#7DAYVEGGIE CHALLENGE

BY DANIELLE BELARDO, M.D

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WELCOME TO THE #7DAY VEGGIE CHALLENGE!

Thank you so much to everyone for joining the 7 day plant based challenge. No matter where you are in your health journey, this is an incredible step forward toward living your best life!

You may wonder how and why I became so passionate about evidence based nutrition and plant based diet. I have been plant based my entire adult life, and this was based on the evidence and research that I have read in peer reviewed journals for years and years. Over the last 9 years (4 years of medical school and 5 years as a physician) the majority of patients I have seen in the hospital, come in with preventable illnesses.

So throughout my medical training, I kept thinking, why are we just throwing drugs at chronic diseases such as hypertension, obesity, sleep apnea, diabetes and coronary artery disease, instead of using medication in addition to lifestyle modification?

Sometimes people who are my age and younger, feel they are invincible. They aren't worried about chronic diseases such as coronary artery disease, diabetes and hypertension. But the truth is, these disease processes start NOW, when you are young. We have literature and data that have shown us that coronary arteries start to develop plaque in children! Prevention starts now.

Are you tired of feeling sick and tired? Do you wish you could have the energy to walk further, run longer, recover faster, sleep better?
You can do it. Why don't you deserve to live your best life? Be the weight you want? Wear that dress you love? And MOST importantly: feel the healthiest from the inside out?

You deserve it! Congrats on starting your journey with me. I am so proud of you!

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THE #7DAYVEGGIE CHALLENGE!

If you are currently reading this guide, that means that you are ready to take on my 7 Day Whole Food Plant Based eating Challenge! Congratulations for taking this step and I am honored that you are doing this with me.

This Challenge is for ANYONE and EVERYONE. If you're pescatarian, vegetarian, or a full on omnivore, give this challenge a try and give up all animal products for 7 days!
If you are already vegan, challenge yourself to go whole food plant based for the week: fruits, vegetables, legumes, whole grains and cutting out processed foods!
My hope is that this guide will not only help you with setting up your mindset and your commitment, but it will also provide you with all the information and tools you need to successfully complete this challenge! And change your life!

THE RULES:

No meat, dairy, chicken, fish, pork, eggs, added oils or processed foods for 7 days!

Post Your Daily Meals on Instagram Using the Hashtag #7DayVeggie and @TheVeggieMD so I can see and repost!

FEEL AMAZING ON DAY 7
Feel lighter, healthier and empowered. Get ready to live your best life, and life it to the fullest.

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WHAT IS A PLANT BASED DIET?

#WFPB

Let's begin with distinguishing what exactly is a Whole Food Plant Based diet (WFPB). There are so many types of "diets' out there from Keto to Paleo or high protein, low fat etc.

As a physician, I am 1000% behind WFPB nutrition. But it is important to distinguish that WFPB and vegan have two different meanings:

What they have in common: Both a vegan and WFPB diet eliminate ANY and all animal products.

But where they differ: Whole Food Plant Based nutrition consists of maximizing your intake from plants, fruits, vegetables, whole grains, legumes, beans, lentils, peas, nuts and seeds, tofu, and tempeh. This is where you get the maximum fiber, antioxidants, and health benefits that are the center of WFPB nutrition.

WHOLE FOOD PLANT BASED

AVOID:

Foods to avoid when following a WFPB diet:

*Refined carbohydrates including white rice and bread, crackers, cookies, cakes and muffins made with white flour

*Limit added Oils and eliminate ALL processed foods

*ALL animal products

*Meat, Poultry and fish

*Dairy Products and eggs

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WHY GO PLANT BASED?

HEALTH & WELLNESS

There are plenty of reasons to transition to a whole food plant based diet. Weight loss, chronic disease prevention and reversal, emotional well being, animal rights and the environment to name a few.

The most important thing, is to find your reason.

Research shows that it takes about 8 weeks to change the neural networks in our brains and develop a new habit. This 7 day challenge can be the start to a total lifestyle transformation! Find a reason that resonates with you to help you stick with this challenge for 7 days (and hopefully, a lifetime!)

As a physician, I have seen plant based nutrition transform my patients. I started counseling my patients about whole food plant based nutrition, and the results spoke for themselves. So many of my patients have lost weight, normalized their cholesterol, and have been able to come off of their medications for high blood pressure and diabetes, as many have reversed their chronic diseases, COMPLETELY!

We know from the evidence in numerous research studies that a whole food plant based diet lowers your risk of heart disease, stroke, obesity, diabetes, dementia and cancers. The blue zones, as well as the China study, have shown us that our longest living populations on earth eat minimal to no animal products, and eat predominantly plant based diets.

It is about making one decision that will give you a healthier body, prevent chronic diseases, and ultimately provide you with more healthful years of life to share with your loved ones.

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FIND YOUR REASON

BY CONSUMING ANIMAL PROTEIN, YOU GAIN THESE HEALTH RISKS

50X

HIGHER RISK OF DEVELOPING COLON CANCER

Colorectal cancer is the second leading cause of cancer death in the United States, after lung cancer. And you're risk of developing colon cancer is at least 50 times greater if you eat meat.

43%

HIGHER RISK OF DEVELOPING HEART FAILURE.

Eating a high amount of animal protein gives you at least a 43% higher risk of developing heart failure.

50%

HIGHER RISK OF DEVELOPING DIABETES WHEN EATING PROCESSED MEATS

Just one serving of processed meat every day increases your risk of developing diabetes by over 50%.

22-30%

HIGHER RISK OF HIGH BLOOD PRESSURE

Just 1 serving of poultry or red meat daily raises the risk of high blood pressure by 22-30%, regardless of body weight or intake of fruits, vegetables, & whole grains.

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FIND YOUR REASON

BY GOING WHOLE FOOD PLANT BASED YOU REDUCE MANY HEALTH RISKS

62%

LESS CHANCE OF DEVELOPING DIABETES

In the Adventist studies, plant based eaters were 62% less likely to develop type 2 diabetes versus omnivores, even at the same body weight.

25%

LESS CHANCE OF ISCHEMIC HEART DISEASE

Plant based eaters are 25% less likely to develop ischemic heart disease than omnivores, and a 25% lower risk of coronary heart disease

35%

LOWER CHOLESTEROL

Plant-based diets lower blood cholesterol (total & LDL) by at least 35% shown in many studies.

Decreased All Cause Mortality

LOWER YOUR RISK OF CHRONIC DISEASE

Research has shown just substituting 3 percent of calories from animal protein with plant protein was associated with a lower risk of death from all causes:

34 percent for replacing processed red meat
12 percent for replacing unprocessed red meat
19 percent for replacing eggs.

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FIND YOUR REASON

EMOTIONAL EATING

If emotional eating has been a source of pain and struggle for you, switching to a WFPB diet will help. When you transition to a whole food plant based diet, your bodies response to food changes. A plant based diet rich in fiber causes sensations of feeling full despite eating less calories , but high in nutrient density. Plant based foods are naturally rich in fiber, which contributes to feelings of satiety. This sensation can be beneficial if you tend to over eat, eat when bored, eat our of emotion or miss signals or fullness from your body.

Whole, plant based foods such as fruits, vegetables and whole grains, are high antioxidants, vitamins and minerals, giving you the energy you need. And they are high in protein and fiber, which helps slow digestion so we don't experience a sudden spike in blood sugar followed by a crash.

Many of my patients have found success in ending the cycle of emotional eating, by increasing their satiety and regulating their hunger hormones with a whole food plant based diet.

ANIMAL ADVOCACY

Although personally I went vegan originally to optimize my health after reading a significant amount of nutrition research, over time the more I learned about the terrors of factory farming and the dairy industry, the more I couldn't believe how blind I had been for so long. The more I learned about how horrible we as humans are treating beautiful animals of all species, who have the same ability to love, learn, feel pain and hurt, just as we do, the more I have become confident in my purpose.
In the US, every year 10 billion land animals and countless of billions of fish are killed for food. They live in crowded cages and enclosures, are deprived of normal life, and spend their short life span without seeing daylight or being able to walk on the ground. They spend their short lives suffering, being artificially inseminated for dairy production and mothers have their calves taken from them immediately at birth. These animals live a short life of torture before they are slaughtered.

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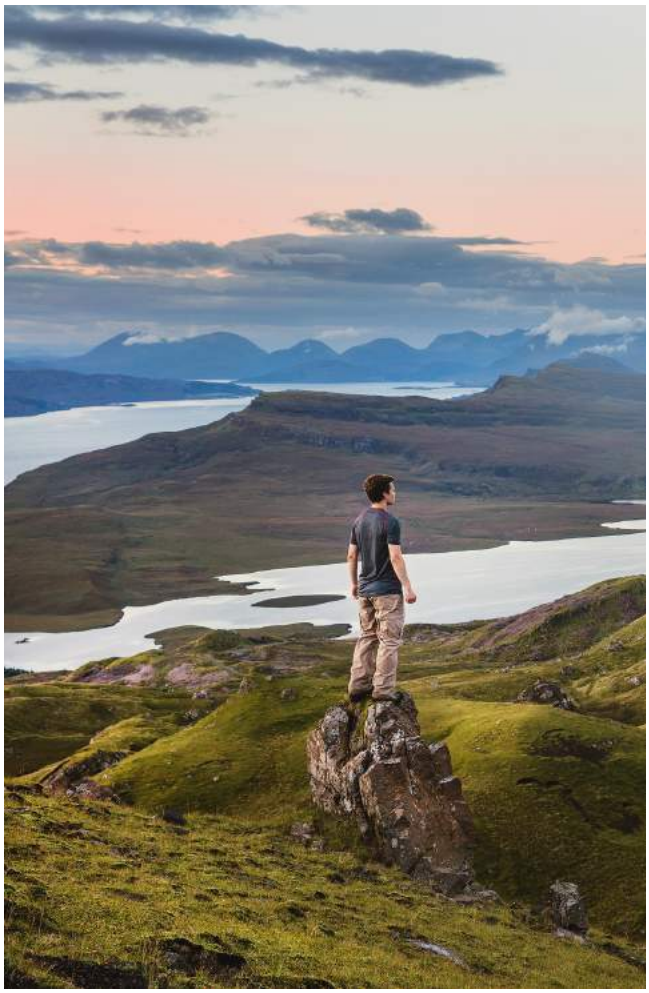
FIND YOUR REASON



ENVIRONMENT

A study published in Nature found that, by 2050, at a minimum, the projected 80% increase in global greenhouse gas emissions from food production can be avoided, if the global diet transitioned from omnivore to plant based.

80% of all Amazon deforestation is due to cattle-raising, and livestock production plays a major role in the global biodiversity crisis that we are now facing, unprecedented since the end of the last ice age,

Going vegan brings greater environmental benefits than buying a hybrid vehicle or eschewing showers for 6 months.

It takes 2,400 gallons of water to produce one pound of beef, but only 25 gallons to produce a pound of wheat.
Raising animals for food uses 30 percent of the Earth's land mass – or an area about the size of Asia.
If you care about our beautiful planet, global warming, world hunger, think about sticking with a plant based diet❤. And don't we all owe it to this beautiful planet we live on, to treat it with all of the kindness in the world?

WHAT IS YOUR REASON?

It is truly important that you find your own reason and purpose to make it through this challenge! Even though I believe we can do anything we set our minds to, especially for 7 days, nothing motivates us more than a deep, personal reason WHY.

I invite you to take the #7DayVeggie PLEDGE by uploading the instagram template we provided in the email and posting it to your account. Use the Hashtag #7dayVeggie and tag me @TheVeggieMD so I can see it too! I am rooting for you! We can ALL do this, together!

Once you have your reason and you have taken the public pledge, use the rest of the this guide to help you eliminate animal products by getting ideas for replacements AND learn some easy to make, delicious recipes from some of your favorite WFPB Advocates on Instagram!

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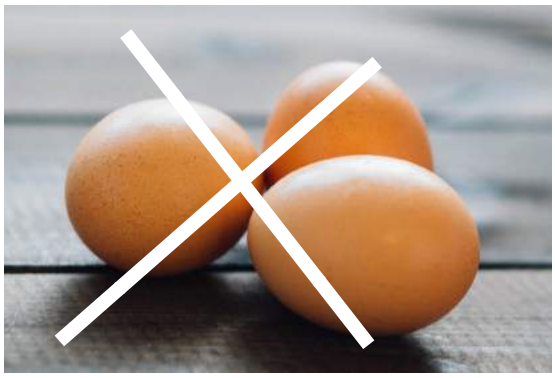
HOW TO GO WFPB

Whether or not you are vegan, a meat eater, a sweet tooth, wherever you are with your diet and health journey, we all have room for improvement and optimization, so do not be hard on yourself. I want to remind everyone reading this, that as a physician I truly believe that our health exists on a continuum. We have days that we feel great. We have days that we don't. We have days that we eat exactly as we planned, and then we have days we eat everything we wish we hadn't. This is exactly why I have created this guide, to HELP us optimize no matter where we are within this spectrum.

I want you to go through this guide with an open mind. Vegan options are endless, and you can find a plant based replacement for every single animal product on this planet! Here are some of my favorite replacement options but feel free to explore going forward!



ELIMINATE AND REPLACE:

Scrambled eggs can easily be replaced with tofu scramble! Check our breakfast section for a great recipe!

Dairy:

MILK: Try Soy Milk, Almond Milk, Cashew Milk, rice milk, Oat Milk, Hemp Milk or Flax!

Cheese: There are many brands of Vegan Cheese, and although better for you than dairy cheese, they still are often are high in fat. Would use this sparingly and stick with a nut-based cheese such as Tree-line or Miyokos.

Yogurt: Forager makes great, unsweetened cashew based yogurt.

Fish:

Wait until you try Karen's recipe for Chickpea "Tuna" salad!

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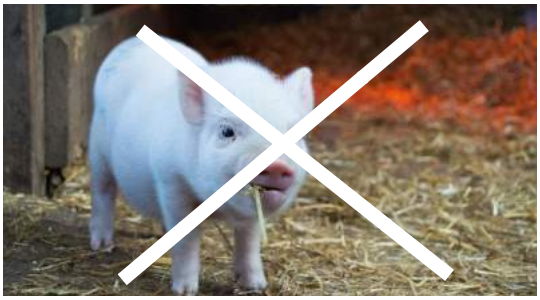
ELIMINATE AND REPLACE

It is my personal mission to help people eat more plants and decrease/eliminate their animal product consumption to prevent many chronic diseases that are plaguing our nation. This challenge is designed to open your eyes to the possibility of eating in a way that is nourishing, delicious and DOES NOT harm animals, the environment or our bodies.

ELIMINATE ALL ANIMAL PRODUCTS FOR 7 DAYS!



THE BIG QUESTION: WHERE DO I GET MY PROTEIN FROM?

As a physician, I have yet to see any vegan patient with protein deficiency. Zero. none. But guess what I see an excess of: patients following a standard American diet with diabetes, high cholesterol, coronary artery disease, heart failure, stroke and kidney disease. They are getting plenty of protein and its not helping.

So how much protein do we actually need? We only need about 0.8 grams per kilogram of a healthy body weight. The average protein requirement is about 42 grams, and meat eaters AND vegans/vegetarians get about 75 grams on average. So EVERYBODY gets about 70% MORE protein than they need.

Numerous studies have found that HIGH protein diets are linked to higher rates of cancer and heart disease. Especially diets high in animal protein.

So let go of the protein obsession, and trust that you will not be protein deficient if you eat a diverse diet filled with whole foods: plants, legumes, grains, fruits, vegetables, nuts and seeds.

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24 PLANT BASED RECIPES

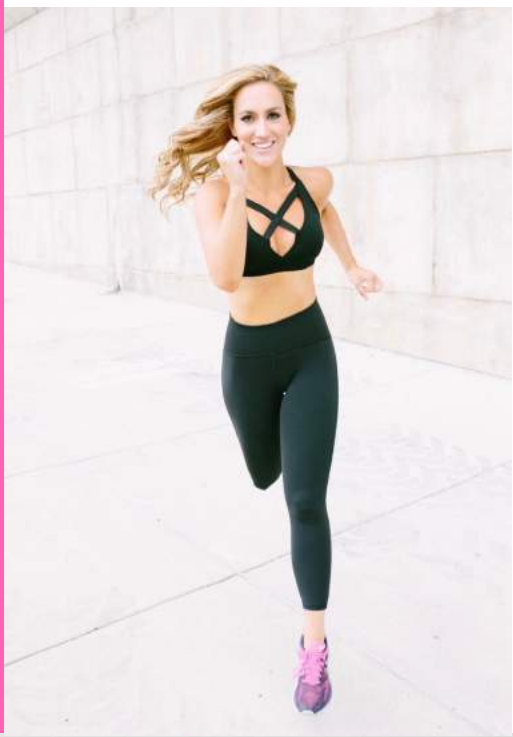
I am beyond excited you have accepted the challenge to go plant based for 7 days! I am thrilled to be a part of a life changing transformation, and there is a huge community of people doing this with you! Make sure to follow the hashtag #7dayveggie and include it in your posts, so you can see what your challenge team is up to and support one another!

Because I want you to succeed, I have teamed up with some of the best WFPB Recipe creators on Instagram to bring you 24 free recipes! I am incredibly grateful for each of their contributions. Make sure to scroll to the end of the guide to read about each of these plant based advocates!

HERE IS HOW I WOULD LOVE FOR YOU TO USE THIS GUIDE:

1. GO THROUGH THE WHOLE GUIDE.
I would love for you to go through all these recipes and decide which seem most appealing to you.

2. EASY SWAP
Think of your current daily eating habits and decide what are the easiest ways to transition. For example, if you have coffee every morning, decide which milk you will try to replace cow milk with. If you have pasta for dinner, decide what type of veggie pasta you will try.



3. PLAN AHEAD.
Use the Game Sheet/Meal Plan worksheets provided to get your shopping list ready and make a plan of the meals you will consume during your #7DayVeggie Challenge!

4. SHOP AND TAKE THIS CHALLENGE HEAD ON!!
Share your shopping trip on your Instagram stories to encourage your family & friends to join the Challenge! (Tag @TheVeggieMD and use #7DayVeggie so I can repost and cheer you on!)

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BREAKFAST RECIPES

GO TO GREEN JUICE

Recipe by: Melissa Wood
@MelissaWoodHealth
MelissaWoodhealth.com

A Green Juice is one of the easiest and most readily available ways to add greens to our diets. Here is a great recipe for a favorite but feel free to make it your own!

1/2 bunch kale
6-8 celery stalks
1 head of romaine
1 cup spinach
1 whole cucumber
1 apple
1 whole lemon peeled
PROCESS:
1. Rinse all vegetables thoroughly and put in juicer
2. Enjoy!

ONE CHIA PUDDING

Recipe by: Dr. Danielle Belardo M.D
@theveggiemd.com
theveggiemd.com

What is the chia seed? It's a power packed seed that is super high in omega-3 fatty acids – these essential fats are important for both brain and heart health. My chia pudding is a recipe of GOOD fat + protein + fiber
Recipe for 1 serving (as seen in my photo!) use your math skills and multiply by x for larger servings:

2 tbsp chia seeds
O.5 cup unsweetened almond milk
Mix, let chill in fridge for 2 hrs
Add 1 tbsp chopped walnuts
Add 0.5 cup fresh raspberries
Mix and eat!

OVERNIGHT OATS!

Recipe by: Dr. Reshma Shah
@reshmashah
http://www.thefamily-table.com

1/4 cup rolled oats (not quick or steel cut)
1 teaspoon hemp seeds
1 teaspoon chia seeds (feel free to double one o the other if you don't have both on hand)
generous sprinkle of cinnamon
1/2 plant based milk of choice
Place all of the ingredients in a mason jar and stir to combine. Let the oats soak overnight. If you have forgotten, you can even do this an hour or so ahead of time and it still works.

Flavor boosters: sliced banana, fresh berries, you could use a drizzle of maple syrup or date paste toasted walnuts or nut butter.
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CHOCOLATE PROTEIN OATMEAL

Recipe by: Mayte Moncada
@mayte_moncada_p

1 serving

Ingredients:
½ cup of organic rolled oats
1 cup of water
¾ cup of plant based milk
1 tsp. Of ground cinnamon
1 tbsp. Of ground flaxseed
1 tbsp. Of chia seeds
1 tbsp. Of Hemp seeds
½ banana sliced
1 measure of your favorite plant based chocolate protein powder
Optional: almonds, cashews or walnuts to top your oatmeal

Cook the rolled oats with the water in medium heat, once it boils reduce the fire to low and cook for about 8 min. Stirring every now and then.

OVERNIGHT OATS

2 ½ cups rolled oats
½ cup raw, unsalted seeds*
½ cup unsweetened dried fruit*
¼ cup unsweetened coconut (optional)
Unsweetened soy or nut milk

Directions
1. Place ingredients in airtight large container mix and then store for future use.
2. To make overnight oatmeal, add a 1/2-cup mix to a Mason jar or container. Add any toppings, then fill jar with soy or nut milk. Seal and keep in the refrigerator overnight or up to 3 days (can be made ahead of time for grab and go). Mix before eating, add a little extra milk and fresh fruit if desired. My favorite topping is fresh/frozen blueberries.

Recipes by: Krisann Politomoller
@krisannpolitomoller
krisannpolitomoller.com

SCRAMBLED PESTO TOFU

8 oz. extra firm tofu, drained and mashed with a fork
8 oz. sliced mushrooms
¼ cup chopped onion
¼ cup of raw baby spinach
2 Tbs. Basil Pesto (see below)
*I absolutely love this pesto recipe! I make a double batch and freeze it into small containers. I defrost when needed and use it on wraps, pizza, sandwiches, pasta and tofu.

Directions:

Warm a non-stick skillet over medium heat.
Add the onion to the hot pan and dry sauté for a few minutes until it becomes translucent. Continually stir it and add a few drops of water if it begins to stick.
Add the mushroom, lower the flame to medium low and put a cover over the pan. The mushrooms will cook and release water.
Once the mushrooms are cooked, add the tofu to the pan.
Mix the onions, mushrooms and tofu together. Add 2 tablespoons of pesto to the mixture. Continue to stir and cook for 3 minutes until the tofu is heated but not dried out. Add the spinach and stir for a minute till the leaves are wilted. The heat will wilt the spinach.
Serve!
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Recipes by: Dr Vivien Chen
@plateful.health
www.platefulhealth.com

THAI SQUASH CURRY

1 can coconut milk
1 cup cannelloni beans or chickpeas
½ red pepper
¼ onion
1 tbsp coconut aminos
1 tsp maple syrup
kefir lime leaves (can omit if you don't have)
Lemongrass (can omit if you don't have)
3 cups cubed butternut squash or kabocha squash
2 tsp yellow thai curry paste
Brown rice

Instructions:
1. Cook the brown rice according to instructions
2. While the rice is cooking, scoop out 2 tbsp of the cream on top of the coconut milk can (ONLY the top, thick part, not the watery part).
3. Put this into a heated medium sauce pan and heat over low/medium heat, the water will start to evaporate, bubble, and after about 2-3 minutes you will be left with a clear coconut 'oil'.
4. Now put in 2 tsp of the thai curry paste, sauté for 1-2 minutes on low heat, stirring constantly and making sure the paste does not burn. It will start to smell fragrant. 5. Add the rest of the can of coconut milk
6. Bring to boil and then add the lemongrass and kefir lime leaves (if using) 7. Simmer on low heat for 10 minutes
8. Add in butternut squash. Cook for 10 minutes 9. Add the cooked cannelloni beans.
10. Add in the red pepper and onions for 1 minute and serve.

CHICKPEA FLAT BREADS (SOCA)

1 cup chickpea flour (aka basan flour. 1 cup water (or almond milk)
2 tbsp tapioca flour 1 leek - chopped finely
1 tbsp dried or fresh rosemary (chop finely). 1/2 tbsp salt. 1/2 tsp cumin

1. Heat 1 tbsp avocado oil on a medium skillet
2. Add the leek and rosemary, saute for 5 minutes
3. Mix the chickpea flour and tapioca flour with the water, whisk until smooth
4. add the sauted leek and rosemary, salt, and cumin.
5. heat up a medium skillet, add 1 tsp oil
6. once the pan is hot, use a ladle to ladle a small amount onto the pan slowly, cook for 2-3 minutes, then flip.

Recipes by: Tara Kemp
@TaraKemp_
Tarafkemp.com

For optimal enjoyment, Tara recommends eating these meals without distraction or in the company of loved ones, and taking a moment of "gratifood" before digging in ❤

THE NEVER-GETS-OLD NOURISH BOWL FORMULA

greens (raw or cooked - or both!)
beans or lentils
sweet potato (baked or steamed) or whole grain
veggie mix (steamed, roasted, or raw)
fave spices
fresh herbs
avocado, tahini, nut butter, or raw seeds/nuts
lemon or lime squeeze

WARM AND WONDERFUL BUCKWHEAT SALAD

1 cup buckwheat
1 medium sweet potato, chopped
1 medium carrot, chopped
1/3 cup raisins
1 red bell pepper, diced
1-2 tsp italian herb spice mix
1 bunch kale, stripped and finely chopped
2-3 tbsp tahini
juice of 1 lemon

Instructions:
Place buckwheat, sweet potato, and carrot in a medium pot along with 2.5 cups water.
Bring to a boil, then lower to a simmer.
After it has been simmering for about 5 minutes, add raisins.
In another 5 minutes, add red bell pepper and italian herb spice mix.
After 5-10 more minutes (when it has been simmering for 15-20 minutes total), the buckwheat and sweet potato should be fully cooked. Check to be sure, then remove from heat.
Stir in kale (it will wilt from the heat), tahini, and lemon.

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RAINBOW HEAVEN PLATE

Recipe by: Tatiana Polizos @Tatiana.p.fitness

100g of shredded carrots
50g of peas
100g of kidney beans cooked
100g of lentils cooked
1/4 cup of wild rice cooked
1 tbsp of nutritional yeast (optinal)
Sea salt (optinal)

Boiled the carrots peas. Cook the wild rice as you would cook white or brown rice. I personally use a rice cooking machine. Cook lentils and beans or use from can/paper box whichever way you please. Mix all together. You can serve cold or hot.

SUMMER QUINOA SALAD

Recipe by: Dr. Ethan J. Ciment, DPM @DrEthanTheVegan, @VeganMos www.VeganMos.com

1 cup dry quinoa
2 cups low sodium vegetable broth
2 large mangoes, sliced into 1/2" cubes
2 Haas avocados, sliced into 1/2" cubes
2 cups corn kernels
15 oz can of black beans, drained and rinsed
1 large lime, juiced
1/4 cup tamari
1/4 teaspoon salt
1/4 cup fresh mint, finely chopped

Rinse quinoa and put into a medium saucepan. Add 2 cups of vegetable broth, cover and bring to a boil. Once boiling, stir to mix, cover, reduce heat to simmer for 15 minutes, or until all the broth is absorbed. Set aside and let it come down to room temperature.

In a large mixing bowl, add the remaining ingredients to the cooled quinoa and adjust seasonings to taste.

Garnish with whole mint leaves and serve at room temperature or chilled.

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Recipes by: Karen Burzichelli RN
@Karenshealingkitchen
www.karenshealingkitchen.com

CHICKPEA "TUNA" SALAD

1 can chickpeas drained
2 tbsp chopped celery
2 tbsp chopped onion
2 tbsp Dijon mustard
2 tbsp avocado or guacamole
Romain lettuce leafs
Whole grain wraps
Chopped tomatoes
Chopped lettuce
Salt and pepper to taste
Balsamic vinegar for drizzle

Chop chickpeas in mini food processor or mash with a fork
Chop celery and onion in food processor and add to chickpeas
Add mustard and avocado/ guacamole mix well

Scoop into lettuce boats or wrap
Top with chopped lettuce and tomatoes and drizzle with balsamic

BUTTERNUT SQUASH AND SWEET POTATO SOUP

1 BUTTERNUT SQUASH
2 large or 3 SMALL SWEET POTATOS
2 large CARROTS
1/2 white or yellow onion
1 Apple - 2 apples depending if you want a sweeter soup
1 32oz CARTON OF VEGGIE BROTH
1 tsp turmeric
2 tsp allspice
2tbsp maple syrup (optional)

Directions:
CUT SQUASH IN HALF AND SCOOP OUT SEEDS, chop in small chucks
Cut Potatoes, Carrots, onions, and apple into small chunks add spices and broth.
Set IP to 10 minutes manual , use natural or quick release and use immersion blender to blend till smooth.
Add maple syrup if using and blend

Or simmer on stove top till tender and blend when all veggies are soft.

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VEGAN SUSHI

Recipe by: Mayte Moncada @mayte_moncada_p

2 servings

Ingredients:
1 cup of cooked brown rice (it has to be warm not very hot or it might break the nori sheet)
2 nori sheets
½ cucumber peeled and cut into thin strips
½ avocado in slices
¼ pack of extra firm tofu previously drained (press all the tofu between two plates with a heavy object on top, drain the liquid and repeat. Then you cut the tofu in about 4 slices)
½ small zucchini, make some slices with a peeler
Salt and pepper as desired (season the tofu with this if you need to)
3 tbsp. Of tahini
2 cups of mixed greens
½ cup of cherry tomatoes in half
¼ cup of pistachios
¼ cup of water
2 tbsp. Of Balsamic vinegar
Flaxseed crackers as desired
3 tbsp. of aminos mixed with the juice of ½ lime and 1 tbsp. Of water to dip the sushi roll

Preparation:
Spread ½ cup of cooked rice on each nori sheet covering it completely. (if you don't have a sushi mat, place the nori sheet on a plate). Divide all the other ingredientes in two parts, start by placing the zucchini ribbons in one of the edges of the nori sheet with rice. Then add the cucumber, tofu and avocado. Season everything with salt and pepper on top. Start rolling the sheet, pressing with your fingers while you keep rolling it until you reach the other end. Once you finish both, hold it tight and slice it in about 8 pieces. The easiest way is using a very sharp knife. If it gets rice stuck, clean it every time you slice. Place the sushi in a plate.

Mix the greens with the tomatoes, pistachios and flaxseed crackers in a bowl. For the dressing, mix the balsamic vinegar, water, and tahini. If you like spicy flavors you can add sriracha or any other hot sauce. Mix very well, it might need more water since the tahini will absorb all the liquid. Pour on top of the salad and enjoy the sushi rolls with the aminos!

Switch made by Danielle Belardo M.D @TheVeggieMd Theveggiemd.com

Want a quick plant-based swap for an old meat-based classic (the BLT)? Switch out your bacon for avocado, for a healthier (and even tastier!) alternative.

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Recipes by: Mayte Moncada
@mayte_moncada_p

SHIITAKE MUSHROOM NOODLES

1 serving

Ingredients::
1 ½ cup of shiitake mushrooms sliced
1 garlic clove thinly chopped
1 tbsp. Of Miso paste
1 tsp. Of fresh ginger finely chopped
1 tbsp. Of Aminos or soy sauce
Salt to taste
Black pepper to taste
½ cup of broccoli florets
½ cup of green beans or your favorite vegetable
1 cup of kale chopped without stem
2 ½ cups of purified water
1 pack of shirataki noodles (drained and rinsed) or your choice of noodles
Optional: chili flakes as desired, chipotle pepper paste or fresh cilantro chopped.

Preparation:
In a non stick pan, sauté the garlic, ginger and mushrooms for 2 min. in low heat stirring constantly (you can also add a bit of water so it doesn't stick, though the taste is not the same). Add the rest of the ingredientes except the noodles. Cover and cook for 9 minutes in low heat. Add the Shirataki noodles and cook for 1 minute (or your choice of noodles following the cooking instructions). Serve and enjoy!
these with you for post work out snack/snacks on the go

EASY CHICKPEA TACOS

1 serving

Ingredients:
1 cup of cooked chickpeas (drained and rinsed)
½ small cucumber diced
½ cup of cherry tomatoes in half
⅓ cup of any bell pepper diced
2 tbsp. Of sunflower seeds
¼ avocado in cubes
2 tbsp. Of freshly chopped cilantro or parsley
The juice of 1 big lime
2 tbsp. Of red onion finely chopped
4 leafs of butter lettuce
Salt and pepper to taste

Preparation:
Place the chopped onion in a big bowl with the lime juice and let it sit for 8 minutes. Add the rest of the ingredients except the lettuce and the avocado. Mix and let it rest for 5 minutes. Place the lettuce leafs on a plate and top with the ingredients, add the avocado on top and enjoy just the way you would eat a taco!

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WARMING PESTO PASTA

Recipe by: Melissa Woodhealth
@MelissaWoodHealth
MelissaWoodhealth.com

INGREDIENTS (ALL ORGANIC):
1 box brown rice pasta (Jovial pasta brand I use here)
1 cup cremini mushrooms
1 head of kale
Pesto sauce
Nutritional yeast to taste on top (brand I use here)

PROCESS:
Cook pasta by following instructions on the box
Sauté mushrooms and kale in pan with 1 tbs of water or avocado oil
Once pasta is done cooking put it in the pan with veggies and mix in pesto sauce.

MAC AND CHEESE

Recipe by: Karen Burzichelli RN
@Karenshealingkitchen
www.karenshealingkitchen.com

1 large carrot cut in small pieces
2 yellow potatoes
1/4 onion
1/2 cup cashews (if you don't have a higher speed blender like a vitamix you will have to soak your cashews over night)
1 tsp
salt
1 tsp onion powder
1 tsp garlic powder
1 tbsp Dijon mustard
1/4 cup nutritional yeast
Squeeze of lemon

Add ins: Steamed broccoli, kale, spinach or peas..

Cut potato in small cubes and boil for 2 minutes
Add carrot and boil 5 minutes, add onion boil 7 minutes until veggies are tender.

Blend cashews with veggies and 1 1/2 cups of hot water and all the spices, in a high speed blender.. blend until smooth
Add veggies if using.
Serve over your favorite whole grain or gluten free pasta.

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BEET BLACK BEAN QUINOA BURGERS

Recipe by: Amy Stabley
@aim_2bewell

Serves: approx 8 patties

Ingredients (All Organic when possible)

1. 3/4 cup cooked quinoa
2. 1/2 large red onion, finely diced (~3/4 cup)
3. 1 cup finely chopped mushrooms (I prefer baby portobello's)
4. 1 15-ounce can black beans, well rinsed and drained
5. 1 cup finely grated raw beet (about 1 large beet)
6. 1/4 Nutritional Yeast
7. 2 tsp cumin
8. 1 tsp chili powder (or sub extra cumin)
9. 1 tsp smoked paprika
10. 1/4 - 1/2 flax meal, oat flour, or almonds meal.
11. 2-4 cloves of garlic minced
12. Freshly Ground Pepper / Sea Salt to taste
13. Few splashes of coconut aminos to taste

Directions:

1 Heat a large skillet over medium-low heat and add some nonstick spray or a bit of olive oil. Once hot add the onion and sauté, seasoning with a pinch each salt and pepper.

2 When the onions are soft – about 5 minutes – turn up the heat to medium and add the mushrooms. Season with another pinch of salt and pepper and cook until the mushrooms and onions are slightly browned and fragrant – about 3 minutes.

3 Remove from heat and add black beans and mash. You're looking for a rough mash, so you can leave a bit of texture if you want.

4 Transfer the mixture to a mixing bowl and add the quinoa, beets, all spices and stir.

5 Lastly, add the flax meal a little at a time until the mixture is good texture to form into patties. Place mixture into fridge to chill - this allows you to form the patties a little easier. But stepped can be skipped if you want to save time.

6 Form into patties (I like to use a mason jar lid lined with wax paper for a mold)

7 Over medium heat brown the Patties in a non stick skillet lightly coated with coconut oil. Cook until brown on both sides 3-4 minutes per side.

Serving:These can be served on a bun, on romaine leaves, on top of a salad! Be creative! Great toppings would include plain hummus, fresh tomatoes, onions, avocados, dill pickles, mustard etc! * FREEZING: If you don't want to cook the whole batch at once, form into 10 patties, par-bake them at 375 degrees F for 15-20 minutes. Then cool and stack between layers of parchment paper and cover. Freeze for up to a few weeks. To cook, place on baking sheet still frozen and bake at 375 degrees F until desired texture/color is reached - roughly 25-35 minutes.

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EGGPLANT PARM

Recipe by: Karen Burzichelli RN
@Karenshealingkitchen
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1 eggplant
1 cup chickpea flour
1 tsp onion powder
1 tsp garlic power
3/4 cup non dairy milk
1 box whole wheat regular or Panko breadcrumbs

1 jar favorite organic pasta sauce(no oil added)
1 10oz can organic tomatoe sauce

Tofu Ricotta
1 package 16oz firm tofu water squeezed out really good
(put in collider and put a heavy pot on top to squeeze out)
2 tbsp fresh lemon juice
3 tbsp nutritional yeast
1 tbsp chopped garlic
1 tbsp dried basil
1 tsp Italian seasoning
1 tsp salt
3 tbsp water
Salt and pepper to taste
Blend all ingredients in food processor till creamy

You can add frozen spinach and kale
if you want just make sure you squeeze all the water out.

Cashew Parmesan

3/4 cup raw cashews
3 Tbsp nutritional yeast
3/4 teaspoon sea salt
1/4 tsp garlic powder

Add all ingredients to food processor and pulse until fine.
Store in glass jar in refrigerator. Will last for 3-4 weeks.

Peel eggplant and slice into thin rounds
Mix flour with spices and milk in food processor till creamy

Dip eggplant in flour mixture and than in breadcrumbs
Put into airfryer for 15 minutes or bake at 350 for 15-20 minutes in pan lined with parchment paper.
Be sure to turn over 1/2 way through.

Combine the pasta sauce and tomato sauce and mix well

Pour sauce on bottom of 9x12 glass pan
Layer eggplant on top of sauce
Top with more sauce and sprinkle with Cashew Parm
Next layer the Tofu ricotta on top
Add another layer of eggplant and sauce and top with more Cashew Parm
Bake at 350 covered with foil for 20-30 minutes till heated through

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CHOCOLATE CHIA SEEDS PUDDING

Recipe by: Krisann Polito
@krisannpolitomoller
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Ingredients
1 1/2 cups unsweetened soy or nut milk
1/3 cup ground* chia seeds
1/4 cup unsweetened cacao powder
2 Tbs. pure maple syrup
1/2 tsp. ground cinnamon
1 tsp. almond or vanilla extract

Instructions
Add all ingredients in a bowl and whisk vigorously to combine.
Let rest covered in the refrigerator overnight or at least 35 hours.
Can store it small mason jars for individual servings for a grab and go option.
Add any toppings you like: fresh fruit, dried fruit, nuts, seeds, coconut, and/or granola.
* can substitute unground chia seed or grind in a coffee grinder.

RASBERRY BLISS BALLS

Recipes by: Dr.Vivien Chen
@plateful.health
www.platefulhealth.com

1 cup raspberries (frozen or fresh)
1 cup rolled oats 1 tbsp cacao nibs
6 pitted medjool dates
1/3 cup desiccated coconut

1. If you are using freeze dried raspberries jump to step 3. But if you are using frozen or fresh raspberries then follow these steps: Over a stove top, boil and then simmer the raspberries on low heat with the lid off to reduce to half (about 10 minutes or so)
2. Let it cool
3. Put the reduced raspberries (or freeze dried raspberries) into the food processor with the rest of the ingredients.
4. Blend until the mixture starts to stick together, about 2 minutes.
5. Roll the mixture into small balls and then coat in desiccated coconut
6. place into a box and put into the fridge to firm up for 2 hours.

you can individually wrap them in tin foil and carry these with you for post work out snack/snacks on the go

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"STARTING TODAY, YOU CAN TAKE CONTROL OF YOUR HEALTH AND WELLNESS, AND LIVE YOUR BEST LIFE. YOU DESERVE IT."

-DANIELLE BELARDO MD

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GAME PLAN CHECKLIST

We Officially begin the #7DayVeggie Challenge on October 22nd, 2018!
Use this Checklist to make sure you are READY TO WIN THIS CHALLENGE!

- [ ] Read entire guide.
- [ ] Chose my REASON.
- [ ] Took The #7DayVeggie Pledge and posted on Instagram using Hashtag #7DayVeggie
- [ ] Went through all the WFPB recipes on this guide and filled out my Meal Plan Sheet for the week.
- [ ] Wrote down my Grocery Shopping List for the Challenge Week based on my Meal Plan Sheet.
- [ ] Scheduled a shopping date/time. Shared my shopping trip on my Instagram stories to encourage my family & friends to join the Challenge! (Tagged @TheVeggieMD and used #7DayVeggie)
- [ ] Posted my favorite WFPB meal of the day, every day during the #7DAYVEGGIE challenge using the hashtag and @Theveggiemd!

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THANK YOU SO MUCH TO ALL WHO CONTRIBUTED TO THIS GUIDE!

Not only is this guide possible because of your help, but your work is invaluable. Thank you to each one of you for using your gifts and knowledge to guide the world toward plant based nutrition. Please follow these amazing Influencers for more recipes and beyond! (just click on their names)

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Thank you!

Thank you so much for taking the time to go through this guide. Thank you again to everyone who contributed.
I created it with so much love and with you in mind, no matter where you are in your journey.

As a Physician, I see the results of the standard American diet every day in the faces of many ill patients.

I hope this guide is just the beginning of your journey toward plant based nutrition, and a life of health and wellness. Thank you for contributing to a more compassionate world.

I am beyond excited and honored to help you in this quest for wellness!
If you found value in this guide, feel free to share it with all your friends and family!

Simply have them sign up at TheVeggieMd.com !

Connect with me on Instagram @TheVeggiemd and please use the hashtag #7dayVeggie with all your Challenge posts so I can support you through the week, and so you can support each other!

This Guide is just the beginning of everything I have in mind to help you Go VEGAN!

With gratitude,

Danielle Belardo, M.D

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