BE A PART OF THE MEATLESS CHALLENGE
Let's begin our intentional movement of transformation of our spiritual, mental, and physical health for the glory of all creation, our Creator.

For the 40 days of Lent, fasting begins on Ash Wednesday Feb. 14th and continues for six weeks. We will post recipes and menus on The Saint Paul’s Facebook Page. To maximize our transition to a whole-food, plant-based diet in support of this movement, SPBC Culinary Arts Ministry will also have meatless soups and other vegetarian dishes available on Sundays and Bible Study. The closer we move towards a 100% whole-food, plant-based diet - the more health benefits we receive and the earth's life cycle will begin to heal itself.
As you pray and contemplate your decision to join the SPBC family for 40 Days of Lent, consider FIRST the power that God has already provided. By God’s grace through FAITH in Christ, we have been empowered to call things into existence with SIMPLE WORDS. So we invite you to FIRST - START SPEAKING!

“*The tongue has the power of life and death, and those who love it will eat its fruit.*”

Proverbs 18:21

**BELOW IS AN AFFIRMATION FOR THIS 40-DAY MEATLESS CHALLENGE:**
Speak it loud. Speak it boldly. Envision your success in the end. Tell God - YES.

“Dear Lord, I pray for strength in supporting the global restoration of the my body, world and nation - GOD’S GIFT OF CREATION - by eating as a [raw foodist, vegetarian or pescatarian] for the next 40 Days; by recycling waste; and by intentional acts of kindness. Help me journey in the dietary practice of eating only (or mostly) uncooked, unprocessed food. I covenant to not consume processed foods - fried or otherwise. Lord, I ask you NOW for your help. Give me courage - and guide me to restoration. Lead me as I join my church to restore to your creation what you have graciously given to us all. I’ll be sure to give you praise - for by the power of prayer - it is already done. In the name of Jesus Christ I pray, Amen.”
FIRST: If you are currently under dietary directions by your Physician, please consult before your participation in the following meal/diet recommendations.

Envision vegetables as allies because that’s precisely what they are. Calorie-per-calorie, vegetables are the most nutrient-dense foods on the planet. Their phytochemicals, which means “plant chemicals”, can stay in our bodies for multiple days, strengthen our immune system and victoriously conquer cancer-causing compounds. An unfortunate side effect of cell metabolism is free radicals. These are unstable molecules that can ignite DNA damage and cause improper cell function or even cell death. To combat this process, antioxidants come in to save the day and stabilize these molecules. Plants produce antioxidants to defend themselves from predators and UV damage from the sun. By consuming plant foods, we receive the benefits of these antioxidants.

During your fast, try to incorporate vegetables into every meal. Start off the morning with a green juice or smoothie, containing mostly vegetables, and fruit for sweetness. Another quick option is veggie sticks that you can snack on during your morning commute. For lunch, rotate different salad greens, such as romaine, spinach, arugula or kale. For dinner, enjoy steamed, baked or water sauteed vegetables. Fresh are preferable, but frozen vegetables and drained, canned vegetables can be used. When choosing canned vegetables, choose the no-salt-added version or rinse with water before use.
FRUIT & VEGGIES

WEDNESDAY, FEB. 14 - THURSDAY, MAR. 29, 2018
40 DAYS OF LENT

Fruit & Veggies

Get a leafy green in at least once a day and a vegetable with every meal.

FRUITS

Nature's candy. Whenever you bite into a plump blueberry or juicy peach, the pleasure centers in your brain are activated. Like vegetables, fruits are full of antioxidant power. Many contain potassium, which works wonders for lowering blood pressure. Incorporate different fruits in your morning smoothie or add them to oatmeal.

They make wonderful grab-and-go snacks, and are a great way to satisfy a sweet tooth. I often throw an apple, banana or orange in my purse or backpack so I always have a healthy option when I need it. For a fun treat, in a high speed blender, combine ⅛ cup of cashews, plant-based milk, frozen, sliced bananas, blueberries, strawberries or any other fruit you have on hand. This creamy treat is unbelievably good!

LEGUMES

"Here comes the gas!" Sadly, this is the extent of people’s thought processes when it comes to beans, lentils and peas. Let me clear the noxious air and assure you that even though they may cause some flatulence or “silent but deadlies,” it is wise to incorporate legumes into your daily routine. I often tell my students, "I’d rather deal with a little gas than heart disease."

In The Blue Zones by Dan Buettner highlights the longest living people throughout the world. He found that longevity is associated with those who commonly consume legumes. They are protein and fiber champions! For example, one cup of lentils has around 18 grams of protein and 15 grams
of fiber. Fiber has a plethora of health benefits, including cholesterol reduction, constipation relief and removal of cancer-causing toxins from the body.

For diabetics, fiber works wonders for stabilizing blood sugar. Eating a high-fiber diet expands the stretch receptors in the stomach, signaling satiety to the brain, which may result in weight loss. For convenience, you can choose canned beans. To make your own, soak dried beans overnight in water, drain and then boil in fresh, filtered water for 60-90 minutes, or until tender (no al dente beans!). Use approximately 3 cups of water for every 1 cup of beans.

If you forget to soak them overnight, cover the beans with water and bring to a boil, turn off the heat and let them soak for an hour. Then boil the beans again in fresh water for 45-120 minutes, depending on the size of the bean. Do not be alarmed if a foam forms while you are cooking beans. This is simply due a water-soluble protein that is released from the beans and is not harmful.

To make them more digestible, try adding a small, stamp-sized piece of Kombu seaweed, which acts as a tenderizer, to the soaking and cooking water. Kombu can be found at Asian food markets or on Amazon.com. In you’re in a hurry, try lentils, because they do not have to be soaked and are ready in around 30 minutes.
Believe it or not, you can incorporate legumes in your breakfast with a tofu scramble or a breakfast burrito filled with black beans. Soy milk is considered a legume and works well on whole grain cereals or oatmeal. For lunch and dinner, add legumes on top of salads, in tacos or throw them in soups.
Whole grains have grown in popularity in the last decade. When a grain is processed into white flour, the outer layers of fiber, vitamins and minerals are stripped away, removing a lot of the nutrients. Whenever possible, choose whole, intact grains instead of processed ones. For example, choose brown over white rice or whole grain pasta over white pasta. When choosing bread, always pick 100% whole wheat, or, if possible, purchase sprouted wheat bread.

Foods that are sprouted are easier to digest and absorption of vitamins and minerals increases. Food for Life Baking Company offers many choices of sprouted breads. A favorite of many people is “Ezekiel 4:9” bread - based on the Bible verse (KJV), “Take also unto thee wheat, and barley, and beans, and lentils and millet and spelt and put them in one vessel…”

Whole, intact grains include brown rice, oats, barley, farro, buckwheat, amaranth, bulgur, kamut, rye, spelt, teff and sorghum. Quinoa is also a great choice but is actually a seed, not a grain. You may not have heard of all of these, so I encourage you to be adventurous and try new ones! Often, you can find them on Amazon.com or in a health food store. Bob’s Red Mill is a brand that offers many of these grains. Oatmeal or quinoa topped with berries or sprouted wheat bread spread with 100% fruit jam or nut butter, can make for a great way to start the day.

For lunch and dinner, try pastas, sandwiches, burritos, stir-fry bowls, soups, or salads. All of these can easily incorporate the goodness of grains.

NUTS & SEEDS

Oh nuts! It’s definitely worth your while to integrate these small but mighty powerhouses into your diet. Nuts are calorie and fat dense because they are the source of energy and nutrients for a plant. Studies show those who incorporate nuts and seeds into their diets tend to be at a healthier
weight. They are full of vitamins, proteins and essential fats, namely omega-3 fatty acids, which help to reduce inflammation. Walnuts, hemp, chia or ground flax seeds all serve as good sources of omega-3 fatty acids.

Use nuts and seeds as a condiment, not as a meal, by sprinkling them on oatmeal, salads, in smoothies or adding them to sauces. A tablespoon or two of nut butters such as almond, peanut or cashew are great to spread on sprouted bread or with sliced apples or banana. Nuts and seeds have also been transformed into wonderful non-dairy milks, such as almond, cashew, sunflower and flaxseed milk. Nuts, cashews in particular, have also been used to create delectable plant-based cheese.
Combining the knowledge, you learned from the five food groups above, how can you create satisfying meals? To make it less overwhelming, think of what you currently eat and brainstorm how you can make it plant-based. Replace meat with some kind of legume. Replace dairy milk with a non-dairy alternative. Swap dairy cheese for nut or tapioca-based cheese, or simply leave it off if weight loss is a goal. As your taste buds adjust to cleaner eating, you’ll actually start to enjoy the flavors of plant-based food more and more. Most people have a repertoire of about 5 meals they cycle between weekly. If you organize your meal staples, you’ll be on the road to success. Below are meal ideas to enjoy any time of the day. In the resource section at the end of the book, I’ve included a list of cookbooks containing many great recipe ideas.

**LEMON LIVER WATER**
Cleanses the liver and blood, increases magnesium, and decreases calories.

**Ingredients:**
- 1 8 oz. of Hot Water
- 1 Whole Lemon

**Preparation:**
Boil water, pour into a cup and squeeze lemon into hot water.

**Serving size: 8oz.**

**GREEN JUICE SMOOTHIE**
Cleanses, builds, and re-oxygenates the blood.

**Ingredients:**
- 1 Apple
- 1 Banana (peeled)
- 1 Kiwi (peeled)
- 1 Cup of Ice
- 1-2 Cups of fresh ripe Pineapple, cut into chunks
- 2 Cups fresh Baby Spinach Leaves

**Preparation:**
Place all ingredients in a high-powered blender and process until smooth.
### GOOD FOR ANY MEAL

- Green juice or smoothie
- Fresh fruit
- Oatmeal, quinoa or cream of wheat topped with fruit, nuts & spices
- Whole grain toast with 100% fruit jam and nut butter
- Tofu scramble with sauteed bell peppers, onions and mushrooms
- Whole grain pancakes or waffles topped with fresh fruit and/or a drizzle of maple syrup

**Lunch**

- Mixed green salad topped with legumes
- Whole grain sandwich or wrap with hummus and vegetables
- Soup made with whole grains, legumes and vegetables
- Spring rolls
- Chickpea “tuna” sandwich or wrap
- Pizza made with fresh marinara and vegetables
- Lentil, black bean or lard-free refried bean tacos
- Sweet potato smothered with plant-based chili
- Bean salad

### DINNER

- Whole grain or brown rice pasta with marinara
- Burrito bowl made with a grain, beans, sautéed vegetables & salsa
- Tofu stir fry with vegetables
- Lasagna with a tofu ricotta cheese
- Black bean or veggie burger
- Chickpea curry
- Sushi rolls created with vegetables and/or tofu
- Grilled, marinated portobello mushroom
- My simple favorite: a bean, a grain and a green (for example: quinoa, garbanzo beans & kale covered in BBQ sauce, or black beans, brown rice and broccoli covered in my favorite salsa)

**Snacks**

- Fresh fruits or vegetables
- Veggie sticks with low-fat hummus
- Brown rice cakes with almond or peanut butter
- Air-popped popcorn with salt and nutritional yeast
- Almond milk, soy or coconut yogurt
- Fruit sorbet
Steamed Vegetables
Spinach Mushrooms
Kale Baby tomatoes
Cauliflower Onions
Carrots Garlic
Cucumber Cilantro
Zucchini Avocado
Bell pepper Sweet potatoes
Daikon radish Frozen broccoli, asparagus, edamame & corn

FRUITS
Bananas Applesauce
Organic apples Raisins
Fresh seasonal fruit Dried dates or figs
Frozen fruit (especially bananas & blueberries)
Whole fruit jam
Legumes (dried or canned)
Black Refried (no lard additives)
Pinto Lentils
Garbanzo Split peas
Kidney Mung Beans
Whole Grains
Brown Rice Farro
Quinoa (this is a seed, not a grain) Whole wheat couscous
Barley Oatmeal

Millet Buckwheat
Nuts & Seeds
Ground flax, chia and hemp seeds Pumpkin seeds
Almonds Sunflower seeds
Walnuts Peanuts
Cashews Peanut or almond butter
Pecans PB2 low fat powdered peanut butter
Seasonings & Spices
Cinnamon Dulse flakes or kelp powder (creates a fishy taste when making recipes such as “crab” cakes)
Nutmeg Sriracha or hot sauce
Pumpkin pie seasoning
Nutritional yeast (Cheese-like flavor. Sprinkle on pasta, veggies or popcorn)
Cumin Lemon or lime juice
Turmeric Rice wine and apple cider vinegar
Dried basil, rosemary, sage, oregano, parsley or Italian seasoning
Balsamic vinaigrette or other low-fat salad dressing
Chili powder BBQ sauce
Taco seasoning Tamari (gluten-free soy sauce)
Onion & garlic powder
Miso paste (refrigerated)
Sea salt & pepper
Organic ketchup & mustard

Meat Substitutions
Baking Items
Whole wheat or grain flour, Earth balance butter (only used occasionally for baked goods)
Baking soda and baking powder Extra virgin coconut oil or organic canola oil
(used occasionally for baking or popcorn)

BEVERAGES
Water (regular or sparkling) Kombucha
Almond milk (or any non-dairy milk) Unsweetened coconut water
Green & black tea Organic, fair trade coffee

LEGUMES
*Beans, peas and lentils are high in protein and fiber, and can easily be used as the main course, or in place of meat in recipes.*

Vegetarian Burgers
*Made from a variety of plant foods including vegetables, grains, pea protein and soy. They provide a meat-like texture and can be substituted for ground beef or turkey. Look at the ingredient label, as some are made with dairy and eggs. You can also make your own veggie burgers by going to this link for inspiration: [www.engine2diet.com/the-daily-beet/simple-guide-to-plant-strong-burgers](http://www.engine2diet.com/the-daily-beet/simple-guide-to-plant-strong-burgers)*

TEMPEH & JACK FRUIT
*This has a meat-like texture made from fermented soybeans and can be used in place of ground meat. It works well in sandwiches, chillies and stir-fries.*

Jack fruit
Made from wheat gluten, this is well-suited for shaping into roasts or replacing strips or chunks of meat in recipes, such as fajitas, stews and stir-fries.

Dairy Substitutions
Portobello Mushrooms
(CONT.) These have a savory flavor for filling a meat layer in a dish or as a burger. Marinade them in a low-fat dressing, BBQ sauce or balsamic vinegar and then grill, bake or water sauté. Portobello fajitas are delicious!

TOFU

Made from soybeans, tofu is mild in taste and easily absorbs the flavor of any recipe. Soft tofu works well in soups, sauces and desserts while firmer varieties work well in scrambles and stir fries and other recipes requiring the tofu to hold its shape. For a denser texture, freeze tofu, then thaw and squeeze out the excess water before using.

Textured Vegetable Protein (TVP)

Made of defatted soybeans, this provides a good substitute for ground beef.

BROTH

Use vegetable or mushroom broth instead of beef, chicken or turkey varieties. Use vegetable broth or water to sauté vegetables instead of oil to reduce calories and fat. Keep adding more, as needed, a tablespoon at a time to prevent burning. Oils add 120 kcals per tablespoon and 14 Grams of fat. For those who have heart disease or are trying to lose weight, this can be detrimental.

Milk Almond, soy, oat, hazelnut, hemp, flax, sunflower, coconut or rice
Cream Almond milk, soy milk or coconut milk coffee
creamers (beware as they may be high in fat),
pureed tofu, soy sour cream, soy whipping cream (use sparingly).
Parmesan Cheese Blend together nutritional yeast, garlic powder and chopped walnuts or almonds. Or purchase Go Veggie! brand dairy-free parmesan
Cheese Nutritional yeast, or soy, rice, tapioca or nutbased cheese (high fat - use sparingly). A few Kitchen.

Egg Substitutions
Butter Dairy-free non-hydrogenated margarine for cooking, baking and spreading. Earth Balance is a common brand. Use sparingly.

Ricotta Cheese Firm or soft tofu, mashed or crumbled, with garlic powder, oregano, salt, basil and lemon juice. A cashew cream can be added for more richness

Buttermilk Combine 1/2 cup of non-dairy milk with + 1/2 tablespoon lemon juice, apple cider vinegar or white vinegar. Allow to sit for 5 minutes before adding it to the recipe.

Cream cheese Tofu cream cheese from brands such as Tofutti or Follow Your Heart. Use sparingly.

Mayonnaise Tofu-based mayonnaise. Common brands include Vegenaise and Just Mayo. Use sparingly.

Yogurt Soy, almond or coconut-based. Buy the plain flavor and add your own fruit for sweetness to cut down on added sugar.

Ice Cream Soy, coconut, cashew or almond milk-based. Use sparingly.

Frozen Yogurt Blend up frozen fruit with ⅛ cup cashews and non-dairy milk equivalent to 1 egg

Write down typical meals you eat for breakfast, lunch and dinner and brainstorm how you can create them 100% plant-based with no animal products or processed ingredients.

Otherwise, explore new restaurants. Happycow.net and Yelp.com are great resources!

Create a grocery store list with the ingredients you’ll need to begin your fast from the Standard American Diet (SAD). If you’re having trouble creating meal plans, checkout www.getmealplans.com or simply Google “vegan meal plans” or “healthy vegan recipes”
Pray for God’s guidance to keep an open mind in transitioning your diet.