



# *Embracing the Abundance of the Plant Kingdom*

*Exploring plants foods with excitement, courage and curiosity*

*Ali Lawrence*

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# Introduction

Dear Future Plant Lover,

I am not a perfect vegan. I don't always eat all my greens every day and I can't resist a vegan doughnut when it's offered. But I can tell you that a majority of the time my plate revolves around plants.

Before I went vegan, my staples were things like white potatoes, grilled cheeses, and fried eggs. Sometimes I ate a salad and would certainly be adventurous when I went out. But, as someone with such a love for food I had a boring routine. These foods were born out of my college lifestyle. I was either too tired or too busy to make myself a proper meal. I was eating all the wrong foods and I was suffering because of it. I was overweight, borderline obese, tired and in pain (both physically and mentally).

After I went vegan I spent a few months eating under cooked rice, beans and bland salads. But then I felt like I was finally catching my stride. Things began to click, and I felt like I had finally found the key to the plant kingdom. Eating the rainbow became so much easier and so much more delicious. The more I experimented and explored the more diverse my plate became.

I understand, you may not be ready to make the leap from omnivore or vegetarian to vegan or plant-based. I get it, it's a big leap, especially if you're living at home, living with others or have a family. That's not what this ebook is about. This ebook is about giving you tips to enjoy and explore the plant kingdom. I wouldn't recommend these things if I didn't do them too. Every so often one of the tips contain some ideas about how to turn words into action.

I created this ebook to inspire you and get you excited about eating more fruits and vegetables. But a little disclaimer before diving right in, I'm not a doctor a nutritionist or a health expert. I wrote this ebook to show you what's worked for me moving into more whole foods. Most doctors agree that eating more plants is a good thing. But always double check with your doctor before starting anything new. Especially if you have any pre-existing conditions.

I'm so excited to share my tips to enjoying all the plant kingdom has to offer! I hope you find this ebook helpful on your journey and feel free to email me with any questions at

[info@spiritandabundance.com](mailto:info@spiritandabundance.com)

Best health and wishes on your journey,

Ali Lawrence



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# Embracing Abundance

## 1. Eat Fruits or veggies with *breakfast every morning*

### *Abundant Ideas*

Massage some kale with lemon juice and an avocado for some next level avocado toast! Because kale is a heartier green you can make this the night before for a quick breakfast

Throw some greens and mushrooms in with your daily scramble. Sometimes I also use frozen broccoli, peas or other veggies

Mix in a mashed banana with your oats and top with a variety of fresh or frozen fruit

A classic smoothie with a handful of leafy greens thrown in is always a favorite

This doesn't have to be difficult! I like to drink a blend of celery and cucumber every morning with a little lemon juice. This gets my day started off on the right foot and helps fill my stomach a bit. I then like having things like oatmeal, tofu scramble, pancakes or toast. It's also an amazing feeling to know you've already done something healthy for yourself and your day hasn't even started!

## 2. Add at least one fruit or veggie to your daily snacks

I love eating fruit throughout the day. Don't be afraid to eat fruit either. Your body absorbs the sugar in fruit a lot slower because of the fiber that all whole fruit has. Whole fruits also contain many nutrients and vitamins as well as vital anti-oxidants. If you don't have any pre-existing health problems, I say go ahead and eat as much fruit as you want! But, there are some fruits naturally lower in sugar such as berries, citrus and tart apples.

Carrots and celery aren't the only thing you can munch on either. Things like cucumbers, peppers, even romaine leaves make great snacks! Fresh veggies are by far my favorite thing to eat throughout the day. They are a great option if you're more of a savory person than a sweet person.

### *Abundant Ideas*

Hummus is a fantastic dip for veggies, but have you tried things like guacamole or mashed avocado? Baba ganoush (a dip made out of roasted eggplant) is so delicious with some curry or Moroccan spice mix.

Apples with a thin layer of peanut butter (with no added oil or sugar) with some granola on top is pure heaven

Dates are amazing for on the go snacks and great to take with you on hikes



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### 3. Try a new vegetable or fruit every week

No one says you have to like kale to be healthy. Truth be told, it's not my favorite green because unless it's made properly it's too tough to chew for me. The more options you have when it comes to fruit and vegetables, the more you're likely to eat. Seek out some of the amazing plants this world has to offer, the world is full of them. Even if it's trying a new variety of something you know you enjoy. In the fall and winter, the supermarkets are full of several varieties of apples and oranges.

I will say that although trying new foods are important, the time of the year and where you live are also important. Try not to try that new melon variety in March. It won't taste very good unless you live in California or other warmer climates. The best place to shop for new foods is your farmers market. A major bonus is being able to ask the farmers how they like to eat the veggies they sell.

### 4. Visit ethnic food stores to find new ingredients and new seasonings

I love salt, pepper and garlic as my staple seasonings. But there is a whole world full of wonderful flavors to experience. Spice blends from morocco, the middle east, china and Africa. Pickles, sea weeds and ferments from Asia and so much more. Even throwing in a few fresh herbs elevates a dish from "it's okay" to "this is amazing!"

And don't be afraid to check out the produce at these stores either. I love gai lan, it's a green kind of like broccoli. I also love bok choy, Japanese sweet potatoes, jicama, yucca, and plantains. Trust me when I tell you that the world of plant-based cooking is so exciting and vast. I can honestly say I find myself eating *more* variety, not less after going vegan.



## 5. Make vegetables the focus of your plate

I hope by now you are ready to embrace the variety and abundance of the plant kingdom! I have had the privilege of eating a wide variety of fruits, vegetables, roots and legumes on my travels. But, I can tell you I haven't even scratched the surface on what's out there. When it comes to planning your meals, those beautiful veggies should be the main event!

Sometimes the best way is to make a whole bunch of sides or a one pot meal. Pile your plate high with all of the veggies you want. Then go for your protein and starches (both equally important for holistic health).

### *Abundant Ideas*

Make curries with those new spices with lots of veggies and lentils or chickpeas over rice

Cauliflower steaks are fantastic, season them how you like and throw it in the oven until tender

On your next taco Tuesday throw some veggies into your taco "meat". And then pile those tacos high with lettuce, salsa and guacamole

## 6. Be gentle with yourself

Life is hard, life is stressful and life gets busy. If you forget your green smoothie one day forgive yourself. There will be days where you make mistakes and that's okay. I'm still on my path to health and wellness, and I too make mistakes. The best we can do is learn from them and understand that we can't be perfect 100% of the time. You can make positive change happen, don't sweat the small stuff. It's all about the bigger picture.





## About the Author and the Company



### About the Author

Ali is the founder and owner of Spirit and Abundance LLC. She is a graduate of The Culinary Institute of America, where she received her Associate's degree in Baking and Pastry. After culinary school she went on to receive her Bachelor's degree in Hotel Administration with a minor in Beverage Management at Cornell University's School of Hotel Administration. Ali is a devout tea lover, spiritual seeker and foodie.

### About Spirit and Abundance

Spirit and Abundance was created to help you reconnect with yourself and others through delicious plant based food. We put on classes, events, publish ebooks and share thoughts and recipes to help you cultivate joy, mindfulness and gratitude in a plant based kitchen.



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