

*Nurse Kristin's*  
**Plant Based Recipe Guide**

*A Quick Start Guide to Help You Transform Your  
Health Through a Plant-Based Diet*

# WELCOME



Hi, Nurse Kristin Here!

I just want to take a moment to thank you for giving the recipes that I've put together for you a try.

It can be so confusing and difficult to sift through all the articles floating around on the internet about the best types of foods to eat to achieve optimal health, maintain an ideal weight, and to manage and reverse chronic disease.

As a Registered Nurse Coach, I've put in countless hours of studying a mountain of scientific peer reviewed journals to remove the guesswork for you.

# Who These Recipes Are For

I realize how frustrating reading about all these fad diets and weight loss meal plans can be.

With all the quick solutions floating around on the internet, it's hard to really know what will work and what won't.

If you're looking for a quick fix solution to achieving optimal health, getting to your ideal weight, and managing your chronic disease, I can't help you.

I promote a lifestyle change that will give you sustainable results over the long term.

That means, you will not be consuming any fancy shakes, teas, pills, herbs, or following a carbohydrate and calorie restricted meal plan.



# Where Did These Recipes Come From

I didn't just randomly come up with meals that sounded healthy and look good.

I've done a lot of research, read books, articles, and done interviews with doctors who specialize in helping people achieve optimal health and reverse chronic disease.

These recipes are backed by science and are based off of the foods that doctors such as Dr. John McDougall, Dr. Michael Greger, and Dr. Neal Barnard discuss in their books and on their websites.



# What To Expect



The recipes you are about to create and eat are practical. Whether you're a college student, parent, or have a busy work life, these are recipes that you'll have time to make and will want to recreate.

Counting calories and counting carbs is not sustainable and is hard to stick with.

The following recipes are 100% plant based.

That means no meat, eggs, dairy, cheese, milk, chicken, fish, yogurt, cottage cheese, sour cream...

# Why Only Plants?

Plants are not the enemy. Carbohydrates are not the enemy. Animal Products are the enemy.

When you consume a diet that contains animal fat and animal protein, that fat gets into your bloodstream and creates inflammation, overtime it clogs your arteries, it creates a coating over your cells that prevent insulin from getting glucose into your cells, it has hormones and IGF-1 that promote cancer, and so much more.

By eating foods that contain no animal products, have high nutritional value, and are naturally lower in caloric density, we can eat more of the foods that our body needs without having to worry about sugar, carbs, or calories.

# So What Am I Going to Eat?

Great Question! You are going to eating a wide variety of foods. You'll be eating potatoes, quinoa, vegetables, fruits, beans, nuts, and seeds. You'll be consuming a wide variety of vitamins, minerals, and phytonutrients that will leave you feeling healthy, satisfied, full, and restored.



# A Couple of Rules Before You Begin

This meal plan has a few rules for optimal health, fat loss, inflammation reduction, and to reclaim your health with the most nutritious meals possible.

- No processed foods
- No meat/dairy or ANY animal products
- No oils
- Drink plenty of water
- Eat/drink something raw everyday

# 10 Healthy Recipes For Optimal Health

# Plan Ahead

At the start of each week, I do a little cooking and preparing to make the rest of the week simple.

I recommend baking a couple of sweet potatoes to have on hand. I use the sweet potatoes in salads and I pour leftover soup on them. Some days, I even have a sweet potato as a snack.

I also make a couple cups of quinoa at the start of the week to use in salads as well.

And finally, I make a two salad dressings and I'm set and ready to go.

# Salad Dressings

## Sweet Mustard Dressing

4 tbsp almond butter  
4 dates soaked for an hour  
2 tbsp dijon mustard (salt free and oil free)  
1 tsp garlic powder  
 $\frac{3}{4}$  cup of water.

Blend all ingredients in a high powered blender until smooth.

## Caesar Dressing

$\frac{1}{2}$  cup pine nuts (can sub with cashews)  
 $\frac{1}{4}$  cup and 3 tbsp water  
2 tbsp lemon juice  
 $\frac{1}{2}$  tsp agave or other sweetener  
3 tbsp nutritional yeast  
2 cloves of garlic  
 $\frac{1}{2}$  tsp dried parsley  
 $\frac{1}{2}$  tsp pepper  
 $\frac{1}{2}$  tsp salt  
1 tbsp capers (optional)

Blend all ingredients in a high powered blender until smooth.

# Breakfast

One of my absolute favorite ways to start the day is with a green smoothie. I highly recommend you do the same.

## Basic Smoothie:

4 cups of greens (spinach, kale, romaine, chard...) Push the greens down to make room for the rest of your ingredients

1 banana

1 cup of berries

2 tsp flax seeds or chia seeds

Optional to add nut or hemp milk  $\frac{1}{2}$  the way up to the top of food. Add filtered water the rest of the way, making sure it is  $\frac{3}{4}$  the way to the top. Add 2 tsp flax seeds and spirulina if you have it. Add 5-6 ice cubes. Blend until smooth and fully liquid.



### **Overnight Chia Oatmeal Pudding:**

2 Tbsp chia seeds

1/3 cup oats

1/3 cup of nut milk

1/3 cup

1 tsp maple syrup

1 tbsp cacao powder

1/2 tsp vanilla extract

Combine all ingredients. Stir and let sit for 20 minutes. Stir again. Refrigerate overnight. Top with berries in the morning.

### **Muesli & Fruit**

1 cup muesli

1 cup water

Sprinkle of cinnamon

1 cups of fruit (banana, pear, apple, berries).

2 Tbsp coconut flakes

Put muesli and water into a pot. Bring to a boil and then stir occasionally until muesli is soft (about 5 minutes). Combine muesli and fruit in a bowl and top with cinnamon and coconut flakes.



# Lunch

## Quinoa and Veggie Salad

- 2 cups cooked quinoa
- 1 cup garbanzo beans
- 1 small cucumber chopped
- 1 red bell pepper chopped
- 1 Tomato chopped
- ¼ cup cilantro minced
- Fresh lemon juice
- 1-2 tbsp sweet mustard dressing or Caesar dressing

Mix quinoa, garbanzo beans, cucumber, bell pepper, and cilantro in a bowl. This is more than one serving and can be made ahead. When ready to eat you could serve it on a bed of greens. Top with 1-2 tbsp of sweet mustard dressing and drizzle with fresh lemon juice.



# More Lunches...

## Sweet Potato Salad:

3 cups of greens  
1 sweet potato  
1 tomato chopped  
½ cucumber chopped  
2 tbsp sweet mustard dressing or Caesar dressing

## Veggie Sandwich:

Cucumber slices  
Tomato Slices  
Sprouts  
Lettuce  
Avocado  
Shredded Carrots  
Bell Pepper Slices  
1-2 tsp dijon mustard or Sweet Mustard Dressing

Use any combination of the above ingredients on 2 slices of Ezekiel sprouted bread.

# Dinner

## Vegetable and Bean Chili:

- 1 can of kidney beans (rinsed well)
- 1 cup of red lentils (if you can't find red, any lentil will do)
- 4 chopped roma tomatoes
- 1 can tomato paste
- 1 medium red onion chopped
- 1 green bell pepper chopped
- 3 stalks of celery chopped
- 2 carrots chopped
- 2 tbsp chili powder
- 1 tbsp cumin
- 1 tsp garlic powder
- 1 tsp oregano
- 1 tsp paprika
- 1-2 teaspoons of vinegar or lime juice to taste
- A pinch or two of red pepper flakes (depends on your preferred spice level)
- 4 cups of water or homemade vegetable broth

Put everything into a large pot and let cook for 3-5 hours. Have leftovers for lunch the next day. You can even put leftover on a sweet potato for a loaded potato for lunch or dinner the next day.



## Cheezy Spaghetti Squash with Broccoli and Garlic:

1 small spaghetti squash cut into slices (ends removed)

A few pinches of pepper

4 cloves garlic minced

1 tsp red pepper flakes

2 cups broccoli florets

½ cup homemade veggie broth or store bought low sodium or sodium free veggie broth

1 can Cannellini Beans mashed

⅓ cup nutritional yeast



Take slices of spaghetti squash and remove inside with seeds. Place slices onto baking sheet with parchment paper. Sprinkle slices with pepper. Bake for 30 minutes at 400 degrees. Take squash out of oven and remove skins. Take slices of squash and peel them apart into a large bowl (the squash will look like spaghetti). Heat large skillet and add 2 tbsp water. Add garlic and red pepper flakes. Saute till fragrant. Add broccoli and ½ cup homemade veggie broth or ½ cup low sodium veggie broth. Stir and add mashed cannellini beans and ⅓ cup nutritional yeast. Stir and add more veggie broth as needed. Add the squash and continue to add more veggie broth as needed and serve.

## **Quinoa, Kale and White Bean Soup:**

- 1 onion diced
- 2 large stalks of celery chopped
- 2 large carrots diced
- 3 cloves of garlic minced
- 1 tsp red pepper flakes
- 1 tsp oregano
- 1 tsp black pepper
- ½ cup dry quinoa
- 2 cans of white beans drained and rinsed
- 1 can diced tomatoes or 3 fresh roma tomatoes chopped
- 8 cups homemade veggie broth or store bought low sodium or sodium free veggie broth
- 1 bundle of kale chopped with stems removed

In a large pot over medium heat, add 2 tbsp veggie broth or water, add onion and saute for 5 minutes or until translucent. Add in the garlic, celery, carrots, herbs and spices and cook another 2-5 minutes. Add in the quinoa, beans, tomatoes, and veggie broth and bring to boil. Once boiling, cover, turn heat to low and simmer for 25 minutes. Add in kale and keep heat on low until kale is wilted.

Leftovers will keep for a couple of days. Have for lunch or another dinner. If there isn't enough left for a serving, pour over a sweet potato.

# BONUS...Desert

Banana Nice Cream: Blend together 1-2 frozen bananas, 3 tbsp water, 1-2 tbsp cacao powder

Optional: add ½ avocado



# Good Luck!

I hope you enjoy these recipes as much as I do.  
Here are a few tips to keep in mind:

Don't eat foods you hate. This will not lead to success. Feel free to swap out ingredients for ones you like, as long as they are whole food plant based items.

Be patient. This is a lifestyle change not a diet.

Reach out to me if you have questions. I'm here to help.



# This Is Just The Beginning

The recipes I've provided in this cheat-sheet are just a few of many recipes to get you started on your plant based journey towards optimal health.

I've interviewed people who have been able to get off of their medications, see a reversal of their symptoms, and live healthier lives in as few as 3 weeks. *I do not recommend reducing or discontinuing any medications without your doctor's consent.*

If you are seeking support and would like to work one-on-one with me during your journey towards health, you can contact me with any questions or set up a free consult to see if my program is a good fit for where you are at.

You have nothing to lose and everything to gain.

# Ways To Get In Touch With Nurse Kristin

If you have further questions and would like more support, here is how you can reach me.

Set-Up a Consult: <http://meetme.so/NurseKristin>

Email: [contact@nursekristin.org](mailto:contact@nursekristin.org)

Facebook: <https://www.facebook.com/nursekristinmaack/>

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