

Enjoying God's Menu

1 May 2011

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Agenda

- The Vegetarian Food Pyramid
 - Food servings (Variety, Fruits, Veges, “Rainbow”)
 - Eating according to size & activity (Women/Children & Men)
 - Food Combinations
 - Ideal Breakfasts, lunches & dinners
- Nutrients & Vitamins in Foods & Herbs
- Recipes
 - Breakfast (Meusli & Scrambled tofu)
 - Smoothie (B&B Smoothie)
 - Healthy snacks & dips (Baked Beans, Gaucamole & Hummus)
 - Soups (Pea & Butternut)
 - Main dish (Quinoa & Brown Rice Tofu)
 - Dessert (Fruity Pudding)

The Vegan Food Pyramid

Vegetable Oils and Fats
Some sweets, salt,
spices, Nuts,

Use Sparingly



Fortified Dairy Substitutes
2-3 Servings

Eat Moderately



Legumes, Seeds
Beans Group
2-3 Servings

Eat Moderately



Whole Grains, Bread
Rice and Pasta, Cereal Group
6-11 Servings

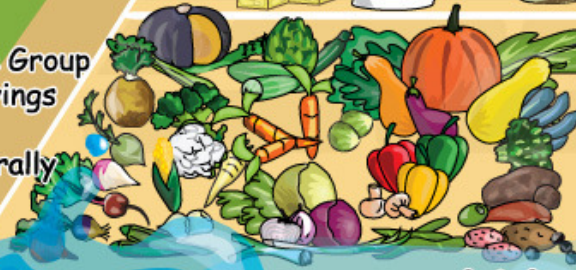
Eat Generously



VeganFoodPyramid.com

The Veggie Group
3-5 Servings

Eat Liberally



The Fruit Group
2-4 Servings

Eat Liberally



Water

8-10 Glasses a day. If you are active, drink more!

Invest in!

- For the kitchen!
 - Good chopping board
 - Blender/ Food processor
 - Non-stick pans/ Wok
 - Steamer
 - Good paring knife
 - Vegetarian Cookbooks
- Keep it Fresh!
 - More classes & sessions together with rotating presenters!
 - Experiment! Experiment

Breakfast

- Homemade Luxury Meusli
 - ½ cup sunflower seeds
 - ½ cup pumpkin seeds
 - 2 tbsp of almonds
 - 1 cup of rolled oats
 - ½ cup of cranberries
 - ½ cup raisins
 - ½ cup dried fruit
- Dry frying pan sunflower seeds for 3minutes and add with the rest of the ingredients!

Breakfast

- Scrambled tofu & mushrooms
 - Mushrooms
 - Tofu
 - Onion
 - Ginger
 - Turmeric & Other Spice (Black Pepper)
 - Olive Oil
- Serve with tomato and toast

B&B Smoothie!

- Banana
- Strawberries & Raspberries
- Coconut Milk

Healthy Snacks & Dips

Dips for Totilas/ Veggies (Carrots, Tomatoes, Celery, Asparagus)

- Baked Beans Dip
 - 2 cans of baked beans
 - Red Onion
 - Sweet & Spicy

Healthy Snacks and Dips

- Hummus

- 1 Can of chickpeas/garbanzos
- 2 tbsp of sesame tahini
- 1 clove of garlic chopped
- 1 tbsp lemon or lime juice
- $\frac{1}{4}$ - $\frac{1}{2}$ tbsp salt
- $\frac{1}{3}$ cup water, more or less

Add all but water in a blender and only add water as needed!

More Dips

- Guacamole
 - Ripe Avos
 - Finely chopped tomatoe
 - Pepper
 - Scallion/spring onions/red onion
 - Sweet onion
 - 1 tsp lemon juice
 - Crushed garlic cloves
 - 1tbsp olive oil

Soups!

- Easy & Quick
- Pea Soup (Peas, onions, garlic, coconut)
- Butternut Soup (Vege, cinamon, soya milk,

Main Dish

- Quinoa
 - Quinoa (Cooks for about 10-12 minutes and rinse with cold water like pasta)
 - Snap Peas
 - Peppers
 - Tofu/Soy
 - Baby Corn
 - Garlic
 - Spinach

Main Dish

- Tofu & brown rice
 - Brown rice
 - Tofu
 - Parsley thinly chopped
 - Eggplant/aubergine/brinjal

Dessert

- Fruity Pudding

Whole wheat self raising flower {mix with soya milk & coconut fat until soft dough forms}

Dates

Raisins and sultanas

Prunes

Pineapple

Maple syrup

- Serve with soy cream

Sugar alternatives!

- Maple Syrup
- Agave nectar is often substituted for sugar or honey in recipes. Vegans in particular commonly use agave nectar to replace honey in recipes.