

Second Step in going plant based- find some new recipes to replace old, unhealthy ones

Buy the Happy Herbivore or The Everyday Happy Herbivore or both. My recommendation when you get it/them is to flip through the main meals and pick 3 to try, get all the ingredients for them, try them out, and then find 3 more. Maybe you like all 3, maybe you like 2 of the 3. But the more recipes that you find that you like, it “pushes out” your old way of eating because you have so many great new recipes that you will find you love more than the old ones.

Save the recipes you like-tab the cookbook, download the ones that are on her website or type them into your computer and print for a 3 ring binder, but establish your own kitchen ready, easy to use resource source. Once you establish this pattern of eating favorites and finding new favorites your recipe collection will grow. As it grows discard old non-plant based recipes or try your hand at veganizing them. I established a meal rotation so by week I know what I want to make.

One of the many things I like about Lindsey Nixon’s cookbooks is they are from scratch, so you save so much \$\$\$!!! And you save time, no “oh, I cannot make that, I do not have (whatever)”. They have calorie counts, too!

Once you find things you like, you can make in bulk-like poultry seasoning, taco seasoning, no huevoes rancheros spices-just make a batch 5-10 times the recipe size and store in a jar ready to go. Handy and much less expensive.

Let’s review some new terms:

Taco filling=fake hamburger plus taco powder

Fake hamburger=TVP crumbles or vegan “Gimmie Smart” crumbles in the refrigerated section of the grocery store

Crumbles=Happy Herbivore TVP mixture, a homemade version of what you can buy in the store to use in lieu of hamburger crumbled up. They are really filling, much more so than the store bought kind. 4 times less expensive than hamburger.

TVP-Textured vegetable protein-a trademarked method of drying tofu basically and cutting it up into crumbled cracker like substances. Go here to the bulk foods link to see what a bowl of it dry looks like. You have to reconstitute it to eat it. Even with the shipping this site is the same price as what we can buy it for in the store but it comes here in 5 lb bags. If you can find \$75 worth of stuff from this site the shipping is \$5 for the whole order which will save you a ton of dough.
<http://www.bulkfoods.com/whole-foods.asp?wholesale=4747>

If your grocery store has a bulk section in the health food area, it will be less expensive in bulk. Otherwise it will probably be in a bag of Bob’s Red Mill and will look like this: http://www.bobsredmill.com/tvp-textured-veg_protein.html

Gimmie Lean/Smart-the vegan brand of fake hamburger. The Morningstar fake hamburger **has dairy and milk** in it.

Fake ribs-Morningstar makes a DELIGHTFUL fake rib with wonderful BBQ sauce. It is vegan. Get one box. Price will kill you so only get one box. Keep in in the freezer for ‘emergencies’ after you confirm that you like them.

Morningstar fake chicken-vegan, can be less expensive than Gimmie Lean fake chicken strips. Good for those few favorite chicken recipes you adore, but frankly, really expensive and we like the happy herbivore recipes better.

Mori-nu tofu-tofu that is boxed and sits on a shelf in the grocery store in the health food area, not in the refrigerated area. HH (Happy Herbivore) uses it but will say Mori Nu, otherwise she means regular refrigerated tofu.

Bisquick-it is vegan. Use with applesauce in lieu of eggs and non-dairy milk for easy pancakes, waffles or biscuits

Aunt Jemima whole wheat blend pancake and waffle mix-plant based with fiber (unlike Bisquick)

Vegan-avoids consuming animal based products AND avoids animal based ingredients in all products ranging from cosmetics to clothing. The ‘vegan’ label has given itself some bad publicity for complaining that fellow vegans are not vegan enough, leading many vegans to adopt ‘plant based’ or herbivore as a descriptive term.

Plant-based or **herbivore**-consumes only plant based ingredients. Generally tries to eat low fat, too.

Reading the labels. Companies do not use the ‘vegan’ label because there is a group that has a trademarked symbol and you have to pay to have that little graphic on it. Also 50% of sugar is whitened with the bones of animals. Companies do not want to determine if their sugar is bone free or not so even if dairy and meat free will not say vegan if it contains sugar. If you want to know which sugar companies do not use bones, see <http://www.veganproducts.org/sugar.html#Brands>

So look for 'lactose free' because many more items have that, and THEN look for the other ingredients you are trying to avoid like eggs or animal products like lactic acid. Lactose free does NOT mean milk product free but the chances are higher that it is a good starting point. Parve means dairy free but does NOT mean fish or egg free.