

Disease Reversal and Prevention

DIGEST

A publication of The Plantrician Project

ISSUE 4 • SUMMER 2020

FEATURING

*Four success
stories that
show the power
of a healthy
lifestyle*

RECIPES YOUR
WHOLE FAMILY
WILL LOVE

PLUS

Food, Health
& Politics

The Path Toward
Regenerative Healthcare

Art as
Medicine





The Plantspiration Story

In 2012, my fifteen-year-old daughter went vegan, and my husband and I started researching to prove to her how unhealthy her diet was. We were seriously concerned.

I could understand and support the ethical aspect as she presented the facts, but I was worried about protein deficiency — where would she get her protein? And how could she survive without calcium from milk? She would surely become frail and weak. I also freaked out over the soy she was eating because I had heard that soy promotes cancer. In short, I had all the common concerns that most people have when they hear the word “vegan.”

I began my online search with, “How long can we live without eating meat?” And I found that we can not only survive but actually thrive without consuming animal products.

During this time, my husband was recovering from what would be the ninth surgery between the two of us in eleven months, and I was debating double knee replacements. I decided it was the perfect time to have my family watch the *Forks Over Knives* documentary together.

This was the beginning of recognizing that the Standard American Diet (SAD) was likely a key factor in our failing health in our 40s, and, seeing my children following this pattern, I decided to immediately transition my whole family to

eating only plants. As a mother, I thought it was important to keep my family safe. I certainly didn’t want them to suffer a life of being overweight, sick, and dieting every day as I had. Just like I buckled them up in the car for protection, I stopped bringing animal products into the house to prevent us from getting hurt. What happened next was more than eye-opening.

Not only did I lose 100 pounds and reverse my own disease, but we as a family lost a total of 250 pounds after adopting a plant-based lifestyle. Almost eight years later, we have effortlessly kept the weight off without counting calories or points and without measuring or weighing our food. This truly gave us our lives back and gave me a new mission.

After regaining my health, I felt it was my obligation to pay it forward. I began showing others just how easy, delicious, and inexpensive it was to go plant-based and how they too could improve not just the quality of their own life but also the lives of their family, neighbors, and loved ones.

In February 2017, I earned my certificate in Plant-based Nutrition at eCornell through T. Colin Campbell Center for Nutrition Studies and took my

passion a step further. I founded Plantspiration NFP Inc., a nonprofit that aims to educate, motivate, and inspire people and other families around the world to adopt and experience the life-saving benefits of a plant-based diet.

“Most people are unaware that they have choices and alternative ways for treating disease.”

Through Plantspiration, I work to dispel the myths surrounding plant-based eating; show the correlation between consuming animal products and chronic disease; and explain why a person's doctor may not have told them about this correlation. I have been astounded by the results and successes of people who have adopted a plant-based diet.

In January 2019, I began holding weekly Plantspiration meetings out of my home, where I encouraged people to try new foods and taught them new ways to cook and prepare meals — to enjoy the wonderful flavors they love, using plants! A few months later, I became a licensed Food For Life Instructor with The Physicians Committee for Responsible Medicine and wasted no time bringing this award-winning nutrition education and cooking

program back to my community, where I teach weekly classes.

I have been called the Plant Interventionist because I work with many people coast-to-coast and across the globe who have given up hope. I have so much empathy and compassion for others who struggle with health issues and chronic illness! Most people are unaware that they have choices and alternative ways for treating disease. I feel an urgency to inform families, moms, dads, and caretakers that there is a healthier way to live and that it's their job to stop bringing harmful foods into their home; children are not going to research the benefits of a plant-based diet, and they aren't doing the grocery shopping for themselves.

It's easy for me to relate with and encourage people who are struggling with health/diet issues. In sharing about my lifetime struggles, diseases, and yo-yo dieting history, I help them understand that they too can achieve optimum health and wellness while reversing their diseases and preventing future illness.

In my spare time, I am an avid cyclist and enjoy trail riding with my husband, John. I also love spending time with my family and creating new recipes and vegan traditions with them.

Tip: I tell people to take every bite seriously.



The Ignoffo family, before and after, switching to a whole food, plant-based lifestyle.

Delicious Macro Bowl

BY STEFANIE IGNOFFO



This is our family's favorite recipe. I love it because it also inspires people to try foods and ingredients they have never eaten before. It's great for people transitioning to a whole foods, plant-based lifestyle, and everyone loves it! Some people call them macro bowls, nourishing bowls, or Buddha bowls; I call them delicious.

STEP 1: BAKE PLANTSPIRATION CHICKPEAS

15 oz chickpeas

1/8 tsp garlic powder

1/2 tsp dill

1 1/2 tsp nutritional yeast

1 tsp lemon juice

1/4 tsp apple cider vinegar

Add more or less seasoning as desired. Eat raw or bake on parchment @ 425°F for 40 minutes, tossing halfway. Makes an excellent crunchy snack!

STEP 2: MAKE GARLIC & LEMON TAHINI DRESSING

1/2 cup tahini (from raw or roasted sesame seeds)

1/4 tsp sea salt (plus more to taste)

1/4 tsp garlic powder

1/2 fresh squeezed lemon

1/4 cup warm water (plus more as needed)

1. Add tahini, sea salt, and garlic powder to a small mixing bowl and whisk to combine.
2. Add water a little at a time, continuing to whisk, until you have a creamy, pourable sauce.
3. Taste and adjust seasonings as needed. Tahini is meant to be the prominent flavor, but add garlic powder for more garlic flavor or sea salt for saltiness.

Store covered in the refrigerator for 1–2 weeks.

STEP 3: BUILD MACRO BOWL

1. Toss in large bowl:
 - Head of kale (rinse, chop, squeeze, and massage lemon juice into it to get rid of the bitter taste)
 - Cooked quinoa
 - Sweet potato (cubed and steamed/baked)
 - Plantspiration Baked Chickpeas
 - Sliced cucumber
 - Sliced cherry tomatoes

2. Top with tahini dressing and enjoy!

This sauce is ideal for salads, veggie burgers, baked veggies, and more!



Lasagna with Cashew Tofu Ricotta

BY NOAH KAUFFMAN

From The Vegan Starter Kit by Neal Barnard, MD

This is the number one for inspiring families to go plant-based! Who doesn't love lasagna? And it's so easy.
— Stefanie Ignoffo

INGREDIENTS

Dry lasagna noodles, cooked according to package directions
2 (12 oz) packages silken tofu (extra firm)
¾ cup cashews
2 tsp dried basil
2 Tbsp lemon juice
24 oz commercial pasta sauce

Makes: 8 servings

DIRECTIONS

1. Preheat the oven to 350° F. Boil lasagna noodles, then drain and rinse with cold water.
2. Combine tofu, cashews, basil, and lemon juice in a food processor or blender and process until smooth.
3. Layer in a lightly oiled lasagna pan: pasta sauce, 3 cooked noodles, and tofu-cashew mixture. Repeat with another layer of sauce, 3 more noodles, and tofu-cashew mixture.
4. Top with more sauce, the remaining 3 noodles, and remaining sauce. Bake uncovered for 20–30 minutes.