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Dragon Nutrition

RECIPES & INFORMATION



YOUR EASY-PEASY GUIDE
TO TRANSITIONING TO A
WHOLE-FOOD, PLANT-BASED
DIET FOR LIFELONG HEALTH



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Introduction

The Whole Food Plant Based Diet (WFPB) is a healthy way of eating for life that concentrates on vegetables, fruits, whole grains, pulses, beans, nuts and seeds, minimising oil, salt and alcohol. It excludes/ minimises animal produce and processed food. This is not a 'diet' per se, but I have never known anybody to commit to this way of eating without losing weight. It will also make you healthier and feel better.





I've been athletic my whole life. Starting with gymnastics as a child, onto track and field as a teen(high jump and 400-1500m). In my twenties running was replaced by the gym and step aerobics. In my 30s running made a re-appearance, this time increasing distances all the way to half marathons, as did dragon boating, boxing and more gym. When I arrived in HK I discovered the joys of trail running. In my 40s I retrained as a personal trainer, taking my love for training friends into a business, shortly after qualifying as a holistic nutritionist.

My interest in food was there early on - I took a Home Economics A level (along with English and Biology)and was cooking decent cakes at the tender age of ten.

However eating fruit and veggies regularly didn't appear until later on. My mum would often keep me at the dinner table until I'd eaten a spoonful of cabbage! I stubborn and I was there a long time! I would only willingly eat raw carrots, oranges and apples as a child, however in my 20s when I lived with my first husband, I started hosting dinner parties and my repertoire developed. By my 30s I was interested in making recipes healthier and using whole ingredients.

I ate animal products up until June 2017, when I finally decided to experiment with taking them out. I had been

My Story

diagnosed with Hashimoto's Thyroiditis in March 2017 and I wanted to cure myself. The documentaries I was watching, the studies I was undertaking all pinpointed in the same direction; animal products cause inflammation, acidity and ultimately disease.

"I wanted to follow a diet that was anti inflammatory, made me feel great, gave me the nutrition I needed and would also fuel my training."

I lost 3 kg in the first month, becoming leaner than I had in a long while, all effortlessly while enjoying the food and never going hungry... I felt great and didn't miss anything.

This flew in the face of the advice I'd been receiving from other trainers, the powers that be and 'common science'. But slowly I found other sources out there; athletes and trainers who were plant based, looked great and performed amazingly. I also armed myself with a lot of scientific knowledge which proved to me I was on the right path.

At the time of writing I'm two years shy of fifty and I'm in the shape of my life, better than in my 20s, greatly assisted by my plant based diet, along with running, dog walking (we have five!) and functional strength training. My numbers for my Hashimotos have been reducing steadily and I want to get the condition into remission within the next two years.

This book is all about transitioning to a more plant-based way of eating; be it 100% or 25%. Adding more plant foods into your diet will only do your health and your waistline good.

Why Are Plants Good For Us?




Research says it's the healthiest way of eating and the most biologically appropriate diet for us. It's also the best diet to prevent and reverse chronic health conditions.

In many countries where the population's diet largely consists of natural plant based foods without the influence of a Standard Western diet, cardiovascular disease is non-existent and cancer levels and diabetes are low.

Compare native Africans (plant based diet) to African Americans who exist on a diet of high meat, high fat, lots of processed food and the story is entirely different.

Meat and animal products cause inflammation and acidify the body; these factors are precursors for many diseases. Animal produce usually comes with a hefty side serving of antibiotics and hormones that the animal has been injected with to keep it 'healthy' in its (usually) cramped and inhumane living conditions, which have a toxic effect on the body. Saturated fat and cholesterol is another side of the coin; chicken and fish have just as much cholesterol as beef.

Additionally, many of us are micro-nutrient deficient, therefore eating nutrient rich foods every day ensures that the thousands of complicated chemical processes and messaging that occurs within the body are conducted optimally, maintaining health and preventing disease.



There are few nutrients available in animal products that we cannot get from plant based foods.

I've been told for many years by other trainers and nutritionists that I should eat lots of meat and keep my carbs low in order to fuel my workouts and get lean. The trouble is that I never really liked eating that much meat, plus who can afford organic for the 3 x daily portions of meat or fish. It's also a lot easier than I thought. Yes I have to have a bunch of different ingredients in order to prepare meals and I often make things from scratch, but the food is delicious and satisfying plus you can eat a lot of it!

The truth is, I'm leaner than ever while still maintaining and adding muscle to my frame.

I also recover quicker from training sessions as my diet is less inflammatory.

If you would like to have optimal health for life, give it a try!

If you would like to lose weight sustainably, with no future yo-yoing give it a try! If you just don't want to eat animal products anymore for ethical reasons but you don't know how to make the switch, just read on!

"If you have any niggling or serious health conditions that you would like to control or reverse, I suggest giving it a try, even for just one month."

Factory farms cram animals into sheds and indoor spaces, often within metal crates where they have very limited room to move around and are unlikely to feel the sun or breathe fresh air. They are pumped full of antibiotics and hormones in order for them to grow quickly (so that they can be slaughtered quicker and therefore earn money for the farmer) often unnaturally so, and to keep them from getting sick, however approximately 9% never make it because they die from illness, injury or stress.

Environmental *Impact*

The environmental impact of animal agriculture is huge:

Plants are fed to animals which uses more power and water to rear them

The animals' excrement pollutes seas and rivers

Deforestation happens to flatten land in order to raise cattle or grow crops to feed farm animals

It's so much more economical to just eat the plants, rather than feed them to the animals. This way we would have enough food to feed the whole world.



Fast Facts: Ethics

Factory farmed animals are subject to cruelty; frequently being kicked and beaten as a matter of course. Chickens' beaks are cut off with a hot blade so they don't peck each other, pigs' tails and testicles are cut off at an early age with no anesthetic, dairy cows are raped to become pregnant over and over again to ensure a steady supply of milk. Young are taken from their mothers at birth causing distress to both parties. Male chicks in the egg industry are ground up alive as they are surplus to requirement. Egg producing chickens frequently have broken bones and wings; producing such a huge unnatural number of eggs puts a huge stress on their bodies, stripping it of calcium.

"All animals experience joy and fear, have families, communities and communicate."

When they are sent to slaughter they frequently travel long distances, crowded onto trucks, with no respite from the weather, usually with no food or water. Animals often die in transit.

Animals are frequently ill treated at the slaughterhouse; stun bolts frequently do not work and animals' throats are slit while they are completely conscious. They are then plunged into scalding hot water for de-feathering or hair removal and skinned or hacked apart.

Humane slaughter is a fairy tale. You cannot humanely slaughter an animal that does not want to die and all these animals want to live.

Rearing and slaughtering animals for food is a way that man shows its dominance over the animal kingdom, but doesn't this make us less human, less humane? Man's appetite for meat has gone insane. There is no biological need for us to consume meat in the quantities that we do. The farming industry is a government subsidised machine that is keeping us sick, is killing the planet, while it is killing animals in its billions.

Fast Facts: Environment

150 million (6 million every hour) land animals are killed for food every day. Including fish, the figure is closer to a total of 3 billion animals killed every day. Animal agriculture is a leading cause of species extinction, ocean dead zones, water pollution and habitat destruction. Below are some fast facts on this subject.

Water

In California:
residential water use accounts for 4% of the state's water, agriculture is responsible for 80%

It takes 4000 gallons of water to produce 1lb almonds

It takes 2464 gallons of water to produce 1lb beef

California uses a trillion gallons of water for the beef industry alone (excluding water use for dairy, eggs, other meats)

This is just one state, what about the rest of the world. Is it any wonder that California has wildfires and droughts?

It takes 683 gallons of water to produce 1 gallon of milk

2400 gallons to produce one pound of beef

244 gallons to produce one pound of tofu

The meat and dairy industry uses one third of earth's fresh water.

*"Eliminating animal products from your diet can save approximately
219,000 gallons of water per year."*

The Ocean

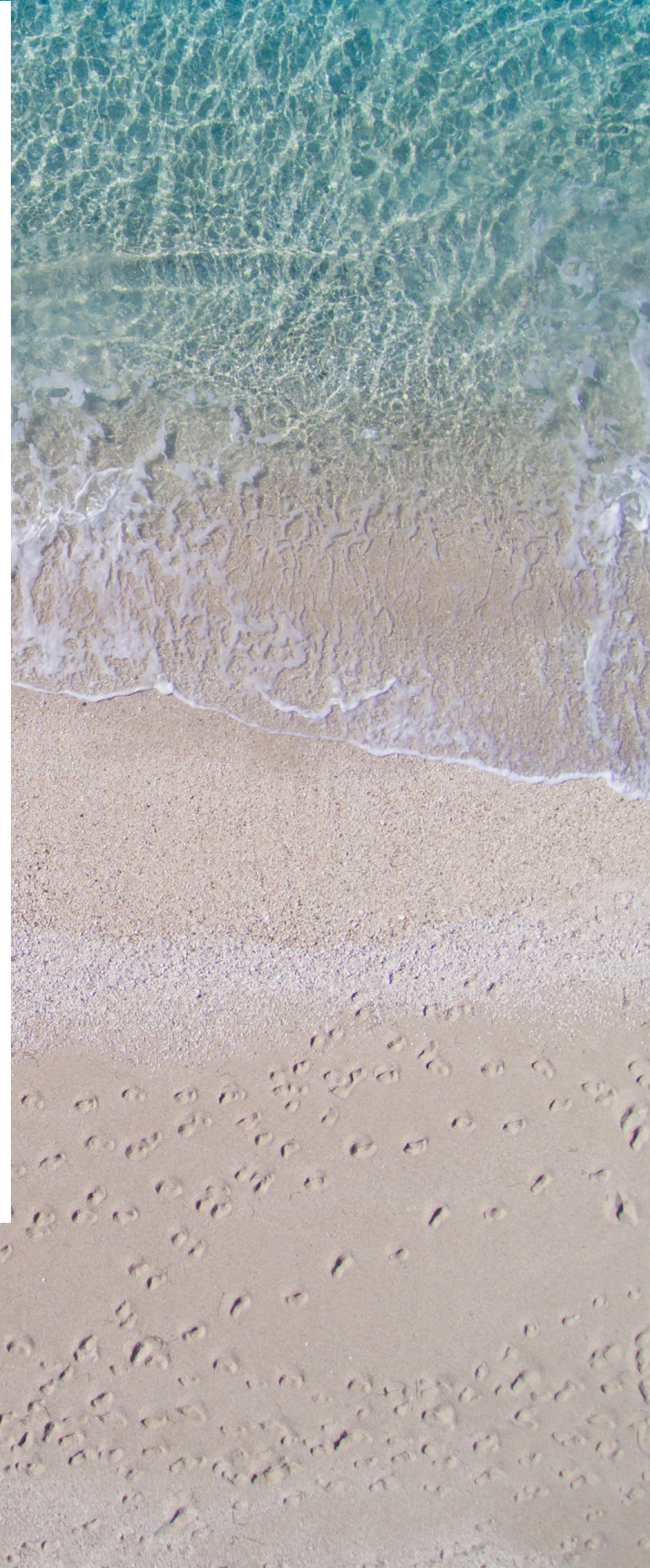
Thousands of dolphins, turtles, sharks are caught accidentally in nets and are killed in the process of fishing for the billions of fish killed every day (for every pound of fish caught, 5 pounds of unintended marine species are caught and discarded as a by product).

It takes 3 pounds of fish meal to make one pound of salmon (as salmon are carnivorous)

Over 70% of the world's fish species are either fully exploited or depleted.

Coastal fish farms release faeces, antibiotics, parasites and non native fish into the sensitive marine ecosystems. Continued marine biodiversity loss is increasingly impairing the ocean's capacity to provide food, maintain water quality, recover from disturbances and regulate the climate.

At the rate we are fishing our seas will be fishes by 2048. Seas need to be conserved with the demand for fish decreased and government's preventing fishing in large areas in order for the oceans to recover.



Land Use & Soil

There are 70% less nutrients in the soil than in the 1950s because of land over use, use of antibiotics and pesticides etc. Over 90% of all Amazon rainforest cleared since 1970 has been used for grazing livestock or growing crops such as soybeans for animal feed. Every second 1-2 acres of rainforest are cleared for this purpose.

137 plant animal and insect species are lost everyday because of the destruction of these biodiverse regions of the planet.

Run off from farms and livestock grazing is one of the leading causes of pollution in our rivers and lakes. Bacteria and viruses are often found in this run off, contaminating the groundwater.

Animals raised for food in factory farms produce 500 million tonnes of manure in the US every year. These farms often spray liquid manure into the air which can cause inflammatory, immune, irritation and other neurochemical problems in humans. Otherwise it's held in lagoons. The antibiotics and hormone sit contains kill the microbiome in the soil, so that the nutrients in food is reduced.

Live stock covers 45% of Earth's land. One third of land is now desertified due to livestock creating loss of soil, nutrients and carbon.



Greenhouse Gases

Animal agriculture is responsible for 18% of greenhouse gas emissions, more than the entire transportation sector. Considering livestock and its byproducts, it accounts for 51% of global greenhouse gas emissions. 65% of nitrous oxide emissions are a result of livestock (nitrous oxide is greenhouse gas which is more destructive than CO₂ by 296 x).



Global Hunger

More than 850 million people go hungry every day. The agriculture industry funnels the majority of grain grown into farmed animals

One acre of land can be used to rear 250 lb beef, or 50,000 lbs of tomatoes or 53,000 lbs of potatoes. As you can see rearing beef is a highly inefficient use of the world's limited resources. We could feed an extra 1.4 billion people simply by everybody in the US giving up eating beef, pork and poultry.

It takes 20 times less land to feed someone on a plant based diet than a meat eater.

Fast Facts: Health

Most people eat too much meat, processed foods, simple carbohydrates, sugar and alcohol and not enough fruit, vegetables, whole grains, starchy carbs and beans.

These foods cause inflammation in the gut and elsewhere in the body, often bringing in a healthy dose of antibiotics, hormones and pesticides to boot, as well as trans fatty acids, saturated fats and cholesterol, with very little nutritional value. People who eat too many of these foods often suffer from (amongst others):

hypertension

obesity

diabetes and insulin resistance

metabolic syndrome (a gorgeous concoction of high insulin, high cholesterol and high blood pressure)

cancer

skin issues

gut issues

“Because fruit veggies, wholegrain, beans etc are calorie dilute and nutrient dense, you can eat a large quantity of them, giving your body what it needs, while reducing your energy intake.”

Pros

You don't feel hungry

You eat less antibiotics, hormones, saturated fat and cholesterol

You create less inflammation in your body, therefore reversing chronic health conditions and preventing future illnesses

You lose subcutaneous and visceral fat, your blood vessels become cleaner; less caked in plaque, your cells become more insulin sensitive.



Fast Facts: Health

Alkaline vs Acid

Your body needs a slightly alkaline pH to function optimally and your diet should be made up of 80% alkaline forming and 20% acid forming foods for ongoing long term health.

The pH balance in our food, and later in our bodies, comes from the nutrient in our foods, primarily the mineral and vitamin

content, as well as the chemical reactions in our bodies that are carried out by the digestive process.

Stress, overwork, lack of sleep and strong emotions such as anger, are acidifying, while time in nature, laughter, affection, and a sense of self worth are alkalinizing.

To support our health through times of stress and 'normal life' it's important to ensure that most of our food is alkalinising.

What Is Alkaline Food?

Plant food is alkalinising, processed food and animal products are acid forming. There are degrees of course but essentially, this is what you need to remember.

Disease and dis-ease thrives in a an acid environment, optimal health thrives in an alkaline environment.

The Balance

This ability to neutralize acids is how the body defends itself from excess acid intake. If you consume a large meal, filled with acid foods, or go through a period of anger and intense negative emotion, you will have a surge of acids in the body.

The eliminative channels can only deal with so much, and then there reaches a point at which the excess acids begin to have an impact on acid levels in the blood.

At the first sign of this the body immediately releases alkaline minerals, stored in bones, organs and tissues, in order to quickly ensure that the blood remains at its correct neutral pH. If this happens every once in a while, your body can cope with this. If this happens regularly, your body becomes robbed of alkaline minerals, the acid/alkaline balance in body tissues and organs is lost, and thus begins the progress towards chronic disease.

Our modern lifestyle and diet encourage mineral depletion, therefore eating a diet rich in alkalinity and minerals is crucial.

Water

Make sure you drink lots of filtered water, that's 2-2.5 litres per day and more if you are exercising or in a hot climate. Be aware that caffeinated drinks dehydrate you like coffee black tea, sodas etc. An extra glass of water is required for each of these drinks.

How To Use This Book?



This book is an easy guide to transitioning to a healthier diet and way of life. I've included the recipes that I have on hand rotation and are proven crowd pleasers.

What Can I Expect?

If you eat more plant based foods and less animal products, you will feel healthier and have more energy. You are likely to lose any excess body fat steadily. You should not feel hungry as most of the food you are eating will be bulky and full of fibre, while having a low caloric value. As you will be feeding the good bacteria in your gut, your bowel movements

may be better and more frequent. Most people really enjoy the food, however if you really have to eat certain animal based foods, eat them occasionally. Treat them like alcohol; they are nice to have sometimes, but they will not bring any nutritional value to your body and are likely to have a toxic effect on your body. Also be aware of the industry you are funding by doing so and the environmental ramifications.

On the following pages you will find 2 weeks' worth of meals, recipes, pantry ingredients and FAQs. Everything to get you started! If you still have questions, please email me at ally@dragonfitnessandcoaching.com. If you struggle to get started or keep to this lifestyle, I can help you with individual coaching, wherever you are in the world!

What is The Whole Food Plant Based Diet?

FAQs



What Can I Eat?

First of all I'm going to say 'can' in speech marks. This is your body, your life and your way of eating. The more strict you are the better your health will be, but I'm mindful that life isn't perfect and you might not want to be either. If you have conditions that you are battling, then the stricter you are, the better your health will be.

Ideally your diet should consist of:

Vegetables; raw, steamed, stir fried, roasted, eat as many different varieties as you can possibly muster. Includes green leafies, your starchy tubers, like pumpkin, eggplant and beetroot and everything in between

Fruit; try new varieties, revisit old ones

Whole grains- typically quinoa (actually a seed), oats, bulgar wheat, millet, barley, buckwheat, brown rice (if you are gluten intolerant choose GF versions or avoid). Some people love grains, some people not so much. Eat them if they feel right, don't if they don't!

Legumes/ pulses- chickpeas, black beans, black eyes beans, cannellini beans, kidney beans, adzuki beans, lentils, peas, soy beans, peanuts etc

Nuts and seeds- almonds, cashews, brazils, hazelnuts, macadamias, flaxseeds, sesame seeds, sunflower seeds, pumpkin seeds

Fermented foods are great for your gut health (see p. xx)

You can also eat derivatives of the above like soy and tempeh, however be aware of GMO versions and how processed they are. Try to get organic, non GMO as often as possible.

What Can't I Eat?

I'm not going to say you can't, but the foods below aren't going to improve your health. But you might just like eating them which is also good, if it makes you happy. Just don't go overboard and eat the best that you can afford.

meat

fish

dairy inc cheese, ice cream, cream

eggs

processed food- any food stuff with more than one ingredient and made in a factory

alcohol

Minimise or exclude oils in cooking as these tend to be processed. Fat can (and should) be obtained from avocados, olives, nuts and seeds.

Isn't This Just Vegan?

It's similar because it excludes animal produce, however will often eat processed food that doesn't contain animal products and mock or plant based meats. Vegans usually avoid honey and they will not wear leather, or have any products in their house that originated from animals.

FAQs cont.

I have a leather jacket, a suede jackets and wool clothing in my wardrobe which I wear, but I will not buy clothing derived from animals again. I also choose to buy cosmetics that are cruelty free and vegan, because I don't think we need got test on animals.

Who's It Good For?

Everyone! See 'Why Do It' above.

How Strict Do I Need To Be?

How strict you are is up to you and may depend upon any condition you are currently battling. If you want to reverse any current condition, the stricter you are the better your health will be.

Where do I get my B12, calcium, protein?

There's a lot of talks about macro nutrients ie carbohydrates, proteins and fats. I get asked these questions all the time. All of these nutrients are available in plant foods:

B12

Calcium

Protein

It's just as important to ensure your diet is rich in alkalising minerals (see acid vs alkaline below) so that we have enough alkalinity to sequester when we need it ie in times of stress.

Key minerals in addition to are:

- calcium
- magnesium
- manganese
- potassium



- iron
- cobalt
- copper
- iodine.

Who Is Cujo?

Cujo is my nine year old fifty kilo German Shepherd who we rescued from the government kennels (just days away from being put to sleep). His first 5 years were kept outside on a chain. When we adopted him he was in a bad way; his skin was terrible, he had to have two teeth removed, he was under nourished and just plain sad.

Roll the clock forward four years and he's a pampered pooch who snores a lot and loves riding in the car. As he's never far away when I'm working, this guide is dedicated to him.



Chapter Two

Food

What The Heck Do I Eat?

This image shows succinctly which foods we should eat, which foods we should limit and which foods we should eat rarely.



WHAT THE HECK DO I EAT?

GREEN FOODS



- Fruit
- Non-starchy veg
- Starchy veg
- Beans & lentils
- Green leafy veg
- Intact whole grains
- Herbs & spices

Eat freely. The majority of your meals should be made of these foods.

RED FOODS



- Dairy
- Eggs
- Processed meat
- Red meat
- White meat
- Poultry
- Shellfish & fish
- Oils
- Refined sugar
- Refined bread

Eat rarely, if ever, as these foods have detrimental effects on your health & weight.

YELLOW FOODS



- Nuts
- Seeds
- Avocados
- Sprouted breads
- Tofu & tempeh
- Olives
- Pasta & alternatives
- Coconuts
- Low GI natural sugars

Eat moderately. Amounts per day will be determined by your goal & health conditions.

Pantry Ingredients

- Quinoa
- Oats (GF)- not instant
- Brown rice
- Beans - dried and tinned- my favourite are chickpeas, black beans, pinto beans, adzuki beans
- GF flours- coconut, almond, chickpea, potato starch
- Coconut sugar and maple syrup, agave syrup and stevia as sweeteners for baking etc
- Variety of vinegars, herbs and spices (black pepper, cumin, coriander seed, cayenne, mustard seeds, garlic powder, Himalayan salt, paprika, cardamom, cinnamon sticks, cloves, star anise, nutmeg, curry powder, garam masala) tahini, mustard, sundried tomatoes, fresh herbs- rosemary, basil, mint, coriander
- Olive oil and coconut oil (cold pressed and unrefined)
- Vegan stock powder
- Always lots of fresh fruit and veggies and herbs - if you have farm shops/ organic markets near you- tap them up for discounts on bulk buying as you will get through a lot
- Nuts- raw- whichever ones you can eat
- Seeds- sesame, pumpkin, sunflower, hemp, chia, flax (grind before eating)
- Teas, coffee
- Milks- try and make your own nut milks if you can - it's better than the shop bought stuff- good if you can get a job lot of raw nuts to start with. Oatly is good as a commercial oat milk
- Cacao (raw)
- vanilla extract
- pitted dates
- Nut milk- home made ideally



Menu Planner

	Monday	Tuesday	Wedensday	Thursday	Friday	Saturday	Sunday
Break fast							
Snack							
Lunch							
Snack							
Dinner							
Snack							

Your Plate

This is what your plate should look like.

Ensuring that the majority of your plate is veggies is the best way to sustainable health and weight loss or maintenance.



WHAT IS A LOW FAT, WHOLE FOOD, PLANT BASED LIFESTYLE?

WEIGHT LOSS / HEALTH IMPROVEMENT



WEIGHT HEALTH / MAINTENANCE



Calories Per Pound

This is what your plate should look like.

Ensuring that the majority of your plate is veggies is the best way to sustainable health and weight loss or maintenance.



CALORIES PER POUND

FOOD	CALORIES per lb
Non-starchy veg	100
Fruit	200-300
Root veg / starchy veg	400
Legumes / beans	550
Wholegrains	500
Avocado	750
Meat / cheese	1400
Bread / crackers	1800
Sugar	3200
Nuts & seeds	3200
Cookies / crisps / sweets	2300
Fats / oils	4000



- Choose food that is high in water content, fibre & bulk
- For weight loss, eat avocados, nuts & seeds sparingly
- Athletes may require more avocados, nuts & seeds
- Keep to an average calorie density of 567 calories per lb for optimal weight loss



It Doesn't Need To Be Perfect

If you want to still have meat or animal products on your plate, I suggest that you keep them to 2-3 times per week and make sure they are the best quality you can possibly buy. However for optimal health, ethics and an environment we can continue to live in, try to go animal product free.





Chapter Three

Further information

Want to know *more*?

If you'd like to learn more about the science behind Whole Food Plant Based Eating, please read or watch the following.

Watch

Nutritionfacts.org – Michael Greger MD FACLM

Food Inc

Food Matters

Forks Over Knives

Dominion

The Game Changers

Read

The Food Prescription For Better Health By Baxter D
Montgomery MD

Whole By T Colin Campbell, PhD

The China Study By T Colin Campbell, PhD

Holistic Anatomy by Pip Waller

Keep It Simple, Keep It Whole by Alona Pulde MD, and
Matthew Lederman MD

How Not to Die by Michael Greger by MD FACLM

Contact

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