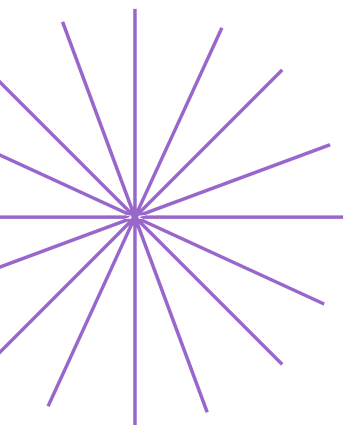


**THE OPTIMAL  
GUIDE  
TO HEALTH  
WITH A  
WHOLE FOOD  
PLANT BASED  
LIFESTYLE**

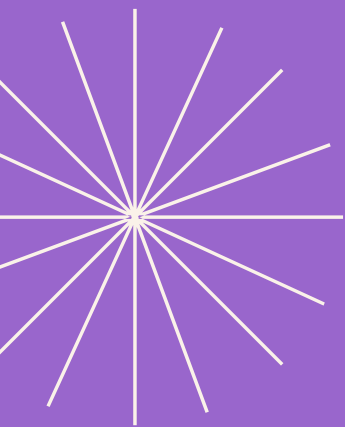


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# ABOUT THE AUTHOR

**Terri Chrisman is a whole Foods Plant Based Nutritionist with a Bachelor of Sport Science and a Master of Nutrition. She is a Member of the Nutrition Society of Australia and the US Academy of Nutrition and Dietetics.**

Terri's family on her father's side suffered with obesity and struggled with their health. Her father died when she was young of a massive heart attack.

Terri vowed to help as many people as possible avoid the pain of lifestyle disease and the heartache of losing a family member.

She lives in the USA with her husband and two Cavalier King Charles Spaniels.



## **Disclaimer**

Whilst backed by science, this book is meant for educational and informational purposes only. The information shared is not intended to diagnose, treat, or cure any disease and should not take the place of personalized professional medical care.

Please consult your primary care physician before making any changes to your diet.

# WHAT IS WHOLE FOOD PLANT BASED?

You may have heard the term 'plant based'. But what does that mean?  
Does it mean Vegetarian?  
Does it mean Vegan?  
Does it mean some of the food is based on plants?  
Or does it mean that all of the food is made of plants?

I'm sure different people have different definitions, but I think of 'plant based' as meaning that all the food is made from plants.

You will find that most people use this definition this way. I feel it makes everything clearer and simplified.

What are some other definitions of eating styles? Let's take a look



DIET NAME	FOOD EATEN
OMNIVORE	Plants, Meat, Dairy, Seafood, Poultry Eggs
PESCATARIAN	Plants, Fish, Seafood
VEGETARIAN	Plants, Eggs, Dairy
VEGAN	Plants (incl. processed food)
WFPB	Plants





## What Foods are Included in a Whole Food Plant Based Lifestyle?

A WFPB lifestyle includes an almost unlimited array of delicious plants.

There are 5 main categories:

Fruits, Vegetables, Legumes, Grains and Nuts/Seeds.

Vegetables can be further broken down into two sub categories: fibrous vegetables and starchy vegetables.

Legumes can also be broken into two sub categories: pulses and beans. There is one legume that has its own subcategory and that is Soy.

This list on the next page is just the tip of the iceberg of the wide variety of plants to choose from. I have left some blank space for you to add your own favorites.

# What Foods are Included in a Whole Food Plant Based Lifestyle?

Here are just a few. Add your own favorites to the list.

FRUIT	GREENS	NON STARCHY VEGETABLES	BEANS	WHOLE GRAINS	NUTS AND SEEDS
Apple	Romaine	Carrot	Adzuki Beans	Bulgur	Almonds
Avocado	Radiccio	Cauliflower	Black Beans	Freekeh	Brazil Nuts
Apricot	Mixed Greens	Brussels Sprouts	Black Eyed Peas	Kamut	Cashew
Banana	Curly Kale	Broccoli	Bortolli Beans	Kaŋiwa	Hazlenuts
Blackberries	Lacinato Kale	Beets	Broad Beans	Farro	Macadamias
Blueberries	Swiss Chard	Bamboo Shoots	Butter Beans	Einkorn**	Peanuts
Cherries	Rainbow Chard	Celery	Caneli Beans	Buckwheat	Pecans
Cantaloupe	Bok Choy	Asparagus	Lima Beans	Barley*	Pine Nuts
Dragonfruit	Spinach	Artichoke	Chick Peas	Millet	Pipitas
Feijoa	Butter Lettuce	Cucumber	Green Peas	Amaranth	Pistachios
Figs	Arugula	Daikon	Fava Beans	Oats**	Sesame Seeds
Gooseberries	Tatsoi	Eggplant	Cow Peas	Quinoa	Walnut
Grapes	Watercress	Fennel	Kidney Beans	Rice	
Guava	Collards	Jicama	Fava Beans	Rye*	
Honeydew	Mustard Greens	Mushrooms	Great Northern	Sorghum	
Melon		Okra	Mung Beans	Spelt**	Chia seeds.
Jack fruit		Parsnip	Navy Beans	Teff	Flax seeds
Kiwifruit		Radish	Pinto Beans	Triticale	Hemp hearts
Kumquat	STARCHY VEGETABLES	Onions		Wheat*	Pine Nuts
Papaya	Pumpkin	Peppers	SOY		Pepitas
Lychee	Corn		Natto	*Contains	Poppy seeds
Mango	Hannah Yams		Edamame	Gluten	Psyllium seeds
Orange	Potato (any variety)		Tofu	**May contain	Pumpkin seeds
Lemon	Butternut Squash		Tempeh	gluten	
Passionfruit	Spaghetti Squash		Soy Beans		Sesame seeds
Mandarin	Celeriac		Soy Curls		Poppy seeds
Nectarine	Japanese Yam				
Peach	Rutabaga		PULSES		
Pear	Sweet Potato		Lentils (all colors)		
Plum	Turnip		Puy Lentils		
Pomegranate			Mung Dahl		
Quince					
Raspberry					
Rhubarb					
Strawberries					
Tomato					
Watermelon					

As you can see, the Whole Foods Plant Based Diet is full of variety. The flavour combinations are endless. But wait. There's more!

# What is the difference between VEGAN and WFPB?

**Just because it's VEGAN, does not mean it is healthy.**

VEGAN describes anything that is free of animal products or has not been produced using any animal products.

For example, Coke®, fries, cakes, Oreos®, Pringles®, donuts, Chik'n Nuggets, gummy worms, non-dairy cheese, Beyond® Burger and many other junk foods can be called 'VEGAN'.

**But are they healthy? No.**

**Will they help you reach your health goals? No.**

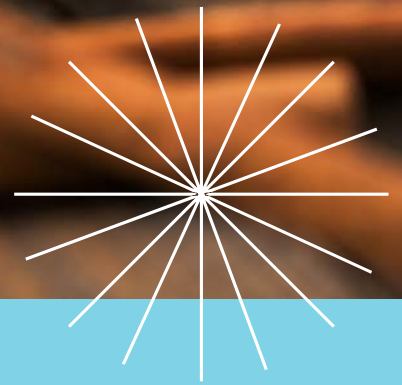


WFPB (Whole Food Plant Based) is a way of eating that rejects processed vegan foods.

WFPB includes all natural foods from the 5 plant categories: Fruits, Vegetables, Legumes, Grains, Nuts & Seeds.

**These foods will help you lose weight and regain your health.**





# SPICE IT UP!

How do you add intense flavours for different cuisines?

With Herbs and Spices.

Generally, any leaf from a plant can be considered a herb and any other form of the plant, often dried, can be considered a spice.

Spices can be buds (cloves), bark (cinnamon), roots (ginger), berries (peppercorns), aromatic seeds (cumin) and stigma of the flower (saffron).

For example, if you want a Mexican flavour, you might use chilli, cumin, lime and coriander (cilantro). If you wanted to infuse Indian flavours to your meals you might choose Cardamon, Clove, Black Pepper and Turmeric.



A close-up photograph of a black and white cow with horns, eating grass in a field. The cow's face is the central focus, with its nose and mouth visible as it chews. The background shows a green field and a cloudy sky. Another cow is visible in the distance.

# WHY NO MEAT?

The science on the dangers of animal products to the human body is undeniable and I'll just touch on a few reasons why.

Animal products contain cholesterol – plants do not. If you suffer from high cholesterol, eliminating animal products can lower your total cholesterol.

Animal products contain saturated fat – this can circulate in your blood stream and get stuck inside your blood vessels and can lead to all those nasty diseases I mentioned before, including the heart attack that killed my dad – and kills about 686,000 Americans – that's one in 4 deaths from ALL causes – every year. (1)

The World Health Organisation, which is the most respected non-government body that monitors population health, has a position statement that says processed meat – such as bacon, sausage, hotdogs and deli meats – is a Class 1 Carcinogen, just like cigarettes!

Would you give your kid a Marlboro? I hope not. (2.)

1. CDC <https://www.cdc.gov/heartdisease/facts.htm>

2. WHO [https://www.iarc.who.int/wp-content/uploads/2018/07/pr240\\_E.pdf](https://www.iarc.who.int/wp-content/uploads/2018/07/pr240_E.pdf)



# WHY NO DAIRY?

**Dairy foods too are a major source of saturated fat, contributing to heart disease, type 2 diabetes and Alzheimer's.**

Not only that, studies have linked dairy foods such as milk, cheese, yogurt and ice-cream, to increased risk of breast cancer, ovarian cancer and prostate cancer (3.)

Not only that, dairy comes from cows. Their milk contains pesticides from the feed they eat, bovine growth hormones, antibiotics and pus.

*Eeeewww!*

Cows get mastitis, so pus from their teats goes into the milk.



Did you know the FDA has a limit on how much cow teat pus is allowed in milk?

It's 750 million pus cells per liter in case you were wondering.

Dairy foods contain toxins that can harm the immune, reproductive and nervous systems. . .

And the worst type of dairy is cheese – because with cheese, all the water is removed, and the toxins and contaminants are concentrated.

3. PCRM <https://www.pcrm.org/good-nutrition/nutrition-information/health-concerns-about-dairy>





# To Oil or NOT to Oil?

*that is the question....*

Many people who choose to eat a WFPB diet do so without OIL.

Oil is a highly processed food that has more calories than any other food – because it is pure fat and nothing else.

It is very easy to put on weight when oil is in your diet.

Just 2 tablespoons of oil has 270 calories!

For 270 calories you can have an enormous salad, a bowl of oatmeal or a baked potato.

What would you rather eat? 2 tablespoons or a whole stomachful?

It's also very easy to cook without oil using water or veggie broth or non stick pans.

Some oils are pro inflammatory, and inflammation is at the root of all disease.

Diseases of chronic inflammation including stroke, chronic respiratory diseases, heart disorders, cancer, obesity, and diabetes account for 3 out of every 5 deaths worldwide (4).

4. NCBI <https://www.ncbi.nlm.nih.gov/books/NBK493173/>



# WHAT ABOUT SUGAR?

Sugar is found in many processed foods that are no good for your health. You don't need to be a nutritionist to understand the dangers of sugar.

Adults in the USA on average take in an average of 24 teaspoons or 324 calories of unnecessary added sugars per day.

Excess sugar contributes to heart disease, liver disease, obesity and diabetes (5).

A regular 20oz bottle of Fanta has 72gm of added sugar.

That is 270 calories – ALL of them from sugar.

That drink is LITERALLY 100% sugar and some fizzy water.

If you are a one-soda-a-day drinker and you swapped out your Fanta for club soda or water, you would save 98,384 calories per year!

Each pound of fat has 3500 calories, so just by giving up soda, you could lose 28 pounds!

# EAT LESS SALT

**High salt intake affects the body in many ways.**

**It raises your blood pressure which can damage your arteries and put you at risk of heart attack.**

**It stiffens your blood vessels leading to a greater propensity for blood clots that can lead to stroke.**

**High blood pressure is also a risk factor for sexual dysfunction and vision loss.**

If that's not enough, high salt intake can lead to kidney dysfunction, inflammation, reduction in bone density, and impaired blood flow to the brain(6). Salt is found in most processed foods in amounts too high for the human body to function optimally.



Instead of putting salt IN your cooking, cook without salt and add salt on top if you need it AFTER cooking.

That way, your tastebuds will taste the salt.

Or try some salt free alternatives such as Well Your World seasonings.

You can purchase these through my website [www.fabuloushealth.net](http://www.fabuloushealth.net)

6. PMC <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7309298/>





# DRINKLESS ALCOHOL

Alcohol is a not food, it's a toxin.

It has a lot of calories and no nutritional value.

In fact, the human body will burn alcohol for energy preferentially over food.

What this means is, if you have a couple of drinks with your pizza, your body will burn off the alcohol for energy and store the pizza calories – on your butt, on your stomach, on your thighs – wherever it wants.

Added to this, alcohol is metabolized through the liver and too much alcohol can cause liver disease, not to mention its psychoactive ability to impair brain function (7).

7. NUTRITION REVIEWS <https://academic.oup.com/nutritionreviews/article/55/5/157/1813978>



# THE BENEFITS OF A WHOLE FOOD PLANT BASED LIFESTYLE

Eating a whole foods plant based diet has amazing benefits to your health.

If you go easy on the nuts and avocado, you will naturally be eating less calories as whole plant foods are naturally low calorie.

**So you can eat more and weigh less!**

Fresh fruits and vegetables are packed with vitamins, minerals and fibre, all working synergistically to improve your health.

Fruits and veggies are also packed with phytonutrients called antioxidants.

Antioxidants help repair DNA, slow down the aging process and are anti cancer.

Each color of fruits and vegetables has its own phytonutrient antioxidant power so it's important to 'eat the rainbow' to get all the health benefits.

Whole Grains and beans are filled with protein and fibre to keep you fuller longer. Some grains, like Oatmeal even help lower cholesterol.

Fibre is a wonderful nutrient that can balance blood sugar, lower cholesterol, improve gut health and stimulate the satiety hormones so we know when we are full.

Enzymes in the gut ferment the fibre so it can be used to produce Short Chain Fatty Acids (SCFA). SCFA are also powerhouses of health: they make the gut inhospitable to bad bacteria, they suppress inflammatory microbes and they promote healthy colon cell synthesis (8).

8. WILL BULSIEWICZ, MD, Fiber Fueled The Plant Based Gut Health Program for Losing Weight, Restoring Your Health and Optimising your Microbiome. ISBN 9780593084564



# WHERE'S THE PROTEIN?

It's everywhere!

Plant foods are chock full of protein. In fact, broccoli has just as much protein per calorie as 80% lean beef!

Some plant foods are higher protein than others, but if you eat a wide variety of foods, you will easily meet your body's protein requirements.

Some high protein foods to eat regularly include beans and legumes, tofu, whole grains like quinoa and oatmeal, potatoes and of course – broccoli!



## *Avoid the FAKES*

Many food companies now make plant based versions of some classic foods such as burgers, pizza, ice-cream, cheese and nuggets.

Some people may try these 'fake' foods to help in the transition to a whole foods plant based diet, but whilst they contain no animal products, they are still highly processed foods and many of them are not healthy.

If you want a pizza, top a whole wheat pizza base with marinara sauce and your favorite vegetables. **Delicious!**

If you want a burger, whizz up some black beans, rice and spices in the processor and bake. **Fabulous!**





# GETTING STARTED

The easiest way to get started on your plant based journey is to eat your favorite foods – but plantify them!

Do you like chilli? Bolognese sauce? Great! Just make it without the oil and swap out the meat for lentils.

Take your favorite recipes and work out ways to make them plant based. If you are stuck, try the internet.

Just google your favorite recipe and add the words ‘plant based’ or ‘vegan’ and see what pops up.

In a pinch just throw some things into a bowl. Start with greens, a starch (like potatoes or brown rice), some beans and whatever veggies you have on hand. Top with your favorite oil free dressing, hummus or tahini.

*Yummy!*



# START LIVING NOW!



Don't waste another moment.

Make your next meal plant-based and start living a life of health and vitality today.



# TAKE YOUR HEALTH TO THE NEXT LEVEL

I hope this little book has helped you understand what a Whole Food Plant Based lifestyle is all about, and that you are keen to start improving your health immediately.

For more information please head to [www.fabuloushealth.net](http://www.fabuloushealth.net) for FABULOUS resources such as recipes, blogs and the Fabulous Health Show Podcast.

Take your health to the next level by joining my [Quick Road To Fabulous Weight Loss](#) online course.

Join my [Facebook Group](#), where you will find a vibrant supportive community of likeminded people all improving their health - one meal at a time.



*Hit me up!*

[www.fabuloushealth.net](http://www.fabuloushealth.net)

[terri@fabuloushealth.net](mailto:terri@fabuloushealth.net)

FB: [facebook.com/groups/536217277053972](https://facebook.com/groups/536217277053972)

IG: [fabuloushealthtlc](https://instagram.com/fabuloushealthtlc)

Linked In: [linkedin.com/in/fabuloushealth/](https://linkedin.com/in/fabuloushealth/)

# EASY MARINARA SAUCE

This sauce can be used for spaghetti, on top of potatoes, or as a base for chili, curries or soups.

## Ingredients

1/2 onion finely chopped  
2-3 cloves of garlic, minced  
1/2 cup veggie stock  
2 tsp Italian herbs to taste  
1 Can salt free chopped tomatoes  
1 Can salt free Passata (tomato sauce).

## Directions

- 1 Add onions and garlic to a pan and dry fry to release moisture. As they brown, add a little stock to deglaze the pan. Cook until lightly browned and softened.
- 2 Add all other ingredients and simmer for 10 minutes. For a richer sauce, allow to simmer for up to an hour.
- 3 Serve over whole wheat pasta, lentil pasta or zucchini zoodles

## Variations

**TRUFFLE:** Button Mushrooms and minced Truffles

**PUTTANESCA:** Capers, Red Bell Peppers and Chilli Flakes

**ARRABIATA:** Chilli Flakes and Black Pepper



# THE BEST EVER COOKIES

YES! You can eat  
COOKIES!

## Ingredients

3 Ripe Bananas  
1/3 Cup Organic Apple Sauce  
2+ Cups Wholegrain Organic Oats  
1 Tsp Vanilla Extract  
1/2 tsp Cinnamon  
1/4 Cup Dried Unsweetened Cranberries

## Directions

- 1 Mash the Bananas with the Apple Sauce
- 2 Stir in Oats, Vanilla and Cinnamon. Add more Oats if the mixture is too sticky.
- 3 Optional: Add Cranberries or other dried fruit of choice
- 4 Use a Tbs Cookie scoop and place on a Silpat mat or cookie sheet lined with baking paper.
- 5 Squish each cookie with a fork. They will not spread.
- 6 Bake at 375°F (190°C) for 13 minutes.

## Variations

Add 1/4 cup of chopped almonds.  
Make a thumbprint with a spoon and fill with 1/2tsp of sugar free jam.



# ALWAYS READY OVERNIGHT OATS

You will always have time for breakfast with a stash of these yummy jars in the fridge.

## Base Ingredients

1/2 Cup Organic Whole Grain Oats  
1/2 Cup Water  
1 tsp Chia Seeds or ground Flaxseeds  
1/2 cup Plant Milk

## Directions

- 1 In a Mason Jar, add Oats, seeds, cinnamon and water.
- 2 Choose your variation and add to jar.
- 3 Stir and leave in fridge overnight

## Variations:

**APPLE PIE:** 1/2 grated Apple, 2Tbs Unsweetened Apple Sauce

**CARROT CAKE:** 1/2 small grated Carrot, sprinkle of Raisins.

### CHUNKY MONKEY:

1/2 Mashed Banana, 2 tsp Peanut Powder, 1 tsp Vegan Chocolate Chips

**PUMPKIN PIE:** 2 Tbs Mashed Pumpkin, 2Tbs Unsweetened Apple Sauce

### BLUEBERRY VANILLA:

Handful Blueberries, 1Tsp Slivered Almonds, 1/2 tsp Vanilla.





Fabulous Health  
469-818-1862

[www.fabuloushealth.net](http://www.fabuloushealth.net)  
[terri@fabuloushealth.net](mailto:terri@fabuloushealth.net)  
[@fabuloushealthtc](https://www.instagram.com/fabuloushealthtc)