



# Setting Yourself Up for Success

Whole Food Plant-Based Diet



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# Whole Plant-Based Foods

– that I keep in my house to set me up for success

White Potatoes	Avocado
Sweet Potatoes	Tomatoes
Frozen Potatoes (shredded or homestyle)	Canned Beans
Brown Rice	Pinto Beans
Quinoa	Red Beans
Carrots (baby and shredded)	Lima Beans
Cucumbers	Garbanzo Beans
Onions	Refried Beans
Baby Spinach (boxed)	Other Bean Varieties
Baby Kale or Mixed Greens (boxed)	Ezekiel or WW Bread
Arugula (boxed)	Balsamic Vinegar
Spring Mix (boxed)	Cooking Wine
Red Cabbage	Mustard
Green Cabbage	Ketchup
Stir-Fry Mix	Almond or Soy Milk
Lemons	Honey/ Maple Syrup
Limes	Dates (pitted)
Oranges	Vegetable Broth
Grapes	Whole Wheat Flour

Apples	Shredded Wheat Cereal
Bananas	Oatmeal
Walnuts	Cashews (raw)
Zucchini	Vegan Mayonnaise
Canned Tomatoes	Apple Cider Vinegar
Raisins	Berries
Whole Wheat Pasta	Flax Seed (ground)
WW or Corn Tortillas	Canned Tomato
Fresh Parsley	Fresh Cilantro
Fresh Chives	Garlic Powder
Chili Powder	Smoked Paprika
Pasta Sauce	Hummus
Frozen Broccoli	Soy Sauce (low sodium)
Lentils (red and green)	Nutritional Yeast
Dates	

**These are the grocery items that I keep in my kitchen at all times.**

I add more fruits and veggies depending on what's available. If you plan to be successful eating whole food plant-based, it is imperative your kitchen is well-stocked. You may find other fruits, vegetables, and condiments you prefer. I also keep several dry bean varieties (lima, pinto, black, great northern, navy, etc.), but you do have to take the time to soak them and cook them. I use my instant pot to cook my dry beans. I also keep red and green lentils in my pantry. I use them in recipes often. They don't need to be soaked and they cook rather quickly. Canned beans are more convenient of course.

# Whole Plant-Based Meals

- from the grocery items listed on pages 2 -3,  
I could prepare the following items  
(plus more):

- Red Lentil Chili
- Tortillas with refried beans, veggies, vegan sour cream, and cilantro
- Baked potatoes with chili and vegan sour cream
- Baked potatoes with broccoli, cheese sauce and chives
- Baked tortillas with cheese sauce & cilantro
- Whole wheat pasta with spinach and cheese sauce
- Avocado toast with tomato slices
- Brown rice, beans (any variety), onions and chopped tomatoes
- Brown rice with stir fried veggies and soy sauce
- Whole wheat pasta with pasta sauce, cooked mushrooms, onions & parsley, served with a side of zucchini
- Big Salads with Quinoa or Rice, beans, cucumbers, onions, tomato, etc.
- Salad dressing (3T balsamic vinegar, 2T mustard, 1T maple syrup)
- Whole wheat pancakes with fruit & maple syrup
- Oats with fresh fruit, flax seed, maple syrup and walnuts
- Veggie sandwich (lettuce, onions, tomatoes, avocado, etc.) with hummus or vegan mayonnaise

- Sweet potato fries
- Shredded potatoes with vegan sour cream & side of tomato slices
- Mashed potatoes with mushroom gravy
- Lentil soup with potatoes
- Cabbage with black-eyed peas
- Shredded wheat with berries and almond milk
- Apple dessert with oat topping

The list could go on.

I typically eat 3 meals a day when I get hungry. It is hard to overeat or to snack when eating whole food plant based. When you eat this type food, it's so filling.



Pictured: Grilled tofu, cooked shredded potatoes with vegan sour cream, and a side of tomatoes.

# What I Eat in an Average Day

## Breakfast

For breakfast I eat oats, potatoes, avocado toast, veggie sandwich or shredded wheat. Sometimes I eat whole wheat pancakes.

## Lunch

For lunch I usually eat a big salad with lots of veggies, beans and rice or quinoa. If for some reason I'm not in the mood for a salad, I eat leftovers. If I don't have leftovers, I might eat a veggie sandwich with sweet potato fries. If I'm really hungry for lunch, I might eat rice, beans, onions and chopped tomatoes (one of my favorite meals).

## Supper

For supper, I make soup or a stir-fry. I may eat baked potatoes or a pasta dish. I include mushrooms a lot for supper. I didn't put tofu on the list above, but occasionally I purchase it and prepare it for supper. I look up recipes a lot and experiment. I eat lots of beans.

## Eating Out

If I go out to eat, I either go Mexican, Japanese, Thai, Chinese or to a restaurant where I can get a baked potato and garden salad. At a Mexican restaurant, I order rice & black beans, grilled veggies and/or an avocado salad. At a Japanese, Chinese, or Thai restaurant, I order white rice (as opposed to fried rice), grilled veggies, and tofu.

# Batch Cooking

- that I do weekly

- I make brown rice once a week and store it in the frig to use in my meals during the week.
- I make quinoa and store it in the frig. I use it mostly in salads.
- I make vegan sour cream weekly and use it on potatoes during the week.
- I make some kind of salad dressing each week.
- I bake about 8 Yukon Gold potatoes each week. We cut them up and put them in the air fryer until crispy.
- I also roast carrots and cubed sweet potatoes once a week. I can throw these in salads or each as a side during the week.
- When I make vegan cheese sauce, it lasts for a week. I only make it occasionally.
- If I make a big pot of chili or soup, I freeze part of it for later meals.
- Making these items once a week and having my frig well-stocked with cooked items makes meal prep so much easier. Also, when you are hungry, you are more likely to eat healthy foods, if they are already in the frig.
- Some people chop their veggies in advance. I buy boxes of greens and chop them with cooking scissors when I make my salad, so I usually wait until I'm preparing my meal before cutting my veggies.
- We eat A LOT of onions. I do keep one or two chopped and in the frig regularly.



# Appliances and Kitchen Gadgets I Use

- Instant Pot
- Rice Cooker
- Nice Skillet (enamel or stainless steel)
- Nice Chef's Knife (that you can handle easily)
- Cutting board
- Small food processor for chopping nuts
- Citrus Juicer (handheld)
- Zester
- Vitamix Blender (expensive, but so worth it. I've heard a NutriBullet is good, but I've never used one. You need something that will make recipes with nuts in them smooth).
- Taco Salad Shell Molds
- Steamer basket
- Toaster Oven
- Air Fryer
- Kitchen scissors
- Small mesh colander (I rinse all my canned beans)
- Larger colander

# Some of My Favorite Recipes

## *Vegan Sour Cream*

1 cup raw cashews (that have been soaked for a least 2-3 hours or overnight)

¼ tsp salt

1 tablespoon fresh lemon juice

1 ½ tablespoon apple cider vinegar

½ - ¾ cup water

Blend until smooth in a blender



## Red Lentil Chili

- 2 oz. dates
- 1 lb. red lentils
- 2- 14.5 oz. cans diced tomatoes
- 6 oz. can tomato paste
- 1 large onion (diced)
- 1 lb. red bell peppers (chopped)
- 8 cloves garlic
- 4 tablespoons apple cider vinegar
- 1 ½ tablespoons dried parsley
- 1 ½ tablespoons dried oregano
- 1 ½ tablespoons chili powder
- 2 teaspoons smoked paprika
- ½ teaspoon chipotle chili powder
- ¼ teaspoon crushed red pepper flakes
- 1 scallion or green onions (for topping)
- 7 cups water (1 that is blended with dates plus 6 more)



Image Credit: Diabetic Foodie

Blend dates with 1 cup water until smooth.

Place date mixture and the remaining ingredients in an instant pot and cook on high for 14 minutes. Let it set for about 15 more minutes before releasing the steam. Alternatively, place all the ingredients in a slow cooker with 6 cups water (1 that is blended with dates plus 5 more) and cook on low for 8 hours. Sprinkle with scallion or green onions. Serve over baked potatoes or tortilla chips.

This makes a large batch. You may want to cut the recipe in half.

## Vegan Cheese

- 3 cups peeled and diced potatoes
- ½ cup diced carrots
- ½ cup raw cashews (soaked at least 2-3 hours)
- 4 tablespoons nutritional yeast
- 1 teaspoon onion powder
- 2 teaspoons garlic powder
- 2 teaspoons salt
- Squeeze of ¼ lemon
- 2-3 cups of water

Cook the potatoes and carrots until tender. Drain. Put the cooked and drained potatoes and carrots in blender with the remaining ingredients. Blend until smooth. Serve hot.

## 3-2-1 Salad Dressing

- 3 tablespoons balsamic vinegar (I prefer the white kind)
- 2 tablespoons mustard
- 1 tablespoon maple syrup

Put all ingredients in a jar and shake well  
Blend until smooth in a blender

# Recommendations

- Check with your doctor first, before making any dietary changes. My doctor eats this way and encourages me to eat this way. If your doctor agrees that this way will be healthy for you, continue to work closely with him.
- Research the need for Vitamin B-12 when eating a whole food plant-based diet. My doctor recommended an over the counter liquid B-12 that I take daily.
- Forks Over Knives Documentary. This is so eye-opening and helps the viewer see what we have just accepted in the United States as far as our diet is concerned. We grow up not knowing any different. This documentary is what lit a fire under me.
- Forks Over Knives App. This app cost about five dollars and is full of good recipes that are whole food plant based. They add new recipes regularly.
- Forks Over Knives Cooking Course. There are two to choose from, one more involved than the other. I took the more involved course and learned so much about how to cook this way. It built my confidence.

- Watch the many plant-based doctors on YouTube. Follow Dr. T. Colin Campbell, Caldwell Esselstyn, John McDougal, Michael Greger, Neal Barnard, Doug Lisle, Joel Furhman, and many more.
- Google whole food plant-based recipes and start cooking. It will get easier the more you do it.
- Do your own research. Do not let others tell you what is best for you.





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S P E A K S

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