

**#WSLF**

*Whole Starch Low Fat*

A SIMPLE FOUNDATION FOR HEALTHY EATING

*mi & ms  
Vegan*

# *Make It Your Way!*

## **#WSLF** Moderate

Eat whole starch with added whole grain breads, corn tortillas and potatoes Monday through Friday. Enjoy richer vegan foods on the weekend with added activity.

## **#WSLF** Rapid

For stubborn weight loss consider 50/50 veg and whole starch. Add on richer whole vegan foods and processed grains during periods of increased activity and when goal weight is achieved.

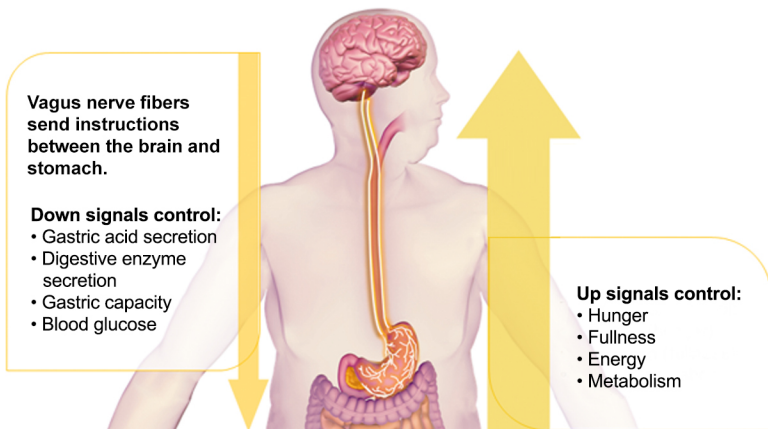
## **#WSLF** Extreme

As a last resort, consider increasing your veg to whole starch ratio beyond 50%. The increased volume of food will help speed up your metabolism.

# The journey starts with Whole Starch Low Fat!



Starches break down in the digestive system and signal the brain via the Vagus nerve that you have eaten. No other dietary component activates this signaling method. #WSLF creates nutritional fullness and physical fullness through well-documented and studied satiety research.



# BUILD THE *Perfect Plate*

**#WSLF**  
Moderate



**#WSLF**  
Rapid



**#WSLF**  
Extreme





Always make sure your food tastes amazing! Need it sweeter or saltier? It's okay to shake on some extra flavor at the table!



### **Leafy Greens & Colorful Vegetables**

- Lettuce, spinach, cabbage, collards, kale, bok choy, watercress, chard
- Asparagus, broccoli, brussels sprouts, carrots, cauliflower, green beans, corn, mushrooms, onions, green peas, peppers, tomatoes, zucchini



### **Whole Grains, Starchy Vegetables & Legumes**

- Rice, oats, quinoa, barley, buckwheat, millet, spelt, whole-grain pasta or bread
- Potatoes, beets, parsnips, pumpkin, sweet potatoes, winter squashes
- Adzuki beans, cannellini beans, kidney beans, lima beans, lentils, navy beans, pinto beans, black beans, split peas, tempeh



### **Fruit**

Apples, oranges, bananas, stone fruit, berries, melons, pineapples, pears, grapes, lemons, limes, grapefruits



### **Water**

Choose water as your primary beverage or herbal, non-caffeinated teas.



### **Sweetener**

Use sweeteners sparingly; sugar calories are your primary source of fuel, requiring you to burn through them almost entirely before you can operate on fat calories.



### **Salt**

Minimize salt intake by using no/low sodium ingredients when cooking. To maximize salt to tongue contact, use salt on top of the food at the table in small quantities.

**#WSLF**

*Secret*

Healthy fats & lean meats aren't always healthy or lean enough to be a part of #WSLF. #WSLF foods contain the optimal amount of healthy fat & protein.

# Energize



## PERFECT BREAKFAST BOWL

### SPICES & SWEETENERS

Cinnamon, ginger, nutmeg, allspice, dried orange peel, brown sugar

### FRUITS & VEGETABLES

Bananas, apples, berries, peaches, citrus fruit, sweet potatoes

### COOKING LIQUID

Water, coconut water, unsweetened almond milk, soy milk, rice milk, oat milk, hemp milk

### GRAIN

Quinoa, brown rice, rolled or steel-cut oats, millet, whole-grain cereal (no added ingredients)

# GET COOKING WITH #WSLF FOODS



Prepare your base grains or vegetables.



Add your water or unsweetened non-dairy milk.



Experiment with sweet fruits & delicious toppings.

## LAYER YOUR OWN BREAKFAST BOWL OR CHOOSE ONE OF THESE FLAVORFUL FAVORITES

### Fruity Pebblez

Oil-free granola + almond milk + blueberries + strawberries

### Jazzy Raspberry

Steel-cut oats + soy milk + raspberries + ginger

### Nana Rice

Brown rice + almond milk + sliced bananas + cinnamon

### Tex Mex

Quinoa + vegetable broth + diced tomatoes + cilantro + onions

### Savory Sun-Dried Tomato

Millet + vegetable broth + garbanzo beans + sun-dried tomatoes + green onions

### Sweet Sunrise

Diced sweet potatoes + almond milk + brown sugar + nutmeg

### Apple Spiced Oats

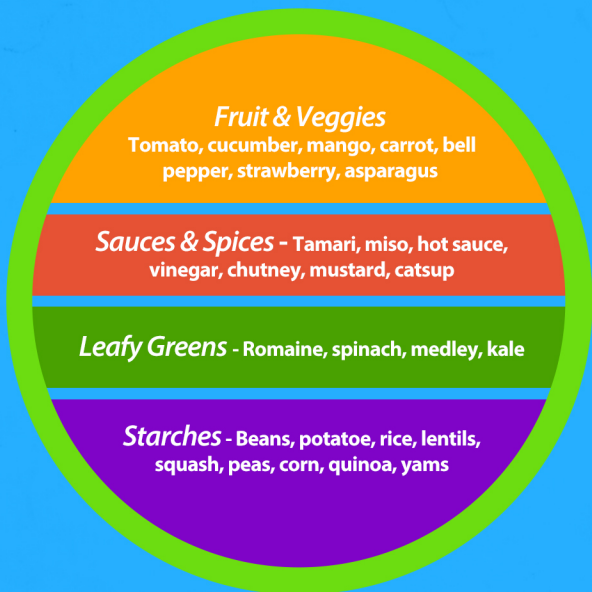
Rolled oats + almond milk + diced apples + cinnamon + nutmeg

#WSLF

*Secret*

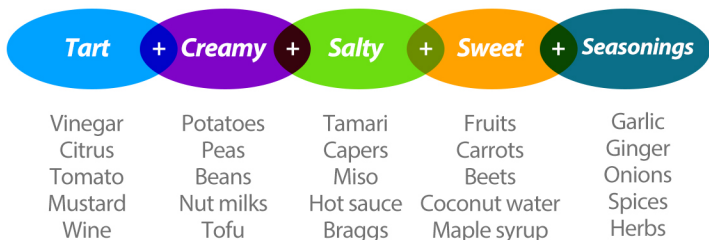
No prep needed if you shop the frozen aisle for greens, vegetables and fruits. Plus, you can use as little or as much as you need, and return the package to the freezer.

# SATISFYING SALADS OR TRANSFORMATIVE WRAPS



## Add Flavor with Spreads & Sauces

It's easy to make super-tasty sauces, spreads and dressings bursting with flavor not fat! When you choose one or more ingredients for each category below, it adds up to healthy and delicious.







**#WSLF**

*Secret*

Use nori or lettuce for wraps instead of tortilla or pita. Tortillas often have hidden fats and extra calories.

# Score The Perfect Plate

## The Combinations are Endless!

It is so easy to mix nutritious, skinny foods into a satisfying & filling meal. With all of these the options, you'll never run out of tasty combinations, and you're bound to develop some new favorites.

Beans or lentils cooked: kidney, adzuki, cannellini, navy, split peas, lima, lentils, pinto, garbanzo

Colorful veggies, dry-roasted, water-sautéed, steamed or raw: broccoli, brussels sprouts, asparagus, artichokes, carrots, cauliflower, mushrooms, onions, corn, peas, peppers tomatoes, zucchini, green beans

Herbs or spices, dried or fresh: parsley, cilantro, basil, ginger, garlic, chives, green onions, chillies, cayenne, curry, cumin

Condiments or sauces: salsa, hot sauce, lemon or lime juice, dressing, vinegar, nutritional yeast, nori, tamari

Greens, steamed, water-sautéed or raw: kale, collards, bok choy, chard, spinach, cabbage, watercress, romaine, lettuces, sprouts

Whole grains or starchy veggies, cooked: rice, quinoa, millet, buckwheat, wheat, spelt, barley, sweet potatoes, potatoes, winter squash, whole-grain pasta or breads



PlateWatchers

Upload photos of your plates daily to **PlateWatchers**, and Mr & Mrs Vegan will review your meals!



# A WORLD OF FLAVOR ON YOUR PLATE



Start by choosing your grain, bean and/or starchy vegetable.



Add raw, steamed or no-oil, stir-fried or roasted vegetables. Experiment with seitan or tempeh.



Test out flavorful toppings and spice blends from around the world.

	Herbs & Spices	Fruits & Vegetables
<b>ITALIAN</b>	Garlic, onion, basil, oregano, thyme, parsley, marjoram	Lemon, tomato, spinach, bell pepper, artichoke
<b>THAI</b>	Garlic, shallot, basil, lemongrass, curry, ginger, lime, mint, cilantro, chillies	Lime, peas, zucchini, carrot, potato, eggplant
<b>MEXICAN</b>	Cumin, cilantro, garlic, coriander, onion, chillies, cinnamon	Lime, bell pepper, tomato, corn, jicama, potato, hot peppers
<b>ASIAN</b>	Garlic, onion, cinnamon, ginger, cilantro, mint, saffron, cumin	Lemon, eggplant, orange, tomato, carrot
<b>MOROCCAN</b>	Ginger, garlic, coriander, miso, green onions, soy, rice vinegar, sesame	Lime, shiitake mushroom, cucumber, broccoli, bok choy
<b>GREEK</b>	Garlic, mint, oregano, dill, chillies, cinnamon, parsley, thyme, marjoram	Lemon, spinach, olives, arugula, eggplant
<b>INDIAN</b>	Garlic, ginger, onion, turmeric, cumin, coriander, curry blends, garam-masala	Lemon, cauliflower, spinach, peas, tomato, potato

For more perfect plate ideas, visit [mrmrsvegan.com](http://mrmrsvegan.com)

**#WSLF**

*Secret*

Stay inspired! Keep your meals tasty and interesting with herbs, spices, vinegars, lemons and limes.



# Five Days To Fabulous

## #WSLF MEAL IDEAS FOR THE WEEK

	BREAKFAST	LUNCH	DINNER
MON	Nana Rice	Cilantro Lime Taco Salad	Mediterranean Bowl
TUES	Fruity Pebblez	Teriyaki Stir Fry	Sweet Potato Chili
WED	Berry Almond Oats	ChiliPo	Cauliflower Steak & Sweet Yams
THUR	Garden Hash Browns	Burrito Bowl	Barcelona Potatoes
FRI	Sweet Sundae	Nori Wrap	Portobello Sliders & String Bean Fries

See [mrmrsvegan.com/mealplans](http://mrmrsvegan.com/mealplans) for recipes!  
Eat these meals in any order, or stick with your favorites each day.  
Coming soon!

# Reinventing Favorites

## SIMPLE FOOD SUBSTITUTES

<b>Butter (topping)</b>	Butternut squash (puréed), vegetable broth
<b>Cheese</b>	Nutritional yeast, breadcrumbs
<b>Chocolate</b>	Coco/carob powder, chocolate sauce (fat free)
<b>Cottage cheese</b>	Crumbled tofu
<b>Coconut</b>	Coconut water, coconut milk (reduced fat), coconut flakes (defatted)
<b>Dairy Milk</b>	Unsweetened: almond milk, oat milk, rice milk, soy milk
<b>Eggs</b>	Ener-G egg replacer, flaxseed, banana, applesauce
<b>Egg whites</b>	Agar powder
<b>Ice cream</b>	Pure fruit sorbet
<b>Mayonnaise</b>	Tofu mayonnaise (oil free)
<b>Meat, poultry, fish</b>	Starchy vegetables, whole grains, beans, tofu, tempeh, seitan
<b>Peanut butter</b>	Powdered peanut butter
<b>Soda</b>	Sparkling water with fruit slices
<b>Sour cream</b>	Plain soy yogurt, sauerkraut
<b>Vegetable oils (baking)</b>	Applesauce, mashed bananas, puréed prunes, canned pumpkin, tofu
<b>Vegetable oils (cooking)</b>	Vegetable broth, soy sauce, wine, vinegar, tomato juice, lemon/lime, water
<b>Yogurt</b>	Plain soy, almond, rice yogurt

#WSLF

*Secret*

Carbs don't appreciably turn into fat; carbs make you SKINNY!  
Calories don't store equally; only fat calories store as fat!

# #WSLF Shopping List

## □ Fruits

**All fresh, frozen or canned**  
without added sugar

- Blackberries • Blueberries • Cranberries
- Grapefruit • Lime • Lemon •
- Raspberries • Apple • Apricot •
- Cantaloupe • Honeydew • Guava •
- Kumquat • Lychee • Nectarine • Papaya
- Passionfruit • Peach • Strawberries •
- Watermelon • Banana • Cherry •
- Clementine • Date • Fig • Grapes • Kiwi •
- Mango • Orange • Pear • Plum • Prune •
- Pineapple • Pomegranate • Raisin •
- Tangerine • Dried fruits (raisins, goji, apricots, prunes)

## □ Starchy Vegetables & Legumes

- Beans, dried or canned:** Azuki • Black • Cannellini • Garbanzo • Green Bean • Kidney • Lima • Mung • Navy • Pinto • Soybean

**Dried peas:** Black-eyed • Split peas

**Lentils:** Black • Green • Red

**Potatoes:** Red • Purple • White • Sweet

**Winter squash:** Acorn • Butternut • Kabocha • Spaghetti • Pumpkin

**Meat substitutes:\*\*** Tofu • Tempeh • Seitan • Vegetable burger (no oil, egg, dairy)

## □ Whole Grains

**Brown & wild rices**

**Whole grains:** Wheat • Oats • Barley • Maize (cornmeal) • Farro • Spelt • Kamut • Rye • Millet • Quinoa • Amaranth • Buckwheat

**Whole-grain products\*\*** without added sugar, oils, dried fruits or nuts

- **Cold & hot cereals:\*\*** 100% bran, whole wheat, stone-ground corn, cream of rice/wheat, grits, oatmeal
- **Pasta:\*\*** Whole wheat, couscous or other whole-grain varieties
- **Breads:\*\*** Whole-wheat bread, pita
- **Tortillas:\*\*** Stone-ground corn, whole-wheat flour

## □ Dairy Substitutes

**Nut & grain milks:\*\*** (low fat, unsweetened)

Almond • Soy • Rice • Oat

**Yogurt:\*\*** (plain, unsweetened)

Soy • Almond • Rice

**Sour cream / mayonnaise:\*\*** (no oil, dairy)

Soy • Tofu blend

## □ Beverages

without added sugar

**Herbal coffee**

**Herbal tea**

**Mineral water** (plain or fruit flavored)

**Water**

## □ Leafy Greens & Colorful Vegetables

**Fresh, frozen or canned**  
without added sugar, butter or oil

- Artichoke • Arugula • Asparagus •
- Beets • Broccoli • Brussels sprouts •
- Cabbage • Carrots • Cauliflower •
- Celery • Chard • Collard greens •
- Corn • Cucumber • Eggplant •
- Herbs and Spices
- Kale • Lettuce • Mushroom •
- Mustard greens • Parsnips • Okra •
- Onions • Garlic • Leek • Peppers •
- Radish • Spinach • Squashes •
- Zucchini • Tomato • Water chestnut • Watercress

## □ Snacks \*

without added sugar (fat free)

**Rice or Corn Cakes**

**Crackers** (whole wheat, brown rice)

**Pretzels**

**Popcorn** (air popped, or no oil/butter microwave popped)

**Dried fruits:** Raisins • Goji • Apricots • Prunes

## □ Seasonings and Condiments

- Apple sauce (unsweetened)
- BBO sauce (oil free)
- Bragg liquid aminos
- Capers
- Chillies (dried, green, peperoncini)
- Coconut aminos
- Coconut palm sugar\*
- Chocolate sauce\* (fat free, no dairy)
- Extracts
- Oil-free salad dressings
- Ginger
- Herbs
- Hot sauce (tabasco, sriracha)
- Hummus (oil free)
- Ketchup
- Lemon juice
- Lime juice
- Liquid smoke
- Maple syrup\* (pure)
- Miso
- Mustard
- Nutritional yeast
- Salsa (oil free)
- Soy sauce (tamari)
- Soy mayonnaise\* (fat free)
- Soups (vegetable low fat)
- Spices
- Steak sauce (oil free)
- Sweet red chili sauce
- Taco sauce (oil free)
- Teriyaki sauce (oil free)
- Tomato sauce (fat free)
- Vegetable broth
- Vinegar (apple, balsamic, rice)
- Wine (red, white, Mirin, Sherry)
- Worcestershire sauce (vegan)

## Avoid

- Dairy milk (cow, goat, horse, camel, sheep)
- Butter
- Cheese
- Cottage cheese
- Yogurt\*\*
- Ice Cream\*\*
- Eggs
- Meat, Poultry, Fish
- Mayonnaise\*\*
- Vegetable oils
- Highly processed foods
- Refined sugar \*
- Coconut (meat, milk)
- Nuts
- Seeds
- Avocado
- Olives

\* Limit use for maximum weight loss

\*\* Oil-free, soy or nut-based in limited quantities

Individuals should seek the permission and supervision of a physician before starting any weight loss plan, diet or exercise program. All health related information should be used in consultation with your physician and other health care providers. Mr. & Mrs. Vegan disclaim any liability arising directly or indirectly from the use of this web site and/or these services.

#WSLF

Mr & Mrs Vegan

© 2016 Atlantic Pacific Media LLC

MrMrsVegan.com  
Los Angeles, CA



Visit [youtube.com/mrmrsvegan](https://www.youtube.com/mrmrsvegan) for recipes and lifestyle info!