

Green14

CHALLENGE



Clean Eating

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FOOD WASTE PHOTO BY CANDLE PHOTO/GETTY IMAGES.COM



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EDAMAME PHOTO BY NIRAD/GETTYIMAGES.COM, GARDENING PHOTO BY MIKE HARRINGTON/GETTYIMAGES.COM

Is it just me, or does it feel like summer arrived in the blink of an eye this year? The trees are dense with leaves, the skies are cornflower blue and vegetable and flower gardens alike are blooming in full force. With life and nature bustling around us, there is no better time to embark on the Green14 Challenge. So firstly, thank you for embarking on this two-week challenge to transform your lifestyle for the greener!

In the coming weeks, the changes you'll make will not only benefit your planet, but your day-to-day life, too. After all, saving the planet is a hefty mission and we aim to make it as accessible and enjoyable as possible. As you traverse this 14-day journey, this ebook (along with lots of emails and videos from me) will be your trusty guide. But the wealth of knowledge you'll find in here extends far beyond the two-week challenge. I hope, even after the Green14 challenge, you'll continue to incorporate the transformative tips and easy, eco-friendly recipes from this book.

First, check out two weeks of plant-powered eating, simplified into easy-to-follow meal plans. Simply shop from the grocery lists provided in each plan and follow the prep instructions. (p. 53 & p. 58).

Then, flip through the rest of the book to browse our massive collection of eco insights, written by some of our favorite planet ambassadors. We've tried to cover virtually everything you can easily do from the comfort of your home, and all the questions you may have. Always wanted to start your own compost pile? We answer exactly how and where to get started, plus important tips like what should or shouldn't go into your compost (p. 12). Got a green thumb but limited on square footage? Check out our primer on growing an indoor herb garden for fresh greens year-round (p. 42). Trying to reconcile the glorious grilling season with reducing your animal product consumption? We've got the skinny on greener BBQing (p. 34).

Kristy



Kristy Drutman
OAKLAND, CALIFORNIA

Kristy Drutman channels her passion for the environment into her platform (and podcast of the same name), Brown Girl Green, where she highlights diversity in sustainability. When she isn't amplifying unique perspectives in the green world, she loves cooking tasty, low-FODMAP, anti-inflammatory meals, hiking, improv comedy and acting.

For the Green14 challenge, we'll be sharing resources every day via email to keep you on track. Here are the tools you'll need to get started:

TOOLS:

LIFESTYLE & HOUSEHOLD ECO ESSENTIALS

- Reusable tote bags
- Empty reusable containers for package-free shopping
- Washable and reusable cloth face masks
- Empty spray bottle for DIY household cleaner

KITCHEN ECO ESSENTIALS

- Beeswax wraps
- Parchment paper
- Glass containers
- Cloth towels (not disposable paper towels)
- Reusable coffee and water canteens
- Stainless steel or glass straw
- Reusable produce bags
- Ingredients for our meal plans and/or standalone recipes

OPTIONAL, BUT RECOMMENDED

- Safety razor
- Washable 100% cotton rounds for makeup removal
- Small glass containers for shampoo, conditioner, skincare products
- Electric or bamboo toothbrush
- Toothpaste tablets
- Corn floss or wax floss
- Konjac sponge or natural sponge instead of loofah
- Seeds for herbs, containers, potting soil
- A list of local thrift stores in your area



Here are the guidelines to adhere to as closely as possible over the next 14 days. It may look a little intimidating at first but give them a read and you'll see they're easier to implement than it might appear at first glance. You've got this!

Green14 Rules & Guidelines:

- No plastic bags — use tote bags, produce bags or cardboard boxes for shopping
- No saran wrap — substitute with beeswax or silicone stasher bags
- No plastic straws, cutlery, styrofoam takeout or throwaway coffee cups. Bring your own zero-waste options (metal straws, metal/bamboo cutlery, metal/bamboo lunchboxes, reusable drinking canteens).
- Do not buy or accept anything with plastic packaging
- Hit the market! Seasonal produce only — no out-of-season produce
- Opt to eat plants: Follow our plant-powered meal plans (p. 53 & p. 58), try a new plant-based recipe (P. 48), or simply reduce your consumption of animal products during the challenge
- No harsh cleaning chemicals
- No shopping for anything new during the 2-week challenge. However, secondhand or thrift is fine
- Refresh your knowledge on trash (p. 26), recycling (p. 8) and compost (p. 12)

Making greener changes can seem a little overwhelming and inconvenient at first but just remember that we'll be taking each "department of your life" in doable day-to-day chunks. By the end of this challenge and ebook, you'll have all the tools in your toolkit to make a positive impact and your health and wallet will benefit too.

THE BEST FOODS FOR: the Environment

BY HEATHER ADAMS

You've swapped single-use plastic bags for reusable totes; you've taken steps to reduce your waste, both food waste and other types. But there's one more place you need to look if you're working to build environmentally-friendly habits: the food on your plate.

Even if you're trying to make smart, sustainable choices, the foods you're eating could have a more significant impact than you realize. The food production system – and agriculture in general – is the leading cause of global environmental change. Food production alone is responsible for about 30 percent of all greenhouse gas emissions, and it uses 70 percent of all available freshwater. The process of getting many foods into grocery stores and onto your plate can fuel climate change, deforestation and damage to marine ecosystems.

Shifting your diet away from animal-based products like meat, dairy and eggs can help limit your own contributions to greenhouse gas emissions and all of the environmental problems they cause. Choosing to consume more diverse and sustainable foods might seem like a small step, but it's one that can have an impact on the larger food production system.

So, which foods are the kindest to the environment? Here are five of the most eco-friendly choices.



1. Algae

Algae isn't a food that's commonly eaten in many households, but it's starting to gain recognition and become more widely available. With an umami- or fish-like flavor, it's available in plenty of different forms, like nori or seaweed noodles. It's also highly nutritious. Algae is packed with essential fatty acids, vitamin C, protein, antioxidants and iodine.

No matter how you like your algae, it's considered one of the best foods for the planet. According to the World Wildlife Fund (WWF), algae is responsible for producing half of all oxygen available on Earth. The more algae grows, the more the planet benefits.

But most importantly of all, algae, seaweed and kelp are all wonderfully environmentally-friendly foods. Algae is highly sustainable, as it grows in huge quantities in oceans around the world. It can be harvested year-round easily, and there's no need to use pesticides, fertilizers or any other chemicals.

SEAWEEED PHOTO BY HEIDI YOUNG/GETTYIMAGES.COM

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2. Whole Grains

Whole grains are a longtime staple across plenty of cultures and regions, and for good reason. Filled with dietary fiber, plenty of minerals, an array of vitamins and antioxidants like polyphenols and phytosterols, these naturally-growing grains are filling and highly nutritious.

Additionally, according to scientific data, whole grains – specifically, grains like wheat and rye – create very little in the way of greenhouse gas emissions. They emit only 1.4 kilograms of carbon dioxide per 1 kilogram of product. That’s approximately 10 to 50 times less greenhouse gas emissions than animal-based food products. Whole grains also require far less water, taking just 7 percent of the water needed to produce beef.

The key is to choose whole grains over refined grains. Whole grains can offer both nutritional value and benefit the environment. If you’re keeping sustainability in mind, try to choose whole grains and cereals that are more diverse; opting for less common grains can help agricultural biodiversity.



4. Leafy greens

You may already know that leafy green vegetables are great for your health, offer anti-inflammatory benefits and help build strong muscles. Loaded with important nutrients like fiber and vitamins A, C, E and K, leafy greens like spinach, kale and arugula can help your body from head to toe. The WWF even calls these veggies “the most versatile and nutritious of all types of vegetables.”

And leafy greens are also a wonderfully environmentally-friendly food. They require very little in the ways of resources; these vegetables can grow just about anywhere, as long as they have soil and water. In the right environments, they grow plentifully. Leafy greens also have very low greenhouse gas emissions during their growth and harvesting processes.

3. Cacti

Cacti is a common ingredient in 26 countries, including Mexico, Madagascar, Morocco and Algeria. It grows effortlessly in most dry areas of the world, and it’s able to thrive in the face of droughts, arid climates and other challenging conditions. While the prickly pear or cactus pear varieties are some of the most commonly eaten – you might know them as nopales, a staple in Mexican cuisine – there are plenty of other varieties you can try.

While these prickly plants may not look appealing at first glance, they’re both highly nutritious and pretty tasty. A cactus offers quite a lot of vitamins C and E, plus carotenoids, fiber and amino acids.

And thanks to their hardiness, cacti are fantastic for the environment. The United Nations has even referred to cacti as “green gold” because it’s a crop that’s adapting to climate change. Cactus plants can grow where other plants cannot, and they’re able to thrive in varied environments. This makes cacti highly sustainable, especially in the face of changing environments.

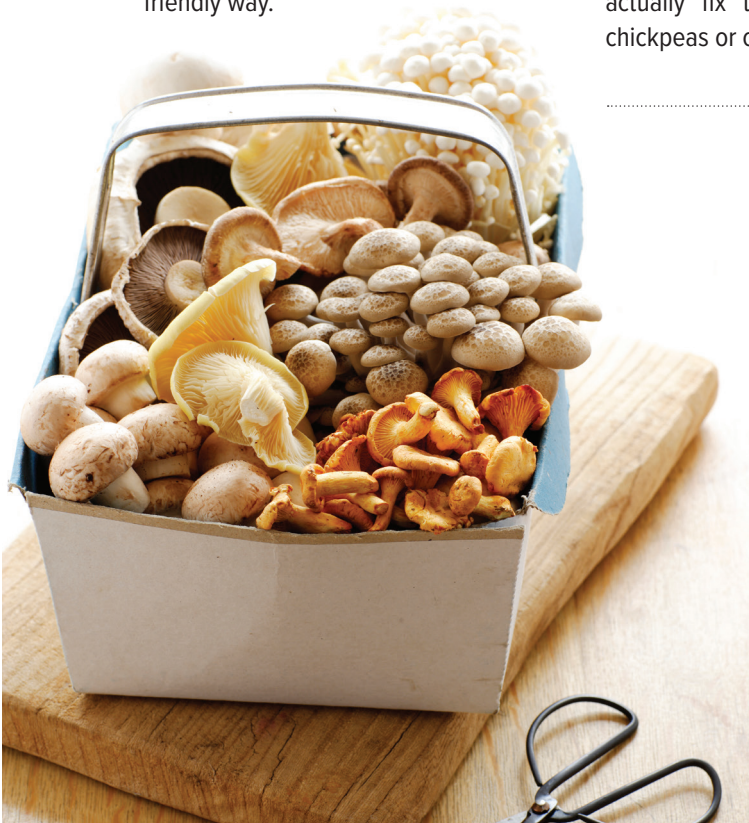


5. Mushrooms

Mushrooms might get a bad rap because they're technically fungi, not plants. But with a meaty, umami-like flavor, mushrooms are a great alternative to animal protein products – and they're delicious. Most mushrooms are rich in B vitamins, protein, fiber and vitamin D. There are thousands of edible varieties of mushrooms too, giving you plenty of diversity to try.

Mushrooms are also wonderfully sustainable. They grow where other foods cannot, and they're incredibly low-maintenance. According to the Mushroom Council, producing a pound of mushrooms requires significantly less water and energy compared to most other agricultural crops. And during their production process, mushrooms create extremely low carbon dioxide emissions.

With no need for photosynthesis, mushrooms can thrive in just about any environment. They'll even grow on the scraps and by-products of other crops, making it easy to grow different fungi varieties in an even more eco-friendly way.



6. Beans and lentils

Beans, lentils, chickpeas, peas and other legume plants are highly versatile foods. They're a fantastic plant-based protein source, and they make a great alternative to animal protein products. Also known as pulses, these legumes are also rich in fiber and B vitamins.

Beans and lentils also offer a unique benefit for the environment. They actually "fix" the air – as beans, lentil, chickpeas or other pulses grow, they

convert nitrogen into a new form that can be readily absorbed and used by other plants. It's like legumes remove the harmful byproducts that might prevent other crops from thriving.

Additionally, beans and lentils are able to grow using green water, or rainwater that's stored in soil by various plants. They don't have much of a footprint when it comes to using up natural resources, which makes them easy to grow and highly environmentally-friendly foods.

How to make these environmentally-friendly foods a priority

When you choose environmentally-friendly foods over other options, you'll participate in an effort to diversify the world's food sources. Your actions will also help make sustainable food sources more popular – and if demand increases, change can begin to happen on a larger scale.

Everyday choices matter. So, make the foods mentioned here a bigger part of your diet. Many offer both critical nutrients and act as alternatives to less eco-friendly foods, like animal-based products. You don't have to completely eliminate your current staples; instead, you can try going plant-based for one day a week, or dedicating one week each month to plant-based meals. It's also easy to incorporate more of the environmentally-friendly foods mentioned here into recipes every week.

Your Guide to Plastic Recycling Symbols

Confused about how exactly you should recycle different kinds of plastic products? We're explaining what common plastic recycling symbols mean to make it quick, easy work.

BY HEATHER ADAMS

How often do you turn over plastic bottles, containers or bags to see what recycling symbol is hiding at the bottom? If you're anything like most people, the answer is rarely, if ever. Most of us assume that we can toss plastic waste right into the recycling bin, letting others sort it out once it's picked up on trash day.

But plastic is tricky to recycle. Some plastics have to be handled differently; others can't be recycled at all. Those little-examined symbols

are your guide to determining what can actually be recycled. Every piece of plastic packaging bears a small triangle with a number in the center on its label or its base. And that triangle tells you everything you need to know.

It's time to stop tossing everything into the same recycling bin. We've got your guide to each of the recycling symbols – and numbers – on different kinds of plastic items. Here's what they mean and how to handle them.



PLASTIC #1: PET OR PETE

Any plastic that's labeled with #1 is a PET or PETE plastic. That means it's a plastic made out of polyethylene terephthalate – one of the most common kinds of plastics.

PET or PETE plastics are found in single-use beverage bottles, like soft drink and water bottles. You'll also find it in your fridge or pantry in the form of ketchup or salad dressing bottles, nut butter containers (like a plastic jar of peanut butter) and vegetable oil containers. It's used to make detergent bottles and cleaning chemical containers too.

This type of plastic is so popular because it's lightweight, flexible and cheap for companies to produce. And it's also easy to recycle.

Any #1 plastic can be recycled right at home. Most curbside recycling programs will pick up this type of plastic, and it can be tossed right into your recycling bin.

RECYCLING PHOTO BY SDOMINICK/GETTYIMAGES.COM, PLASTIC BOTTLES PHOTO BY MEDIA/PRODUCTION/GETTYIMAGES.COM

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PLASTIC #2: HDPE

Plastics labeled with the number 2 or the acronym HDPE are made of plastic that's formally known as high density polyethylene, another easily recyclable material.

And, like PET or PETE plastic, HDPE plastics are super common. They're what your milk and water jugs are made out of; you'll also find them in laundry detergent containers, shampoo bottles and auto oil containers. Some plastic bags also contain HDPE. These plastics can be clear or colored, thin or a bit thick.

When you're ready to recycle any #2 plastics, you can put most of these items right into your recycling bin for curbside pickup. You'll want to check with your local recycling regulations, though, as regional rules can vary. Some cities may only allow containers with necks; others will welcome plastic bags and wraps.

If you can't recycle #2 HDPE plastic bags in your home recycling bin, check with your local stores. Many, like chain grocery stores, Target and Walmart, will recycle the bags for you if you drop them off in-store.

PLASTIC #3: PVC OR V

Another common plastic recycling symbol you'll see is #3, which might also be labeled PVC or V. These are plastics made with polyvinyl chloride or vinyl.

While vinyl is usually found in big items like pipes, flooring, home siding and door or window frames, PVC is pretty common. You'll find the #3 recycling symbol on items like cling wrap or other types of clear food packaging. Some cleaning products use PVC in their packaging too, like window cleaning solutions, and so do some cooking oils and squeezable condiment bottles. And it's also commonly found in shower curtains.

But PVC and V products aren't so easy to recycle. This kind of plastic features a lot of additives, and when it's disposed of it can create harmful substances like dioxins, lead and chlorine. As a result, it's considered one of the least-recyclable plastics.

In order to properly and safely dispose of these items, you'll need to contact your local recycling agency. Some items may need to go to a local collection center. Others may be better off in the trash.



PLASTIC #4: LDPE

Plastic bags are one of the most environmentally frustrating products. Until recently, they were many retailers' go-to choice for packing up customers' items. And though they've fallen out of fashion, they're still around.

Plastic bags and other kinds of thin, flimsy plastic materials are usually labeled with the #4 or LDPE recycling label. They're made from low density polyethylene, which is flexible and makes for a convenient packaging. You'll find #4 plastics wrapped around loaves of bread and inside the boxes of frozen foods. It's also used to make most plastic wraps – and it's what makes up the plastic bags dry cleaners use.

#4 LDPE plastics haven't been recycled in the past, but it's becoming increasingly easier to do so now. Your local recycling program may welcome them in your home recycling bin. It's a good idea to check your city's recycling guidelines before tossing this kind of plastic into your recycling pile, though.

When it comes to plastic bags, your best course of action is to take them to a local store. They'll handle the recycling for you.

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PLASTIC #5: PP

Have you been throwing your empty yogurt or sour cream containers into the recycling bin? If they bear a #5 or PP plastic recycling symbol, you might be recycling them incorrectly.

The #5 or PP symbol means a plastic item is made with polypropylene. This plastic is difficult to recycle, and it's pretty inconsistent in its quality. Yogurt containers and others like them are usually made with #5 plastic, along with some syrup and deli soup containers. You'll also find any cloudy-looking plastics, like baby bottles and straws, are made from this type of material.

Although it's a tricky plastic to recycle and reuse, it is welcome in some curbside recycling programs. Check with your local regulations – in some cities, these plastics are better off in the trash.



PLASTIC #6: PS

You know #6 plastic: it's Styrofoam. This airy, lightweight material is used to create rigid or slightly flexible foam material, which makes up food containers, packaging materials, insulation and even disposable cutlery. It's also used in meat trays, some disposable plates and cups and some aspirin bottles.

#6 plastics, which can also be labeled PS for polystyrene, are falling out of favor. They've long been terrible for the environment,

and they're harmful for humans too. Made with styrene, this kind of plastic material is considered a likely carcinogen. It's also unable to be recycled because it can't be made into new products.

If you come across a #6 label, it unfortunately must go into the trash. Very few curbside recycling programs will accept any materials made of PS.



PLASTIC #7: OTHER OR MIXED

Any plastic labeled with a #7 symbol or a written "mixed" or "other" note is considered a mixed resin plastic. This recycling category is for all other kinds of plastics, or for different types of plastics mixed together into a single product. It's also where plastics that don't fit into categories #1 through #6 end up.

#7 plastics include polycarbonates, the hard plastic that's known to leach bisphenol A (BPA). It's found in lids, electronics, baby bottles, water jugs, children's sippy cups, clear plastic cutlery, and even in some sport water bottles. And this kind of plastic is difficult to recycle.

If you encounter an item with the #7 symbol, odds are you'll have to throw it in the trash. Most recycling programs don't accept other or mixed plastics, especially if they're made from polycarbonate. If you do put this kind of plastic in your bin, it'll get thrown out anyway once your waste reaches the sorting stage.

TRY THESE TIPS TO MAKE RECYCLING PLASTIC EASIER

Knowing which plastics can be recycled and which you can send along to your local curbside recycling program will ensure you're recycling as much as possible. But other little mistakes or unknowns can unexpectedly result in more of your recycled plastics getting sent to the local landfill.

Give these tips a try to make sure you're recycling as responsibly as possible.

1. Recycling requirements vary from city to city

As we've mentioned a few times above, it's always a good idea to get familiar with your city's recycling requirements. There is no federal recycling program in the US, so cities can set their own individual rules. Some curbside recycling programs welcome all kinds of plastics and will handle the sorting and disposal for you. Others are more stringent, and you may only be able to recycle the most common plastic types – like plastics labeled #1 or #2.

And those regulations can change over time. Cities will adopt new recycling practices as materials become more or less recyclable, or more or less common. Most cities keep their latest recycling symbols and guidelines right on their websites, so check in every so often.

2. Always rinse your plastics clean

Are you guilty of tossing plastic containers into your recycling bin without rinsing them first? If so, your waste likely can't be recycled.



Approximately 25 percent of all recyclable material in the US gets contaminated by food waste. Any plastic that contains food residues on or in it has to be thrown out; even the smallest bit of left-behind food can force sorters to toss items into the trash.

Most of this extra waste could easily be avoided – all you have to do is rinse off any residue before putting your plastic into the recycling bin. You don't have to go through the trouble of actually washing your containers, but you do need to thoroughly rinse them with water.

3. Never put your recyclable materials in a plastic trash bag

Here's a mistake you're probably making right now: don't toss your plastic recyclables into a plastic trash bag.

While it's common (and easy) to put your recyclables into a trash bag so you can carry that bag right outside for pickup, it's actually a practice that's bad for the recycling process. Plastic bags tend to cause problems;

they get jammed in recycling processing equipment, for example, which can result in damage. Plus, plastic trash bags can't be recycled themselves, so you're only contributing to more plastic waste if you use them.

Skip the bag altogether and keep your plastic recyclables in a separate bin or a reusable bag. Then, you can empty that into your larger curbside container.

4. The higher the number, the less recyclable it is

If you don't want to try to recall all of these recycling guidelines every time you're about to toss a piece of plastic into your recycling bin, here's an easy tip. Plastics with a higher number inside the little recycling triangle symbol are more likely suited for the trash.

In general, higher numbers equal plastics that are tougher to recycle. While #1 and #2 plastics are almost universally recyclable at any recycling facility, #3 and up are more challenging. So, when you're unsure, recycle lower numbers over higher numbers.

5. Avoid purchasing plastic altogether

While recycling is important, it's even more critical that you try to avoid buying plastic altogether. Approximately 91 percent of all plastic doesn't actually get recycled – meaning just 9 percent actually gets reused or repurposed.

The most sustainable course of action is to avoid plastic. You'll make more of an impact by retraining yourself and building new, better habits. Instead of choosing milk sold in plastic jugs, look for cardboard cartons. Pick up condiments in glass containers rather than plastic. Opt for reusable items instead of single-use plastic ones. Skip the plastic wrap and plastic snack bags, choosing reusable beeswax or silicone alternatives instead.

In situations where you have no choice but plastic, try to opt for the most recyclable plastics: #1 and #2. Avoid higher-numbered plastics as much as possible. That way, you know the plastic you're using can, and likely will, be recycled.

A Beginner's Guide to *Composting*

Composting is one of the best eco-friendly habits you can build at home. Learn how to start your own compost collection process with these easy steps and tips to get started.

BY HEATHER ADAMS

Have you been thinking about giving composting a try? This growing trend is more than just a trend, it's the perfect opportunity to increase your sustainability at home and put your food scraps to use in a variety of ways. Best of all, it's quite easy to get started and even easier to stick with once it's a part of your daily routine.

You can turn your food waste, along with other kinds of waste, into a nutritious ingredient for your garden through composting. When you compost at home, you're able to use items that otherwise would've headed to the landfill to later produce toxic methane gas, which is bad news for the planet. With the simple switch of separating your waste, you can transform food waste into organic matter that can be put to use right in your yard. You'll recycle more of your waste, enrich your garden soil and help the environment right from your kitchen.



COMPOST PHOTO BY JCHIZHE/GETTYIMAGES.COM

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If you're ready to give composting a try, here's your complete guide to getting started.

WHAT IS COMPOST?

Compost is organic material that's created from food scraps, yard waste and other would-be trash. It's created from items you'd normally throw out – according to the EPA, approximately 30 percent of the stuff you toss in your kitchen trash can can actually become compost. Compost is made of three basic ingredients:

- **Brown materials, which are items like leaves, branches and twigs**
- **Green materials, which are fruit and vegetables scraps, grass clippings and kitchen material like coffee grounds.**
- **Water, which helps turn brown and green materials into compost.**

To create compost from your scraps and waste, you'll need approximately equal amounts of brown and green materials. While the brown materials create carbon, the green materials deliver nitrogen; water breaks everything down when it's added. It does take time for your food scraps and other waste materials to decompose and turn into compost, but it can be a relatively quick process.

By turning waste into compost instead of trash, you'll send less to your local landfill. That, in turn, takes up less valuable space and limits the release of methane – a greenhouse gas contributor to climate change. This is critically important because human-created methane is responsible for at least 25 percent of today's global warming.

HOW TO START COMPOSTING

Composting is an easy habit to get into. You can begin creating compost right in your kitchen – it's where you'll generate the majority of your green materials.

FOLLOW THESE STEPS TO CREATE YOUR OWN COMPOSTING ROUTINE.

1. Pick a spot to store your compost material

Gathering compost material you generate inside your home, like fruit and veggie peels, egg shells and other compost-friendly food waste, is easy when you have a dedicated place to put everything. To do this, you'll need to decide where you're going to put your waste. You'll actually want to choose two locations: a convenient scrap collection spot inside your kitchen and another destination where you'll toss your scraps into a true compost pile.

There are plenty of different containers, bins and even tumblers available to choose from. It's a good idea to select a small countertop container that sits in your kitchen for easy access. Then, you can choose a larger container to empty your countertop bin into; that larger container is where your material can actually turn into true compost. You can find bins in every size for indoor and outdoor spaces online and at local hardware or gardening stores.

If you have enough space outdoors, you don't need a second container at all. You can create a compost pile right in your yard. Just choose a shady, dry corner of your yard; you can add material as you collect it and water as needed. Outdoor compost piles can take longer to generate finished compost, but they're quite convenient.

2. Decide which composting method you'll use

There are two primary ways to turn your scraps and material into compost: cold composting or hot composting. Consider each method outlined below and then decide which is the best fit before you begin putting your home composting plan into action.

Cold composting, which is also called passive composting, is the slower method. It breaks down organic matter slowly over a year or two, allowing it to decompose with little effort or intervention. You'll

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basically let nature run its course – all you have to do is add a mix of brown and green matter to your compost bin or pile. This approach can, however, come with downsides like unpleasant smells and potentially bacteria, fungi and parasites.

Hot composting, or active composting, is the alternative option. Most people choose hot composting, as it's faster and keeps unpleasant effects like odor under control. To practice hot composting, you'll need to manage your compost pile more carefully. You'll want to balance the amount of carbon and nitrogen produced to maximize decomposition, and you'll need to aerate and water your compost every so often. Hot composting can lead to finished compost in as little as a month.

There is one more hands-on composting method, but it's not for everyone: vermicomposting, or composting with worms. Vermicomposting contains your compost pile in a bin, and you'll add about a pound of red wiggler worms into the mix to help the organic matter decompose. Like hot composting, this method requires some regular maintenance – and you'll only want to add scraps once per week. Otherwise, you may wind up with way too many worms.

Don't want to get your hands dirty during the composting process? Electric composting is another new method you can try. It makes composting incredibly simple and quick using a FoodCycler machine. The FoodCycler sits right on your kitchen counter and rolls both your food scrap bucket and composting machine into one convenient device. All you have to do is place your waste in the scrap bucket, then place that bucket into the FoodCycler. Press a button, and you'll have compost created for you in just a few hours.

Know what you can put in your compost bin and what you can't

As you begin separating potential compost material from trash, it's absolutely critical that you keep tabs on what you're composting and what you're throwing away. While many different kinds of kitchen scraps and organic household waste are perfectly fine to add to your compost bin, others can negatively affect your composting process.

The EPA suggests composting only these items:

- | | |
|--|--|
| <input type="checkbox"/> Fruits and fruit scraps | <input type="checkbox"/> Hay and straw |
| <input type="checkbox"/> Vegetables and vegetable scraps | <input type="checkbox"/> Shredded newspaper |
| <input type="checkbox"/> Eggshells | <input type="checkbox"/> Paper towels |
| <input type="checkbox"/> Nut shells | <input type="checkbox"/> Cardboard |
| <input type="checkbox"/> Coffee grounds and filters | <input type="checkbox"/> Paper |
| <input type="checkbox"/> Tea bags | <input type="checkbox"/> Wood chips |
| <input type="checkbox"/> Yard trimmings and leaves | <input type="checkbox"/> Sawdust |
| <input type="checkbox"/> Grass clippings | <input type="checkbox"/> Cotton rags |
| <input type="checkbox"/> Houseplants and their clippings | <input type="checkbox"/> Wool rags |
| | <input type="checkbox"/> Hair and fur |
| | <input type="checkbox"/> Wood ashes from fireplaces or fire pits |

Keep in mind, however, that some of these recommendations may not work for everyone. Tea bags, for example, shouldn't be tossed into your scrap bin as is. Most tea bags aren't compostable and contain plastic, so you'll want to cut the bag open and use only the tea inside.

You'll also want to avoid adding the following items to your compost bins or piles, as they can lead to pest and odor problems, create harmful parasites and bacteria or even breed viruses:

- | | |
|---|---|
| <input type="checkbox"/> Leaves or twigs from the black walnut tree | <input type="checkbox"/> Eggs |
| <input type="checkbox"/> Coal or charcoal ashes | <input type="checkbox"/> Meat scraps or bones |
| <input type="checkbox"/> Dairy products of all kinds, including yogurt and butter | <input type="checkbox"/> Fish scraps or bones |
| <input type="checkbox"/> Fats or lard | <input type="checkbox"/> Diseased plants |
| <input type="checkbox"/> Grease | <input type="checkbox"/> Plants riddled with insects |
| <input type="checkbox"/> Oils | <input type="checkbox"/> Pet waste |
| | <input type="checkbox"/> Any yard trimmings treated with chemical pesticides. |

Over time, you'll get into the habit of separating compost-friendly materials from non-compostable materials, and you'll find it easier to divvy up different types of waste without even having to think about it.

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3. Check in on your compost regularly

Once you've begun building a compost pile or adding material to a compost bin, you'll be well on your way to creating finished compost. However, in order to help the process along, you'll want to keep an eye on your compost so you can give it the nutrients it needs.

Compost often requires a mix of oxygen and water to encourage the decomposition process along. These two ingredients help your organic material decompose faster. Think of your compost pile as a living organism; you'll want to add oxygen every so often to allow it to breathe, and you'll spray it down with water to keep it hydrated (or moist). Upping the amount of food waste in the pile can also increase the moisture level. You can aerate compost with a rake or by rotating your bin, if it's a tumbler.

Temperature is also important. Compost is created quickly at an optimal temperature of 130 to 140 degrees Fahrenheit, as that's just the right amount of heat for macro- and microorganisms to break down waste. As an added benefit, ensuring your compost pile maintains this high temperature helps it ward off bacteria and potential weeds. However, if you're sticking with cold composting, you don't have to worry about the temperature at all.

KEEP THESE HANDY COMPOSTING TIPS IN MIND

Composting may be pretty straightforward and simple, but sometimes surprises can happen. If you're wondering how to maintain your compost or keep it healthily turning into finished, garden-ready material, there are a few extra details you'll want to know.

Here are a few tips that can help you solve common composting woes or answer unexpected questions.

1. Check the moisture if your compost develops an odor

If you're smelling something funky coming from your compost bin or pile, you'll want to see what the moisture level looks like. Too much water, either from water itself or from extra food waste, can lead to a foul odor. To balance out your compost material, you can add more brown matter or dry material. You want the material to feel spongy in your hand instead of mushy or crumbly.

A lack of oxygen can also cause an odor. If you haven't aerated your compost bin or pile, it's time to flip the pile, aerate it with a rake or give it a spin in a tumbler.

2. Keep a supply of dead leaves or shredded newspaper handy

To achieve balance in your compost pile, you'll want to make sure you keep dry materials on hand. Leaves and shredded newspaper are particularly helpful to have.

You can add handfuls of these items to your compost in progress if you need to soak up excess moisture or balance out your green versus brown materials.

Like your indoor or kitchen countertop scrap bin, you can even keep a bag or bin filled with these materials in your garage. It doesn't have to take up a lot of space, but it ensures you'll always have some kind of dry material when you need it.

3. Practice lasagna layering as your compost pile grows

Lasagna layering, or sheet mulching as it's officially known, alternates your composting material to create just the right mix of organic matter plus moisture. You'll alternate between layers of green material and brown material, with a bottom layer of newspaper and a final layer of soil over top.

Using the lasagna method is also a great way to turn your compost pile into a usable outdoor space. As the pile turns into finished compost over time, you can plant your garden in it and take advantage of the nutrient-rich material beneath the surface.



COMPOST HEAP PHOTO BY CHRISTIAN DAHLHAUS/GETTYIMAGES.COM



5 WAYS TO PUT YOUR COMPOST TO USE

Wondering what to do with all the finished compost you've created? Here's how you can put it to good use right at home.

BY HEATHER ADAMS

You've collected food scraps, newspaper, cardboard and yard trimmings; you've turned your compost pile and monitored its moisture and oxygen levels. Now, after weeks – or even months of careful maintenance – you finally have finished compost. But what comes next?

Composting at home helps you put more sustainable habits into practice, and it can significantly reduce the amount of waste you're contributing to local landfills. But there's another benefit: your finished compost can be highly nutritious for your yard, garden and potted plants. Whether you've generated a little compost or a huge pile, there are a number of ways you can put the material right back into the environment.

Prep your compost before use

There's just one step you'll need to take before you actually start taking finished compost out of your pile and putting it to use. You'll want to make sure your compost is ready for use – and perfectly prepared for use with soil, potting mix and plants.

First, you'll want to check the temperature of your compost pile. When your raw materials are ready for use, they become cooler. Compost is warm to the touch when it's still undergoing the decomposition process. However, when it's finished, it'll have very little heat. You can pick

COMPOST PHOTO BY ADENE SANCHEZ/GETTYIMAGES.COM

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up a handful of the material to test whether it's still warm or not. Don't want to dig into your compost? You can do this while wearing gloves.

When you have some compost in hand, you'll also want to check its texture. Finished compost is crumbly and dark in color. It should feel and smell like healthy soil, with an earthy – but not unpleasant – scent. If your compost material is too wet or isn't quite the right texture of soil, it needs more time.

Lastly, you'll need to screen your compost. Even when microbes have done all of their hard work to break down green and brown materials, large pieces can get left behind. And, if you're going to continue adding to your compost pile or bin, you'll want to make sure no fresh material accidentally winds up in your finished compost. To screen your compost material, you can use a sifter.

After these steps, you're ready to start spreading your compost wherever you need it. Here are five ways to use homemade compost.

1. Mix compost into your garden's soil

One of the best ways to use up finished compost is mixing it into your garden's soil. Compost alone doesn't make for very nutritious growing ground, but blending it into any type of soil can work wonders for plants of all kinds.

There are two ways you can do this. You can dig up your existing plants and till your entire garden, adding compost along the way. Or, you can add a layer of compost on top of your garden's soil. Both methods work equally well, though adding compost in one layer requires less work. Better Homes and Gardens recommends creating a three-inch thick layer of compost to really reinvigorate your garden.



Additionally, if you've been struggling to see results in your vegetable garden, adding compost will help spur your veggies on. For most vegetables, you only need a few inches spread over the topmost layer of soil and around the base of your plants. You can add more compost during vegetable varieties' growing seasons in the spring and fall, then adjust as needed if your plants look like they need more.

Compost is particularly great for heavy feeders, or vegetables that require a lot of nitrogen and other kinds of nutrients in order to thrive. Corn and squash, for example, are two veggie varieties that need extra-fertile soil. You can add about half an inch of compost to the soil around these heavy feeders every month; it should give them enough nutrients to grow consistently.

Once you've added finished compost to your garden, the nutrients in that material will enrich your plants. Compost also hangs onto water like a sponge, keeping plants hydrated and well-fed right at the roots. No matter what kind of soil you're working with – sandy, clay or other varieties – you'll feed your plants nutrients they can really grow with.

2. Make a batch of compost tea

Don't worry, compost tea isn't something you drink. Finished compost isn't exactly the kind of organic material any person wants to sip on. For plants, however, this unique brew can be quite beneficial.

Compost tea takes your finished compost and extracts the beneficial microorganisms hiding under its surface. According to the Old Farmer's Almanac, compost tea includes microbes like bacteria, fungi, protozoa, nematodes and micro-arthropods, all of which are pulled out during the "brewing" process. The tea also contains soluble nutrients that help improve the health of your garden's soil. Pouring it into your planters can improve the soil's water retention, its structure and its aeration.

But the benefits don't stop there. Spraying compost tea onto plants can help their foliage, preventing potential diseases and stimulating root growth. You can think of it like a stronger, more natural kind of fertilizer.

There are a number of different ways to make compost tea, but the general idea is to place your finished compost inside a compost brewing bag. That bag, plus a few other ingredients, then sits in a bucket of water for a few days. You can then pull out the brewing bag and use the water that's left behind as your plant-ready tea.



3. Create a barrier to stop erosion

Have a large area in your yard that's experiencing erosion? Compost could be exactly what you need to keep your soil and everything else nearby in place.

The US Composting Council recommends using compost to create a barrier that keeps slipping soil under control because it can hang onto water, preventing it from flooding soil and dragging it away. Compost can stop water from flowing freely and help control stormwater that comes with heavy rain.

There are a few different ways to apply finished compost so it prevents erosion. You can create a compost blanket by adding a layer of loose compost over erosion-prone soil. It'll work similar to mulch or netting, holding everything together in place. Or, you can create a compost sock by filling a mesh tube with finished compost. That tube then sits along loose soil like a barrier. A compost berm is another option, and it's a dike-like structure that contains soil and sediment.

These compost uses are larger in scale, but they offer eco-friendly solutions for bigger yards or acres of outdoor space.

4. Replace soil for potted plants

You can also use finished compost to nourish potted plants of all kinds. Whether you keep potted plants in your yard or inside your home, adding compost into the soil's mix can offer all of the same benefits as you'd get in a garden.

As potted plants' soil becomes depleted, replace it with some finished compost material. Potting soil can be a bit lacking in nutrients, and it becomes even less effective as its level decreases inside a pot. So, replenish

both the soil and your plants' nutrients by adding an inch or two of compost.

You can also create your own compost-rich soil blend by mixing potting soil with finished compost. It's up to you how frequently you'd like to add compost to your potted plants. Once or twice a year is good, but struggling plants may benefit from more.

Worried about welcoming pests into your home if you use compost for indoor potted plants? Once the organic material you've added into your compost pile turns into finished compost, bugs shouldn't stick around. However, if you keep your material inside a sealed container, you can lock pests out completely (and feel better about bringing it inside).

5. Donate your compost locally

If you've generated more finished compost than you can use at home, it doesn't have to go to waste. You can donate it to local compost pickup services, which will take your compost off your hands and put it to good use.

Compost pickup services are growing increasingly popular. Some, like LA Compost in Los Angeles and Black Earth Composting in Massachusetts, will come pick up your extra compost just like your weekly municipal trash pickup service. These services may offer pickup for a fee, or they may be non-profit organizations that do so for free thanks to volunteers.

You can also find donation centers for your compost. In some cities and counties, local farmers markets, community gardens and co-ops will accept compost. Plus, reach out to local farms to see if they accept donations. As composting becomes increasingly popular, more options are likely to become available.



6 Hacks to Build More Sustainable Habits

With a few easy tweaks, you can make your diet and your lifestyle more sustainable for a better tomorrow.

BY HEATHER ADAMS

Going green is more popular than ever before, and for good reason. As increasingly more people look for ways to support the planet and eliminate wasteful habits, sustainable practices are becoming the norm. But getting started can be a bit overwhelming. Which changes make the most difference – and which should you skip? How can you work towards sustainability every day? Sustainability doesn't require you to totally overhaul your lifestyle. You can make positive changes by starting with simple tweaks to your routine, then grow from there. By taking a closer look at what you're buying, using and eating, you can opt for more eco-friendly swaps.

Here are six ways to hack your current habits and make them more sustainable.

1. Choose plants over meat as often as possible

You already know that opting for a plant-based diet is the best choice for the environment. It's also incredibly beneficial for your own health. But the research keeps growing, making it increasingly more important to choose plants over meat as often as possible.

Just take a look at UCLA's data. Making the switch from animal-based foods to plants could increase the global food supply by as much as 49 percent, without requiring additional land or resources. Plant-based foods slash our water consumption, requiring 50 percent less water than animal-based foods. And putting plants first also dramatically cuts down on greenhouse gas emissions.

On a personal level, reducing the amount of meat you eat is one of the best ways to reduce your carbon

footprint. Switching to a plant-based diet can cut down on emissions by as much as 70 percent.

However, you don't have to go cold turkey on your current eating habits. You can absolutely go 100 percent plant-based if you want to make the biggest impact. But you can also ease into a plant-based way of eating and still make your diet more sustainable.

You can cut back on your meat consumption by adopting meatless Mondays, or incorporating a few days of meat-free meals into each week. Smaller servings of meat or limiting meat-based meals to one per day are also great ways to ease into a more plant-centric diet. Then, when you're ready, you can take your sustainability up a notch by increasing the frequency of your plant-based meals.

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2. Ask for paper instead of plastic

You're likely already bringing your reusable bags along with you when you visit the grocery store. This is one of the easiest eco-friendly swaps you can make. However, it isn't always feasible – sometimes, those bags get forgotten at home. And in some cities or regions, stores might ban customers' reusable bags due to health concerns.

If your reusable bags are out of the question, you don't have to resort to plastic bags. Those bags are part of single-use plastic's significant contribution to greenhouse gas emissions. Instead, ask your store if paper bags are available as an alternative.

Paper bags aren't ideal, since they are still a disposable product that generates more waste. But they're much kinder to the environment than plastic bags. Paper bags are able to be reused between one and three times – double the reuse options of plastic – and nearly 50 percent are recycled when consumers are finished with them. Overall, paper bags have lower emissions than plastic bags, even after they've been thrown away.

So, make sure to ask if you can switch to paper if you have to opt for a single-use bag. Many stores will automatically bag items in plastic, even if paper is available. If you don't ask, you'll miss out on a simple, more sustainable swap.



3. Cut back on cheese



Like meat, animal-based dairy products are terribly unfriendly to the environment. Research shows that dairy products are actually the third-biggest source of

greenhouse gas emissions. Dairy cattle even emit the same greenhouse gases as cattle raised for consumption.

Cheese is a particularly bad offender when it comes to emissions. Because cheese requires a whole lot of milk, it's one of the worst dairy products for the environment – it actually creates more greenhouse gas emissions than some meats.

So, you can easily lessen your contribution to these dangerous emissions by cutting back on the amount of cheese you're eating. You can eliminate cheese from your diet entirely, but you can also make a difference by using it sparingly. Another option is to choose dairy-free cheese products or vegan cheeses. If you aren't ready to completely eliminate cheese, you can also try mixing up your meals by alternating between dairy and non-dairy cheese products.

4. Opt for individual-sized products instead of buying in bulk

Buying bulk is typically assumed to be more eco-friendly than buying individually packaged items. After all, when you buy items in bulk, you're getting a larger quantity packaged in one big container.

Unfortunately, many bulk items actually increase the amount of packaging you're purchasing. If you've ever picked up a giant pack of paper towel or opened a bulk box of macaroni and cheese from a warehouse store, you've likely found that each individual item inside is also wrapped in packaging. That leads to more cardboard boxes and more plastic wrap than you'd get if you purchased each item individually.

Additionally, buying in bulk can increase the amount of waste you're creating. According to research, those who buy food in bulk at warehouse stores throw out significantly more food than those who buy groceries in smaller quantities. Bulk shoppers tend to buy more in an effort to save money – and then they wind up throwing away what they can't use.

To prevent these two different types of waste and create a more sustainable habit, try buying items in smaller quantities instead of in bulk. Purchase large quantities only if you know you're going to use the food, or if you know the packaging is streamlined or reusable.



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5. Choose sustainable seafood

Seafood might not immediately come to mind when you think about sustainable eating habits. But overfishing is a serious problem today – about 94 percent of fish stocks are overfished or maximally sustainably fished. Additionally, a number of seafood is farmed or fished without any consideration of habitat damage, pollution or using wild fish as feed.

So, when you're choosing your seafood, it's important to seek out varieties that are sustainable. This means you'll want to purchase wild or farmed seafood that's harvested in eco-friendly ways, with little impact on ocean ecosystems, other wildlife and the environment in general.

The Monterey Bay Aquarium's Seafood Watch program offers a list of the best – and the worst – kinds of seafood you can eat. Some of the most sustainable varieties include arctic char, bass, clams, cod and halibut. Just make sure you're opting for farmed fish in most cases or avoiding any of the non-sustainable catch options, which are likely to be more widely available at grocery stores.



6. Use your smartphone to find sustainable products

Locating and choosing sustainable products is getting even easier thanks to your smartphone. If you aren't sure if the items you're buying are actually sustainable or eco-friendly, you can turn to an app.

While plenty of foods and products are labeled as "green" or sustainable, it's difficult to determine what actually lives up to that promise. However, with smartphone apps like Giki, you can scan a product's barcode and immediately learn whether or not it's ethical, sustainable or healthy. Giki helps you assess the real impact of what you're buying, allowing you to make quick yet informed decisions while you shop.

And Giki is just one of these kinds of smartphone apps. There's a Seafood Watch app available for download so you can carry the Seafood Watch best and worst list with you as you shop for fish. Others, like Think Dirty, help you find clean, eco-friendly beauty products so you can extend your green habits beyond the kitchen. With your smartphone in hand, you'll be able to shop with more insight into what's actually good for you and the environment.



ROOT-TO-STEM COOKING:

How to Maximize your produce and minimize waste

Root-to-stem cooking makes the most out of fruits and vegetables, and it'll help you build more sustainable habits in the kitchen and in your diet.

BY HEATHER ADAMS

Plant-based foods are some of the best for your health – and they're also better choices for a more sustainable diet. However, even if you're already working to reduce your environmental impact by incorporating more plant-based foods into every meal, it's possible to make your eating and cooking habits even more sustainable. You just need to limit your food waste as much as possible and give root-to-stem cooking a try.

According to the USDA, between 30 and 40 percent of the food available in the U.S. goes to waste. Whether it goes uneaten or simply gets tossed out, this means a huge portion of perfectly good food isn't getting used. But it isn't just food that's being wasted. Food waste is interconnected with land, water, labor and energy waste too, meaning food that's thrown away has an extensive ripple effect on the larger environment.

Fortunately, it's easy to make a difference right at home. You can work to reduce your food waste by practicing root-to-stem cooking. It's an easy way to make more from the fruits and vegetables you already have in your kitchen, and it helps you get even more value out of your favorite produce.

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What is root-to-stem cooking?

Root-to-stem cooking is a plant-based spin off of nose-to-tail cooking. Nose-to-tail became a popular and more sustainable way to consume animal proteins, as it encouraged chefs and home cooks to use every part of an animal – or use the meat from “nose to tail” in order to reduce waste.

Root-to-stem cooking is essentially the same practice, but it's all about fruits and vegetables. It takes items that are traditionally tossed in the trash, like lemon rinds, broccoli and cauliflower stalks or beet and carrot tops, and incorporates them into recipes. Instead of preparing fruits and vegetables with trimmings left behind, you use all of the edible parts of your produce in your meals.

Using up more of your fruits and vegetables not only helps you eat more of these healthy foods, but it also contributes to the effort to reduce food waste. By working to limit your own food waste, you'll make your cooking and eating habits more environmentally-friendly and sustainable.

There's another bonus to root-to-stem: it can help you save money. When you're using every last edible scrap of your fresh fruits and veggies, you're able to stretch them farther. That means you may find you aren't over-buying, or buying produce as frequently, since you're getting more from every serving.

Putting root-to-stem into practice

It's easy to start practicing root-to-stem cooking. In fact, you can give it a try when you prepare dinner tonight. All you have to do in order to start cooking more sustainably is use up as much of every piece of produce as you possibly can. Aim to throw out very little – only the components you can't eat, like seeds.

There are a few different ways to give root-to-stem a try. You can use all of the parts of your fruits and veggies when you're whipping up meals, or you can separate them into different components and use those like different ingredients. In some cases, you can even swap in trimmings for other ingredients.



Here are 6 ways to put your produce to use, all the way from root to stem.

1. CREATE YOUR OWN VEGETABLE STOCK

One of easiest ways to use up ingredients like veggie stalks, tops, and even skins is by tossing them together into a vegetable stock. You don't have to have the prettiest or most carefully prepared vegetables to make a flavorful, versatile stock – everything gets strained out when your broth is finished cooking. Carrot tops, cabbage and cauliflower cores and leeks and their leaves, for example, can all add flavor to a stock.

2. TURN STALKS INTO RICE

Riced veggies like cauliflower and broccoli are a popular alternative to traditional rice. Why not increase the amount of rice you can make from a head of one of these vegetables by ricing the stalks too? You can send broccoli stalks or cauliflower stalks through your food processor to turn them into homemade veggie rice, using the entire plant every time you create a dish like our Golden Cauli-Rice Bowl or Ginger Turkey Meatballs with Coconut Cauli Rice.

3. SAUTÉ STEMS

In addition to ricing your vegetables' stems, you can also sauté them on their own. From broccoli stems to kale and Swiss chard stems, you can take veggie stems from tough to perfectly crunchy or tender. Just chop them up like you would to sauté any other produce, and you can season them with spices if you'd like. Another option is to sauté leaves and stems together for a side that's both tender and a bit textured.

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4. LEAVE POTATO SKINS IN PLACE

The next time you're preparing potatoes in any form, leave the skin on. Potato skins are perfectly edible and quite tasty – in dishes like our Nacho-Style Twice-Baked Sweet Potatoes and Buffalo Chicken Twice-Baked Potatoes, the skin is a must-have. It can add a bit of texture and plenty of nutrients. Research shows that potato skins are 40 to 50 percent dietary fiber, rich in vitamins like riboflavin, folic acid and vitamin B6. While many people treat potato skins like a peel or piece of waste, you're tossing out a lot of great nutrients if you do this. Instead, leave the skins in place and reap all of the benefits.

5. TURN LEAVES INTO SAUCES, DRESSINGS AND MORE

Leaves can be some of the trickiest pieces of vegetables to use up in root-to-stem cooking. However, the leaves of most veggies actually contain quite a bit of flavor – making them perfect for sauces, dressings and marinades. Carrot tops and leaves, for example, feature a strong, earthy flavor that works well in a pesto. Radish leaves can also be blended into a pesto. You can blend leaves with oils and vinegar to create your own vinaigrettes too.

6. CREATE HERBS OUT OF CARROT TOPS

Carrot tops and greens are kind of bitter, and they can be hard to work with. However, when cooked, their flavor becomes more similar to herbs you know and love. You can turn carrot greens into herbs, using them in place of cilantro or parsley in many dishes. They're versatile – you can blanch the greens and blend them into herb-based sauces. Or, you can chop them up and sprinkle them into salads, casseroles and more. Think of carrot tops like an herb that goes anywhere you need a bit of depth in flavor.

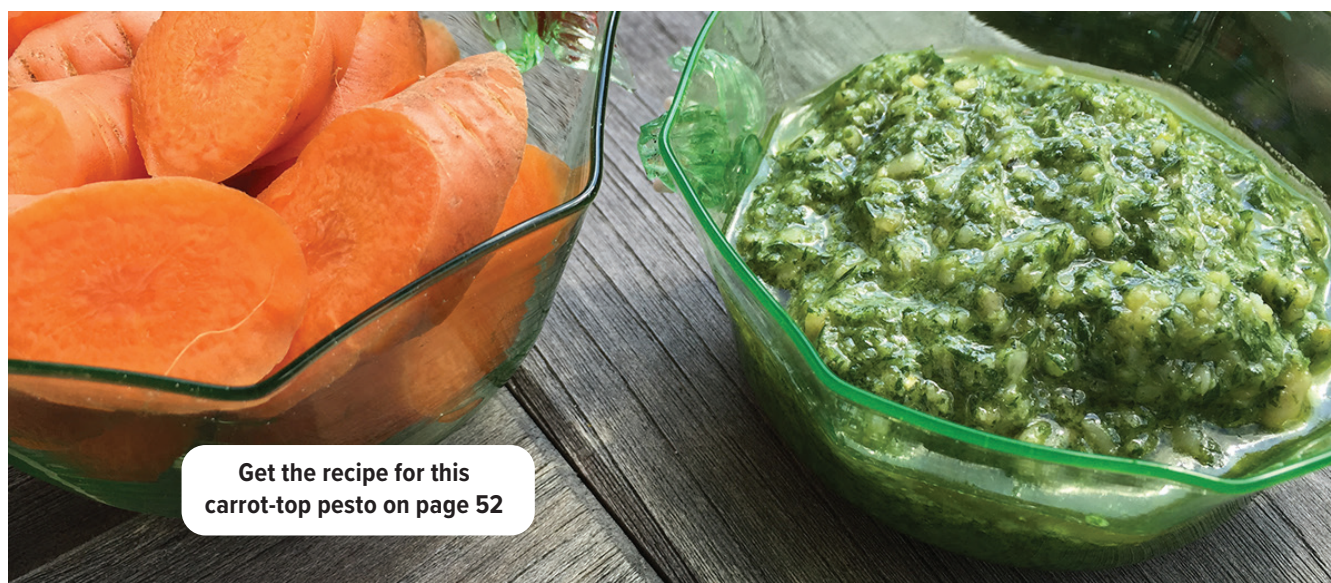
Quick tips to get more from your produce

Give root-to-stem cooking a try, and you'll likely find it pretty easy to stick with. It does require a bit of creativity; you'll start looking at fruits and vegetables in new ways, and you'll have more material to work with. But getting used to using stems, roots, leaves and other less common parts of your produce means you'll be trying out some new cooking techniques.

As you get started, keep these tips in mind to make using up every part of your produce easier:

- Freeze tops and stems if you don't plan on using them right away.
- Nearly anything can be used in a stock or broth.
- Just about any veggie part can be sautéed and seasoned.
- Ripe fruits can easily be mixed into baked goods like muffins and loaves.

The more you work every part of fruits and vegetables into your recipes and cooking habits, the easier root-to-stem will become. Over time, minimizing your food waste – and potentially your grocery budget – can really have an impact too.



Get the recipe for this
carrot-top pesto on page 52

12 WAYS TO UPCYCLE YOUR FOOD SCRAPS TO REDUCE WASTE

Reduce waste by learning to upcycle your food scraps and reusing them in creative ways

BY ERIN MACDONALD, RDN, TIFFANI BACHUS, RDN



Don't toss your food scraps into the trash. Join the movement that's sweeping the globe to reduce waste and upcycle your scraps.

Did you know that 1.3 billion tons of food is wasted annually across the world? According to the Upcycling Food Association, upcycling is the practice of transforming by-products, waste materials, and unusable or unwanted products into value-added products. When we use food scraps, not only are we reducing food waste, but we are reducing methane emissions from landfills and lowering our carbon footprint.

DON'T TOSS IT, REUSE IT

- Turn beet greens into pesto or chimichurri
- Transform almond pulp (from homemade almond milk) into grain-free crackers
- Pickle those chard stems and watermelon rinds to add a bright, acidic note to your meal
- Take the pulp from juicing fruits and vegetables and turn it into a fruity granola
- Thinly slice broccoli stems and bake them into chips or slice them lengthwise into "fries"
- Save vegetable skins, stems and shavings and use to make a flavorful soup
- The liquid from a can of chickpeas (known as aquafaba) can transform into a replacement for egg whites in sweet dishes such as meringues. (Drain the liquid, whip it to soft peaks and then use it as a stand in for eggs.)
- Make a nourishing bone broth from a chicken or turkey carcass (and those vegetable scraps)
- Puree wilted herbs and place into ice cube trays and cover with either water or extra-virgin olive oil; freeze and use for a pop of flavor with eggs or to boost the flavor of a homemade sauce or soup

UPCYCLE BEYOND THE KITCHEN

- You can also upcycle food in non-edible ways. Here are three that we love.
- Crush clean eggshells and use as fertilizer in your garden
- Coffee grounds can be used as an effective skin scrub
- Add citrus peels to a spray bottle of white vinegar and water for an effective all-purpose cleaner

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HOW TO OUTSMART FOOD WASTE

The food waste problem is worse than you think. Here's how to keep your groceries out of the trash.

BY MATTHEW KADEY



Even after yesterday's bean soup has been devoured, we still toss out way too much food. Yes, Americans as a whole, waste mountains of food.

Back in 2011, The Food and Agriculture Organization of the United Nations released a much-quoted statement suggesting that up to one-third of all the food produced for human consumption is wasted instead of ending up in our bellies. But, shockingly, that number might be too conservative. An updated study in PLOS ONE that better takes into account consumer behavior in addition to the supply chain finds food waste may be twice as high reaching a staggering 527 calories per day per person. The report linked food waste to wealth, finding that when a person's spending reaches about \$6.70 per day, food waste begins to creep upwards.

The findings suggest that reducing waste globally requires reducing high levels of discarded food in wealthier countries — that's us. On average, Americans, both at the retail and consumer level, toss out about a pound of food daily, which amounts to 30

million acres of cropland used for the sole purpose of producing this uneaten food. Almost a third of all calories produced in the United States ends up in the trash, according to an estimate from the U.S. Department of Agriculture. And the shift in the food supply that has been required to go from serving the restaurant side of the food business to serving retail as people eat out less during the COVID-19 pandemic has only made the problem worse.

Why fret about food waste? Let's face it: We've all found liquified lettuce in our veggie drawers. But when you let broccoli rot, you add noxious gases to more than just your crisper. From kale to take-out pizza, food is one of the largest categories of waste in landfills. "Once food enters the landfill, it rots and emits methane — a greenhouse gas several times more potent than carbon dioxide," says Chris Vogliano MS, RDN, Co-founder of Food + Planet. So there is a direct link between food waste and global climate change.

"And not only is food waste a missed opportunity to put food on the table for the millions of Americans who are

struggling with food insecurity, but it is also a waste of natural resources, Vogliano adds. So when you toss curdled milk or a slimy cucumber, you're not just throwing away the food but he says it also squanders all the resources such as water, labor and transportation that went into producing it and then getting it onto store shelves. Beyond being emissions-intensive, all the trashed food hits the economy harder than a slice of stale bread. Food waste represents a loss of billions to the American economy, not to mention a drain on your bank account. What's more, food waste results in a lost opportunity to take in higher amounts of key nutrients like vitamin D, fiber, and potassium.

Do you buy too much in the supermarket, cook more food than your family can eat, or typically toss out restaurant leftovers? Once you know where your weaknesses are, you can shore them up and do your part to curtail food waste. Here's how you can earn back those precious dollars you are throwing in the garbage.

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Monitor Your Waste

Like a food diary, it can be helpful to keep a food waste report to pinpoint bad habits and determine if you are indeed tossing out more food than you thought. How much and what you are throwing away and when? For example, do you buy too much at the supermarket on the weekend, and by the end of the week you're tossing out a grocery cart full of food?

Plan Ahead

"Meal planning is incredibly helpful in reducing food waste, as it allows you to strategize which foods to buy and how much to purchase," says Vogliano. The best approach to this is to map out your meals and snacks for several days, make a detailed grocery list of what you need to prepare these and then purchase only what is required when pushing your cart through the supermarket aisles. A key part of reducing food waste is showing restraint when grocery shopping by avoiding impulse buys of items you don't need and may not get eaten.

Just don't get too ambitious with your meal planning. As a workweek gets busy the chances of preparing elaborate meals decreases, which can encourage food waste when what you bought for a recipe on Thursday night doesn't get used. In other words, incorporate realistic lazy meals into your meal plan to help cook a week's worth of waste-free meals.



Scan Your Inventory

But before meal planning and grocery shopping, go through your refrigerator and pantry to see what you already have on hand and what needs to be eaten up. "Understanding what your pantry, fridge, and freezer already contains is a critical step in reducing over-purchasing and thus food waste," notes Vogliano. Come up with menu ideas based on those ingredients and think of grocery shopping as building on what you've already got. Why buy fresh broccoli when a bag of florets in your icebox is nearing freezer burn? Shopping is rarely a blank slate. It's a good idea to learn a handful of fridge-clearing recipes like stir-fries and stews. There's even a website where you can choose which ingredients you have on hand and it will give you a list of dishes you can make.

Fresh Express

By a long shot, fruit and vegetables make up the largest portion of discarded food. So, while many of us strive to incorporate more fruits and vegetables into our diets for better health, we also need to figure out how to waste less. Home cooks can benefit from reading up on ways to incorporate fresh fruits and vegetables into more dishes, using up produce that's reaching the end of its edible life in recipes like smoothies and soups, and preserving or freezing extras.

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Play the Field

Remember that recipes are just a guideline and you likely have a lot more wiggle room than you may realize. Possible substitutions include spinach for kale, zucchini for peppers, lentils for beans, cilantro for parsley, and yogurt for buttermilk. Sure, the end result might not be exactly as imagined, but if it allows you to use up something that's been sitting a while and would otherwise go to waste, that's an accomplishment.

Embrace Ugly Ducklings

Food buyers, such as restaurants and supermarkets, may reject food that doesn't meet their requirements for appearance or other quality measures. That's because they rightfully worry consumers won't want the stuff. One study found that the percentage of consumers selecting apples with defects was no more than 15 percent. So those oddly shaped peaches and stumpy carrots may just end up rotting in fields or landfills. If you shop at a

farmers' market be sure to support a grower's effort to unload oblong fruits and knobby vegetables that many grocers won't accept but are just as tasty and nutritious. If your supermarket is now offering "seconds" of less-than-perfect fruits and vegetables be sure to support this initiative.

Put Your Freezer to Work

"The freezer is our best friend in the fight against food waste," stresses Vogliano. "Freezing foods is an effective way to halt the spoiling process of fresh fruits, vegetables, and even leftovers." For instance, he often finds himself freezing overly ripe bananas or berries and using them in smoothies weeks or even months after they would have originally spoiled. "I also recommend people to buy frozen foods in the first place, as they can often be even more nutritious than the fresh counterparts because the fruits and veggies are picked at peak ripeness and flash frozen." And don't forget that even items like milk, bread,

and cooked grains and beans can be frozen for future use instead of letting them spoil.

Chill Factor

To extend the life of perishable produce, be sure to keep your fridge set between 35° and 37° F, and do some research about the nuances of properly storing items like herbs, berries and greens. For example, since moisture is the nemesis of leafy greens like baby spinach, open up those clamshells and place a layer of paper towel atop the greens, then store lid-side down. Beeswax wraps such as Abeego are a great reusable option as a way to allow foods like delicate herbs to breathe naturally and prevent items from rotting by trapping moisture inside. Use glass jars and storage containers in the fridge because they allow you to see what's there. Otherwise, what's out of sight is out of mind and more likely destined for the trashbin.

Learn the Label Lingo

Exaggerated concerns over ambiguous "best-before dates" is a big contributor to food wastage. According to Vogliano, arbitrary "sell by," "best by," and "use by" dates are not the same as "expiration dates," but are rather based on when taste or texture of the food may become altered. "As long as the food has been properly stored, more often than not the food will be safe to consume well after these dates." For instance, a tub of yogurt that has a "best buy" date set for tomorrow is likely perfectly good to eat for another week or so. It's better to use common sense to determine whether or not a food is still OK to eat or should be pitched. Vogliano recommends making use of the website StillTasty, which is the ultimate shelf life guide and where you can find nearly any true expiration date.





Give Food a Second Chance

Upcycled products are coming to market to help take a bite out of the food waste weak point of society. Some food producers are getting scrappy and finding creative ways to repurpose ingredients that would otherwise go to waste. Barnana, which turns bananas and plantains deemed too “imperfect” for the produce section into snack foods, and Seven Sundays, which upcycles sunflower protein into crunchy cereal are examples of brands worth supporting for their food waste-reducing ethos.

Break It Down

You are composting, right? At the very least, you should make an effort to compost the food you end up throwing away so it doesn’t contribute to producing greenhouse gases as it slowly decomposes anaerobically in a landfill. (Composting is the second-least effective option on the Environmental Protection Agency’s food recovery hierarchy, but it’s still better than tossing all your scraps in the garbage.) Take advantage of any municipal composting programs or consider using a backyard compost bin that can produce natural fertilizer for your garden. Famed for their crazy powerful blenders, Vitamix now offers a “FoodCycler” Countertop Composter, which breaks down scraps into usable fertilizer for your plants in just hours. It’s tantamount to a machine digesting the food you’re not going to eat.

Lastly

“I always recommend taking a moment before each meal to give gratitude to the farmers and land who worked hard to provide food for us and our families. Reframing our relationship with food can help us understand that food is much more than simply energy, which can ultimately lead to less food waste,” Vogliano concludes.



Odd Bits

For a better bottom line, most chefs are masters of using all parts of food. So follow their lead and don’t scrap the scraps — extract their flavor and nutrients.

Mushroom stems: Save them in a zip-top bag in your freezer and once you have plenty make a homemade mushroom broth for soups and braising vegetables.

Broccoli stalks: Peel off the tough outer layer and thinly slice or shred the tender interior for use in stir-fry’s, scrambled eggs, slaws and pasta dishes.

Beet greens: Gently sauté with some olive oil and garlic for a side-dish. Chop and add them to frittatas or veggie burgers.

Swiss chard stems: Toss with oil and salt and roast or Google “pickled Swiss chard stems” for your new favorite sandwich or burger topping.

Carrot tops: Use as you would herbs in tabbouleh, bean salads, pesto and chimichurri sauce.

Potato peels: Mix with oil, salt and any other desired seasonings; roast in the oven at 425 degrees for about 15 minutes until crispy.

Kale stems: Blend into “green” smoothies or sauté into stir-fry’s and soups.

Cilantro stems: Chop and add to sauces, pesto, sautés and soups.

THIS ARTICLE ORIGINALLY APPEARED ON VEGETARIANTIMES.COM

The Cleanest Ways to Store Food Without Using Plastic

When you're batch cooking and making meals ahead, there's one essential that's often overlooked: How to store your food. I mean that literally! As a clean eater, I'm not only concerned about what I eat, but how that food is packaged and stored. It all matters. As a general rule, I try to avoid the use of plastics because liquids, oils and acidic foods (such as citrus and tomatoes) can make the plastic leech. Instead, I look to alternatives such as glass, parchment and even stainless steel.

Here are 6 ways to hack your current habits and make them more sustainable.

BY PAMELA SALZMAN

1 / GLASS

I always choose glass. From Tupperware-style containers to mason jars, it's a versatile, sustainable option and there are so many great brands to choose from. Some of my favorites include: Glasslock, Anchor Hocking and Ball.

2 / STAINLESS STEEL TINS

I love stainless steel tins, which are so lightweight. They're great for taking lunch to work. I prefer U Konserve.



3 / COATED CANVAS BAGGIES

Instead of plastic sandwich bags, I use Neat-Os, which are made of BPA-free polyethylene-coated canvas cloth. I store prepped produce in these and stash them in the refrigerator or freezer—it makes assembling lunch and dinner so easy during weekdays.



4 / Recycled Paper Boxes

When I'm traveling, packing a picnic or eating on the beach, I like to use recycled paper-based containers such as ice cream pints or craft paper boxes (which are perfect for salads). I buy them in bulk for the best price.



5 / PARCHMENT PAPER

Storing food in unbleached parchment—such as the If You Care brand—is a great option, and it can be used interchangeably for foil, except on the grill. (Though if you want to make a hobo pack for the grill, you can wrap your food in parchment first and then the foil.)



GLASS CONTAINER PHOTO BY CLAUDIA TOTIR/GETTY IMAGES.COM. STAINLESS STEEL CONTAINER PHOTO BY LARISSA VERONESI/GETTY IMAGES.COM. CANVAS BAG PHOTO BY ARISARA_TONGDONNOI/GETTY IMAGES.COM. RECYCLED BOXES PHOTO BY DEBBIS MIRONOFF/GETTY IMAGES.COM. PARCHMENT PAPER PHOTO BY COPRID/GETTY IMAGES.COM.



Separating Eco Fact *from Fiction*

Making eco-conscious choices can get confusing, from whether certain practices actually make a difference to how accessible or financially viable being eco-friendly can be. Here, Kate Geagan answers the top 3 of the most common questions about going green.

BY KATE GEAGAN

Strolling through the grocery store, I was struck by how many brands seemed to cast their products in an earth-friendly glow: a growing sea of eco-conscious language and logos. In today's market, "green" is gold. A 2018 Nielsen Global Corporate Sustainability Report found 80% of consumers feel strongly that companies should help improve the environment, and over 70% are willing to pay more for sustainable brands.

As a mother and a sustainable-diet expert, I see this as a good thing. We need forward-thinking companies leading the charge, and to do it at scale. But how do you separate what's hype from what's helpful? As we seek to make informed choices, here are some areas of confusion I'm seeing in 2020, along with real solutions to help you shop, eat and reach your green goals.

1. THE FICTION: Plant-based burgers are better for you. Plant-based burgers have skyrocketed in popularity, thanks to innovative

companies refreshing menus with meat-alternative products. Fast food is reporting a spike in sales by featuring this new generation of burgers that look, taste and sometimes even "bleed" like the real thing.

These products seem to offer a healthier alternative to beef while also claiming to solve the environmental and ethical challenges of livestock production. One analysis from sustainability firm Quantis found the Impossible Burger used 96% less land, 87% less water and created 89% less greenhouse gas emissions.

THE FACTS: This category holds tremendous potential, but it's not always as clear-cut as many marketers would have you believe: These burgers may indeed reduce carbon footprint, land use and water use compared to conventional burgers, but they likely still have a considerably higher impact on the planet than whole-food veggie burgers made of kitchen staples like rice or beans.

As for the impact on your health, while plant-based burgers are free from potentially harmful antibiotics and hormones often used in livestock agriculture, many of these benefits can also be gained by opting for premium-quality, organic grass-fed beef. As for nutrition, while the protein and calories in these patties are typically similar to beef, many contain significant levels of saturated fat and sodium, two nutrients that plant-based swaps should typically reduce.

Many have long, highly processed ingredient lists. Will these cultivate deep health in your genes and your biology the way plant-rich, whole-food diets do? Or will they ultimately come to be viewed by experts as another processed food to minimize? Until we have more science, my advice is this: These burgers may be fine as an occasional fast-food swap, but for everyday health, choose wholesome homemade veg burgers that meet CE ingredient guidelines.



2. THE FICTION: Recyclable or compostable packaging is always a green choice. Single-use packaging greatly contributes to a global plastic glut: Worldwide, we produce nearly 300 million tons of plastic yearly, half of which is used just once before heading to the trash. In the natural and organic sector, smaller packaging can be a way to offset higher price points. To stem the flow of plastics into the environment, well-intentioned companies are trying to create better materials. Recyclable or compostable packaging has become popular, helping you feel like you're making a difference. But does that mean they're always a smart environmental choice?

THE FACTS: It depends. While recycling can help keep petroleum-based plastics out of the environment, a key factor is getting it to the right processing facility, which, unfortunately, doesn't happen as much as it needs to for green packaging to be effective. According to the EPA, just 13% of glass containers and packaging gets recycled, while the rest ends up in landfills. Plus, recent shifts in the global recycling market (many countries in Asia have stopped accepting materials from Western countries) have

made it trickier for cities to find international processors for their garbage, meaning no matter how well-intentioned your habits may be, much of your carefully sorted recycling risks ending up in the landfill.

What about compostables that break down into the environment in a nontoxic way? While certainly a better option, compostable materials need very specific conditions (such as oxygen, moisture and sunlight) to break down and can contaminate recycling streams if tossed in unknowingly. Like recyclables, they can also have a hard time ending up in the right place, as many areas (including where I live) do not yet offer composting.

If you can't get these compostable products to their right end location, any advantage they have over conventional packaging may be lost. The greenest choice, according to the EPA, is to avoid the throwaway factor altogether (aka "reduce"), or choose reusable, closed-loop packaging. Numerous start-ups offer subscription services akin to a "modern milkman" model. Platforms like LOOP sell everyday essentials (think shampoo and oatmeal) in reusable, chic containers that, when empty, are picked up, returned to the company, washed



Chipotle Beet Bean Burgers
with Lemon Avocado Sauce
cleaneating.com/beet-burger



and refilled. Toronto-based company Saponetti crafts eco-friendly cleaning supplies in refundable Mason jars and delivers them by electric vehicles.

Low-tech, tried-and-true habits also can make a meaningful difference, such as buying in bulk, bringing your own bags when shopping or urging your local grocery to expand refill-station options. Companies such as MOM's Organic Markets have been a pioneer in this area.

3. THE FICTION: Sustainable grocery shopping is expensive.

Fruits and vegetables can be pricier than fast-food options, especially compared on a calorie-per-calorie basis. Plus, certified products (such as USDA organic, biodynamic or Regenerative Organic Certified) that are better for the planet typically cost more. Does this mean sustainability will break your budget?

THE FACT: For most Clean Eating readers, the secret to affordable and sustainable eating lies in shifting where and how you spend your food dollars.

Shop in-season produce at local farmers' markets to score nutrient-dense produce at a bargain while also slashing food miles (perishable produce is flown in when purchased out of season, dramatically expanding the carbon footprint). Swapping animal protein for beans – which are a fraction of the cost of meat – a few times weekly can also reap big climate rewards: A study by Carnegie Mellon University found going vegetarian just one day a week cut more greenhouse gasses than switching to an all-local diet.

Another win-win: skipping the seafood counter in favor of tasty, affordable choices lower on the food chain, like sustainably sourced canned sardines, clams or mussels. One of my favorites is start-up Scout craft cannery, where I'm an adviser (enjoyscout.com).

Even your kitchen routine can be spruced up while slimming expenses: Use multipurpose rags instead of paper towels, plastic-free wrap like Bee's Wrap (beeswrap.com) to help de-plasticize lunchboxes or make one fabulous workhorse DIY cleaner for everyday cleaning.



EMBRACE PLANT-BASED GRILLING THIS SUMMER

Plant-based grilling is the barbecue of the future.

BY TRUDY STONE



Have you ever been to a backyard barbecue and feel like 90 percent of the choices revolved around meat? While everyone else is chowing down on burgers and sausages, you're stuck searching for the vegetarian dish someone forgot to bring. Here are some delicious plant-based grilling ideas to better balance out your next backyard barbecue.

Give jackfruit a try

Contrary to BBQ folklore, you don't need to eat meat to enjoy a backyard cookout. There are actually some really delicious plant-based meat alternatives that taste close to the real thing. One of those foods is jackfruit. Jackfruit is a large tropical fruit that grows in South and Southeast Asia and is part of the fig and breadfruit family. Jackfruit is also the largest tree in the world!

It's not widely available in grocery stores, but you may be lucky enough to find it in Asian markets and grocery stores. The most popular format is canned or boxed jackfruit, which you'll find in a well-stocked grocery store.

Some of the best ways to enjoy it grilled is pulled jackfruit burgers, which are growing in popularity, or pulled jackfruit on tacos. You might be thinking, "Do I really want fruit in my burger?". But trust us, when it's ripe, it tastes sweet but when it's unripe, which you'll find in cans and boxes, the flavor is neutral and the texture makes it an uncanny dupe for pulled pork.

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Think of jackfruit as a blank canvas that soaks up any seasoning and flavor you add to it. This makes it a perfect addition to your plant-based grilling menu. Start by sautéing some onions and garlic and then add jackfruit and your favorite spices. A great combo for that BBQ feel would be either liquid smoke or smoked paprika, chili powder and cumin. Stir it all together and add a bit of veggie stock to soften the jackfruit and grill in a heatproof pan over medium-low for up to 15 minutes. Use two forks to shred the jackfruit as it starts to cook down and continue to grill until your desired texture is reached.

Swap meaty skewers for tofu-veggie kabobs

Meat skewers are always a hit at BBQs since they're both easy and fun to eat. There's only one problem – they're either entirely meat or veggie or a combination of the two. But what if you're looking for some plant-based protein? Enter tofu veggie skewers! Simply mix together soy sauce or tamari, maple syrup, olive oil, and garlic. Marinate tofu cubes for an hour and then thread onto skewers with your favorite chopped veggies, such as mushrooms and peppers. Add pineapple for a sweet, tropical twist.



Try eggplant or portobello burgers

Eggplant's meaty texture makes it perfect as a meat replacement in a burger. Even if you're a meat lover, eggplant burgers won't disappoint. Simply slice and grill or roast eggplant and then toss into a food processor with some white beans for extra protein, and your favorite blend of herbs and spices. Either return the patties to your grill or bake it in the oven and then add your favorite toppings and choice of burger bun or lettuce wrap.

Another delicious meat swap is portobello mushrooms and the texture is one of the closest you'll get to a beef burger. Simply remove the stem, wash thoroughly and grill with a little salt and pepper for 8 to 10 minutes and add to your favorite burger bun or lettuce wrap with all your favorite toppings and condiments.

FIRE UP A GREENER GRILL!

Think grilling season has to sabotage your sustainability goals? It's not as complicated as you may think: Stay friendly to the earth all summer long with these 5 green grilling hacks.

BY KATE GEAGAN

1. Grill shrimp and shellfish more often.

Instead of ocean heavyweights such as tuna or swordfish (which can be at risk of overfishing or can contain mercury), pop shrimp, clams and mussels on the grill instead. Look for third party–certified sustainable options, such as shellfish certified by the Marine Stewardship Council (MSC) or ones designated as “Best Choice” or “Good Alternative” by the Monterey Bay Aquarium’s Seafood Watch program. Plus, shellfish that are lower on the food chain help keep our waters clean and pack important minerals including selenium and zinc.



2. Choose the greenest grill.

When it comes to total carbon emissions, the short of it is, gas grills are the better choice. They produce considerably fewer greenhouse gas (GHG) emissions than charcoal or electric (though if you are tapped into a renewable energy source, electric can be a green choice too). A 2009 British study found the carbon footprint for grilling with charcoal was almost three times the amount of using gas. This was primarily because charcoal is typically made by heating wood, but just 20 to 35% of the wood becomes charcoal; the majority of what's left over is converted to gas and released into the atmosphere as GHG emissions. For my top grill pick, check out “The Right Gear for the Grill.”

OYSTERS PHOTO BY RIORTA/GETTYIMAGES.COM.

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3. Bring the heat, but keep it quick.

Use this simple equation for healthier grilling: smaller portions of high-quality organic meats + a marinade that reduces heterocyclic amines (HCAs) + quick cooking = better for you and the planet. Let me explain: In addition to using more fuel to cook longer at higher heat, well-done red meats contain higher levels of HCAs, which are chemicals that may cause cancer. You can slash their formation (while also treading more coolly on the planet) by cooking on lower heat and for less time. Research has also discovered a few secret-weapon ingredients and ingredient combinations that considerably cut HCAs when added to rubs and marinades such as olive oil, garlic, onion, lemon, rosemary, yogurt, beer or wine – these can slash HCA formation by as much as 70%. Another tip: opt for thinly sliced cuts of meat or kebabs, which will cook faster and reduce the amount of fuel needed.



4. Use plenty of plants!

From farmers' market finds to overflowing summer gardens, pretty much all of nature's bounty can be tossed on the grill to create bold flavors brimming with health benefits. My own foolproof method involves brushing veggies with a bit of olive oil, grilling until desired doneness, then sprinkling a snip of summer herbs and a squeeze of fresh lemon. Summer squash and zucchini, sliced into long "steaks," are particularly tasty this way. And don't forget dessert! Grilled peaches or apricots, brushed with local raw honey, a shower of fresh mint and finished with a dab of local fresh yogurt or ricotta, is pure summer bliss.



5. Enjoy smoky eggplant, meaty mushrooms and more.

While meat potentially creates those unwelcome HCAs, how wonderful is it that plants get a free pass! Get that smoky, meaty taste by firing up mushrooms (which pack B vitamins and selenium) or charred eggplant that you can schmear onto toasted bread or pita as a "kick-back-your-heels" summer appetizer. There's also an abundance of meatless mains starring tempeh, which is found in the refrigerator and freezer cases of most grocery stores. Check labels for Clean Eating–approved ingredients.



5 FRESH EDAMAME IDEAS – A PLANT-BASED PROTEIN SOURCE

At 18 grams of protein per serving, edamame is an underused plant-based protein powerhouse. Here are 5 totally fresh edamame ideas.

BY TRUDY STONE



Edamame pods are a popular snack and appetizer that are often steamed and topped with a pinch of sea salt, but there's a world of ways to use edamame beyond what you typically see. Here's how to reimagine this underrated protein source with 5 new-and-exciting edamame ideas.

So, what is edamame, anyway?

Edamame beans are whole, immature soybeans. They are bright green and differ in color from regular soybeans, which are typically light brown. At 18 grams of plant-based protein per 1-cup serving, they're a powerhouse of protein. Of course, edamame makes a delicious snack but there are so many more ways to use this superfood ingredient.

You can either buy edamame shelled or with the pods still on, but no matter how you buy them, it's always a good idea to purchase organic so that you're not exposing yourself to harmful toxins or genetically modified organisms (GMOs).

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Here are 5 genius edamame ideas to help you reimagine this plant-protein-rich legume:

1. Crispy edamame

In a large bowl, toss cooked shelled edamame with a drizzle of olive oil. Next, add in your favorite dried spices like garlic and smoked paprika and top with fresh-grated parmesan cheese or grana padano. Next, toss oiled and seasoned edamame onto a baking sheet and bake in the oven until the cheese is melted. If you don't eat cheese, that's no problem. Edamame also works well with a sprinkle of nutritional yeast because it's a complete protein like those found in animal products and also imparts that same desired cheesy flavor.

2. Garlic ginger edamame

Garlic and ginger are a flavor combination made in heaven for just about anything – including edamame! In a large skillet, add minced garlic and ginger and cook for about 30 seconds. Next, remove from the heat and then stir in tamari, soy sauce or coconut aminos, sesame oil and maple syrup. Finally, toss cooked edamame (shelled or in their pods) with the sauce and enjoy.

3. Add edamame to sauces and sides

Edamame is an unconventional addition to sauces that add nutrients (hello boost of protein!) and a pop of color. Whether you're making a sauce for meatballs, a stir fry sauce, or a simple pot of rice, couscous or quinoa, simply stir in some shelled, cooked edamame near the end of cooking, et voila!

4. Make edamame hummus and guacamole!

Who said you can only make hummus with chickpeas? Enter edamame. In the place of chickpeas, use shelled, cooked edamame. The result is a beautiful, totally Instagramable green hummus that's perfect as a healthy spread or dip. Consider the same edamame stand-in for guacamole. There's no need to typecast guacamole as an avocado-only based dip. Simply replace avocados with edamame for a fresh take on the classic Mexican appetizer.

5. Add a smoky twist to simple, steamed edamame

Never underestimate the power of smoked sea salt to totally transform a dish. If your favorite way to enjoy edamame is steamed, this simple smoked sea salt trick will elevate conventional steamed edamame to a whole new level! Try adding a pinch of smoked sea salt and coconut palm sugar to steamed edamame pods for a sweet-and-savory vibe!



8 Eco-Friendly Picks TO REFRESH YOUR DIET

Chase the winter doldrums from your plate (and kick those creamy comfort foods to the curb) with these fresh, eco-friendly ideas that are bursting with body benefits.

BY KATE GEAGAN

1. GROW YOUR OWN HERBS. You need a surprisingly small space (hello, one pot!) to reap all the incredible flavor, freshness and cost benefits of growing some of your own herbs. Choose varieties you use often in your cooking (I personally love basil and cilantro). It's an eco-friendly alternative to buying bunches of different herbs wrapped in plastic and shipped from far-flung locales.

2. ADD FAIR TRADE FLAIR TO YOUR SPICE PANTRY. Stock up on some new Fair Trade–certified spices for more than just a flavor and phytochemical boost. Fair Trade follows specific agricultural, environmental and labor practices that help preserve natural ecosystems and rainforests, both of which act as vital carbon sinks for the planet.

3. SHED POUNDS WITH PULSE PROTEIN.

According to the Academy of Nutrition and Dietetics, plant-based diets are more sustainable than diets rich in animal products because they use fewer resources and are associated with less environmental damage. Researchers from the University of Copenhagen have added another surprising benefit: In a recent study, participants who ate a high-protein meal using legumes in place of meat consumed 12% fewer calories at the next meal.

4. SHAVE SOMETHING NEW INTO YOUR SALADS.

Not sure what to do with those stragglers in your veggie bin like those last few Brussels sprouts or bit of cabbage? Shave 'em raw into your salads. According to the United States Department of Agriculture (USDA), between 30 to 40% of all food in the US goes to waste. When tossed in a landfill, food waste quickly generates methane – one of the main culprits of global warming. The bonus? You get a burst of eye-popping color, prebiotic fibers that support digestive health and a powerful phytochemical punch.



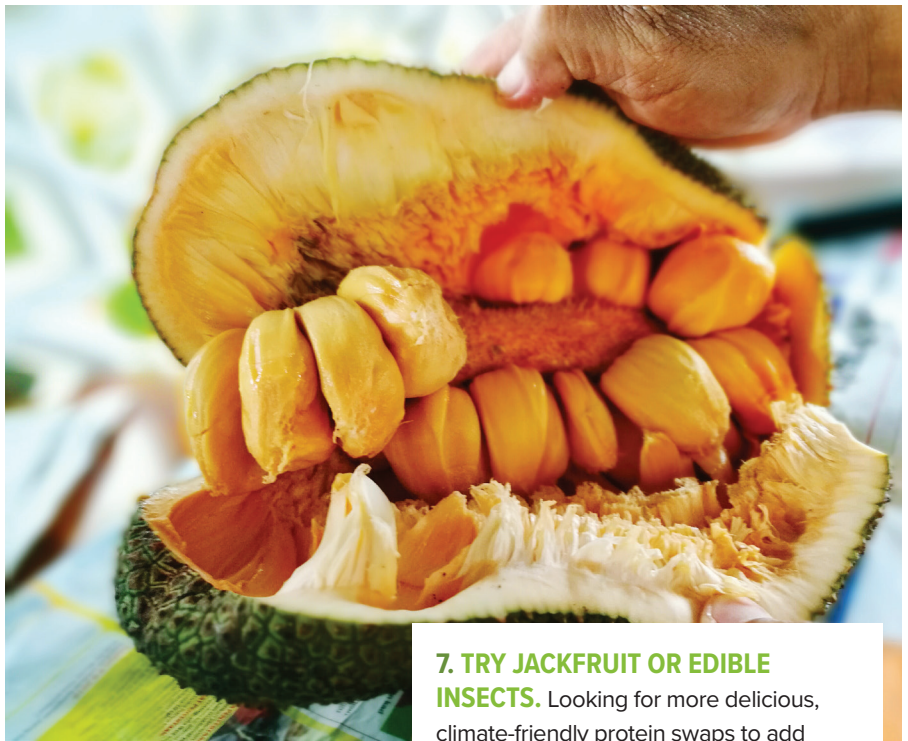
5. ADD PEAS & PEANUTS TO YOUR LIST.

Choosing foods that regenerate and revitalize soil is one of the top trends of 2017. Peas and peanuts are two versatile and budget-friendly protein options that fit the bill: They have the ability to naturally replenish valuable nutrients like nitrogen back into the soil, which helps reduce the need for chemical fertilizer.



6. TOSS RHUBARB INTO YOUR SMOOTHIE.

You don't have to swear off exotic fruits from your morning smoothie altogether, but you can cut back on some of their environmental costs (such as freezing or air-freighting) by shaking things up with local beauties. Nothing says spring like the crimson, happy flush of rhubarb! It also pairs wonderfully with sweet fruits, making it a perfect new addition to your smoothie this month (1 cup diced is a scant 26 calories, but it packs 2 grams of fiber and is a good source of vitamin K).



7. TRY JACKFRUIT OR EDIBLE INSECTS.

Looking for more delicious, climate-friendly protein swaps to add to your plate? Jackfruit, a meaty-tasting fruit from the jack tree, and edible insects are increasingly showing up in grocery-store aisles, from snack bars to roasted, seasoned cricket snacks. While Americans have typically struggled with the concept of eating bugs, it may not be all that fringe. According to the Food and Agriculture Organization of the United Nations (FAO), edible insects are a sustainable and highly nutritious protein source that are already consumed by at least 2 billion people worldwide.

8. TOP TOAST WITH SEASONAL PICKS.

As we step into spring, eating locally is an incredibly tasty way to help slash food miles and reduce the energy needed to transport and store food. Hit the farmers' market and let your inner artist flourish: From fresh pea hummus topped with grilled artichokes to morel mushrooms with asparagus to fava bean purée with roasted fennel, remember that "what grows together, goes together." Top these in-season superstars with a sprinkle of fresh herbs and toasted seeds for a nutritious breakfast or snack.

How To HERB GARDENING 101

Whether you live in a house with a big yard or an apartment with a tiny balcony, you can have a flourishing herb garden of your own. Our beginner's guide will take you step by step through the gardening process.

BY **ANDREA GOURGY**

Why use containers? There's certainly nothing wrong with planting herbs directly in the ground, but we love using containers because you can move them around your yard or balcony. One of your herbs wants more sun? Simply drag the container over to the sunny spot. You can also place them right near the door for convenience. Plus, you can repurpose old containers or unexpected vessels to plant herbs (inside a tire, anyone? old toys?); they just need to have holes in the bottom for drainage. You'll want to look for pots with at least 8 to 10 inches of space around each plant.

Location, location, location. Different areas of your yard or balcony will have different sun exposures, so consider which plants need more sun and locate them accordingly. If you're combining several plants in one pot, make sure they have the same needs for sun exposure (as well as moisture). Have a mostly shady space? Some herbs, such as cilantro, mint, chives and tarragon, can thrive in partial shade.



Selecting your plants.

We like using seedlings (small plants) when starting out, but if you're keen to start from seed, you can get started indoors before the weather is ripe, then transplant them afterwards. When choosing plants, know that different plants have different yields – mint, oregano and chives will tend to yield more than dill, basil or cilantro – so if you're a huge fan of dill, for example, you'll want to plant more than one seedling.

Garden friends and foes.

When considering which plants to put, or not put, near each other, keep in mind that some plants don't make good friends with others. Mint, fennel and horseradish are all invasive plant species, and if planted in a garden bed or a container with other herbs, they have a tendency to push other herbs around, sending out stems or roots through the soil that will eventually grow into new plants – these herbs are best planted in their own containers.

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Get planting. Make sure to water seedlings about one to two hours before planting; this will make it easier to transplant them. Place a layer of bagged potting mix at the bottom of your container. Remove seedlings from their containers (some containers are biodegradable and can be planted directly into the soil – check the label). Place the seedling on top of the soil layer and hold it in place while you fill the container with potting mix until it reaches the top of the root ball. Pat soil gently with your hands to eliminate air pockets. Water it well and let drain, then add more potting mix and water again if needed so that potting mix is level with the top of the root ball. The soil surface should sit about 3/4 inch below the rim of the container.

Get the watering right. When it comes to watering, more isn't necessarily better. With most herbs, light daily watering in the morning works best, and always water close to the roots of the plants. It's also important to read the labels that come with each plant as different herbs have different moisture requirements. You know herbs are in need of more water if they are wilting or leaves are limp or dull looking.

Prune (and harvest) like a pro. Ahhh, the moment you've been waiting for! Whenever you cut a plant, you want to trim right above a node, the point where the leaves attach to the stem. A lot of people get confused between pruning and harvesting – pruning is when you trim to encourage plants to grow wider and bushier (as opposed to tall and skinny), whereas harvesting is when you trim for your use. With herb gardening, there can be some crossover between the two. But don't stress over the terminology – just know this: When the plants are about six inches tall, you can start trimming lightly to encourage growth. When plants are a little bigger, you can start harvesting more herbs – but remember, never cut more than one-third of the branches off at a time, as any more than that could actually inhibit growth.

SOIL ON TROWEL PHOTO BY MARKSWALLOW/GETTYIMAGES.COM. BASIL PHOTO BY DETAILS/GETTYIMAGES.COM





Is Regenerative Agriculture the New and Improved Organic?

Soil health is oft overlooked but should be priority #1. Here's why regenerative farming is so important and how to shop for the cause.

BY MATTHEW KADEY

In all the hoopla on how to save the planet what often gets overlooked is soil health. But did you know that healthy soil sequesters carbon, a key part of helping to put the brakes on climate change? That makes regenerative agriculture a major player in how we are going to heal our planet.

The Not-So Great News About Depleted Soil

Conventional agricultural practices including chemical-intensive monocrops, overgrazing and aggressive tilling have been eroding carbon-rich soils for decades to the

point where long-term food production is in serious jeopardy. A recent study in the Proceedings of the National Academies of Science discovered that one-third of the uppermost soil layer which contains carbon-rich matter and microbial biomass in the Midwestern Corn Belt has been severely degraded. This is an area that was once exceptionally fertile ground. It's estimated that unsustainable human practices including intensive agriculture and deforestation have already degraded 33% of the earth's soil. And that number could rocket to 90% by 2050 if appropriate measures aren't taken.

In the process of living, fertile soil becoming little more than dirt there is a release of carbon into our warming atmosphere. (Soil is believed to hold up to 4 times as much carbon as trees.)

Because it is depleted of its biomass, dirt doesn't efficiently absorb and hold water. That means the land floods easily, loses biodiversity, contributes to excessive runoff of fertilizers and other chemicals into waterways. This in turn means that it produces lesser-quality food—or in the not distant future no food at all. Plus, soil loss has and will continue to cost US farmers and the economy billions of dollars.

Better News About Farmers Doing Something About It

That's the bad news. The more cheery side of things is that a rising number of forward-thinking farmers are practicing regenerative agriculture. Regenerative farming is a newly codified approach to agriculture that emphasizes reducing reliance on chemical inputs and rebuilding soil

FARMER PHOTO BY THOMAS BARWICK/GETTYIMAGES.COM

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organic matter and biodiversity. This results in a carbon drawdown and less polluted water systems. Binding up carbon in healthy soil is one of our biggest opportunities to stop the planet from overheating. The key to regenerative agriculture is that it's not only more gentle on the land it aims to improve it, using various methods including planting cover crops, smartly managing grazing of livestock and no-tilling. All of this regenerates and revitalizes the soil that is now capable of producing nutrient-dense food and being more weather-resistant. One report estimated that if 25 percent of food producers switched to no-till farming practices, there could be a 25 percent reduction in agriculture generated greenhouse gas emissions. Formerly barren land can be transformed into fertile land filled with a diversity of vegetation, microorganisms and wildlife.

Regenerative Agriculture Is Better Than Organic

Regenerative agriculture goes beyond organic because, without feed-the-soil regenerative practices, organic soil can become depleted as well. While buying organic food is your assurance that the land on which it was grown was managed without the use of most synthetic fertilizers and pesticides or genetically modified plants, the label itself cannot tell you whether the health of the soil is improving to efficiently absorb both carbon and water. Soil quality is not among the criteria needed to receive organic certification.

What may ruffle feathers among the growing legion of plant-only eaters is that thoughtfully managed livestock can be a major contributor to building healthy soil. And in turn, healthy food and improved environmental outcomes. A study in the journal *Agricultural Systems* discovered that cattle raised using a method known as multi-paddock grazing, where the grass-fed animals are moved often to allow plants to recover and avoid the perils of overgrazing, resulted in an outcome where the greenhouse gas emissions incurred by raising the beef cattle was more than offset by the amount of carbon sequestered in the healthier soil. The same outcome was not true for feedlot beef. A separate study found that a multispecies pasture rotation system, which allows for multiple animal production enterprises (i.e., chickens, cattle, and pigs) on one landscape, where regenerative agricultural policies are put in place can sequester significantly more carbon in the soil compared to conventional livestock operations resulting in a 66% lower carbon footprint, so to speak.

Before writing off cattle and other ruminant livestock as environmental dead-ends, it's important to remember that ground cover from forage plants is highly effective in reducing soil erosion. Manure and grazing activity adds more organic matter to soil with improved water-holding capacity and diversity of plants and microorganisms. Something especially valuable on mixed farming regenerative agricultural operations where a variety of foods are produced including meat and vegetables. So, yes, properly



managed cattle and free-roaming chickens on carbon-sequestering grazing lands can be part of a sustainable farming system. Perhaps much more so than ultra-processed beefless burgers made using intensively farmed crops and extruders.

How to Shop The Regenerative Way

But if you're like most consumers, you may not know how to identify products produced using soil regenerative techniques. It's common to believe, wrongfully so, that choosing products with the USDA organic label is the best way to support this style of farming. At farmers markets, you can query local food producers if they practice regenerative methods such as no-tilling, or you can do some online sleuthing to find compliant producers. You can also search for regenerative-minded food producers near you using the farm map at [RegenerationInternational.org](https://regenerationinternational.org).

As the movement grows in the coming years you can expect to see various certified regenerative agriculture labels appearing on meats, vegetables and other products. Leading the charge is Regenerative Organic Certified which requires brands to not only practice organic farming but also prioritize improving soil health and animal welfare.

Products to Try From Greener Pastures

Try these 7 clean-eating approved foods come from producers who are good stewards of the land.

1. EPIC Barbacoa-Inspired Beef Bar

These meaty, wonderfully spiced energy bars are made with beef raised on verdant pasture to help soak up plant-warming carbon.

2. Force of Nature Ancestral Blend

Perfect for organ meat newbies, this blend of regenerative, grass-finished steak, liver and heart will upgrade your meatballs and Bolognese.

3. Lotus Food Organic Brown Basmati Rice

This Regenerative Organic Certified and nutty-tasting rice is grown on family farms in Northern India with soil-enriching, less water intensive methods.

4. Patagonia Provisions Organic Chili Mango

Spice up your snack routine with these strips of Regenerative Organic Certified solar-powered chili-dusted dried mango. Perfect for road trips and forays into the wilds.

EAT LIKE A REGENERATERIAN

Many people think you have to go vegan to eat a climate-supportive diet. One functional medicine doctor explains why that's not the case.

BY **ANDREA GOURGY**

Vegan and Paleo diets have always seemed to be at opposite ends of the dietary spectrum – a completely plant-based diet on one end and one containing animal protein on the other. But functional medicine doctor Mark Hyman, MD, argues that they actually have more in common than you think, both for your health and the health of the planet.

In his recently released book, *The Pegan Diet: 21 Practical Principles for Reclaiming Your Health in a Nutritionally Confusing World*, Dr. Hyman fuses the concepts of a Paleo and vegan diet to create the “Pegan,” diet, a plant-forward plan with small amounts of sustainably sourced animal protein.

You might be wondering how this is possible. Just like there are healthy vegans and junk-food vegans, the same applies to Paleo devotees. In its healthiest form, a Paleo diet is intended to be plant-rich with copious amounts of vegetables, fruits, nuts and seeds. The difference between the two diets? According to Dr. Hyman, it's simply where you get your protein.

So how does eating this way translate to the health of the planet? Dr. Hyman says that we all should avoid factory farmed animals, of course, but argues that regenerative agricultural practices – that include animals – are ultimately best for the planet in terms of carbon emissions, working conditions and even biodiversity.

We sat down with Dr. Hyman to get his take on these two seemingly opposed diets, and his somewhat controversial take on why animals can be part of a climate-conscious diet.



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Clean Eating: Tell us how you coined the term “Pegan”?

Mark Hyman: The Pegan Diet started as a joke – a way to poke fun at nutrition drama. I was on a panel with two friends, a vegan doctor and a Paleo advocate. They both argued about why their respective diets hold the key to optimal health. I broke the tension by saying that I believe each diet has benefits, and each is rooted in intelligent eating. I explained that over the years, I’ve realized that most diets, including Paleo and vegan diets, have far more in common with each other than they do with the Standard American Diet (SAD). If we use the best of vegan and the best of Paleo, we have the perfect diet. The host and I joked that my philosophy should be called the Pegan Diet, and here we are.

CE: Tell us about the similarities between Paleo and vegan diets.

MH: Paleo and vegan camps – if we stick to the best in both approaches – are identical except for one thing, where to get protein. Animal products or beans and grains? That’s it. Of course, you can be a chips and soda vegan, or a bacon and no-veggies Paleo eater, but the best whole-food expressions of each are so similar. Both promote a plant-rich, whole foods diet, a diet low in starch and sugar, processed food, additives, hormones, antibiotics, GMOs and – except for a small group of extreme, low-fat vegan fans – a diet rich in good fats. They both even eschew dairy.

CE: When thinking about a planet-friendly diet, why is a regenatarian diet better than a vegan diet?

MH: Most people think they need to become vegan if they want to eat a climate-supportive diet. Yes, we should all avoid feedlot beef for its health, climate and environmental impacts. But regeneratively raised beef actually improves carbon sequestration through natural grazing practices. Studies show that end-to-end in the carbon cycle, regeneratively raised cows reduce carbon emissions by 170%. Yep, that even takes the methane from their gas into account. That means they actually counteract the carbon footprint from growing the GMO soy and other processed ingredients that make up an Impossible Burger. Without animals as part of a holistically managed farm system, you can’t build a robust ecosystem with strong soils. No soil means no food and that means no humans. Considering the fact that we’ve lost one-third of our topsoil already and have only 60



years before ruining the rest, we should be pretty interested in protecting and rebuilding our soils.

CE: When looking through the lens of health, on the other hand, what advantages does a regenatarian diet have?

MH: Growing food regeneratively creates much better working conditions for farmers and helps them make more money. It uses less irrigation and doesn’t pollute our land and water with dangerous chemicals. It increases biodiversity – another urgent issue since we’ve already lost half of

all our animal species. And it produces cleaner, more nutritious food so that we can achieve our best health. All sides win. The UN said if we took 2 of the 5 million degraded hectares of land around the world and spent 300 billion dollars (only 60 days of our global military spend) to support regenerative agriculture on it, it would stall climate change and give us another 10 to 20 years to work on other solutions. That’s no small feat. You can see there’s a lot of action to be taken, starting right in our own kitchens, backyards, restaurants, farmers’ markets and grocery stores. When we support local farmers, eat seasonally, and look for regeneratively raised food, we send a message to big food.

CE: Where can we find foods labeled with the Regenerative Organic Certified label (ROC)?

MH: We are just at the beginning of the certified ROC label. There are many foods available from companies like Patagonia, Dr. Bronner’s and more, but we still have a long way to go. We’ll be seeing more and more ROC foods pop up over the coming years. I think there is a huge movement, especially among young people, to purchase food and products that are grown in a sustainable way that serves the planet. I hope that ROC will become the gold standard.

CE: For someone on a budget, how can they move towards eating like a regenatarian?

MH: If you want to start to eat like a regenatarian today, stop food waste in your home. So much of the food we purchase – around 40% – is thrown out. Only buy what you need. Plan out your meals. Reduce your use of single use plastics. This alone will create a huge change.

Check out Dr. Hyman’s plant-forward Crunchy Napa Tempeh Salad with a delicious sesame dressing.

GREEN14 CHALLENGE RECIPES

All the recipes for the Green14 videos
that will be sent to you via email during
the duration of the challenge.





CHICKPEA NUGGETS with Avonnaise Dip

F V GF

SERVES 4.

NUGGETS

- 1 15-oz** BPA-free can chickpeas, drained and rinsed
- 2 cloves** garlic, roughly chopped
- 1 tbsp** extra-virgin olive oil
- ½ tsp** each dried oregano, onion powder, sea salt and ground black pepper
- 1 large** egg
- ½ cup** quinoa flakes

DIP

- 2** avocados, peeled and pitted
- ½ tbsp** lemon juice or lime juice
- ½ tsp** sea salt
- ¼ cup** extra-virgin olive oil

1. Preheat oven to 400°F.

Line a large baking sheet with parchment paper.

2. Prepare nuggets: In a food processor, pulse chickpeas, garlic, oil, oregano, onion powder, salt and pepper until mixture comes together. Transfer mixture to a bowl, add egg and mix well. Rinse out the food processor.

3. Place quinoa flakes in a shallow bowl. Using a small ice cream scoop or tablespoon, scoop out one portion of chickpea mixture. Using hands, form into a ball and press into a nugget shape.

Press both sides of nugget into quinoa flakes and place on prepared sheet; repeat, making about 12 nuggets.

4. Mist nuggets with cooking spray. Bake for 15 to 30 minutes or until golden. Flip and bake for 5 minutes more, until golden and firm to the touch.

5. Prepare dip: To food processor, add avocado, lemon juice and salt. Process until smooth, gradually drizzling in olive oil. Serve dip with nuggets.

PER SERVING (¼ of recipe): Calories: 484, Total Fat: 36 g, Sat. Fat: 5 g, Monounsaturated Fat: 25 g, Polyunsaturated Fat: 5 g, Carbs: 34 g, Fiber: 12 g, Sugars: 4 g, Protein: 10 g, Sodium: 647 mg, Cholesterol: 46.5 mg

SMOKY CAULIFLOWER TACOS

with Avocado Crema

Q V GF

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 30 MINUTES.

Grilled cauliflower florets stay meaty-firm, giving them great texture under a blanket of gooey cheese and zesty avocado-lime crema.

- 1 small** head cauliflower, broken into florets
- 4 tsp** extra-virgin olive oil, divided
- 1 tsp** smoked paprika (**TRY:** Simply Organic Smoked Paprika)
- ½ tsp** ground cayenne pepper
- ½ tsp** sea salt, divided
- 3 ears** corn, husked
- ¼ cup** full-fat sour cream
 - 1** avocado, peeled, pitted and halved, divided
 - 1** lime, juiced
- 8 4-inch** corn tortillas
- ⅓ cup** shredded Monterey Jack cheese
- ½ cup** fresh cilantro, optional

1. Preheat a greased grill or grill pan to medium-high.

2. In a large bowl, toss cauliflower florets with one-half of oil until well coated. Add paprika, cayenne and one-half of salt; toss to coat. Rub corn with remaining one-half of oil. Grill cauliflower and

corn, turning occasionally until softened and lightly charred, 12 to 16 minutes. (**TIP:** If your barbecue grates are widely spaced, use a grilling basket to prevent cauliflower from falling through.)

3. Meanwhile, in a small blender, combine sour cream, one-half of avocado, lime juice and remaining one-half of salt; blend until smooth.

4. Place tortillas on grill and cook, flipping once, until softened and lightly charred, 20 seconds per side. Wrap tortillas in a clean kitchen towel to keep warm. (**NOTE:** Do not overcook tortillas or you'll end up with chips.)

5. Remove corn kernels from the cob using a sharp knife. Transfer cauliflower from grill to a bowl and immediately top with cheese. Cover dish to create steam and help melt cheese. Thinly slice remaining one-half of avocado. Divide cauliflower and corn among tortillas. Top each taco with avocado slices, corn kernels, avocado crema and cilantro (if using).

PER SERVING (¼ of recipe): Calories: 325, Total Fat: 19 g, Sat. Fat: 5 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 2 g, Carbs: 37 g, Fiber: 8 g, Sugars: 7 g, Protein: 9 g, Sodium: 348 mg, Cholesterol: 15 mg



MUSHROOM, WALNUT & CHIPOTLE CHILE TACO DIP

SERVES 5.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 45 MINUTES.

Meaty mushrooms, walnuts and a handful of spices transform into a savory meatless swap for taco meat – the texture is uncannily similar!

- ½ cup** sun-dried tomatoes (dry-packed)
- 2 large** Medjool dates, pitted
- 2 cups** cremini mushrooms
- 1 cup** raw unsalted walnuts or pecans
- 1 tbsp** reduced-sodium soy sauce
- 2 tsp** ground coriander
- 1 tsp** ground cumin
- ½ tsp** sea salt
- ¼ tsp** chipotle chile powder
- whole-grain tortilla chips, as needed, optional

1. To a large heat-proof bowl, add tomatoes and dates. Add boiling water to cover. Let stand until softened, about 30 minutes. Drain.

2. To a food processor, add tomatoes and dates, mushrooms, walnuts, soy sauce, coriander, cumin, salt and chile powder. Pulse until coarsely chopped. (**TIP:** If making to go, refrigerate in airtight containers for up to 3 days.)

3. Divide mixture among containers with desired fixings and tortilla chips (if using).

PER SERVING (⅕ of recipe): Calories: 200, Total Fat: 14 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 10 g, Carbs: 18 g, Fiber: 5 g, Sugars: 11 g, Protein: 6 g, Sodium: 327 mg, Cholesterol: 0 mg

Prepare the mushroom mixture ahead and refrigerate in an airtight container until you're ready to eat. Serve with guacamole, pico de gallo, shredded cheese and lettuce as well as fresh cilantro.



QUICK CARROT TOP PESTO

MAKES 1 CUP PESTO.

I recommend using organic carrots for this recipe. Store the carrot tops separately from the carrots so that the tops don't drain energy and moisture from the roots.

1½ cups roughly chopped
carrot-top leaves

1 large garlic clove,
chopped

⅓ cup extra-virgin olive oil

⅛ tsp kosher salt

1 tbsp fresh lemon juice

3 tbsp toasted walnuts or pine
nuts

⅓ cup freshly grated Parmigiano-
Reggiano cheese

1-2 organic carrots, sliced
½-inch-thick coins

1. In a blender or food processor, add carrot-top leaves, garlic, oil, salt and lemon juice. Pulse until combined (scrape down sides if needed). Add pine nuts and cheese and pulse until combined. Serve with carrots.

A Plant *Powered* Week

Reap the benefits of your farmers' market haul all week long. After all, a veg-forward diet can help ward off disease, improve digestion and keep your carbon footprint low. This meatless plan proves that eating heaps of veg can be delicious, too!

BY ALEXA WEIBEL, PHOTOGRAPHY BY BEATA LUBAS

POMEGRANATE RASPBERRY SMOOTHIE

Blend 2 cups frozen raspberries, 15 oz pomegranate juice, 1 banana, ½ avocado, ½ cup spinach and 1 tsp roughly chopped ginger with 3 cups ice. Divide into 4 servings; freeze 3 servings individually.

Butternut Squash Pasta *with Mascarpone*

MAKES **4 CUPS**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **25 MINUTES**.

- 2 tbsp** extra-virgin olive oil
- 1¼ cups** quartered cherry tomatoes
- 1 clove** garlic, minced
- ¼ tsp** red pepper flakes, optional
- 1 lb** butternut squash, peeled and spiralized (**TIP:** You can swap out the butternut squash for zucchini or yellow summer squash: Simply reduce the cook time in Step 2 to 3-4 minutes.)
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- 1 tsp** finely grated lemon zest
- 2 tbsp** mascarpone cheese
- 2 tbsp** sliced fresh basil

1. In a large deep skillet on medium, heat oil. Add tomatoes, garlic and pepper flakes (if using). Cook, stirring occasionally, for about 3 minutes.

2. Add spiralized noodles to skillet and season with salt and pepper. Cook, stirring occasionally, until noodles are tender, 5 to 7 minutes. Stir in lemon zest. Serve half of the zucchini mixture on a plate or shallow bowl topped with mascarpone. Sprinkle with basil.

NOTE: If following our Meal Plan, divide remaining half of mixture into two 1-cup amounts (without cheese); refrigerate and reheat when called for.

PER SERVING (1 cup without mascarpone): Calories: 116, Fat: 7 g, Sat. Fat: 1 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 13 g, Fiber: 3 g, Sugar: 3 g, Protein: 1 g, Sodium: 246 mg, Cholesterol: 0 mg



MONDAY

BREAKFAST: *Easy Harissa Shakshuka* (p.57)

SNACK: *Spanish Snack Mix:*

Combine 1 cup each walnuts, diced Manchego cheese and dried apricots. Divide into 4 servings. (Eat 1 serving; refrigerate leftovers.)

LUNCH: *Tomato Salad & Hummus:*

Swirl ½ cup hummus on plate. Toss ½ cup halved cherry tomatoes with 2 tbsp minced cilantro, 1 tsp EVOO, ½ tsp vinegar and pinch each salt and pepper. Spread over hummus and sprinkle with ½ tsp paprika. Serve with 1 pita, toasted and cut into wedges.

SNACK: 3 stalks celery with ¼ cup tzatziki

DINNER: 1 serving Butternut Squash Pasta with Mascarpone (p. 54; save leftovers)

1 cup halved strawberries

NUTRIENTS: Calories: 1,353, Fat: 76.5 g, Sat. Fat: 22.5 g, Carbs: 132 g, Fiber: 27 g, Sugars: 40 g, Protein: 44 g, Sodium: 2,433 mg, Cholesterol: 262 mg

TUESDAY

BREAKFAST: *Pomegranate Raspberry Smoothie* (p. 53; drink 1, freeze leftovers as directed)

1 egg, hard-boiled

SNACK: *Paprika Roasted Chickpeas:* Drain and dry 1 can chickpeas; toss with 1 tbsp EVOO and pinch each salt and pepper. Spread on baking sheet and bake at 400°F until crispy, about 40 minutes, stirring every 10 minutes. Toss with 1 tsp paprika. Divide into 4 servings. (Eat 1 serving; save leftovers.)

LUNCH: *Mediterranean Panzanella* (p. 57)

SNACK: ½ avocado, sliced, with ½ tsp harissa and pinch salt

DINNER: *Squash & Spinach Salad:* Toss 1 cup Butternut Squash Pasta (leftovers, p. 54) with 1 cup spinach, ¼ cup chickpeas, 1 tsp EVOO, ½ tsp vinegar and pinch each salt and pepper. Top with 2 tbsp feta and ¼ tsp paprika.

1 cup halved strawberries

NUTRIENTS: Calories: 1,390, Fat: 90 g, Sat. Fat: 15.5 g, Carbs: 126 g, Fiber: 33 g, Sugars: 37 g, Protein: 31 g, Sodium: 1,480 mg, Cholesterol: 203 mg

WEDNESDAY

BREAKFAST: 1 cup Butternut Squash Pasta (leftovers, p. 54) with 1 egg, cooked in 1 tsp EVOO, and ½ tsp chopped cilantro

SNACK: 3 stalks celery with ¼ cup hummus

LUNCH: 1 serving Yellow Bell Pepper & Potato Soup with Saffron (p. 56, save leftovers)

1 serving Spanish Snack Mix (leftovers)

SNACK: 1 cup halved strawberries

DINNER: *Spicy Spinach Salad:* Toss 2 cups spinach with ½ cup halved cherry tomatoes, ¼ cup each diced Manchego and chickpeas, 1½ tbsp basil, 1 tbsp EVOO and ½ tsp each harissa and vinegar. Top with 2 tbsp chopped walnuts.

NUTRIENTS: Calories: 1,439, Fat: 94.5 g, Sat. Fat: 22 g, Carbs: 112 g, Fiber: 26 g, Sugar: 34 g, Protein: 44 g, Sodium: 1,843 mg, Cholesterol: 247 mg

THURSDAY

BREAKFAST: 1 serving Pomegranate Raspberry Smoothie (leftovers, p. 53; thawed)

1 egg, hard-boiled

SNACK: 3 stalks celery with ¼ cup tzatziki

LUNCH: 1 serving Yellow Bell Pepper & Potato Soup with Saffron (leftovers, p. 56)

1 serving Paprika Roasted Chickpeas (leftovers)

SNACK: 1 cup halved strawberries

DINNER: *Pita Pizza:* Brush 1 pita with 1 tsp EVOO and toast. Top with 1½ tbsp olive tapenade, ¼ cup sliced roasted red bell peppers, 1 tbsp feta and 1 tsp cilantro.

1 cup spinach tossed with 1 tsp EVOO and ¾ tsp vinegar

NUTRIENTS: Calories: 1,068, Fat: 48 g, Sat. Fat: 10 g, Carbs: 138 g, Fiber: 26 g, Sugars: 42 g, Protein: 29 g, Sodium: 1,650 mg, Cholesterol: 205 mg

FRIDAY

BREAKFAST: *Mediterranean Avo Toast:* Top 1 pita, toasted, with ½ avocado, sliced, ¼ tsp paprika and 1 egg, cooked in 2 tsp EVOO. Top with pinch each salt and pepper and 1 tsp cilantro.

SNACK: 1 serving Pomegranate Raspberry Smoothie (leftovers, p. 53; thawed)

LUNCH: 1 serving Yellow Bell Pepper & Potato Soup with Saffron (leftovers, p. 56)

1 serving Spanish Snack Mix (leftovers)

SNACK: ½ cup cherry tomatoes with ¼ cup hummus

DINNER: *Spanish Chickpea Salad:* Toss together 2 servings Paprika Roasted Chickpeas (leftovers), 1 cup spinach, ½ yellow bell pepper, chopped, 2 tbsp basil, 1 tsp each EVOO and harissa, ½ clove garlic, minced, ¾ tsp vinegar and pinch each salt and pepper

NUTRIENTS: Calories: 1,717, Fat: 94 g, Sat. Fat: 18 g, Carbs: 186 g, Fiber: 42 g, Sugars: 52 g, Protein: 50 g, Sodium: 1,924 mg, Cholesterol: 216 mg

SATURDAY

BREAKFAST: *Spinach Eggs with Feta:* Cook 2 cups spinach in 2 tsp EVOO just until wilted. Add 2 eggs, beaten, and stir until cooked. Sprinkle with pinch each salt and pepper and 1 tbsp feta.

SNACK: 3 stalks celery with ¼ cup tzatziki

LUNCH: *Veggie Pita Sandwich* (p. 56)

1 serving Yellow Bell Pepper & Potato Soup with Saffron (leftovers, p. 56)

SNACK: 1 serving Pomegranate Raspberry Smoothie (leftovers, p. 53; thawed)

DINNER: *Tzatziki Salad:* Spread ½ cup tzatziki on plate. Top with ¾ cup halved cherry tomatoes, tossed with 1 stalk celery, sliced, ⅓ cup chickpeas, 1 tbsp cilantro, 1 tsp each EVOO and vinegar and pinch each salt and pepper. Serve with ½ pita, toasted and cut into wedges.

NUTRIENTS: Calories: 1,386, Fat: 71 g, Sat. Fat: 19 g, Carbs: 153 g, Fiber: 30.5 g, Sugars: 48 g, Protein: 52 g, Sodium: 2,463 mg, Cholesterol: 443 mg

SUNDAY

BREAKFAST: *Easy Harissa Shakshuka* (p. 57)

SNACK: 1 serving Spanish Snack Mix (leftovers)

LUNCH: *Open-Face Avocado Sandwich:* Top 1 pita, toasted, with ½ avocado, sliced, and pinch each salt and pepper. Top with ¼ cup chickpeas, 1 tbsp cilantro and ¾ tsp red pepper flakes; drizzle with 1 tsp EVOO.

SNACK: *Ginger Raspberry Compote:* Toss ½ cup frozen raspberries, thawed, with 1 oz pomegranate juice and ½ tsp minced ginger; muddle slightly. Top with 1 tbsp mascarpone and ½ tbsp basil.

DINNER: *Chickpea Chopped Salad:* Toss together 1 cup spinach, ¼ cup chickpeas, ½ yellow bell pepper, chopped, 1 stalk celery, minced, 1 tbsp each olive tapenade and EVOO, 2 tsp vinegar and ¼ tsp red pepper flakes. Sprinkle with 1 tbsp cilantro.

NUTRIENTS: Calories: 1,356, Fat: 80 g, Sat. Fat: 18 g, Carbs: 127 g, Fiber: 32 g, Sugars: 33 g, Protein: 42 g, Sodium: 1,573 mg, Cholesterol: 235 mg

Yellow Bell Pepper & Potato Soup *with Saffron*

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 40 MINUTES.

- 3 tbsp** extra-virgin olive oil, divided
- 1 lb** Russet potatoes, peeled and chopped
- 3 large** yellow bell peppers, chopped
- 3 large** shallots, minced
- 1 tbsp** peeled and minced fresh ginger
- 2 cloves** garlic, minced
- ½ tsp** sea salt + additional to taste
- ¼ tsp** ground black pepper + additional to taste
- 3½ cups** low-sodium vegetable broth
- ⅛ tsp** crumbled saffron threads
- 4 tsp** chopped fresh cilantro

NOTE: If following our Meal Plan, refrigerate leftovers and reheat when called for.

PER SERVING (1¼ cups): Calories: 252, Fat: 11 g, Sat. Fat: 1.5 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 1 g, Carbs: 36 g, Fiber: 4.5 g, Sugars: 6 g, Protein: 4 g, Sodium: 434 mg, Cholesterol: 0 mg

VEGGIE PITA SANDWICH

Spread 1½ tbsp olive tapenade over 1 pita, toasted. Top with ½ cup spinach, ¼ cup roasted red bell peppers, chopped, and 2 tbsp each cilantro and feta.

1. In a large pot on medium-high, heat 1 tbsp oil. Add potatoes, bell peppers, shallots, ginger and garlic. Cook, stirring occasionally, until vegetables start to soften, about 12 minutes; season with salt and pepper. Add broth and saffron. Increase heat to high and bring to a boil. Reduce heat and simmer until vegetables are tender, 10 to 15 minutes.

2. Working in batches, carefully transfer soup to a blender and purée until smooth. (**TIP:** Remove plastic stopper in blender lid and cover with a towel to allow steam to escape.) Season with additional salt and pepper. Pour soup into bowls.

3. In a small bowl, combine remaining 2 tbsp oil and cilantro; drizzle over servings.





MEDITERRANEAN PANZANELLA

Chop 1 pita and toss with 1 tbsp EVOO and pinch each salt and pepper; bake at 350°F until toasted, turning every 5 minutes. Toss bread with 1 cup halved cherry tomatoes, ¼ cup chopped roasted red bell pepper, 2 tbsp EVOO, 1 tsp vinegar, ½ clove garlic, minced, and ½ tsp paprika. Top with 1 tbsp cilantro.

EASY HARISSA SHAKSHUKA

Heat ⅓ cup chickpeas with ¼ cup marinara and 1 tsp harissa; add pinch each salt and pepper. Top with 1 egg, poached, and 2 tsp cilantro.



SHOPPING LIST

PROTEINS & DAIRY

- 1 dozen large eggs
- 5 oz Manchego cheese
- 3½ oz crumbled full-fat feta
- 1 container mascarpone cheese

VEGGIES & FRUITS

- 13½ oz baby spinach
- 4 large yellow bell peppers
- 25 oz cherry tomatoes
- 2 bunches celery
- 3 large shallots
- 1 bunch fresh basil
- 1 bunch fresh cilantro
- 1 head garlic
- 1 lemon
- 1 lb butternut squash
- 1 lb Russet potatoes
- 1 2-inch knob fresh ginger
- 2 avocados
- 1 banana
- 2 pints strawberries

WHOLE GRAINS

- 8-count bag whole-wheat pitas (2-oz each)

NUTS, SEEDS & OILS

- 4 oz roasted salted walnuts
- 1 bottle extra-virgin olive oil






















EXTRAS

- 2 15-oz cans BPA-free chickpeas
- 1 jar marinara sauce
- 1 jar black olive tapenade
- 1 8-oz container hummus
- 1 jar harissa paste
- 1 container tzatziki
- 1 qt low-sodium vegetable broth
- 15 oz 100% pomegranate juice
- 1 bottle red wine vinegar
- 1 bottle red pepper flakes
- 1 bottle saffron threads
- 1 bottle smoked paprika (**TRY:** Simply Organic Smoked Paprika)
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 jar roasted red bell peppers
- 1 pkg dried unsweetened apricots
- 1 bag frozen raspberries

A WEEK OF PLANT-BASED EATING

You don't have to consider yourself a vegan or vegetarian to reap the benefits of eating a plant-based diet. This simple plan features comforting autumnal flavors and warming recipes to welcome the cooler weather.

RECIPES & PHOTOGRAPHY BY **JESSE LANE LEE**

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 Pumpkin Pie Smoothie (p. 60)	 Harvest Fall Salad (p. 59)	 1 serving Buffalo Cauliflower with Tempeh Ranch Salad (p. 62, save leftovers)	Calories: 1,847, Fat: 92 g, Sat. Fat: 43 g, Carbs: 204 g, Fiber: 42 g, Sugars: 81 g, Protein: 71 g, Sodium: 2,352 mg, Cholesterol: 0 mg
TUESDAY	 Apple Cinnamon Breakfast Quinoa (p. 61)	 Chickpea Avocado Smash Wraps (p. 59)	 1 serving Buffalo Cauliflower with Tempeh Ranch Salad (leftovers, p. 62)	Calories: 1,525, Total Fat: 65 g, Sat. Fat: 12 g, Carbs: 210 g, Fiber: 44 g, Sugars: 67 g, Protein: 48 g, Sodium: 1,782 mg, Cholesterol: 0 mg
WEDNESDAY	 Sweet Potato Chickpea Hash (p. 61, save leftovers)	 1 serving Buffalo Cauliflower with Tempeh Ranch Salad (leftovers, p. 61)	 1 serving Pumpkin Tacos (p. 60, save leftovers)	Calories: 1,564, Fat: 69 g, Sat. Fat: 30 g, Carbs: 204 g, Fiber: 51 g, Sugars: 46 g, Protein: 52 g, Sodium: 2,558 mg, Cholesterol: 0 mg
THURSDAY	 Apple Cinnamon Breakfast Quinoa (p. 61)	 1 serving Buffalo Cauliflower with Tempeh Ranch Salad (leftovers, p. 62)	 1 serving Pumpkin Tacos (leftovers, p. 60)	Calories: 1,556, Fat: 66 g, Sat. Fat: 20 g, Carbs: 215 g, Fiber: 46 g, Sugars: 66 g, Protein: 48 g, Sodium: 1,742 mg, Cholesterol: 0 mg
FRIDAY	 Sweet Potato Chickpea Hash (leftovers, p. 61)	 1 serving Pumpkin Tacos (leftovers, p. 60)	 Harvest Fall Salad (p. 59)	Calories: 1,772, Fat: 79 g, Sat. Fat: 37 g, Carbs: 235 g, Fiber: 57 g, Sugars: 65 g, Protein: 49 g, Sodium: 2,011 mg, Cholesterol: 0 mg
SATURDAY	 Apple Cinnamon Breakfast Quinoa (p. 61)	 Chickpea Avocado Smash Wraps (p. 59)	 1 serving Pumpkin Tacos (leftovers, p. 60)	Calories: 1,447, Fat: 62 g, Sat. Fat: 16 g, Carbs: 204 g, Fiber: 49 g, Sugars: 49 g, Protein: 39 g, Sodium: 928 mg, Cholesterol: 0 mg
SUNDAY	 Pumpkin Pie Smoothie (p. 60)	 Chickpea Avocado Smash Wraps (p. 59)	 Harvest Fall Salad (p. 59)	Calories: 1,738, Fat: 88 g, Sat. Fat: 39 g, Carbs: 193 g, Fiber: 45 g, Sugars: 64 g, Protein: 62 g, Sodium: 1,538 mg, Cholesterol: 0 mg



Harvest Fall Salad

SERVES **1**. HANDS-ON TIME: **15 MINUTES**.
TOTAL TIME: **35 MINUTES**.

This hearty salad includes a combination of savory and sweet flavors such as sweet potatoes, quinoa and black beans.

- $\frac{1}{2}$ sweet potato, diced
- 1 tbsp** coconut oil, melted
- $\frac{1}{4}$ **tsp** ground cinnamon
- $\frac{1}{4}$ **tsp** each sea salt and ground black pepper, divided
- $\frac{1}{2}$ **tbsp** apple cider vinegar
- $\frac{1}{2}$ **tbsp** pure maple syrup
- $\frac{1}{2}$ **tbsp** extra-virgin olive oil
- $\frac{1}{4}$ **tbsp** Dijon mustard
- 2 cups** chopped romaine lettuce
- $\frac{1}{2}$ **cup** canned black beans
- $\frac{1}{2}$ **cup** cooked quinoa
- $\frac{1}{4}$ **cup** dried cranberries
- $\frac{1}{4}$ **cup** chopped raw almonds

1. Prepare potatoes: Preheat oven to 425°F. Line a baking sheet with parchment paper. In a bowl, toss sweet potatoes with coconut oil, cinnamon and half of the salt and pepper. Spread sweet potatoes in an even layer on baking sheet. Bake until potatoes are tender, 20 to 30 minutes, stirring every 10 minutes.

2. Prepare dressing: In a medium bowl, whisk vinegar, maple syrup, olive oil, Dijon mustard and remaining half of the salt and pepper.

3. Assemble salad: In a large bowl, toss together lettuce, beans and quinoa. Add dressing and toss until evenly mixed. Top with sweet potatoes, cranberries and almonds.

PER SERVING (1 recipe): Calories: 797, Total Fat: 37 g, Sat. Fat: 14 g, Carbs: 104 g, Fiber: 21 g, Sugars: 43 g, Protein: 20 g, Sodium: 725 mg, Cholesterol: 0 mg

Chickpea Avocado Smash Wraps

SERVES **1 (2 WRAPS)**.
HANDS-ON TIME: **10 MINUTES**.
TOTAL TIME: **10 MINUTES**.

Enjoy a duo of healthy lunch wraps with ingredients that are reminiscent of three favorite dips – hummus, guacamole and pesto – for a tasty explosion of flavors.

- $\frac{1}{2}$ **cup** canned chickpeas, drained
- $\frac{1}{2}$ avocado, peeled
- 1 tbsp** fresh lime juice
- 1 tbsp** minced fresh basil
- $\frac{1}{2}$ **tbsp** nut butter (any kind)
- $\frac{1}{8}$ **tsp** each sea salt and ground black pepper
- 2 7-inch** corn tortillas
- $\frac{1}{2}$ **cup** loosely packed baby spinach
- $\frac{1}{2}$ tomato, sliced

1. In a bowl, mash together chickpeas, avocado, lime juice, basil, nut butter, salt and pepper.

2. To assemble wraps, divide chickpea mixture among tortillas. Divide spinach and tomato slices among wraps, fold in sides and roll to secure fillings.

PER SERVING (1 recipe/2 wraps): Calories: 480, Total Fat: 23 g, Sat. Fat: 3 g, Carbs: 62 g, Fiber: 18 g, Sugars: 7 g, Protein: 14 g, Sodium: 458 mg, Cholesterol: 0 mg





Pumpkin Pie Smoothie

SERVES 1.
HANDS-ON TIME: 5 MINUTES.
TOTAL TIME: 5 MINUTES.

This protein-rich smoothie tastes like pumpkin pie but doesn't come with the sugar crash. For an indulgent garnish, top with a dollop of coconut cream.

- ½ cup** canned full-fat coconut milk
- 1 scoop** plant-based protein powder
- ¾ cup** canned pumpkin purée
- ½ cup** water
- 1 tbsp** ground golden flaxseed
- ½ tbsp** pure maple syrup
- ¼ tsp** ground cinnamon
- Pinch** each ground ginger, cloves and nutmeg
- whipped coconut cream, for garnish, optional

Place all ingredients in a blender and blend until smooth. Garnish with coconut cream (if using).

PER SERVING (1 recipe): Calories: 461, Fat: 28 g, Sat. Fat: 22 g, Carbs: 27 g, Fiber: 6 g, Sugars: 14 g, Protein: 28 g, Sodium: 355 mg, Cholesterol: 0 mg

Pumpkin Tacos

SERVES 4. **HANDS-ON TIME: 30 MINUTES.** **TOTAL TIME: 1 HOUR.**

Enjoy tacos with a seasonal fall twist by using pumpkin instead of meat. Featuring homemade refried black beans and guacamole, these tacos are uber satisfying.

TACOS

- 2 cups** peeled, seeded and diced baking pumpkin or butternut squash
- 2 tbsp** coconut oil, melted
- 1 tsp** ground cayenne pepper
- 8 7-inch** corn tortillas
- 2** tomatoes, diced
- 1 cup** fresh cilantro leaves
- 1** lime, cut into wedges

REFRIED BEANS

- 1 tbsp** coconut oil
- ½** small yellow onion, diced
- 2 cloves** garlic, minced
- 1 tsp** chile powder
- 2 cups** canned black beans, drained
- ⅓ cup** water
- ½ tsp** sea salt
- ½ tsp** ground black pepper

GUACAMOLE

- 1½** avocados, peeled and pitted
- 1 clove** garlic, minced
- ½** lime, juiced

- 1.** Preheat oven to 400°F. Line a baking sheet with parchment paper.
- 2.** Prepare taco filling: In a large bowl, toss pumpkin with oil and cayenne and spread on baking sheet; bake 30 minutes, or until tender, stirring every 10 minutes.
- 3.** Prepare refried beans: In a skillet over medium, heat oil. Add onion and sauté until translucent, about 3 minutes. Add garlic and chile powder and sauté 1 minute. Add beans and sauté 4 minutes. Stir in water, salt and pepper. Using the back of a spatula or a potato masher, mash the beans to desired texture and heat and stir until thickened, about 5 minutes more.
- 4.** Prepare guacamole: In a medium bowl, mash together avocado, minced garlic and lime juice.
- 5.** Assemble tacos: To make 1 serving, spread ¼ of the refried beans across 2 tortillas; top with ¼ each of the roasted pumpkin, diced tomato, cilantro and guacamole. Serve with lime wedges.

If following our Meal Plan, refrigerate leftovers in separate containers. Reheat beans and pumpkin and assemble tacos when called for.

PER SERVING (2 tacos): Calories: 511, Total Fat: 24 g, Sat. Fat: 11 g, Carbs: 67 g, Fiber: 20 g, Sugars: 6 g, Protein: 14 g, Sodium: 418 mg, Cholesterol: 0 mg





Sweet Potato Chickpea Hash

SERVES 2.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 40 MINUTES.

This colorful hash is filled with nutritious, vitamin-filled produce. For a fast morning, prepare the hash the night before and reheat it with the spinach in the morning.

- 1½ large sweet potatoes, diced
- 2 cups canned chickpeas, drained
- ½ small yellow onion, diced
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- 2 tbsp coconut oil, melted
- ½ tsp each ground cinnamon, sea salt and ground black pepper
- Pinch chile powder
- 2 cups loosely packed baby spinach, divided

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. In a large bowl, combine sweet potato, chickpeas, onion, bell pepper, garlic, oil, cinnamon, salt, pepper and chile powder until well mixed. Spread mixture in an even layer on baking sheet. Bake until sweet potatoes are tender, 20 minutes.
3. Separate mixture into 2 portions and store in refrigerator. When ready to eat, add 1 cup spinach to 1 portion of the hash and toss together on baking sheet or skillet. Reheat in the oven or on the stovetop until just heated through.

If following our Meal Plan, refrigerate leftover roasted hash and fresh spinach separately. Combine and reheat when called for.

PER SERVING (½ of recipe): Calories: 464, Total Fat: 18 g, Sat. Fat: 12 g, Carbs: 64 g, Fiber: 16 g, Sugars: 16 g, Protein: 15 g, Sodium: 868 mg, Cholesterol: 0 mg

Apple Cinnamon Breakfast Quinoa

SERVES 1.

HANDS-ON TIME: 5 MINUTES.

TOTAL TIME: 25 MINUTES.

When you think of a hot breakfast bowl, it doesn't have to start with oats. Here, we use protein-rich quinoa mixed with apple and warming spices to fuel your morning.

- ½ cup unsweetened almond milk
- ¼ tsp ground cinnamon
- ¼ tsp pure vanilla extract
- Pinch each ground cloves, ginger and nutmeg
- ¼ cup dry quinoa
- 1 small apple, diced
- 2 tbsp dried cranberries
- 2 tbsp chopped raw almonds
- ½ tbsp nut butter (any kind)
- 1 tsp pure maple syrup

1. In a saucepan, combine almond milk, cinnamon, vanilla, cloves, ginger and nutmeg; bring to a boil and stir in quinoa and apple. Reduce heat to low and simmer 15 minutes. Remove from heat and let sit, covered, 5 minutes, then fluff with a fork.

2. Transfer quinoa to a bowl and top with cranberries, almonds, nut butter and syrup.

PER SERVING (1 recipe): Calories: 456, Total Fat: 15 g, Sat. Fat: 2 g, Carbs: 75 g, Fiber: 11 g, Sugars: 36 g, Protein: 11 g, Sodium: 52 mg, Cholesterol: 0 mg



Buffalo Cauliflower with Tempeh Ranch Salad

SERVES **4**. HANDS-ON TIME: **40 MINUTES**. TOTAL TIME: **1 HOUR**.

When eating plant-based, you don't have to give up meaty, satisfying buffalo wings. Just sub cauliflower for the chicken and pair with a roasted tempeh salad to get all those familiar flavors, but with a nutritious boost.

TEMPEH

- 3 tbsp** reduced-sodium tamari or soy sauce
- 2 tbsp** apple cider vinegar
- 2 cloves** garlic, minced
- 1 tsp** pure maple syrup
- 8 oz** organic tempeh, sliced

CAULIFLOWER

- ¾ cup** brown rice flour
- 1 tsp** garlic powder
- ½ tsp** sea salt
- ⅛ tsp** ground black pepper
- 1 cup** plain unsweetened almond milk
- 1 head** cauliflower, cut into florets
- 1 tbsp** coconut oil, melted
- ⅔ cup** reduced-sodium buffalo hot sauce
- 2 tsp** pure maple syrup

SALAD

- 2** avocados, peeled and pitted
- 3 cloves** garlic
- ¾ cup** water, divided
- 2 tbsp** apple cider vinegar
- 3 tbsp** fresh dill
- 2 tsp** dried parsley
- 2 tsp** freeze-dried chives
- 1 tsp** each sea salt and ground black pepper
- 1 head** romaine lettuce, chopped
- 2½** tomatoes, cut into wedges
- 1** cucumber, diced

1. Prepare tempeh: Preheat oven to 450°F. Line 2 baking sheets with parchment paper. In a shallow bowl or pan, combine tamari, vinegar, garlic and maple syrup. Add sliced tempeh and toss to coat. Set aside to marinate for 20 minutes.

2. Prepare cauliflower: In a large bowl, combine flour, garlic powder, salt and pepper. Whisk in milk until batter is smooth. Working in batches, toss cauliflower florets in batter and remove with a fork, letting excess drip off; place on 1 prepared baking sheet. Bake 20 minutes, turning florets halfway through.

3. In a separate bowl, combine oil, hot sauce and maple syrup. When cauliflower is done baking, toss florets in hot sauce mixture and return to baking sheet. Place marinated tempeh on other baking sheet. Place both baking sheets in oven and bake 20 minutes, alternating sheets after 10 minutes.

4. Prepare salad: In a blender, place avocados, garlic, half of water, vinegar, dill, parsley, chives, salt and pepper; blend until smooth. Set aside ¼ of dressing mixture to use as a dipping sauce. To remaining ¼ of dressing, add remaining half of water; blend and set aside to use as dressing.

5. Assemble salad: In a bowl, toss ¼ each of the chopped romaine, tomato wedges, cucumber and salad dressing; top with ¼ of the baked tempeh. Eat with ¼ of the buffalo cauliflower and ¼ of the dipping sauce.

If following our Meal Plan, refrigerate leftovers in separate containers. Assemble salad and reheat buffalo cauliflower when called for.

PER SERVING (¼ of recipe): Calories: 589, Total Fat: 27 g, Sat. Fat: 7 g, Carbs: 73 g, Fiber: 15 g, Sugars: 24 g, Protein: 23 g, Sodium: 1,272 mg, Cholesterol: 0 mg



SHOPPING LIST

PROTEINS & DAIRY

- ☐ 1 8-oz package organic tempeh
- ☐ 1 package plant-based protein powder

VEGGIES & FRUITS

- ☐ 3 avocados
- ☐ 3 small apples
- ☐ 5 avocados
- ☐ 3 large sweet potatoes
- ☐ 1 head cauliflower
- ☐ 1 cucumber
- ☐ 1 red bell pepper
- ☐ 1 small yellow onion
- ☐ 2 heads romaine lettuce
- ☐ 1 bag baby spinach
- ☐ 2 limes
- ☐ 1 large head garlic
- ☐ 1 bunch fresh basil
- ☐ 1 bunch fresh cilantro
- ☐ 1 bunch fresh dill
- ☐ 2 4-oz bags dried cranberries
- ☐ 1 baking pumpkin or butternut squash
- ☐ 6 tomatoes

WHOLE GRAINS

- ☐ 1 bag quinoa
- ☐ 1 bag brown rice flour
- ☐ 14 7-inch corn tortillas

NUTS, SEEDS & OILS

- ☐ 1 bottle extra-virgin olive oil
- ☐ 1 jar coconut oil
- ☐ 1 14-oz can full-fat coconut milk
- ☐ 1 32-oz carton unsweetened almond milk
- ☐ 1 jar unsweetened nut butter (any kind)
- ☐ 6 oz raw almonds
- ☐ 1 bag ground golden flaxseed

PANTRY STAPLES

- ☐ 1 15-oz BPA-free can pumpkin purée
- ☐ 2 15-oz BPA-free cans chickpeas
- ☐ 2 15-oz BPA-free cans black beans
- ☐ 1 bottle apple cider vinegar
- ☐ 1 bottle reduced-sodium buffalo hot sauce
- ☐ 2 bottle reduced-sodium tamari or soy sauce
- ☐ 1 jar Dijon mustard
- ☐ 1 bottle pure vanilla extract
- ☐ 1 bottle pure maple syrup
- ☐ 1 bottle freeze-dried chives
- ☐ 1 bottle dried parsley
- ☐ 1 bottle cayenne pepper
- ☐ 1 bottle chile powder
- ☐ 1 bottle ground cinnamon
- ☐ 1 bottle ground cloves
- ☐ 1 bottle garlic powder
- ☐ 1 bottle ground ginger
- ☐ 1 bottle ground nutmeg
- ☐ 1 bottle ground black pepper
- ☐ 1 bottle sea salt

BANANA SPLIT NICE CREAM

SERVES 5.

- 3 tbsp** coconut oil
- 2 tbsp** unsweetened cocoa powder
- 2 tbsp** pure maple syrup, divided
- 3 cups** sliced and frozen bananas
- ¼ cup** toasted walnuts + 2 tbsp for garnish
- 1 cup** frozen strawberries
- 3 tbsp** plain unsweetened almond milk
- 2 tbsp** dried unsweetened pineapple, chopped

1. In a heat-proof bowl over a pot of simmering water, melt coconut oil. Remove from heat and whisk in cocoa powder and 1 tbsp maple syrup. Set aside to cool.

2. Line an 8 x 8-inch baking pan with parchment paper. To a high-powered blender or food processor, add bananas and purée until smooth. Add ¼ cup walnuts and pulse 3 to 4 times to break up. Transfer mixture to baking pan.

3. To blender, add strawberries, milk and remaining 1 tbsp maple syrup. Purée until smooth. Swirl mixture into baking pan. Drizzle in chocolate mixture and swirl to incorporate. Top with pineapple. Chop remaining 2 tbsp walnuts and sprinkle on top. Cover and freeze for at least 2 hours. If freezing for longer, thaw in the refrigerator for 15 to 30 minutes to soften slightly.

PER SERVING (1 cup): Calories: 274, Total Fat: 15 g, Sat. Fat: 8 g, Monounsaturated Fat: 1.5 g, Polyunsaturated Fat: 4.5 g, Carbs: 38 g, Fiber: 5 g, Sugars: 22 g, Protein: 3 g, Sodium: 17 mg, Cholesterol: 0 mg



CHOCOLATE CHERRY ALMOND NICE CREAM

SERVES 5.

- 1 15-oz** BPA-free can full-fat coconut milk
- 2 cups** sliced and frozen bananas
- ⅓ cup** unsweetened cocoa powder
- ⅓ cup** natural smooth almond butter
- 3** Medjool dates, pitted
- 2 tbsp** pure maple syrup
- 1 tsp** pure vanilla extract
- 1 cup** frozen dark sweet cherries, chopped

- + 2 tbsp for garnish slivered almonds, for garnish, optional
- cacao nibs, for garnish, optional

1. Line an 8 x 8-inch baking pan with parchment paper. In a high-powered blender or food processor, purée coconut milk, bananas, cocoa powder, almond butter, dates, maple syrup and vanilla until smooth. Pour into baking pan.

2. Stir in 1 cup cherries. Garnish with additional cherries and, if using, top with slivered almonds and cacao nibs. Cover and freeze for at least 2 hours. If freezing for longer, thaw in the refrigerator for 15 to 30 minutes to soften slightly.

PER SERVING (1 cup): Calories: 397, Total Fat: 27 g, Sat. Fat: 16 g, Monounsaturated Fat: 6.5 g, Polyunsaturated Fat: 3 g, Carbs: 40 g, Fiber: 7 g, Sugars: 23 g, Protein: 7 g, Sodium: 16 mg, Cholesterol: 0 mg

PEACHES & CREAM NICE CREAM

SERVES 5.

- 1 cup** BPA-free canned full-fat coconut milk
- ½ cup** raw unsalted cashews
- 2 tbsp** raw honey, divided
- 2 tsp** pure vanilla extract
- 4 cups** frozen peach slices
- ½ cup** cooked sweet potato, mashed
- 3 tbsp** collagen powder
(**TRY:** NeoCell Super Collagen Powder)
- ⅓ cup** unsweetened coconut chips

1. Prepare coconut cream: In a high-powered blender or food processor, purée milk, cashews, 1 tbsp honey and vanilla; transfer to a bowl and set aside. To blender, add peaches, sweet potato, collagen and remaining 1 tbsp honey; purée until smooth.

2. Line an 8 x 8-inch baking pan with parchment paper. Pour peach mixture into pan. Swirl in coconut cream and top with coconut chips. Cover and freeze for at least 2 hours. If freezing for longer, thaw in the refrigerator for 15 to 30 minutes to soften slightly.

PER SERVING (1 cup): Calories: 298, Total Fat: 18 g, Sat. Fat: 12.5 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 30 g, Fiber: 4 g, Sugars: 20 g, Protein: 9 g, Sodium: 28 mg, Cholesterol: 0 mg



PEACHES & CREAM NICE CREAM PHOTO BY BEATA LUBAS