

EAT WELL. FEEL WELL. LIVE WELL.



A PRACTICAL GUIDE TO EATING WITHOUT DIETING

Based on the principles of



WWW.THISISNOTADIET.COM.AU

CONTENTS



SECTION ONE: What's this All About?

What's this all about?	3
The "Aha" moment	4
The TINAD team	5
Following the science	7
The Whole Food Plant Based life	8
Choose your TINAD approach	9

SECTION TWO: Let's Get Started!

Getting started	12
Before you start	
Step One: Get clear on your why and what	13
Step Two: Join our community	14
Step Three: Learn and understand the TINAD principles	15
Step Four: Prepare your fridge and pantry	19
Step Five: Fill up your fridge and pantry again	20
Step Six: Prepare your first week's food	22
Step Seven: Begin your new lifestyle!	23

SECTION THREE: Our Key Recipes

Basic Lentils	26
Basic Hummus	27
Seed Crackers	28
Pickles	29

SO WHAT'S THIS ALL ABOUT?



Our Mission to Get Australia Well

Jackie and Summer are two very ordinary people who have embarked on a mission. A mission to get people healthy and stop people dying of preventable, chronic diseases.

Being above a healthy weight is the leading cause of preventable chronic disease: heart attack, stroke, type 2 diabetes, 13 different types of cancer, liver and kidney disease, dementia and musculoskeletal conditions.

In 2018, 67% of Australian adults over 16 were “above a healthy weight” – the Government’s nice way of saying that two out of three of us are overweight or obese. The number is even higher in the Mid West – in 2013, a whopping 74% were carrying too much fat. Three out of every four people living in the Mid West and Geraldton are putting their health at risk. Worryingly, a quarter of all Australian children were overweight or obese. And we’re getting bigger: in 1989 44% of adults were overweight or obese, rising to 63% in 2011, to 64% in 2014 and heading upwards.

Health problems related to excess body weight impact on the health care system, as well as individuals, families and the community. Illness from overweight and obesity costs WA hospitals \$350million per YEAR! Australia-wide the cost is in the billions.

And being fat means facing a lifetime of increased health care costs – up to 30% higher than those with more healthy body weight. It is estimated that this cost will have almost doubled by 2026 if increases in overweight and obesity continue. That’s a lot of money that could be spent somewhere else – and a lot of people who could be leading better, healthier and happier lives.

What’s causing it?

Poor nutrition and physical inactivity are major contributors to overweight and obesity in WA, according to the WA Health Department. Australia-wide, the five risk factors that cause the most total burden of disease were tobacco use (9.3%), overweight and obesity (8.4%), dietary risks (7.3%), high blood pressure (5.8%) and high blood plasma glucose including diabetes (4.7%).

Don’t take our word for it – go into the data and have a look for yourself. On every level, being overweight makes us sick, and what’s making us overweight is what we eat.

Our mission is to help anyone who’s as worried about this as we are. We’re doing the hard work and want to share it with you and your family.

Our starting point is lifestyle change: making new habits, trying new ways of eating that nurture our bodies, instead of damaging them. It’s not a diet, we are not in this to try and get you a “bikini body” for summer (if you have a body and you feel like it, you should already be wearing bikinis). It’s a lifestyle. So that’s why we offer you “This is Not a Diet” or TINAD for short.

THE "AHA" MOMENT



Jackie & Summer's Story

Every journey into health seems to start with an "aha" moment. While our "aha" moment is relatively recent, the story began years ago. We didn't know it at the time, but "This is not a Diet" (TINAD) began on a verandah with a conversation about what was happening to our bodies as we grew older. Honestly, we were scared by the number of our close friends who had experienced health scares - heart attacks, diabetes, cancer.

Despite leading what was considering to be a "conventionally healthy, Doctor approved" life, in that we weren't in the habit of eating junk food or soft drinks, not even having bikkies with our cups of tea. We ate lots of vegetables and weren't completely sedentary, but we were still suffering from auto-immune disorders, suffering ongoing joint and back pain and just generally not feeling "well". And, to be honest, carrying more weight than we should have been.

Being the avid researcher she is, Jackie threw herself into to the science of metabolism and nutrition and weight and health, and every time she learned something new (and by that I mean we discovered facts that were properly studied and peer reviewed) we amended the food that we were eating. Luckily for us, cooking had always been a shared passion, so diving head first into this new world of plant based whole foods was exciting.

And then we started seeing results...

- Generally feeling less sluggish.
- No longer reaching for anti-reflux and indigestion medications every day.
- Better quality of sleep.
- No late afternoon energy crashes.
- The weight coming off without thinking about it.
- The lack of back pain.
- Knees working in a way that they hadn't for years.
- Hereditary arthritis pain lessening

Honestly, we could go on and on and on about how our lives have improved, simply by swapping out some foods for ones that, frankly, taste better than what we were eating anyway.

While until this stage it had just been a way for us to improve our families' health, the more we learned and the more we experienced, we realised that it was bigger than us. So much bigger.

This Is Not A Diet was born - our way to share the information that is not being told. To confront the incorrect beliefs about food and health. To talk about healthy weight and how we want everyone to avoid lifestyle diseases and live their best lives.

THE TINAD TEAM



Jackie & Summer's Story

Jackie

Information junkie & experimental foodie

TINAD is an obvious step for me really, in retrospect. I've spent my entire career in community development, working in community, trying to "change the world". And here I am again. I started out as a journalist with the West Australian and ABC Radio, and progressed to community development in a wide range of roles: in the arts, local area planning, education, in local government, with state and national governments and corporates. Academically I hold a post-graduate qualification in Futures and Foresight Studies which has provided a great grounding for research, strategy and systems.



I never thought that my tongue in cheek desire to "change the world" would be in food and lifestyle. If you'd asked me a while ago if I'd like oat milk in my tea, I would have laughed. If you'd told me that joining a gym was not the answer to my weight issues, I would have looked at you sideways. If you'd talked about 6 and 8 and intermittent fasting, or Keto, I would probably have thought about giving them a go. What I wouldn't have thought about was that I could discover a whole world of science and study that I didn't know existed and it would turn my world upside down. And that I'd get so involved that I'd want to share it with the world.

Food can change the world. The diseases that kill us in the Western World are directly attributable to the food of the Western World. These diseases; the diseases of food, cost our community billions every year. Wouldn't it be great if that money could be spent on things other than curing people of health problems they brought on themselves? Okay, I'm a dreamer. But that's what "changing the world" is all about. And I'm all for that!

THE TINAD TEAM



Jackie & Summer's Story

Summer

Overworked, overweight food theory geek

I've always suspected there was something fundamentally "not right" in the way we collectively understand healthy eating and metabolism. Since before I'd even hit 21, despite eating between 500 and 1200 calories a day and basically living on green salad and steamed chicken breasts, I'd been above a healthy weight, consistently in pain and not as vital as I thought I should have been. As 40 was looming on the horizon, I had this nagging knowledge that it was now or never to "get my s**t sorted" – I felt that if I took the weight and pain and ill health over to that side with me, it would be with me forever.



I also have two daughters (an early teen and a tween) and was struggling with how I could teach them about health and healthy weight without it crossing into body image territory. And who was I to talk anyway? I ate "healthy", didn't drink much alcohol, didn't even have snacks or biscuits in the house, but was definitely not the posterchild for health. I had to find the answers.

A significant health scare in late 2020 told me it was time to put my academic studies on hold and chase the truth – originally I was honestly only concerned about myself and my girls. But then Jackie and I kept learning so much! I rekindled my forgotten love of cooking and recipe creation. I had the science and facts on my side, and a new language so health was suddenly easier to talk about. And now I am on an mission for everyone to know.

FOLLOWING THE SCIENCE



The real info on food and health

“People are astounded to hear that what they eat has a profound effect on our health. It is more powerful than almost anything your doctor can give you or do for you.”

That is the opinion of one of the world’s leading researchers into eating habits and food, Dr Thomas Campbell, who co-authored a scientific paper that turned the world of dietary habits and nutrition on its head.

“The China Study”, published in 2005, and hundreds of subsequent studies, have revealed what can be considered the optimal diet for health and longevity and it’s pretty simple: no processed foods, lots of fresh fruit and vegetables, legumes and whole grains and minimal or no meat, dairy and eggs. It’s a “Whole Food Plant Based” (WFPB) lifestyle and the researchers say this is the **“most powerful action you can take”**.

The science is clear: people who do go plant-based will live longer and be healthier than people who don’t. But we know it’s a big ask to go straight from a typical Western lifestyle onto a WFPB lifestyle. The thought of going wholly plant-based straight out of the gates would make most people give up before they even give it a try. We choose not to be absolute purists (we at TINAD still enjoy a roast at Grandma’s house!) but we are close.

But eating a majority whole food, predominantly plant-based diet is achievable and affordable and do-able for the average Aussie. The TINAD Lifestyle helps people who want to live their healthiest lives to choose which path is best for them and their family.

We call this “Choosing Your Own Adventure” because embarking on a whole new lifestyle is very adventurous – but like a good adventure, the payoffs can be amazing. So... go ahead... choose Your Own Adventure to get into WFPB living. Keep reading to find out how you can choose your own adventure!

PS: We don’t use the term “vegan”. You can be a vegan and live on CRAP (Calorie Rich and Processed), ie) rubbish “not food”. Our ideas are about the food, not the politics.

THE WHOLE FOOD PLANT BASED LIFE



WFPB: A Lifestyle choice

What is TINAD and WFPB?

It's simply a return to whole foods, rich flavours and natural health.

And the good news? You can eat when and where you like when you're hungry and eat until you're full. We don't count calories, we just eat whole, unprocessed foods, prepared in an amazing variety of ways.

The term "whole" in WFPB describes foods that are minimally processed. This includes as many whole grains, fruits, vegetables and legumes as you want. A WFPB diet is nutritionally dense while being filling, satisfying and tasty.

The standard Western diet eaten in Australia is heavy on meat, dairy, white flour, sugar and oil – and that's not just the fast food such as McDonald's – that's that "healthy" snacks we eat (like muesli bars) and the foods we believe are healthy but are just not!

The TINAD Whole Food Plant Based Lifestyle

Plant based diets can vary on the extent to which a person includes animal products in their diet: some people are purists and eat no meat, dairy or eggs, and don't eat processed oils either. TINAD is a bit less rigid – we're essentially flexitarian. We eat mostly WFPB but are happy with meat or dairy in small amounts if it's necessary for the time and place. The TINAD approach is effective at improving health and achieving a healthy weight through:



Emphasis on whole, minimally processed foods.



Limiting or avoiding animal products.



Focusing on plants, including vegetables, fruits, whole grains, legumes, seeds and nuts, which should make up the majority of what you eat.



Excluding refined foods, like added sugars, white flour and processed oils.

CHOOSE YOUR TINAD APPROACH



What works for you?

There's four starting points for getting into the TINAD lifestyle. We call it "Choose Your Own Adventure".

Option 1: All In! – totally whole food, plant based

This is the option promoted in the WFPB community (largely based in the US). The All In! means going totally plant based and using minimal oil and utterly no processed foods. The purists don't even like to eat tofu and such things (though they do allow broths flavoured with meat).

There's no doubt that the research indicates that this lifestyle is the very best for a long and healthy life. It will probably (as much as medical science can) guarantee that you won't get heart disease, diabetes, liver or kidney disease. You will absolutely decrease your likelihood of getting a range of cancers and dementia. It's very definitely the best option as far as we can see.

But there's a 'but'. The All In! option is hard core and takes preparation and the willingness to take the time to get your body adjusted, your family and friends adjusted and your cooking style adjusted.

Option 2: Flexitarian (WFPB with OPF*)

The next best option. This is the option that Jackie and Summer and the rest of the early TINAD family adhere to. It's the Whole Food Predominantly Plant Based Lifestyle that incorporates OPF (Other People's Food).

At home and with other like-minded friends we eat totally plant based. We do use some oil (though very little) and use some processed soy products. We also use a lot of "store bought" condiments - as long as they don't contain nasties such as emulsifiers or stabilisers.

If we go out to a restaurant, we attempt to stick to predominantly plant based (which is quite easy) but we're not overly concerned if we can't. If we're invited to a friend's house for dinner, we eat whatever they're serving up (we'll never train Grandma out of cooking a roast - and we really don't want to - but she does serve more vegies these days).

The basic rule here is to eat predominantly plant based wherever possible. If you can't - don't worry. Life is too short to be an evangelist-pain-in-the butt about food. Not surprisingly, when you start serving up your amazing feasts, your friends will probably start covertly asking for the recipes.

*OPF = Other People Food

CHOOSE YOUR TINAD APPROACH



What works for you?

Option 3: Minimum Daily Intake (MDI)

Science is at work in this option. It's based on the research of Dr Michael Gregor, the doyen of the whole food plant based movement (and who's writing changed our lives). We when say adapted - he is a purist (so this is using just a part of his research).

There's a list of foods you should incorporate into your every day life. You will probably end up cutting down your "normal" food to make sure you can fit in the stuff you "have" to eat. But, who doesn't mind being told they must each half a cup of blackberries or some hummus?

Yep, the MDI is not hard but it will have a beneficial, cumulative effect on your health.

Note: We started our TINAD journey with the books of Dr Gregor "How Not to Die" and "How Not to Diet" and since then have read pretty much everything available (including stacks of journal articles and science books which are pretty hard going). Our research has changed our lives and we believe it can change the lives of others. So if you do nothing else for the time being - just add the Minimum Daily Intake to your everyday food intake and there will be benefits.

Option 4: A toe in the water - Healthy Changes

On the premise that any change is better than none, if the change is in the direction of health, then we offer the "add and substitute" option.

For some people, change will come in little steps. In the WFPB world we call this "progress, not perfection" because for some of us it's about doing something, anything, that will start us on a path to health. This option is pretty much what it says - we add some foods that we really should be eating, and we replace others that are less beneficial. It's all about cranking up the nutritional value of your daily intake.

This option won't deliver the drastic weight loss that the options may, but you will slowly over time improve your health. It's also possible - actually probable - that as you add and substitute your tastes will change and you will start looking for more whole food plant based options.

It shouldn't come as much of a surprise that abandoning processed foods is going to be the key to this option. What may be a surprised is how many other foods there are that are just as satisfying!

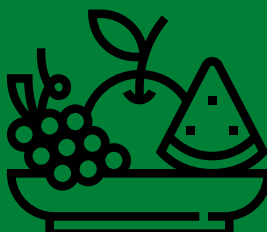
Whatever approach you choose, there will be health benefits for you and your family



are you ready?

LET'S GET

STARTED!



GETTING STARTED



Getting ready for getting healthy

Making a New Year's resolution is not a great way of making a life change. But it does prove we want to make changes and often helps identify the changes we want in our lives. Creating a lifestyle that's going to guarantee the best possible health for you and your family is what most of us want. It's also potentially hard work, scary and difficult to implement and sustain.

Change is scary. But if you've already identified that you want to be on the best health trajectory, then you've accepted the challenge. Good on you!

How about hard work? Luckily science is on our side here. The healthiest lifestyles aren't about lots of exercise, dieting and doing without. The healthiest lifestyle is the one that minimises the risk of getting the diseases that are most likely to kill you – obesity, heart attack, cancer, diabetes etc. You can eat lots and exercise is not for weight loss, it's for fun. You can eat lots and it's tasty.

But....and, yes, there is a "but". To implement and sustain a changed lifestyle you've got to choose a new path. Not for a short while, but for the long term, and let it become your "default" position; the lifestyle that you do without thinking; the lifestyle that is easiest to choose every day.

Research shows quite clearly that we won't make these changes unless we're in the right frame of mind. So, in developing the TINAD approach we have drawn on some guidelines from "The Campbell Plan" by Thomas Campbell MD. To start a new life you must ensure:

1. You have clear, personal reasons that justify a strong desire to change the foods you eat.
2. You have minimised obstacles (environmental, cognitive, physical) to adopting a new dietary pattern.
3. You have the necessary skills and confidence to implement this new lifestyle
4. You feel positive about your new eating habits and believe they will be beneficial
5. Your dietary goals are consistent with your self-image and social norms
6. You have support and encouragement from people you value and a community that supports your dietary changes.

<https://www.transformlm.org/wp-content/uploads/2020/10/China-Study-Solution-Handout.pdf>

He says that if can't answer each of these six points with a "yes" then you may not be ready to make a lifestyle change. We agree. The TINAD Action Plan that outlines how to get started on a Flexitarian WFPB Lifestyle is underpinned by these points.

BEFORE YOU START



Getting ready for getting healthy



Step 1: Get clear on why and what

First of all, buy yourself a lovely journal or diary. Then, make a cup of tea, sit in a quiet spot and have a good think about why you really want to do this, because we're assuming that you have made a decision to do something and you're willing to invest time and energy.

You're in for a whole lot of learning and some significant changes, both to your lifestyle and your body. Recording what happens can be rewarding in its own right and will continue to remind you why you have embarked on this journey. Record your "aha" moments especially- the times when your world gets turned on its head! When everything you think you knew, suddenly gets thrown out the window. And record the things that have been harder, or easier than you thought....record your lows and highs and your discoveries...

True change (and by true, we mean long lasting and meaningful change) is really hard - we've all tried and failed to instil a new habit. Write down all your reasons why these new habits are just too important to fail.

Ask yourself how will your life (and that of your family) be better when you are healthier, feel better and have achieved a healthy weight? Write down your thinking - and be honest! You're the only person who is going to see your journal - open yourself up.

Once you're clear on why you're making these lifestyle changes and what it means for you, write it in the first page of your book. Refer back to this regularly to help stay on track and see how much progress you're making.

Refer to the factors predicting success in changing your behaviour:

1. You have clear, personal reasons that justify a strong desire to change the foods you eat.
2. You have minimized obstacles (environmental, cognitive, physical) to adopting a new dietary pattern.
3. You have the necessary skills and confidence to implement this new lifestyle.
4. You feel positive about your new dietary goals and believe they will be beneficial.
5. Your dietary goals are consistent with your self-image and social norms.
6. You have support and encouragement from people you value and a community that supports your dietary changes.

BEFORE YOU START



Getting ready for getting healthy

Step 2: Join our community

You will be on a learning journey when you embrace this lifestyle. There'll be bumps in the road, and lots of questions. There might be people who aren't supportive and don't understand the choice you've made. A community of like-minded people can smooth the way and help you (and your family) on the journey.

Having a good support team can make all the difference! Join our Facebook community at www.facebook.com/groups/tinad/. Make sure you introduce yourself, and share your reasons (from step 1). Get as much as you can from the community - ask questions, answer other people's, talk about your challenges and your successes.

While you're at, make sure you follow up on all our platforms:



/notadiet/



@_thisisnotadiet_



@thisisnotadiet

Jackie and Summer regularly post information, ideas, specials, pictures and stories from their own lives and kitchens.

BEFORE YOU START



Getting ready for getting healthy

Step 3: Learn and understand the TINAD principles

After extensive research and trial and error introducing this lifestyle to our own friends and family, we managed to distil it down into six golden rules, that make it super easy to make good decisions about your food. As we've said, TINAD is NOT prescriptive. We don't tell you what you have to do, just what you can do! There are meal plans and recipes but you can totally "do your own thing" if you like, within the guidelines of the principles. It's about learning what your body needs and how to provide it (in the yummiest way possible).

The 6 principles are:

Principle One: Don't count calories (because not all calories are created equal)

Principle Two: Carbs are Not the Enemy

Principle Three: Food from a factory is not really food

Principle Four: Exercise for health, not for weight management

Principle Five: Your body will always win (You can't beat biology!)

Principle Six: Most of your food must have a direct association with the ground

Once you understand and remember these, making good food decisions becomes so easy.

Go to <https://bit.ly/tinadprinciples> to download the Principles as a printable PDF - stick it on your fridge and in your diary.

6 PRINCIPLES OF THIS IS NOT A DIET



The foundations for making good food decisions

Principle One: Don't count calories (because not all calories are created equal)

For decades now counting calories has been the accepted method of regulating food intake for a healthy body weight. Unfortunately the practice is based in old science. While our bodies need calories (energy) every day to keep us alive, it is how those calories are comprised that is the most important thing to worry about. Food isn't just calories: it's also macro and micro nutrients that are essential for life: carbohydrate for energy and fibre; protein for muscle building, and essential vitamins, minerals and fibre. Our calorie count has to include nutrients that feed and nourish our bodies. Cutting calories for weight loss is generally unsustainable (largely because humans like to eat). Being deprived of food is what our bodies have fought against since the day we climbed out of the swamp as little bits of mitochondrial energy. Eating nourishing, nutritious food in healthy, satisfying quantities is a healthy way to live. Maximising nutrition can mean a fulfilling, satisfying eating life in which calories are relegated to a measurement of heat and not a measurement of food intake.

Principle Two: Carbs are Not the Enemy

Carbohydrates are critical to life. They're not poison; they're the basic chemical compound that keeps us alive. Every vegetable in the world is a carbohydrate! They are the essential food nutrients that your body turns into glucose to give you the energy to function.

Every seed, weed, root and shoot is a carbohydrate. If there is an "enemy" it's how humans interfere with carbohydrates. Once carbs are processed and refined they lose much of the goodness that they contribute to our bodies. And that's the problem. Eat carbs; love carbs – as long as they're as close to nature as can be.

6 PRINCIPLES OF THIS IS NOT A DIET



The foundations for making good food decisions

Principle Three: Food from a factory is not really food

Some of the the biggest corporations in the world are food companies. They pour billions of dollars annually into processing perfectly good food into pretty much perfectly bad food. And worse they spend billions convincing us to buy this food....mostly by trying to convince us that it's good for us. Every process that a raw foodstuff goes through depletes the food's goodness. And most of the factory processes actively remove most of the "good stuff" and then add back supplements that appear to make the product healthy.

The factory is the place where the laboratories combine a human being's most favoured friends - fat and sugar - in perfect quantities so they can be marketed in the knowledge that they're addictive. The minute raw foods begin to be "industrialised" they start to lose their goodness and when we eat them we're swapping good nutritious calories for empty calories.

Principle Four: Exercise for Health, not for Weight Management

There is no disputing it. Exercise is critical for every human on the planet. Our bodies don't operate unless they're regularly exercised. But what about "exercise" as a method of weight loss, given that we know that being the right weight is the key to health. The unfortunate fact is, that working out, going to the gym and the other dedicated exercise we do contributes very little to wearing off calories.

Just operating our bodies, including our brains, uses up most of the fuel we eat. Walking around, doing our work, making a cup of tea; talking to our friends - that all uses energy (calories). Your one hour walk is going to burn the equivalent of a boiled egg and one and a half apples - or the same number of calories as the flat white you have when you're finished.

Factor exercise into your life, not into a "diet". Exercise a lot; it's good for you, really good for you, but don't expect it to impact your weight.

6 PRINCIPLES OF THIS IS NOT A DIET



The foundations for making good food decisions

Principle Five: Your body will always win (you can't beat biology!)

Our bodies are marvellous creations. Our enormous (and energy hungry) brains are constantly checking, regulating, fine tuning and turning systems on and off inside us; making sure that we can walk, talk, eat, sleep and survive well. Most of what goes on we are not even aware of. It's no surprise then, that "willpower" is an impossible dream.

There's two major systems in our bodies that conspire to ensure that willpower is a hopeless companion in the journey to a healthy weight:

1. The feedback loop that detects we're eating fewer calories and subsequently slows our metabolism to offset the decreased energy input.
2. The evolutionary imperative to eat fat and sugar! These two foodstuffs were very rare for most of human time on the planet. Now they're everywhere and our evolution hasn't caught up.

Food companies spend billions making foods that perfectly appeal to our ancient brains. You can't beat bodily systems that you aren't even aware of! These feedback loops carefully regulate hormones, enzymes, neuro modulators etc to keep us aware of our surroundings and fit to survive in the environment around us. But on the upside if we give our bodies the right fuel they pretty much look after themselves.

Principle Six: Most of your food must have a direct association with the ground!

Did your food come from a plant? And more importantly, it is recognisable as such? If you can't look at a foodstuff and be clear on its origins, it's probably not worth eating. Ask yourself: "is this food a "root, shoot, weed or seed"? Humans have long alimentary canals designed to process plant fibre (cats and carnivores have really short intestinal tracts) and our teeth are for grinding, not tearing like carnivores.

While we are lucky that humans are omnivorous, nature has designed humans for ingesting a predominantly plant based diet. But not a diet where the plants have been processed into products that don't resemble their component parts!

BEFORE YOU START



Getting ready for getting healthy

Step 4: Prepare your fridge & pantry

Get a box. Open your pantry. Take a photograph for posterity (post a photo onto the Facebook group). Anything on the list below goes in the box. The box goes in the garage (or donated to a family in need).

Refined carbs: White bread etc. (Whole wheat bread is okay but prefer no bread at all for the first month), white rice, white flour, sugar, sugar products, golden syrup

Breakfast cereals: You can keep Weetbix and Shredded Wheat if you must

Desserts: Biscuits, lollies, cake, and ice cream, jelly, milk chocolate etc

Dairy: Cream, evaporated milk, salad dressing, mayonnaise, etc

Processed meat: Sausages, bacon, prosciutto, ham, pepperoni, salami etc

Processed snack foods: Crackers, chips, children's pre-packed anything (including anything that says it's made out of fruit juice!), anything with more than five ingredients on the label – and anything that has ingredients that you can't pronounce or don't know what they are.

Certain oils: Processed seed and vegetable oils like canola, safflower oil etc (get olive oil)

Trans fats: Foods with partially hydrogenated ingredients (this means margarine, shop bought biscuits and cakes, anything deep fried from a shop). Shop bought pies, pasties – anything where the oil is heated to a high temperature.

Condiments: Tomato sauce, HP sauce, etc (there's lots of things to replace these)

"Health foods": Muesli bars, things that have the word "fortified" or similar on the packet!

All drinks except water, teas and coffee: Heave the cordial, soft drinks,(including diet drinks); fruit juices and energy drinks, and the packaged coffee mixes (you know the ones!)

Alcohol: Excessive alcohol consumption is a problem but if you really need to drink, see if you can go dry for a month at least, or have some nights off.

BEFORE YOU START



Getting ready for getting healthy

Step 5: Fill up your fridge & pantry again

Shopping on a WFPB diet is super easy! You only go into about three aisles in the shop! Most of your shopping will be in the fresh fruit and vegetable area, followed by the legumes, pulses and cereals areas. In most super markets there's a "health foods" section. Be careful, it's often more expensive than heading to the soup section where you can find beans and pulses much more cheaply.

For your first shop, factor in a couple of hours to wander the shop finding out where things are and reading the labels of everything you pick up (only the ingredient list, don't worry about the nutrition panel).

Be careful. You will be overwhelmed with products that have labels that scream "healthy". Ignore them - they aren't healthy at all. And we've noticed that even in the health food aisles, most of the foods are super processed. READ the LABELS!

The first shop is an expensive one to get set up. But on the upside, once you're set up grocery bills will be much cheaper than what you're used to.

THE NEW PANTRY.

Nuts (cashews, almonds, pistachios – raw and roasted or salted) and tahini. These are mostly for snacks (though we will use in some recipes)

Seeds – sunflower, sesame, pepita, chia, linseed/flax, quinoa, hemp etc

Unsweetened Alternative Milks (almond, oat or coconut depending on what you like): Make sure you read the labels on the cartons. You can even make your own if you like

Spices (cumin, coriander, ginger, chilli, paprika, pepper, turmeric, cardamom, fennel, mustard seeds), **ready made curry powder and curry mix** (for Thai try Mae Ploy): Buy ground spices or grind your own for better flavour and volatile oil retention. Make sure you carefully read the label of any ready made products.

Sugar – palm sugar, honey or syrup: I don't use much – try to avoid and ramp down use as you get used to it.

Pulses (seeds of legumes) – various beans, lentils (various colours), peas (but specifically chickpeas), lentils, kidney beans, black beans, soybeans, haricot beans: You can get tins of beans but they do contain salt – so they'll need to be rinsed before use

Cereals & grains – buckwheat, quinoa, oats (not quick oats), millet, barley, brown rice: MUST BE WHOLE GRAIN. No refined cereals.

BEFORE YOU START



Getting ready for getting healthy

Flours – brown rice flour, chick pea flour, flax meal

Hummus – our recipe is on the website if you want to make your own. If you buy ready-made, read the labels for the highest chickpea content.

Greek yogurt – unsweetened, unflavoured, whole milk

Garlic and onions – great base to start most recipes

Mixed green vegetables – kale, Chinese greens like choy sum and bok choy, Chinese broccoli, beetroot leaves

Salad vegetables – aim for something from every colour of the rainbow: english spinach, carrots, cucumber, tomato, red cabbage, capsicum, snow peas, corn,

Root vegetables – sweet potato, pumpkin, parsnip, potato.

Mushrooms – big ones for stuffing, small ones for using as an ingredient, exotic ones for fun.

Eggplant and zucchini – large ones for fried rounds, small ones for adding into cooked meals

Assorted berries – fresh or frozen is fine. Darker coloured berries are best.

Fruit – fruit with seeds and/or edible skins are best, like apples, pears, oranges, bananas, grapes and stone fruit

In addition to the staples, you may want to stock up with:

Exciting salad vegetables – get adventurous, and add in to your basic salad: raw beetroot, bean sprouts, asparagus, fennel

Chocolate – Dark chocolate (70% or higher)

Tea – Green tea, herb teas, Turmeric Latte mix, hibiscus tea is very good for inflammation

Seaweed – Nori, dulse, wakame

High-fat fruits – avocados and olives

Soy products – milk, tofu, tempeh, edamame and soy beans

Fermented foods – kimchi, sauerkraut, miso paste

Textured Vegetable Protein (TVP) – a soy-based meat replacement that can be used in place of mince to give bulk and texture.

The other shop you might want to visit will be the electrical store for a slow cooker. They're the best thing for beans and lentils.

BEFORE YOU START



Getting ready for getting healthy

Step 6: Prepare your first week's food

The hardest (and easiest) thing about the WFPB lifestyle is that you're going to be cooking unfamiliar foods. It can seem daunting, but really, it's easy because so much of the cooking is done during a few hours of preparation. So, let's say you pick Sunday to be your preparation day... you will prepare green steamed vegetables, pickles, lentils and beans, seed biscuits, hummus and a salad mix....and a great vegetable stock from all the bits that's you'd normally throw away.

Being prepared is key to a sustainable WFPB lifestyle.

Stock - fill a big pot 3/4 full of water and put onto the stove on low heat. As you prepare the rest of your foods, put the vegetable ends and other scraps into this pot (you can use everything, including onion skins in this stock). Do not boil the stock, just keep it at a simmer for about an hour. Strain the bits out and use the stock throughout the week.

Lentils - the basic lentil recipe is so versatile. Breakfast with spinach and yoghurt, mix with mushrooms and flax meal to make patties or have as a side dish with dinner. Recipe on Page 26.

Base Salad - chop all salad ingredients into a big container in the fridge and then portion out and add extra ingredients to make a meal (a can of 4 bean mix, seed mix, roasted vegetables, nuts - all elevate a salad to an awesome, crunchy, satisfying and wholesome meal)

Mixed Greens - (Spinach, Chinese greens, kale, Swiss chard, beetroot tops etc). Wash thoroughly, chop and steam in a pot with 1/2 inch of water for 3-4 minutes (mixing up a couple of times during cooking). Strain and put into a container. Greens can be eaten cold, microwaved, stir-fried in a pan or added into other cooked dishes. Just lift out a handful and chuck them into a whatever you're cooking.

Cereals - cook your chosen grain (according to instructions on the packet) and keep in the fridge for easy meals. Alternate between grains such as quinoa, buckwheat, brown rice, millet. Can be used as a base for patties, mixed through salad, as a side dish etc.

Beans - cook one bag of your chosen beans (rinse beans before cooking) on the stovetop or in the slow cooker. Use your stock for extra flavour and add spices or curry powder for something interesting. NOTE: If you are using any red beans such as kidney beans, you MUST boil for 20 minutes and discard the boiling liquid to get rid of the lectins.

BEFORE YOU START



Getting ready for getting healthy

Mixed Berries - if using frozen, empty some into a container and put into the fridge to defrost.

Root Vegetables - steam or oil on the stovetop, or put in with your beans while they are cooking, or chop into pieces and bake in the oven. Serve as a side dish, add to salads or just nibble as a snack.

Seed Crackers - an easy way to get lots of good seeds into your diet. Great for nibbling with hummus or dips along with lots of chopped crunchy vegetables, or as a lunch with spinach, sliced tomato and avocado. Recipe on Page 28

Hummus - a tasty snack that you can customise with lots of different flavours. Thin down with more tahini and vinegar to make salad dressing. Recipe on Page 27.

Seed Mix - mix up flax seeds, chia, pepitas, sesame seeds and sunflower seeds in a jar or airtight container, and sprinkle on top of pretty much anything for extra texture and flavour. Use them liberally on your morning porridge or in salads, or mixed into your bean/lentil patties.

Pickles - having pickled onions, carrots and beetroot always on hand is brilliant - the pickled onions give a piquancy to any curry (learnt that from the Nepalese who always have pickled vegetables with their Takali). Pickled beetroot is great straight from the fridge. Recipes on Page 29

BEFORE YOU START



Getting ready for getting healthy

Step 7: Begin your new lifestyle!

Now you're ready to begin! You are in the right frame of mind to achieve sustainable change. You have the right foods in your pantry and your staples prepared.

Make an appointment with your doctor. Get a full check up. Ask your doctor to check all your important bio-markers and get weighed. Let your doctor know what you're doing. We are not doctors so we provide no medical advice. TINAD's approach is based in science and research that is accessible to everyone. Record your starting weight and waist measurements in your book (you can even take some before photos in your undies in front of the mirror so you can look back on your progress).

You also need to be prepared for what's going to happen within your body. Two things are going to happen:

1. Your body is going to change shape, and
2. Your body is (probably) going to take some time to get used to eating and digesting different foods than it's used to.

The first is self explanatory. By increasing your intake of nutrient dense but relatively low calorie food you will probably lose weight. That's generally a very good thing, given 69% of Australians are over their healthy weight.

You'll be increasing your intake of fibre and for some people who are not used to a high fibre diet, this can have a bit of an impact. If you are used to eating beans and lentils and are going to go "All In!" then expect a bit of tummy gurgling for a week or two before everything settles down.

For people who are not used to eating beans, legumes and grains, or a lot of fresh fruit and vegetables, your digestive system is going to rebel for a while. This is good, but it can be irritating. If it's too much to deal with, just take it slowly and add one meal a day and begin your adding and substituting slowly.

For those of you who are used to the standard Australian diet - the very first thing is ditch the fast food. Then ditch the processed food. Increase your intake of vegetables and fruits. Then start to slowly add cereals, legumes, grains and pulses, seeds and nuts.

Remember to record everything in your book - both your measures and how you're feeling. If you're feeling overwhelmed or have questions, be sure to engage with the TINAD community - there is always someone around to give you the support you need to be successful in your new lifestyle.



ready to cook?

OUR KEY

RECIPES



KEY RECIPES



The basis of your new lifestyle

Basic Lentils

- 375g bag of lentils - whichever colour you like (different colours will cook in at different rates)
- 2 brown onions, finely diced
- 2-8 cloves of garlic (depending on your preference)
- 2 tbsp tomato paste
- 2L vegetable stock
- 2 tsp ground cumin (or more to taste)
- 1 tsp ground coriander (or more to taste)
- 1 tsp ground turmeric (or more to taste)
- Diced fresh chili or dried chili flakes (as much or as little as you like)
- Ground pepper (to taste)
- Extra stock or water (if required during cooking)

Rinse the lentils well, then add to a saucepan or slow cooker with all the other ingredients. Cook until lentils are tender (approx 40 minutes on the stovetop or 3 hours on high in a slow cooker). Add more stock or water if needed.

Lentils will keep in the fridge for 5-6 days, or split into smaller containers and frozen.



The basis of your new lifestyle

Basic Hummus

1 cup cooked chickpeas OR 1 can of chickpeas (drained, reserving the liquid)
3-6 cloves of garlic
2 tbsp tahini (use unhulled tahini if available)
Juice and zest of one lemon
Water or Olive oil, as required

Blend all ingredients and slowly add water or olive oil until a smooth creamy consistency is achieved. Store in the fridge in a sealed container for up to 1 week.

Variations - you can add or substitute:

- Roast whole beets (wrapped in foil with balsamic vinegar) in the oven until soft
- Roast whole heads of garlic and use in place of raw garlic
- Toss chopped carrots and cauliflower in olive oil and ground cumin and roast until soft.
- Make pesto (or use a high quality store-bought pesto with only whole food ingredients) and mix through hummus
- Mix with greek yoghurt and sumac for a tangy dip

KEY RECIPES



The basis of your new lifestyle

Seed Crackers

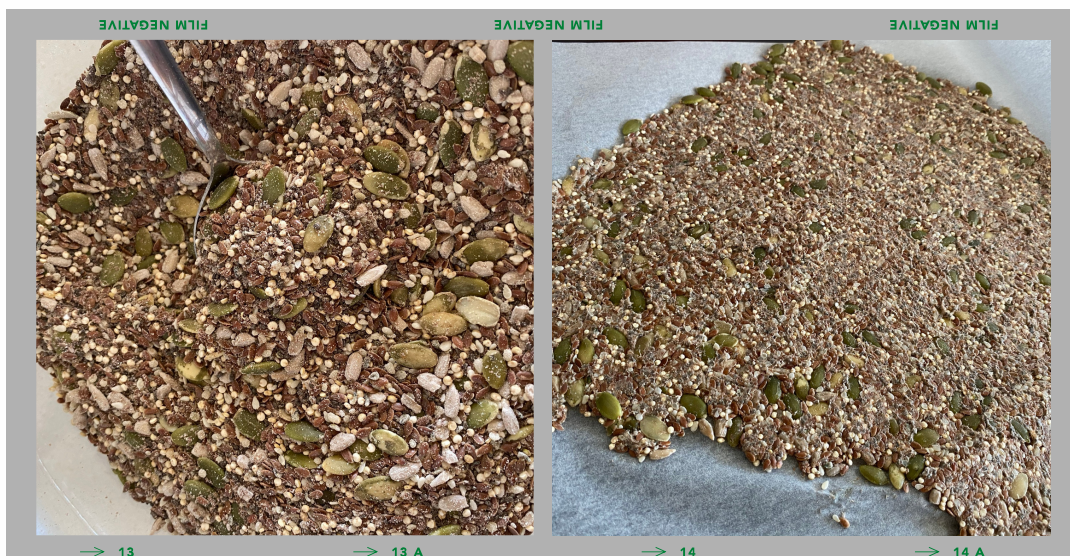
- 1/2 cup flaxseeds
- 1/2 cup sunflower seeds
- 1/4 cup quinoa
- 1/4 chia
- 1/4 cup pepitas
- 2 tbsp hemp seed
- 1 tbsp sesame seeds
- 1 tbsp quinoa flour
- 1/4 cup flax meal

Mix all ingredients together in a bowl and add 100ml water, or until a gluggy mix.
Leave mixture to sit for 30 minutes.

After 30 minutes you may need to add a small amount more water to get the mixture to a gluey consistency.

Roll out as thin as possible between sheets of baking paper.

Bake at 170 degrees for approximately 30 minutes until dry and hard. Once cooled, break into pieces. Store in an airtight container.



The basis of your new lifestyle

Pickles

PREPARATION:

BEETROOTS: Boil whole beetroots until just tender (12 -30 minutes depending on how big they are). Slide the skins off (using the back of a butter knife is easiest). Chop or slice into the shape you prefer (Jackie likes slices, Summer prefer wedges).

CARROTS: Slice into batons or rounds and blanch for 1-2 minutes in boiling water.

ONIONS (Red or White): Cut into slices or wedges. Can be used raw or blanched for 1-2 minutes in boiling water

PICKLING PROCESS:

In an saucepan, add enough white vinegar (any type is fine, we prefer apple cider vinegar) to cover the vegetables in a jar. For each 1 cup of vinegar add 2 tsp of white sugar and whichever pickling spices you choose - cardamom, peppercorns, cloves, mustard seeds (or you can buy pickling spice mix at the supermarket). You can just use vinegar and sugar if you prefer.

Put the chopped vegetables into a clean jar, and pour over the liquid (once the sugar has dissolved).

They are ready to eat straight away, but will develop more flavour the more time they are in the liquid. Keep in the fridge.



THIS IS NOT A DIET

A graphic featuring a black mortar and pestle. Inside the mortar, there are green outlines of various herbs and leaves. Below the mortar and pestle, the text "THIS IS NOT A DIET" is written in a bold, black, sans-serif font, following the curve of the mortar's base. The word "NOT" is highlighted in a vibrant green color.