



The Art of Food

Quick & delicious recipes to feel & look your best.



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Introduction

I want you to feel amazing in your body, and get what you want in life, which is probably part of the reason you're here.

This mini guide will introduce you to the basics of cooking minimally processed whole foods, provide you with the tools and information to get started, and give you a bit about why this has become part of my life's work and purpose.

Changing the way I eat didn't immediately or magically fix everything in my life, but it reconnected me to myself and the world around me in a profound way. Once I learned the truths I know now, it was like my vantage point changed and suddenly I could see many aspects of life much more clearly.

3 things before we dive in:

To get what you really want, you have to be willing to go through the discomfort of doing new things and thinking new thoughts. There is no other option. You will be glad you did.

Having negative thoughts and judgement about yourself will *never* get you to the destination of feeling amazing about yourself, your life, and having the body you want. You have a body, you have habits, it's neutral. Automatic negative thoughts are simply patterns that need interrupting and rewiring. You must decide you want to do so.

Community support and guidance is incredibly valuable and important.

This 1 week recipe guide and the ensuing full book are a window into my life, and a tool to guide you in trying on a new and highly enjoyable lifestyle. It will not only help you learn how to make a simple, healthy, delicious lifestyle work, it will completely change your relationship to food, weightloss, and energy. It will also improve skin, hair, nails & digestion. This way of eating supports body, mind, and soul.

A whole food plant-based low oil diet is based in modern science, and is personally validated by my physical body, intuition, and even the Bible.

The recipes and information you'll find in this guide are similar to what you can find in the "How Not to Die" cook book, and "How Not to Diet" by Dr. Michael Greger, "Prevent and Reverse Heart Disease" by Dr. Caldwell B. Esselstyn Jr. , "The Secrets to Ultimate Weight Loss" by Chef AJ, "The Alzheimer's Solution" by neurologists Dean and Ayesha Sherzai, "Mastering Diabetes" by Cyrus Khambatta & Robby Barbaro, "Fiber Fueled" by Will Bulsiewicz, and numerous others.

This is simply my take on this clean, natural, optimal way of eating that I have adapted to fit my lifestyle. It is for those that want to feel and look their best, live long lives with significantly reduced probability of disease, hospital visits, and need for pharmaceuticals with age. Some women have even claimed the disappearance of menstrual cramps, and reversal of infertility.

I personally experienced digestive, skin, and weight issues, a brain tumor, cramps, shame, guilt, and confusion about the food I ate. It is my goal to help as many other people learn and grow to feel as good as I do now about my body and the food I eat.

Once I figured out the right diet for me, which is coincidentally the same diet and lifestyle that is best for preventing heart diseases, dementia, obesity, and almost every other ailment brought on by the SAD (Standard American Diet) there was no question I had to share it.

My Grandmother on my Mom's side passed from breast cancer that spread. My Dad's mom had dementia, and his dad had heart disease leading to triple bypass surgery.

The public has been sold a false idea of health, for profit. I became aware of all the levels to which it plagues us as a population, and feel a responsibility to everyone I know, and all those I don't, who are unaware of just how extreme and unfortunate the situation is, to share this way of life. It not only prevents most MAD (Modern American Diseases) but also helps me feel the best I've ever felt, and can do the same for you.

I hope this guide gets you started, feeling good, and hooked on this way of eating. For more recipes, the full book, other resources, or to work with me directly – visit my website: Ayanaperry.com.

Some guidelines:

You will have to start reading the labels on the things you choose to buy, or choose just the foods and brands mentioned in this book if you want to do this successfully.

What to avoid:

Sugar is all its processed forms, dairy, eggs and all other animal products, white flour, added oil, food colorings, chemicals you can't pronounce, and anything with more than 10 ingredients that aren't spices. You want as simple, unprocessed, and fresh as possible.

I have found in my experience and in reading that most people who "don't like vegetables" just haven't had them cooked and seasoned properly. I think mushy broccoli is terrible, rice cooked with too much water? edible, but pretty bad. Slimy mushrooms? Yuck. But cooked in a skillet or baked in the oven with coconut aminos and garlic? So Yum.

After eating this way for a little while, even if you don't love it at first, will break the addiction your brain has to highly addictive chemicals such as sugar, salt, fat, white flour, and processed foods, and will love the new way of eating. When I originally transitioned I made it harder on myself by very occasionally having some french fries or other vegan sweets and processed food. Which just maintained the addiction I had to high fat, salt, and sugary foods. I still love eating a lot of fruit, but I have to beware of not overdoing it on things like Larabars or banana oat cookies. Simply not eating them at all in the beginning will make the process of breaking the chemical addiction easier, for some however it may not be an issue to not crave and over eat those things, for others you may need to eliminate them entirely for a while.

Special Tools & materials:

Parchment paper or silicone mat.

An air fryer, blender, food processor, Instant Pot, and decent quality cookware are helpful for time and convenience, though you can also make do with what you have. I once cut an entire watermelon with a very small swiss army knife. Be resourceful.

SHOPPING LIST/Week 1

This has all of the ingredients you will need to make every recipe in this book. I have bolded what I consider the most important ingredients if you are just starting out.

GREENS & STARCH

Kale

Spinach

Peas / *Frozen*

Lettuce / *red, green, romain, or salad greens*

Tomato

Broccoli

Carrots / *large & baby*

Mushrooms / *Shiitake, Oyster, Crimini, etc.*

Bell pepper

Cilantro

Cucumber

Celery

Avocado

Onions

Potatoes

Sweet potatoes

Ginger

Garlic

GRAINS

Quinoa

Rice / *Brown, Jasmine, Basmati, Wild, Black, Sushi*

Bread / *Food for Life or Local Organic Sourdough*

Tortillas / *Food for Life*

Brown rice cakes / *Unsalted*

Oat flour

Oats

PROTEINS

Tofu or Soy Curls

Peanut butter / *fresh ground unsalted*

Dried:

Lentils / *French, green, brown, red*

Black Beans

Chickpeas

FRUIT

Banana

Papaya

Pear

Apples

Oranges

Lemon

Lime

Dates

Goji Berries / *Dried, optional*

Fresh or Frozen:

Berries / *Strawberry, blueberry, raspberry, etc.*

Mango

Pineapple

MISC.

Milk / *Soy, Oat, Hemp, Almond, Coconut*

Ground flax seed / *bulk flax seed if you have blender*

Coconut water

Coconut milk / *Light*

Vegetable broth

Tahini

Salsa

Red & green curry paste

Apple cider vinegar

Maple syrup

Vegan sriracha or hot sauce

Baking Soda

SEASONING

Coconut aminos

Soy sauce / *Braggs liquid aminos or other gluten free low sodium tamari*

Nutritional yeast

Smoked paprika / *Or paprika*

Black Pepper

Garlic & onion powder

Eden Seaweed Gomasio

Spike & Salt free Spike

Red pepper flakes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Celery + Lemon Fruit	Water Celery Juice + Lemon Fruit	Water Celery Juice + Lemon Fruit	Water Lemon + Water Fruit	Water Lemon + Water Smoothie	Water Lemon + Water Oats + Fruit	Water Celery Juice + Lemon Fruit
Breakfast Burrito	Breakfast Burrito	Oats + Fruit	Oats + Fruit	Avocado Toast	Avocado Toast	Oats + Fruit
Sweet Potato Quinoa Salad	Quinoa Bowl	Tom Kha Soup	Tom Kha Soup	Sweet Ginger Stirfry	Sweet Ginger Stirfry	Lentil Green Curry
Tom Kha Soup	Sweet Potato Quinoa Salad	Sweet Potato Quinoa Burrito	Sweet Ginger Stirfry	Tom Kha Soup	Lentil Green Curry	Quinoa Bowl

A top-down view of a white ceramic bowl filled with a breakfast fruit salad. The salad consists of sliced bananas, chunks of mango, and chocolate chips. A silver spoon is tucked into the bowl on the right side. The bowl is placed on a white, textured, quilted surface, possibly a blanket or bedspread. The word "Breakfast" is written in a large, white, serif font across the middle of the bowl.

Breakfast

Always start your day with water. I like to follow my water with warm lemon water, or celery and lemon juice. Any coffee or tea should have only unsweetened nondairy milk.

Fruit is my favorite breakfast, but there are alternatives if you prefer savory. If you're short on time you can grab fruit you don't need to cut, like bananas, apples, berries, oranges, pears, grapes. Or, prepare a morning fruit bowl ahead of time.

Need something heavier? Oatmeal, tofu breakfast burrito, or whole-grain sourdough bread avocado/hummus toast are good options. For enhanced weight loss, try having vegetables in the morning—steamed beets, sweet potatoes, cauliflower, or brussel sprouts are good options.



Keep It Simple

1 serving

- 1 Banana
- 1 Mango
- 1/4 Pineapple
- 1/4 Papaya
- 2 Tbsp ground flax

Directions: Cut fruit into bite size pieces, top with ground flax, & other desired toppings.

If you're short on time you can grab things like bananas, apples, oranges, pears, grapes.

Optional: Soaked goji berries, shredded coconut, cacao nibs, cinnamon



Fruit & Oats

1 serving

- 1 Cup Oats
- 1 1/4 Cups Water
- Berries / *Any fresh or frozen*
- 1 Banana
- 1 Tbsp Ground flax
- 2-3 Dates or 1 Tbsp Maple syrup
- Dash Cinnamon
- 1/4 Cup Soy milk

Directions: Cook oats in a pot or microwave. Top with fruit, ground flax, cinnamon, unsweetened non-dairy milk, & dates or maple syrup if needed.



Breakfast Burrito

Makes 3-4 servings

Tortillas / *food for life tortillas are my go to*

12-16oz Tofu / *Firm or extra firm*

1/2 red bell pepper

1/2 onion

8-10 Cherry tomatoes

2-3 cloves garlic

2 Tsp Paprika / *Smoked preferred*

3 Tbsp Nutritional yeast

1/2 Tsp Turmeric

1 Tbsp Liquid aminos

*(Or 1 cup Sofrito)
Recipe @ Ayanaperry.com
or the full verion of this book*

Directions: Cook tofu for 3-5 minutes in a dry skillet to cook off the water. If using tofu that is already fairly dry, cook onions & peppers first.

Add peppers & onions (or sofrito) & cook for 5 minutes.

Add tomatoes & seasonings, if using add mushrooms.

Cook for another 5 minutes.

Top with:

Sprouts

Salsa

Nutritional yeast

Hot sauce

Optional:

Kale, spinach, mushrooms, corn, beans or lentils, breakfast potatoes, toast in place of tortilla

This recipe is super versatile and pretty forgiving, for a sausage flavor you can add— rosemary + sage + fennel seed + mushrooms. Or— chili powder + cumin + garlic & onion powder + black pepper + red pepper flakes for a more Mexican flavor



Smoothies

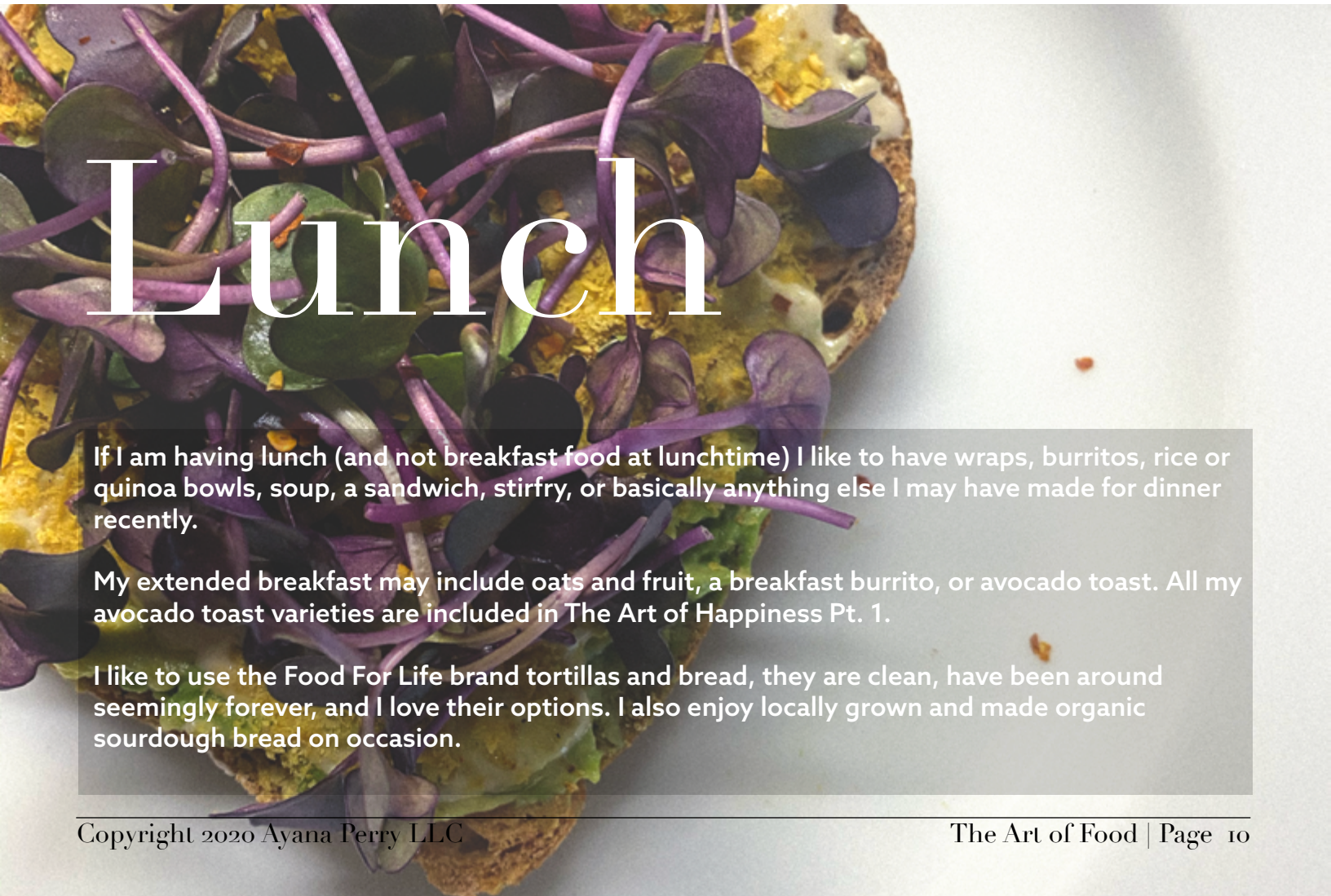
Tropical Green:

- Pineapple
- Mango
- Banana
- Ginger
- Kale
- Cucumber
- Spirulina
- Coconut water

Purple Berry:

- Strawberry
- Blueberry
- Peach
- Banana
- Goji berry
- Beet
- Coconut water

Directions:
Add all ingredients to blender and blend until smooth.



Lunch

If I am having lunch (and not breakfast food at lunchtime) I like to have wraps, burritos, rice or quinoa bowls, soup, a sandwich, stirfry, or basically anything else I may have made for dinner recently.

My extended breakfast may include oats and fruit, a breakfast burrito, or avocado toast. All my avocado toast varieties are included in The Art of Happiness Pt. 1.

I like to use the Food For Life brand tortillas and bread, they are clean, have been around seemingly forever, and I love their options. I also enjoy locally grown and made organic sourdough bread on occasion.



The Anything Burrito

Choose a Base: Lentils / Lentils & quinoa / Black beans / Hummus

Choose a Veg: Shiitakes & kale / Broccolini & oyster mushrooms / Lettuce

Steamed kale / Peppers, onions, zucchini / Sweet potato

Tortilla

Salt free Spike

Salsa / Or cherry tomatoes

Avocado / Optional

Garlic tahini sauce

Optional spice mix:

1/2 tsp Paprika

1/4 tsp Cumin

1/4 tsp Chili powder

1/4 tsp Garlic Powder

1/4 tsp Onion Powder

Directions:

Cook your vegetables in the same way you would cook the Sweet Ginger Stirfry on page 17, steam or use leftover sweet potato.

Add salt free Spike &/or the optional spice mix to your burrito base.

Add to warm tortilla.

Top with all other ingredients.

Typically I make this recipe using left over stirfry or lentils and simply adding additional seasoning and a couple toppings.



Sweet Potato Quinoa Salad

1/2 Cup cooked quinoa
1 Baked or steamed sweet potato
Salad greens
Cherry tomatoes / *Or pico de gallo*
1 Tsp coconut aminos / *Optional*
Spike / *To taste*
1 Tbsp nutritional yeast
Sliced cucumber
1/4-1/2 Avocado / *Optional*
Garlic tahini sauce

Directions:

Add nutritional yeast & Spike to 1/2 cup quinoa, put onto bed of greens. Add sweet potato, avocado, cucumber, coconut aminos, tomato, & garlic tahini sauce.

You can add steamed cauliflower or beets, roasted carrots, lentils, pumpkin seeds, or cilantro.

This is a great quick lunch to make when you have leftovers. Put it all together and enjoy cold, or keep the greens and tomatoes separate so you can heat the sweet potatoes and quinoa before putting them together. Crackers and hummus make a great side for this meal.



Dinner

You can enjoy all sorts of delicious flavors and varieties of food when living a plant-based lifestyle.

Mushrooms can make an excellent meat substitute, as well as Tofu, Tempeh, and Soy curls. I often use soy products in small portions for texture and flavor. If you can't do soy, there are plenty of other options. It is important to include legumes and whole grains in your diet, and most importantly a variety of leafy greens and vegetables.

Loaded salads, potatoes, home made veggies burgers, soups, and stirfries are just a few of many things you can eat when living this lifestyle. Focusing on all of the things that you can eat rather than the unhealthy options you used to indulge in is key. If I tell you not to think about cats, you automatically think of cats. Think about what you DO want, rather than what you don't.

If you're used to thinking of what you don't want, shouldn't do, can't do, what will go wrong, it will take time to adapt your thinking to the automatic positive rather than negative. Your brain has become wired one way, and you'll have to work to change it. It takes consistent repetition, and I highly recommend having a coach or someone in your life to help you see your thoughts clearly and support you in "rewiring" the negative thought patterns and beliefs.



Quinoa Tofu Bowl

3-4 servings

1 Cup Quinoa
12-16oz Tofu / *Firm or extra firm, cubed*
1 Tsp Thai Kitchen red curry paste
2 Heads Broccoli
2-3 Beets / *cut into uniform pieces*
1-2 Cloves garlic / *minced*
1/2 inch chunk ginger / *minced*
2 tbsp Coconut aminos
4 Tbsp Nutritional yeast
Liquid aminos to taste

Optional:

Avocado, Hummus, Sprouts,
Garlic tahini sauce, Sriracha

Directions:

Cook 1 cup quinoa with 2 cups of water.
Cook tofu in airfryer at 400° for 15
minutes, or oven for 20-30 minutes.

Steam beets until tender.

Add broccoli to a hot pan, add a splash
of water, cover with lid & turn down to
medium. Steam for 1 minute, uncover
and let the water evaporate, then add
garlic, ginger, liquid aminos & turn off.

Mix red curry paste & coconut aminos &
coat tofu.

Add nutritional yeast to quinoa.

To serve: Put quinoa in a bowl, top with
tofu, broccoli, beets, hummus, avocado,
sprouts, tahini dressing, & sriracha.



Tom Kha Soup

4-5 servings

- 2 Cups rice
- 12-16oz Tofu / *Firm or extra firm, cubed*
- 1 Jar Thai Kitchen red curry paste
- 1 Can coconut milk / *Light*
- 1 Qt. veg broth
- 2-3 Heads broccoli
- 2-3 Carrot
- 1-2 Cups mushrooms / *Shiitake, oyster, crimini*
- ¼ Cup Braggs liquid aminos
- ¼ Cup Coconut aminos
- 1 lime
- Sriracha or red pepper flakes to taste

Optional:

- Snow peas, green beans, eggplant, bok choy, tomatoes

Directions: Put on rice to cook. Cook tofu in airfryer at 400° for 15 minutes, or oven for 20-30. Add mushrooms to dry pot, cook on medium for 2 minutes. The water will start to come out of them, stir so they don't burn. (If using crimini add at end.) Add carrots, cook for 1-2 minutes. Add red curry paste, broth, coconut milk, coconut aminos, and liquid aminos. Once hot add crimini mushrooms, tofu, & other green veg – broccoli, peas, green beans, halved cherry tomatoes, or quartered romas, etc. and cook until tender. Add lime juice last.

Serve with rice, top with basil & cilantro

This is one of my Dad & my partner's favorite recipes. It has a ton of flavor, and is almost guaranteed to please anyone.



Lentil Green Curry

3-4 servings

- 1 Cup rice
- 1 Cup dry lentils
- 1 1/2 Cup veg broth
- 1 Cup coconut milk
- 4 oz Green curry paste
- 2 Cups spinach
- 16oz Frozen peas
- 2 Carrots / *Grated or finely chopped*
- 1 Onion / *Finely chopped*
- 1-2 Cloves garlic / *Minced*
- 1/2 Inch chunk ginger / *Minced*
- 1-2 Tbsp Liquid aminos / *To taste*
- 1-2 Tbsp Coconut aminos / *To taste*
- Juice from 1 lime

Optional:

Chickpeas, Red pepper flakes

Directions: Cook lentils and rice.
Add onion to a hot skillet, cook until translucent, then add carrot and cook for 2 minutes.
Add ginger & garlic, coconut milk, curry paste, veg. broth, and cooked lentils.
Once hot, add peas, liquid aminos, coconut aminos, and cook for 2 minutes or until peas are fully heated.
Mixing in spinach & lime juice.

Serve over rice.



Sweet Ginger Stirfry

2-3 servings

- 1 Cup cooked rice
- 2 heads Broccoli or broccolini
- 1-2 Cups mushrooms
- 1 Onion / *Thinly cut or diced*
- 2 Carrots / *Grated*
- 1-2 Cloves garlic / *Minced*
- 1/2 Inch chunk ginger / *Minced*
- 2 Tbsp Coconut aminos / *Or to taste*

Optional:

- Tofu, Tempeh, Nutritional Yeast,
- Avocado, Eden Seaweed Gomasio,
- Garlic Tahini Sauce, Peanut Sauce, Sriracha,

Directions: Add onion to a hot skillet with no oil, turn it to medium & cook until translucent.
Add mushrooms & carrots, cook 2-3 minutes.
Add broccoli, ginger, garlic, a small splash of water, and cover with a lid for 1 minute.
Add coconut aminos, cook for 1 minute uncovered, stirring so it doesn't stick or burn.

Serve over rice with your choice of toppings.

This recipe is very versatile, you can use pretty much any green vegetables, peppers, mushrooms, etc. and it goes very well with the peanut sauce recipe included in this book, if you're going for weightloss go light on or skip the peanut sauce until your desired weight is reached.

Garlic Tahini Sauce

Juice from 1 lemon
1/2 Cup tahini
2 Tbsp Apple cider vinegar
2 Tbsp Liquid aminos
2-3 Cloves garlic
2 Tbsp Nutritional yeast
1/3 Cup water / *Add more if consistency is too thick*

Directions: Blend all ingredients until smooth.

Peanut Sauce

Juice from 1 lime
1/2 Cup Peanut butter / *Fresh ground*
3/4 Cup Water
1 Tbsp Apple cider vinegar
2 Tbsp Liquid aminos
2 Tbsp Coconut aminos / *Or 2-3 dates*
3-4 Cloves garlic
1/2 Inch chunk ginger

Directions: Blend all ingredients until smooth.

Depending on the peanut butter and mixing method used, you may need slightly more or less water. I use fresh ground peanut butter, it doesn't have any added sugar and oil. If using jarred peanut butter make sure it is free from added sugar, salt, and oils.



Banana Oat Cookies

~12-14 cookies

4 Small or 3 large ripe bananas
1 Tsp vanilla / *Or 1 tsp cinnamon*
1/2 Cup peanut butter
2 Tbsp Maple syrup
2 Cups rolled or quick oats
1/2 Cup oat flour
2 Tsp baking soda
1/2 Cup raisins

Directions: Mash bananas in a bowl.
Mix in peanut butter, vanilla, maple syrup.
Add oats to bowl, then all other ingredients on top of it and mix until combined.
Spoon on to parchment paper lined baking sheet.
Bake for 12-15 minutes at 375°



Snacks

I encourage people to eat enough in a meal that you don't need a snack, but sometimes you just need a snack, so eat a good one. My favorites are:

Larabar / Cherry pie, lemon, and blueberry muffin are my favorites

Baby Carrots

Veg & hummus / Carrots, cucumber, snap peas, celery, etc.

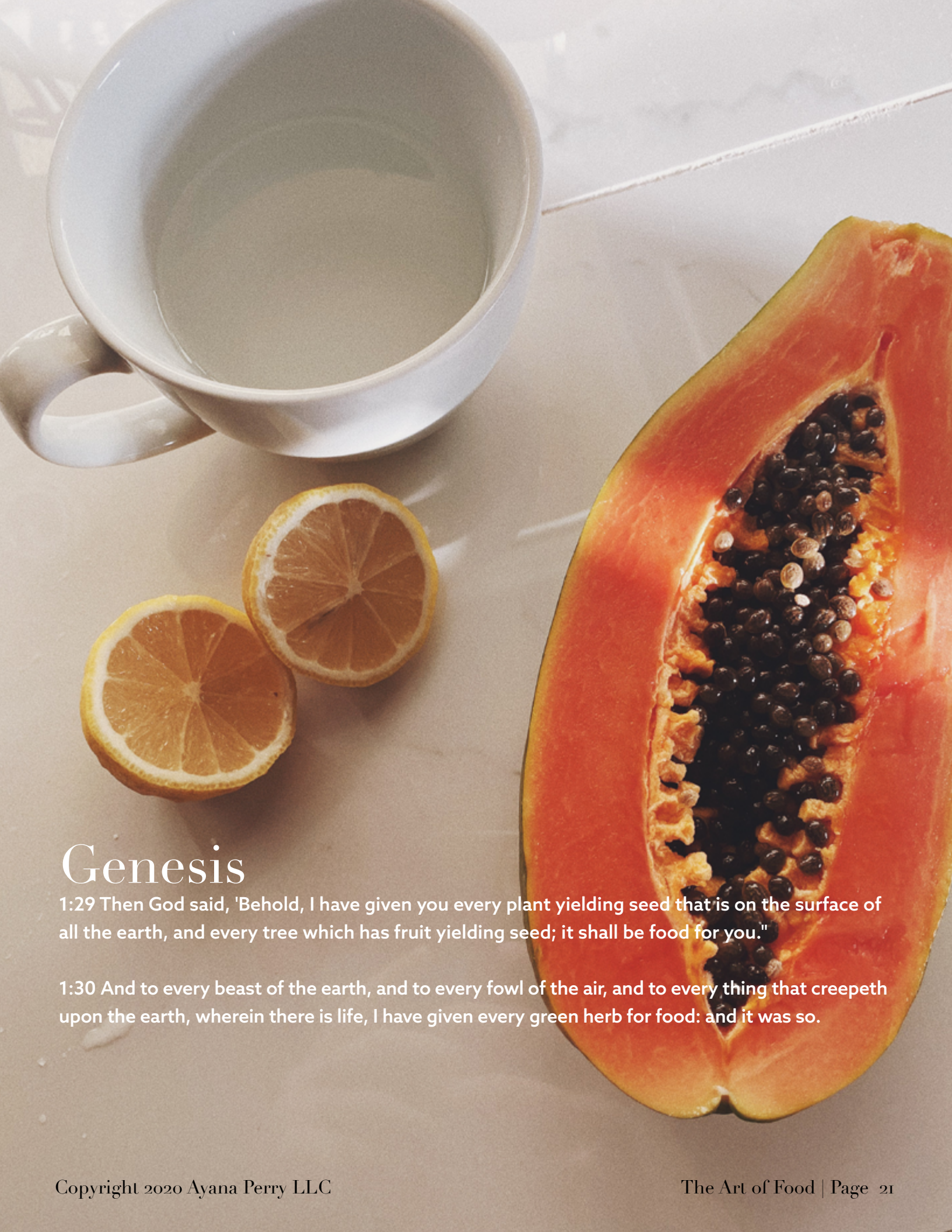
Crackers & hummus / Go for whole grain or seed crackers, Mary's Gone crackers are one of my favorites.

Apple / Can add peanut butter if not concerned about maximum weightloss.

If I'm feeling pretty empty (it's been 4+ hours since I last ate) I may have an apple and/or other piece of fruit as a snack. I don't like to eat fruit with or directly after a meal, as it tends to lead to bloating. Fruit digests quickly.

For more recipes, updates on the full book and my other work, and to work with me directly, visit my website: Ayanaperry.com.

Like this guide and want more? In the full book, *The Art of Happiness Pt. 1: The Art of Food*, you will get a full 28 days of recipes, shopping lists, plus how to apply this life style successfully. It will also contain my story, and the steps I've taken to create good energy, health, feelings, and the results I desire in my life.



Genesis

1:29 Then God said, 'Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be food for you.'

1:30 And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for food: and it was so.