

SHARAN Healthy Living Booklet

Preventing and Reversing Lifestyle Diseases



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Cause of Diseases

Our bodies are always working to heal and to remain healthy. Most of the diseases that we face today—like diabetes, hypertension, heart disease, and obesity—are lifestyle diseases. In most cases, if you want to heal, you need to understand what part of your 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 the absence of medications. Medications usually control disease, but act against the body's healing process. Taking medications without changing your 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 other emotional issues)
- Spiritual (from not following your spiritual purpose)

All of these are interconnected.

The Sanctuary for Health and Reconnection to Nature and Animals (SHARAN) mainly helps people reverse diseases through nutritional guidance, but also helps people connect to all three of the physical, emotional, and spiritual causes of disease. 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) 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 100-gram servings of animal products versus plant-based food (Source: USDA Agricultural Research Service Nutrient Data Laboratory).

Animal product (100-gram serving)	Fat (% of calories)	Cholesterol (mg)	Plant-based food (100-gram serving)	Fat (% of calories)	Cholesterol (mg)
Lean beef	37	86	Beans	4	0
Skinless chicken	23	85	Broccoli	11	0
Mutton	65	65	Lentils	3	0
Eggs	33	400	Apple	3	0
Fish	46	77	Orange	4	0
Milk	49	30	Rice	7	0

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. 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.

Acidic food

The body is naturally alkaline. Acid food leaches calcium and magnesium from your 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.

All fruit and vegetables are more alkaline. Therefore, you should eat more fruit and vegetables.

List of acidic substances

Animal products	Processed products
Dairy (milk, cheese, etc.)	Tea and coffee
Eggs	Salt
Meat (chicken, mutton, etc.)	Soda (Coca Cola, etc.)
Seafood (fish, shellfish, etc.)	Vinegar
	Alcohol

A Diet for Optimal Health

For optimum health, your diet should be:

- 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 pain, backache, 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 fruit, vegetables, legumes, grains, nuts, and seeds. A plant-based diet does NOT include any animal products like 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 following table lists the percentage of nutrients lost when whole-wheat flour is refined into white flour (source: *Food Revolution* by John Robbins).

Nutrient	Percentage lost
Calcium	56%
Copper	62%
Fibre	95%
Folate	59%
Iron	84%
Manganese	82%
Niacin (vitamin B3)	80%
Pantothenic acid (vitamin B5)	56%
Phosphorus	69%
Potassium	74%
Protein	25%
Riboflavin (vitamin B2)	81%
Selenium	52%
Thiamin (vitamin B1)	73%
Vitamin B6	87%
Vitamin E	95%
Zinc	76%

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

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

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

Nine principles of transitioning to a healthy diet

1. From refined grain to **WHOLE** grain
2. 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 fruit)
3. From juices to **WHOLE** fruit and vegetables and smoothies (on an empty stomach)
4. From extracted fats (e.g., oils and butter) to **WHOLE** fats like nuts and seeds
5. From peeled fruit and vegetables to **UNPEELED** and **WHOLE** fruit and vegetables
6. From frying and over-cooking to **POACHING, BLANCHING, STEAMING, and DRY ROASTING**
7. From all cooked food to 50 percent **FRESH** and **RAW** food
8. From pesticide- and chemical-laden food to **ORGANIC** food
9. From animal-based products to **PLANT-BASED** 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, unprocessed food and avoid junk food and artificial, 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 and aluminium 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.

Don't I need animal products for protein?

Human children and adults 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.

Animal	Percentage of protein in milk
Human	1.25–2.70
Monkey	2.30
Cow	3.30–4.00
Goat	4.10
Guinea pig	8.55
Rat	8.70
Dog	10.11
Cat	11.10

- 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 take some.

What about calcium? Don't I need milk for calcium?

The best sources of calcium are found in plant-based food.

- 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.

Calcium content of food (per 100-gram portion)			
Human breast milk	33 mg	Mustard greens (cooked)	138 mg
Almonds	234 mg	Mustard greens (raw)	183 mg
Amaranth	267 mg	Parsley	203 mg
Apricots (dried)	67 mg	Pistachios	131 mg
Beans (pinto, black)	135 mg	Potato chips	40 mg
Beet greens (cooked)	99 mg	Raisins	62 mg
Bran	70 mg	Sesame seeds	1,160 mg
Chickpeas	150 mg	Sugar (brown)	85 mg
Figs (dried)	126 mg	Tofu	128 mg
Kale (cooked leaves)	87 mg	Spinach (raw)	93 mg
Kale (raw leaves)	249 mg	Sunflower seeds	120 mg
Lettuce (dark green)	68 mg	Cow's milk	120 mg

What about vitamin D?

Vitamin D is needed to absorb calcium.

- Vitamin D is provided by direct sunlight on the skin. Anything in between the sun and the skin—including clothes, windows, sunscreen, and even city pollution—will hamper the absorption 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.](#)

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, you need folic acid, which comes largely from green leafy vegetables.

What about omega 3?

Your omega 3 and omega 6 levels should be in balance. Refined oils contain a lot of omega 6; therefore, people who consume them may need to take omega 3 supplements.

Only plants make omega 3. Fish may have omega 3 because fish eat plants. You do not need fish to get your omega 3; you can get it from plants. Rich sources of omega 3 include pumpkin seeds, walnuts, soy, sesame seeds, flax seeds, 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, microwaves, mobile phones, and mobile phone towers.

It's important that you get vitamin B12 from supplements (injections or tablets). [Learn more about 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. View more information on how to check and supplement these vitamins:

- [Vitamin B12](#)
- [Vitamin D](#)

What about soy?

Eating soy in moderation is not harmful.

- Soy beans are rich in protein. Unlike animal protein, soy also contains fibre and no cholesterol. It is also an excellent source of antioxidants, phytochemicals, and nutrients that keep your cholesterol level 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.
- [Learn more about 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 protein causes 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?

Find a list of city directories, online organic stores, and vegan products in India, as well as tips on eating out and other useful information about how to get started on a vegan diet on the [city directories page of the SHARAN website](#).

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.](#)

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 current with the latest knowledge. You can also organize these for your community, group, or corporation. [Email SHARAN to get information](#) or [check the SHARAN website for schedules.](#)

- 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 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. [Email SHARAN for consultations.](#)
- We offer news, announcements, and recipes through our social media pages (make sure you follow us!):
[Facebook](#)
[Pinterest](#)
[Twitter](#)
[YouTube](#)

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 tests done:

- Height
- Weight
- Blood pressure
- Complete blood count (CBC) with erythrocyte sedimentation rate (ESR)
- Liver function tests
- Kidney function tests
- Lipid profile
- Thyroid function tests
- Vitamin B12, homocysteine, and vitamin D
- Fasting blood sugar (FBS)
- Postprandial blood sugar (PPBS) and glycated hemoglobin (HbA1c) (if you have diabetes)
- Routine stool (if relevant)
- Routine urine (if relevant)
- Electrocardiography (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 change as needed, and will be helpful to you and your doctor. You can use the sample progress chart on page 20 of this booklet 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)

2. Shop for whole, plant-based food. You can use the kitchen replacement chart on page 24 of this booklet.
3. If needed, learn some new whole, plant-based food recipes. See the sample recipes section on page 31 of this booklet.
4. Plan your menu for the next seven days. Make sure you have all the ingredients you'll need, except maybe fresh fruit and vegetables that you can buy as needed.
5. [Read the information in the Try Vegan section of the SHARAN website.](#)

Step 3: Implement

1. Start eating a 100 percent whole food, plant-based diet (or as much as you possibly can).
2. If your vitamin B12 level is low, start taking injections or oral supplements. [Learn more about vitamin B12.](#)
3. If your vitamin D level is low, spend additional time in direct sunlight or, if you live in a polluted city, take supplements. [Learn more about 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 level, blood sugar level, and any unusual symptoms. See the sample progress chart on page 20 of this booklet.
2. Add your weight to your progress chart every week.
3. 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). 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. 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 in the night too). Symptoms of low blood pressure include weakness, faintness, and lightheadedness.

4. 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 your fasting blood sugar level falls below 100 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.

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 one or more 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 positive results, you need to maintain the new diet.

If available in your city, join SHARAN support group meetings to get inspired and hear and share experiences with others. You can also [like the SHARAN India Facebook page](#) and [join the Staying Vegan with SHARAN Facebook group](#) and other groups to ask questions, get help reversing your disease, and be inspired by the results of others. 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.

Food/ingredient	Replacement options
Butter	Almond butter, avocado, cashew butter, peanut butter, and sesame butter (as a spread)
Buttermilk	Buttermilk made from plant-based curd/yoghurt (view our soy buttermilk recipe)
Canned and frozen food	Fresh alternatives whenever possible
Cheese	Cheese made from plant-based sources such as nuts, seeds, and legumes and nutritional yeast flakes (view our non-dairy cheese recipes)
Chocolate (milk)	Cocoa powder or dark chocolate
Cream	Cashew or other nut butters mixed with water and ground (view our plant-based cream recipes)
Curd/yoghurt	Curd/yoghurt made from plant-based milk such as soy and peanut
Eggs	Many different options, depending on the use (view our egg replacers)
Fried food	Oil-free baked or roasted alternatives

Food/ingredient	Replacement options
Ghee	Nuts, seeds, and legumes such as cashews, coconut, peanuts, and sesame seeds
Ice cream	Ice cream made with plant-based milk or fruit and no sugar
Khakra	Oil-free ambil khakra
Mayonnaise	Cashew mayonnaise (oil-free) (view our recipe on page 48)
Meat and seafood	Soy nuggets and flakes, tofu, beans, ready-made meat replacers (e.g., Fry’s burgers), and raw jackfruit
Milk	Milk made from plant-based sources such as almonds, coconut, corn, oats, peanuts, rice, sesame seeds, and soy
Oil	Nuts, seeds, and legumes such as cashews, coconut, peanuts, and sesame seeds
Paneer	Tofu or “soy paneer” and tofu marinated in cashew cream
Ready-made cereals	Muesli made with whole flakes, nuts, and dried fruit and roasted, whole-grain dalias such as wheat, barley, maize, millet, amaranth, and rolled oats (not quick-cooking)
Salad dressing	Oil-free salad dressing and chutney
Salt (iodized)	Himalayan, rock, or sea salt
Soft drinks	Water, lime juice with water, fruit smoothie, etc.
Sugar, honey, and artificial sweeteners	Dried fruit such as dates and raisins (ideally) and jaggery, raw/unrefined sugar, or palm sugar (rarely)

Food/ingredient	Replacement options
Tea and coffee	Homemade herbal infusions from herbs and spices, ready-made herbal teas, and barley or soy coffee
White flour (maida) and bread	Flour and bread (e.g., chapatis and rotis) made from whole wheat (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)
White rice	Whole, unpolished rice such as brown or red rice

Meal ideas

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

Breakfast ideas

Breakfast ideas include:

- Fresh fruit
- Green smoothie
- Oil-free whole dalia or millet upma with added vegetables
- Bhaidku (Indian-style porridge)
- Oat 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

- Oil-free brown or red rice poha with vegetables
- Tofu akuri or scrambled tofu
- Whole-wheat khakhra or stuffed paratha with vegetables, chutney, and vegan curd
- Whole-grain bread or chapati 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 chapati
- Chapati or whole-grain bread with nut butter, avocado, or coconut coriander chutney
- Vegetable cutlets breaded with crushed peanuts

Replace tea or coffee initially with green tea and later with herbal infusions/teas made out of mint (pudina), fennel (variali or saunf), cardamom (elaichi), ginger, black peppercorns, lemongrass, 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 steep 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

- Salad, katchumber, and kosambari
- Sprouts, sprout chaat, and sprout salad
- 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 dhoodhi, 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 a 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 soup, steamed whole rice or whole-grain noodles with vegetables in Chinese sauce, and kimchi
- Lebanese salads, baked falafel, oil-free hummus, baba ganoush, whole-wheat pita, and tahini
- Japanese salads, whole rice vegetable sushi, and miso soup

Add your ideas:

Snack ideas

Snack ideas include:

- Fresh fruit
- Green or fruit smoothies
- Nut and seed milk smoothies
- Chaats, sprout chaat, chhole chaat, and aalu chaat
- Unsalted nuts and roasted chickpeas (chana)
- Any of the breakfast ideas mentioned on page 26
- 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 chola
- Oil-free khakhara
- 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:

Sample recipes

These are just a sample of the large number of healthy vegan recipes that you can use. [View more recipes](#).

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Dairy alternatives

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

Soy milk

Makes about 6 glasses

Ingredients

- 1 cup soy beans soaked in water overnight
- 1 date (optional)
- Water

Method

Drain and discard the soaking water from the soy beans. Grind the soy beans and optional date in the blender or mixer, 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.

Coconut milk and other nut and seed milk

Although all types of plant-based milk is made in a similar manner, coconut milk is not a whole food because it needs to be sieved. However, you can make other types of nut milk 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 $\frac{1}{2}$ – $\frac{3}{4}$ 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. Use the milk right away or refrigerate it immediately—and keep it refrigerated. You can use the refrigerated milk for two to three days.

Variations

You can add sesame seeds, cashews, sprouted wheat, or almonds to the coconut milk by making them into a

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, which means it's not a whole food.

To make other types of nut milk or seed milk, simply soak the nuts or seeds in water for two to four hours, drain, and put them in the blender or mixer with about a ½ cup of water and a date (optional). (If you are making almond milk and you want to peel the almonds, peel them after soaking and draining.) 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.

Peanut butter or nut butter

Ingredients

Raw peanuts

Method

Roast the peanuts on a low flame until the skins crack. Do not let them burn. Do not remove the skins. 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 go! Super nut butter can be made with almonds, cashews, macadamia nuts, walnuts, or a

combination of nuts. You do not need to roast most nuts because of their high fat content.

Raw fermented cashew cheese

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

Makes about 1 ½ cups

Ingredients

- 1 cup raw, soaked cashews
- 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 20–48 hours or until it begins to smell sour. Add the salt. Mix well and serve or refrigerate for up to 10 days.

Soy yoghurt

Soy yoghurt is not identical to dairy yoghurt, but it works well in cooking. As a starter, you can use soy yoghurt or any commercially-bought, plant-based yoghurt. You can also use dairy yoghurt, rejuvelac, or water kefir to start. This is just to introduce the right bacteria for the culture. Once you have your own soy yoghurt, freeze a little starter so that you will never be without it.

Makes about 1 litre

Ingredients

- 1 litre soy milk (see the soy milk recipe on page 31)
- 2 tablespoons starter

Method

In a saucepan, heat the soy milk to 42–45°C. The culture will only thrive in a narrow temperature range—too cool and it won't be active, too hot and it will die. It should be just below body temperature, about the same temperature as a baby's milk. Add the starter to the soy milk and mix well with a sterile spoon. Do not stir or move the container until the yoghurt sets—about five to six hours. Serve or refrigerate for up to seven days.

Variations

Homemade plant-based yoghurt is a little runnier than dairy yoghurt. To make thicker soy yoghurt, add one level teaspoon of agar powder premixed with 50 millilitres of water—or two teaspoons of cornstarch or arrowroot powder premixed with 30 millilitres of cold water—to the soy milk when it starts boiling.

In addition, you can make peanut yoghurt or curd by using peanut milk instead of soy milk. Peanut and rice milk yoghurt is a good choice for thickness and flavor. Try a few different kinds of plant-based yoghurt to find the one best-suited to your taste.

Breakfast items

Learn how to make delicious, plant-based breakfast dishes.

Green smoothie

Serves 2

Ingredients

- 1 large or 3 small bananas
- 1 cup peeled, chopped papaya
- 1 cup chopped, packed spinach
- ½ 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 ⅓ greens of your choice and ⅔ fruit of your choice.

Red rice idli, dosa, or uttapam mau

Idlis, dosas, and uttapams are healthy because they are fermented, but are best made with whole red rice. You can make dosas with minimal or no oil on a good iron tawa.

Serves 8–10

Ingredients

- 2 cups whole red rice
- ½ cup whole black urad daal

- 1 teaspoon fenugreek (methi) seeds
- Salt to taste

Method

Soak the rice for six to eight hours. Soak the urad daal and fenugreek seeds separately for six to eight hours. Drain the soaked rice, grind it until you get a slightly coarse but almost smooth paste, and then pour it into a large bowl. Drain the soaked urad daal, grind it in a blender or mixer until it's very smooth, and then mix it with the rice paste. Allow the mixture to ferment for eight to twelve hours, depending on the room temperature. In the summer, eight hours is usually sufficient, but on cooler days it takes longer. It should have a slightly sour, fermented smell. If you like it a bit more sour, let it ferment for 14 hours. Add water so that the mau is the consistency of dosa batter (similar to pancake batter). Add salt to taste. Use the mau to make idlis, dosas, or uttapams.

Variation

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.

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 coconut or coconut milk, and serve.

Variations

You can substitute cracked wheat for the ragi flour.

Creamy porridge

This vegan porridge is creamy, tasty, and very satisfying.

Serves 1

Ingredients

- 1 cup water

- 5 tablespoons rolled oats, steel-cut oats, millet, amaranth, or quinoa
- 1 ½ tablespoons date paste
- 1 teaspoon sesame butter or other plant-based butter or milk
- Spices such as cinnamon, cardamom, and/or nutmeg (optional)
- 1 tablespoon roasted sunflower seeds, nuts, or dried fruit

Method

Mix the water and oats, millet, amaranth, or quinoa in a saucepan and cook over a medium flame, stirring constantly. Once it's cooked, stir in the date paste, plant-based butter or milk, and optional spices. Sprinkle with sunflower seeds, nuts, or dried fruit and serve.

Tofu akuri or scramble (oil-free)

Serves 2

Ingredients

- 200 grams firm tofu
- ½ cup finely-chopped onion
- ½ cup chopped tomatoes
- Green chilies to taste
- ½ cup chopped 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.

Salads

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.

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.

Cucumber salad with peanuts and coconut

Serves 8–10

Ingredients

- 4 unpeeled, diced cucumbers
- ¼ cup freshly-grated coconut
- ¼ cup roasted, crushed peanuts
- Juice of 1 lime
- Salt to taste
- Finely-chopped green chilies to taste
- Chopped fresh coriander to taste

Method

Mix all the ingredients except the coriander together. Adjust the salt, lime juice, and green chilies to taste. Garnish with coriander and serve.

Carrot salad

Serves 3

Ingredients

- 5 unpeeled, grated carrots
- ½ teaspoon mustard seeds
- Dash of asafetida (hing)
- 8–10 curry leaves
- ½ seeded green chili
- ½ teaspoon salt

- Juice of ½ a lime
- Finely-chopped coriander to taste
- Freshly-grated coconut to taste (optional)

Method

Heat a pan on a medium flame and then add the mustard seeds when it's hot. When the mustard seeds start to sputter, lower the flame to the minimum and add the asafetida, curry leaves, and green chili. Turn off the flame within seconds. Mix in the carrots, salt, and lime juice. Garnish with the coriander and optional coconut and serve.

Cabbage salad

Serves 6–8

Ingredients

- ½ kilogram finely-shredded cabbage
- ½ cup roasted, coarsely-ground peanuts
- ½ cup lemon juice
- 1 finely-chopped green chili (optional)
- Sea salt to taste
- Chopped coriander leaves to taste

Method

Mix the cabbage, peanuts, lemon juice, and optional green chili thoroughly and chill. Add salt to taste and garnish with coriander leaves just before serving.

Beetroot salad

Serves 3–4

Ingredients

- 2 cups boiled, cubed beetroot
- ¼ cup chopped spring onions
- 3 tablespoons soy sauce
- 1 teaspoon freshly-grated ginger
- 2 tablespoons rice wine vinegar

Method

Toss the beetroot with the spring onions. For the dressing, mix the soy sauce, grated ginger, and rice wine vinegar. Pour the dressing over the beetroot and spring onion mixture and stir. Let it stand for about 30 minutes before serving for better results.

Kosambari

Serves 1–2

Ingredients

- ½ cup unpeeled, grated carrot
- ½ cup grated cabbage
- 3 tablespoons soaked, drained yellow moong daal
- 3 tablespoons freshly-grated coconut
- 1 teaspoon mustard seeds
- 4–5 curry leaves (kadi patta)
- Salt to taste
- Lemon juice to taste

Method

Dry roast the mustard seeds, curry leaves, and coconut and then add them to the carrot, cabbage, and yellow moong dahl. Add salt and lemon juice to taste. Mix and serve.

Sprout chaat

Serves 8–10

Ingredients

- 2 cups sprouted moong daal
- ½ cup chopped tomatoes
- ½ cup 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 (see the date and tamarind chutney recipe on page 45 of this booklet)
- Chaat masala to taste
- Freshly-grated ginger to taste
- Minced green chilies to taste

Method

Steam the sprouted moong daal with a little turmeric so that they are cooked but still crunchy. Mix the moong daal 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.

Date and tamarind chutney

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

Serves 7–8

Ingredients

- 2 cups seeded dates (khajur)
- 1 cup water
- 2–4 tablespoons tamarind (imli) paste
- 1 teaspoon chili powder
- ¼ teaspoon roasted cumin seeds
- Pinch of asafetida (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, asafetida, 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.

Cabbage with tomatoes, onions, and coriander

Serves 8–10

Ingredients

- 2 teaspoons mustard seeds
- Dash of asafetida (hing)

- 1 small, finely-sliced green cabbage
- ¼ cup freshly-grated coconut
- 2 finely-chopped tomatoes
- 1 thinly-sliced onion
- Juice of 1 lime
- Salt to taste
- Finely-chopped green chilies to taste
- Chopped fresh coriander

Method

In a hot pan, add the mustard seeds. When they sputter, add the asafetida. Turn off the flame and add them to a bowl with the cabbage, coconut, tomatoes, onion, and lime juice. Add salt to taste and mix. Garnish with coriander and serve.

Carrot, beetroot, or tomato salad with gomasio

Serves 1

Ingredients

- 1 unpeeled, grated carrot or beetroot or sliced tomato
- 2 or more tablespoons sesame seeds
- Salt to taste (very little is required)

Method

To make the gomasio, dry roast the sesame seeds in a pan on a medium-low flame so as not to burn them. It can take 10–15 minutes, so making a large batch and storing them is advisable. Allow the sesame seeds to cool and then grind them coarsely with salt to taste. Use the pulse function so as not to completely powder them.

Sprinkle the carrot, beetroot, or tomatoes generously with the gomasio and serve.

Better than tuna salad

Serves 6–8

Ingredients

- 1 cup cooked or canned garbanzo beans (chickpeas)
- ¼ medium chopped onion
- 2 tablespoons finely-chopped red or green capsicum
- 2 tablespoons finely-chopped celery
- 5–6 tablespoons oil-free vegan mayonnaise such as the cashew mayonnaise (oil-free) on page 48 of this booklet
- 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.

Eggless egg salad

Serves 2–4

Ingredients

- 1 cup firm, crumbled tofu

- ¼ medium chopped onion
- 2 tablespoons finely-chopped red or green capsicum
- 2 tablespoons finely-chopped celery
- 5–6 tablespoons oil-free vegan mayonnaise such as the cashew mayonnaise (oil-free) on page 48 of this booklet
- Lemon juice to taste
- Salt and pepper to taste
- Parsley (optional)

Method

In a bowl, mix together all the ingredients except the parsley. Garnish with the optional parsley and serve.

Cashew mayonnaise (oil-free)

Makes about 1 cup

Ingredients

- ½ cup raw, soaked cashews
- 2 tablespoons chopped onion
- Juice of ½ lime
- Mustard to taste
- 1 small garlic clove
- Salt to taste
- Pepper to taste
- ¼ cup water

Method

Blend all of the ingredients except the water in a blender or mixer. Add the water a little at a time to make a

smooth paste like a mayonnaise. Serve right away or refrigerate for up to seven days. If you want to make it last longer, replace half of the lime juice with vinegar.

Soups

Learn how to make delicious, plant-based soups.

Pumpkin and fenugreek soup

Serves 4

Ingredients

- 3 cups steamed, puréed pumpkin
- 2 teaspoons fenugreek (methi) seeds
- 1 or more dried red chilies
- Salt to taste
- 1 chopped onion (optional)
- ½ cup soy or coconut milk (optional)

Method

Soak the fenugreek seeds in some water for about an hour. In a saucepan, add the optional onions and red chili and sauté with one teaspoon of water. Keep adding water and stirring in intervals until the onion is translucent. Drain the fenugreek seeds, add them to the onion and chili mixture with the pumpkin, and then bring to a boil. Add salt to taste and the optional soy or coconut milk. Stir and serve hot.

Chickpea soup with zucchini and carrots

Serves 4

Ingredients

- 2 cups water
- 2 cups cooked chickpeas (garbanzo beans)
- 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.

Vegetable soup or smoothie

Serves 2

Ingredients

- 1 unpeeled, chopped cucumber or zucchini
- 4 chopped tomatoes or 2 seeded, chopped red capsicums

- 1 garlic clove
- 1 or more green chilies
- 2 tablespoons chopped coriander
- Fresh herbs to taste
- Salt to taste

Method

Blend all the ingredients and serve cold.

Main courses

Learn how to make delicious, plant-based main courses.

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, 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 of the beans remains. In a heated kadhai or pot, add the mustard seeds. When they sputter, 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.

Soy with peas in gravy

Serves 4

Ingredients

- 1 cup soy nuggets or ½ cup soy flakes
- 1 cup shelled peas
- 1 medium, coarsely-chopped onion
- 2 garlic cloves
- 1-inch piece peeled 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 tablespoons 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, garam masala, 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.

Flavoured brown rice

Makes 3 cups

Ingredients

- 1 cup whole, brown Basmati rice
- 2 cups water
- 2 cardamom pods
- 1 clove (optional)
- 1 piece cinnamon (optional)
- Salt to taste

Method

Soak the rice in the water for one to two hours to help reduce the cooking time and make the rice nice and fluffy. In a saucepan, roast the cardamom and the optional clove and cinnamon on a low flame until you can smell it. Add the soaked rice with the soaking water and salt to 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. Alternatively, you can cook it in a rice cooker.

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
- $\frac{1}{4}$ – $\frac{1}{2}$ teaspoon turmeric powder
- Chopped onion to taste
- Chopped tomato to taste
- Chopped coriander to taste

For the tempering (choose any 3–5):

- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- $\frac{1}{4}$ teaspoon asafetida (hing)

- 1–3 cloves
- 1 small cinnamon stick
- Curry leaves to taste
- Red chili powder to taste
- Chopped green chilies to taste
- Freshly-grated ginger 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 are soft. Add the daal, stir, garnish with coriander, and serve.

Green beans in peanut and garlic chutney

Serves 2–3

Ingredients

- 2 cups chopped green beans
- 1 or more red chilies
- ½ cup roasted peanuts
- 1 garlic clove
- ¼ cup unsweetened, desiccated coconut
- Salt to taste

Method

Steam the beans for three minutes until they are bright green and still crunchy. Roast the red chili and let it cool. Grind the roasted peanuts and chili coarsely in a grinder or food processor. Add the garlic, coconut, and salt and

pulse for a few seconds. Toss the steamed beans with the chutney and serve.

Tip

Make a large batch of the dry chutney by multiplying the recipe and store in the refrigerator.

Vegetable lasagna (oil- and gluten-free)

Serves 8–10

Ingredients

For the vegetable strips:

- 2 eggplants
- 350 grams unpeeled orange pumpkin
- 2 unpeeled zucchini
- 2 capsicum
- 2 unpeeled sweet potatoes
- 2 onions
- 1 raw fermented cashew cheese recipe from page 34 of this booklet

For the tomato sauce:

- 1 unpeeled, finely-grated carrot
- 2 medium, finely-chopped onions
- 2–3 garlic cloves (optional)
- $\frac{1}{3}$ finely-chopped capsicum (optional)
- 1 small, finely-chopped celery stick with leaves (optional)
- 1 kilogram very ripe tomatoes or canned, peeled tomatoes

- ½ teaspoon oregano or basil
- ¼ teaspoon black pepper
- ½ teaspoon salt or to taste
- 15 millilitres 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 millimetres 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, 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, and vinegar. Simmer until it's 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.

Vegan shepherd's pie

Serves 4

Ingredients

- 4 medium, unpeeled potatoes
- ¼ cup soy milk
- Salt and pepper to taste

- 100 grams soy nuggets, soy mince, or soy flakes
- 1 medium, minced onion
- 1 unpeeled, grated carrot
- 1 small, finely-chopped or grated celery stalk
- 7 crushed tomatoes
- 3 tablespoons soy sauce
- ½ teaspoon thyme
- ½ teaspoon rosemary
- ⅓ cup cashew cheese (see the raw fermented cashew cheese recipe on page 34 of this booklet)
- ½ finely-chopped red capsicum

Method

Boil the potatoes for 20 minutes or until they are tender. Drain them, mash them, and add the soy milk. Season the potato mixture with salt and pepper.

Soak the soy nuggets or mince for 20–30 minutes. Squeeze out all the water and then wash and squeeze them again. If you are using nuggets, mince them in a food processor to make them into small flakes. If you are using soy flakes, just soak them, wash them, and then squeeze out the water.

In a medium pan, sauté the onion, carrot, and celery until they are soft (about 10 minutes). Add the crushed tomatoes, soy, and soy sauce and cook for about 10 minutes. Taste and adjust for salt by adding more soy sauce. Add the thyme and rosemary and cook for about five more minutes.

Press the soy mixture into an ungreased six-inch pie pan that is about one to one and a half centimeters high. Top

the soy mixture with the potatoes, spreading to the edges, and then spread the nut cheese on top. Bake in an oven for 15–20 minutes or until the nut cheese browns. Garnish with the capsicum and serve hot (or you can sprinkle the capsicum over it after 10 minutes of baking).

Desserts

Learn how to make delicious, plant-based desserts.

Carrot halwa

This recipe is great, but if you are on a disease reversal programme, you should wait a bit for this one!

Serves 1

Ingredients

- 3 unpeeled carrots
- 2 tablespoons cashew paste
- 4 chopped dates
- Unsweetened raisins to taste
- 3 roasted almonds
- Cardamom to taste

Method

Steam the carrots until they are well-cooked. Grate the steamed carrots and add the cashew paste, dates, raisins, almonds, and cardamom. Mix well and serve.

Banana ice cream

Serves 2

Ingredients

- 4 or more large, ripe bananas

- Cinnamon to taste (optional)
- Walnuts to taste (optional)

Method

Peel and half the bananas and then freeze them. After two days, take them out and blend them in a blender, mixer, or food processor until you get a smooth, creamy consistency. Add some cinnamon and walnuts for an extra punch. Serve immediately.

Coconut and fig ice cream

Serves 4

Ingredients

For the ice cream:

- 400 millilitres coconut cream
- 100 grams dried figs

For the nougat (optional—not recommended for disease reversal):

- ½ cup roasted, crushed peanuts
- 3 tablespoons jaggery

Method

For the optional nougat, cook the jaggery in a pan until it melts, begins to bubble, and then hardens when cool. Test it by taking a little out and seeing if it hardens when cool. Add the peanuts and stir. Cool the mixture and then break it into small pieces.

For the ice cream, soak the dried figs in the coconut cream for about an hour (in warm climates, you should put the mixture in the refrigerator while soaking). After the figs swell and become softer, put the mixture in the

blender or mixer and blend. Freeze. When it's almost frozen, sprinkle the optional nougat on top and serve. Make sure you eat it within 12 hours as it tends to crystallize if it's stored, but it tastes so good that this should not be a problem!

Variations

Blend approximately equal amounts of thick, fresh coconut milk, ripe, smashed bananas, and dates in a blender or mixer. Freeze the mixture. Let it set. Serve. You can make this variation with different types of nut milk, or even soy milk with a little sesame butter added for creaminess. You can also replace the dates with other dried fruit that has been soaked in the milk for a while before blending. You can replace the bananas with any fruit of a similar consistency (e.g., mango, chickoo, or papaya). If you want to use a juicy fruit like pineapple, add a little more sesame butter for creaminess. You can also add nuts of your choice if desired.

Chocolate brownies (raw, gluten-free)

Serves 3

Ingredients

- 2 cups raw walnuts
- 1 cup cocoa powder
- A pinch of salt
- 2 ½ cups dates

Method

Process the walnuts in a food processor until coarse and sticky. Add the cocoa powder and salt and process. Add the dates a little at a time and keep processing the

mixture until you get cake crumbs. Transfer to a plate and set in your desired shape. Freeze for an hour. Cut and serve.

Almond ginger truffles (raw, gluten-free)

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

Makes about 24 truffles

Ingredients

- ½ cup raw almonds
- ¼ cup raw pecans or walnuts
- ½ teaspoon dried 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 immediately or store in the freezer or refrigerator.

Date squares (raw, gluten-free)

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

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 the filling, put 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. Cut into

squares. Serve immediately or store in the freezer or refrigerator.

Oatmeal raisin cookies (raw, gluten-free)

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

Makes about 16 cookies

Ingredients

- 1 cup raw cashews
- ¼ cup date paste
- ½ cup raw rolled oats
- ¼ teaspoon dried ginger
- Pinch of sea salt
- Pinch of freshly-ground nutmeg
- ¼ teaspoon vanilla extract
- 1 teaspoon cinnamon
- 2 tablespoons raisins

Method

In a food processor, pulse the cashews into a fine flour. Add the remaining ingredients, except the raisins, and pulse to combine. Once the mixture begins to clump together, mix in the raisins. Roll into one-inch balls and then press flat into cookies. Serve immediately or store in the freezer or refrigerator.

Top Five Takeaways

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

1. Eat plant-based food.
2. Eat whole food.
3. Take vitamin D supplements if your level is low and you can't get enough via the sun.
4. Take vitamin B12 supplements.
5. Favor organic food whenever possible.

Notes

Questions

Write down any questions that you would like to have answered. If your questions could not be answered during the seminar, you can [email your questions to SHARAN](#).

About Dr. Nandita Shah

Dr. Nandita Shah founded the Sanctuary for Health and Reconnection to Animals and Nature (SHARAN) in 2005. She has presented Peas vs. Pills workshops throughout India and around the world, inspiring others to make dietary and lifestyle changes that result in positive health.

She also conducts workshops for Reversing Diabetes and Hypertension and Reversing Heart Disease and Hypertension, as well as corporate workshops, cooking classes, and the SHARAN 21-Day Disease Reversal Retreat.

As a homeopathic doctor, the mind and body connection has always been an integral part of her work. Through her work in health and nutrition, she has seen many people make changes in their lives that have enabled them to reach their highest potential—not just in their physical health, but also in their emotional and spiritual wellbeing.

[Email Dr. Shah.](#)





The Sanctuary for Health and Reconnection to Animals and Nature (SHARAN) is a non-profit organization with the goal of spreading holistic awareness and an ecologically-sustainable, compassionate lifestyle.

<http://sharan-india.org>