

≡ WEIGHT LOSS ≡

Cheat Sheet

A JUMP
START
GUIDE
TO LOSING
WEIGHT

—> on a <—
PLANT-BASED DIET

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MY STORY



My name is Hannah, and the first thing I want you to know about me is that I can relate to you in so many ways. I believe you found this site because you want to get healthy, shed weight, and start living the life you deserve. I'm here to help you.

I have struggled with my weight throughout my entire life. I remember going on my first diet when I was twelve and in the sixth grade. I ate nothing except carrot sticks all day long with small portions of what my parents cooked for dinner because I thought the less I ate, the thinner I would become.

I would lay in my bed at night and do sit-ups and calisthenics until my muscles no longer moved. Looking back at that memory pains me. It marks the beginning of a life time struggle with my weight and body image, and to this day I pray no other person will ever have to go through the same struggle.

Over the next fifteen years my weight yo-yoed like crazy. I gained some here and lost some there, but I never understood how to eat healthy or care for my body in the way that it needed me to. I starved myself for days before breaking down and eating everything in my house. This was my way of dieting, but it never got me anywhere.

Now you may be curious as to what is a whole food plant based diet? What types of foods am I supposed to be eating? This falls into 6 categories: fruits, vegetables, legumes, whole grains, nuts and seeds.

When you look down at your plate, you want to see the majority of your calories coming from fruits, vegetables, legumes and whole grains. Nuts and seeds are more like a condiment.

FRUITS

Fruits are wonderful foods. They get a lot of flack for being weight gaining foods because they are high in sugar. While that is true they are also high in water and fibre content which makes them calorically dilute. This means they are less likely to cause weight gain unless you were consuming more calories then your body is expending. They are also rich in vitamin C.



WHOLE GRAINS

Whole grains are a great source of complex carbohydrates that are satiating to our body and provide us the energy to really live our life. This includes foods like barley, buckwheat, corn, millet, oats, brown rice, rye, sorghum, wheat, wild rice.

I love to build my meals around hearty grains (as well as starchy vegetables) since these are rich in fibre, protein, B vitamins and zinc.

LEGUMES

Another important plant-based group is the bean group which also includes peas and lentils and chickpeas. Legumes are well known as great source of fibre as well as protein, iron, calcium, zinc and B vitamins.

What About Protein?

Where do you get your protein? The biggest question for most people regarding a plant-based diet is that they're concerned with protein. The general public has been sold the myth through advertising, friends and even textbooks that plant-based diets are deficient in protein.

A lot of this stems from a study done that humans need 9 essential amino acids. The fact is that this experiment was done on rats and rats require a different amino acid profile than humans. But this study is still quoted as being factual and that humans need to eat meat because meat is the only food with those 9 essential amino acids where plants only contain 8. The human body only requires 8 essential amino acids and it is found in all plants foods.

The reality is that all plant foods contain protein. Use any nutrition website like Cronometer (<http://www.cronometer.com>) and look up your favorite fruit, vegetable, grain, root or legume. They all have protein in them. Some of the largest animals on earth, like elephants, giraffes, gorillas, cows, are primarily herbivores. They eat only plant foods.

So where do they get their protein from? The food they eat! Protein cannot be synthesized within the human body or in the body of a cow. The cow gets its protein from the grass it eats. I'm not suggesting you eat grass for protein, just illustrating the point that protein is found in all plant foods and the very best source is from raw fruits, starches and vegetables.

So what if all plants contain protein, will I get enough protein eating a plant-based diet? Yes you will. The World Health Organization discovered in the 1970s that humans require only 2.5% of their calories from protein to live a healthy life. They doubled their protein recommendation to 5% in order to be 'safe'. The time when our bodies are growing the most is the first years of our life. We literally double in size our first year and this is when protein is needed the most in order to aid the



1 SERVING

PREP TIME
5 minutes

COOK TIME
30 minutes

Simple Sushi Bowl

Ingredients

- 1 cup uncooked short grain brown rice
- 1/2 cucumber, peeled & diced
- 1 carrot, shredded
- 1 avocado, cubed
- ~ Sesame seeds, Tamari, wasabi & pickled ginger to taste

Instructions

Rinse and drain your brown rice and combine with 2 cups of water in a small sauce pan, bring to a boil, reduce heat to low and cook until all the water is absorbed (about 30 minutes).

While the rice is cooking peel, dice and prepare your vegetables.

Once the rice is done and has cooled for a bit transfer to a serving bowl.

Add the vegetables, sesame seeds and whatever else you like on top.

Serve with wasabi, tamari and pickled ginger if you like!



2 SERVINGS

PREP TIME
10 minutes

COOK TIME
20 minutes

Potato Salad

Ingredients

- 2 lbs russet potatoes, peeled and diced
- 2 tbsp red onion, diced
- 2 stalks celery, diced
- 1 large ripe avocado
- 2 tbsp brown mustard
- 1 tsp dried dill
- 1 tsp apple cider vinegar
- 1/4 tsp salt
- 1/2 tsp maple syrup
- 1/4 cup water
- ~ Black pepper, to taste

Instructions

Add the potatoes to a large stock pot and bring to a boil, cook until tender when pricked with a fork, drain and set aside.

Combine the avocado, mustard, dill, apple cider vinegar, water, maple syrup and salt and mash together in a large bowl until well incorporated.

Mix together potatoes with dressing, add in diced onion and celery and top with black pepper.



2 SERVINGS

PREP TIME
5 minutes

COOK TIME
40 minutes

Crispy Potato Fries

Ingredients

Any potatoes you want

Instructions

Rinse and scrub your potatoes in the sink.

Slice the potatoes in half, then chop in to small fry pieces.

Place the potato fries directly on to the oven rack. Set the temperature to 425° F and bake for 37-38 minutes. The 37-38 minutes includes the preheat time.

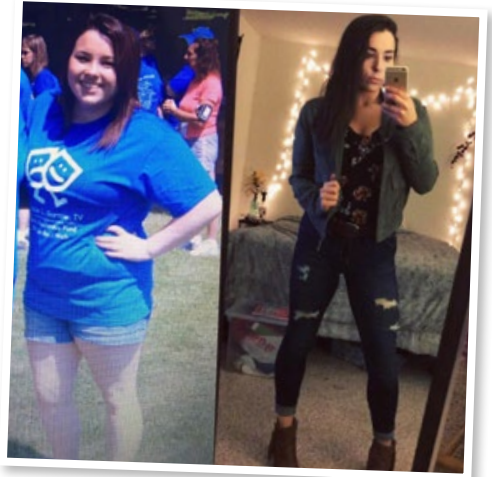
Once the timer goes off, let the fries stand in the oven for 4-5 minutes. Remove the fries using a set of BBQ tongs and place in to a serving bowl.

This method of cooking potato fries saves some prep time and reduces the amount of dishes that you need to use. Without using a pan, it reduces cooking time and the need to flip them as well.

Chelsea

What was your lifestyle like before starting Lean & Clean?

Growing up I was always overweight. I never really felt like I had any emotional issues with food, I was just eating the wrong foods. I got picked on for my weight and always wanted to change it but never really knew how.



What was your turning point to start getting healthy?

A couple of years ago I weighed in at 188 lbs, the heaviest I have ever been and knew something needed to change. I followed the [Lean and Clean](#) plan religiously and lost weight very steadily.

What did you like most about the program?

I loved the freedom to eat pretty much anything I wanted to. Hannah makes it easy to still eat all of your favorite foods, but just prepare them in a much healthier way!

What was your starting height, weight and current weight?

Im 5'3 and my starting weight was 188 lbs, I now weigh around 120 lbs and have been maintaining that weight for around a year now.

What are your favorite foods from Lean & Clean?

I love oven fries and the Thai almond salad! I try to incorporate a ton of veggies into every meal.

What type of exercise did you do?

I did some yoga while losing weight but never did any intense exercising and was never extremely consistent with it.

Kimberlee

What was your lifestyle like before starting Lean & Clean?

I was very sedentary, and I ate mostly processed junk food! A lot of dairy, a lot of candy, cakes and chips.

What was your turning point to start getting healthy?

My turning point to start getting healthy was actually the fear of getting cancer or diabetes.



What did you like most about the program?

I like that you can eat as much as you want and still lose weight.

What was your starting height, weight and current weight?

Starting weight 210lbs / height 5'8". Ending weight 145lbs (been on the program for a year and 3 months)

What are your favorite foods from Lean & Clean?

Favorite foods would be everything! I am no longer picky.

What type of exercise did you do?

I just walk for 5-7 miles a day. Varied terrain.

Any advice or tips to inspire others?

Stick with it! Results will show. You just have to be patient. And enjoy the journey and food!

Whats the biggest benefit to your life you have noticed?

Biggest benefit, hmm, being able to enjoy food for a different reason. Also I would be lying if I said I wasn't happy about the weight loss. Of course I am. Feeling lighter is better! I can breathe better.