



— PURE —

Whole-Food & Plant-Based Support

Disclaimer

- This program cannot be construed as a recommendation of medical treatment or medication. It is not professed to be physical or medical treatment nor is any such claim made.
- There are no medical recommendations or claims for the PURE program or for any of the vitamin or mineral regimens described in this program.
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Module 2 Guide

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Preparing Food - Steaming

Steaming is a healthy choice for food preparation because you don't use fat. The big bonus is that the vegetables retain more nutrients and flavor because of the gentle heat from the steam.

As opposed to boiling, the food isn't immersed in the water, the steam rises to the food and gently heats it.

One of the easiest ways to steam food is to use a steaming pot. The bottom pan has an inch or two of water and the pan above holds the food. The top pan has holes to allow the steam to rise up. The top pan is covered with a lid that allows a little bit of the steam to escape.

If you don't have a steaming pot, you can use a pot and a strainer that's heat resistant and use the same method. Cooking times vary, the denser the food, the longer it takes.

Almost all vegetables can be steamed. You can also add garlic, herbs, and seasonings to spice it up a bit.

Favorites for steaming include; broccoli, cauliflower, spinach, carrots, onions, peas, and brussels sprouts.





Preparing Food - Roasting

Roasting vegetables is clean and easy. It takes little space or special appliances. If you have an oven and a cooking tray, you can roast vegetables.

We used to roast vegetables by tossing them in oil and seasoning and then turning the heat up high and cooking in the oven.

The plant-based, whole-food theory provides for less oil in our meals. Roasting vegetables oil free will surprise you with a cleaner, and healthier flavor.

Favorites for roasting include; asparagus, zucchini, carrots, sweet potatoes, potatoes, peppers, onion, broccoli, cauliflower, brussels sprouts, and mushrooms.

Preparing Food - Roasting

Roasting:

1. Preheat oven to 375 degrees for conventional ovens and 350 degrees for convection.
2. Use a glass baking dish.
3. Cut your vegetables to be about 1" (unless it's something like asparagus that are long and lean and can be left whole), The smaller they are, the easier they are to eat and the less time they take to cook.
4. Choose and prepare your seasoning.
5. Lightly spray your vegetables with water, balsamic vinegar, Braggs or vegetable broth, so the seasoning will stick.
6. Sprinkle the seasoning to taste.
7. Turn vegetables and repeat spray and seasoning.
8. Flip after 10-15 minutes (longer if you forgot to preheat), then flip a couple more times and take out at 45 minutes. If they're still a little soggy put back in for 5-15 more minutes.



Preparing Food - Sauté

You'll be relieved to learn that it's easy to cook without oil.

Avoid Teflon finishes and instead, choose a quality heavy, stainless-steel pan, titanium ceramic or a cast iron pan that's coated with enamel. Cephalon is a good brand with stainless steel. Breville has a stainless-steel wok. For cast iron, Le Creuset is tried and true. Try Zwilling for titanium ceramic.

You do not need fat to sauté or stir-fry. Use just a tablespoon or two of water or broth while stirring. Add more water or broth as needed. Don't add too much to prevent sogginess.

One trick, is to cook your foods dry by heating the pan, turning off the burner and then cooking. You can place it back on the burner (still off) to cook a little more.



Preparing Food - Sauces & Dressings

You'll discover a whole other world of sauces and dressings by removing the oils and dairy.

One of the easiest ways to dress up your plant-based, whole-food meals is to dress them up with delicious dressings and sauces.

- Substitute Bragg's Liquid Aminos, spices, fruit juice, water, balsamic vinegar, or nut butters for delicious dressings.
- Puree cauliflower, potatoes, nuts, coconut milk, miso, cashews, vinegar, pine nuts or nut butters for delicious sauces.

Movement

- Of course, we all know that being active is good for us. Exercise and other types of activities help us to build muscles, get stronger and lose weight.
- Not all of us know that it is scientifically proven that a high level of activity makes us smarter, happier and more successful as well as strengthening the immune system.
- Activity helps to relieve symptoms of both depression and anxiety if intense and done regularly. Activity also creates better sleeping habits and enhances self esteem.



Movement

Your body will expend, or burn, energy in three ways during each day.

Metabolic Rate

Each person has their own metabolic rate (how the body burns/expends energy while resting). Your unique metabolic rate accounts for roughly 60% of the energy your body uses in a given day and that's before you add in any activities!

Eating Food

It takes energy to eat your food! Consumption of food and the associated processes (digestion, absorption and food storage) accounts for another 10% of your body's energy expenditure during each day.

Activity

Non-exercise activities (like standing, sitting, doing the dishes, etc.) and exercise activities make up the final 30% of your body's energy burn.

NEAT stands for Non-Exercise Activity Thermogenesis.





NEAT

Activity accounts for about a third of your calorie burn each day. Exercise is the smaller part of that activity equation.

The most significant portion of your calorie burn from activity comes from NEAT (Non-Exercise Activity Thermogenesis).

The difference in daily calories from NEAT can be up to 2,000 calories PER DAY, so it's critical to know your NEAT levels and tailor your activity program to your specific lifestyle. If you aren't accounting for NEAT to manage your balance of energy in vs. energy out, your goals will be harder to achieve.

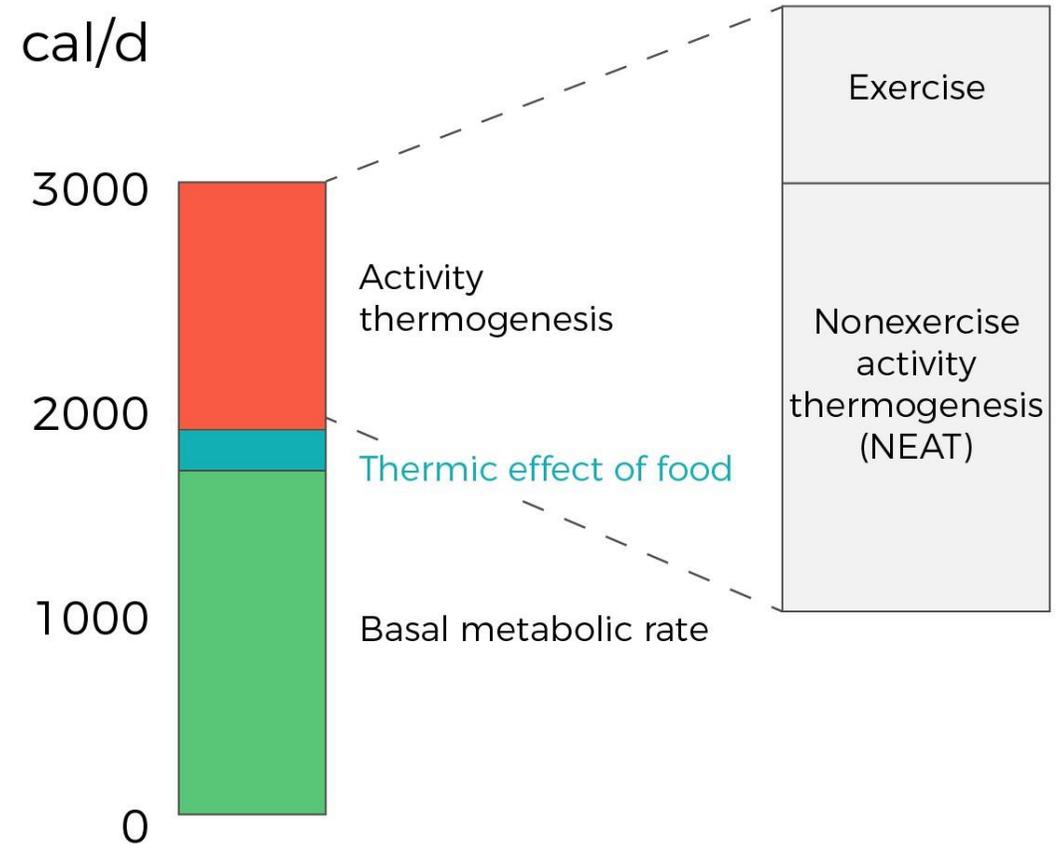
With a detailed activity log, you will learn your average daily NEAT.

Why does this matter? NEAT is the fastest and easiest way to burn more calories (energy) in your day!

NEAT

The diagram to the right shows how your body uses calories during each day and confirms that NEAT activity is actually more significant than planned exercise-type activities. That is not to say they don't both have value – they do!

If you are considering adding in more activity, NEAT is the best (and gentlest) place to start.





Cardio

Cardio workouts can be almost any exercise ranging from dance, running, walking, bicycling to swimming, elliptical and jump rope. Basically, anything that raises and maintains your heart rate over a period. You strengthen your heart and lungs and lower your resting heart rate.

Cardiovascular fitness allows you to build long lasting endurance over time.

- Workout at least 3 times a week about 25 minutes.
- Drink water before, during and after a workout.
- Always warm up and cool down.
- Train in your target heart rate zones.

Some cardio activities include Running, cycling, swimming, hockey, cross county skiing, dance, kickboxing, rollerblading, elliptical, jump rope, interval training, plyometrics, step-ups, box jumps, skateboarding, hiking, power walking, football, aerobics, body pump, kayaking, rowing, snow shoveling

Strength



Weight training more than 30 minutes per week decreased heart disease risk by 23% in the Harvard study. Weight training can help lower high blood pressure, improve cholesterol levels and help control blood sugar levels says Dr. Hu. By increasing lean muscle tissue and decreasing fat tissue in the body, it may also help boost your metabolism to help you maintain a healthy weight. How much do you need to do? Perhaps not as much as you think.

“We usually recommend doing eight to 10 different kinds of weight-lifting exercises,” says Barry Franklin, Ph.D., a spokesperson for the American Heart Association.

Although three sets of eight to 12 repetitions per exercise has traditionally been prescribed, research shows that people who do just one set of eight to 10 repetitions of each exercise experience improvements in muscle strength and endurance like improvements experienced by those who do three sets of each exercise. You get the biggest bang for your buck just by doing the first set and you can do this entire exercise regimen in just 10 to 12 minutes.



Mindfulness

Simple Rules

If there is no judgment in mindfulness, does that mean eat anything we feel like? That's up to you. How's it going to make you feel when you eat it? Are you eating it because you're hungry? Are you eating it to satisfy an emotion or is it to fuel your body? The answer, in this case, is probably no.

Have you ever started out eating something you thought was delicious, and were really enjoying it, then suddenly, it was gone. You don't know what happened to it. You got sidetracked and then, it was gone. You just ate 3/4 of a banana split while watching a movie and don't even remember it. That is mindless eating. You started out okay, but something happened.

Do you have those mornings where everything's going wrong, and you feel the urge to eat? Not because you're hungry, you're looking for the food to fix something for you, make you feel more in control of something. Eating like this is mindless, you're doing it to find comfort.

Mindfulness



How to Eat Mindfully

- It's not that difficult. You just need to remember and make an effort.
- Ask yourself "am I hungry?" before eating, if not, wait.
- Eat at a clean table.
- Plan your meals to be healthy and design them to fill your bodies needs.
- Don't eat and watch TV, work on your computer, or read the paper or a book.
- Where do you feel hunger? Feel the sensation of hunger.
- Pay attention to the act of eating, chew and feel your food, the texture, and the weight. Listen to the sound while you chew. Swallow, and taste the food.
- Where and when do you feel satisfied?
- Stop eating when you feel full.
- How do you feel when you're finished eating?
- Eat foods you enjoy.
- Slow down and allow yourself to enjoy and experience your meal. This will help to digest it too.



Mindfulness

Eating can be associated with so much guilt that it's hard to find a way to get pleasure from eating. People have become so intent on eating foods they consider healthy that they eat food that does not appeal to them and in fact, find unappealing at best. It's okay to enjoy your meals.

Assessment

Five positive changes this week?

- 1.
- 2.
- 3.
- 4.
- 5.

What are your main concerns?

How did you feel?

What can you do in the next week to bring you closer to your goals?

Assessment

	Weight	Sleep	Constipation/ Diarrhea	Energy	Mood
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					