



# — Food for Health —

## Wellness Newsletter

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### How to Eat Vegan Once a Week

#### MORE INSIDE:

A NUTRITIONIST'S GUIDE TO GOING VEGAN ONCE A WEEK  
DELICIOUS VEGAN-FRIENDLY FOODS FROM HEINEN'S  
RECIPE: GAZPACHO WITH SQUASH



Take care of your body.  
It's the only place you have to live.

— Jim Rohn

## A Nutritionist's Guide to Going Vegan Once a Week

When it comes to admitting my failures, I'm not shy about it. Of course, it doesn't feel great when I'm going through it, but when I take a step back and see it as a learning opportunity, I'm always changed for the better.

One of my most memorable failures was an attempt at a vegan diet when I was in my early twenties. I did everything wrong and as a result had zero energy and felt hungry 24/7! No wonder it only lasted a few weeks.

As it turns out, adopting a vegan lifestyle requires more than just cutting out meat. One must plan for how they will account for the nutrients once obtained from animal products. I know it sounds complicated, but once you understand some of the basics it becomes quite simple.

My goal is to take the confusion out of what it means to follow a vegan diet, so here's what I'll cover in this post:

- Definitions of common eating styles
- The benefits of a vegan diet
- The protein myth of vegan diets
- A simple one-day sample vegan meal plan to show you how easy this lifestyle can be.

Don't want to say goodbye to animal products forever? The good news is you don't have to! You can enjoy some of the benefits of a vegan diet by following it just one day a week.

#### Common Eating Patterns Defined

Before diving into the details, let's start with some basic definitions. It's important to understand there can be incredible variations within each eating style, pointing to the fact that there's no right or wrong approach. In the eyes of Club Fx, if you are eating more plants, you're doing it right, but it's also important to listen to your body.

- **Plant-Based:** Emphasizes whole plant foods while reducing animal foods like dairy, eggs, meat, and foods containing animal products.
- **Vegetarian:** A diet consisting wholly of vegetables, fruits, grains, nuts, and sometimes eggs or dairy products.
- **Vegan:** Restricts all animal products, including meat, fish, dairy, honey and eggs.
- **Pescatarian:** A plant-based diet that includes fish.
- **Omnivore:** A person who eats food of both plant and animal origin.

*continued inside*

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## A Nutritionist's Guide to Going Vegan Once a Week

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### The Benefits of a Vegan Diet

This section could be a three-part series in itself! A well-planned vegan diet offers loads of potential benefits, including but not limited to:

- Supports a healthy response to inflammation due to the presence of beneficial antioxidants in whole plant-based foods (i.e. fruits, vegetables, herbs, spices, beans, nuts and seeds)
- May reduce the risk of certain cancers (breast, stomach, colorectal, lung, prostate and pancreas)
- Balances blood sugar
- Lowers the risk of type 2 diabetes
- Improves kidney function
- Helps you achieve and maintain a healthy weight
- Supplies more of the key nutrients you need for good health, including vitamins A, C and E, folate, magnesium and potassium
- Regulates digestion and improves overall gut health thanks to the abundance of dietary fiber in fruits, vegetables and legumes
- Lowers the risk of heart disease
- Supports healthy blood pressure levels
- Reduces joint pain, swelling and stiffness

### The Protein Myth

One of the most common misconceptions about vegan diets is that it's difficult to get enough protein from non-animal sources. This couldn't be further from the truth. Look at how much protein these plant-based foods provide per serving:

- Explore Cuisine edamame and mung bean pasta: 24 grams
- 1 scoop Garden of Life Raw protein powder: 22 grams
- 3 oz. Lightlife tempeh (fermented soy): 18 grams
- Sigg's plant-based coconut yogurt: 10 grams
- 1/4 cup Go Raw sprouted pumpkin seeds: 9 grams
- 3 Tbsp. Navitas hemp seeds: 8 grams
- 1/2 cup Hummus Goodness hummus: 8 grams
- Heinen's beans and lentils: 7-10 grams per half cup cooked

### One Day Sample Vegan Meal Plan

Now it's time to put it all together! Here is a one-day sample meal plan that's simple, nutritious, delicious and satisfying...minus the meat and dairy!

#### BREAKFAST

- Brain Boosting Smoothie: In a blender, combine 12 ounces of Elmhurst walnut milk, 1 scoop of plant-based protein powder, 1 tablespoon of Garden of Life MCT oil, 1-inch piece of fresh turmeric, 2 cups of Heinen's frozen blueberries, 1/4 cup walnuts, and half of a small avocado. Blend until smooth. Makes two servings.

#### LUNCH

- Gazpacho with Squash (see recipe on last page) + 1 bag of Brad's Cheddar Veggie Chips

#### DINNER

- Lucini marinara sauce + Explore Cuisine edamame and mung bean pasta served with a leafy green side salad drizzled with Tessemae's balsamic vinaigrette dressing

#### SNACKS

- 2 cups of assorted raw veggies + 1/4 cup Hummus Goodness hummus
- 1 small apple + 1 tablespoon Heinen's fresh ground almond butter

### Key Takeaway

I hope you are inspired to explore the wonderful world of plant-based eating. I have a feeling you'll really like how your body feels when it's running on the foods Mother Nature designed for it. The improved digestion, elevated energy levels, and clear mind will be their own reward. I wouldn't be surprised if you decided to "go vegan" for two days! But for now, let's just start with one.

## DELICIOUS VEGAN-FRIENDLY FOODS FROM HEINEN'S



If you read the previous article in this newsletter, you saw me bust the myth that a vegan lifestyle lacks protein, but what about essential nutrients like calcium, vitamin B12, vitamin D, zinc and omega-3 fats?

These nutrients can easily disappear from a vegan diet that is not carefully planned, but with the guidance of Club Fx, you don't have to worry about that! See below for quality food and supplement sources to help bridge the nutritional gap, as well as vegan-friendly brands and products to try from Heinen's!

### Calcium

- Oranges
- Dried figs
- Chia seeds
- Sesame seeds
- Cooked Bok choy
- Broccoli
- Dandelion greens
- Kale
- Mustard greens
- Napa cabbage
- Turnip greens
- Watercress
- Cooked rhubarb
- White beans
- Edamame
- Almonds

**Tip:** Calcium absorption is greater in almonds that have been soaked in water for a minimum of 8 hours.

### Vitamin B12

- Bragg nutritional yeast
- Nutritional Roots Multivitamin+ (A fermented, whole food-based vegan multivitamin that contains 10,000% of your daily value of Vitamin B12 to support cellular energy.)

### Vitamin D

Although you can get vitamin D from sun exposure and food sources like mushrooms, whole food supplementation is essential to optimize levels of this all-important vitamin. Nutritional Roots Vitamin D3 + K2 is a

wonderful supplement with a bonus of plant-based omega-3 fats from sustainably harvested algae.

### Zinc

- Chickpeas
- Lentils
- Black-eyed peas
- Pumpkin seeds
- Cashews and cashew butter
- Sunflower seeds
- Sesame seeds
- Tahini (sesame seed butter)
- Quinoa and wheat berries
- Nutritional Roots Multivitamin+ (Offers 100% of your daily zinc needs in just two capsules.)

### Omega-3 Fats

- Chia seeds, ground flax seeds and hemp seeds (Good sources of ALA omega-3 fats.)
- Nordic Naturals Algae Omega supplement (A great source of EPA and DHA omega-3's.)

### Vegan Friendly Brands and Products at Heinen's

#### PRODUCE

- Locally grown fruits, vegetables and leafy greens. (Since local produce is harvested at peak season and gets to you faster, it retains more valuable vitamins and minerals.)
- Herbs and spices
- Sprouts
- Nuts and seeds
- Heinen's fresh ground nut butters

#### DAIRY

- Malk unsweetened almond milk
- Yogurt: Cocojune pure coconut yogurt, Forager unsweetened cashewmilk yogurt or Siggis coconut blend plant-based
- Cheese: Violife, Nuts for Cheese or Treeline

#### FROZEN

- Heinen's organic quinoa with zucchini, butternut squash & tomatoes
- Heinen's frozen vegetables
- Heinen's frozen fruit
- Ezekiel 4:9 organic sprouted whole grain bread

#### MEAT

- Actual Veggies veggie burgers
- Lightlife tempeh
- Cleveland Tofu
- Meati (mushroom-based)
- Heinen's beans and lentils
- Explore Cuisine edamame and mung bean pasta
- Protein powder: Sprout Living, Parkers, Garden of Life, Nuzest or Ancient Nutrition

#### DIPS, DRESSINGS, SAUCES, SOUPS AND SEASONINGS

- Hummus Goodness hummus
- Wholly Guacamole classic guacamole
- Drench vegan Caesar
- Tessemae's balsamic vinaigrette or lemon garlic
- Heinen's tahini
- Lucini marinara sauce
- 18 Chestnuts soups
- Amy's soups (check the label as some contain dairy)
- Bragg nutritional yeast

#### CHIPS, CRACKERS AND SNACKS

- Flackers crackers
- Mary's Gone Crackers super seed crackers
- Brad's kale chips
- Raw almonds
- Go Raw sprouted pumpkin seeds
- Pan's mushroom jerky

#### SWEETS & SWEETENERS

- Fresh Energy caramel naturel dates
- Hu chocolate bars
- Navitas power snacks
- SmartBARK! snacking chocolate
- Heinen's pure organic maple syrup
- Big Tree Farms coconut sugar

### Key Takeaway

Following a vegan lifestyle, even for just one day a week, does not have to be hard, and it certainly does not have to require significant sacrifice. Simply use the list above the next time you shop at our local Heinen's and add a few new items to your basket. You'll be surprised at just how tasty vegan-friendly products really are!

## GAZPACHO WITH SQUASH

The following recipe and photography was provided courtesy of Recipe Developer and Food Photographer, Allianna Moximchalk from Allianna's Kitchen.



Traditional gazpacho recipes call for pureed tomatoes, cucumber, onion and garlic, but because Heinen's is the best place to get locally grown produce in the summer, this version also includes yellow squash, which lightens the color of the finished dish and makes the flavor extra fresh.

*Prep time: 5*

*Cook time: n/a*

*Servings: 5*

### Ingredients

- 2 lbs. ripe Roma tomatoes, washed and seeded
- 1/2 cucumber, washed and sliced
- 1/2 red onion
- 4 garlic cloves
- 1/4 cup Heinen's extra virgin olive oil
- 2 Tbsp. Heinen's apple cider vinegar
- 1 pinch sea salt
- 1 pinch black pepper
- 1/2 tsp. Heinen's ground cumin
- 1/2 tsp. Heinen's paprika
- 1/2 jalapeno, optional
- 1 yellow squash, washed and sliced
- Heinen's red pepper flakes, for garnish
- Fresh parsley, for garnish

### Instructions

1. Add all of the ingredients to a high-powered blender. Blend for 1 minute or until smooth. Depending on the size of the blender, you may need to blend in batches.
2. Add the red pepper flakes and fresh parsley for garnish, if desired. Add a drizzle of almond milk for creaminess, too!



Club Fx is a FREE program for Heinen's Tasteful Rewards members that offers education, nutrition tips, product recommendations and recipe inspiration for customers to live their healthiest lives. Interested in becoming a Club Fx member? Update your Tasteful Rewards account to ensure you get our weekly emails and access to personalized nutrition services!