HEALTHY LIVING
PREVENTING & REVERSING LIFESTYLE DISEASES
“Let food be thy medicine, medicine be thy food”

-Hippocrates
Dr Nandita Shah, Founder SHARAN

Dr Nandita Shah is the recipient of the prestigious Nari Shakti Award 2016, the highest award for women in India, for her pioneering work in the field of health and nutrition from the President of India, the honorable Pranab Mukherjee.

Dr Shah is a registered medical doctor, specialized in homeopathy from the CMP Homeopathic Medical College in Mumbai. She has been in practice since 1981. Dr Shah moved from Mumbai to Auroville, an international spiritual community in 1999. It was a perfect opportunity to be in nature and closer to animals. After experiencing changes in her own health through a whole plant based diet, and the health of several serious patients it became clear that treating with food was not only faster and more consistent in reversing diseases than any medicine could be, but extremely simple and cost effective.

Dr Shah founded SHARAN (Sanctuary for Health and Reconnection to Animals and Nature) in 2005 with the vision of helping people make the connection in order to heal themselves and the planet. She says, “Healing means to make whole. Our personal well-being is interconnected to that of all other beings on the planet. I had to make the connection.”

Today SHARAN is at the forefront of disease prevention and reversal through nutrition and lifestyle in India. SHARAN conducts talks, seminars, workshops, cooking classes, online programs, retreats, practitioner and facilitator training
programs about disease reversal and health without medicines. SHARAN also provides individual consultations on phone, Skype and face-to-face.

Dr Shah’s vision is to build a residential centre for SHARAN along with an assisted living centre to support those who wish to live in nature and along SHARAN’s guidelines.
Contents

Cause of Diseases

Excess Fat
Excess Protein
Lack of fibre
Acidic food

A Diet for Optimal Health

Plant based food
Whole food
9 principles of transitioning to a healthy diet
15 guidelines for healthy eating
Frequently asked questions
Where will I get my protein? Don’t I need animal products for protein?
What about calcium? Don’t I need milk for calcium?
What about vitamin D?
What about iron and anemia?
What about omega 3s?
What about vitamin B12?
Do I need to take supplements?
What about soy?
What about children?
What about athletes?
Where can I get organic and whole plant-based food?
What else is important besides nutrition for health?
Where can I learn more?
Where can I get more support?
Cause of Diseases

Our bodies are always working to heal and to remain healthy. Most of the diseases that we face today—like obesity, diabetes, hypertension, heart disease, cancers, infertility, hypothyroid, chronic kidney disease, etc.—are lifestyle diseases. In most cases, we need to understand what part of our lifestyle is causing the disease, and then change it. Once the cause is removed, the body is free to heal. As long as the cause remains, disease reversal is difficult.

The cause of disease is never lack of medications. Medications usually control disease, but act against the body’s healing process. Taking medications without changing our lifestyle is like continually mopping the floor instead of fixing the leaky tap. The main causes of diseases today are:

- Physical (from faulty nutrition, chemicals, drugs, wrong medications, and not enough water and exercise)
- Emotional (from stress and emotional issues)
- Spiritual (from experiencing spiritual pain because you have been born with a spiritual purpose, but aren’t following it)

All of these are interconnected.

Sanctuary for Health and Reconnection to Animals and Nature (SHARAN) mainly helps people reverse diseases through nutritional guidance, but also helps people connect to all three of the physical, emotional and spiritual causes. This means understanding what the natural diet for the human species is.

Just as a lion instinctually eats meat or a cow instinctually eats grass, human beings also have an instinctual diet. Because of
conditioning from society, we have forgotten these instincts; but it’s possible to reconnect with them because they are engraved in our DNA. SHARAN is a catalyst in the process of helping you reconnect to your instincts so that eating the correct food becomes second nature rather than a chore.

There are four main nutritional causes of disease:

- Excess fat
- Excess protein
- Lack of fibre
- Acidic food

**Excess fat**

Fat thickens the blood, slowing down circulation and reducing oxygenation to every part of the body. This is the main cause of many diseases. The main cause of diabetes, hypertension, heart disease and obesity is excess dietary fat.

Food that is high in fat includes:

- Animal products (meat, seafood, eggs and dairy products) and anything that is made from animal products
- Refined plant fats (e.g. oil, margarine and vanaspati) and anything that is made from refined plant fats

Not only do animal products contain fat, they are also high in cholesterol. Plants do not produce cholesterol—only animals produce cholesterol.

The following table lists the cholesterol and fat content of a 100-gram serving of animal products versus plant-based foods.
(Source: USDA Agricultural Research Service Nutrient Data Laboratory).

<table>
<thead>
<tr>
<th>Animal products</th>
<th>Plant-based food</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Serving 100 gms</td>
</tr>
<tr>
<td></td>
<td>Fat (% of calories)</td>
</tr>
<tr>
<td>Lean beef</td>
<td>37</td>
</tr>
<tr>
<td>Skinless chicken</td>
<td>23</td>
</tr>
<tr>
<td>Mutton</td>
<td>65</td>
</tr>
<tr>
<td>Eggs</td>
<td>33</td>
</tr>
<tr>
<td>Fish</td>
<td>46</td>
</tr>
<tr>
<td>Milk</td>
<td>49</td>
</tr>
</tbody>
</table>

People who eat a 100 percent plant-based diet (i.e. vegans) have the lowest average cholesterol levels:

- Non-vegetarians: 210
- Lacto-ovo vegetarians: 161
- Vegans: 133
Excess protein

Protein is the nutrient for growth and repair. Protein breaks down into amino acids. Excess protein is acid-yielding in the body. Diseases primarily caused by excess protein include acidity, kidney failure, gout, osteoporosis and cancer.

Lack of fibre

Lack of fibre causes constipation, high blood sugar and inflammation, which are the underlying causes of many health problems. Fibre helps to keep our bodies clean.

Acidic food

The body is naturally alkaline. Acidic food leaches calcium and magnesium from our bones and breaks down muscles. All animal products are highly acidic, while only high-protein types of plant-based food (like beans and grains) are acidic. Fruits and vegetables are the most alkaline foods. Therefore, you should eat more fruits and vegetables.

<table>
<thead>
<tr>
<th>List of acidic substances</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Animal products</strong></td>
</tr>
<tr>
<td>Dairy (milk, cheese, curd, etc.)</td>
</tr>
<tr>
<td>Eggs</td>
</tr>
<tr>
<td>Meat (chicken, mutton, etc.)</td>
</tr>
<tr>
<td>Seafood (fish, shellfish, etc.)</td>
</tr>
<tr>
<td><strong>Processed products</strong></td>
</tr>
<tr>
<td>Tea and coffee</td>
</tr>
<tr>
<td>Salt and Sugar</td>
</tr>
<tr>
<td>Soda (Coca Cola, etc.)</td>
</tr>
<tr>
<td>Vinegar</td>
</tr>
<tr>
<td>Alcohol</td>
</tr>
</tbody>
</table>
A Diet for Optimal Health

For optimum health, your diet should be:

- Low in fat and cholesterol-free
- High in fibre
- High in nutrients
- Alkaline

A whole food, plant-based (vegan) diet meets all of these criteria and can help you get back to health.

Research shows that vegans have lower rates of heart disease, high blood pressure, diabetes, obesity, rheumatoid arthritis, several types of cancer, asthma, acidity, gastric disorders, joint pains, backaches, acne and psychological problems.

Before you eat something, check:

1. Is it plant-based? (MOST important!)
2. Is it whole? (as far as possible)

Plant-based food

A vegan diet is a plant-based diet. A plant-based diet includes fruits, vegetables, legumes, grains, nuts and seeds. A plant-based diet does NOT include any animal products including meat, seafood, dairy and eggs.

Whole food

Food, when refined, loses a lot of nutrients. We are the only species who systematically makes our food less nutritious! The
The following table lists the percentage of nutrients lost when whole-wheat flour is refined into white flour (source: *Food Revolution* by John Robbins).

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Percentage lost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>56%</td>
</tr>
<tr>
<td>Copper</td>
<td>62%</td>
</tr>
<tr>
<td>Fiber</td>
<td>95%</td>
</tr>
<tr>
<td>Folate</td>
<td>59%</td>
</tr>
<tr>
<td>Iron</td>
<td>84%</td>
</tr>
<tr>
<td>Manganese</td>
<td>82%</td>
</tr>
<tr>
<td>Niacin (vitamin B3)</td>
<td>80%</td>
</tr>
<tr>
<td>Pantothenic acid (vitamin B5)</td>
<td>56%</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>69%</td>
</tr>
<tr>
<td>Potassium</td>
<td>74%</td>
</tr>
<tr>
<td>Protein</td>
<td>25%</td>
</tr>
<tr>
<td>Riboflavin (vitamin B2)</td>
<td>81%</td>
</tr>
<tr>
<td>Selenium</td>
<td>52%</td>
</tr>
<tr>
<td>Thiamin (vitamin B1)</td>
<td>73%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>87%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>95%</td>
</tr>
<tr>
<td>Zinc</td>
<td>76%</td>
</tr>
</tbody>
</table>
Since human beings eat so many refined foods – oil, sugar, white flour, white rice, juices or even vegetables that have been peeled, you can imagine that we are eating a diet deficient in nutrients but full of calories. What we need is the opposite. When we eat nutrient dense foods, we need to eat less to feel satiated.

*SHARAN recommends a whole food, plant-based diet (i.e. a whole food, vegan diet).*

Eat whole food as far as possible. Whole food means food that has not been refined. Eating a whole food diet means that you should:

- Eat unpolished rice instead of white rice, atta (whole wheat flour) instead of maida (white flour), etc.
- Eliminate sugar and oil.
- Avoid juice and favour whole fruit and vegetables or smoothies.
- Eat fruits and vegetables like a monkey would. In other words, only peel vegetables and fruits that you can peel with your bare hands (this may not always be possible, but you should aim for this).
9 principles of transitioning to a healthy diet

1. From animal-based products to PLANT-BASED food.
2. From refined grain to WHOLE grain.
3. From refined sweeteners (e.g. sugar) to UNREFINED sweeteners (e.g. jaggery, palm sugar and fruit juice) and WHOLE sweeteners (e.g. dates, raisins and other dried fruits).
4. From juices to WHOLE fruit and smoothies (on an empty stomach).
5. From extracted fats (e.g. oils and butter) to WHOLE fats of nuts and seeds.
6. From peeled fruits and vegetables to UNPEELED and WHOLE fruits and vegetables.
7. From frying and over-cooking to POACHING, BLANCHING, STEAMING, and DRY ROASTING.
8. From all cooked food to 50% FRESH and RAW food.
9. From pesticide and chemical-laden food to ORGANIC food.

“When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.” ~ Ancient Ayurvedic proverb
15 guidelines for healthy eating

1. Practice kindness and compassion towards yourself and your food.
2. Eat food that is anatomically suitable (plant-based).
3. Eat whole rather than refined or processed food (no white rice, white flour, white sugar or oil).
4. Eat fresh and unprocessed food, avoid junk food, artificial and processed food.
5. Wash food before chopping and cook in just the right amount of water so that no nutrients are lost.
6. Eat local, seasonal food.
7. Choose organic over artificially-grown food.
8. Always separate fruit from your main meal. You should eat fruit on an empty stomach, not after a meal.
9. Avoid using the microwave, aluminum and nonstick utensils.
10. Always read the list of ingredients to identify if it is real food or a “food like substance.”
11. Eat mindfully, engaging all your five senses.
12. Eat according to your hunger.
13. Eat at least two hours before you go to bed.
14. Bless the food and thank the people who made it possible for you to enjoy the food in front of you.
15. If it came from a plant, eat it; if it was made in a plant, don’t!
Frequently asked questions

Get the answers to frequently asked questions about optimal health.

**Where will I get my protein? Don’t I need animal products for protein?**

Human beings (both adults and children), do not require animal products or cow’s milk for protein. You will get sufficient protein on a whole food, plant-based diet.

Protein is the nutrient for growth and repair.

Every mammal produces milk according to the growth needs of its young. The faster the growth rate, the higher the protein content in the milk.

<table>
<thead>
<tr>
<th>Animal</th>
<th>Percentage of protein in milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Human</td>
<td>1.25 - 2.70</td>
</tr>
<tr>
<td>Monkey</td>
<td>2.30</td>
</tr>
<tr>
<td>Cow</td>
<td>3.30- 4.00</td>
</tr>
<tr>
<td>Goat</td>
<td>4.10</td>
</tr>
<tr>
<td>Guinea pig</td>
<td>8.55</td>
</tr>
<tr>
<td>Rat</td>
<td>8.70</td>
</tr>
<tr>
<td>Dog</td>
<td>10.11</td>
</tr>
<tr>
<td>Cat</td>
<td>11.10</td>
</tr>
</tbody>
</table>
• Herbivores like horses, cows and deer all get their protein from plants.
• Protein deficiency (kwashiorkor) occurs only in people who get insufficient calories.
• It’s not necessary to eat “complete proteins” or go out of your way to get enough protein.
• Vegans do not need soy products, but may have some.

What about calcium? Don’t I need milk for calcium?
The best sources of calcium are found in plant-based foods.

• Milk is not the best source of calcium. Only 30 percent of the calcium in cow’s milk is absorbed.
• Countries with the highest dairy intake are also the countries with the highest incidence of osteoporosis.
• Green leafy vegetables (except spinach), nuts and seeds are the best and sufficient sources of calcium.

<table>
<thead>
<tr>
<th>Calcium content of food (per 100-gram portion)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Human Breast Milk</td>
</tr>
<tr>
<td>Almonds</td>
</tr>
<tr>
<td>Amaranth</td>
</tr>
<tr>
<td>Apricots (dried)</td>
</tr>
<tr>
<td>Beans (pinto, black)</td>
</tr>
<tr>
<td>Beet greens (cooked)</td>
</tr>
<tr>
<td>Bran</td>
</tr>
<tr>
<td>Chickpeas (garbanzo)</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>------------------------</td>
</tr>
<tr>
<td>Figs (dried)</td>
</tr>
<tr>
<td>Tofu</td>
</tr>
<tr>
<td>Kale (cooked leaves)</td>
</tr>
<tr>
<td>Spinach (raw)</td>
</tr>
<tr>
<td>Kale (raw leaves)</td>
</tr>
<tr>
<td>Sunflower seeds</td>
</tr>
<tr>
<td>Lettuce (dark green)</td>
</tr>
<tr>
<td>Cow’s milk</td>
</tr>
</tbody>
</table>

**What about vitamin D?**

Vitamin D is needed to absorb calcium.

- Vitamin D, a hormone, is produced by the action of direct sunlight on the skin. Anything in-between the sun and the skin—including clothes, windows, sunscreen, and even city pollution—will hamper the production of vitamin D.

- A half hour in direct sunlight every day is the best way to get vitamin D.

- Vitamin D can be stored in the body.

- In urban areas all over the world, vitamin D deficiency is extremely common. Learn more about vitamin D at [http://sharan-india.org/vitamin-d](http://sharan-india.org/vitamin-d)

**What about iron and anemia?**

A vegan diet will not make you anaemic.

- Non-vegetarians, vegetarians and vegans can all suffer from iron deficiency.
• Iron is a mineral that is found in soil. Plants are a good source of iron—that’s where cows, goats and other animals get their iron.
• Milk, tea, coffee, and calcium supplements impede the absorption of iron.
• Anaemia can also be a result of excess bleeding, bleeding disorders, and parasites.
• In addition to iron, we need folic acid, which comes largely from green leafy vegetables and vitamin B12 to produce haemoglobin.

**What about omega 3s?**

Our omega 3 and omega 6 levels should be in balance. Most people have high omega 6, which makes their omega 3 too low. Refined oils contain a lot of omega 6; therefore, people who consume them may need to take omega 3 supplements. Since we are not consuming oil, we will not have these issues.

Only plants make omega 3s. Fish may have omega 3 because fish eat plants or other fish that ate plants. We do not need fish for omega 3; we can get it directly from plants. Rich sources of omega 3 include pumpkin seeds, walnuts, soy, sesame seeds, flaxseeds and green leafy vegetables.

**What about vitamin B12?**

Vitamin B12 is the only vitamin that is deficient in a whole food, plant-based diet today because only bacteria produce vitamin B12. Because of our super hygienic lifestyles, we don’t get enough vitamin B12. In addition, vitamin B12 absorption is
further diminished by alcohol intake, microwave ovens, mobile phones and mobile phone towers.

It’s important to take supplements for vitamin B12 (injections or tablets). For more information, visit [http://sharan-india.org/vitamin-b12](http://sharan-india.org/vitamin-b12)

**Do I need to take supplements?**

Have your vitamin B12 and vitamin D levels checked. They are likely to be low if you are not already taking supplements. If low, you should supplement these vitamins. For more information on how to check and supplement, visit:

- Vitamin B12: [http://sharan-india.org/vitamin-b12](http://sharan-india.org/vitamin-b12)
- Vitamin D: [http://sharan-india.org/vitamin-d](http://sharan-india.org/vitamin-d)

**What about soy?**

Eating soy in moderation is not harmful.

- Soybeans are rich in protein. Unlike animal protein, soy also contains fiber and no cholesterol. It is also an excellent source of antioxidants, phytochemicals, and nutrients that keep cholesterol levels down.
- Avoid genetically modified (GM) soy (and other GM food). At present, GM soy is not grown in India or most of Europe, but it is widespread in the United States and can be found in imported soy products.
- 90 percent of the soy grown in the world is fed to animals raised for food. Anyone who consumes animal products is very likely to be consuming a lot of soy indirectly.
• Soy is just a bean. A little soy will do no harm.
• Like soy, broccoli, nuts, seeds, whole grains, berries, fruit, vegetables, and sprouts also contain phytoestrogens. These are not harmful.
• For more information about soy: visit http://sharan-india.org/soy

What about children?
Children thrive on a vegan diet.

• A carefully planned, whole food, vegan diet can meet all of a child’s nutritional requirements after weaning.
• By setting an example yourself and teaching your children to make healthy food choices, you will also be giving them a lifetime of good eating habits—and good health!
• Because of the higher vitamin and mineral content of plant-based food, vegan children are likely to have higher intelligence quotients.

What about athletes?
A vegan diet is ideal for athletes.

• Excess proteins cause the breakdown of muscles and bones.
• Many Olympic-level athletes are vegan. For example, Olympic track and field champion Carl Lewis achieved his best results after he switched to a vegan diet!
Where can I get organic and whole plant-based food?

Visit http://sharan-india.org/city-directories to find a list of city directories, online organic stores, and vegan products in India. You can get tips on eating out and other useful information about how to get started on a vegan diet.

What else is important besides nutrition for health?

- Plenty of fresh outdoor air
- Exposure to sunlight
- Adequate water
- Regular exercise
- Adequate rest at the correct time
- Relaxation
- Healthy relationships and attitudes
- Respect for yourself and others
- Gratitude and benevolence
- Avoidance of harmful and addictive substances

Where can I learn more?

We recommend the following books:

- *The China Study* by T. Colin Campbell, PhD (about the effects of animal proteins on our bodies)
- *The McDougall Plan* by John McDougall, M.D. (about how to stay healthy)
- *Eat to Live* by Joel Fuhrman, M.D. (about how to stay healthy)
• *The RAVE Diet & Lifestyle* by Mike Anderson (about health, eating, and beyond)

• *Prevent and Reverse Heart Disease* by Caldwell Esselstyn, M.D.

• *Dr. Neal Barnard’s Program for Reversing Diabetes* by Neal Barnard, M.D.

• *There is a Cure for Diabetes* by Gabriel Cousens, M.D.

View more recommended books and resources at [http://sharan-india.org/resource](http://sharan-india.org/resource)

**Where can I get more support?**

SHARAN has various ways to support you in your quest for health.

• We conduct a variety of talks, seminars, workshops and cooking classes in different cities. It’s important to stay updated with the current knowledge. You can also organize these for your community, group or corporation. Email info@sharan-india.org to get information or check the SHARAN website for schedules at [http://sharan-india.org/events](http://sharan-india.org/events)

• We conduct potlucks, lunch meetings and informal events to help you connect, share results or difficulties, and get your questions answered.

• We conduct holidays and retreats to help you reverse diseases and relax. We create the right environment for health, learning, healing and reconnecting to yourself and nature.

• We offer phone, Skype and face-to-face consultations to help you reach your goal. If you cannot come to our
seminars, it’s still possible to reverse diseases. If you have attended a seminar, we can help you move further, reduce medications, and guide you with an individualized diet plan. For phone/ Skype/ face-to-face consultations, email consult@sharan-india.org.

- We send out a fortnightly newsletter with tips and inspirations. If you have attended our programs or have subscribed and are not seeing them, check your promotions box.

- We have a 21-day online diabetes reversal program where you can learn how to reverse diabetes and more in the comfort of your home.

- We offer news; announcements and recipes through our social media pages (make sure you follow us!):
  - Facebook: https://www.facebook.com/sharan.india
  - Pinterest: https://www.pinterest.com/sharanindia
  - Twitter: https://twitter.com/sharan_india
  - YouTube: https://www.youtube.com/user/SHARANIndiaLife
  - Instagram: https://www.instagram.com/sharanindia/

How do I manage this while travelling?

Check this page for tips and resources: https://sharan-india.org/travelling-vegan/
Implementation

To reverse any disease, follow these six steps:

Step 1: Get tested

Get yourself checked so that you know the whole picture. Have the following measurements and simple tests done:

- Weight & Blood pressure
- Complete blood count (CBC) with ESR
- Liver function tests – SGOT, SGPT, GGT
- Kidney function tests – BUN, Creatinine, Uric Acid
- Lipid profile – Total Cholesterol, Triglycerides
- Thyroid function tests – T3, T4, TSH
- Vitamin B12, homocysteine and vitamin D levels
- HbA1c
- Routine stool& urine, ECG (if relevant)

Step 2: Prepare

1. Prepare a chart to track your progress. This chart will be a record from which you can learn and make changes as needed, and will be helpful to you and your doctor. You can use the Sample Progress Chart on page 21 of this book or create your own. Your chart should include your:

- Blood pressure level (weekly, daily or several times a day, depending on your condition)
• Blood sugar level (weekly, daily or several times a day, depending on your condition)
• Weight (weekly)
• Medications and supplements (daily)
• Food intake (daily so that, in the long run, you can monitor whether anything you eat does not agree with you)
• Exercise (daily)
<table>
<thead>
<tr>
<th>Sample Progress Chart</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Food eaten</td>
<td></td>
</tr>
<tr>
<td>Medications</td>
<td></td>
</tr>
<tr>
<td>Exercise</td>
<td></td>
</tr>
<tr>
<td>Weight</td>
<td></td>
</tr>
<tr>
<td>PPBS</td>
<td></td>
</tr>
<tr>
<td>FBS</td>
<td></td>
</tr>
<tr>
<td>BP</td>
<td></td>
</tr>
<tr>
<td>Date</td>
<td></td>
</tr>
</tbody>
</table>
2. Shop for whole plant-based food. You can use the **Kitchen Replacement Chart** on page 25 of this book.

3. If needed, learn some new whole plant-based food recipes. See the **Sample Recipes** section on page 34 of this book.

4. Plan your menu for the next seven days. Make sure you have all the ingredients you’ll need, except maybe fresh fruits and vegetables that you can buy as needed.

5. Read the information in the “Try Vegan” section of the SHARAN website: [http://sharan-india.org/turning-vegan-2](http://sharan-india.org/turning-vegan-2)

---

**Step 3: Implement**

1. Start eating 100 percent whole food, plant-based diet (or as much as you possibly can).

2. If your vitamin B12 is low, start taking injections or oral supplements. Learn more at [http://sharan-india.org/vitamin-b12](http://sharan-india.org/vitamin-b12)

3. If your vitamin D is low, spend additional time in direct sunlight or if you live in a polluted city, take supplements. Learn more at [http://sharan-india.org/vitamin-d](http://sharan-india.org/vitamin-d)

---

**Step 4: Monitor your results**

1. Every day, fill in your progress chart with your diet, exercise, medications and herbal remedies, blood pressure and blood sugar levels, and any unusual
symptoms. See the Sample Progress Chart on page 21 of this book.

2. Add your weight to your progress chart every week.

3. Start monitoring your blood sugar level from day one as the change in diet works immediately in some people and low blood sugar episodes (hypoglycemia) can happen right away. Note in RED all your episodes of low blood sugar (less than 80 mg/dL or 4.5 mmol/l) and low blood pressure (less than 120/80). Symptoms of hypoglycemia include nervousness, sweating, intense hunger, trembling, weakness, palpitations, and trouble speaking. Keep something sweet like dates or raisins readily available in case you have a hypoglycemic episode (it can happen at night too). Symptoms of low blood pressure include weakness, faintness, and lightness.

4. It is very important to reduce your medications as soon as you improve. You may need guidance to reduce your medications. Ask your doctor or a SHARAN doctor for advice. If you’re diabetic, reduce your medications when all your blood sugar levels are below 130 or you have a hypoglycemic episode. If you have no access to guidance, cut medications very slowly, checking constantly. If you are on insulin, cut down your insulin units one or two at a time. If you are on medications, you can halve the dose of one of them. It’s safest to cut the medication that you started last if you have no help. If you are taking blood pressure medications, keep checking your blood pressure and cut medications to keep it in an acceptable range. It’s very important to reduce medications as quickly as possible while keeping levels in the acceptable range.
Step 5: Get tested again

After three months, repeat relevant lab tests in accordance with advice from your doctor or a SHARAN doctor.

Step 6: Take the next steps

By adopting a whole food, plant-based diet, you may have seen 100 percent results or a partial result. A partial result means you have reduced your medication dosage, but are still taking some medications. You may need further guidance from a SHARAN doctor, who will fine-tune your diet and lifestyle based on your health status. It is important to understand that to maintain results, you need to maintain the new diet.

If available in your city, join SHARAN programs as often as possible to get inspired and hear and share experiences with others. You can also like SHARAN India Facebook page (https://www.facebook.com/sharan.india) and join the Staying Vegan with SHARAN Facebook group (https://www.facebook.com/groups/stayingvegan) and other groups to ask questions, get help reversing your disease. Come back for our potlucks, lunch meetings or even repeat or join more SHARAN seminars. You’ll learn something new each time, which will help you go to the next level.

*Remember: Your health is now in your hands! Anyone can get healthy again with a few simple steps.*
**Make Your Food Delicious**

Learn how to cook delicious, whole plant-based food.

**Kitchen Replacement Chart**

The following table lists common animal-based, refined and processed food/ingredients and suggested replacements.

<table>
<thead>
<tr>
<th>Food/ingredient</th>
<th>Replacement options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter (as a spread)</td>
<td>Almond butter, avocado, cashew butter, peanut butter and sesame butter</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>Buttermilk made from plant-based curd/yoghurt or tender coconut</td>
</tr>
<tr>
<td>Canned and frozen food</td>
<td>Fresh alternatives whenever possible</td>
</tr>
<tr>
<td>Cheese</td>
<td>Cheese made from plant-based sources such as nuts, seeds, legumes, vegetables and nutritional yeast flakes</td>
</tr>
<tr>
<td>Chocolate (milk)</td>
<td>Cocoa powder or dark chocolate</td>
</tr>
<tr>
<td>Cream</td>
<td>Cashew or other nut butters blended with water</td>
</tr>
<tr>
<td>Curd/yoghurt</td>
<td>Curd/yoghurt made from plant-based milks such as soy and peanut</td>
</tr>
<tr>
<td>Eggs</td>
<td>Many different options, depending on the use (view our egg replacers at <a href="http://sharan-india.org/recipes/egg-replacers">http://sharan-india.org/recipes/egg-replacers</a>)</td>
</tr>
<tr>
<td>Food/ingredient</td>
<td>Replacement options</td>
</tr>
<tr>
<td>-----------------------</td>
<td>-----------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Fried food</td>
<td>Oil-free baked or roasted alternatives</td>
</tr>
<tr>
<td>Ghee</td>
<td>Nuts, seeds and legumes such as cashews, coconut, peanuts and sesame seeds or desiccated coconut ‘ghee’</td>
</tr>
<tr>
<td>Ice cream</td>
<td>Plant-based milk or fruit ice creams with no sugar</td>
</tr>
<tr>
<td>Khakra</td>
<td>Oil-free khakra (Ambil khakras are oil free)</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>Oil-free cashew mayonnaise (view recipe on page 46)</td>
</tr>
<tr>
<td>Meat and seafood</td>
<td>Soy nuggets and flakes, tofu, beans, ready-made meat replacers (mock meat – check the ingredients), and raw jackfruit</td>
</tr>
<tr>
<td>Milk</td>
<td>Plant-based milks including almond, coconut, corn, oat, peanut, rice, sesame and soy</td>
</tr>
<tr>
<td>Oil</td>
<td>Nuts, seeds and legumes such as cashews, coconut, peanuts and sesame seeds</td>
</tr>
<tr>
<td>Paneer</td>
<td>Tofu or “soy paneer” and tofu marinated in cashew cream</td>
</tr>
<tr>
<td>Ready-made cereals</td>
<td>Muesli made with whole flakes, nuts and dried fruit and roasted whole-grains such as wheat, barley, maize, millet, amaranth and rolled oats (not white, quick-cooking oats)</td>
</tr>
<tr>
<td>Food/ingredient</td>
<td>Replacement options</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>--------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Salad dressing</td>
<td>Oil-free salad dressings and chutneys</td>
</tr>
<tr>
<td>Salt (iodized)</td>
<td>Himalayan, rock or sea salt</td>
</tr>
<tr>
<td>Soft drinks</td>
<td>Water, lime juice with water, fruit smoothies, etc.</td>
</tr>
<tr>
<td>Sugar, honey and artificial sweeteners</td>
<td>Dried fruits such as dates and raisins, figs and apricots</td>
</tr>
<tr>
<td>Tea and coffee</td>
<td>Homemade herbal infusions from herbs and spices, ready-made herbal teas and barley or soy coffee</td>
</tr>
<tr>
<td>White flour (maida) and bread</td>
<td>Flour and breads (e.g., chapatis and rotis) made from whole wheat flour (atta) or other whole grains like millet (e.g. jowar, bajra and Nachni/ragi), brown rice and spelt (most wheat breads in the market contain emulsifiers and fat)</td>
</tr>
<tr>
<td>White rice</td>
<td>Whole (unpolished) rice such as brown or red rice</td>
</tr>
</tbody>
</table>
Meal ideas

Get whole food, plant-based food ideas for every meal.

Breakfast ideas

Breakfast ideas include:

- Fresh fruits
- Green smoothies
- Oil-free whole dalia (cracked wheat) or millet with added vegetables
- Bhaidku (Indian-style porridge)
- Oats porridge (use old fashioned whole oats or steel-cut oats, not the quick-cooking ones)
- Muesli
- Idli, dosa or uttapam made with whole rice or millet and whole urad daal and served with coconut chutney and sambhar
- Oil-free brown or red rice poha with vegetables
- Tofu akuri or scrambled tofu
- Whole-wheat khakhra or stuffed parathas with vegetables, chutney and vegan curd
- Whole-grain bread or chappatis with vegan spreads like hummus
- Sprout moong or other daals or besan chillas with vegetables and chutney
- Homemade baked beans on whole-grain bread or chappati
• Chapati or whole-grain bread with nut butters, avocado or coconut coriander chutney
• Vegetable cutlets

Replace tea or coffee initially with green tea and later herbal infusions/teas made out of mint (pudina), fennel (variali or saunf), cardamom (elaichi), ginger, black peppercorns, lemon-grass, basil (tulsi), lemon, etc. The teas made with fresh herbs do not need to be boiled as they are infusions. Put the herbs in a mug, pour hot water over them, and let them seep for a few minutes, according to your taste.

Add your ideas:
Lunch and dinner ideas

Indian and non-Indian lunch and dinner ideas include:

Indian meals

- Salads, kachumber and kosambari
- Sprouts, sprout chaat and sprout salads
- Oil-free Indian vegetable dishes (replace oil with seeds or nuts and cream with cashew paste)
- Daal, sprouts and beans
- Plant-based curd and buttermilk
- Whole-wheat or millet rotis and whole rice or millet
- Stuffed, whole-wheat parathas
- Khichadi and kadhi
- Idli, dosa, masala dosa or uttapam made with whole rice and served with oil-free sambhar and chutney
- Oil-free pudlas, chillas or theplas with mixed vegetables like lauki, cabbage and methi served with plant-based yoghurt or chutney and subzi

Non-Indian meals

- Soup and whole-grain or lentil bread with vegan spreads like hummus
- Soup and toasted whole-wheat or lentil bread sandwich with chutney or vegan cheese and vegetables
- Baked vegetables and whole-grain toast
- Mexican bean burritos, enchiladas made with no cheese or vegan cheese or baked tacos filled with vegan toppings
• Italian pasta with marinara sauce, pasta with vegetables or minestrone soup
• Chinese soups, steamed whole rice or whole-grain noodles with vegetables in Chinese sauce and kimchi
• Lebanese salads, baked falafel, oil-free hummus, babaganoush, whole-wheat pita and tahini
• Japanese salads, whole rice vegetable sushi and miso soup

Add your ideas:
Snack ideas

Snack ideas include:

- Fresh fruits
- Green or fruit smoothies
- Nuts and seeds milk smoothies
- Chaats, sprout chaat, chole chaat and aloo chaat
- Unsalted nuts and roasted chickpeas (chana)
- Any of the Breakfast ideas mentioned on page 28
- Cucumber and tomato salad with peanuts, freshly-grated coconut, coriander and lemon
- Steamed dhokla made with brown rice and urad daal, moong daal, mixed daal or chole
- Oil-free khakhra
- Sprout bhel or bhel with baked sev and puri
- Oil-free roasted snacks or popcorn
- Vegetable sticks with nut butter, hummus or other dips and spreads made from beans, tofu and vegetables
- Homemade granola bars or date and nut bars
- Whole-wheat or lentil bread sandwiches

Add your ideas:
Top 5 Takeaways

If you remember nothing else (but we hope you do!), remember these important points:

1. Eat plant-based food.
2. Eat whole food.
3. Take vitamin D supplements if your levels are low and you can’t get enough via the sun.
4. Take vitamin B12 supplements.
5. Favour organic food whenever possible.
Sample Recipes

These are just a sample of the large number of healthy vegan recipes that you can use. For more ideas, visit https://sharan-india.org/healthy-recipes/

Dairy Alternatives ..............................................................35
Breakfast Items ..................................................................40
Salads & Dressings .............................................................46
Snacks................................................................................53
Soups..................................................................................57
Main Course.................................................................60
Desserts.............................................................................70
DAIRY ALTERNATIVES

Learn how to make delicious, plant-based alternatives to dairy products like milk, yoghurt/curd, cheese and butter.

1 Soy Milk

Makes about 6 glasses

Ingredients

- 1 cup of soybeans soaked in water overnight
- 1 - 2 dates (optional)
- water

Method

Drain and discard the soaking water from the soybeans and shake off the outer skin by rubbing it and discard the same. This one trick avoids bitterness in the soy milk.

Now grind the soybeans and dates in the blender, making a smooth paste. Add water until you have your desired consistency. Boil the milk in a saucepan for 20 minutes, stirring while it boils. Strain (You can use the pulp/okara in other recipes like muesli cookies or cutlets.) Cool and serve or refrigerate. You can use the refrigerated milk for up to three days.

2 Coconut Milk and other Nut and Seed Milks

Although all plant-based milks are made in a similar manner, coconut milk is not a whole food because it needs
to be sieved. However, you can make other nut milks without sieving, which makes them a bit better than coconut milk. Choose the best type of plant-based milk for taste and suitability in the recipe.

Makes ½ to ¾ of a litre

**Ingredients**

- 1 cup mature, freshly-grated coconut
- 2 cups warm water

**Method**

Grind the coconut and one cup of the warm water in a grinder or food processor. Strain the mixture through a sieve with a slightly large mesh. Squeeze the coconut well with a spoon or with your hands to extract all the milk. Save the fibre. Once you extract all the milk, repeat the procedure with the fibre and the remaining one cup of warm water to extract the remaining milk. Discard the fibre or use it in chutney. Use the milk right away or refrigerate it immediately and consume for next two to three days.

**Variations**

You can add sesame seeds, cashews, sprouted wheat or almonds to the coconut milk by grinding them into butter and then adding a small quantity of this butter and about four to six times the quantity of water to the coconut milk and blending well.

Alternatively, you can put the nuts or seeds in the grinder or food processor along with the coconut and water directly. However, you will lose some of the nut or seed fibre along with the coconut fibre that is discarded.
To make other types of nut milk or seed milk, simply soak the nuts or seeds in water for eight hours (overnight), drain, and put them in the blender or mixer with about a ½ cup of water and a date (optional). The less water you use, the smoother the mixture will be. You can always add more water later. Strain the milk with a sieve if desired. A small handful of nuts (e.g. about eight to ten almonds) will make a whole glass of milk. Keep in mind that nuts are limited to 10 per day! (Peanuts are not nuts, they are legumes!)

3 Peanut Butter or Nut Butters

*Ingredients*

- 2 cups raw peanuts

*Method*

Roast the peanuts on a low flame until the skins crack. Do not let them burn. Do not remove the skin. Place them in a grinder or food processor up to a height of one inch. Grind until they turn into butter. If they are not evenly crushed, stir and grind again.

*Variations*

Let your imagination run! Super nut butters can be made with almonds, cashews, macadamia nuts, walnuts or a combination of nuts. You may not need to roast some nuts like cashews because of their high fat content.
4 Raw Fermented Cashew Cheese

This cheese is easy to make and makes a wonderful spread.

Makes about 1 ½ cups

Ingredients

- 1 cup raw cashews soaked in water (for 2 – 8 hours only)
- ⅓ teaspoon salt

Method

Drain the cashews and place them in a blender or mixer. Blend them into a smooth paste by adding a little water, but keep the paste as thick as possible. Leave the paste to ferment in a lightly-covered glass container for 8 – 24 hours (depending on the temperature) or until it begins to smell sour. Add the salt. Mix well and serve or refrigerate for up to 10 days.

5 Peanut Rice Milk Yoghurt

Peanuts lend creaminess to the milk but have a strong flavour, which can be reduced by mixing in rice. Rice also helps to thicken the milk and curds.

Makes about 1 litre

Ingredients

- 1 cup raw peanut soaked for 8 to 12 hours
- ½ cup brown rice soaked for 8 to 12 hours or ½ cup brown rice powder
- 6 cups water (5 cups for the peanuts and 1 cup for the rice)
• 5 – 6 chili tops / non-dairy curd starter/ kefir / Also overnight soaked moong daal water can be used as a starter for making curds. Alternatively a dairy starter may be used only the first time.

**Method**
Put peanuts in a blender and blend till you get a smooth paste adding a little water at a time. Similarly make rice milk. Stir the peanut milk and boil slowly on low heat. Once it starts to thicken, start adding the rice milk slowly while stirring to prevent clumping. If you are using rice powder than simply make a paste and add to peanut milk while boiling. Let the milk fully boil and thicken. Cool to body temperature. Set the yogurt using the chosen starter the first time you make it, and keep some as a starter for the next batch. The starter can also be stored in the freezer.

*Note*- If you want a thick, set curd then use 6 cups of water for making the milk or if you prefer a bit runny curd use 8 cups of water.
1 Basic green smoothie

Serves 2

Green smoothies are great energizers to start the morning and incorporate the goodness of greens with the sweetness of fruits.

To make a great green smoothie mix about ⅓ or less green leaves and ⅔ fruit (except melons or fibrous fruit such as citrus) and a bit of water. Flavourings can be added as needed (ginger, mint, lemon zest). Smoothies should not be strained. Never add vegetables (like cucumber, broccoli and zucchini), nuts or seeds.

It’s best to alternate between different kinds of greens on different days - spinach, mint, coriander, celery greens, spring onion greens, pakchoy, beetroot greens, basil, betel leaves, etc. Bananas, mangoes, papaya, chikoo, grapes, passion fruit and other pulpy fruits make good smoothies.

Ingredients

- 2 ripe bananas or equivalent frozen bananas
- a large handful of greens
- ¼ cup water

Method

Add all ingredients to a blender or mixer and blend well so that no specks of green show and the result is a thick, creamy, homogenous drink. Do not strain. Pour into a glass and serve immediately.
Variations- Make your own green smoothie combinations with $\frac{1}{3}$ or less green leaves and $\frac{2}{3}$ fruits of your choice (except melons) and a bit of water. Flavourings can be added as needed (ginger, mint, lemon zest). Smoothies should not be strained. Do not add melons, vegetables (except green leaves), nuts or seeds.

2 Red Rice Idli, Dosa or Uttapam Mau \((Mau = \text{batter})\)

Idlis, dosas and uttapams are healthy because they are fermented, but are best made with whole red rice.

Serves 8–10

Ingredients

- 2 cups whole red rice
- $\frac{1}{2}$ cup whole black urad daal
- $\frac{1}{2}$ teaspoon fenugreek (methi) seeds
- salt to taste

Method

Separately soak the red rice and the urad dal for 6-8 hours. Soak 1 teaspoon of fenugreek seeds either with the rice or dal. Grind the soaked rice in the blender (or idli grinder) till you get a slightly coarse (but almost smooth) paste. Pour into a large bowl. Grind the soaked urad daal in the blender till very smooth and mix with the rice paste. Allow this mixture to ferment for 8-12 hours depending on the room temperature. Add salt to taste. In summer days 8 hours is sufficient, but on cooler days it takes longer. You can smell it to tell whether it is ready or not. It should have a slightly sour, fermented smell. If you like it a bit more sour, let it ferment for 14 hours. Add salt.
to taste. Pour into an idli steamer to make idlis. Add water so that it is of the consistency of dosa batter (somewhat similar to pancake batter) to make dosas.

Tip:
Dosas can be made on a thick iron dosa tawa without any oil by rubbing it with a chopped potato or onion before pouring the batter. Placing a lid of another vessel over the dosa will create steam, which will help lift off the dosa once its ready. If all else fails, put a drop of oil on the tawa. Spray water over it to scatter the oil. Make your first dosa and do not use it. After this the next dosas will be easy to make without oil.

Variations- You can mix an equal volume or less of finely-grated, unpeeled lauki (bottle-gourd or dudhi) or pumpkin with the mau along with ginger chili paste to taste. This makes tasty, slightly thicker dosas that are a big hit with children and a good way to feed them the vegetables they may not care for.

Serve with sambhar and coconut chutney.

3 Ragi (Nachani) or Cracked Wheat Porridge
Serves 1

Ingredients

- 4 tablespoons ragi flour
- 1 cup cold water
- 2 tablespoons date paste
- 1 teaspoon powdered ginger, cinnamon or cardamom
• ¼ cup freshly-grated coconut, 2 tablespoons unsweetened, desiccated coconut or ½ cup coconut milk or other plant-based milk

Method
Mix the ragi and water in a saucepan until there are no lumps and cook for about five minutes on a medium flame, stirring briskly so that the ragi flour doesn’t form lumps, until the ragi is cooked. The mixture will be chocolate coloured. Add the date paste and spices and turn off the flame. Pour into a bowl, top with grated coconut or coconut milk and serve.

Variations- You can substitute cracked wheat for the ragi flour.

4 Stuffed Vegetable Paratha
Serves 2

Ingredients

For the paratha

• 1 cup whole wheat flour
• ¼ cup mashed unpeeled steamed potatoes
• ½ teaspoon salt
• water for kneading

For the stuffing

• 1 cup mashed unpeeled steamed potato
• ½ teaspoon green chili ginger paste
• ½ teaspoon each turmeric, cumin powder, coriander powder
• salt to taste.
• Finely chopped onions and or mint leaves (optional)

Method
Mix the ingredients under for the paratha and make soft dough. Cover and keep aside for 15-20 mins. Make small balls.

Mix all the ingredients under for the stuffing and form small balls similar to the dough balls.

Roll out small circles of the dough balls and stuff the stuffing balls into the dough circles by placing them in the centre of the circles and folding the edges together. Seal the edges and flatten the ball. Roll out the paratha by dusting flour on both sides. Heat an iron skillet and dry roast the paratha till both sides are cooked. Serve hot with raita and mint chutney.

5 Tofu Akuri or Scramble (Oil-free)
Serves 2

Ingredients
• 200 gms firm tofu
• ½ cup finely-chopped onion
• ½ cup chopped tomatoes
• green chilies to taste
• ½ cup capsicum, mushrooms or other vegetables
• salt, turmeric, pepper and crushed garlic to taste (optional)
• dash of soy milk (optional)
• finely chopped coriander to taste
Method
Using a fork, potato masher or your fingers, crumble the tofu into small pieces. Lightly sauté the onions, chilies and other vegetables in a thick iron pan. Add the crumbled tofu and optional seasonings and sauté a bit further. You can also add a dash of soy milk for softness and lightness. Garnish with coriander and serve.

Variations- For a more cheesy or egg-like flavour, add ¼ cup nutritional yeast to the mixture while cooking.

6 Date, Nut and Seed Shake
Serves 1 glassful

Ingredients
- 2 tablespoon of sesame seeds- raw organic, unpolished
- 6 to 8 almonds ( or other nuts of your choice )
- 6 to 8 dates – either seedless or de-seed the whole
- For flavour- 1 cardamom /a pinch of cinnamon /a pinch of saffron

Method
In the small blender, blend sesame seeds, almonds and the flavouring together till it forms a powder. Then add the dates and blend till pasty. Add a little bit of water if you desire to make it smoother. Remove the paste into a tall glass. Add water and serve.
SALADS AND DRESSINGS

Raw food is rich in nutrients and enzymes. Start your meals with raw food as far as possible and as much as possible. Learn how to make some delicious salads—a great way to enjoy raw food.

DRESSINGS

1  Cashew Mayonnaise (Oil free)

Makes 1 cup

Ingredients

- ½ cup cashews soaked for 4 – 6 hours
- 2 tablespoon onion, chopped
- juice of ½ lime
- mustard to taste
- 1 small clove garlic
- salt to taste
- pepper to taste
- water (about ¼ cup)

Method
Blend the dressing ingredients except the water. Add water a little at a time to make a smooth paste like a mayonnaise. It can be used as spread for sandwiches and wraps.

2  Creamy Citrus Dressing

Makes approx ¼ cup
Ingredients

- ⅓ cup cashews soaked for 4 – 6 hours
- juice of 1 orange
- juice of ½ lime
- ginger to taste
- salt

Method
Put the soaked cashews in the grinder and make a paste. Add other ingredients. Pour the dressing as needed on top of the salad just before serving.

3 Oriental Style Dressing
Makes ½ cup

Ingredients

- 1 tablespoon fresh ginger, grated
- 1 tablespoon fresh garlic, grated
- green chilies, finely chopped (optional)
- ¼ cup soy sauce
- 3 tablespoon lemon juice
- 3 teaspoon roasted sesame seeds

Method
Mix all the ingredients and drizzle over a salad to make a delicious dressing. It can be used as zucchini noodles dressing or in tofu chili dish recipe.

4 Lime Coriander Dressing
Serves 2-3

Ingredients
• ¼ cup coarsely chopped onion
• ½ bunch fresh cilantro coarsely chopped
• a small piece of green chili or jalapeño pepper
• ⅓ cup fresh lime juice
• ½ cup tahini (sesame paste)
• ½ cup water
• ⅓ cup chopped dates
• 1 teaspoon salt

Method
Blend everything together in a blender until creamy looking and you can still see the cilantro in slightly large pieces.

5 Gomasio
Serves 2-3

Ingredients

• 2 tablespoon of sesame or more if you want to store.
• salt to taste

Method
Dry roast the sesame in a frying pan or tawa on medium-slow fire so as not to burn. It can take 10-15 mins. Making large batches and storing it is advisable as otherwise, it’s not quick. When completely cooled, grind the sesame coarsely together with some salt to taste. Use the “pulse” function so as not to completely powder it. Gomasio is ready! This is delicious over brown rice, salad, baked potatoes, vegetables... almost anything!!
1 Garden Salad
Serves as per requirements

Ingredients

Vegetables
- carrots
- steamed French beans
- broccoli
- lettuce
- tomatoes
- cucumber
- black olives
- celery
- baby spinach
- chopped gherkins
- cherry tomatoes
- avocados

Seeds
- sunflower seeds
- pumpkin seeds
- watermelon seeds
- sesame seeds

Ingredients for the dressing
- 3 tablespoon lemon juice
- ¼ teaspoon mustard sauce
- salt and pepper to taste
Method
Chop or grate the vegetables according to your wish and in the proportion that you desire. Pour the dressing made according to your taste over the salad, just before serving.

2 Better Than Tuna Salad
Serves 6–8

Ingredients

- 1 cup cooked garbanzo beans (chickpeas)
- ¼ medium-sized onion, chopped
- 2 tablespoon finely-chopped red or green capsicum
- 2 tablespoon finely-chopped celery
- 5–6 tablespoon vegan mayonnaise
- lemon juice to taste
- salt and pepper to taste
- parsley (optional)

Method
In a bowl, gently flatten the garbanzo beans with a fork without mashing them and then add all of the other ingredients except the parsley. Mix well. Garnish with the optional parsley and serve.

Variation- replace the chickpeas with crumbled firm tofu in this recipe to make eggless egg salad instead.
3 Cucumber and Tomato Salad with Peanuts
Serves 2

Ingredients

- 1 cup unpeeled, cubed cucumber
- 1 cup cubed tomatoes
- ¼ cup roasted, crushed peanuts
- salt to taste
- Thai chili powder to taste (or any red chili powder that is not too spicy such as Kashmiri chilies made into a coarse powder)
- lemon juice to taste.

Method
Mix all the ingredients together and serve.

4 Thai Raw Papaya Salad
Serves 8-10

Ingredients

- 2-3 raw papayas, peeled and grated
- 6-8 long green beans, chopped and steamed (you can use French beans instead)
- 3-4 chopped ripe tomatoes
- ½ cup peanuts, roasted and crushed
- kefir lime leaves

For the dressing

- green chilies to taste
- 1 teaspoon grated ginger
- juice of 1 lime
- 1 tablespoon date paste
• ⅓ cup chopped coriander

Method
Mix all the ingredients together and serve.

5 Beetroot Cucumber Salad
Serves 2

Ingredients

• ½ inch beetroot cubes,
• ½ inch onion cubes
• ⅛ inch cucumber, cubes
• salt and pepper to taste
• lime juice

Method
Mix all the ingredients together and serve. Adjust the seasoning as per taste.
SNACKS

1 Sprout Chaat

Serves 8–10

Ingredients

- 2 cups young sprouted moong
- ½ cup chopped tomatoes
- ½ cup peeled, chopped onions
- ½ cup unpeeled, chopped, steamed potatoes
- ¼ cup chopped coriander
- juice of 1 lime
- turmeric to taste
- black salt to taste
- date and tamarind chutney to taste
- chaat masala to taste
- freshly-grated ginger to taste
- minced green chilies to taste

Method

Steam the sprouted moong with a little turmeric so that they are cooked but still crunchy. Mix the moong with the tomatoes, onions, potatoes, coriander and lime juice. Add the black salt, date and tamarind chutney, chaat masala, ginger and green chilies to taste. Mix and serve.

Variation- Substitute the sprouts with steamed unpeeled potato, sweet potato, yam, purple yam, chickpeas, etc
2 Date and Tamarind Chutney

This sweet and sour chutney blend spruces up almost all chaat recipes.

Serves 7–8

Ingredients

- 2 cups seedless dates (khajur)
- 1 cup water
- 2–4 tbsp tamarind (imli) paste
- 1 teaspoon chili powder
- ¼ teaspoon roasted cumin seeds
- a pinch of asafoetida (hing)
- sea salt to taste

Method

Wash the dates and place them in a saucepan with the water and cook for about 10 minutes on a low flame. Allow the dates to cool, drain them and then make them into a paste in a blender or mixer. Add the tamarind paste, chili powder, cumin seeds, asafoetida and sea salt to taste. Blend well and serve. You can also refrigerate it for up to 15 days or freeze it for up to six months and use it as needed. Add a little water to it to create the right consistency.

3 Wraps

Ingredients

- the base – this can be a large whole wheat base made with or without flavouring (tomato, spinach, etc)
• the spread – something which makes the wrap moist and luscious – hummus, avocado, vegan cheeses, vegan mayonnaise, coriander mint chutney or any other of your favourite spreads
• veggies – these can be grilled or raw or a combination
• some spike – chili sauce, onions, mustard, etc. (optional)
• you can also add marinated or grilled tofu, if you wish

*Method*
Heat the base on a tawa. When the base is roasted add in the other layers. Roll tightly like a Frankie and serve.

4 Oil Free Hummus

Serves 4-6

*Ingredients*

• ½ cup chickpeas soaked overnight and washed (the washing makes the chickpeas easier to digest)
• juice of 1 lemon
• ½ teaspoon salt
• 1 tablespoon sesame butter
• 1 – 2 cloves garlic.
• a pinch of chili powder or paprika
• parsley for garnishing

*Method*
Cook the chickpeas in a pressure cooker till soft with just enough water in the cooker. Rinse in clean water several times, as it helps remove gas.
Mix chickpeas, lemon juice, salt, sesame butter and garlic in the blender. Grind adding water as needed to make a thick almost smooth paste. Place in a bowl. Garnish with a sprinkling of red chili powder or paprika and parsley. Serve as a dip with vegetable sticks or spread with whole wheat bread.

*Variations* - Add sun dried tomatoes / olives / coriander to the mixture while grinding to make a flavoured hummus.

## 5 Vegan Sandwich Spread

Serves 3-4

*Ingredients*

- 2 cups of cashews
- 2 tablespoon lemon juice
- 1 red capsicum, minced
- 1 clove garlic
- 1 tomato, chopped
- 2 teaspoon parsley
- 2 stalks celery
- ½ chopped white onion
- rock salt to taste

*Method*

Blend everything except the last 3 ingredients in the blender. Once smooth, add the rest. Done! You have a fantastic healthy raw sandwich spread or mayonnaise.
1 Creamy Pumpkin Soup
Serves 4

*Ingredients*

- 250 gms red pumpkin, with skin (keep seeds for garnish)
- 1 large onion, thinly sliced
- salt to taste
- 1 ½ cups medium thick coconut milk
- black pepper to taste
- water
- kefir lime leaves / lemongrass

*Method*
Chop the red pumpkin into large chunks. DO NOT PEEL the pumpkin. Thinly slice the onion. Sauté the onions, with a pinch of salt, in a wok. Add the red pumpkin chunks. Add just a little water for the vegetables to cook without browning. Cover and leave to cook until the onions and pumpkin are soft. Blend the vegetable mixture into a smooth paste, retaining the water released from the cooking, if any. DO NOT STRAIN. Pour the blended mixture back into cooking vessel to heat. You can add lemon grass or kefir lime leaves at this point for flavour.

Just before serving, remove the soup from the heat and add the coconut milk. Do not allow the soup to boil once you have added the coconut milk. Pour as much milk as required, depending on the desired creaminess and thickness of the soup. Add crushed black pepper. Garnish
with parsley or roasted pumpkin seeds. (Or marinate the pumpkin seeds in lime juice and salt, and then bake in the oven until seeds are crisp and toasted). Sprinkle as garnish to the soup.

This creamy soup is delicious served either hot or at room temperature. Can also be served chilled.

2 Chickpea Soup with Zucchini and Carrots
Serves 4

Ingredients
- 2 cups water
- 2 cups cooked chickpeas
- 1 teaspoon garlic paste
- celery leaves to taste
- 2 small, unpeeled, diced carrots
- 1 medium, unpeeled, diced zucchini
- 1 teaspoon fresh or dried rosemary
- 1 teaspoon salt or to taste
- freshly ground pepper to taste
- dash of lime juice

Method
Add the chickpeas, garlic paste, celery leaves and carrots with water in a saucepan and bring to a boil (add more water if you want a thinner soup). Add the zucchini. When the zucchini is almost cooked, add the rosemary and salt and pepper to taste. Add the lime juice just before serving.
3 Cold Raw Vegetable Soup

Serves 2

Ingredients

- 1 unpeeled, chopped cucumber or zucchini
- 4 chopped tomatoes or 2 seedless chopped red capsicums
- 1 clove peeled garlic
- 1 or more green chilies
- 2 tablespoon chopped coriander
- fresh herbs to taste
- salt to taste

Method

Blend all the ingredients and serve cold.
MAIN COURSE

1  Mixed Vegetable Poriyal
   Dry mixed vegetables, South Indian-style
   Serves 6

Ingredients

For the vegetable:
- ¼ kilogram finely-chopped or cut lengthwise French green beans
- salt to taste
- turmeric to taste
- ¼ kilogram unpeeled, diced carrots
- ¼ kilogram unpeeled, diced potatoes
- 2 large, peeled, finely-chopped onions
- 1 teaspoon ginger chili paste (optional)
- ¼ cup freshly-grated coconut

For the tempering:
- 1 teaspoon mustard seeds
- 2 teaspoon urad daal
- 2 teaspoon chana daal
- 1 red chili
- 2–3 curry leaves

Method
Mix the salt and turmeric to taste with the beans, carrots, potatoes and onions and then steam, making sure that the green colour remains. In a heated kadhai or pot add the mustard seeds. When they splutter, add the urad and
chana daal. When the smell permeates, add the red chili and curry leaves. Turn off the heat. Mix it with the vegetables, optional ginger chili paste, coconut and salt to taste and serve.

2 Soy with Peas in Gravy
Serves 4

*Ingredients*

- 1 cup soy nuggets or ½ cup soy flakes
- 1 cup peas
- 1 medium, coarsely-chopped onion
- 2 cloves garlic
- 1-inch piece unpeeled fresh ginger
- 1 teaspoon poppy seeds
- ⅓ cup raw cashews soaked in water for about an hour
- ½ teaspoon turmeric powder
- 1 tablespoon garam masala (or to taste)
- 2 cloves of cardamom
- 2 medium, diced tomatoes
- 3 tablespoon finely-chopped coriander leaves
- salt to taste

*Method*

Soak the soy nuggets or flakes in warm water. Squeeze out the water. If the soy nuggets are large, cut them into halves and set aside. Steam the peas and set aside. Place the onion, garlic, ginger, poppy seeds and cashews in the grinder or food processor and grind into a paste without adding water. Heat a thick-bottomed pan and fry the
onion, garlic and ginger paste without oil on a low flame. When the paste begins to brown, add the turmeric, garammasala and cardamom. Stir and then add the tomatoes. Cook until the tomatoes are very soft. Add salt to taste, the peas and the soy. Cook the soy mixture for about 5 minutes, adding water as needed to make the gravy as thin as you want. Let it stand for 30 minutes before serving so that the soy soaks in the flavour. Heat and serve.

3 Basic Brown Rice
Makes 3 cups

Ingredients

- 1 cup whole, brown basmati rice
- 2 cups water
- salt to taste (optional)

Method
Soak the rice in the water for 2-10 hours to help reduce the cooking time and make the rice nice and fluffy. Drain the rice after soaking and wash with fresh water. In a saucepan add 2 cups of water, rice and salt for taste. Cover and cook on a low flame until the rice is ready. You may need to add more water. Serve immediately or add a bit of water and reheat it later. Alternately, you can cook it in a rice cooker or pressure cooker.
4 Daal (Oil-free)

Makes about 3 cups

Ingredients

For the daal:

- 1 cup lentils of your choice such as yellow daal (split moong) orange daal (masoor daal) or tur daal
- 1 teaspoon curry powder
- 2 teaspoons lemon juice
- ¼–½ teaspoon turmeric powder

For the tempering (choose any 3–5):

- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- ¼ teaspoon asafoetida (hing)
- 1–3 cloves
- 1 small stick cinnamon
- curry leaves to taste
- Red chili powder to taste
- chopped green chilies to taste
- freshly-grated ginger to taste
- chopped tomatoes to taste
- chopped onion to taste
- chopped coriander to taste

Method

Cook the daal until they are well done and then blend them with a blender or mixer until they are smooth. In a separate pot, dry roast three to five of the tempering ingredients and then add the onions and tomatoes and
sauté until they soft. Add the daal, stir, garnish with coriander and serve.

5 Stuffed Steamed Bhindi

Serves 5-6

Ingredients

- ½ kg bhindi
- 1 cup grated coconut
- ¼ cup chickpea flour (besan)
- 2 teaspoon cumin powder
- ½ teaspoon red chili powder
- 2 teaspoon dry dates powder
- 1 cup chopped coriander
- ½ teaspoon turmeric
- ½ teaspoon salt
- pinch of asafoetida
- pinch of mango powder

Method
Wash and dry the bhindi. Slit lengthwise. Mix all the other ingredients to make the stuffing (the more you stuff the better). Stuff this into the bhindi. Place the stuffed bhindi in a steamer and steam till cooked. Serve hot.
6 ‘Malai’ Kofta

Serves 2

Ingredients

For the gravy

- 2 medium sized onions
- 10 cloves of garlic
- ¼ cup cashews
- ¼ cup watermelon or pumpkin seeds
- 1 tablespoon poppy seeds
- salt as per taste
- 2-3 teaspoon garam-masala (more if you prefer it spicy)
- date paste (for sweet version) to taste

For Koftas

- 2 small potatoes
- 100 gm tofu
- 1 tablespoon arrowroot powder or breadcrumbs
- 1 tablespoon brown rice flour
- 10 almonds (ground in fine powder)
- salt to taste
- 1 teaspoon green chili (finely chopped)

Method

For the Gravy

Soak cashews, watermelon (or pumpkin) seeds and poppy seeds in water for at least an hour or two. Make a fine paste in a blender. Blend onions and garlic together in a blender. For gravy, heat the pan and pour the onion/garlic paste into it. Add a pinch of salt and cook it in low flame.
Add a few drops of water if you feel it sticking to the pan. Once cooked, add garam-masala to it and let it cook for 3-5 minutes. Add cashew paste into the pan, with salt and date paste to taste. Add enough water if the gravy is too thick, and let it cook for 5-7 minutes. (This gravy tends to thicken over time, so you may need to add more water later).

For the Koftas
Steam the potatoes and mash them into a smooth paste. Add brown rice flour, arrowroot, chilies and salt to it and mix well.

Squeeze all the water from tofu and mash it well and mix in the almond paste and a pinch of salt to it.

Make a small ball of potato and press it in the middle to make small hole. Fill it with tofu and close the hole and make a smooth ball with your palms. Prepare as many such balls as possible. Bake these koftas at 170 degrees for approx. 8-10 min or until they turn brown. Let the koftas cool a bit in a bowl. Then pour the hot gravy over them and serve.

7 Vegetable Lasagna (Oil- and Gluten-free)
Serves 8–10

Ingredients

For the vegetable strips:

- 2 eggplants
- 350 gm unpeeled orange pumpkin
- 2 unpeeled zucchini
• 2 capsicum
• 2 unpeeled sweet potatoes
• 2 peeled onions
• 1 cup Raw Fermented Cashew Cheese (see the Raw Fermented Cashew Cheese recipe on page 38 of this book)

For the tomato sauce:

• 1 unpeeled, finely-grated carrot
• 2 medium, peeled, finely-chopped onions
• 2–3 cloves peeled garlic (optional)
• ⅓ finely-chopped capsicum (optional)
• 1 small, finely-chopped celery stick with leaves (optional)
• 1 kilogram very ripe tomatoes
• ½ teaspoon oregano or basil
• ¼ teaspoon black pepper
• ½ teaspoon salt or to taste
• 15 ml cider vinegar

Method
Preheat the oven to 250°C. Prepare the vegetable strips by slicing the vegetables lengthwise on a slicer into wide but thin pasta strips, about three millimeters thick. Bake each vegetable separately in an oven since the cooking time may vary for each vegetable. Each vegetable should be fully-cooked.

Prepare the tomato sauce by steaming the carrots, onions and optional garlic, capsicum and celery. Purée the tomatoes and then add them with the steamed vegetables to a big pot. Bring to a boil. Add the basil oregano, pepper,
salt, vinegar and simmer until you reach the consistency of a pasta sauce.

In an eight- by eight-inch square baking tray that is at least two-inches high, make alternate layers of the tomato sauce, cooked vegetables strips, more tomato sauce, and then cheese and repeat three or four times. Bake for 40 minutes. Serve hot.

8 Burmese Khowsuey
Serves 3-4

Ingredients

- vegetables – baby corn, button mushrooms, carrots, beans, onions, broccoli, cauliflower
- 2 cups fresh coconut cream
- 2 cups vegetable stock
- 2 tablespoon besan/gram flour
- 1 teaspoon cumin powder
- juice of 2 lemons
- salt to taste
- buckwheat or brown rice noodles or brown rice

Garnishing
Chopped toasted garlic, onion, tomatoes, coriander, green chili, cucumber, lemon juice

Method
Grate the coconuts and add water to make creamy consistency. Extract the cream from the grated coconut through a piece of muslin. Dry roast the besan in a pan
with the cumin powder. Add vegetable stock and all the vegetables one by one according to how long it will take to cook and bring to boil. Keep vegetables crunchy. Add the coconut milk, lemon juice and salt to taste. Serve with rice or noodles and add garnishes according to individual taste.
DESSERTS

1 Carrot Halwa
Serves 1

*Ingredients*
- 3 big unpeeled carrots
- 2 tablespoons cashew butter
- ½ cup dates chopped
- raisins to taste
- few roasted almonds
- ½ teaspoon cardamom powder

*Method*
Grate and steam the carrots till they are well cooked. Add cashew butter, dates, raisins, and cardamom and mix well. Serve hot garnished with roasted, slivered almonds.

*Variations*
This dish can be made with unpeeled bottle gourd, unpeeled pumpkin and unpeeled beetroot also.

2 Banana Ice cream
Serves 2

*Ingredients*
- 4 or more ripe bananas
- cinnamon to taste (optional)
- walnuts to taste (optional)
**Method**
Peel and half the bananas and then freeze them. After two or more days they are ready to use! Blend them in a blender, mixer or food processor until you get a smooth, creamy ice cream. Add some cinnamon and walnuts for an extra punch. Serve immediately.

### 3 “Fried” Banana with Tahini and Date paste

**Ingredients**
- ripe bananas (large variety)
- black sesame seeds (roasted)
- date paste
- tahini

**Method**
Peel the bananas. Slice the bananas lengthwise in 2 or 3 slices and cut these in half and put on a hot frying pan. When you can smell the burnt smell of caramelizing sugar, turn over and cook on the other side. Garnish with roasted black sesame seeds or with date paste and tahini. You will need one banana per person.

### 4 Almond Ginger Truffles (Raw, Gluten-free)

This recipe was demonstrated by Lisa Pitman during her Eating Without Heating demos in India.

Makes about 24 truffles

**Ingredients**
- ½ cup raw almonds
- ¼ cup raw pecans or walnuts
• ½ teaspoon dried, ground ginger
• ¼ cup raw almond butter
• ½ cup pitted dates
• ¼ cup unsweetened desiccated coconut or raw sesame seeds

Method
In a food processor, combine the nuts and ginger and pulse into a fine meal. Add the almond butter and the dates and pulse until well combined. Roll the mixture into one-inch balls. Put the coconut or sesame seeds into a small bowl. Roll each ball in the bowl to coat with coconut or sesame seeds. Serve.

5 Date Squares (Raw Gluten-free)
This recipe was demonstrated by Lisa Pitman during her Eating Without Heating demos in India.

Makes about 24 squares

Ingredients
For the crust:
• 2 cups raw cashews
• 1 cup raw oats
• 1 teaspoon cinnamon
• 20 large, pitted dates

For the filling:
• 1 ½ cup pitted dates
• ½ cup freshly-squeezed orange juice (about 1 large orange)
• zest of 1 large orange
Method
For the crust, put the cashews and oats in a food processor and pulse them into a fine meal. Add the cinnamon and pulse to combine. Add the dates and pulse until they are well distributed and the mixture begins to clump together.

For filling, add the dates orange juice and orange zest into a food processor and blend until smooth.

Line a nine-inch square pan with parchment paper. Press two thirds of the crust mixture into the pan. Spread the filling mixture evenly on top of the crust. Sprinkle the remaining crust mixture on top of the filling. Refrigerate for ½ hour. Cut into squares and serve.
Questions

Please write down any questions you would like to have answered. If your questions could not be answered during the seminar, you can email them to info@sharan-india.org.
Did you know that most diseases today are caused by wrong eating habits and lifestyle? That by making simple changes you can reclaim your health, get rid of many medications yet enjoy delicious food? Once the cause of disease is removed, the body heals.

Since 2005, SHARAN is at the forefront of lifestyle disease prevention and reversal through nutrition in India. This little book in your hands has a wealth of information, which is the best life insurance ever! You will understand what causes diseases and you will be introduced to the miraculous whole plant based diet, that both heals and nurtures.

All your nutritional needs are covered in this book, along with steps on how to implement this diet into your life. Not to mention, some simple yet delicious recipe ideas for breakfast, lunch, snacks and dinner too.

Join us to spread health, for Health is our only true Wealth.