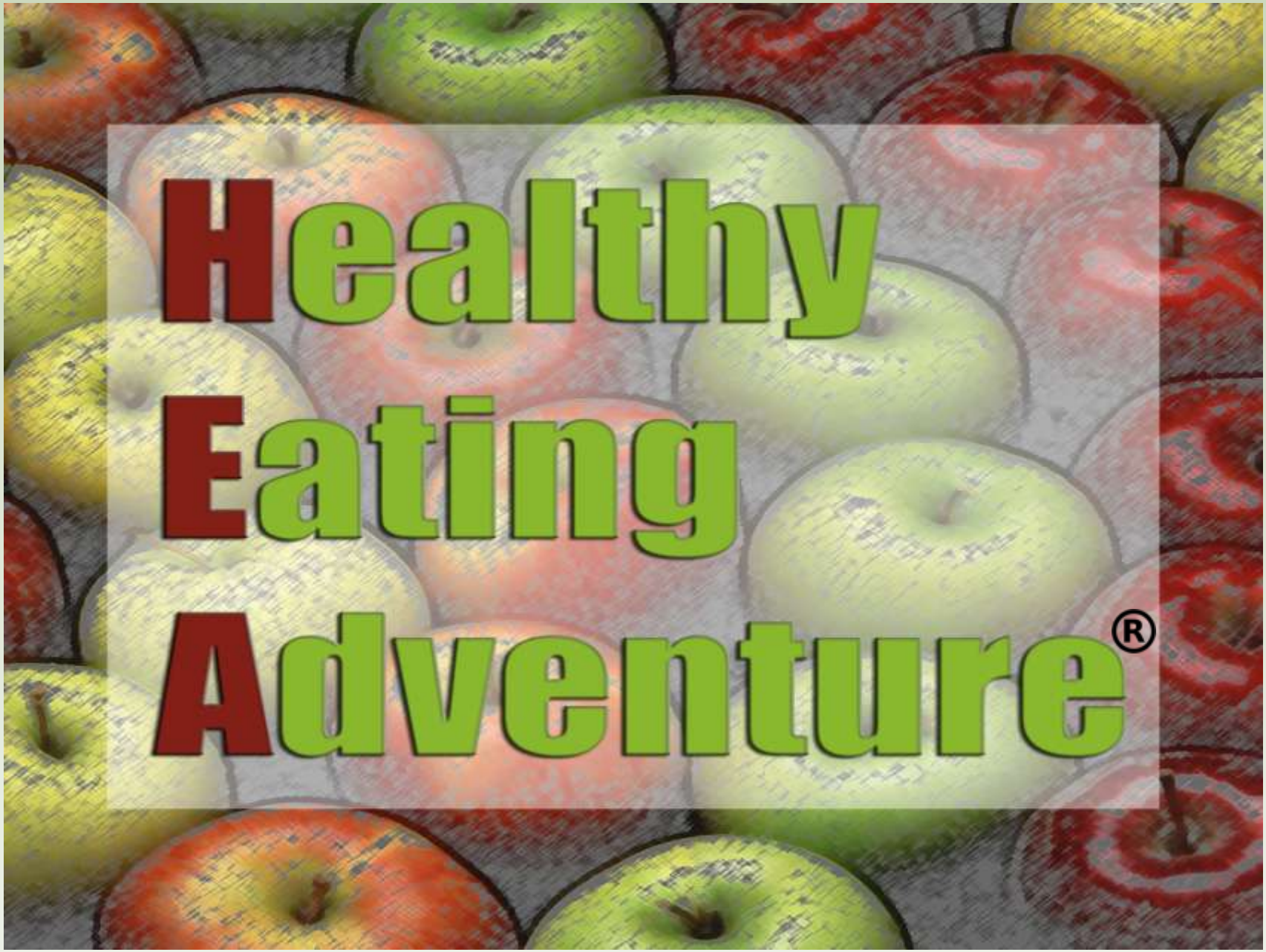

Healthy
Eating
Adventure®

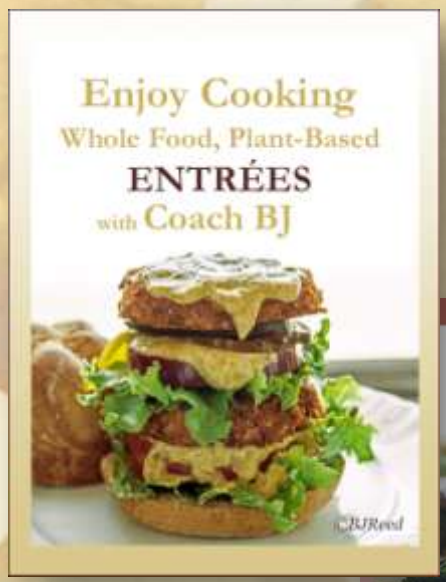
Objective: **To present ways for you to makeover your kitchen to support a healthy lifestyle during your 28-day adventure by stocking whole foods, plant-based and no oil foods.**

COACH BJ

Cooking Demo at Wilson College

Semi-finalist 2011, 2012 and 2013 PA Veggie Cook-off Contest

Volunteer for Dr. Liz George's Healthy Eating Adventurer (HEA) since 2010



Tom and BJ before Plant-Based (6 years ago):

High BP Meds for 10 years
Pre Diabetic
Excess weight
Tired

Tom and BJ after Plant-Based:

NO Meds
Goal weight
(Tom lost 55 pounds/ BJ 30)
Glowing skin
More energy
Peaceful sleeping
Enjoying life

Eat well and exercise…
join the healthy team!

HEALTY FAMILY includes our dog ZIPPER

As you can see he loves veggies! His favorite is RED CABBAGE – with SWEET POTATOES coming in a close second. Just look as his shiny coat!

Eat well and exercise…
join the healthy team!

HEALTY FAMILY now includes my brother and SIL

"Lost 30 pounds, off one blood pressure med, off Prilosec, off cholesterol med. Blood sugar is being stabilized with proper eating. All of this with no exercise, I have just started to walk. But one thing, it has not grown hair."

"I lost 2 pant sizes about 20 pounds. I have for years struggled with inflammation & joint pain with 2 degenerate neck disks & scoliosis that continues to cause curvage of the neck. Sometimes my hands were stiff & arms hurt to lift. In recent years I was taking Motrin PM for pain & to sleep. I am happy to say I no longer have inflammation nor pain & no longer take any sleep aids. I fall asleep naturally. Recent blood work was in the normal range. No meds."

Eat well and exercise…
join the healthy team!

AFTER

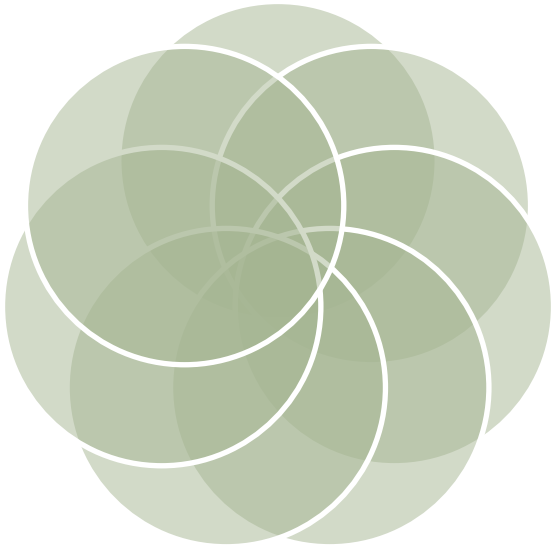
Pantry filled with plant-based food

HEA Kitchen Makeover Topics

VIDEO of Rip's Kitchen Rescue

Dealing with gatherings with family/friends

Review guidelines for eating whole foods, plant-based, no oil



Simple cooking during your adventure

List of healthy foods

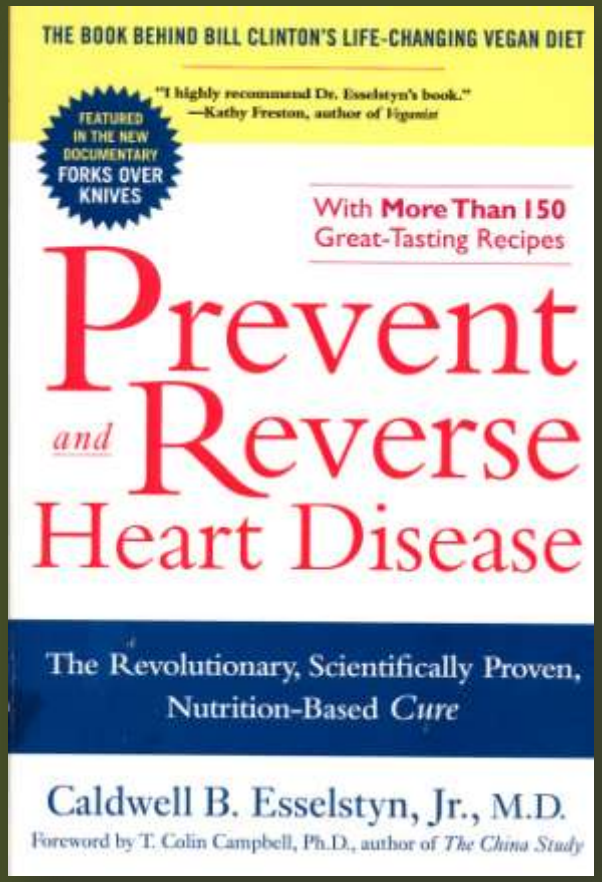
Suggested vitamins/ supplements

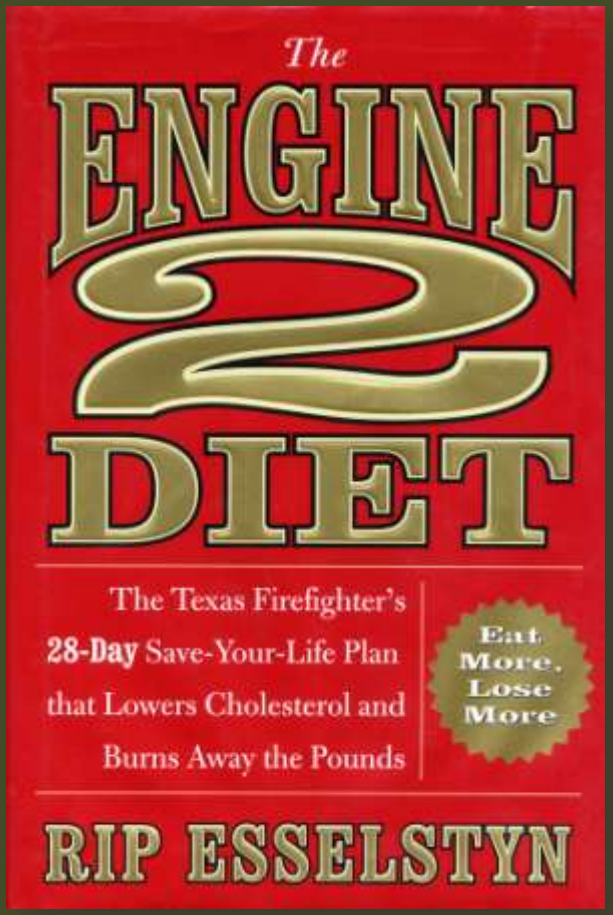
How to read food labels

Tips on food substitutions

Q & A at the end of presentation

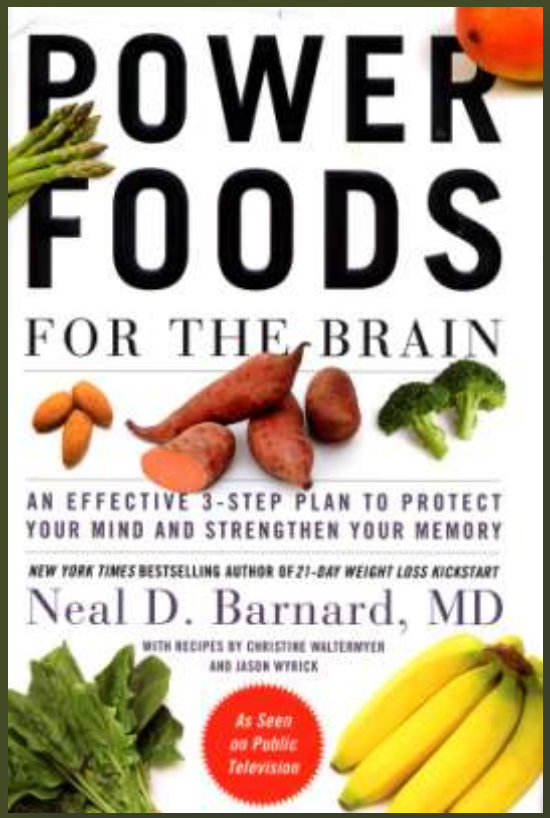
Resources for HEA Plant-Based Eating

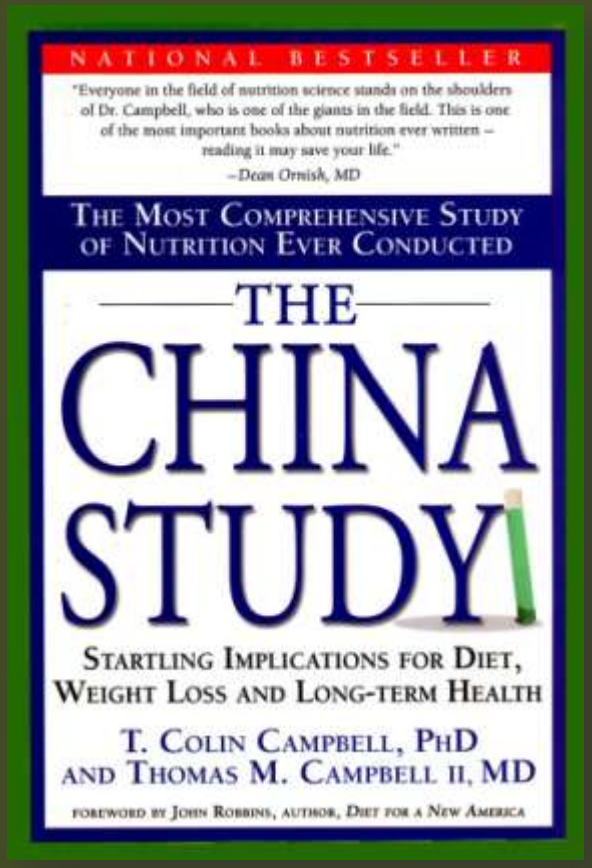




Several plant-based champions. Many have years of research under their belts.

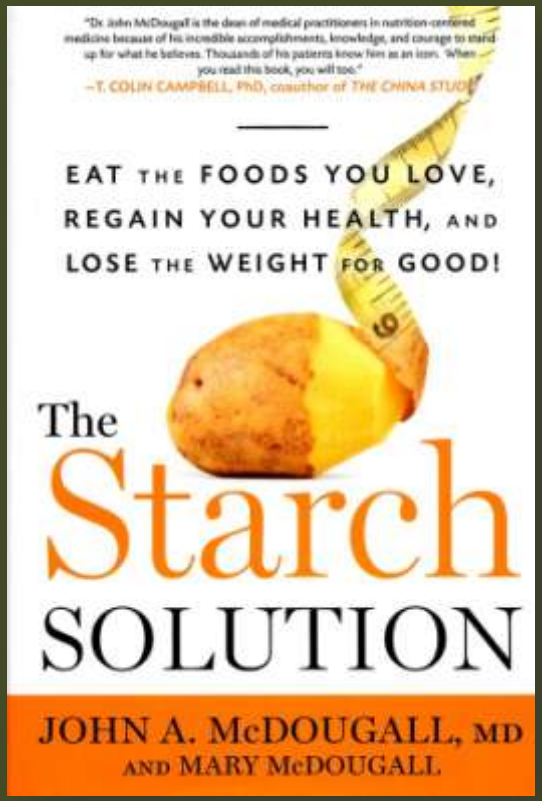
Additional Resources

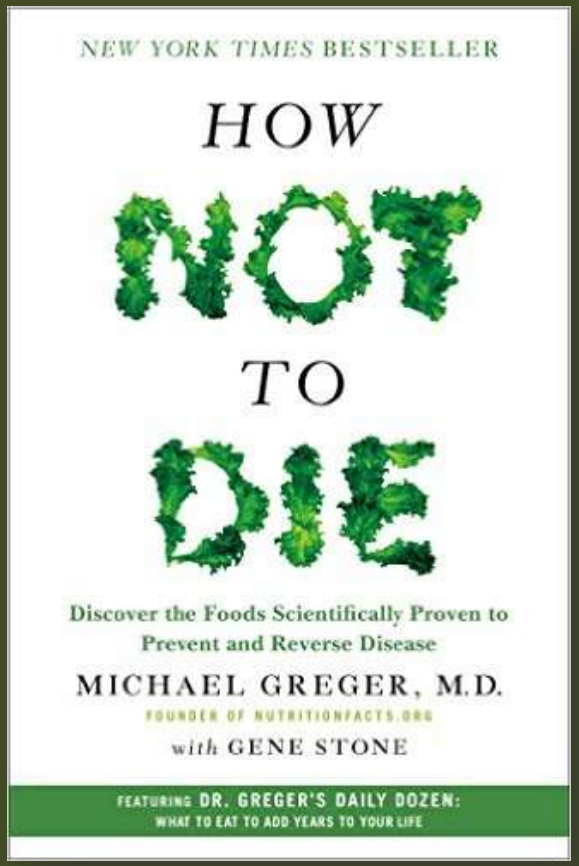




Several plant-based champions. Many have years of research under their belts.

Additional Resources





Several plant-based champions. Many have years of research under their belts.

Healthy Eating Adventure® Stats from 2014 SHIP HEA

Before and After Health Measurements Recorded by HEA	Percentage of Adventurers Noting Improvements
Lower Systolic (upper measurement) Blood Pressure	81%
Improved Cholesterol LDL	83%
Improved Glucose	53%
Lost Weight	90%

HEA SHIP 2014

**The 32 adventurers completing blood work and graduating from the 28-day HEA...
noted these improved measured health results.**

We want to select foods which will improve HEALTH…so

Swap Bad Choices for Whole Foods, Plant–Based Foods

No Meat
No Dairy
No Oil
Lo Sugar
Lo Salt
Less Processed

Small amount of nuts/seeds

OK, what foods can I choose to be healthier?

Whole Foods, Plant-Based, No oil

Plant-Based Comfort Foods

whole wheat pancakes

burger and sweet pot fries

Plant-Based Comfort Foods

chocolate cherry

stuffed cabbage

Plant-Based Soups and Stews

tomato barley soup

chick pea rice soup

Food to make you Healthy

Let's get back to basics.

Remember your Grandma's words, "eat your vegetables".

It's really easy, just eat food that Mother Nature provides for optimum health for yourself and for future generations.

4 Plant-Based Food Groups

- **Whole Grains**
- **Legumes (beans, peas, lentils)**
- **Fruits**
- **Vegetables**

Plant-Based Foods

Whole Grains

- Amaranth
- Barley
- Bulgur
- Corn
- Millet
- Whole Oats
- Quinoa
- Rice (red, brown, black, wild)
- Teff
- Whole Wheat Pastry Flour
- Whole White Wheat Flour

Plant-Based Foods

Legumes (Beans, Peas, Lentils)

- Black Beans
- Black-eyed Peas
- Chickpeas (Garbanzo)
- Kidney Beans
- Lentils (white/brown/green)
- Lima Beans
- Mung Peas
- Navy Beans
- Snow Peas
- Soy Beans
- Sugar Snap Peas

LEGUMES (BEANS, LENTILS, PEAS)

Plant-Based Foods

Fruits

- Apples
- Bananas
- Blueberries
- Dates
- Grapes
- Lemons
- Melon
- Pineapple
- Raisins
- Strawberries
- Tomatoes

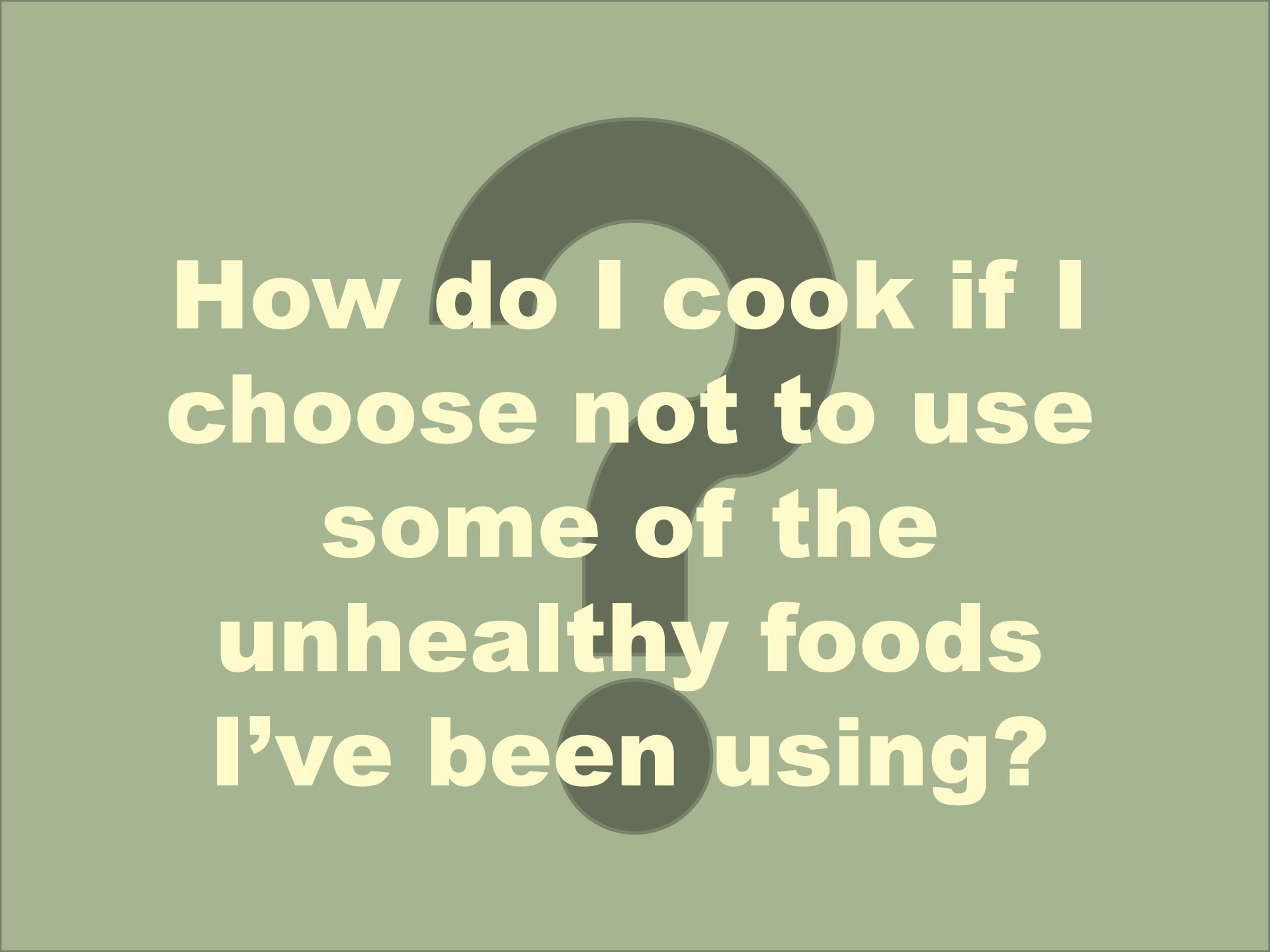
Plant-Based Foods

Vegetables

- Leafy greens (cabbage, chard, collard greens, kale, mustard greens, spinach, turnip greens, lettuce, watercress)
- Beets
- Carrots
- Celery
- Onions, leeks, scallions
- Potatoes (white, red, yellow, purple)
- Squash, Summer
- Squash, Winter
- Sweet Potatoes
- Turnips

CHAMBERSBURG FARMER'S MARKET

Fulton Farm at Wilson College
Community Supported Agriculture (CSA)


How do I cook if I choose not to use some of the unhealthy foods I've been using?

Instead of meat…choose healthy

No pork, no beef, no chicken, no fish, no dog, no cat, no horse

=

Plant-Based

- **Make your own burgers from beans, rice, oats and mushrooms**

Instead of meat…choose healthy

No pork, no beef, no chicken, no fish, no dog, no cat, no horse

=

Plant-Based

- **Make your own loaves with beans, lentils, rice, tofu, grains and mushrooms**

Instead of meat…choose healthy

No pork, no beef, no chicken, no fish, no dog, no cat, no horse

=

Plant-Based

- **Soy products are available – such as, veggie burgers, meatless crumbles, veggie dogs, veggie sausages, etc. but limit processed foods**

Instead of eggs…choose healthy

No Eggs

=

Plant-Based

For baking –

Flaxseed meal, mix 1 T w/ 3 T water, microwave for 30 seconds, stir.

ENERG Egg Replacer

Instead of eggs…choose healthy

No Eggs

=

Plant-Based

– **To add leavening add "aquafaba" (brine from cooked chickpeas) mix 1 T w/3T water.**

Instead of eggs…choose healthy

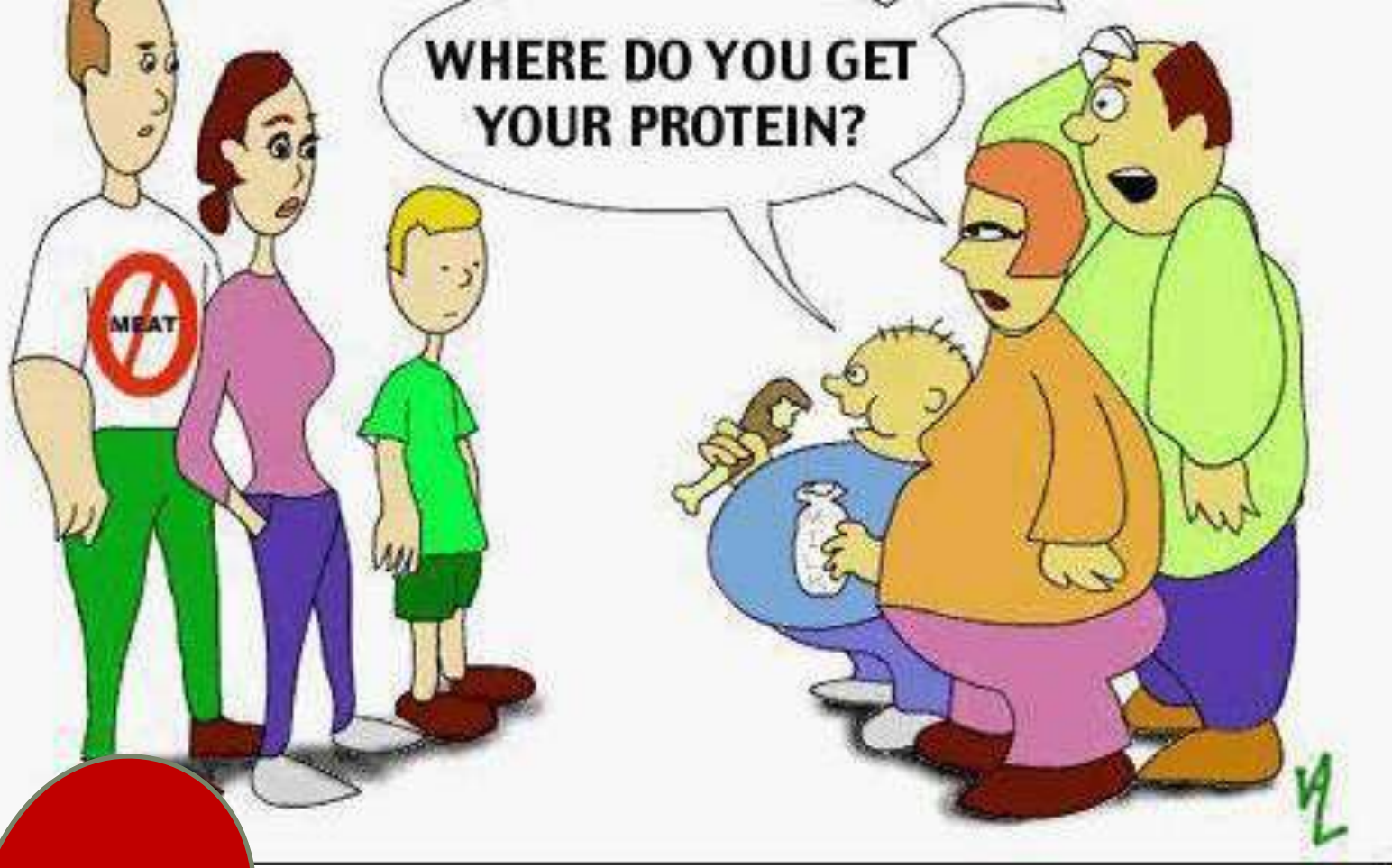
No Eggs

Plant-Based

For baking and to make scrambles use Lite Firm Tofu, add turmeric for color

=

As you begin to enjoy plant-based eating, family and friends will ask you the **BIG** question.
What no meat...where do you get your protein!?



PROTEIN ?

Everybody suddenly becomes concerned about **YOUR** health...NOT!!

Your answer to "Where's the Protein?"

BJ's daily goal = 46g

♣♣♣

Total for a typical day in my life = 66g

♣♣♣

Plenty of plant-based protein!

Almond Milk (1.0g), Shredded Wheat (10.5g), Flaxseed Meal (1.3g), Banana (1.3g), Kale(3.3g), Brown Rice (5.0g), Sweet Potato (5.0g), Broccoli Mix (3.5g), Onions (.9g), Celery (.3g), Garlic (.3g), Chili Powder (.2g), Cumin (.4g), Tomatoes (1.0g), Kidney Beans (7.7g), Great Northern Beans (7.7g), Black Pepper (.1g), Spinach (1.7g), Carrots (.2g), Quinoa (8.1g), Popcorn (3.1g), Rice Crackers (2.0g), Apple (.5g), Barley (.9g), Walnuts (2.2g)

Instead of oil…choose healthy

No OIL

=

Plant-Based

- **To sauté – dry sauté certain veggies to bring out nature flavors; use a couple Tablespoons veggie broth, fruit juice or water**

Instead of oil…choose healthy

No OIL

=

Plant-Based

- **For salad dressing – vinegars or make plant-based dressings**

Instead of oil…choose healthy

No OIL

=

Plant-Based

- **For baking ingredients – use Aquafaba, applesauce, bananas and other fruits**

Instead of oil…choose healthy

No OIL

=

Plant-Based

- **For baking use non-stick cook ware; line baking sheets with Silpat or parchment paper**

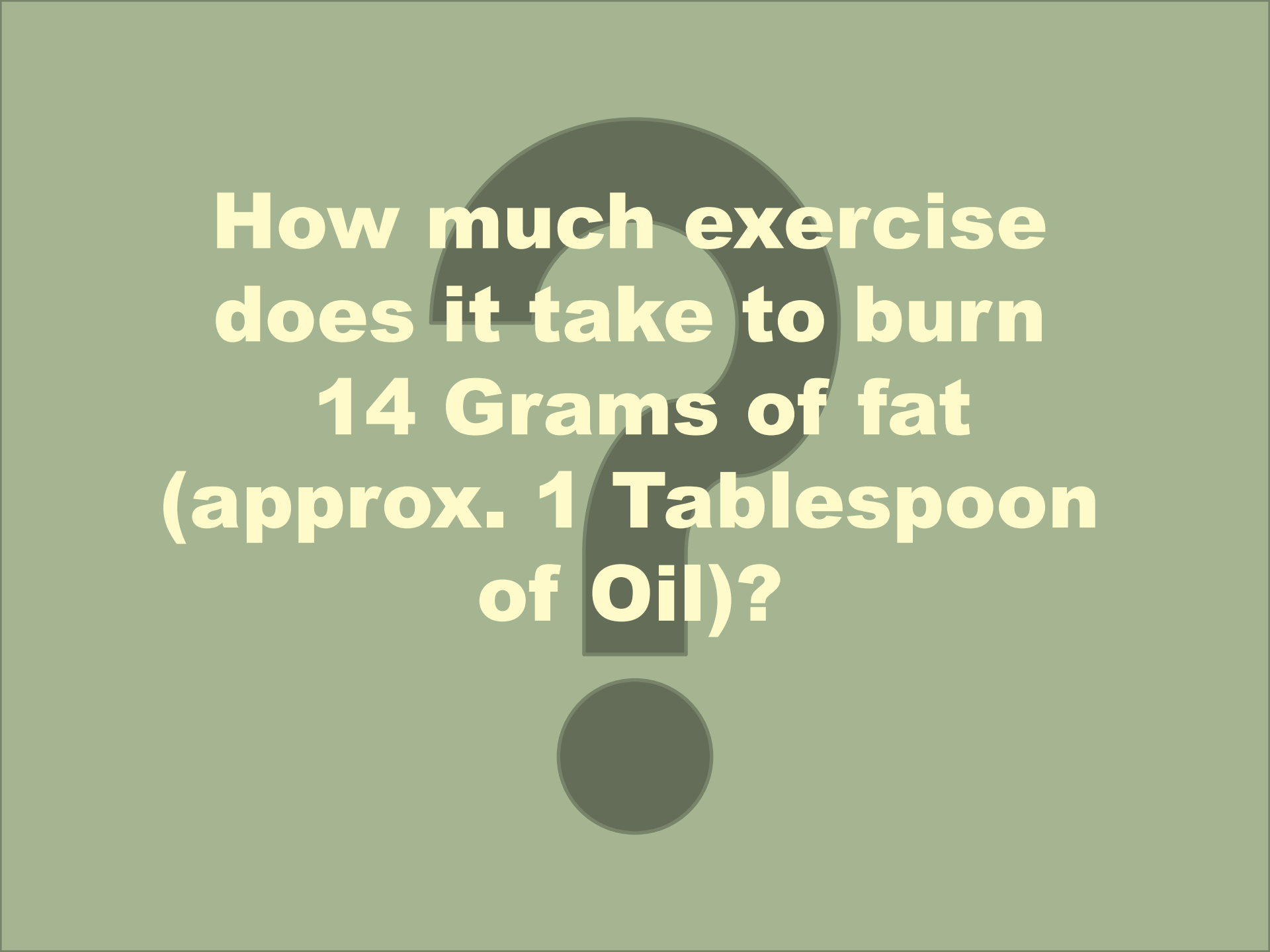
Instead of oil…choose healthy

No OIL

=

Plant-Based

- **For roasting vegetables – coat in Balsamic vinegar, add seasoning, roast on Silpat**


How much exercise does it take to burn 14 Grams of fat (approx. 1 Tablespoon of Oil)?

Make healthier choices

Processed OIL 1 Tablespoon = 120 Calories/ 120 Calories from Fat/Total Fat 13G

To work off 14 Grams of fat it would take 35 minutes weight lifting or 30 minutes walking or 20 minutes hiking.

You can not exercise away the excess calories that you are putting into your mouth.

Limit nuts, seeds and other fatty fruits and vegetables …choose healthy

Exactly how much is 1 ounce of nuts?

- **Brazil Nuts**

- **Almonds**

Instead of dairy…choose healthy

No Dairy

=

Plant-Based

- **Use Non-dairy milk products including Almond, Almond/Coconut, Soy, Hemp, Rice or Oat milks**

Instead of dairy…choose healthy

No Dairy

=

Plant-Based

- **For cheese-like texture use Lite Firm Tofu**

- **For sauces use Nutritional Yeast for a cheese-like flavor**

Instead of dairy…choose healthy

No Dairy

=

Plant-Based

- **Other Non-dairy products are available but not always the best choice – including cheese, butter, yogurt and sour cream. Use these products judiciously. Many are full of fat and are highly processed.**

Limit salt…choose healthy

Limit salt

=

Plant-Based

- **Our bodies need sodium…from research literature, it is suggested that we need a minimum of 500 mg per day. American Health Associate recommends 1500 mg per day. However, people eating the SAD consume 3000-5000 mg a day, so if you are eating processed foods and dining out frequently then you likely are well over the recommended amount. Here are some tips to help you reduce sodium:**

American Heart Association recommends 1500 mg per day. You will typically consume about 600 mg a day in foods containing natural sodium, so that only allows for ½ teaspoon a day additional.

Limit salt…choose healthy

Limit salt

=

Plant-Based

- **Add foods that contain natural salt to your soups and stews such as celery, carrots, cabbage, chard and parsley**

American Heart Association recommends 1500 mg per day. You will typically consume about 600 mg a day in foods containing natural sodium, so that only allows for ½ teaspoon a day additional.

Limit salt…choose healthy

Limit salt

=

Plant-Based

- **Add spices and herbs that contain natural sodium or use salt-free blends**

American Heart Association recommends 1500 mg per day. You will typically consume about 600 mg a day in foods containing natural sodium, so that only allows for ½ teaspoon a day additional.

Limit salt…choose healthy

Limit salt

=

Plant-Based

- **Look for food labeled "NO SALT ADDED or LOW-SALT"**

American Heart Association recommends 1500 mg per day. You will typically consume about 600 mg a day in foods containing natural sodium, so that only allows for ½ teaspoon a day additional.

Limit salt…choose healthy

Limit salt

=

Plant-Based

- **Himalayan or Hawaiian Black Salt has a bit more minerals.**
- **Regular table salt has added iodine which the body needs.**
- **Sea salt is available with iodine.**

American Heart Associate recommends 1500 mg per day. You will typically consume about 600 mg a day in foods containing natural sodium, so that only allows for ½ teaspoon a day additional.

Less sugar…choose healthy

Less added refined sugar

=

Plant-Based

- **Natural sugar from fruit is best.** **(Limit quantities if you are trying to lose or maintain a goal weight. Fruit juices and juicing fruit will add a lot of sugar to your diet.)**

SUGAR IS SUGAR

The World Health Organization recommends daily sugar intake to be < 5% of total calories.
Women should limit to no more than 6 teaspoons of added sugar daily.
Men no more than 9 teaspoons of added sugars each day.

Less sugar…choose healthy

Less added refined sugar

=

Plant-Based

- **Molasses does have more nutritional value than some sweeteners (magnesium and iron) but sugar is still sugar.**

SUGAR IS SUGAR

The World Health Organization recommends daily sugar intake to be < 5% of total calories.
Women should limit to no more than 6 teaspoons of added sugar daily.
Men no more than 9 teaspoons of added sugars each day.

Less sugar…choose healthy

Less added refined sugar

=

Plant-Based

- **Agave may be a better choice if you have diabetes since it has a lower Glycemic Index compared to other sugars. But use sparingly…sugar is sugar.**

SUGAR IS SUGAR

The World Health Organization recommends daily sugar intake to be < 5% of total calories.
Women should limit to no more than 6 teaspoons of added sugar daily.
Men no more than 9 teaspoons of added sugars each day.

Less sugar…choose healthy

Less added refined sugar

=

Plant-Based

- **Dried Fruit contains concentrated natural sugars, use as a substitute in baking to replace refined sugar.**

SUGAR IS SUGAR

The World Health Organization recommends daily sugar intake to be < 5% of total calories.
Women should limit to no more than 6 teaspoons of added sugar daily.
Men no more than 9 teaspoons of added sugars each day.

Less sugar…choose healthy

Less added refined sugar

=

Plant-Based

- **Date Sugar made from pulverizing dates is a better choice for sweetener but sugar is still sugar.**

SUGAR IS SUGAR

The World Health Organization recommends daily sugar intake to be < 5% of total calories.
Women should limit to no more than 6 teaspoons of added sugar daily.
Men no more than 9 teaspoons of added sugars each day.

Less processed…choose healthy

Processed

=

Plant-Based

CoachBJ's Homemade Lentil/rice Vegetable Soup

Nutrition Facts Serving Size 1 cup

Calories = 139

Calories from fat=6

Sodium=11mg

Sugar= 0g

Less processed…choose healthy

Processed

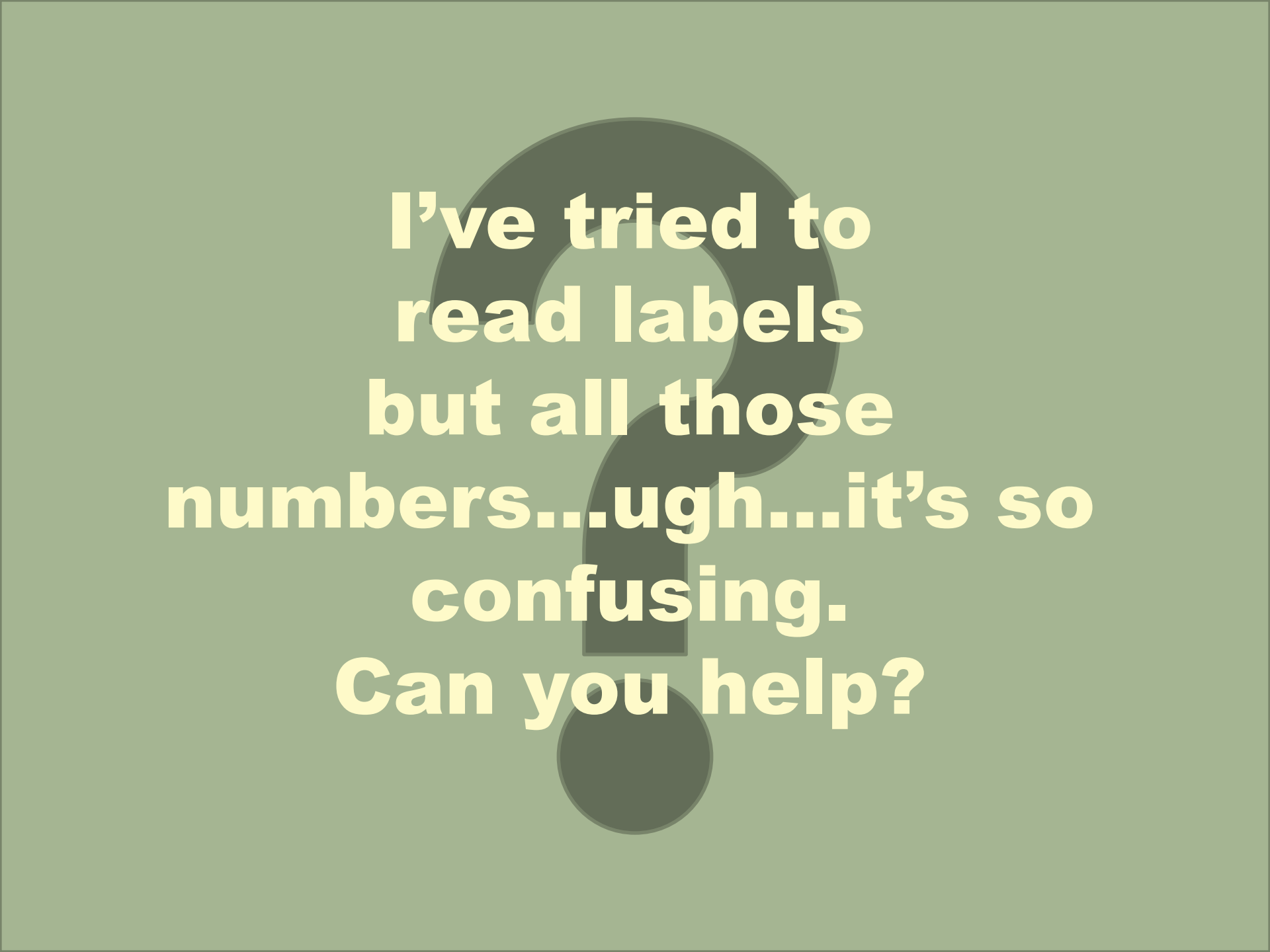
PIZZA HUT'S
12" Medium Veggie Lover's Thin'N Crispy Pizza

Nutrition Facts Serving Size 1/8 pizza
- **Calories = 180**
- **Calories from fat= 60**
- **Sodium= 530mg**
- **Sugar= 4g**

=

Plant-Based

CoachBJ's 12" Sourdough Whole Wheat Pizza
Nutrition Facts Serving Size 1/8 pizza (1 slice)
- **Calories = 99**
- **Calories from fat= 4**
- **Sodium= 64mg**
- **Sugar= 1g**


I've tried to
read labels
but all those
numbers...ugh...it's so
confusing.
Can you help?

Healthy Eating AdVenture

LABEL READING MADE EASY

For Plant-Based packaged food, Nutrition Facts label reading becomes easy - you only need to look at Per Serving - Calories from FAT, SODIUM mg and SUGAR g

Nutrition Facts

Serving Size (28g)

Amount Per Serving

1. **Calories** 100 — Calories from fat 20

% **Daily Value***

Total Fat 2g — **3%**

Saturated Fat 0g — **0%**

Trans Fat 0g

Cholesterol 0mg — **0%**

2. **Sodium** 75mg — **3%**

Total Carbohydrate 19mg — **6%**

Dietary Fiber 3g — **12%**

3. Sugars 0g

Protein 4g

Vitamin A 25% • Vitamin C 0%

Calcium 10% • Iron 4%

1. FAT - 10-20% Here's an easy way to determine FAT % - multiply calories by 10% or .10. So for the label on the left, let's multiply: 100 calories x .10 = 10 Calories from fat, look for this number as a 10% target. The label shows Calories from fat 20, making this item 20% fat.	Keep the calories from FAT between 10-20%, that is, 10 to 20 grams of fat per 100 calories. Americans consume over 35% of their calories from fat – double what is should be. Avoid bad fats - saturated animal and vegetable fats. Keep plant foods such as nuts, nut butters, seeds, avocados, coconut, olives and soybeans at a minimum. Many plant-based champions recommend a small handful or about 1 ounce of nuts a day.
2. SODIUM - 1:1 Ratio (Calories:Sodium) So let's look for a 1:1 ratio for this food item, that is - 100Calories:100Sodium or less Sodium. To your left you see the sodium at 75mg, thus (100:75) is less than the ratio, so a good choice.	Keep the ratio of calories to mg sodium at 1:1 ratio or lower. American Heart Associate recommends 1500 mg per day. You will typically consume about 600 mg a day in foods containing natural sodium, so that only allows for ½ teaspoon a day additional.
3. SUGARS - 6 grams or less added sugar On this label, sugar is 0g, making it a good choice. Unfortunately natural sugars and added sugars are not delineated on labels. Sugar is Sugar!	The rule of Three: On the ingredient list added sugar should not be one of the first three ingredients: Keep the number of different added sugars to three or less. Natural sugar from fruit is best. Fruit juices and juicing fruit will add a lot of sugar to your diet so will dried fruit: Limit quantities if you are trying to lose or maintain a goal weight.

Ingredient box: Also look at the ingredient list box, not the front of the package which can be misleading. We're looking for 100% whole grain. Avoid foods with a large number of ingredients, many we can't pronounce and we don't know what they are; and watch out for artificial colors, flavoring, preservatives, etc. The shorter the ingredient list the better. Let's get back to basics!

Label Reading

TARGET VALUES
Consider serving size.
1. FAT:
Calories from fat 10%-20%

2. SODIUM:
Salt mg should be = <
than calories per serving

3. SUGARS:
Less than 6g per serving except natural sugar from fruits

Label Reading – changes 2016

New FDA Food Labels May 2016:

Larger print Calories

Serving size

Includes Added sugar

Added Vitamin D Potassium

Deleted Vitamin A & Vitamin C

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

What additional supplements or vitamins do I need?

By eating this way you will be getting so much more nutrients, vitamins, minerals and amino acids compared to eating the standard American diet (SAD).

- **Most plant-based doctors suggest a supplement of Vitamin B12 (Methylcobalamin) - research literature shows that many people (meat or plant-based), especially those over 50, have low levels**

What additional supplements or vitamins do I need?

By eating this way you will be getting so much more nutrients, vitamins, minerals and amino acids compared to eating the standard American diet (SAD).

- **Many doctors recommend a supplement of D3 (from plants) – if you're not getting natural sunlight on a regular basis**

- **Check with your doctor if you have issues that require additional supplements**

Keep cooking simple during 28-day adventure

Easy

- **Make dishes you are familiar with**
- **Select 6 or 7 basic comfort food recipes and rotate**

Greens

- **Get plenty of leafy greens in salads and**
- **Line plate with greens before serving soups and stews**

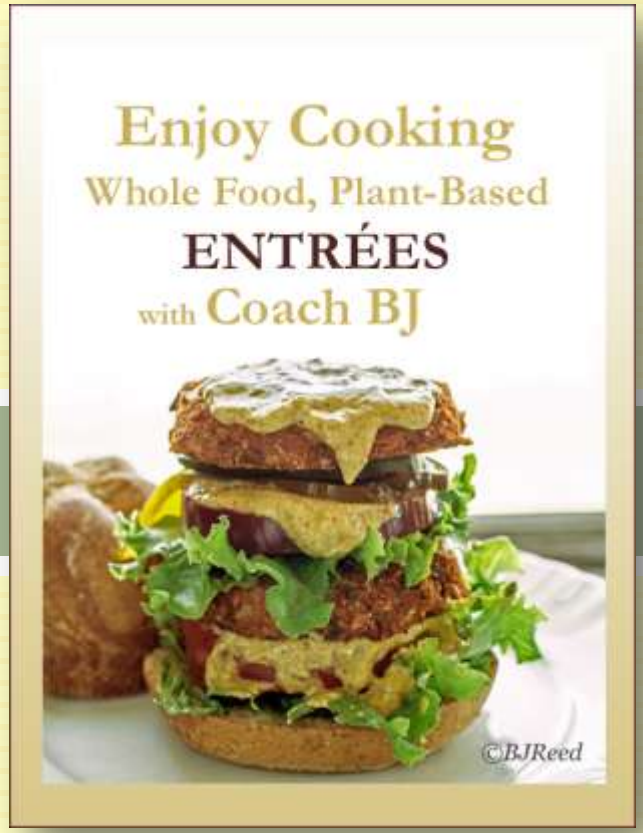
Snacks

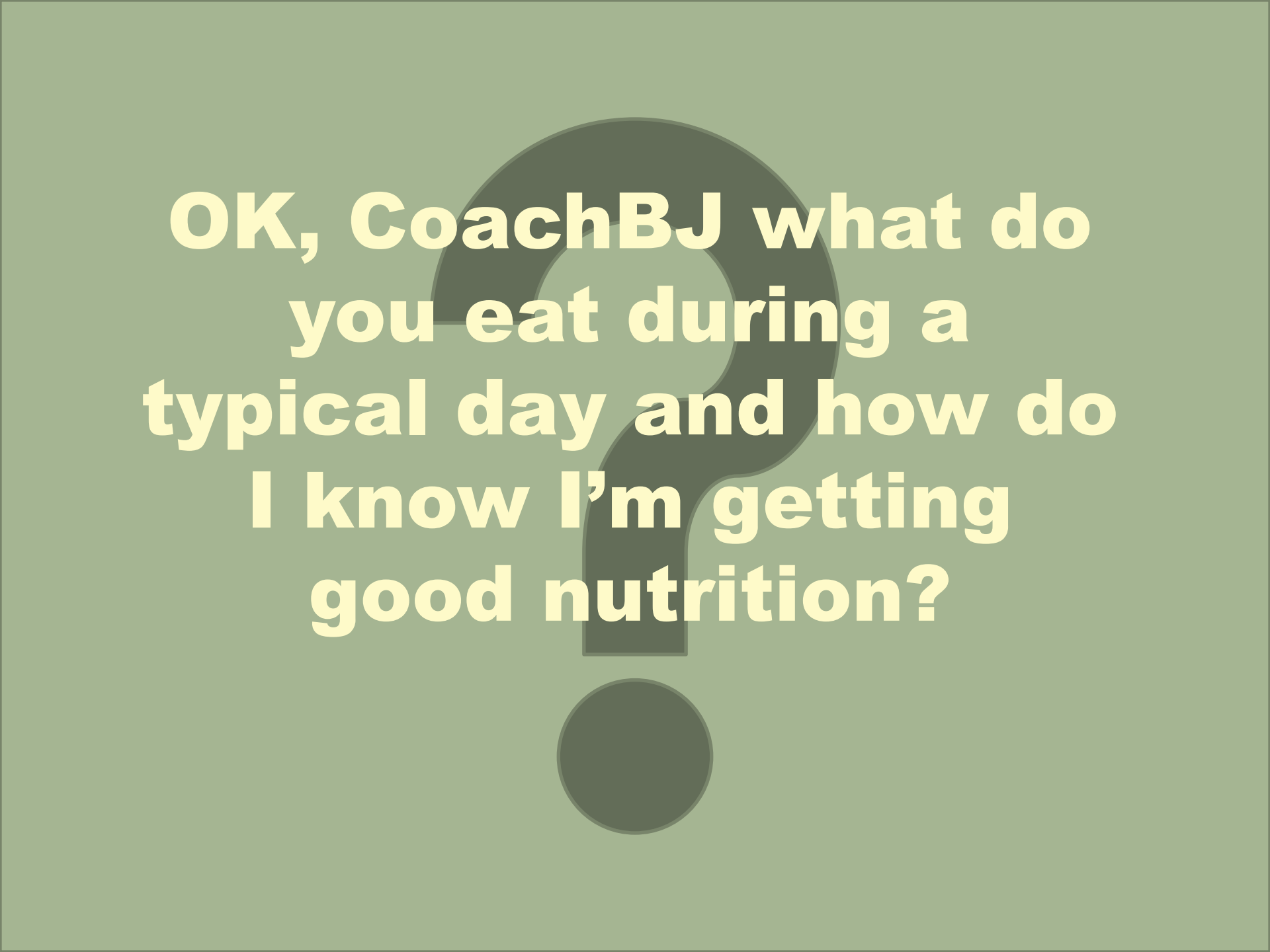
- **Always have some plant-based favorites on hand**
- **Air-popped popcorn, small red potatoes, lo sod crackers, soup, home made trail mix, hummus, raw veggies and fruit**

In the kitchen with

coachBJ.com

- **Recipes**
- **Tips**
- **Videos – *How to* …**
- **Sauté onions w/o oil**
- **Easily peel butternut squash**
- **Roast vegetables w/o oil**
- **Make pressure cooker meals**
- **Make lo-sod veggie stock from scraps**
- **Make applesauce**




OK, CoachBJ what do you eat during a typical day and how do I know I'm getting good nutrition?

Plant-Based Breakfast and Lunch

- Oatmeal (1/2 cup)/water
- Black Grapes or Berries
- Flaxseed Meal (1T)
- Cinnamon (1/2 t)
- Cloves (pinch)
- Almond Milk (dash)
- Green or White tea

- Bowl or two Minestrone or
- Bowl of Chili w/brown rice
- Leafy Greens
- Beverage

Plant-Based Various Supper Options

or

or

- **Pasta Casserole**
- **Salad**

- **Stuffed Peppers**
- **Roasted Fried**
- **Salad**

Plant-Based Various Supper Options

- **Huge Salad with all the fixings**
- **Homemade Sourdough Bread**

Plant-Based Snacks for a DAY

Between meals mini-meals and snacks throughout the day

- **Walnuts (7 halves)**
- **Fruit**
- **Sweet Potato with horseradish mustard**
- **Leafy Greens (1 cup)**
- **Rice crackers**
- **Water**

Nutrition Summary for April 8, 2013
Report generated by CRON-o-Meter v0.9.9

General (100%)

Energy	1834.0 kcal	101%
Protein	72.1 g	157%
Carbs	332.3 g	127%
Fiber	74.8 g	356%
Fat	34.7 g	174%
Water	2818.6 g	104%

Vitamins (94%)

Vitamin A	66362.6 IU	2845%
Folate	839.9 µg	210%
B1 (Thiamine)	2.7 mg	244%
B2 (Riboflavin)	2.7 mg	243%
B3 (Niacin)	25.7 mg	183%
B5 (Pantothenic Acid)	5.6 mg	111%
B6 (Pyridoxine)	5.1 mg	338%
B12 (Cyanocobalamin)	4.5 µg	188%
Vitamin C	408.6 mg	545%
Vitamin D	100.0 IU	25%
Vitamin E	18.3 mg	122%
Vitamin K	2075.8 µg	2306%

- **Plant-Based Nutrition Facts for a DAY**

Minerals (100%)

Calcium	1292.1 mg	108%
Copper	3.1 mg	350%
Iron	25.4 mg	318%
Magnesium	693.2 mg	217%
Manganese	9.3 mg	516%
Phosphorus	1504.5 mg	215%
Potassium	5873.4 mg	125%
Selenium	57.8 µg	105%
Sodium	867.8 mg	174%
Zinc	20.6 mg	257%

Amino Acids (98%)

HIS	1.5 g	2015%
ILE	2.5 g	246%
LEU	4.4 g	192%
LYS	3.0 g	148%
MET	0.9 g	84%
PHE	3.0 g	167%
THR	2.3 g	211%
TRP	0.7 g	2278%
VAL	2.9 g	23964%

Lipids (100%)

Saturated	4.3 g	
Omega-3	2.4 g	214%
Omega-6	12.0 g	1092%
Cholesterol	0.0 mg	

Lots of Beans Chili

Sauté onions, celery, garlic, carrots with lo-salt vegetable broth – no need to use oil.
Swap ground beef with crumbles or more beans.

Whole Wheat Pizza

Whole wheat pizza crust.
No cheese, use nutritional yeast for flavor.
All veggie toppings.

Kidney Beans Loaf

Sauté onions and peppers in water, not oil.
Use beans instead of ground beef.
Add grains, oats or rice, for binder.
Replace eggs with ground flaxseed meal mix.

Pasta with Marinara Sauce

Whole Wheat Pasta.
Sauté vegetables in veggie broth or water, not oil.
Make quick tomato sauce without oil.
Add greens or a salad.

Veggie Burger w/Sweet Pot Fries

Burgers can be made from a combination of beans, rice, lentils and vegetables.
Use ground flax seed meal mix and grains such as polenta and oat bran for binders.
Serve on whole grain bread or rolls.

Gingerbread Cake

Swap flour, milk, eggs, oil, unrefined sugar and whipped cream for whole wheat flours, almond non-dairy milk, flax seed meal, less sugar and silken tofu for topping.

Family Gatherings and Holidays

If every member of your family and your friends were all plant-based…wouldn't it be a lovely healthy world!

Unfortunately, the reality is that most families contain "mixed" eaters. So for us whole food, plant-based eaters, sharing meals with others can sometimes be a challenge.

To live in harmony, there are some strategies that you can take to enjoy the company of family and friends.

Family Gatherings and Holidays

ENJOY

- **Focus on the people, not the food.**
- **Be sure to bring one of your favorite dishes to enjoy.**

GOOD

- **Make good food choices.**
- **Eat something before you go if you don't know if plant-based food will be offered.**

COMPANY

- **Sharing time is what matters.**
- **ENJOY GOOD COMPANY!**

Participants Responsibilities

Read the WHITE book. During the pot lucks, coaches will assign categories of foods to use, use recipes from the book, on our website healthyeatingadventure.com or coachBJ.com (Food log - optional)

Pre and Post Blood Work Plus 6-month follow-up

YOU

Communicate with Coaches

Attend Pot Lucks

Healthy Eating AdVenture®

Healthy Eating Adventure's
Plant-Based Community Activities

A Healthy Community is a Happy Community

Happy Eating During Your Adventure
Whole Foods, Plant-Based, No oil