calories. Based on the below graph, the foods with the lowest calorie density by far are plant-based, and even more importantly (not pictured) the most nutrient dense.



CALORIE DENSITY WHAT 500 CALORIES LOOK LIKE



Protein?

Concerned about protein? Contrary to popular belief, a plant-based diet contains more than enough protein; in fact, there are many plant foods that are *rich* in protein.

Plant Proteins
That Pack a Punch.

Pick from these top plant sources to get more protein out of your plant-based diet.

Category	Protein Content
Cooked Legumes	17g in 1 c. lentils
	16g in 1 c. chickpeas
	12g in 1 c. black beans
	17g in 1 c. edamame
Soy	15g in 3 oz. tempeh
	7g in 3 oz. firm tofu
Nuts and Seeds	9g in 1 oz. hemp seeds
	8g in 1 oz. pumpkin seeds
	7g in 2 T nut butters
	6g in 1 oz. almonds
	5g in 1 oz. chia seeds
Cooked Grains	8g in 1 c. quinoa
	4g in 1 c. oatmeal
Cooked Vegetables	5g in 1 c. spinach
	4g in 1 c. Brussels sprouts
	2g in 1 c. broccoli

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Sample Recipes

It's daunting to embark on the journey of converting to a plant-based diet. Erase the word "boring" from your vocabulary! Exciting dishes are just around the bend of learning to make them. Below, you'll find sample breakfast and dinner recipes you can use to get started.

Antioxidant-Rich Oatmeal and Berries



½ cup old-fashioned rolled oats
1 cup water
¼ cup blueberries
¼ cup raspberries
¼ cup strawberries
½ tsp Ceylon cinnamon

Directions:

1. Combine water and oats in a saucepan. Bring to a boil, then simmer uncovered for 3-5 minutes. Oats should be creamy, not too thick or too watery!
2. Remove from heat and pour oatmeal in a bowl. Sprinkle with cinnamon and pile high with berries. Enjoy!

Egyptian Red Lentil Soup



- 1 large yellow onion, chopped
- 2 large carrots, grated
- 5 cloves garlic, minced
- 1 cup chopped celery
- 4 ¼ cups low sodium vegetable broth
- 1 ½ cups red lentils
- Juice of one lemon (approx 3 TBS)
- Black pepper, cumin, and coriander to taste
- Cayenne pepper (optional)

Directions:

1. Add ½ cup vegetable broth to a pot and saute onion and carrot for 5 minutes on medium heat, or until onion is translucent.
2. Add celery and garlic and saute for another 5 minutes. Add another ½ cup of vegetable broth if pot begins to get dry.
3. Add lentils, remainder of vegetable broth, and seasoning. Let simmer for 20-25 minutes, or until lentils are very soft.
4. Add spices and lemon juice to taste, and use immersion blender (or transfer soup contents to blender) to blend the lentils and vegetables together. Enjoy!

Tofu Scramble



8 oz extra firm tofu
a handful of chopped kale
1 tomato, chopped
1/3 cup mild fresh salsa
3/4 cup chickpeas
1 tsp each turmeric, paprika,
chili powder and nutritional yeast
black pepper to taste
a dash of cayenne for spiciness (optional)
¼ cup of vegetable broth (optional)

Directions:

1. Sauté the kale and tomatoes in water or vegetable broth for five minutes. Add the salsa and chickpeas, stir and let flavors mingle for 3 minutes.
2. Drain and dry the tofu, then crumble in hand and add. Mash the chickpeas with a fork and stir to incorporate.
3. Add seasoning and adjust to your taste if necessary! You can create a “sauce” by combining all the spices together in a bowl, adding a little bit of water, and adding to the pan, (technique from minimalistbaker.com) or just add dry. If at any point in the cooking process the pan gets dry, add a little bit of water to continue cooking and so nothing gets stuck.
4. Stir and let cook for just a few minutes until liquids reduce. Serve warm. Enjoy!

Mexican Black Bean Soup

Adapted from Minimalist Baker



- 1/2 white or yellow onion (diced)
- 3 cloves garlic (minced)
- 1/2 red or orange pepper (diced)
- 1 1/2 tsp cumin
- 1 tsp chili powder
- 1 1/2 cups salt-free or low sodium chunky salsa
- 4 cups low sodium vegetable stock, plus a few tbsp for sauteing
- 3 1/2 cups cooked black beans
- 2 cups whole kernel corn
- Lime juice for serving

Directions:

1. Heat a large pot over medium heat. Once hot, add a few tbsp vegetable broth, garlic, onion, pepper, and a pinch of black pepper and stir. Cook for 4-5 minutes, stirring frequently, until onions are translucent and the peppers have a bit of color.
2. Add cumin and chili powder and stir to coat. Then add salsa and vegetable stock. Stir to combine, then increase heat to medium heat and bring to a low boil.
3. Once it's boiling, add black beans and corn and stir. Reduce heat to low and simmer, covered, for 20 minutes or more, stirring occasionally. Allow to simmer for deepening of flavor.
4. Serve hot and enjoy! Squeeze lime juice on top if desired for a tangy flavor.

Affirmations

If you experience emotions of resistance or struggle, consider saying these affirmations to yourself. Come up with your own if you feel like something else may resonate with you more! Get to the core of why this change is difficult for you.

1. "I'm proud of myself for facing this challenge. I know I have the strength and optimism to see this through."
2. "This feels hard, but moving through difficulty makes me better. This experience will teach me a lot about myself."
3. "Eating healthy and exercising will make me feel my best, and I deserve nothing less."
4. "I love and respect myself, and this is one way of showing myself kindness."