

Modifying Recipes to Follow Whole Food Plant- Based Living



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Target Audience: Individuals who have or are at risk of having heart disease, diabetes or certain cancers and individuals interested in healthy living, incorporating more whole foods and reducing the number of processed foods in their diet.

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Introduction

By the end of this instructional module, you will be able to:

- Define a Whole Food Plant-Based (WFPB) lifestyle
- Isolate recipes to select based on your food preferences
- Discern whether WFPB key terms are included in a recipe's title
- Distinguish between WFPB foods and non-WFPB ingredients
- Identify whether recipes contain non-WFPB ingredients
- Identify WFPB food substitutions
- Substitute non-WFPB ingredients with WFPB ingredients
- Modify non-WFPB recipes to adhere to the WFPB criteria



Why a WFPB Lifestyle?

Incorporating features of a WFPB lifestyle has many benefits. Forks Over Knives—a large community of chefs, authors, doctors, and other health professionals representing an array of specialties states that:

*“There’s excellent scientific evidence that many chronic diseases can be prevented, controlled, or even reversed with a whole-food, plant-based diet. Scientific research highlighted in the landmark book *The China Study* shows that a plant-based diet can reduce the risk of type-2 diabetes, heart disease, certain types of cancer, and other major illnesses” (Davison, 2022).*

In addition to these benefits, many people following a WFPB lifestyle report that they experience greater fitness payoffs, more energy, reduced inflammation and overall, feel healthier after they made the WFPB switch (Davison, 2022).



Time to Reflect

How can a WFPB lifestyle benefit you and help you reach your health goals?

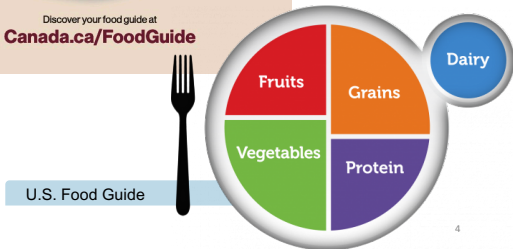
Review

Prior to this lesson, you should be familiar with the three-five main food groups and reading recipes and ingredient lists.

Let's take a look at the Canadian and American Food Guides.



Canada Food Guide



Review

Now let's take a look at a recipe format.

Recipe Title

The recipe title is located at the top and typically provides information on what type of meal the recipe will create and which cooking and eating needs the recipe addresses, for example 'vegan' or 'low-fat.'

Vegan Overnight Oats

RECIPE

Ingredients

Base

- 1 cup quick oats
- 1 cup almond milk
- 2 tsp maple syrup
- 1 tbsp chia seeds

Banana Walnut

- 1/2 banana
- 1/2 maple syrup
- 1/4 cup of walnuts
- Mini dark chocolate chips



Ingredient List

Recipes include ingredient lists, indicating how much of each ingredient is required.

Directions

1. Mix base together.
2. Place in fridge overnight.
3. Add topping and enjoy.

Directions

Directions on how to make the recipe.

Objective 1

Defining a WFPB Lifestyle

In this section, you will learn how to define a WFPB Lifestyle.



What is a Whole Food Plant-Based Lifestyle?

The best way to begin to define a WFPB lifestyle is to first examine the title.

Whole Food are whole and unrefined foods. **Plant Based** means fruits, vegetables and legumes. A WFPB lifestyle centers around whole foods and plants and avoids animal products and processed foods.

Why 'lifestyle' and not 'diet'?

Diets have a connotation of short term and fast results, while a lifestyle emphasizes long term and overall health improvement.

Key Features of a WFPB Lifestyle

A WFPB lifestyle emphasizes:

- Whole, minimally processed foods
- Plants: vegetables, fruits, whole grains, legumes

ENJOY LOTS OF	ENJOY IN MODERATION	AVOID OR MINIMIZE
Fruits Vegetables Tubers and starchy vegetables Whole grains Legumes	Whole nuts and seeds and nut/seed butters Plant-based milks Tofu and tempeh	Bleached flours, white bread, white rice and white pasta Eggs Meat, poultry and seafood Oils Refined sweeteners Processed foods

Let's take a closer look at the WFPB criteria.

ENJOY LOTS OF



Fruits—bananas, oranges, berries, apples, melons, etc.



Vegetables—broccoli, kale, spinach, lettuce, cauliflower, cucumber, peppers, onions, tomatoes, etc.



Tubers and starchy vegetables—corn, green peas, carrots, beets, yams, potatoes, squash, turnips, etc.



Whole grains—barley, brown rice, millet, oats, quinoa, wheat berries, etc.



Legumes—black beans, chickpeas, lentils, pinto beans, etc.

ENJOY IN MODERATION



Whole Nuts and Seeds—peanuts, almonds, cashews, pecans, walnuts, sunflower seeds, pumpkin seeds, etc.



Nut and Seed Butters—peanut butter, almond butter, cashew butter, sunflower seed butter, tahini, etc.



Plant-based Milks—almond milk, cashew milk, macadamia nut milk, soy milk, oat milk, etc.



Tofu and Tempeh—firm tofu, silken tofu, tempeh, etc.

AVOID OR MINIMIZE



Bleached and white flours, white bread, white rice, white pasta, etc.



Animal Products—Eggs, chicken, turkey, beef, pork, crab, fish, lobster, etc.



Oils—vegetable oil, avocado oil, sesame oil, olive oil, products that contain oil, deep fried foods, etc.



Refined sweeteners—white sugar, brown sugar, corn syrup, icing sugar, etc.



Processed Foods—candy, chips, crackers, cakes and baked goods, sugary cereal, etc.

Vegan VS WFPB



So, what's the difference between vegan and WFPB?

A Vegan lifestyle contains only plants (such as vegetables, grains, nuts and fruits) and foods made from plants. A Vegan lifestyle avoids foods that come from animals, including dairy products, eggs and sometimes honey. However, a vegan lifestyle can contain all grain types and refined foods like chips and candy, as long as they don't contain animal products. Some Vegan foods tend to be highly processed and high in fat content from nuts, seeds, oils and deep frying.

A WFPB lifestyle is similar in containing only plants and the avoidance of animal products, however, emphasizes whole foods, whole wheat grains, minimizes nuts and seeds and avoids oils, deep fried foods and processed foods.

What's the Difference Between **Vegan** and **WFPB**?

 Ok  Avoid  Minimal	VEGAN	WFPB
 Meat and Poultry		
 Seafood		
 Eggs & Dairy Products		
 Oils		
 Highly Processed Foods		
 Seeds and Nuts		
 Tempeh and Tofu		
 Whole Grains		
 Fruits & Vegetables		
 Legumes		

Vegan VS WFPB

Let's compare and contrast a Vegan recipe and a WFPB recipe:

Vegan Spinach and Artichoke Dip

- 2 cups raw cashews
- 4 tsp coconut oil
- 4 cloves garlic finely chopped
- 1 onion finely chopped
- 1 cup baby spinach
- 1 can artichoke hearts
- 1 ¼ cups unsweetened almond milk
- 1/4 cup nutritional yeast
- 1 tbsp lemon juice
- 2 tsp miso
- Salt and pepper
- Serve with a toasted baguette

WFPB Spinach and Artichoke Dip

- 1¼ cups unsweetened, unflavored plant milk
- 1 tablespoons whole wheat or oat flour
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 tablespoon lemon juice
- 2 cups finely chopped spinach 1 can artichoke hearts, drained and finely chopped
- Sea salt and freshly ground black pepper
- Serve with carrots or a toasted whole wheat bread

In the vegan recipe, the recipe calls for a large portion of nuts, oil and is served with a white baguette. In the WFPB recipe, the recipe uses no nuts and instead substitutes the nuts with oat flour and more spinach. The WFPB recipe also suggests serving the dip with carrots or whole wheat bread, emphasizing the whole grain feature of WFPB.

Practice

Now it's your turn to practice defining a WFPB lifestyle. What is a Whole Foods Plant Based lifestyle? Use the space provided to answer the following questions.

1) Let's first take a look at the title itself. Use the space below to define "Whole Foods."

2) Use the space below to define "Plant Based."

Feedback:

Whole Foods are whole and unrefined or unprocessed foods like whole wheat and foods and foods that come from the earth.

Plant Based are plants, including fruits, vegetables and legumes. A WFPB lifestyle emphasizes both these features.



Now let's examine the key features of a WFPB lifestyle.

Use the following options to help you answer questions 3-5.

- Fruits
- Vegetables
- Oils
- Refined sweeteners
- Tubers and starchy vegetables
- Bleached flours, white bread, white rice and white pasta
- Processed foods
- Tofu and tempeh
- Plant-based milks
- Whole grains
- Legumes
- Whole nuts and seeds and nut/seed butters
- Eggs
- Meat, poultry and seafood

3) In a WFPB lifestyle, what foods should you eat lots of? Use the space below to answer.

4) In a WFPB lifestyle, what foods should you eat minimally or enjoy in moderation? Use the space below to answer.

5) In a WFPB lifestyle, what foods should you avoid or minimize? Use the space below to answer.

Feedback:

In a WFPB lifestyle, eat lots of fruits, vegetables, tubers and starchy vegetables, whole grains and legumes (which are 'whole foods'). Enjoy nuts, seeds, plant-based milks and tofu and tempeh in moderation (since these are high in fat and minimally processed). Avoid or minimize white flours, white rice, rice pasta, eggs, dairy, oils, deep fried foods, meat, poultry, seafood, processed foods and refined sweeteners (all of which are animal products or processed foods).

Finally let's examine the differences and similarities between Vegan and WFPB.

6) Name one similarity and one difference between Vegan and WFPB. Use the space below to answer.

Feedback:

The main features that define Vegan is no animal products and only plants and plant products. A WFPB lifestyle is similar in containing only plants and the avoidance of animal products. However, a vegan lifestyle can contain all grain types (white rice, pasta, bread), oils, and refined and processed foods like chips and candy. A Vegan lifestyle can be high in fat content from nuts, seeds, oils and processed foods. WFPB in contrast, emphasizes whole foods and whole grains, minimizes nuts, seeds, plant-milk and tofu/tempeh and avoids oils and processed foods.

Objective 2

Isolating Recipes Based on Food Preferences

In this section, you will learn how to isolate recipes to modify based on your food preferences.



When dinner is made for you and you don't like one of the foods that's for dinner, do you enjoy eating it?

Food preferences are attitudes—likes and dislikes—people hold towards food that influence their food choices. Food preferences play an important role since they are a large determinant of dietary intake. Food preferences develop in our childhood, sometimes as early as in utero, but they can change throughout our lifetime. When isolating recipes, it is important to follow your food preferences so you are choosing recipes you like and can envision yourself making.

Isolating Recipes Based on Food Preferences

How can you isolate recipes based on your food preferences?

First, we need to review the recipes. This involves looking at the recipe title and ingredients and seeing if there are any ingredients or flavors you would not enjoy eating.

- 1) Review the recipe. Do a quick read of the recipe title and ingredients.
- 2) Reflect on your food preferences.
- 3) Decide whether you would like to eat the meal or not.
- 4) Isolate the recipes you like by drawing an asterisk by the recipe title.



Keep in mind that some of these recipes will need to be modified to follow WFPB criteria. Reflect on the overall flavor of the recipe and whether the flavor aligns with your food preferences.

Isolating Recipes Based on Food Preferences

Let's take a look at an example of how Maria reviews a recipe and names their food preferences.

Maria is hoping to isolate recipes based on her food preferences for a meal she is planning to make.

1. Maria first reviews the recipe by doing a quick read of the recipe title and ingredients.

Recipe: Avocado Chocolate Pudding

- 2 large avocados - peeled, pitted, and cubed
- ½ cup unsweetened cocoa powder
- ¼ cup mint
- ½ cup brown sugar
- ⅓ cup coconut milk
- 2 teaspoons vanilla extract
- 1 pinch ground cinnamon

Hi I'm Maria!



2. Maria reflects on her food preferences.

She enjoys sweets and the creaminess of avocado. However, she does not enjoy chocolate.

3. Maria decides that she would not enjoy eating the meal since the overall recipe flavor is chocolate.

4. Maria does not draw an asterisk by the recipe title. She continues to look for other recipes to isolate for her meal.

Practice

Now it's your turn to try to isolate recipes based on your food preferences. Review the following recipe titles and ingredients, draw an asterisk by the recipes you would enjoy making or modifying to follow WFPB living. Use the space provided to answer the question with a "Yes or No" response.

1) Review the recipe. Do a quick read of the recipe title and ingredients

Fat-Free Vegan Bean Enchilada Recipe

Whole wheat or corn tortillas

1 large onion

2 medium-large potatoes

16 oz. of your favorite beans, rinsed and drained

1-2 zucchinis

1 cup fresh or frozen corn

2 tsp of your favorite all-purpose seasoning

1 cup fresh cilantro

2 cups enchilada sauce

2 cups fat free spaghetti sauce

2) Reflect on your food preferences.

a. Ask yourself, do you like Mexican food?

b. Do you like enchiladas?

c. Do you like the ingredients listed?

3) Decide whether you would like to eat the meal or not.

Ask yourself, would you enjoy eating the meal? _____

4) Isolate the recipes you like by drawing an asterisk by the recipe title.

If yes, place an asterisk by the recipe title.

5) Review the recipe. Do a quick read of the recipe title and ingredients

Vegan Risotto Recipe

- $\frac{2}{3}$ cup white rice 125 g
- 1 Tbsp Olive oil not extra virgin for cooking
- 2 cloves Garlic (finely chopped)
- 1 small Onion (chopped)
- $\frac{1}{3}$ cup Dry white wine (like chardonnay)
- 2 cup Veggie broth 550 ml
- 2 tsp Dairy-free butter
- Salt and Pepper to taste
- Vegan Parmesan Cheese

6) Reflect on your food preferences.

- a. Ask yourself, do you like Italian food? _____
- b. Do you like risotto (creamy rice) _____
- c. Do you like the ingredients listed? _____

7) Decide whether you would like to eat the meal or not.

Ask yourself, would you enjoy eating the meal? _____

8) Isolate the recipes you like by drawing an asterisk by the recipe title.

If yes, place an asterisk by the recipe title.



Feedback:

If your answer to 2 a. and b. and 6 a. and b. is “Yes,” you will likely enjoy eating the meal. If your answer to c. is no, ask yourself if it is an ingredient that can easily be substituted for something else. However, if your answer to a. and b. is no, you will likely not enjoy eating the meal.

If your answer to 3 and 7 is “Yes,” you should place an asterisk beside the recipe title. If your answer is no, do not place an asterisk.



Time to Reflect

What other food preferences do you have?

Take a minute to reflect on the flavors, taste and textures you like.



Objective 3

Discerning whether WFPB key terms are included in recipe titles

In this section, you will learn WFPB key terms and how to determine whether WFPB key terms are in recipe titles.



Recipe titles provide information on what type of meal the recipe will create and also which cooking and eating needs the recipe addresses. When recipe hunting, reviewing recipes and modifying recipes, it is essential to know the key terms that are strictly associated with WFPB. Key terms—which typically appear in recipe titles—describe what eating and lifestyle needs the recipe meets.

There are two general categories of key terms:

“**Strictly WFPB**” key terms that describe exactly a WFPB lifestyle and “**Related WFPB**” key terms that are closely related to WFPB, but do not always meet all of the WFPB criteria.

Let’s explore these two categories further.

WFPB key terms

Why is it important to know the two categories?

A WFPB lifestyle is a less known eating and cooking choice and it is a fairly new lifestyle. As a result, there are less WFPB recipes available and strictly WFPB recipes can be limited. Therefore, using Related WFPB key terms can greatly increase your options for WFPB recipes because they will likely contain a greater amount of WFPB ingredients in the recipe and the non-WFPB ingredients can be easily modified to meet WFPB criteria. These Related WFPB key terms are not considered strictly WFPB but are helpful in determining how many substitutions you will need to do in a recipe.

Strictly WFPB key terms:

- Whole Food Plant-Based (WFPB)
- Forks Over Knives (FOK)
- Whole Foods
- Plant-Based

Related WFPB key terms:

- Vegan
- Heart Healthy
- Fat-free
- Oil-Free

It is important to learn the abbreviations for Whole Food Plant-Based and Forks Over knives, since these key terms are often abbreviated in recipe titles.

While knowing related WFPB key terms is very helpful in the modification of recipes to follow the WFPB criteria, when discerning whether WFPB key terms are included in the recipe titles or not, it is important to identify WFPB recipes that only contain **Strictly WFPB** key terms.

Practice

Let's practice identifying Strictly WFPB and Related WFPB key terms in recipe titles.

2) Match the following key terms to their category. Key terms can either be "Strictly WFPB," "Related WFPB" or "Neither." "Neither" indicates that the key terms have no associating to WFPB key terms. Answers may be used more than once.

Recipe Titles

- ___ Fat-Free Lasagna
- ___ WFPB Sweet Potato Bread
- ___ Vegetarian Pasta and Meat Balls
- ___ Oil-Free Roasted Garlic
- ___ Meatless Clam Chowder
- ___ Forks Over Knives Gluten-Free Jalapeño Poppers
- ___ Heart Healthy Hummus Dip
- ___ Gluten-Free Pizza
- ___ Vegan Pad Thai
- ___ Plant Based Vegetable Noodle Soup

Key Terms

- a. Strictly WFPB
- b. Related WFPB
- c. Neither

2) From the above list of recipe titles, which recipes can be identified as WFPB recipes? Use the space below to answer the question. Note that you may not need to use all the lines provided.

Feedback:

1) *Recipe Titles*

__b__ Fat-Free Lasagna

__a__ WFPB Sweet Potato Bread

__c__ Vegetarian Pasta and Meat Balls

__b__ Oil-Free Roasted Garlic

__c__ Meatless Clam Chowder

__a__ Forks Over Knives Gluten-Free Jalapeño Poppers

__b__ Heart Healthy Hummus Dip

__c__ Gluten-Free Pizza

__b__ Vegan Pad Thai

__a__ Plant Based Vegetable Noodle Soup

Key Terms

a. Strictly WFPB

b. Related WFPB

c. Neither

2)

WFPB Sweet Potato Bread

Forks Over Knives Gluten-Free Jalapeño Poppers

Plant Based Vegetable Noodle Soup

Sometimes, recipes will use more than one key term, as seen with “Forks Over Knives Gluten-Free Jalapeño Poppers.” As long as it has one of the Strictly WFPB key terms in the recipe, you can identify it as a WFPB recipe. Keep in mind that when a recipe title uses Related WFPB key terms, the recipe is not considered WFPB, but may be easier to modify than a recipe that does not contain Related WFPB key terms.

Objective 4

Distinguishing between WFPB and Non-WFPB ingredients

In this section, you will learn how to distinguish between WFPB and non-WFPB ingredients based on the WFPB criteria.



Building on what we learned about the WFPB features, let's explore WFPB and non-WFPB food items.

Ask yourself the following questions when determining whether an ingredient is WFPB or non-WFPB:

- Does the ingredient fall under the category of fruits, vegetables, starchy vegetables, legumes, whole grains, plant milk, nuts and seeds, tofu and tempeh?

If the answer is yes to the above question, it is a WFPB ingredient.

- Does the ingredient fall under the category of meat, poultry, seafood, eggs, butter or dairy products?
- Does the ingredient contain oil?
- Does the ingredient fall under the category of highly processed foods (sugary drinks and food items, deep fried food items, chips, cookies)?

If the answer is yes to the above questions, it is a non-WFPB ingredient.

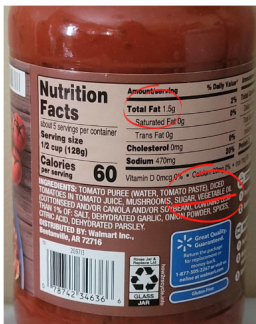
WFPB Criteria

	 WFPB  Non-WFPB	WFPB
	Legumes dry beans, chickpeas, lentils, fresh beans	
	Vegetables & Fruits Leafy greens, starchy vegetables, fruits	
	Whole Grains Whole wheat bread, pita, wraps, brown rice	
	Seeds and Nuts	
	Tofu and Tempeh	
	Refined Grains White rice, white bread, bleached flours	
	Highly Processed Foods Chips, candy, vegan cheese, crackers	
	Oils Vegetable oil, coconut oil, fried foods, margarine	
	Eggs & Dairy Products Butter, cheese, yogurt, ice cream	
	Seafood Crab, shrimp, clams, fish, oysters	
	Meat & Poultry Beef, pork, sausage, chicken, turkey	

Distinguishing Between WFPB and Non-WFPB Ingredients

Store-Bought Ingredients

Not all ingredients in a recipe will be made from scratch, sometimes, recipes call for store-bought products, for which you have no idea what they may contain. Recipes often contain an ingredient like a salad dressing, that contains multiple ingredients—but those ingredients may not be listed and determining whether the ingredient is WFPB can be tricky. Recipes may indicate an ingredient is store bought by placing the word “store-bought” in front of it or listing a brand name. Other times, if an ingredient is listed, for example “balsamic vinaigrette” and there is no recipe included for that ingredient, it can be considered store-bought.



Store-bought ingredients are complex because they may include non-WFPB ingredients. Below is an example of a pasta sauce that contains non-WFPB ingredients.

Distinguishing Between WFPB and Non-WFPB Ingredients

Store-Bought Ingredients

When you encounter an ingredient on a recipe that is store bought, mark these as non-WFPB ingredients, since they can be substituted fairly easily to follow WFPB ingredients.

Step 1: Determine if there is an ingredient listed that actually contains other ingredients.

Step 2: Determine if the recipe uses the word “store-bought” or includes a brand name.

Step 3: Determine if there is a recipe included for that ingredient.

Step 4: If the ingredient is confirmed as ‘store-bought’ mark these as non-WFPB.



Distinguishing Between WFPB and Non-WFPB Ingredients

Let's take a look at how Maria determines if an ingredient is store-bought:

Homemade Veggie Pizza

- 1 store-bought pizza shell
- 1 cup pizza sauce or marinara
- 2 cups baby spinach
- 2 to 3 cups shredded mozzarella cheese
- ½ cup artichokes in oil
- ½ cup fresh red or orange bell pepper
- ½ cup red onion, cut into thin wedges
- ½ cup halved cherry tomatoes
- ½ cup pitted Kalamata olives

Step 1: Determine if there is an ingredient listed that actually contains other ingredients.

Maria reads the recipe ingredients. She notices that the recipe calls for a “pizza shell” and a “pizza sauce or marinara sauce” which both contain other ingredients.

Step 2: Determine if the recipe uses the word “store-bought” or includes a brand name

She notices that the pizza shell uses “store-bought,” but the pizza sauce does not contain “store-bought” or a brand name.

Step 3: Determine if there is a recipe included for that ingredient.

Maria examines the whole recipe and determines there are no recipes included for the pizza shell or pizza sauce.

Step 4: If the ingredient is confirmed as ‘store-bought’ mark these as non-WFPB

Maria determines that both ingredients are considered store-bought. She marks these two ingredients as non-WFPB by placing an asterisk by the ingredients: 1 store-bought pizza shell*; 1 cup pizza sauce or marinara*



Distinguishing Between WFPB and Non-WFPB Ingredients

Recipes may contain both WFPB ingredients and non-WFPB ingredients. Now that we have learned how to determine whether an ingredient is store-bought, let's take a look at the same recipe and practice distinguishing between WFPB ingredients and non-WFPB ingredients.

Homemade Veggie Pizza

- 1 store-bought pizza shell
- 1 cup pizza sauce or marinara
- 2 cups baby spinach
- 2 to 3 cups shredded mozzarella cheese
- ½ cup artichokes in oil
- ½ cup fresh red or orange bell pepper
- ½ cup red onion, cut into thin wedges
- ½ cup halved cherry tomatoes
- ½ cup pitted Kalamata olives

The highlighted ingredients are the non-WFPB ingredients. Let's explore why.

- 1 store-bought pizza shell: Store-bought pizza crust will be a refined grain and made with bleached flour.
- 1 cup pizza sauce or marinara: Pizza or marinara sauces typically contain added oils or may contain added cheese.
- 2 to 3 cups shredded low-moisture part-skim mozzarella cheese: Cheese is a dairy product.
- ½ cup jarred artichokes in oil: these artichokes are preserved in oil, which means they contain oil.

Practice

1) Look at the ingredients in the following recipe and match the ingredients to the categories of WFPB and non-WFPB. Choices may be used more than once.

Easy Vegan Dumplings

Ingredients

- ___ 30-36 gyoza wonton wrappers
- ___ 6 tbsp vegetable oil
- ___ 1 cup cabbage (shredded)
- ___ 1 cup carrot shredded
- ___ 2 cups mushrooms (finely chopped)
- ___ 3/4 cup firm or extra firm tofu (crumbled)
- ___ 2 tsp ginger (grated)
- ___ 2 tsp garlic (grated)
- ___ 2 tbsp soy sauce
- ___ 2 tbsp sriracha sauce
- ___ 1 tbsp sesame oil

Categories

- a. WFPB
- b. Non-WFPB

2) Write the following Non-WFPB ingredients you identified below. Use the space provided to list why they are not WFPB. You may not need to use all the spaces provided.

_____	:	_____
_____	:	_____
_____	:	_____

Feedback:

1) Easy Vegan Dumplings

Ingredients

- __b__ 30-36 gyoza wonton wrappers
- __b__ 6 tbsp vegetable oil
- __a__ 1 cup cabbage (shredded)
- __a__ 1 cup carrot shredded
- __a__ 2 cups mushrooms (finely chopped)
- __a__ 3/4 cup firm or extra firm tofu (crumbled)
- __a__ 2 tsp ginger (grated)
- __a__ 2 tsp garlic (grated)
- __a__ 2 tbsp soy sauce
- __a__ 2 tbsp oil-free sriracha sauce
- __b__ 1 tbsp sesame oil

Categories

- a. WFPB
- b. Non-WFPB

2)

30-36 gyoza wonton wrappers: Wonton wrappers are store bought and may be a refined grain

6 tbsp vegetable oil: This is an oil

1 tbsp Sesame oil: This is an oil



Objective 5

Identifying Whether Recipes Contain Non-WFPB Ingredients

In this section, you will learn how to identify whether recipes containing WFPB key terms contain non-WFPB ingredients.



Why double check a recipe for non-WFPB ingredients the recipe uses a WFPB key term?

Recipes may use a key term in the title, but the ingredients may not always reflect the key term descriptor. Unfortunately, recipes with WFPB key terms do not guarantee that all the ingredients will be WFPB. Firstly, there are variations in the definitions of whole food plant based and the lifestyle can be a spectrum—the strictness of following WFPB varies. The avoidance of oil in particular, is not always a shared practice for WFPB living, but is emphasized in the Forks Over Knives WFPB lifestyle. Secondly, sometimes the recipe authors include the title, not understanding or having different definitions of WFPB. Therefore, it is best practice to always review the recipe's ingredients even if WFPB key terms are used in the title.

Identifying Whether Recipes Contain Non-WFPB and Ingredients

Let's review the 'Strictly WFPB' key terms we have learned:

- Whole Foods Plant Based (WFPB)
- Forks Over Knives (FOK)
- Whole Foods
- Plant-Based

Let's take a look at an example of a time where a recipe uses the WFPB key term, but the recipe contains non-WFPB ingredients

Plant-Based Tacos with Smoky Chipotle Portobellos

- 2 extra large portobello mushrooms
- 1 red bell pepper
- ½ an onion – optional
- 1 tablespoon oil
- ½ teaspoon Chipotle pepper
- 1 minced garlic clove
- ½ teaspoon coriander
- 4 tortillas, warmed
- 1 can refried black beans, warmed
- Dairy free sour cream to top

While this recipe uses the WFPB key term, “plant-based,” it contains oil and dairy-free sour cream (which is considered a processed food item). Therefore, the recipe contains two non-WFPB ingredients.

Practice

Let's practice. Look at the recipe.

WFPB Peanut Buddha Bowls

Sauce

- 3 tablespoons rice vinegar
- 1½ tablespoons maple syrup
- 1 tablespoon tamari or soy sauce
- 1 teaspoon sesame oil
- 2 tablespoons peanut butter

Bowls

- 2 cups brown rice
- 1 tablespoon sesame oil, divided
- 3 cups sliced shiitake mushrooms
- 2 tablespoons tamari or soy sauce
- 1 garlic clove, minced
- 2 tablespoons rice vinegar
- 1 cup bean sprouts
- 1 cup julienned carrots

1) Does the WFPB recipe include non-WFPB ingredients? Circle one option.

Yes or No

2) If yes, in the space provided, list the non-WFPB ingredients. list the ingredients. You may not use all the space provided.

- _____
- _____
- _____

Feedback:

1. Yes. While the recipe used “WFPB,” the recipe still contains non-WFPB ingredients.

2. Sesame oil is the only non-WFPB ingredient used.

Let's practice. Look at the recipe.

Plant-Based Mac and Cheese

- 3 cups small cauliflower florets, chopped
- 2 teaspoons extra-virgin olive oil
- 1 large shallot, minced
- 1 large clove garlic, minced
- Juice of 1 small lemon
- 1 tablespoon white or yellow miso paste
- 2 teaspoons spicy mustard
- 1/2 teaspoon ground cayenne pepper
- 1/8 teaspoon ground turmeric
- 3/4 cup plain almond milk
- 1/4 cup nutritional yeast flakes
- 2 teaspoons packed brown sugar
- 10 ounces shredded vegan cheddar
- 1-pound white elbow macaroni

1) Does the WFPB recipe include non-WFPB ingredients? Circle one option.

Yes or No

2) If yes, in the space provided, list the non-WFPB ingredients. list the ingredients. You may not use all the space provided.

- _____
- _____
- _____
- _____

Feedback:

1. Yes. While the recipe used "Plant-Based" the recipe still contains non-WFPB ingredients.

2. Olive oil, brown sugar, vegan cheddar and white elbow macaroni are non-WFPB.

Objective 6

Identifying WFPB Substitutes

In this section, you will learn how to identify WFPB substitutes.



When it comes to WFPB substitutions, note that the substitutions will not taste exactly like the non-WFPB ingredient. It is important to have an open mind.

Luckily, there is a large variety of WFPB substitutions to use when a recipe contains non-WFPB substitutions. First you have to learn the WFPB substitutions, then decide what WFPB substitution will work best depending on the recipe and your food preferences. In this section, you will be learning WFPB food substitutions.

Let's take a look at a WFPB substitution chart.

WFPB Substitutes

Non-WFPB Ingredient	WFPB Substitution
Milk	<ul style="list-style-type: none"> - Any plant milk: Almond, cashew, macadamia, oat, soy, coconut - Sometimes, water will be enough to substitute milk
Meat, Poultry, Seafood and Fish	<ul style="list-style-type: none"> - Beans (a good source of protein) - Tofu or tempeh (minimal) - Seitan (a low-fat, protein-packed, meat-alternative derived from wheat; takes on whatever flavor you are making) - Young jackfruit in a can works well for shredded pork or chicken texture - Cauliflower works well when substituting for ground meat or chicken - For sausages and hot dogs, marinated carrots work well - For burger patties, vegetable patties work well - Other vegetables or adding more vegetables
Beef or Chicken Broth	<ul style="list-style-type: none"> - Vegetable broth
Eggs	<p>For Baking or Sweet Recipes:</p> <ul style="list-style-type: none"> - Ground flaxseed with 2 ½ tablespoons of water and let sit 10 minutes before using - Chia seed with 3 tablespoons water and let sit for 15 minutes before using - Applesauce - Mashed banana - Silken tofu - Chickpea flour with 3 - Cornstarch with 3 Tbsp water - Arrowroot powder with 3 Tbsp water - Agar powder with 3 Tbsp water - Unwhipped aquafaba (juice from a can of chickpeas) <p>For Savory Recipes:</p> <ul style="list-style-type: none"> - Extra firm tofu (for scrambled egg effect) - Chickpeas (mashes or whole) - Hing (Indian spice that smells like boiled eggs) - Ground flaxseed with 2 ½ tablespoons of water and let sit 10 minutes before using
Butter & Oils	<p>For Sauteing Vegetables or Cooking:</p> <ul style="list-style-type: none"> - Vegetable broth - Soy sauce - More of another sauce the recipe calls for (oil-free and sugar-free barbeque sauce or vegan Worcestershire sauce, etc.) - In some cases, water will be enough to substitute oil <p>Gravy:</p> <ul style="list-style-type: none"> - Corn starch (thickens up the gravy) - Arrowroot powder (thickens up the gravy) <p>For Baking or Sweet Recipes:</p> <ul style="list-style-type: none"> - Bananas (blended) - Applesauce - Prune puree - Nut butter (in minimal amounts) - Chickpea (for a thicker substitute)

WFPB Substitutes Continued

Non-WFPB Ingredient	WFPB Substitution
Mayonnaise	- Silken tofu blended with plant milk and vinegar and spices
Cheese	<ul style="list-style-type: none"> - For parmesan, nutritional yeast works well - To mimic a cheesy taste, use nutritional yeast - For a cheese sauce or queso, use silken tofu and spices - For cheese sauce, use a cooked, mashed and blended potato to thicken up sauces and make them creamy - For creamier sauces, use minimal nuts (blended)
Refined Grains: White breads, white rice, flour tortillas	<ul style="list-style-type: none"> - Whole wheat bread, pita and wraps - Brown rice or other whole wheat grains (quinoa, millet, whole wheat couscous, barley) - Oil-free corn tortillas
All-Purpose Flour	<ul style="list-style-type: none"> - Whole wheat flour - Oat flour
Fried Vegetables	<ul style="list-style-type: none"> - Whole wheat breadcrumbs or a whole wheat batter and baking in the oven - French fries- use corn starch and vegetable broth, season and bake or use an air fryer (with no oil)
Marinara or Pizza Sauce	- Look for an oil free store-bought option or make a marinara or pizza sauce homemade with no oil or sugar.
Pizza Crust/Shell	- Homemade pizza shell using whole wheat flour



WFPB Substitutes

Let's take a look at the following recipe ingredients. The non-WFPB ingredients are highlighted.

Blueberry Muffins

- 1 cup of all-purpose flour
- 1/2 teaspoon of baking soda
- 1 teaspoon of baking powder
- Pinch of salt
- 2 eggs
- 1/2 teaspoon of cinnamon
- 1/4 cup of maple syrup
- 1/2 cup of almond milk
- 1 teaspoon of vanilla extract
- 1 medium banana, mashed
- 1/2 cup blueberries

For the all-purpose flour, what would be a WFPB substitute?

- White flour
- Whole wheat flour
- Oat flour
- Bread flour

Looking at our WFPB substitution chart, there are two substitutions that are WFPB, whole wheat flour and oat flour, the other two are considered refined flours.

For the eggs, what would be a WFPB substitute?

- Mashed banana
- Butter
- Coconut or vegetable Oil
- Apple sauce

Butter and oil are not WFPB. A mashed banana and apple sauce would be WFPB substitutes.

Practice

Let's practice identifying appropriate WFPB food substitutions.

Take a look at the following recipe and select the appropriate WFPB substitution. More than one choice may be selected.

Texas Pulled Pork

- 1 teaspoon vegetable oil
- 1 (4 pound) pork shoulder roast
- 1 cup barbeque sauce
- ½ cup apple cider vinegar
- ½ cup chicken broth
- 1 tbsp yellow mustard
- 1 tbsp Worcestershire sauce
- 1 tbsp chili powder
- 1 extra large onion,
- 2 large cloves garlic
- 1 ½ teaspoons dried thyme
- 8 white hamburger buns

1) Which of the following ingredient would be an appropriate WFPB substitute for vegetable oil?

- a. Barbeque sauce
- b. Water
- c. Vegetable broth
- d. Butter

2) Which of the following ingredient would be an appropriate WFPB substitute for pork shoulder roast?

- a. Tofu
- b. Chicken
- c. Canned Young Jackfruit
- d. Beans

3) Which of the following ingredient would be an appropriate WFPB substitute for chicken broth?

- a. Soy sauce
- b. Water
- c. Oil
- d. Vegetable broth

4) Which of the following ingredient would be an appropriate WFPB substitute for white hamburger buns?

- a. Whole wheat hamburger buns
- b. Sourdough bread buns
- c. Rye bread buns
- d. Ciabatta buns

Feedback:

1) The correct answer is a, b or c. Oil can be substituted with vegetable broth or water easily or can be substituted by using another sauce the recipe calls for. Barbeque sauce in this case, makes sense too. Any of these choices would be an appropriate WFPB substitution.

2) For pork shoulder roast, the correct answer is c. and d. Canned jackfruit has the perfect texture for shredded pork, you can also substitute the pork for beans.

3) For chicken broth, the correct answer is d. Substituting vegetable broth is an appropriate choice because it would not change the recipe too much.

4) For white hamburger buns, the correct answer is a. Whole wheat buns are the only WFPB substitution from the following choices. The other choices are refined grains.

Objective 7

Substituting Non-WFPB Ingredients with WFPB Ingredients

In this section, you will learn how to substitute non-WFPB ingredients for WFPB Ingredients.



In the last section, we learned the WFPB substitutions and practiced identifying them.

In this section, we will learn how to decide what WFPB substitution will work best depending on the recipe and your food preferences. You will be modifying an entire recipe to follow the WFPB criteria.

First, let's explore how to substitute the following recipe.



Substituting Non-WFPB Ingredients with WFPB Ingredients

Let's take a look at the following recipe ingredients:

Plant-Based Tacos with Smoky Chipotle Portobellos

- 2 extra large portobello mushrooms
- 1 red bell pepper
- ½ an onion – optional
- 1 tbsp oil
- 2 tbsp canned Chipotle in Adobo sauce
- 1 minced garlic clove
- ½ teaspoon coriander
- salt to taste
- 4 flour tortillas, warmed
- 1 can refried black beans, warmed
- Dairy free sour cream to top

1 tablespoon oil:

Since this recipe is savory, the most appropriate WFPB substitutes would be either water or vegetable broth to cook the vegetables. Since the recipe involves Tacos, perhaps oil free fajita or enchilada sauce can be substituted.

4 flour tortillas:

The four tortillas would be substituted with whole wheat wraps or oil-free corn tortillas.

1 can refried black beans:

The refried beans are likely store-bought and may contain oil. An appropriate substitute would be fat-free refried beans or black beans.

Dairy free sour cream to top:

Dairy free sour cream is processed and typically contains oil. The sour cream can be substituted for another topping, for example salsa or guacamole, or could be substituted with blended silken tofu.

Practice

Modify the following recipes to follow the WFPB criteria.

Look at the following recipes and substitute the non-WFPB ingredients for appropriate WFPB substitutes. Mark the non-WFPB ingredients with an asterisk. Use the space provided to write the WFPB substitute.

1) Egg Salad Sandwiches

- 8 eggs hard boiled and cooled _____
- ½ cup mayonnaise _____
- 1 ½ teaspoons yellow mustard _____
- 1 green onion thinly sliced _____
- 1 rib celery finely diced _____
- 2 teaspoons fresh dill chopped _____
- Serve on white bread _____

2) Creamy Vegan Breakfast Burrito

- 4 to 6 burrito-sized flour tortillas _____
- Tofu _____
- Crispy Roasted Potatoes in olive oil _____
- Roasted red peppers in oil _____
- Pico de Gallo _____
- 1 large or 2 medium avocados, diced _____
- 1 tablespoon fresh lime juice _____
- Vegan cream sauce (blend yogurt and 2 cups cashews) _____

Feedback:

1) Egg Salad Sandwiches

***8 eggs hard boiled and cooled**

Eggs can be substituted for tofu or chickpeas. The Indian hing seasoning can be used to mimic the “boiled egg” smell and taste.

***1½ cup mayonnaise**

Mayonnaise can be substituted for silken tofu blended with plant milk, vinegar and spices (dry mustard powder, onion powder, garlic powder, salt).

***Serve on white bread**

Serve on whole wheat bread.

2) Creamy Vegan Breakfast Burrito

***4 to 6 burrito-sized flour tortillas**

Flour tortillas can be substituted for whole wheat tortillas or oil-free corn tortillas.

***Crispy Roasted Potatoes in olive oil**

Oil can be substituted for vegetable broth

***Roasted red peppers in oil**

Oil can be substituted for vegetable broth

***Vegan cream sauce (blend yogurt and 2 cups cashews)**

Since this cream sauce calls for a processed vegan yogurt and too many cashews, it can be substituted with silken tofu blended with plant milk, vinegar and spices (dry mustard powder, onion powder, garlic powder, salt).

Objective 8

Modifying Non-WFPB Recipes to Adhere to The WFPB Criteria

In this section, you will learn how to modify non-WFPB recipes to adhere to the WFPB criteria.

Throughout the lesson, you learned how to isolate recipes based on your food preferences, isolate recipes based on WFPB key terms and substitute non-WFPB ingredients with WFPB substitutes so all chosen recipes follow the WFPB criteria.



Let's look at how to put the steps together:

1) Isolate recipes based on food preferences

- Review the recipe. Do a quick read of the recipe title and ingredients.
- Reflect on your food preferences.
- Decide whether you would like to eat the meal or not.
- Isolate the recipes you like by drawing an asterisk by the recipe title

2) Isolate WFPB recipes

- Discern whether WFPB key terms are included in the recipe titles.
- Identify whether recipes contain non-WFPB ingredients.

3) For the recipes containing non-WFPB ingredients, correctly substitute non-WFPB ingredients with WFPB substitutes

Modifying Non-WFPB Recipes to Adhere to The WFPB Criteria

Let's take a look at how Maria applies the steps:

1. Maria is given 3 recipes. She is asked to choose 2 based on her food preferences by drawing an asterisk by the recipe title.

**FOK No Bake Peanut Butter Granola Bars*

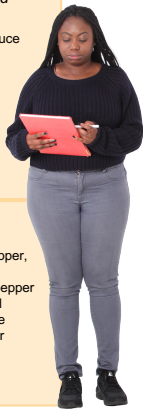
- 1 tablespoon ground flaxseed mixed with 1/4 cup warm water
- 1 cup brown rice crisp cereal
- 1 cup quick cooking oats
- 1 tablespoon tapioca starch
- 1/2 cup all-natural peanut butter with no additives
- 1/2 cup pure maple syrup
- 1 teaspoon vanilla extract

**Traditional Spaghetti and Meatballs*

- 1 jar parmesan spaghetti sauce
- 1 pound beef meat balls
- 3 Tbsp Light olive oil
- 1 pound spaghetti
- 2 Tbsp basil, finely minced
- Salt & pepper to taste

Vegan Eggplant Stir-Fry

- 1 large eggplants, diced
- 1/2 cup vegetable broth
- 1 medium onions, sliced
- 2 cloves garlic, chopped
- 1 medium carrots, chopped
- 1 medium red bell pepper
- 1 medium green bell pepper, sliced
- 1/4 teaspoon cayenne pepper
- 1 tablespoon sesame oil
- 2 tablespoons soy sauce
- 1 teaspoon black pepper
- 2 cups white rice



Reflecting on her food preferences, Maria loves spaghetti and meatballs and peanut butter, however, she does not like eggplant which is a main ingredient in the stir-fry.

Modifying Non-WFPB Recipes to Adhere to The WFPB Criteria

2. Discern whether WFPB key terms are included in the recipe titles

From the above recipes, discern which recipes contain WFPB key term. Write the recipe title(s) below. You may not need to use all the spaces provided.

*From the two recipes Maria chose, she identifies FOK as a WFPB key term: **FOK** No Bake Peanut Butter Granola Bars*

3. Identify whether recipes contain non-WFPB ingredients. Substitute the non-WFPB ingredients for WFPB ingredients.

Recipe 1: FOK No Bake Peanut Butter Granola Bars

Non-WFPB ingredients:

Maria reads the ingredients and concludes that this recipe contains all WFPB ingredients.

WFPB substitutes for Non-WFPB ingredients:

No substitutions or modifications for this recipe will be necessary.

Recipe 2: Traditional Spaghetti and Meatballs

Non-WFPB ingredients:

Maria reads the ingredient list and identifies the following non-WFPB ingredients:

- *1 jar parmesan spaghetti sauce*
- *1 pound beef meat balls*
- *3 Tbsp Light olive oil*
- *1 pound spaghetti*

Modifying Non-WFPB Recipes to Adhere to The WFPB Criteria

WFPB substitutes for Non-WFPB ingredients:

1 jar parmesan spaghetti sauce

For the 1 jar parmesan spaghetti sauce, Maria determines that this item is store-bought and contains other ingredients. Since the title says “parmesan” she notes that it is non-WFPB and will need to be substituted. Maria substitutes an oil-free vegan spaghetti sauce.

1 pound beef meat balls: *Maria substitutes the beef meat balls for veggie meatballs made from vegetables and quinoa.*

3 Tbsp Light olive oil: *Maria substitutes the olive oil for vegetable broth, so the noodles won't be dry or stick together.*

1 pound spaghetti: *Maria substitutes the spaghetti with whole wheat spaghetti.*

Maria rewrites the modified recipe and includes the WFPB recipe below:

****FOK No Bake Peanut Butter Granola Bars***

- 1 tablespoon ground flaxseed mixed with 1/4 cup warm water
- 1 cup brown rice crisp cereal
- 1 cup quick cooking oats
- 1 tablespoon tapioca starch
- 1/2 cup all-natural peanut butter with no additives
- 1/2 cup pure maple syrup
- 1 teaspoon vanilla extract

****WFPB Spaghetti and Meatballs***

- 1 jar oil-free spaghetti sauce
- 1 pound vegetable meat balls
- 3 Tbsp vegetable broth
- 1 pound whole-wheat spaghetti
- 2 Tbsp basil, finely minced
- Salt & pepper to taste

Modifying Non-WFPB Recipes to Adhere to The WFPB Criteria

Maria uses the checklist to see how she did.

YES WFPB recipes have been correctly isolated. All ingredients are WFPB.

YES Non-WFPB recipes are identified

YES Non-WFPB ingredients are identified

YES Non-WFPB ingredients are correctly substituted with appropriate WFPB ingredients to follow WFPB criteria

YES Final recipes (both identified WFPB and modified recipes) follow WFPB criteria



The checklist should have all “Yes” boxes marked.

Recipe Ingredients:

Lots of vegetables, fruits, legumes, whole grains

No Meats or Poultry

No Seafood

No Eggs, Dairy or Butter

No Oils

No Processed & Highly Refined Foods

(sugar, candy, chips, crackers, white bread and white rice)

Minimal nuts, seeds, plant milk, tofu and tempeh

Yes No

☒ ☐

☒ ☐

☒ ☐

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☒ ☐

Practice

Now it's time to practice putting it all together.

1) From the following 6 recipes on the next two pages. Choose three based on your food preferences by drawing an asterisk by the recipe title.

Blueberry Overnight Oats

- ½ cup (50 g) rolled oats
- ½ cup skim milk
- ¾ tbsp pure maple syrup
- ¼ teaspoon pure vanilla extract
- ¼ cup (25 g) fresh or frozen blueberries
- ¼ cup (25 g) fresh blueberries

Easy Sloppy Joes

- 1 medium onion, diced
- 1 green bell pepper, diced
- 1 clove garlic, minced
- 1 pound lean ground beef
- 12 ounces (1 1/3 cup) tomato sauce
- 3/4 cup ketchup
- 2 tbsps brown sugar
- 2 tbsps Worcestershire sauce
- 1 tbsp yellow mustard
- 1 tbsp red wine vinegar
- 1 teaspoon paprika
- Pinch of cayenne pepper
- 6 hamburger buns, toasted

Forks Over Knives Spicy Tomato Sushi Rolls

- | | |
|---|--------------------------------|
| • 1½ cups low-sodium vegetable broth | • 2 teaspoons tahini |
| • ¾ cup dry short grain brown rice | • 2 tbsps brown rice vinegar |
| • 1½ cups frozen riced butternut squash | • 1 tablespoon maple syrup |
| • 4 roma tomatoes (2 cups) | • 4 8-inch toasted nori sheets |
| • 1 tablespoon reduced-sodium tamari | • ½ of a medium avocado |
| • 1 teaspoon grated fresh ginger | • 1 cucumber |
| • 1 tablespoon sriracha sauce | • 2 carrots, shredded |
| | • scallions |

Stuffed Peppers

- 6 large red bell peppers
- 3 tablespoons olive oil
- 1 pound ground beef
- 2 medium onions, chopped
- 4 cloves garlic, finely grated
- 2 teaspoons thyme leaves
- Kosher salt and ground pepper
- 4 plum tomatoes
- 2 tablespoons tomato paste
- 1 cup dry white wine
- 1 cup low-sodium chicken broth
- 2 cups cooked white rice
- 1 cup shredded Muenster cheese

Plant-Based Artichoke and Pasta Salad

- 1 package white rotini pasta
- 2 cups artichokes in oil
- 1 cup finely chopped red onions
- 3-4 large tomatoes diced
- 2 cups chopped parsley
- ¼ cup vegan feta cheese

Dressing:

- 2 lemons squeezed (juice)
- 2 tbsp tahini
- 6 tbsp olive oil
- 1 tsp chopped garlic
- 2 tbsp red wine vinegar
- 3 tbsp dried oregano

Fat-Free Lentil Soup

- 3 medium carrots, cut into 1/4-inch pieces
- 1 medium onion, diced
- 1 large celery stalk (about 2 ounces)
- Kosher salt and ground black pepper
- 2 tablespoons tomato paste
- 1 large clove garlic, minced
- 1 1/2 cups dried brown lentils
- 4 cups beef broth
- 7 sprigs thyme, leaves
- 1/2 teaspoon dried oregano
- 1/4 teaspoon crushed red pepper flakes
- 1 teaspoon lemon zest, plus the juice of 1/2 lemon
- 1/2 cup parsley leaves

2) Discern whether WFPB key terms are included in the recipe titles

From the above recipes, discern which recipes contain WFPB key term. Write the recipe title(s) below. You may not need to use all the spaces provided.

3) Identify whether recipes contain non-WFPB ingredients. Substitute the non-WFPB ingredients for WFPB ingredients.

Recipe 1: _____

Non-WFPB ingredients:

WFPB substitutes for Non-WFPB ingredients:

Recipe 2: _____

Non-WFPB ingredients:

WFPB substitutes for Non-WFPB ingredients:

Recipe 3: _____

Non-WFPB ingredients:

WFPB substitutes for Non-WFPB ingredients:

Feedback:

2) WFPB key terms: “Plant-Based” and “Forks Over Knives”

3) Use the checklist to see how you did. Write a yes or no in front of the criteria. For the WFPB criteria, check the application column (yes/no).

___ WFPB recipes have been correctly isolated. All ingredients are WFPB.

___ Non-WFPB recipes are identified

___ Non-WFPB ingredients are identified

___ Non-WFPB ingredients are correctly substituted with appropriate WFPB ingredients to follow WFPB criteria

___ Final recipes (both identified WFPB and modified recipes) follow WFPB criteria

The checklist should have all “Yes” boxes marked.

Recipe Ingredients:

Yes No

Lots of vegetables, fruits, legumes, whole grains

___ ___

No Meats or Poultry

___ ___

No Seafood

___ ___

No Eggs, Dairy or Butter

___ ___

No Oils

___ ___

No Processed & Highly Refined Foods

___ ___

(sugar, candy, chips, crackers, white bread and white rice)

Minimal nuts, seeds, plant milk, tofu and tempeh

___ ___



Conclusion



Congratulations! You have completed the lesson!

You should now be able to:

- Define a Whole Food Plant-Based (WFPB) lifestyle
- Isolate recipes to select based on your food preferences
- Discern whether WFPB key terms are included in a recipe's title
- Distinguish between WFPB foods and non-WFPB ingredients
- Identify whether recipes contain non-WFPB ingredients
- Identify WFPB food substitutions
- Substitute non-WFPB ingredients with WFPB ingredients
- Modify non-WFPB recipes to adhere to the WFPB criteria



What's Next?

You can now isolate WFPB recipes and modify non-WFPB recipes following the WFPB criteria.



Time to Reflect

Think about meals you enjoy eating. How could you modify them to follow the WFPB criteria?

So, what's next? This newly acquired skill connects to the larger skill of developing a meal plan and cooking recipes that follow a WFPB lifestyle.

You can explore more strictly and related WFPB recipes below:

- <https://www.forksoverknives.com/recipes/>
- <https://ohsheglows.com/recipe-categories/>
- <https://greenkitchenstories.com/recipe-index/>
- <https://www.thegardengrazer.com/recipes/>
- <https://eatplant-based.com/recipes/>



References

Davison, C. (2022, January 19). *Beginner's Guide to a Plant-Based Diet*. Forks Over Knives. Retrieved March 6, 2022, from <https://www.forksoverknives.com/how-tos/plant-based-primer-beginners-guide-starting-plant-based-diet/>

