

MaxVegan Pantry

- Organic
- Non-GMO
- Whole Grain

Shopping Checklist

Most of the listed items appear in MaxVegan (MV) recipes. Start with desired recipes and gradually build your pantry.

[Click on desired item for nutritional tips & details.](#) [Ctrl Home] or equivalent to return to this page.

Click [here](#) for Shopping Tips!

SALTS

- Iodized Sea Salt (for guests)
- Soy Sauce

OILS

- In whole foods only

SUGARS

- Blackstrap Molasses
- Date Sugar / Syrup
- Erythritol (Feb 2023: may cause blood to clot—avoid until further studies)
- Maple Syrup
- Unrefined Sugar (for guests)

SPICES

- Allspice Powder
- Basil Flakes
- Black Pepper
- Cayenne Powder
- Caraway Seeds
- Chili Powder
- Cinnamon Powder
- Clove Powder
- Cumin Powder
- Dill Weed
- Fennel Powder
- Fennel Seeds
- Garlic Granules
- Garlic Powder
- Ginger Powder
- Kelp Granules
- Mustard Powder
- Nutmeg Powder
- Onion Granules
- Onion Powder
- Oregano Flakes
- Paprika Powder
- Paprika – Smoked
- Parsley Flakes
- Red Pepper Flakes
- Rosemary Flakes
- Thyme Flakes
- Turmeric Powder

LIQUIDS & PASTES

- Lemon Juice
- Liquid Smoke
- Vanilla Extract
- Veg Milk

- Vinegar – Apple Cider
- Vinegar – White
- Water – Filtered
- Tomato Paste

YEASTS

- Instant Yeast
- Nutritional Yeast

POWDERS

- Baking Soda
- Baking Powder
- Cacao / Cocoa / Carob
- Coffee – Instant
- Cornmeal
- Cornstarch
- Flour - Hard whole grain
- Flour - Soft pastry whole grain
- Masa Harina
- Wheat Gluten

GRAINS, CEREALS, & PASTAS

- Barley
- Millet
- Oatmeal (Regular)
- Quinoa
- Wheat
- Shredded Mini-Wheat
- Whole-Grain Cereal
- Couscous
- Lasagna
- Macaroni
- Spaghetti

LEGUMES

- Beans – Black
- Beans – Pinto
- Beans – Red/Kidney
- Beans – White/Navy
- Chickpeas (Garbanzo Beans)
- Edamame
- Green Beans
- Lentils
- Peas

NUTS & SEEDS

- Almonds
- Cashews (Raw)
- Chia
- Flax
- Hemp
- Peanuts

- Sesame Seeds
- Walnuts
- Nut Butters

FRUITS

- Apples
- Bananas
- Berries
- Dates
- Figs
- Grapes
- Melons
- Oranges
- Peaches
- Raisins
- Strawberries

VEGGIES

- Avocados
- Basil
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage (red/green)
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Kale
- Lettuce
- Eggplant
- Mushrooms
- Olives (low salt)
- Onions
- Peppers
- Popcorn
- Potatoes
- Radishes
- Rutabaga
- Spinach
- Tomatoes
- Turnips
- Yams
- Zucchini

TOFU

- Regular (Firm)
- Silken (Firm)

SALTS

The components of salt (sodium + chloride) are necessary for life. But consuming excess sodium can damage artery walls and increase chances of heart disease, stroke, stomach cancer, and autoimmune diseases. Processed foods are generally loaded with salt, which is added as a preservative or binder and can't even be tasted.

When examining a nutritional label, strive for a 1:1 ratio of sodium milligrams (mg) to calories. For example, if a food has 100 mg of sodium per serving, the serving should have no more than 100 calories.

The 1:1 ratio is derived from the USDA recommendation of about 2000 mg sodium/day (~1 tsp salt) on a 2000 calorie/day diet. The American Heart Association sets the limit at 1500 mg/day, and for optimum health, we need perhaps only about 500 mg/day.

❑ Iodized Sea Salt (for guests)

When you stop adding salt to your food, your taste buds begin to sense the sodium that naturally exists in plants, and salted foods will taste too salty. But if you cook for others, it's probably wise to have a shaker of *Iodized Sea Salt* on hand in case they feel the need to sprinkle it on your no-added-salt meals. Since the salt directly hits their taste buds, they will use less of it than if it were embedded in the food. Why Iodized Sea Salt? Iodine is necessary for health but not sufficiently found in plant-based foods other than in seaweeds like kelp (see Spice Shaker, which is where you can get your iodine). And sea salt is slightly coarser than table salt, so a teaspoon would hold fewer granules and contain a bit less sodium. It also has additional trace minerals.

❑ Soy Sauce

Soy sauce was originally created in China to extend precious salt supplies. In Japan, it's called *shōyu*. Besides being rich in antioxidants, isoflavones, and protein, soy sauce has about 1/8 of the sodium of an equivalent measure of table salt, which makes it a healthier way to create a salty taste while minimizing sodium intake.

- Standard Soy Sauce: 960 mg sodium per 1 Tbsp serving.
Made by fermenting soybean paste for several weeks with bacterial/fungal cultures, salt, grains (mainly wheat), molasses, and/or preservatives. Be sure to buy organic or non-GMO versions.
- Bragg Liquid Aminos: 320 mg sodium per 1 tsp serving (=960 mg per Tbsp).
Made from soybeans treated with hydrochloric acid (HCl, same as stomach acid) until amino acids (building blocks of protein) are released. The process is then neutralized with sodium bicarbonate (NaHCO₃ = baking soda). The resulting chemical reaction also yields sodium chloride (NaCl, table salt). Non-GMO, Gluten-free. Online source: [Bragg Aminos](#).

Salt x 8 = Soy Sauce

1/2 tsp x 8 = 4 tsp

BrainAid

Salty ate (8) soy sauce!



OTHER

MaxVegan recipes were formulated using *standard* strength soy sauce or Braggs Liquid Aminos, which both have ~960 mg sodium per tablespoon. If you use a lower-sodium equivalent, more would be required to achieve the same recipe-level of saltiness, if desired.

- Low Sodium Soy Sauce: 500 – 700 mg sodium per 1 Tbsp serving.
Similar to the Braggs process, made using acid-hydrolyzed (acid + water breaks chemical bonds) soy protein that requires no culture and less salt. Made in days vs. weeks, it has a longer shelf life than standard fermented soy sauce.
- Tamari Soy Sauce: 500 (lite) – 960 mg sodium per 1 Tbsp serving.
The liquid byproduct of fermented miso (soy paste) production. Generally darker, thicker, mellow than soy sauce. Contains little wheat or no wheat (gluten-free version). May contain alcohol as a preservative and rice vinegar. Japanese product.
- Coconut Aminos: 90 mg sodium per 1 tsp serving (=270 mg per Tbsp)
Made by fermenting coconut tree sap and sea salt. If used in MV Recipes, *triple* the recipe amount for the same level of saltiness.

OILS

While fat is essential to health, the optimal amount of oil in the diet is zero. Even one meal with extracted oil can temporarily stiffen arteries. MaxVegan recipes use no oil other than what naturally exists in whole foods like nuts, seeds, and avocados.

Extracted oils are essentially concentrated fat with scant nutritional value. At about 100 calories per tablespoon, oils make it harder to keep weight off. A gram of fat has over twice the calories of protein or carbohydrate. All oils (monounsaturated, polyunsaturated, saturated) impact the endothelial cells that line arteries, restricting dilation (expansion) and leading to plaque blockages.

In contrast to animal oils, vegetable oils contain no cholesterol and have less saturated fat, but they are typically higher in Omega-6 fatty acid (inflammatory) than Omega-3 fatty acid (anti-inflammatory) and should also be avoided. Olive oil is promoted as healthy, but only because studies have compared it to even worse dietary fats like butter. Coconut oil is also high in saturated fat that, despite some claims to the contrary, is not beneficial.

☑ In whole foods only

Calories per gram

Carbohydrate 4 cal

Protein 4 cal

Fat 9 cal

SUGARS

Glucose is the body's primary fuel, but there are healthier ways to sweeten food than refined sugars, which are composed primarily of glucose and fructose. Glucose tends to suppress appetite; fructose, by itself, does not. Overeating fructose-heavy *processed* foods can lead to weight gain.

Refined Sugar	Glucose	Fructose
Sucrose (table sugar)	50%	50%
High Fructose Corn Syrup	45%	55%
Agave Syrup	40%	60%

Fructose is converted by the liver into glucose. Excess glucose is stored in the blood as triglyceride fat that is used between meals to provide energy. But high triglycerides can raise the risk of heart disease, stroke, and diabetes.

Diabetes is not caused directly by sugar, but by excess fat in cells, which, like gum in a lock, blocks insulin's ability to insert glucose into those cells. Excess glucose builds up in the blood and can damage nerves leading to the eyes and extremities resulting in blindness and amputations.

On the other hand, fructose embedded in whole foods (primarily fruits), which are also loaded with fiber and antioxidants, is fine. You can eat unlimited amounts, subject to your daily calorie limit.

Ideally, fewer than 5% of daily calories should come from *added* sugar. For a 2000 calorie/day diet, that would be 100 calories. Since 1 tsp sugar = 16 calories, the daily limit would be about (100/16=) 6 teaspoons. On nutrition labels, sugar is listed in grams. As 4 grams = 1 tsp sugar, divide grams by 4 to get teaspoons.

Grams/4 = Teaspoons
24g / 4 = 6 tsp
BrainAid
Invite grandma over for (4) tea!

Some vegans avoid white sugar as it may have been filtered through cow-bone char, although the finished product contains no animal residue. (The same could be said of organic produce grown in animal fertilizers.) Brown sugar is white sugar with molasses added back. Powdered sugar is pulverized white sugar with added cornstarch.

Stevia, extracted from the stevia plant, is 150 times sweeter than sugar. While linked to mutagenic DNA damage in higher doses, 2 servings of stevia per day, which typically comes in 1-gram packets, is harmless.

Most artificial sweeteners (aspartame, maltitol, mannitol, saccharin, sorbitol, sucralose, xylitol...) are low in calories but may have side effects or be unhealthy (e.g., gas, laxative, carcinogenic). In general, they provide sweetness but not fullness and may increase cravings and intake of processed sweetened foods.



❑ Blackstrap Molasses

Syrupy byproduct of the sugar-making process. Blackstrap (unsulfured) variety, made from the third boiling of the sugar syrup, is a good source of iron and other minerals and nutrients like manganese, copper, calcium, potassium, magnesium, vitamin B6, and selenium.

❑ Date Sugar / Syrup

Date Sugar: Dehydrated, ground-up dates. Whole food loaded with fiber, vitamins, and minerals. The healthiest sugar alternative. Does not spike blood sugar. Not as sweet as cane or beet sugar. Doesn't dissolve but stays suspended in liquids. Online organic source: [date sugar](#).

Date Syrup: When baking, try replacing 1 cup sugar with 3/4 cup date syrup and decrease any other liquid by 25%. Online: [date syrup](#).

❑ Erythritol (Feb 2023: may cause blood to clot—avoid until further studies)

Made by enzymatically extracting starch from corn to generate glucose, which is then fermented with yeast or fungus to produce sugar alcohol, which is then crystallized into solid granules. The only sugar substitute with nutritional ~~value and no known side effects~~. It has nearly zero calories, a low glycemic index, and doesn't contribute to insulin spikes or tooth decay. About 60-70% as sweet as sugar, a suitable rule of thumb is to double the sugar amount called for in a recipe with Erythritol. Has a "cool" aftertaste to some (like mint). Doesn't dissolve as well as sugar in cold liquids, so it helps to use warm or hot water. Online Non-GMO source: [erythritol](#).

2 x Sugar = Erythritol
2 x 1 T = 2 T
2 x 1/4 C = 1/2 C
BrainAid
Twice-Sugar is Eerie!

❑ Maple Syrup

Boiled, evaporated tree sap. Slightly more nutritional value than sugar.

❑ Unrefined Sugar (for guests)

Aka raw or turbinado. All sugars are "refined" in the sense that they are derived from plant fluids (sugar cane, sugar beets) that are boiled, distilled, and crystallized into sugar granules. So-called "unrefined" varieties have a slightly blond or brownish appearance from retained molasses (the syrupy part of the plant fluid) with slightly more nutrients than refined white sugar. Unrefined sugars are also not filtered through cow-bone char, which makes them unquestionably vegan. But they can still spike insulin production so are not the best option.

SPICES

Ounce for ounce, spices pack more phytochemicals & antioxidants than nearly any other food. Phytochemicals help plants, and animals who ingest them, fight off disease. Antioxidants can minimize cell and gene damage from free radicals (atoms with an uneven number of electrons that steal electrons from other molecules), which in humans are byproducts of oxygen metabolism (digestion), fried foods, alcohol, tobacco smoke, pesticides, air pollutants, and more.

- | | | |
|--|--|--|
| <input type="checkbox"/> Allspice Powder | <input type="checkbox"/> Fennel Powder | <input type="checkbox"/> Oregano Flakes |
| <input type="checkbox"/> Basil Flakes | <input type="checkbox"/> Fennel Seeds | <input type="checkbox"/> Paprika Powder |
| <input type="checkbox"/> Black Pepper | <input type="checkbox"/> Garlic Granules | <input type="checkbox"/> Paprika – Smoked |
| <input type="checkbox"/> Cayenne Powder | <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Parsley Flakes |
| <input type="checkbox"/> Caraway Seeds | <input type="checkbox"/> Ginger Powder | <input type="checkbox"/> Red Pepper Flakes |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Kelp Granules | <input type="checkbox"/> Rosemary Flakes |
| <input type="checkbox"/> Cinnamon Powder | <input type="checkbox"/> Mustard Powder | <input type="checkbox"/> Thyme Flakes |
| <input type="checkbox"/> Clove Powder | <input type="checkbox"/> Nutmeg Powder | <input type="checkbox"/> Turmeric Powder |
| <input type="checkbox"/> Cumin Powder | <input type="checkbox"/> Onion Granules | |
| <input type="checkbox"/> Dill Weed | <input type="checkbox"/> Onion Powder | |
- And dozens of others...

Spice Shaker

Spices last one to three years, and while older ones won't make you sick, they won't add much flavor or nutrients. To keep them from growing old on the shelf, add 1 or 2 tablespoons of each less-used spice to a shaker container and shake well to blend. Then sprinkle a *tiny* amount (it may be bitter) on your daily salad to provide an antioxidant boost. **Include kelp for a small daily dose of iodine.**



Best spices to fight inflammation: Ginger, Rosemary, Turmeric, Clove. BrainAid: GRTC [grits]



New Spice Jar

Use a fork tine to lift and remove shaker cover and seal.



Spice Drawer

If available, place spices in a drawer beneath or near your food prep area.

* If fennel powder is not available, make it from fennel seeds in a coffee/spice grinder or blender.

** If garlic powder in recipes causes breath/body odor, replace it with the same measure of garlic granules.

Bulk Spices

Bulk prices are much less than individual jars. But be aware that 16 oz of a light-weight spice, like basil, is a lot! Only buy spices in bulk that you think you'll go through in a year or less, e.g., garlic or onion powder and/or granules. Transfer to [spice jars](#) or quart-size baggies.



LIQUIDS & PASTES

Lemon Juice

Buy organic if available. Shake before using. Refrigerate after opening.

Liquid Smoke

Usually found in the condiment section of grocery store.

Vanilla Extract

Usually found in the baking/spice section of grocery store.

Veg Milk

If you'd rather not make MaxVegan (cashew-oat) Milk, commercial options include soy, almond, hemp, oat, cashew, and coconut milks.

- Non-Sweetened: Contain no sugar but may be flavored with vanilla.
- Sweetened: Can be high in refined sugar, (e.g. 8 grams / 4 = 2 tsp per cup). Use as-is in recipes, but if you drink/use more than 3 cups/day (6 tsp sugar), consider thinning it by half or more with filtered water in a pitcher.
- Avoid rice milk, which can be high in arsenic due to contaminated soils in which most rice is grown.

Vinegar – Apple Cider

Vinegar is French for “sour wine” (Vin Aigre). Byproduct of a plant (fruit, grain, wood) that has been fermented into ethanol alcohol which continues to ferment into acetic acid. Apple Cider Vinegar produces a sour taste.

Vinegar – White

When mixed with baking soda, creates CO₂ bubbles that cause pancake or cake batter to rise.

Water – Filtered

Tomato Paste

Cooked / blended tomatoes with a natural ratio of 1 mg sodium to 1 calorie. Check ingredient label to be sure no salt has been added. MaxVegan recipes are geared towards 6-ounce cans.



Tip: Open both sides of can and shake out paste.



YEASTS

Yeast are single-cell fungus microorganisms with over 1500 species. When used in baking, yeast eats carbohydrates (starch, sugar) and releases carbon dioxide bubbles, which are trapped by wheat's elastic gluten proteins, causing dough to rise. Other yeasts are used in brewing or to add flavoring to foods.

Instant Yeast

Instant Yeast (aka Rapid Rise, Bread Machine), with its fine grains and added enzymes, can be added directly to *dry* flour and activated by warm-to-touch water (~125°). If water too hot, can kill yeast. If bread doesn't rise as expected, yeast may be old and have expired.



OTHER

- Active Dry Yeast, with its larger granules, should first be “proofed” by dissolving a small amount in lukewarm (~105°) water with added sugar. If it doesn't foam and increase in volume, it is no good. If the yeast proves “active,” it can be added dry directly to flour. MaxVegan recipes call for Instant Yeast, but Active Dry Yeast can be substituted one-for-one if allow an extra 15 minutes for rising.

Nutritional Yeast

Yellow flakes (aka nooch) with cheesy flavor containing all 9 essential amino acids and typically fortified with vitamin B12 (check the ingredient list) that, if used often, could replace the need to take a B12 supplement. Available in jars or bulk bins at natural food stores or online. Besides recipes, sprinkle daily on salads & dry-popped popcorn or on MV Mayo used to top stews, pasta, VegBowls, etc.



POWDERS

☐ Baking Soda

Sodium bicarbonate, when heated in an acidic environment, forms CO₂ gas bubbles (which make dough rise) and sodium carbonate (causes unpleasant alkaline flavor). Aftertaste is neutralized by acid in food or by adding vinegar, citric, or other acid. Soda also imparts a tangy taste and browned color. The reaction begins upon combining the ingredients. Don't overmix or too many gas bubbles will escape; bake right away or else the recipe may fall flat.



☐ Baking Powder

Baking soda + acid + drying agent. Aftertaste is neutralized by the included acid component (cream of tartar). Also contains a drying agent (usually starch). Single-acting powder is activated by moisture, so bake right after mixing. With double-acting powder most of gas is released when heated, so there is less rush to bake. Buy "aluminum-free" brand, as aluminum has been linked to Alzheimer's Disease.



☐ Cacao / Cocoa / Carob

Cacao [kuh-KOW] is made by cold-pressing unroasted cacao beans, which removes the fatty cacao butter. Roasting cacao powder at high temperatures turns it into cocoa [KOH-koh]. Cacao has more antioxidants, but both are nutritious when used in treats. Carob, which has no caffeine like cacao/cocoa, comes from the locust-bean tree and can be used 1:1 in recipes.

☐ Coffee – Instant

For use in MaxVegan Beefstrips. Can also add to any cacao-containing treat to enhance the chocolate taste.

☐ Cornmeal

Ground up dried corn kernels. Can be coarse, medium, or fine consistency.

☐ Cornstarch

Gluten-free flour derived from corn endosperm. Used as a binder in omelets and vegmeats. Buy organic as most corn contains GMOs. Can also substitute Potato Starch or Tapioca Flour (from tropical cassava root).



☐ Flour - Hard whole grain

Best for MaxVegan tortillas and pasta.

☐ Flour - Soft pastry whole grain

Best for MaxVegan breads, pancakes, cakes.

If you have a Vitamix dry-blade container or equivalent, buy wheat berries in bulk, and grind your own flour as needed. To preserve berries and lessen grinding heat, keep them frozen until ready to grind. Hard winter wheat is best for making pasta, tortillas, and courser breads. Soft wheat berries yield finer pastry flour, which is best for pancakes and lighter breads.

Flour consists of ultra-fine particles that are easily digested into glucose. Like sugar, flour has a high Glycemic Index, which can lead to insulin spikes as the body tries to reduce blood sugar. (BrainAid: Insulin inserts blood sugar into cells.) Whole-grain flour has three components: Bran, Endosperm, Germ (BrainAid: BEG for full nutrition.)

Bran, the outer seed coating, provides most of the fiber and iron. Endosperm, the pulpy interior, provides most of the carbohydrates. Germ, the inner kernel, provides most of the protein and fat. Bran and germ contain oils, which can become rancid. To extend shelf life, flour is refined by removing both bran and germ, leaving only the endosperm. So refined flour is less nutritious overall.

But even whole-grain flour is so easily digested in the stomach and small intestines that little fiber remains by the time it reaches the colon (large intestine, the final part of the digestive tract before waste leaves the body). Vital to life and health, the human colon contains billions of symbiotic bacteria that digest fiber and in turn release colon-protective chemicals. To ensure some fiber reaches these beneficial bacteria, the MaxVegan Dough recipe adds less-easily digestible seeds (ground flax, ground chia, hemp...) to the mix.

☐ Masa Harina

In Spanish, masa means "dough" and harina means "flour." Made from corn that is dried, ground, cooked in water with lime to loosen the hulls and soften the corn, then dried and ground again. Used for making corn tortillas. Buy non-GMO brand.

☐ Wheat Gluten

Consists of proteins in the endosperm of Wheat, Barley, Rye, Spelt, & Triticale (BrainAid: WeBuRST say the gluten intolerant!). Gives elasticity to dough so that it stretches but retains the carbon dioxide gas bubbles created when yeast bacteria digest sugar (or vinegar is added to baking soda). Gluten is the key ingredient in Seitan (SAA-tan), a popular vegmeat (aka wheat meat).



GRAINS, CEREALS, & PASTAS

Grains are small, hard, dry seeds.

Whole grains contain all three parts of the seed: Bran, Endosperm, Germ (BrainAid: BEG for a whole seed to eat).

Cereal grains are fruits of the grass family (barley, corn, millet, oats, rice, rye, sorghum, spelt, teff, triticale, wheat...). **Pseudocereal grains** come from broad-leafed plants rather than grasses (amaranth, buckwheat, chia, quinoa...). **Pulses** (aka grain-legumes) are members of the pea family (beans, chickpeas, lentils, peanuts, peas, soybeans...). Buy organic grains and cereals in bulk if available.

Grains

Barley

Seeds of barley grass. Grown globally in temperate climates. Use in soups, stews, bread...

Millet

Small seeds of highly variable grasses, widely grown around the world, particularly Asia & Africa.

Oatmeal (Regular)

MaxVegan recipes call for regular, old-fashioned, rolled oats. Not the instant variety, which have been pre-cooked and have less body consistency.

Quinoa

Seeds of a flowering plant in the amaranth family. Originated in the Andean regions of South America.

Wheat

Dry wheat berries can be ground into flour with a high-speed blender. Boiled wheat berries are a nice alternative to pasta dishes.



GLUTEN CAUTION

If you have celiac disease or are gluten sensitive, avoid the gluten-containing grains of Wheat, Barley, Rye, Spelt, & Triticale. BrainAid: WeBuRST say the gluten intolerant!

RICE CAUTION

Avoid rice as it is typically high in arsenic. In the past, arsenic-containing fertilizers contaminated soil, particularly in the South and Texas, which typically grow long-grain varieties. Less so in California, which typically grows short-grain varieties. Decades later, the soil remains contaminated and rather than finding fresh fields, the rice industry bred strains that tolerated arsenic, which accumulates in the rice. If you choose to continue eating rice, boiling and pouring off the contaminated water can reduce the arsenic load. Or stick with Japanese varieties not grown in contaminated soil. Excess arsenic is also found in puffed and crispy rice cereals and rice-based milk / ice cream, but *not* in rice vinegar.

Breakfast Cereals

Avoid commercial cereals fortified with vitamin D3, which is almost certainly derived from fish or sheep wool, although lab-produced vegan D3 exists.

Shredded Mini-Wheat

Recommend 100% whole grain wheat as sole ingredient. No added sugar, etc.

Whole-Grain Cereal

Recommend Ezekiel 4:9 Sprouted whole grain www.foodforlife.com.



Pastas

If don't have time or prefer not to make MaxVegan Pasta, buy whole-grain, organic varieties.

Couscous

Small balls of crushed durum wheat semolina.

Lasagna

Macaroni

Spaghetti



LEGUMES

Legume refers to a plant, its fruit, or its seed that is a member of the genetic family Fabaceae (aka Leguminosae). These include alfalfa, clover, peas, beans, lentils, carob, soybeans, and peanuts. High in protein, fiber, and minerals, legumes have no cholesterol and are generally low in fat and sodium.

- Beans – Black
- Beans – Pinto
- Beans – Red/Kidney
- Beans – White/Navy
- Chickpeas (Garbanzo Beans)
Primary ingredient of hummus.

- Edamame
Soybeans in pods. Contains all 9 essential amino acids in optimal quantities. Microwave or boil and eat as a healthy snack.

- Green Beans
Unlike dry beans that must be cooked to remove toxins, green or string beans are nutritious raw or steamed.

- Lentils
Small, cook more quickly than beans.

- Peas
- And dozens of others...



BUY BULK & COOK

Canned legumes are relatively expensive and likely packed in BPA-lined cans. BPA is an endocrine/hormone disruptor, which can contribute to tumors, birth defects, and developmental disorders. So it's best and cheapest to buy dry, organic beans in bulk from natural food stores, if available, then boil and freeze for later use.

* See <http://maxlearning.net/HEALTH/MVMeals.pdf>: MV Batch Bean instructions.

* Recommended: Eat ½ to 1 cup beans per day on salads or in recipes.

UNDERCOOKED BEAN CAUTION

Raw or undercooked beans, particularly kidney beans, contain potentially harmful amounts of lectins, which are carbohydrate-binding proteins found in nearly all plants, especially beans, tomatoes, and whole grains. But not all forms of lectin are harmful, and there's evidence that some forms may fight cancer and reduce heart disease.

In fact, legumes (beans, peas, lentils...) are a key element in the diets of centenarians living in Blue Zones, areas around the world which contain the healthiest and longest-lived populations. In any case, presoaking and boiling inactivates harmful lectins. In general, if beans are soft enough to mash with a fork, they are safe to eat.

NUTS & SEEDS

The botanical and culinary definition of nuts and seeds are inconsistent.

A **botanical nut** is a hard-shelled pod that contains both the fruit and the seed of the plant in which the fruit does not open to release the seed (acorns, chestnuts, hazelnuts...).

A **culinary nut** applies to any large, oily kernel found within a shell and used for food (almonds, Brazil nuts, pecans, peanuts, pistachios, walnuts...).

A **drupe** (aka stone fruit) is a fleshy fruit with thin skin and a central “stone” containing a seed (almonds, coffee, dates, olives, peaches, pistachio, walnuts...).

A **seed** is a plant embryo with a protective outer coating that will grow into a new plant (almost all plants reproduce via seeds; some use spores—ferns, fungi, mushrooms...). Oil seeds are grown for extraction of oil (flax, hemp, mustard, rapeseed-canola, safflower, sunflower...).

**** Because nuts are generally high in oil, store them in the refrigerator or freezer to prevent them going rancid. ****

Almonds

Cashews (Raw)

MaxVegan recipes call for “raw” cashews. However, freshly-harvested cashew nuts, which grow on trees at the end of an apple-like fruit, are typically steamed or cooked at high temperature to destroy a toxic resin (anacardic acid, similar to urushiol, the irritant found in poison ivy/oak) inside the shell layer. Once removed, the nuts are considered “raw” if they are not roasted (which makes them light brown and tastier). In contrast, raw cashews are relatively white and tasteless, which makes them a great neutral base for toppings, desserts, and cheeses.



Chia

Seeds of a flowering plant in the mint family native to southern Mexico & Guatemala. Grind in a spice/coffee grinder to release nutrients.

Flax

One of the best plant-based sources of Omega-3 fatty acids, which have many health benefits, primarily reducing inflammation in the body. Intact seeds will pass through the body undigested due to their hard outer shell and must be ground to release their nutrients. Buy in bulk if available & grind in coffee/spice grinder. Also available pre-ground. Keep refrigerated or frozen.

Sprinkle daily on cereals, salads, soups:

- Try for at least 1T per day. If you are athletic or experience painful joints or muscles, you can boost intake up to 4T per day.
- The following replaces 1 egg in baked-goods: 1T ground flax seed + 3T water

Hemp

Recommend buying “hulled” variety as seeds are too oily to grind into powder.

Peanuts

Technically a legume. Grows underground, like potatoes.

Sesame Seeds

Recommend raw seeds with intact hull to be used on MV Burger Buns or roasted and blended into MV Tahini.

Walnuts

Another good plant-based source of Omega-3 fatty acids.

Nut Butters

If you'd rather not make your own nut butters, purchase brands with no added salt, oil, preservatives, or emulsifiers, which are used to keep the natural oils from separating out. For the healthiest, cheapest nut butters, buy raw or roasted nuts in bulk and blend in a high-speed blender. A Vitamix blender, with its distance-limited tamper, works well as the thick mass needs to be pushed down against the rotating blades. If you have another type high-speed blender (a standard blender might not be powerful enough, although a food processor might work if you give it enough time), be sure to turn it off before tamping down mixture with a spatula or spoon.

- Almond Butter
- Cashew Butter
- Peanut Butter
- Tahini: ground sesame seeds. Roasted tahini has more flavor than raw.

FRUITS

Fruits are packed with antioxidants that can stave off cell and gene damage from free radicals (atoms with an uneven number of electrons that steal electrons from other molecules). Free radicals are byproducts of metabolism (digestion), fried foods, alcohol, tobacco smoke, pesticides, air pollutants, and more.

Apples

Be sure to consume the skin, which contains most of the nutrients.

Bananas

Berries

Berries (blueberries, raspberries, blackberries...) are especially high in antioxidants.

Dates

Dates are up to 70% sugar by weight, but they are also packed with fiber than minimizes blood-sugar spikes. Within your daily calorie limits, you can't eat too many. The larger variety Medjool date contains about 66 calories. Smaller Deglet Noor dates contain about 20 calories each but are not as sweet.

Figs

Grapes

Melons

Watermelon, like tomatoes, is high in the phytochemical lycopene, which protects against various cancers.

Oranges

Peaches

Raisins

Strawberries



VEGGIES

Veggies, especially dark green leafy vegetables, are packed with vitamins, minerals, phytonutrients, and antioxidants essential to human health. While many of the following are not called for in specific recipes, most are candidates for the HEALthy Salad Fixin's section of <http://maxlearning.net/HEALth/MaxVeganRecipes.htm>.

Avocados

Basil

Beets

Broccoli

Brussels Sprouts

Cabbage (red/green)

Carrots

Cauliflower

Celery

Corn



Cucumbers

Kale

Lettuce

Eggplant

Mushrooms

Olives (low salt)

Onions

Peppers

Popcorn

Potatoes



Radishes

Rutabaga

Spinach

Tomatoes

Turnips

Yams

Zucchini



TOFU

Tofu is created by soaking dried soybeans then blending, boiling, and straining them to separate the milk from the pulp (called *okara*, which can be used in bread, burgers, or cookies). The milk is then heated to around 180°F and formed into curds by adding lemon juice, vinegar, or some other coagulant. Finally, the curds are pressed to remove excess water and typically shaped into blocks. Despite false science to the contrary, soy is healthy and protective against cancer.

Regular (Firm)

For roasts or scrambles. Typically packed in water. Keep refrigerated. Can freeze for denser texture, then thaw and press out excess water before using.

Silken (Firm)

For sauces, dips, desserts. Aseptic (sterile) packaging--no need to refrigerate until opened.

MaxVegan recipes use Mori-Nu 12.3 oz packs. Online source: silken tofu



Shopping Tips

Smartphone Shopping List

Instead of slips of paper that can get left at home or lost, keep your shopping list on your smartphone, which is always with you! Use a Note or List app.



Bulk Purchases

If your grocery store has them, make use of bulk bins for your staple food items. Covid update: Many stores eliminated bulk bins but may have bulk packaging. You can purchase bulk quantities online via Amazon, etc.

Bulk Bin Advantages

- * Generally cheaper than equivalent packaged items.
- * Eliminates a lot of packaging waste.
- * You can get as little or as much of an item as you want.

Bulk Bin Downsides

- * Items must be self-packaged in plastic or paper bags, which is wasteful if bags are used only once.
- * You must close the packages, typically with a twist tie, another wasteful item.
- * You must write down the code number for each item each time you buy it, a time-consuming hassle.

Bulk Bin Solution

- * Bring your own ziplock bags to the store.
- * Write the item name and code number on the bag--once.
- * Reuse the bag each time you purchase the item.



Label each ziplock bag with name of an item and its bulk-bin code number.

Place empty bags with your shopping bags for your next store visit—no need to keep a bulk-item shopping list.

Buy Organic

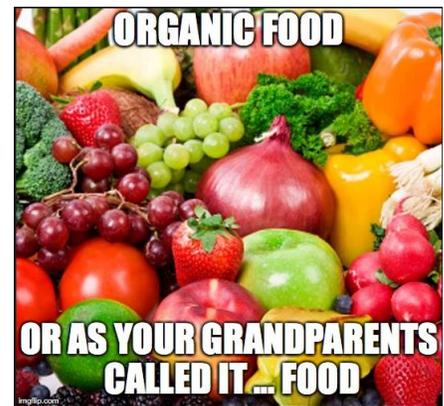
While often more expensive than conventional produce, buying organic whenever possible has many benefits:

Health: You'll be ingesting few or no synthetic pesticides (although some types are still allowed). Plants forced to naturally fight off pests generate more beneficial phytochemicals and antioxidants.

Animals: Pesticides kill beneficial insects, principally bees. Even "pest" insects are a primary food source for other species like bats and birds.

Environment: Contributes to healthy soil. No synthetic fertilizer runoff.

Farm Workers: The average life expectancy of a farm worker in the United States is 49 years. While there are multiple causes, applying pesticides and picking pesticide-laden produce all day long doesn't help.



Avoid the Dirty Dozen!

<https://www.ewg.org/foodnews/dirty-dozen.php>

If buying organic stretches your food budget, at least try to avoid buying conventional forms of produce that contains the most pesticides:

1. Strawberries
2. Spinach
3. Kale, collard, mustard greens
4. Peaches
5. Pears
6. Nectarines
7. Apples
8. Grapes
9. Bell & hot peppers
10. Cherries
11. Blueberries
12. Green beans

DIRTY DOZEN™

EWG's 2023 Shopper's Guide to Pesticides in Produce™



Buy Frozen Fruit

Most “fresh” fruit is picked early and allowed to ripen during transport. Fruit destined for the freezer is flash frozen at maximum ripeness.

When you buy fresh fruit, you must inspect it for soft spots and mold, and it has a limited shelf life. You also have to clean and prepare it.

Surprisingly, frozen fruit, which is already clean and ready for use, can be cheaper than fresh fruit.



Freeze Fresh Fruit

To avoid spoilage and have it on hand to use in recipes, prepare and freeze fresh fruit in ziplock freezer bags or other containers. Store pieces flat and separated until frozen, then mix with other frozen fruits as desired.

