

Have a Heart



**INCLUDES
SEVEN-DAY
MENU PLAN
WITH RECIPES**

**GO
VEGGIE**

**STAY
SLIM**

A guide to preventing and treating cardiovascular disease.
Covers heart disease, stroke, deep vein thrombosis, varicose veins,
high cholesterol, high blood pressure and more...

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£1.90



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WHAT IS CARDIOVASCULAR DISEASE?

Cardiovascular disease (CVD) describes conditions that affect the heart and blood vessels. These conditions usually involve hardening and narrowing of the arteries (atherosclerosis).

Every few minutes someone in Britain dies of CVD. It's very much a Western disease related to our lifestyle. In contrast, **the majority of the rest of the world's population never experiences it.**

CVD can be prevented and even reversed. Plaques in the heart's blood vessels can be dissolved – without medications or surgery. The diet for this is not radical – **many people in the world eat this way.**

The information, tips and recipes in this guide will show you how.

Clogged Arteries (Atherosclerosis)

Atherosclerosis is a hardening or 'furring' of the arteries. It starts when the blood vessels are damaged. This can occur for many reasons, such as stress, high blood pressure or even a viral or bacterial infection.

The body's response is inflammation. It sends in certain fix-it cells (white blood cells) to try to repair the damage. Over time, the white blood cells collect fatty deposits (plaques). These plaques build up on the inner artery walls, narrowing the arteries.

Incredibly, autopsy studies show that fatty streaks in the arteries – the first signs of furring up – are found even in very young children. The more cholesterol in the blood, the faster the plaques grow. The plaques may eventually become so thick that they completely block the flow of blood through the arteries.

Many diet and lifestyle factors can cut your risk of atherosclerosis – and can therefore reduce your risk of CVD. (See pages 8 to 14.)

The Role of Atherosclerosis in Coronary Heart Disease (CHD)

The heart is a pump which circulates blood around the body. Like other muscles, it needs oxygen and other nutrients to provide the energy for its work. The coronary arteries provide this, supplying the heart with oxygen-rich blood.

Coronary heart disease, or CHD, usually occurs as a result of atherosclerosis. Plaques in the coronary arteries reduce blood supply to the heart muscles. In some cases, plaques rupture, causing a blood clot to form. If blood flow to the heart is blocked by a blood clot a heart attack can occur.

Heart attacks can be silent and painless or they can be extremely painful and deadly. Permanent damage to the heart can occur – in fact the affected part of the heart can die. In the following weeks this dead muscle is replaced by scar tissue. Unlike the rest of the heart, scar tissue can't contract, which makes the heart work less efficiently.

By the time heart problems are detected, the underlying cause (atherosclerosis) is



usually quite advanced, having progressed quietly for decades. Post-mortem examinations of young American soldiers killed in the Korean war found artery blockages were already present in 77 per cent. Their Asian counterparts, however, had much healthier arteries, probably due to healthier diets consisting mainly of rice and vegetables.

Angina

With angina, the blood vessels supplying

the heart are partially, rather than fully, blocked by atherosclerosis. This reduced capacity allows enough blood to the heart when a person is resting but not enough to provide sufficient oxygen for physical activity. This can lead to discomfort or severe chest pain. The pain may also occur in the shoulders, arms, neck, jaw or back or feel like indigestion. There is also sometimes difficulty in breathing, weakness, sweating, fear of death, nausea, numbness or tingling in the arms or fingers. In some cases there are no symptoms at all.

Diets to Prevent or Reverse Atherosclerosis, Angina and CHD

As with all heart-related diseases, vegetarians suffer less than meat eaters and the more meat you eat, the more likely you are to end up with clogged arteries. It's a very serious condition but fortunately, recent research shows that an animal-free diet can heal some of the damage done to the arteries. A low-fat, vegetarian diet eaten for just a year can reverse blockages, resulting in an improved blood flow.

Vegetarians are less at risk of heart disease and have up to 50 per cent less chance of dying from it. If everyone in the UK went vegetarian, about 40,000 lives a year would be saved – perhaps a veggie diet should be available on prescription!

Apart from being slimmer, having lower cholesterol levels and lower blood pressure levels, research suggests yet another factor may protect vegetarians against heart disease. Salicylic acid in their blood is up to one-and-a-half times higher than in meat eaters'. Salicylic acid is the main ingredient in aspirin, prescribed to reduce the risk of

heart attacks by fighting the inflammation that causes it. (See *Clogged Arteries*, page 3.) And it seems that salicylic acid is also present in fruit and vegetables.

If you still doubt that simple fruit and veg can have such a dramatic effect it's worth listening to William C. Roberts, distinguished editor-in-chief of the prestigious *American Journal of Cardiology*:

“Although human beings eat meat we are not natural carnivores. No matter how much fat carnivores eat they do not develop atherosclerosis. When we kill animals to eat them, they end up by killing us because their flesh, which contains cholesterol and saturated fat, was never intended for human beings who are natural herbivores.”

Strokes

A stroke is sudden damage to the brain caused by lack of blood supply or rupture of a blood vessel in the brain. The damaged cells die and the parts of the body they control cease to function. A major cause is furring up of the arteries – made worse by high blood pressure and diabetes.

Strokes are the leading cause of disability in the UK and the third most common cause of death after cancer and CHD. Warning signs include sudden numbness or weakness (especially on one side of the body); confusion; difficulty in speaking or understanding; difficulty in seeing; problems with walking or loss of balance or coordination and sudden headache.

The higher the blood pressure the higher the risk of strokes and pressures at the top of the range can increase that risk tenfold. The effectiveness of a vegetarian diet in reducing blood pressure (see *High*

Blood Pressure, page 9) applies equally to reducing the risk of strokes. Eating just five or more servings of fresh fruit and veg a day would result in a major reduction in strokes.

Deep Vein Thrombosis (DVT)

DVT is associated with blood clots that form in the extremities – most commonly the legs. Most people with DVT have no symptoms but some do experience swelling, tenderness, warmth and redness in the affected area.

A complication of DVT is a condition called pulmonary embolism – a leading preventable cause of death in hospitals. Pulmonary embolism occurs when a blood clot travels through the bloodstream from the leg or other extremity to the lung. Once there, it can choke off blood supply cause life-threatening lung and heart diseases. Symptoms of pulmonary embolism include shortness of breath, sharp chest pains and coughing up blood.

Diets to Prevent or Reverse DVT

DVT is rare in countries that follow a low-fat, unrefined, plant-based diet, low in animal products and high in dietary fibre. High cholesterol levels may increase the risk.

The following may prevent DVT:

- Reducing cholesterol and saturated fat in your diet and increasing dietary fibre can dramatically reduce your blood cholesterol. Low-fat vegetarian diets are particularly effective;
- Maintaining a healthy weight (see *Overweight and Obesity*, page 10) as obesity increases the risk of DVT.





Peripheral Artery Disease (PAD)

Peripheral artery disease (PAD) is a type of atherosclerosis which affects the blood vessels supplying the arms and legs (peripheral arteries), particularly the legs. When the problem becomes severe, leg pain develops.

Several factors put you at risk of developing PAD:

- Diabetes;
- High levels of blood fat, eg cholesterol;
- High blood pressure;
- Being overweight;
- Smoking;
- Heredity.

PAD progresses silently, without symptoms, until the arteries have become significantly narrowed. The first symptom is usually pain or cramping in the calf muscles when you walk or exercise your legs. As the narrowing worsens, the pain worsens and one or both legs may be affected.

Actions to Prevent or Reverse Peripheral Artery Disease

If you smoke, you must stop. One of nicotine's effects is narrowing the arteries. Each cigarette you smoke decreases blood flow as the inhaled nicotine circulates in your blood.

The best way to prevent PAD is to maintain all-round fitness. Try to maintain a normal weight, normal blood pressure and normal levels of fat and sugar in your blood.

Eat a diet low in fat and refined sugar (eg avoid table sugar, sweets and syrup)

Venous Insufficiency and Varicose Veins

Venous insufficiency is a disorder affecting the so-called deep veins which lie within the muscular parts of the extremities (such as the legs and feet).

Poor blood flow can affect the way the skin exchanges oxygen, nutrients and waste products with the blood. When it happens over a long period of time it is called chronic venous insufficiency.

Venous insufficiency is a common medical problem and symptoms range from mildly unsightly veins to recurrent skin infections and ulcers that require hospitalisation.

In contrast, varicose veins are a disorder of the superficial veins. These veins lie closer to the skin.

Varicose veins are swollen, irregular shaped veins that often develop in the legs, particularly the calves. They can develop elsewhere on the body, such as around the anus (haemorrhoids or 'piles'). They occur when the vein wall

and high in complex carbohydrates and fibre (eg whole grains, fresh fruit, vegetables) and low in salt, animal fats and refined sugar.

Exercise is vital to improving and maintaining the circulation in your arteries. When exercising, stop and rest if the pain in your legs becomes too great. Resume when the discomfort has gone away.

See your GP if the symptoms worsen as this could indicate a complete blockage.

weakens causing the vein to widen. This can result in a reduced efficiency in the valves of those veins that prevent blood flowing in the wrong direction, such as back down your legs. This obviously has an impact on circulation.

Common symptoms of varicose veins include aching, throbbing, or heavy legs made worse by standing for a long time. Other symptoms are swollen ankles, skin discoloration and dry, itchy, or tingly skin over the vein. Hot weather and standing can increase the discomfort and make the veins look much worse.

Complications of varicose veins are infection, ulcers and, in rare cases, vein rupture, causing a large amount of bleeding.

It is not fully understood what causes the vein walls to weaken but a number of factors increase your chances of developing venous disorders:

- Heredity – varicose veins tend to run in families. There is as much as a 90 per cent risk of developing varicose veins if both parents have them. There may be a genetic tendency to leaky valves.
- Pregnancy – the developing baby and expanding womb can put extra pressure on your veins. Women who have had several children are more likely to develop permanent varicose veins.
- Being female and overweight. Varicose veins occur up to twice as often in women compared with men so if you're an overweight woman your risk increases even more.
- Age – the older you are, the more likely you are to develop varicose veins.

- Blood conditions – people who have conditions that affect the blood flow, such as diabetes, are more prone to it as are people who have had a previous vein disease.



Actions to Prevent or Reverse Venous Insufficiency

Venous insufficiency and varicose veins are also linked to a Western diet and lifestyle that is low in fibre and physical activity.

The following may reduce the risk:

- Eating a healthy diet high in fibre. Foods such as bran, whole grains, pulses (peas, all types of beans and lentils), fruit and vegetables help prevent constipation – important because straining during bowel movements can increase the pressure on varicose veins, making them worse. There is no fibre in animal products (meat, dairy etc);
- Maintaining a healthy weight. Obese women (BMI of more than 30) have three times the risk compared with women of a healthy weight. (See *Overweight and Obesity*, page 10);
- Keeping active by taking regular exercise. Avoid sitting or standing in one place for long periods of time and engage in regular physical activity.



SELECTED CVD RISK FACTORS

Cholesterol

Cholesterol is a type of lipid (fat) called a sterol made by the liver and present in every cell in an animal's body, including human animals. It's found only in foods of animal origin – there's none in plant foods. As our liver makes all the cholesterol we need there is no dietary need for cholesterol at all and vegetarians tend to have much lower levels than meat eaters.

Cholesterol is not the only risk factor but it is a major player. People talk of 'good' cholesterol and 'bad' cholesterol and your body contains both types. Bad cholesterol (low-density lipoproteins – or LDL) is dumped on the artery walls, reduces blood flow and causes heart attacks and strokes. Good cholesterol (high-density lipoproteins – or HDL) is carried to the liver so the body can get rid of it. Most of your cholesterol is made up of the baddies.

Saturated and trans fats are found mainly in animal products and foods with added hydrogenated fats – too much of them encourages your body to produce too much cholesterol, as do table sugar, sweets and syrup. To a lesser degree, too much cholesterol in the diet has a similar effect. High blood cholesterol carries the risk of heart attack and although rarely discussed, animal proteins also play a big role in raising cholesterol levels.

The process through which cholesterol damages arteries is thought to be oxidation – the action of molecules called free radicals. They can only be destroyed by other molecules called antioxidants, found largely in fruit and

vegetables. Taking vitamin supplements and looking for magic cures to counter high cholesterol levels hasn't worked. According to Dr Lori Mosca of Michigan University (and many other researchers): "The best scientific evidence we have is that eating a diet rich in fruits and vegetables is protective against heart disease".

In rural China, cholesterol levels are between 2.5 and 4.0 (a measurement based on mmol per litre) and heart attacks are almost unknown. In England, it is recommended that people reduce their levels to 5.0 even though the level to avoid heart attacks entirely is 3.9.

Despite the welter of evidence that a vegetarian diet is the best way to avoid high cholesterol levels and the diseases which go with them, official advice, amazingly, is not to go vegetarian but to switch to a lower fat diet – avoiding fatty cuts of red meat, eating white meat and fish and ditching butter for margarine.

People who take this advice are likely to be disappointed because it's largely ineffective with about a five per cent reduction in cholesterol levels at best. Low-fat, vegetarian diets, devoid of all meat, can bring cholesterol down by up to 32 per cent. When lean meat was substituted by soya bean curd (tofu), again levels fell considerably.

There is increasing evidence that vegans have an even greater health advantage. Lifelong vegetarians have been shown to have cholesterol levels 24 per cent lower than average and lifelong vegans 57 per cent lower. Just as importantly,

vegetarian and vegan diets can reverse the damage done by CHD, even in severe cases.

High Blood Pressure (Hypertension)

Blood pressure describes the pressure in the main blood vessel in your arm, which comes from the heart. It is measured as the heart beats (systolic pressure – the first measurement) and between beats (the resting rate, or diastolic pressure – the second measurement). It is given as two figures, eg 120/80.

Blood pressure is an indicator of general health. A rise in blood pressure means your heart is overworking, which can put a strain on your circulatory system. On the other hand, a fall below normal can affect organs such as the kidneys so it is important to keep your blood pressure within normal limits.

A healthy blood pressure is in the range 90/50 to 120/80 but it can vary throughout the day as it can with physical exertion and stress. Blood pressure should therefore be measured while resting.

Single measurements aren't particularly meaningful and a diagnosis of high blood pressure (hypertension) isn't normally made unless a high reading is measured on three separate occasions – usually over three months.

High blood pressure increases your risk of dangerous health problems such as heart attacks and strokes – the higher the pressure the greater the risk. Around one in three men and women in the UK have high blood pressure.

Blood pressure rises as we get older but

some people defy this seemingly inevitable development. Regular exercise, maintaining a healthy weight, a low fat (especially saturated animal fat) and low salt diet, quitting smoking and reducing the amount of alcohol consumed will all have an effect. Even allowing for all that, the blood pressure of vegetarians doesn't increase in the same way as meat eaters' – in fact, it goes up little with age. It's not surprising, then, that a vegetarian diet can be used to treat high blood pressure. It is the totality of the vegetarian diet that works, not any specific ingredient.

Vegetarians' lower risk of high blood pressure is considerable and can be anywhere between 33-50 per cent. There is an inescapable link with meat and a Californian study as long ago as 1926 showed this. Vegetarians' blood pressure was raised by 10 per cent simply by feeding them meat – and it happened in only two weeks.

Other studies have produced similar results and a whole range of studies have shown vegetarians to have considerably lower blood pressure than meat eaters. It is also the finding of the World Health Organisation and American Dietetic Association.

Not surprisingly, many studies have found that changing to a low-fat vegetarian diet can significantly lower blood pressure. The switch can also reduce the distressing symptoms associated with hypertension, according to a Swedish study. At the end of the trial period, most patients had been able to give up medication, 50 per cent felt 'much better', 15 per cent felt 'better' and 30 per cent felt 'completely recovered'.



Homocysteine

Another risk factor for CVD – homocysteine – was discovered fairly recently. It is an amino acid – a building block of protein – produced by the body during the breakdown of methionine, another amino acid. High levels of homocysteine have been linked to increased risk of heart disease and stroke. Ensuring adequate levels of three key B-vitamins is crucial in lowering homocysteine levels. Folate and vitamin B6 are found abundantly in plant foods and vitamin B12 is found in the many everyday foods now fortified with it, such as yeast extracts, some breakfast cereals, margarines and soya products such as soya milk.



Omega-3 fatty acids	1 daily portion is...
Flaxseed (linseed) oil	1 teaspoon
Hempseed oil	1 tablespoon
Rapeseed oil	1½ tablespoons
Ground flaxseed (linseed)	1 tablespoon
Walnuts	8 halves/28g/1oz

Overweight and Obesity

Carrying excess fat increases the risk of CVD via a range of mechanisms. It can place a strain on the heart, lungs, kidneys and other organs, and as weight increases, so does blood pressure. Overweight and obese people tend to have higher levels of bad cholesterol and lower levels of good cholesterol.

Studies consistently show that vegetarians and vegans have a healthier, lower body mass index (BMI) than meat eaters – weighing between six pounds and two stones less.

Omega-3 Essential Fats

Inflammation (see *Clogged Arteries*, page 3) plays a large role in atherosclerosis and what you eat can reduce inflammation in your blood vessels. There are several ways to do this, including maintaining a healthy

weight, cutting down on saturated fat (found mainly in animal products), avoiding trans fats (found in hydrogenated vegetable oils) and including omega-3 fats in your diet intake from a healthy, plant-based source such as flaxseed (linseed), walnuts and their oils and green leafy vegetables. Keep the oils in the fridge and add to dressings, sauces and cooked food only, as heating destroys their beneficial properties.

Much research shows that these fats can decrease inflammation and atherosclerosis. And they have other heart protective properties, including ‘thinning’ the blood and reducing the risk of an irregular heart beat (arrhythmia).

Omega-3 is also present in oily fish but deadly pollutants such as mercury, polychlorinated biphenyls (PCBs) and dioxins outweigh any potential benefits (see VVF fact sheet, *Fishing for Facts*). Plus, of course, oceans are rapidly being depleted of fish through over fishing.

DIETS IN PRACTICE:

Dr Dean Ornish

Back in 1990, a huge shift began in medical practice. It was the year that Dr Dean Ornish, a Harvard-trained doctor, published a study that set out to test whether heart disease could not only be prevented, but might also actually be reversed. He wanted to see whether it could be done with diet and lifestyle changes alone rather than surgery or drugs.

Before then, most doctors did not even attempt to reverse heart disease even though, as now, it was a major cause of death. Most believed that the plaques of cholesterol and other substances that clog arteries to the heart could not be reduced. The traditional way to remove them was to wait until they became severe enough to warrant a bypass or angioplasty.

Dr Ornish studied 47 patients in the San Francisco Bay Area, all of whom had significant heart disease with some already having had heart attacks.

One group of heart patients was given the standard care that doctors usually prescribe – a diet based on ‘lean’ meat, poultry and fish, along with various medications, and were advised not to smoke. Another group went on a low-fat, vegetarian diet (less than 10 percent of their calories from fat) exercised moderately (brisk walking for half an hour per day or an hour three times per week), were taught stress management and were also advised not to smoke.

A year later, all patients had an angiogram – an X-ray showing any blockages in the coronary arteries. The results were astonishing. For the patients

receiving standard medical care, blockages were, on average, worse than at the start of the study; they still had chest pain and still needed medication.

For patients in the experimental group, however, the story was very different. Chest pain had begun to disappear within weeks, cholesterol levels dropped dramatically and at the end of the year, 82 per cent saw deposits (plaques) in their coronary arteries start to dissolve without medication, surgery or side effects! The only ‘side effects’ were good ones – the average patient lost around one-and-a-half stones in the first year!

Many doctors still recommend ‘chicken and fish’ diets even though numerous studies have shown that heart patients who just tinker with their diets in this way generally get worse over time. Those who adopt a low-fat, vegetarian diet, take daily exercise, avoid tobacco and manage stress stand the best chance of reversing heart disease.

Dr Caldwell Esselstyn

A surgeon named Dr Caldwell Esselstyn used the same type of diet for severely ill heart patients, the majority of whom had, in effect, received a death sentence. Doctors had told them there was nothing more they could do and some had been given less than a year to live.

Just about everything had been tried – repeated open heart surgery, angioplasties, stents and a plethora of medications. There was no longer any useful effect and almost all the men were impotent, most had angina and for some, things were so bad that they couldn’t lie down and had to sleep sitting up.



Having completely run out of options they agreed to the demanding conditions Dr Esselstyn set for entry into the trial cure he had come to believe in.

They agreed to join him in a diet not unlike two-thirds of the world's population (outside the West) – a low-fat, plant-based diet.

Of the patients who stuck to Dr Esselstyn's programme, there was not a single cardiac event over the next 12 years! All were alive and well and had reversed their disease.

Dr Esselstyn has since gone on to counsel and treat many more patients.

The Okinawa Way

The Japanese island of Okinawa boasts more people aged over 100 (centenarians) than anywhere else in the world. With low levels of cholesterol and homocysteine (see page 10) they have an **80 per cent lower risk of heart disease and strokes compared to Westerners.**



Dr Andrew Weil studied six hundred Okinawans over a 25-year period before writing his book, *The Okinawa Way*. He identified a pattern.

The key was a diet of whole grains, vegetables, fruit and soya products, regular exercise, a spiritual outlook on life that minimised stress and a successful integration of Eastern and Western health care systems.

Although the Okinawans also eat fish several times a week, with fish stocks rapidly diminishing and all fish carrying a range of deadly pollutants, this is not really an option any longer. The benefit gained from eating the fish was almost certainly as a result of omega-3 essential oils, and can be successfully substituted by flax or hempseed oils, green leafy vegetables and nuts, particularly walnuts. (See *Omega-3 Essential Fats*, page 10.)

These aged Okinawans also had reduced rates of breast and prostate cancer, half the rate of ovarian and colon cancer and a much lower risk of dementia. It wasn't genetics that took the credit but diet – the right formula for combating disease. And what's good for the Okinawans...

The Framingham Study

The Framingham Heart Study in Framingham, Massachusetts, has spent many decades tracking who gets heart attacks and who doesn't. Among its key findings is that the lower your cholesterol, the lower your risk of heart problems. There is a cholesterol level essentially below which coronary heart disease doesn't happen. In all its years of research, no one with a cholesterol level below 3.9 mmol per litre had a heart attack. (Also see *Cholesterol*, page 8.)

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TIPS FOR PREVENTING & REVERSING CVD

- Maintain a healthy weight. If you are overweight you are at risk of developing high blood pressure, heart disease and diabetes. These conditions all increase your risk of having a stroke. A low-fat vegetarian or vegan diet can help with weight loss, and losing just a few centimetres from your waist can significantly lower your risk of CHD. Try the *V-Plan Diet* – order from www.vvf.org.uk/shop or by calling 0117 970 5190;
- Reduce salt in your diet as it may worsen CVD and high blood pressure. Adults should have no more than 6g per day. Use less in cooking, avoid adding it at the table, and avoid salty snacks such as crisps, and canned foods with added salt. Try using fresh herbs and spices to flavour food instead – it won't be long before your taste buds adapt;
- Choose more vegetarian foods – they protect and strengthen your heart and blood vessels.
 - Fruits – fresh or frozen, eg bananas, oranges, apples, pears, grapefruit, mango, strawberries and blueberries.
 - Vegetables – fresh or frozen, eg broccoli, kale, spinach, carrots, potatoes, tomatoes, squash and corn. Try to eat at least five portions of fruit and veg each day.
 - Wholegrains – eg brown rice, wholemeal bread or pasta, unsweetened cereal, millet, barley, buckwheat and quinoa.
 - Pulses (peas, all types of beans and lentils) – eg no added salt kidney beans, pinto beans, lentils, black-eyed peas, chickpeas, soya milk, textured vegetable protein and tofu.
- Try to eat more fibre, such as wholemeal bread and brown rice instead of the white varieties. Fibre lowers blood pressure and helps to control blood fat levels, which helps to prevent CHD and stroke. Refined grains have been stripped of much of their fibre and nutrients so avoid white rice and 'enriched' flour products, which are found in many pastas, bread, bagels and baked goods. Rice bran is an excellent source of fibre and has been shown to lower cholesterol. Buy it from health stores and sprinkle it on breakfast cereals and in stews and soups.
- Avoid meat and dairy – both contain saturated animal fat and cholesterol which can clog arteries.
- Eat 'good' fats – essential omega-3 from flaxseed, hempseed, walnuts and their oils and dark green leafy vegetables help protect your blood vessels.
- Exercise regularly. Not only can it help prevent stroke and CHD, but also help to keep your weight down. Set yourself a daily target of 10,000 steps. The VVF pedometer can help you on your way to health and fitness. Order from www.vvf.org.uk/shop or call 0117 970 5190;
- Stop smoking – and you'll halve your risk of a stroke. Smoking furs up your arteries and affects your blood, making it more likely to clot.
- Reduce stress as much as possible – practice healthy coping techniques such as muscle relaxation and deep breathing. Plenty of sleep can help, too.



- Cut back on alcohol. Don't drink more than 2-3 units per day if you are a woman, 3-4 units if you are a man. (A unit is small glass of ordinary strength wine, half a pint of ordinary strength beer, lager, or cider or a standard pub measure of spirits.) This helps to control your blood pressure. Binge drinking causes your blood pressure to rise, which seriously increases your risk of having a stroke.
- Brush your teeth at least twice a day and floss daily. There is a direct link between infected gum tissue (periodontal disease) – a hallmark of poor dental hygiene – and CVD.



VEGANISING FOR A HAPPY HEART



Here's how to give old favourites the health treatment!

1. De-junk the main ingredients. Replace animal-products in a recipe with plant foods:
 - Chicken curry – instead of chicken use TVP chunks or seitan (wheat gluten – available from health or Oriental stores. If using a ready-made curry sauce, check its fat and salt content. Aim for less than less than 3g fat and below 0.25g salt per 100g. Best still, use one teaspoon of oil and fry up a curry powder of your choice, then add water and/or chopped tomatoes.
 - Try chickpea salad instead of chicken salad.
 - Vegetarian pasta sauce instead of meat sauce. Crumble up a cooked vegetarian burger or use texturized vegetable protein (TVP) to make a

vegetarian 'meat' sauce.

- Try veggie burgers instead of meat burgers.
- Kidney bean or lentil chilli instead of meat chilli.

It's easy to replace eggs and dairy products:

- Exit eggs – leave them out of recipes. You can buy egg replacers from most health food stores or free-from sections in large supermarkets, eg No Egg from Orgran. Other egg replacers are mashed tofu, ground flaxseed (linseeds) blended with hot water, cornflour or a banana.
- If you miss your morning scrambled egg on toast, try scrambling tofu instead.
- Minus milk: replace cow's or other dairy milk with fortified soya milk, rice milk, or almond milk.
- Chuck out the cheese! Leave it off pasta, sarnies and so forth. You can also make pizza without cheese, using plenty of sauce and vegetable toppings instead. There are dairy-free cheeses available – good to sprinkle on top of pasta or pizza – but use these only occasionally and in small helpings as they are quite high in fat.

2. De-junk condiments and flavourings:

- Use vegetable stock instead of chicken or beef stock.
- Simply leave the bacon bits or anchovies out of recipes that list them. Add additional herbs, spices or cooked or sprouted beans instead.
- Reduce or eliminate added salt. Instead use a dash of lemon juice or vinegar to enhance flavour.
- Boost flavour with herbs and spices. Use small amounts to begin with then add more to taste.

3. Cut down on or eliminate added fat or oil:

- Steer clear of foods containing hydrogenated trans fats (listed on ingredients labels). These fats, like saturated fats, contribute to the risk of heart disease and other problems.
- Sautéing in water or vegetable stock is an easy way to replace oil. In baking, use apple sauce or bananas to replace some or all of the fat. You can buy jars of delicious, sugar-free and organic apple sauce in health food stores.

Plant-Based Diets and Cardiovascular Disease Fact Sheet

Cardiovascular disease (CVD) such as heart disease and stroke is the UK's number one killer. More people are living with this disease than ever before and numbers are steadily rising. The VVF's informative fact sheet is fully-referenced and explains how a plant-based diet can be used to prevent it.

Order your copy for just 90p (inc p&p) from VVF, Top Suite, 8 York Court, Wilder Street, Bristol BS2 8QH or by calling 0117 970 5190.





VEGANISER

Traditional Breakfast

Cereal with milk and fruit served with orange juice

Scrambled eggs, toast, sausage, cup of tea

Bacon sandwich

Pancakes and Maple Syrup

Veganised Breakfast

Cereal with soya (or other non-dairy) milk and fruit served with orange juice

Scrambled Tofu, wholemeal toast, veggie sausage, cup of tea with soya milk

Veggie Rashers sandwich – Redwood brand sold in health stores

Pancakes with Maple Syrup or Fruit ‘n’ Nuts



Check out the Vegetarian & Vegan Foundation's guide to transforming everyday meals into top veggie tucker...

Traditional Lunch

Chicken sandwich with lettuce, tomato & mayo; yogurt; crisps

Chicken soup, bread, green salad & vinaigrette

Burger and chips

Sausage sandwich

Veganised Lunch

Smoked tofu or hummus sandwich with lettuce, tomato & vegan mayo; fruity soya yoghurt; piece of fruit

Vegetable soup or minestrone, bread, green salad with flax seed or olive oil dressing

Veggie burger in a wholemeal roll, chutney and vegan mayo with extra portion of salad

Veggie sausage sandwich on wholemeal bread, tomato/brown sauce and salad



Traditional Dinner

Grilled salmon, boiled new potatoes with butter; asparagus with parmesan cheese

Spaghetti Bolognese with garlic bread

Quiche Lorraine, chips with salad

Chicken Chow Mein

Chilli Con Carne

Bangers & Mash

Baked potato with ham & cheese

Veganised Dinner

Grilled mushrooms (use the big open ones) drizzled with olive oil, garlic and shoyu, boiled new potatoes with basil and black pepper, grilled asparagus with a drizzle of olive oil and delicious nutritional yeast flakes (Marigold Engevita, sold in health stores)

Veggie Bolognese (substitute frozen veggie mince or whole lentils for meat). Serve with crusty bread and green salad

Red Onion & Thyme Tart, baked potato or low-fat potato wedges with salad



Tofu Vegetable Stir-fry & Peanut Sauce with Egg-free Noodles

Chilli Non Carne (substitute frozen veggie mince or whole lentils for meat), avocado dip (guacamole), rice and salad

Bangers & Mash – vegan sausages, mash potatoes creamed with vegan spread and non-dairy milk; steamed greens and gravy. If using instant gravy, Bisto Onion Gravy Granules and Oxo Onion or Vegetable Gravy Granules are all vegan, as is the Co-op's Gravy Mix. Or try our Ultimate Gravy!

Baked potato with chopped cooked rashers/Cheatin' Ham & Redwood Cheezly Melting 'Cheddar' with mixed salad

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ABOUT THE VVF...

The Vegetarian & Vegan Foundation (VVF) is the UK's premier nutrition and health charity helping people to understand the importance of good nutrition for health and fighting disease. We are happy to answer any questions about diet and health and produce a range of guides and fact sheets and an

excellent magazine called *Veggiehealth*, plus a seasonally-updated magazine in a binder called Vegetarian Recipe Club. We also run a mail-order gift catalogue, Vegetarian Shop. Contact the VVF at the address on page 2 for a free catalogue or browse the web shop at www.vegetarian.org.uk



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MONDAY



BREAKFAST – Porridge with Banana & Fortified Soya or Rice Milk Serves 4

960ml/34 fl oz/4 cups water
 200g/8oz/2 cups rolled or porridge oats
 2 bananas, sliced
 4 tbsp ground flax/linseeds
 Handful of raisins or other dried fruit
 1-2 tsp date or maple syrup

1. Soak oats and water overnight in a bowl if possible.
2. Cover and leave in fridge.
3. In the morning, place all ingredients (except for the milk and syrup) in a saucepan.
4. Bring to the boil, lower heat and cook for 10 minutes or longer, depending on how you like it.
5. Stir occasionally.
6. Remove from heat, sprinkle in flax/linseeds and mix in well.
7. Serve with dairy-free milk, sliced banana, raisins and a little syrup.

NB. One portion is 1 cup of water to half a cup of oats

EATING FOR A HEALTHY HEART: YOUR SEVEN DAY PLAN

SNACK – Raw Vegetable Sticks & Low-Fat Hummus (Home-Made) Hummus recipes serve 4-6

A. Plain Hummus
 1 tin chickpeas, drained and rinsed
 2 garlic cloves
 Zest of 1 lemon
 2-3 tbsp fresh lemon juice, to taste
 3 tbsp vegetable stock or water
 1 tsp Aminos – Bragg's or Marigold brands (like low-salt soya sauce and available in health stores)

1. Blend until smooth or the consistency you like.

B. Roasted Red-Pepper Hummus
 2 tins chickpeas, drained and rinsed
 150-200g/5-7oz roasted red peppers in brine (sold in jars), drained and rinsed
 1-2 garlic cloves
 1-3 tsp lemon juice
 1 tsp ground cumin (optional)

1. Blend everything together, adding more water/lemon juice if necessary.

LUNCH – Tomato & Quinoa Soup Serves 4-6

3 cups vegetable stock
 1 cup onions, chopped finely
 1 cup carrots, diced
 ½ cup celery, diced (2 medium stalks)
 2 large garlic cloves, crushed
 1 tsp salt
 1 tsp dried dill
 ½ tsp ground fennel
 1 tin (undrained) chopped tomatoes
 ½ cup quinoa

1. In large saucepan combine stock,



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2. Bring to boil, reduce heat, cover and simmer gently for 5 minutes.
3. Stir in tomatoes and juice.
4. Add quinoa and mix well.
5. Return to boil and simmer, covered, for another 15 minutes or until quinoa is tender. Stir occasionally.
6. Add pepper to taste.

DINNER – Steamed Oriental Vegetables with Smoked Tofu, Sweet-Sour Sauce & Brown Rice or Noodles Serves 4

225g/8oz brown rice or 1 pack soba noodles (available from health and Oriental stores and free-from sections of large supermarkets)

Vegetables
 2 carrots, cut into thin strips
 2 courgettes, cut into thin strips
 1 small head broccoli, cut into thin pieces (peel the stalk and use that also)
 225g/8oz mange tout, halved
 Large bunch spring onions, sliced

1 pack smoked tofu, cut into bite-sized pieces
 250g/9oz can water chestnuts, drained and halved

Sauce
 3 tomatoes, chopped
 1½ carrots, grated
 ½ onion, roughly chopped
 60g dates, chopped
 30g sun-dried tomatoes (not in oil), chopped
 2 tbsp cider or white wine vinegar
 2 tbsp Aminos (see note, Monday snack)
 1 tsp olive oil
 1cm piece fresh ginger, grated
 1 clove garlic, crushed
 ½ red chilli, de-seeded (unless you like very hot food) and finely chopped

1. Put brown rice on to cook first in a heavy-bottomed pan. It will take about 25-30 minutes. Cover rice with about 2 inches of water covering it – top up with a little hot water if it gets too dry before being fully cooked. (If using noodles, do this a bit later, timing them according to the packet instructions.)
2. Prepare vegetables.
3. Steam all vegetables – except the water chestnuts – until just cooked. They should still have some bite to them. This will take approximately 5-10 minutes.
4. Add the smoked tofu and water chestnuts and heat through.
5. Heat up sauce ingredients but don't boil.
6. Drain any surplus liquid from rice/noodles and serve, placing vegetables on top.
7. Pour sauce on top of the veggies and rice/noodles.



TUESDAY

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DESSERT – Baked Apple Serves 4

- 4 large apples
- 100g/4oz raisins, chopped dates or any dried fruit of your choice
- 1 tbsp date or agave syrup
- 4 tbsp hot water

1. Preheat oven to 180°C/350°F/Gas Mark 4.
2. Wash and core apples.
3. Score skin around the middle of each apple and place in a baking dish.
4. Fill the centre with dried fruit, pushing it in firmly.
5. Dissolve the syrup in the hot water and pour round the apples.
6. Bake for approximately 30 minutes or until apples are tender. Use a skewer or sharp knife to test.
7. Spoon over syrup before serving.

BREAKFAST – Fresh Fruit Salad Serves 4

There are of course endless combinations, but hopefully this de-luxe version will inspire you further!

- 1 ripe mango
- 175g/6oz sweet seedless grapes
- 125g/4oz strawberries
- 2 kiwi fruits
- 1 ruby grapefruit or 2 sweet oranges
- 2 passion fruit
- A little maple syrup (optional)

1. Peel the mango, then slice it. To do this, stand mango on end and cut down about 5mm/½ inch either side of where the stem was. As you cut down, you will feel the hard flat stone against the knife, and you will be left with two almost halves and the central stone section.
2. Cut away as much flesh as you can from around the stone and put it into a bowl; slice the two halves in there also.
3. Halve the grapes; hull and slice the strawberries; peel and slice kiwi fruits and add all that to bowl.

4. Hold grapefruit over bowl and cut away skin, along with pith, to reveal juicy ruby flesh.
5. Cut each segment away from the translucent skin around it, letting segments and juice fall into bowl. Cut oranges in the same way if you are using these instead.
6. Cut passion fruit in half, scoop out seedy pulp and add to bowl.
7. Give it all a stir and add the maple syrup if you are using.
8. Serve in the nicest bowls you have!

SNACK – Red & White Dip with Rice Cakes Serves 4-6

This makes quite a lot, so can be used for snacks or lunches on other days – alternatively, halve the quantities to make a smaller batch.

- 400g tin cannellini or haricot beans, drained and rinsed
- 1 jar (432g/15oz) roasted red peppers, drained and rinsed
- ½ tsp cumin powder
- 1 garlic clove, crushed
- Good pinch dried chilli flakes
- 4-5 sun-dried tomatoes (not in oil), chopped roughly with scissors
- Black pepper

1. Blend everything together until smooth.
2. Add a little water if necessary.
3. Chill in a covered container until needed.

DINNER – Lentil Bolognese with Wholemeal Pasta & Green Salad Serves 4-6

- 100ml/4fl oz red wine
- 350-375ml/12-13fl oz low-salt stock or water (plus an extra 600ml/20 fl oz if using dried lentils)
- 1 medium onion, finely chopped

LUNCH – Multibean & Artichoke Salad Serves 6

- 1 large tomato, chopped
- 1 red pepper, seeded and chopped
- 1 small red onion, finely chopped
- 1 large handful chopped coriander or parsley
- 1 small tin red kidney beans, drained and rinsed
- 1 small tin chickpeas, drained and rinsed
- 1 small tin artichoke hearts, drained and rinsed
- 2 tbsp fresh lemon or lime juice
- 2 tbsp balsamic vinegar
- 1½ tsp Dijon mustard
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 garlic clove, crushed

1. Combine all beans and vegetables in a large bowl to make the salad.
2. Mix remaining ingredients together to make the dressing. Use a fork or whisk to amalgamate them.
3. Pour the dressing over the salad and mix in well.

- 2 dry-packed sun-dried tomatoes (not in oil), chopped into small pieces with scissors
- 2-3 pitted black olives
- 1-2 pinches crushed dried chillies
- ½ tsp dried oregano
- 2 garlic cloves, crushed
- 225g/8oz dried green or brown lentils OR approximately 450g/1lb cooked green or brown lentils (2 tins, drained!)
- 2 large tins chopped tomatoes
- Black pepper
- Wholemeal pasta for 4 – spaghetti, penne or fusilli all good
- To serve: nutritional yeast flakes (Marigold Engevita brand available in large supermarkets and health stores)





WEDNESDAY



1. Put wine, 300ml/½ pint stock/water, onions, sun-dried tomatoes, olives, chilli, oregano and garlic in a heavy-bottomed saucepan.
2. Bring to boil then reduce heat and simmer until liquid has almost gone.
3. If using dried lentils: stir in remaining stock/water, lentils and tinned tomatoes. Season with pepper and simmer for 45-60 minutes or until lentils are tender and sauce is thick.
4. If using pre-cooked lentils: stir in tinned tomatoes and pepper. Simmer for 20 minutes, adding a little stock/water if necessary.
5. Meanwhile, put on pan of hot water and cook pasta according to packet instructions.
6. Add lentils and mix in well. Cook for another 5-10 minutes.
7. Blend about one-third of the sauce and dilute with about 50-75ml/2-3fl oz stock. Combine with rest of sauce.
8. Drain cooked pasta and keep warm.
9. Serve sauce with pasta and add nutritional yeast flakes and lots of black pepper.

BREAKFAST – Cereal & Fortified Dairy-Free Milk

Use low-sugar, low-fat and low-salt unrefined cereal eg bran flakes, millet flakes. Try the healthy/free-from section in the supermarket or investigate your local health store. Served with fortified dairy-free milk, eg almond, rice or soya.

SNACK – Dried Fruit

Small handful per person.

LUNCH – Superbowl Salad

Serves 4

225g/8oz quinoa
450ml/16fl oz hot water
Large pinch mixed herbs
2 tsp low-salt vegetable bouillon or 1 low-salt veggie stock cube

1. Dry roast the quinoa in a heavy or non-stick pan for a few minutes, stirring constantly.
2. Add water, herbs and crumbled stock cube/bouillon powder.
3. Bring to boil then simmer for 15 minutes, or until grains fully cooked – add a little more liquid if necessary.

4. Allow the grains to cool, then add ingredients of your choice from the options below.
5. Pour on Healthy Dressing (see recipe below) and serve.

Options

Large handful Pak Choi or Cos lettuce, shredded

Rocket leaves, snipped into pieces with scissors

1 red pepper, diced

2 sticks celery, diced

1 large carrot, grated

1 tin beans or lentils of your choice – eg kidney, flageolet or green lentils – drained and rinsed

Sweetcorn kernels (drained and rinsed if from a tin)

French beans, lightly steamed

Fresh peas

Chopped dates or unsulphured apricots

Smoked tofu pieces

Grilled tempeh pieces

Healthy Dressing

1 of the following, zested and juiced – a lime, lemon or orange

1 tsp Aminos (see note, Monday snack)

1 tbsp nutritional yeast flakes

1 tsp Dijon mustard

1-2 tbsp balsamic vinegar

1 tsp of date or maple syrup

Optional: 1 clove garlic, peeled and halved (remove from jar when its flavours have infused to your liking)

1. Place everything in a jar, screw on the lid and shake well, until everything is amalgamated.

DINNER – Refried Bean Wraps with a Choice of Two Sauces Serves 4

A confusing translation from Spanish to English – the beans are only lightly sautéed and only once! A quick and easy recipe. Good with salad and a wholegrain such as quinoa or brown rice.

450g/1lb drained cooked kidney or pinto beans

1 medium onion (white or red), peeled and finely chopped

2 cloves garlic, crushed

2 tsp oil

1 tbsp water

2 wholewheat tortillas or chappatis per person – eg Discovery brand. Buy the lowest fat variety that you can find.

1. Heat oil and gently fry onion and garlic until soft. Add a little water to prevent sticking if necessary.
2. Add beans and mash with a potato masher until smooth – but leave a bit of texture.
3. Add water, mix in and stir continuously for 5 minutes or so until mixture is almost dry.
4. Meanwhile, gently heat tortillas.
5. When beans are ready, place a dollop inside each tortilla and roll up.
6. Serve with a dollop of either Tomato Sauce or Chilli Sauce.

Tomato Sauce Serves 4

1 tsp oil

1 medium onion, peeled and finely chopped

1 garlic clove, crushed

¼ chilli, de-seeded and finely chopped

400g tin chopped tomatoes

1 dsp tomato puree

½ tsp dried oregano

Black pepper

DESSERT – Fresh Fruit

1 portion per person





THURSDAY



1. Heat water and cook the onion, garlic and chilli until softened – add a little more water or juice from tomatoes if necessary.
2. Add the remaining ingredients and stir well.
3. Bring to the boil, cover and simmer gently for 10-15 minutes, stirring occasionally.

Chilli Sauce *Serves 4*

1 tsp oil
 1 medium onion, peeled and finely chopped
 1 garlic clove, crushed
 ½ or more fresh red chillis, de-seeded and finely chopped
 400g tin chopped tomatoes
 1 dsp tomato puree
 1 dsp lime juice
 1 tsp maple/date syrup
 ½ tsp ground cumin
 Black pepper

1. Heat oil and sauté onion, garlic and chilli. Add a little water to prevent sticking if necessary.
2. Add remaining ingredients and cook for 10-15 minutes.
3. Blend and re-heat if necessary.

DESSERT – Pineapple Crème *Serves 4*

1 pack silken tofu (340g)
 400g tin unsweetened pineapple chunks, drained
 1 tbsp vanilla extract
 To garnish: a little sliced banana; dried cranberries; goji berries or fresh raspberries

1. Blend everything until well mixed.
2. Serve in bowls.

BREAKFAST – Baked Beans on Toast *Serves 1*

Good with a thin spread of reduced-salt yeast extract, eg Natex.

1-2 large slices wholemeal bread (no spread)
 ½-1 tin reduced sugar and salt baked beans (not ones with artificial sweetener!) Try Biona, Whole Earth or similar, from health food stores or free-from section of large supermarkets.

1. Toast bread and heat beans.

SNACK – Rocket, Tomato & Dijon Mustard Sandwich *Serves 1*

1 small handful of rocket leaves
 1 tomato, sliced
 Dijon mustard to spread on bread
 Bread or roll – wholemeal or rye

1. Assemble sandwich and eat.



LUNCH – White Bean, Sweetcorn & Carrot Salad with Tomato Herb Dressing

Serves 4

2 small tins white beans, eg haricot, drained and rinsed
 2 small tins sweetcorn
 2 large carrots, grated
 1 small red onion, chopped finely, or bunch spring onions, chopped
 Optional: wholemeal bread or rolls

1. Mix beans, sweetcorn, carrots and onion together.
2. Drizzle dressing over salad and serve with bread if desired.

Tomato Herb Dressing

Makes about 240ml/1 cup. Will keep in a screw-top jar in fridge for about a week.

6 sun-dried tomatoes (from a packet, not in a jar with oil). If using the 'mi-cuit' moist variety, you don't need to add water
 1 tomato, coarsely chopped
 1 garlic clove, crushed
 ½ cup water
 2 tbsp balsamic vinegar

1. Cover sun-dried tomatoes with boiling water in a heat-proof bowl and set aside.
2. Blend fresh tomato, garlic, basil, water and vinegar.
3. When sun-dried tomatoes have softened, drain and add them to other ingredients and purée mixture until smooth.

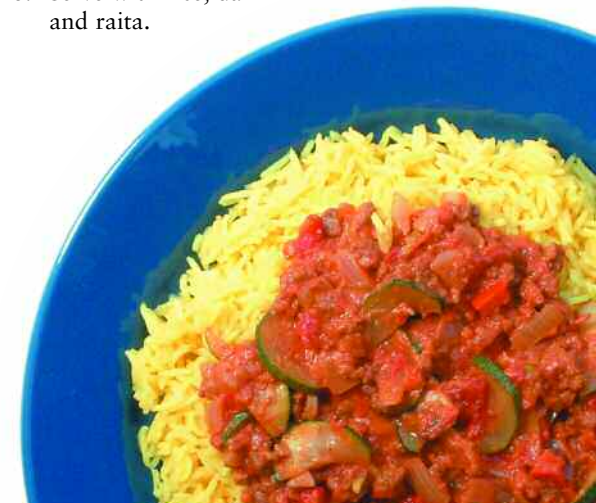
DINNER – Vegetable Curry with Dahl, Brown Rice & Raita

Vegetable Curry Serves 4-6

2 tsp oil (not olive)
 450g/1lb par-cooked potatoes, cubed
 450g/1lb peas
 225g/8oz green beans (frozen fine if fresh out of season)
 1 onion, chopped
 ½ tsp cumin powder
 1 tsp coriander powder
 1 tsp turmeric powder
 1 tsp chilli powder (or less if you don't like food too hot)
 ½ tsp salt
 1 tsp date syrup
 ½ cup hot water

1. Heat oil and lightly fry onion.
2. Add potatoes, peas and beans.
3. Add all spices and fry for a few minutes, adding a little hot water to prevent sticking.
4. Add vegetables, salt, syrup and ½ cup hot water.
5. Cover and simmer until all vegetables cooked, adding a little more hot water if necessary.
6. Serve with rice, dahl and raita.

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Raita Serves 4

Half tub dairy-free yoghurt (eg Yofu brand or 1 tub Sojasun brand)
1 tsp mint sauce
2-3 tbsp soya milk
7cm/3inch chunk cucumber, grated

1. Mix all ingredients together.
2. Serve with curry.

DESSERT – Bulgur Pudding Serves 4

Bulgur is cracked wheat. It's often used in a delicious salad called Tabbouleh, but here it's given a sweet twist!

225g/8oz bulghur wheat
240-480mls/8-17fl oz boiling water
4 whole cardamom pods
½ tsp cinnamom
Zest of 1 lemon
1 handful raisins
1 handful chopped unsulphured apricots
1-2 tbsp agave, maple or date syrup
A few drops orange flower water (sold in health or ethnic food stores/delis – use orange juice if you can't obtain this)

1. If using fine bulghur, soak it in a bowl with boiling water. Cover and leave for 10 minutes, or until the bulghur is cooked. Add other ingredients except orange flower water.
2. If using coarse, put it in a saucepan with 2 cups boiling water and cook until soft, adding ingredients as above.
3. When the bulghur is cooked, add orange flower water and syrup. Mix in well and serve in bowls.

Red Lentil Dahl Serves 4-6

Dahl – a spicy lentil sauce used all over the Indian subcontinent – is a fantastic accompaniment to curries, as well as being a great source of protein. This recipe is quick, easy and very tasty.

1 cup red lentils
3 cups water (add more during cooking time if you prefer more runny dahl)
1cm/½ inch cube fresh ginger, grated
1 tsp cumin seeds
2 cloves garlic, crushed
Juice of ½ a lemon
Pinch salt

1. Wash lentils well in a sieve. Place in a pan with water.
2. Bring to boil then add ginger.
3. Meanwhile dry roast cumin seeds in non-stick frying pan.
4. Add garlic to cumin seeds and allow to brown, stirring to make sure neither burns.
5. Add to dahl.
6. Cook for 10-15 minutes, or until lentils soft.
7. Add lemon juice and a large pinch of salt to taste.



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FRIDAY

BREAKFAST – Home-Made Muesli Serves 1+

This nut and seed-free muesli is easy to make and can be assembled quickly!

Per person: ½ cup whole rolled oats (jumbo); fortified dairy-free milk or a little fresh fruit juice; a handful of dried fruit, sliced banana, blueberries, strawberries, raspberries or peaches.

SNACK – Banana 1 per person

LUNCH – Black-Eyed Bean Paté & Salad Sandwich Serves 4-6

1 tin black-eyed beans, drained, or equivalent home-cooked (approximately 240-250g/8-9oz)
Piece fresh ginger, grated (approx 1-2 tsp, according to taste)
1 tbsp fresh lemon juice (or more to taste)
1-2 tsp Aminos (see note, Monday snack)
2 tsp rapeseed or sesame oil (optional)
Salad – grated carrot, salad leaves, tomato, alfalfa sprouts, watercress or a combination.

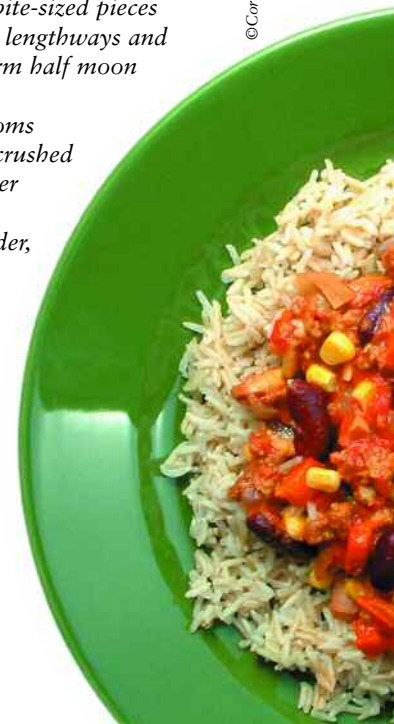
1. Blend everything together – only use 1 tsp grated ginger to start with.
2. Add more lemon juice/ginger according to taste.
3. Spread thickly on each side of bread.
4. Add salad of choice.

DINNER – Veggie Chilli with Brown Rice or Baked Potatoes Serves 4

TVP or textured vegetable protein is a meat substitute made from soya beans. You can buy it in the form of mince or chunks in any supermarket or health food shop.

100g/4oz savoury dried TVP mince (dark brown)
2 tsp low-salt vegan bouillon powder or 1 low-salt vegan stock cube
2 tsp oil
1 medium-large onion
Half a red pepper, de-seeded and chopped into bite-sized pieces
1 courgette, sliced lengthways and chopped to form half moon shapes
100g/4oz mushrooms
2-3 cloves garlic, crushed
1 tsp cumin powder
1 tsp paprika
½-1 tsp chilli powder, according to taste
2 tsp peanut butter
2 tins chopped tomatoes
1 tbsp tomato puree
100g/3.5oz cooked kidney beans
100g/3.5oz sweetcorn

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SATURDAY



1. Put brown rice on to cook – about 25-30 minutes.
2. Soak dried TVP mince in hot stock (drain just before using).
3. Meanwhile, sauté onion and red pepper until softened.
4. Add courgette, garlic and mushrooms and sauté, stirring occasionally.
5. When mushrooms are beginning to turn a golden colour, add peanut butter and mix in well.
6. Add spices and drained TVP mince and sauté well to make sure all ingredients are mixed together.
7. Add tomato purée and chopped tomatoes.
8. Bring to boil and then simmer for 15-20 minutes.
9. Serve with rice.

BREAKFAST – Baked Giant Mushroom on Toast *Serves 1*

1-2 giant mushrooms per person
 1-2 slices wholemeal bread
 Aminos (see note, Monday snack)

1. Preheat oven to 180°C/350°F/Gas Mark 4.
2. Place flat or overlapping in a large casserole dish.
3. Add a small amount of water to casserole dish.
4. Brush mushrooms with aminos.
5. Bake for at least 30 minutes – or until mushrooms soft.
6. Add a small drizzle of aminos to each mushroom.
7. Just before the mushrooms are ready, make the toast.
8. Serve mushrooms on toast – add a grinding of fresh black pepper if desired.

DESSERT – Chocolate Mousse *Serves 4-6*

Blueberries or raspberries make a good addition and look beautiful scattered on top.

1 pack firm silken tofu (389g), crumbled
 4-8 tbsp of date, agave or maple syrup – add smaller quantity to start with then gradually add more if necessary
 130g/4.5oz cocoa powder – Green & Blacks or something of similar quality is best (not drinking chocolate)
 2 tsp vanilla extract

1. Blend tofu until creamy.
2. Add rest of ingredients and blend until thoroughly mixed – no white bits.
3. Chill before serving.

SNACK – Roasted Veggie & Green Leaves Sandwich with a Dab of Low-Fat Hummus (Home-Made) *Serves 4*

4 wholemeal tortilla wraps
 Large bunch of green leaves (eg rocket)
 Low-fat hummus (for recipe see Monday snack)

For Roasted Vegetables:

1-2 squirts low-cal oil spray
 1 tsp vegetarian Worcester sauce
 2 tsp paprika
 1 tsp chilli powder
 2 tsp bouquet garni
 Black pepper

Roasted Vegetable Options

1 red onion
 6 cloves of garlic, with the skin left on
 2 medium-large aubergines, chopped into large chunks
 2 large carrots, peeled and thickly sliced
 2 large courgettes, thickly sliced
 3 large peppers (1 each of red, yellow and orange)
 10 large mushrooms, halved

1. Preheat the oven to 450°F/230°C/Gas Mark 8.
2. Lightly spray a large roasting tin.
3. Prepare the vegetables for roasting then scatter them around the roasting tin. Sprinkle with chilli, paprika, bouquet garni, black pepper and Worcester sauce and mix in well.
4. Place on the top shelf of the oven and cook for 45 minutes. (Remove half way through to mix the veg around and return to the oven.)
5. Spread the tortilla wraps with hummus and add the green leaves and roasted veg.

LUNCH – Middle-Eastern Spicy Soup *Serves 4-6*

This aromatic and delicious soup is just a treat – as well as being easy and cheap! It's great the next day, too.

1 onion, chopped
 3 large sticks celery, chopped
 2 litres low-salt vegetable stock
 1 large bay leaf
 2 tsp fresh ginger, grated
 1 tsp cinnamon
 1 tsp turmeric
 4 tomatoes, chopped or 1 small tin plum tomatoes, chopped and drained
 210g/7.5oz red lentils, washed and drained in a sieve
 1 tin chickpeas or cooked equivalent (about 240g/8.5oz) – if tinned, use low-salt variety, drained and rinsed.
 2 tbsp chopped fresh coriander
 2 tbsp lemon juice

1. In a large saucepan, simmer onions and celery in about 1 cup of stock until soft.
2. Add all ingredients except the lemon juice and coriander.
3. Bring to the boil and simmer for 30-45 minutes, or until lentils are soft.
4. Using a slotted spoon, remove a few spoons of chunky beans and veg. Blend well, then return to soup.
5. Stir in well and bring soup to a simmer again.
6. Add lemon juice and coriander.
7. Serve in bowls.

DINNER – Ginger Soba Noodles with Lentil Salad

Serves 4-5

225/8oz soba (buckwheat) noodles – available from health or Oriental stores
 3 tbsp rice vinegar or 2 tbsp cider vinegar

1½ *tbsp Aminos* (see note, Monday snack)
 2 *tsp peeled, grated fresh ginger*
 Pinch *chilli flakes*
 2 *spring onions, chopped*
 Large handful *fresh coriander or parsley, finely chopped*
 Optional: 1 *tsp toasted sesame seeds*

1. Cook soba noodles according to packet instructions.
2. Rinse and drain well.
3. Mix noodles with remaining ingredients in a large bowl.
4. Sprinkle on sesame seeds if using.
5. Serve.

Lentil Salad Serves 4

This tastes even better if given time to marinate.

1 *cup cooked whole lentils, green, brown or Puy – if using tinned, rinse and drain thoroughly*
 1 *red onion, finely chopped*
 1 *red pepper, finely chopped*
 1 *bunch rocket, snipped into pieces*
 2 *large handfuls of flat-leaved parsley*
 2 *tbsp balsamic vinegar*
 2 *garlic cloves, crushed*
 2 *tbsp French or Dijon mustard*
 2-3 *tbsp lemon or lime juice*
 2 *tbsp chopped fresh dill – or 1 tbsp dried*

1. Mix lentils, onion, pepper, rocket and parsley together in a large bowl.
2. Mix together balsamic vinegar, garlic, mustard, lemon/lime juice and dill and pour over lentil/vegetable mixture.



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DESSERT – Pears in Red Wine Serves 4

4 *firm pears*
 2 *tbsp agave syrup – available from health stores*
 300ml/10fl oz *red wine*
 Stick of *cinnamon*
 Pinch of *cloves*

1. Peel the pears, leaving them whole and keeping the stalks.
2. Put wine, syrup, cinnamon and cloves in a saucepan. Bring to the boil, add pears and simmer gently for 30-40 minutes or until pears are cooked right through.
3. When ready, remove them from a pan with a slotted spoon and place them in individual dishes.
4. Remove cinnamon stick.
5. Vigorously boil liquid in pan until it's reduced by half.
6. Pour syrup over pears and chill.

SUNDAY



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1 *green chilli, de-seeded and chopped fine*
 Black *pepper*
 1-2 *tbsp lime juice*

1. Mix in everything well and chill before serving.

LUNCH – Baked Butternut Squash with Saucy Rice & Salad Serves 4

1 *large butternut squash cut into 4 and de-seeded*
 2 *shallots, chopped fine*
 2 *tbsp vegetable stock*
 2 *tbsp red wine*
 1 *cup cooked brown rice or other wholegrain*
 Handful of *raisins*
 Good pinch of *cinnamon*
 Handful of *chopped fresh parsley*

1. Pre-heat oven to 180°C/350°F/Gas Mark 4.
2. Bake squash for 60 minutes or until soft.
3. Make sauce and put aside.
4. Cook shallots in stock and red wine in a heavy-bottomed pan until soft and liquid reduced to almost nothing.
5. Meanwhile, make green salad and put aside.
6. Add rice, sauce and rest of ingredients to the cooked shallots and heat through.
7. Pour this mixture over the baked squash and serve with the salad.

Sauce

½ *jar roasted red peppers (in brine not oil), drained*
 1 *tsp dried basil*
 1 *tsp crushed garlic*
 1 *tsp nutritional yeast flakes*
 Pinch *ground allspice*

1. Blend all ingredients together until smooth. Heat gently but don't boil. Add a little more water if necessary.

BREAKFAST – Grilled Tempeh Rashers & Grilled Tomato with Toast Serves 1

Tempeh is made from fermented soya beans and makes a healthy and tasty meat substitute. You can buy it either frozen or chilled and once cooked you can use it for anything from a sandwich to a stir fry.

2 *tempeh rashers – available from health stores*
 1 *tomato*
 1-2 *slices wholemeal bread*
 Black *pepper*

1. Grill tempeh rashers and tomato for a few minutes. Turn rashers once whilst grilling.
2. Meanwhile, make toast.
3. Serve with a sprinkling of black pepper if desired.

SNACK – Tomato Salsa Dip & Vegetable Sticks/Rice Cakes Serves 4

1 *shallot, finely chopped*
 2 *garlic cloves, crushed*
 1 *handful of fresh coriander, finely chopped*
 500g/1½lb *ripe tomatoes, chopped fine*

DINNER – Spicy Bean Burgers & Garlicky Roast Potatoes

Garlicky Roast Potatoes *Serves 4*

*1 onion, sliced
6 large garlic cloves, roughly chopped
180ml/6fl oz/scant ½ cup vegetable stock
500g/1lb 2oz small-medium potatoes,
peeled and halved*

1. Preheat oven to 230°C/450°F/Gas Mark 8.
2. Put onion, garlic and vegetable stock into a shallow casserole dish large enough to hold potatoes in one layer.
3. Place potatoes on top of onion slices.
4. Bake for 45-60 minutes until potatoes are golden and there is no stock left, turning potatoes over after about 30 minutes.
5. Meanwhile, make bean burgers – see recipe below.
6. Serve burgers and potatoes at once.

Spicy Bean Burgers *Makes 6-8 burgers*

*1 medium onion, finely chopped
2 garlic cloves, crushed
10ml/2 tsp olive oil
1 medium carrot, grated medium
½ tsp mild chilli powder
1 tsp ground cumin
400g tin drained pinto or kidney beans
1 tbsp Dijon mustard
1 tbsp soya sauce
1 tbsp tomato purée
75g/3oz rolled oats
Oil spray*

1. Fry onion and garlic in oil until softened.

2. Add grated carrot and spices.
3. In a bowl, mash beans thoroughly.
4. Add cooked vegetable and spice mixture to beans.
5. Add mustard, soya sauce, tomato purée and oats.
6. Mix all ingredients in thoroughly.
7. With wet hands, form mixture into burgers. Flatten each one with the back of a wooden spatula or spoon. (Use a cup as a cookie cutter if you want them evenly round).
8. Using 1-2 squirts of oil spray, fry gently for a few minutes on either side – alternatively, bake in a medium oven for 20-30 minutes, turning once.

DESSERT – Fruit Kebabs with Chocolate Sauce *Serves 4*

*1 wooden skewer per person
On each skewer: apple, banana, pear,
mango, melon or any other
combination of fresh, firm fruit.*

1. Arrange on a large plate.
2. Drizzle chocolate sauce artistically over kebabs.

Chocolate Sauce *Serves 4-6*

*3 tbsp maple or 1½ tbsp agave syrup
2 tbsp cocoa powder (eg Green
& Blacks)
120ml/4fl oz water
1 tsp cornflour or arrowroot
1 tsp vanilla essence*

1. Combine syrup, cocoa, water, cornflour/arrowroot and vanilla.
2. Mix well and cook over medium heat until thickened, stirring constantly.