

The Vitamix logo, featuring a stylized white swirl icon to the left of the word "Vitamix" in a bold, white, sans-serif font. The background of the entire image is a top-down view of a wooden cutting board with two burgers, a bowl of orange sauce, and roasted cauliflower. A metal brush with a wooden head is visible in the upper left, and a metal bowl with a white substance is in the bottom left corner.

Nourished by Nature

YOUR GUIDE TO EATING A
PLANT-BASED DIET WITH VITAMIX



More Whole Foods in Every Meal

The Vitamix high-performance blender was created to help people get more whole food goodness into their diets. Since Papa Barnard established the business in 1921, we've been on a mission to help unlock the power of plants and make it easier than ever to enjoy more fruit, vegetables, nuts, pulses and grains.

We know that eating well means different things to different people, but fundamentally we all know that eating more plants and whole foods is generally a good thing. Eating plant-based doesn't mean that you are vegetarian or vegan and never eat meat or dairy. Rather, you are choosing more of your foods from plant-based sources. Plant-based diets come in lots of shapes and sizes, and you should choose the version that works for you. Whether you're vegan, flexitarian, pescatarian or just giving plant-based a go there's something in this ebook for you.

Starting your plant-based journey can be daunting, even if you're not going fully vegan. It might sound like a great idea but where to start? In this ebook and continuing over at [Vitamix.com](https://www.vitamix.com) we'll share our knowledge and inspire you with recipes that will give you the confidence to make the changes that are right for you.

ARTICLE

A plant-based day

By Bettina Campolucci Bordi, culinary wellness guru, social media star and Vitamix owner

What I eat in a day varies on the time of year, the seasons and the country that I am in. At the moment I live in the United Kingdom which has four glorious seasons with many incredible ingredients available. In winter I love eating porridge with nut butter, warm apples and pears. Or for something savoury I reach for toast with toppings such as hummus and griddled greens. One thing that never changes is my morning smoothies, which my daughter and husband have too. We have plant milk, berries and various tinctures and powders inside too.

If I am out, I will have lunch on the go, but if we are at home we have a substantial lunch. It tends to be our biggest meal of the day in the form of a soup, curry, stir fry or grain bowl with toppings. Dinners are lighter and can sometimes be pasta with sauces or laksa and sometimes just a snack. I love preparing a few bits ahead during the week such as my pumpkin seed pesto, my sambal sauce, a few plant milk alternatives and sometimes even nut-based cheeses which are great to have handy during the week. Pastes, pestos and sauces elevate and take your ordinary meals to the next taste level.



My tried and tested tips to eat healthily without breaking the bank

Making your own plant milks

Nut milk can be expensive to buy fresh (or impossible, if you don't have anywhere locally that buys and sells their own). Even the long-life variety in cartons and cans are either expensive or contain nasty additives, sugars, and preservatives that you don't need. Making your own is a far cheaper option and much easier than you might think. Coconut milk can be cheap to make, and of the nut and seed varieties almond, cashew and sunflower seed are usually the most economical.

Eat More Veggies!

I always find a reason to advocate extra veggies! But it's true, eating more vegetables is not only good for your health, it's also great for your wallet. The high fibre and nutritionally dense nature of fruits and vegetables mean you can fill up on them and stay satiated for less money. Look for in-season produce, it's cheaper than buying imported or out-of-season vegetables - plus they are more nutritious and taste better too!

Buy in bulk

Nuts, seeds and specialised flours can be expensive when bought in small amounts so buy in bulk to save money in the long run. Find a wholesaler that sells in larger quantities and then just store everything in airtight containers and jars to keep it fresh.

Buy Seasonal, Local and Preferably Organic

It can be a little more effort to hunt out a place local to you selling organic, seasonal produce, but if you can make the effort, it really is worth it. Find a weekend farmers market in your area and make it a ritual to visit - make a morning of it, it's a lovely tradition to have with friends and children. Learn to eat smaller quantities of good quality produce over more of the not-so-good stuff. Buy things like tomatoes in bulk, make a batch of sauce and freeze. Strawberry season? Freeze them in portions and use for smoothies all year round.

Use Dry Beans and Pulses Over Canned

You'll need to soak and cook them first, but the little extra effort will be rewarded with superior flavour and more product for less money. Cook up big bean casseroles, soups, stews, hummus, and dips to use throughout the week. I like to bulk boil two to three different varieties of beans and pulses and freeze in portion sizes so that I always have them on hand to grab when I need them.

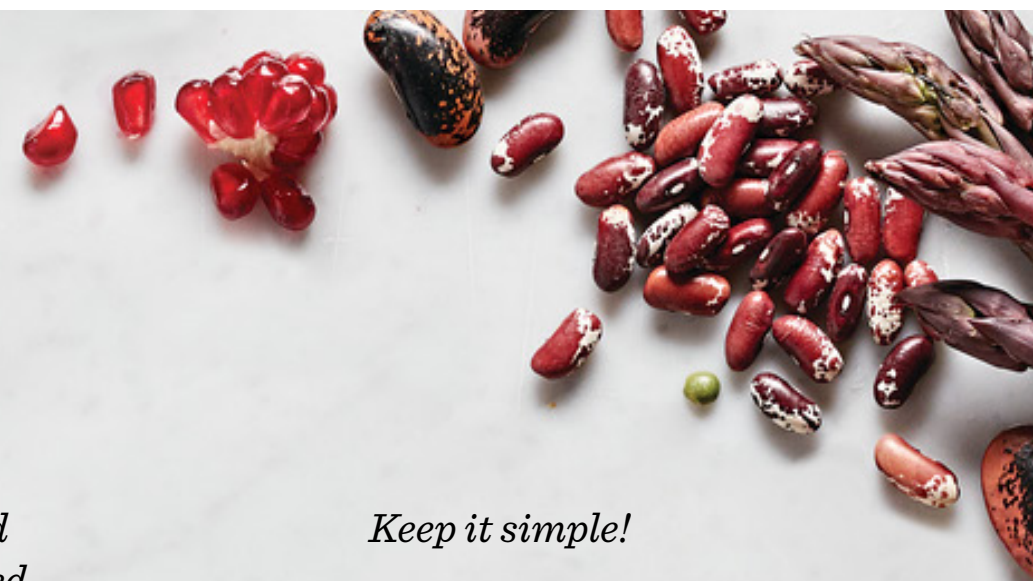
Batch Cook

Expanding on an earlier point - batch cooking is your friend! I've gotten into the habit of cooking in bulk at the weekend, that way, if I get home late from work and just can't be bothered cooking, I have a healthy meal ready to go. You can store in the fridge for use during the week or freeze in portions.

This always sways me from defaulting to a takeaway, which would be the easier option if I hadn't planned ahead. This is also a great method to have perfected for when you have hungry kids who want food NOW! Just whip out a healthy stew, reheat, and you have happy kids full up on good stuff!

Keep it simple!

Don't go overboard with adding toppings and extra ingredients and don't go crazy buying specialised ingredients in the health shops. I know the nice packaging and health promises are tempting but you can make some really delicious, healthy meals with a few basic ingredients. It's so much cheaper and makes your healthy lifestyle more sustainable, too.



Getting started

5 DAY PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1	All green smoothie	Pistachio, date, quinoa salad	Vegan moussaka	Avocado fudge balls
DAY 2	Apple raisin cracked wheat cereal with almond milk	Thai ginger soup with cashews	Roasted cauliflower with parsley dressing	Sweet and spicy beet spread
DAY 3	Beet pomegranate citrus smoothie	Toasted pitta and kale salad	Veggie burger	Cauliflower hummus
DAY 4	Apple raisin cracked wheat cereal with almond milk	Pistachio, date, quinoa salad	Bettina's quick laksa	Crunchy protein bliss balls
DAY 5	Peanut butter on toast	Pea soup with ajo blanco	Creamy vegan veg & cheese	Blueberry avocado nice cream

Find all these recipes and more at [Vitamix.com/nourished-by-nature](https://www.vitamix.com/nourished-by-nature)



We have been celebrating the value of whole foods for 100 years and have helped millions of people add more plants to their diet, so we know that, whatever version of plant-based you follow, it couldn't be easier with Vitamix.

Soups and smoothies are a great place to start - they are ready in minutes and you can throw in so many different colours and nutrients. They're also a great place to throw in plant-based proteins like hemp or pea powder or legumes for an added nutrient boost.

Getting started with smoothies and soups

You know that replacing meat, dairy and / or fish with plant-based food might be something you'd like to try. But where to begin?

You don't have to go all-in straight away - an easy way to get going is to replace one meal a day with something entirely plant-based and go from there. It's also common to worry about whether you'll have enough energy, protein and nutrients and if you'll get bored eating the same things all the time. With a bit of knowledge, this doesn't have to be the case - there are a huge variety of recipes to give you the energy and nutrients you need with plants.



Thai ginger soup with cashews

PREP TIME: 10 MINUTES / TOTAL TIME: 15 MINUTES
YIELD: 4 PORTIONS

Ginger and chilli lend a zesty flavour to this soup, while cashews give it a hearty creaminess.

Ingredients:

- 480ml water
- 100g carrot
- 100g cabbage
- 1 celery stalk, halved
- 1 red bell pepper
- 1 courgette, halved
- 1 green onion
- 1 lime
- ½ garlic clove
- 1 Tablespoon fresh ginger root
- 1 red chilli, optional
- 125g cashews
- 1 Tablespoon fresh coriander leaves
- 1 teaspoon honey, optional
- 1 vegetable stock cube

Directions:

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed.
3. Blend for 5 minutes 45 seconds or until heavy steam escapes from the vented lid. Serve immediately.

Top tip:

Add 120ml of coconut milk at the end of the blending cycle to give the soup a richer flavour.





Getting creative

Eating less or no meat doesn't mean limiting your creative potential in the kitchen.

Vitamix can make plant-based sauces, dips, spreads and burgers easy to throw together when you want weekday goodness on the table, fast. You can even rustle up alternatives to cheese - one of the things people tell us they miss most when they go vegan.

Creamy vegan veg'n'cheese

PREP TIME: 3 MINUTES / TOTAL TIME: 12 MINUTES*

YIELD: 2 PORTIONS

Contributor: Coconut Bowls

Enjoy this deliciously creamy plant-based sauce - perfect for stirring through pasta and vegetable dishes.

Ingredients:

- 200g cashew nuts, soaked overnight
- 200ml unsweetened almond milk
- 4 Tablespoons nutritional yeast
- 1 teaspoon mustard powder
- 80g vegan cheese, grated
- Pinch of salt
- Few twists of black pepper
- 80g pasta of choice
- ½ medium leek, sliced
- 8 spears tenderstem broccoli
- 100g frozen peas, defrosted
- 1 courgette, sliced
- Extra unsweetened almond milk

Top tip:

Any remaining sauce can be stored in an airtight container in the fridge for up to 3 days or frozen.

*Plus overnight soaking time for cashews

Directions:

1. Weigh out the cashew nuts into a bowl and cover with cold water. Cover and leave to soak overnight or for a minimum of 4 hours.
2. Once the cashew nuts have soaked, drain and rinse in cold water and add them to a Vitamix container. Now add the vegan cheese, nutritional yeast, mustard powder, ground pepper, salt and pour in the plant-based milk. Blend until you have a smooth creamy sauce, then set to one side.
3. Meanwhile, cook your chosen pasta according to the instructions on the packet. Lightly pan fry the leeks, courgettes, tenderstem broccoli and peas.
4. In a medium pan on the hob add the pasta, vegetables and spoon over half of the vegan cheese sauce. Gently heat and stir the sauce through; you may wish to add some more liquid to thin the sauce. Heat until hot and serve immediately.



Do it yourself – alternatives to plant-based convenience food

Many people turn to plant-based convenience food like ready meals and dairy-free sweet treats in the belief that because it's vegan, it must be the healthy option.

This isn't always the case, and usually, it's far better to make your own versions. There are so many ways in which Vitamix can help you do this. From on the go snacks to impressive desserts, there's no need to compromise on nutrition when you go plant-based.



Cacao bliss balls

PREP TIME: 10 MINUTES / TOTAL TIME: 1 HR 25 MINUTES*

YIELD: ROUGHLY 10 BALLS

Contributor: RawBlend

These keep for a week in the refrigerator so you can have them on hand for a healthy chocolate fix on the go. You'll need to use the tamper to really give the ingredients a good push towards the blades while you blend.

Ingredients:

- 175g medjool dates (pitted)
- 75g slivered almonds
- 75g cashews
- 35g cacao powder
- 70g coconut oil (melted)
- 20g shredded coconut
- Pinch of Himalayan sea salt
- 1 Tablespoon chia gel (mix 2 teaspoons chia seeds with 2 Tablespoons water to form a gel)

Directions:

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select the highest speed and pulse the machine 5 times, for 3 seconds each time, to get things moving.
3. Start the blender on its lowest speed, then quickly increase to its highest speed. Use the Tamper to push ingredients towards the blades.
4. Blend for 45 to 60 seconds or until you have a nice dough consistency.
5. Roll the balls in any extra shredded coconut to coat and place on a plate lined with greaseproof paper.
6. Put the balls in the freezer for about an hour and take out just before serving.

*Including chilling time





Plant power for life

Making things easy and appealing is key to sustaining a plant-based lifestyle.

We also know that sharing great food with family & friends is important. With our recipes, you can surprise and delight everyone with a huge range of plant-based creations.

Quick Laksa

PREP TIME: 3 MINUTES / TOTAL TIME: 10 MINUTES
YIELD: 2 SERVINGS

Contributor: Bettina Campolucci Bordi

This laksa packs a whole lot of flavour. Ready in no time at all, get ready to experience a wonderful blend of creamy and comforting veggies and noodles with a kick.

Ingredients:

- 2 rice noodle nests (approx. 200g)
- 1 onion, sliced
- 4 mushrooms, sliced
- 1 large handful of kale
- Salt and pepper
- Chopped spring onions or coriander to serve

For the base:

- 1 shallot, chopped
- ½ lime, skinned and chopped
- ½ chilli
- 30g cashews
- 1 teaspoon coriander seeds
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- 1 teaspoon sweet paprika
- 400ml coconut milk

Directions:

1. Put the rice nests in a large bowl and cover with water from the kettle. Leave to stand.
2. Place all base ingredients into the Vitamix container in the order listed and secure the lid. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend until smooth and creamy.
3. Heat a little olive oil in a large frying pan and fry the sliced onion and mushrooms for about 5 minutes until nice and soft. Add the base cream to the pan and gently bring to a simmer. Drain the noodles and add them to the pan with a handful of kale and give it a good mix until it's nice and hot. Season with salt and pepper to taste and serve immediately with some fresh spring onion and coriander.





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