

New to Plant-Based Eating?

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Everyone is at a different place in their whole-food, plant-based (WFPB) eating journey. Some of you have been WFPB for decades while others are just dabbling with the idea and still others are trying to refine their eating such as eliminating oil. Depending on where you are it can feel overwhelming! I have compiled a few resources to help you if you are new to WFPB eating or trying to increase the amount of WFPB foods in your life.

What should I eat?

[Our WFPB Guide](#) outlines what to include in abundance and what to avoid:

- <https://nutritionstudies.org/whole-food-plant-based-diet-guide/>

Looking for recipes? There are lots of great sources that have loads of WFPB, oil-free recipes including:

- [T Colin Campbell Center for Nutrition Studies \(CNS\):](#) <https://nutritionstudies.org/recipes/>
- [CNS Kitchen:](#) cnskitchen.nutritionstudies.org/
- [Forks Over Knives:](#) <https://www.forksoverknives.com/recipes/>
- [Monkey and Me Kitchen:](#) <https://monkeyandmekitchenadventures.com/recipes/>
- [Dr. McDougall:](#) <https://www.drmcDougall.com/recipes/>
- [Shane and Simple:](#) <https://shaneandsimple.com/>
- [Nutrition Facts:](#) <https://nutritionfacts.org/recipes/>
- [Mastering Diabetes:](#) <https://www.masteringdiabetes.org/recipe/>
- [Plant Pure Nation:](#) <https://www.plantpurenation.com/blogs/recipes>
- [Plant-Based with Jane Esselstyn and Ann Esselstyn:](#) <https://www.youtube.com/@JaneEsselstyn/videos>



There are also lots of sources that create recipes and **you just need to omit oil**. ([Here are some tips for cooking oil-free or replacing oil called for in a recipe](#))

- [The Viet Vegan: https://thevietvegan.com/recipe-index/](https://thevietvegan.com/recipe-index/)
- [Vegan Richa: https://www.veganricha.com/recipes/](https://www.veganricha.com/recipes/)
- [Oh She Glows: https://ohsheglows.com/recipe-search/](https://ohsheglows.com/recipe-search/)
- [Plant You: https://plantyou.com/recipes/](https://plantyou.com/recipes/)
- [Sweet Simple Vegan: https://sweetsimplevegan.com/category/oil-free/](https://sweetsimplevegan.com/category/oil-free/)
- [Plant Based Wok: https://theplantbasedwok.com/recipes/](https://theplantbasedwok.com/recipes/)
- [Dreena Burton: https://dreenaburton.com/category/recipes/oil-free-or-option/](https://dreenaburton.com/category/recipes/oil-free-or-option/)
- [Minimalist Baker: https://minimalistbaker.com/recipe-index/?fwp_special-diet=oil-free%2Crefined-sugar-free%2Cvegan&fwp_paged=3](https://minimalistbaker.com/recipe-index/?fwp_special-diet=oil-free%2Crefined-sugar-free%2Cvegan&fwp_paged=3)

If you are just starting to bake WFPB, I recommend following a WFPB recipe and not trying to make substitutions to a non-WFPB recipe. Baking is often more heavily a science to get the right consistency and rising, and it is much trickier to find the right substitutions.

What does it mean to eat plant foods in abundance?

It means eat as many whole, plant foods as you like and until you feel full!

Those whole, plant foods can be raw or cooked. They can be fresh or frozen or canned. They can be in a salad or a soup or sandwich or over whole wheat pasta or any other way you like. Just think about filling your plate with whole, plant foods and eating a rainbow of plants throughout the week.

If you are new to WFPB, you will likely find that you are eating more than you did on a Standard American Diet (SAD) or omnivore diet, especially as you cut out oil. This is because whole, plant foods have a lower calorie density than animal foods and especially oil. This means that you will consume more physical foods to meet your caloric needs and feel full. This is totally normal! Enjoy piling your plate or bowl high!

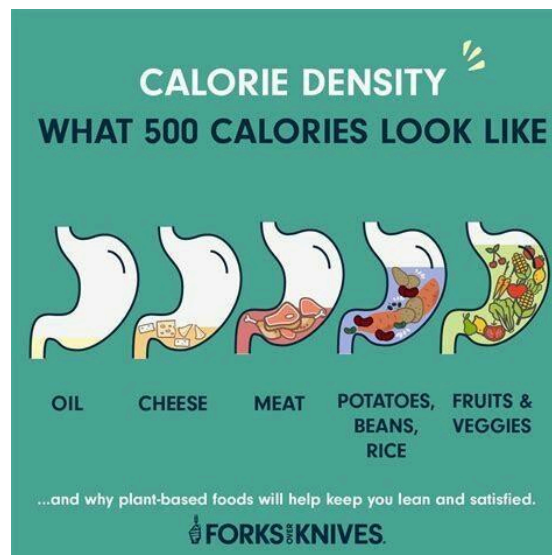
How many calories should I focus on?

As I mentioned above, there is no need to count calories or carbs or other nutrients on a WFPB diet. The focus is just on eating a wide variety of whole plant foods till you feel full. We discuss this throughout the course (particularly in Modules 2 and 3), but as long as you are eating a variety of whole plant foods, you are getting a wide variety of nutrients! Plant foods are nutrient-dense foods.

Plant foods are not calorie dense food though, because of this we can eat more plant foods until we feel full and not consume excess calories while consuming a wide variety of nutrients! (We discuss calorie density more in Module 14.5)

Dr. Gregor makes this point very well in his [live presentation on weight loss](#), "Our stomach is only so big. Once we fill it up, stretch receptors in our stomach wall tell us when we've had enough, but different foods have different amounts of calories per stomachful. Some foods have more calories per cup, per pound, per mouthful than others. This is the concept of calorie density, the number of calories in a given amount of food. Three pounds is about what the average American eats in a day. As you can see, for example, oil, has a high calorie density, meaning a high calorie *concentration*, lots of calories packed into a small space. Drizzling just a tablespoon of oil on a dish adds over a hundred calories. For those same calories, you could have instead eaten about two cups of blackberries, for example, a food with a low calorie density. So, these two meals have the same number of calories. You could swig down that spoonful of oil and not even feel anything in your stomach, but eating a couple of cups of berries could start to fill you up. That's why yes, *biochemically* a calorie is a calorie, but eating the *same* amount of calories in different foods, can have different effects."

For a visual, Forks Over Knives has a nice infographic to drive home this point that I have included.



What about nutrients or nutrient combining?

We should approach nutrition from a wholistic perspective, recognizing that it is the symphony of thousands of nutrients in whole, plant foods working together to create health in the body. When we reduce nutrition to individual absorption of single nutrients, we lose sight of the overall effect on the body. A diet rich in whole, plant foods has proven our best medicine to prevent disease, time and time again, without any "magic" food combinations. I would encourage everyone to be cautious of gimmicks that proclaim health is more complicated than eating a simple, whole diet. After all, there is much money to be made in obfuscating the process.

One note is B-12 which is recommended to supplement. You can read more about that here: <https://nutritionstudies.org/12-questions-answered-regarding-vitamin-b12/>

Take-away: Keep it simple and have fun!

Overall, focus on keeping it simple by including as many whole, plant foods in your day as you want!

"It is impossible to overemphasize how accessible this lifestyle can be. **You don't need a calculator to count calories or carbs.** There's no need to avoid cooked foods. Convenience isn't your enemy. You're allowed frozen fruits and vegetables, as well as their canned counterparts (just make sure to look for low-sodium options, when possible). Blandness is not a prerequisite. You're encouraged to experiment with as many spices as you'd like. And finally, contrary to popular belief, a WFPB lifestyle won't break your budget. Many of the trustiest staples (think beans and potatoes) are among the most affordable foods in the grocery store. **This diet doesn't require specialty items** hidden in the health food section. It requires no pails of agave or carts of cashews.

Unfortunately, the popular notion of dieting has become warped and confusing. It implies a struggle and frames each meal as a challenge to overcome. A WFPB lifestyle is different. **It's not a short-term punishment charged by guilt.** It's simply a return to our roots: whole foods, rich flavors, and natural health."
(<https://nutritionstudies.org/what-is-a-whole-food-plant-based-diet/>)

Below are a few additional resources you might find helpful:

- [Easy Plant-Based Meal Prep for Breakfast, Lunch, and Dinner](#)
- [Batch Cooking and Meal Prep Tips](#)
- [An Introduction to a WFPB SOS-Free Diet](#)