PUL’s Jumpstart Guide

In this resource, you'll find a list of some of our top nutrition tips, several grocery shopping lists, baking substitutions, and cooking conversion charts!

20 ways to jumpstart your health

01. Embrace more plant-based.
   Consider making the shift towards eating more foods of plant origin, wherever possible. This is beneficial for the environment, for overall health, and for the animals!

02. Add, add, add.
   When making this shift, think of all of the foods and ingredients that are being added to your overall intake, instead of focusing on foods that are being taken away. Plant-based foods are in abundance, and offer all the nutrition we need to thrive.

03. Ditch the diet mentality.
   Aim to relinquish the belief in quick fixes, and instead focus on gradual, long-term lifestyle improvements that are realistic and enjoyable. Food is intended to nourish and satisfy, and there should be no guilt, reward, or compensation for foods that are eaten.

04. Adopt an intuitive eating approach.
   Intuitive eating is an approach to eating that focuses on being in tune with our body cues related to hunger, fullness, and satisfaction. Rather than following a set of rules, intuitive eating emphasizes trusting our body with regards to what we eat, when we eat, and how much we eat. Learn more about intuitive eating in our PUL article.

05. Eat in company.
   When possible, eat in the company of others as there are many psychological and social benefits to doing so. If eating alone, aim to avoid distractions such as the TV and computer when possible in order to be more mindful of eating.

06. Stay hydrated.
   Consider carrying a water bottle with you and continually sip throughout the day. We can also flavour water with fruit and herbs, drink teas, enjoy plant-milk lattes, soups, and enjoy fresh fruits and veggies to increase our fluid intake.

07. Increase fibre.
   Luckily, the plant-based lifestyle tends to be quite high in fibre. Fibre is rich in vegetables, fruits, grains, beans, lentils, seeds, and nuts. Drinking enough water throughout the day helps the fibre to keep us “regular”.

08. Follow The Plate Method.
   Following The Plate Method is a quick and easy visual tool that helps ensure we consume a variety of foods rich in plant-proteins, grains, fruits, and vegetables daily. Learn more about The Plate Method in our PUL article.

These are only guidelines - consider adding only the points that resonate with you:)

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09. Enjoy whole food fats.
Limit the excess use of added oils where possible, such as coconut, and vegetable oils. Use oils where needed in cooking, while aiming to have the majority of dietary fat comes from whole food sources when possible. Food sources of fat include avocados, nut and nut butters (peanut butter, almond butter), seeds and seed butters (such as tahini, which is a sesame seed butter), olives, and coconut-based products such as coconut flakes and coconut milk.

10. Ensure adequate calcium intake.
Aim for at least 2 servings of calcium-fortified alternatives per day. One serving is about 1 cup (240 mL). Plant-based dairy alternatives include milks and yogurts made from soy, almond, rice, oats, and coconut. Check the label to make sure they are fortified with calcium (~100 mg calcium per 100 mL plant-based milk or per 100 g of plant-based yogurt).

11. Ensure adequate omega fats.
Include ground flax seeds, chia seeds, walnuts, and/or hemp seeds daily for beneficial omega fats. Omega supplements may not be not needed, but can be taken to ensure adequate intake. To learn more, read our PUL article on omega-3 fats.

12. Supplements.
If following a vegan lifestyle, a Vitamin B12 supplement is recommended. Living in a colder climate during fall and winter months? Then a Vitamin D supplement is recommended as well. Generally, additional supplements may not be needed. For more information, see a doctor or dietitian.

13. Spice it up.
Using a variety of spices can help add delicious flavours to food without the need to add excess salt or oils. Spices also add new aromas and can be fun to experiment with, and many spices are loaded with antioxidants!

Aim to meal prep one day per week (or two days if possible). Batch cook grains for the week, chop vegetables, portion snacks, make a large enough meal to freeze extras for leftovers to enjoy later.

15. Keep a grocery list.
Keep a grocery list on-hand so trips to the store are less daunting. When you notice an ingredient running low, get in the habit of adding this to your list. Running low on fresh produce is often what leads us to reach for convenience foods instead. See below for printable lists you can post on your fridge!
Aim to include plant-based proteins in each meal, and in some snacks; this includes beans, lentils, hummus, tofu, tempeh, soy-based meat replacements, seeds and seed butters, as well as nuts and nut butters. The gradual introduction of beans and lentils helps avoid the associated bloating that may result. Start with adding a couple of spoons a day, then after a week increase to a quarter cup, and so on. Learn all about plant-based protein sources in our PUL article.

17. Sweeten naturally.
When looking to sweeten drinks and desserts, consider trying whole food ingredients such as dates, dried fruit, and fresh fruit where possible. Often, when making baked treats, a combination of refined sugars (white and brown sugars) can be used together with whole food natural sweeteners (such as applesauce and mashed banana).

18. Befriend frozen.
Frozen fruits, vegetables, and grains, such as bread, allow for quick and wholesome meal preparation. Keep ripe, peeled, and frozen bananas in the freezer to use in smoothies, to add to oatmeal, or to blend into a sweet banana-sorbet dessert. Freeze ripe fruit that won’t be eaten before it spoils. This can be later stewed to add to morning parfaits or oatmeals. Store leftover soups in the freezer to enjoy later. A cup or two of frozen peas can be added to just about pasta, soup, or casserole for extra plant-proteins.

19. Sleep it off.
Lack of sleep poorly affects decision-making and alters overall health and metabolism. Aim for no less than 6 hours a night, ideally 8 hours.

20. Sweat it out.
It’s not only about the food. Enjoying regular physical activity is beneficial for mental and physical health. Even just a few minutes is better than nothing! Sitting for most of the day? Consider getting up at least once every hour to get the blood circulating. Grab some water, step outside for some fresh air, or simply stretch your arms and legs.
Grocery Lists
<table>
<thead>
<tr>
<th>Category</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fresh vegetables</strong></td>
<td>Asparagus, Beetroot, Bell peppers, Bok choy, Broccoli, Brussels sprouts, Cabbage, Carrots, Cauliflower, Celery, Coriander/cilantro, Corn, Cucumbers, Eggplant, Garlic, Ginger, Green beans, Herbs, fresh, Jalapeño peppers, Kale, Leafy greens, Mushrooms, Onions, Potatoes, Sprouts, Squash, Tomatoes, Yams, Zucchini</td>
</tr>
<tr>
<td><strong>Fresh fruit</strong></td>
<td>Apples, Avocados, Bananas, Berries, Figs, Grapefruits, Grapes, Kiwis, Lemons, Limes, Mangoes, Melons, Nectarines, Oranges, Papayas, Peaches, Pears, Pineapples, Plums</td>
</tr>
<tr>
<td><strong>Frozen foods</strong></td>
<td>Dairy-free ice cream/sorberts, Frozen fruits, Frozen veggies</td>
</tr>
<tr>
<td><strong>Plant proteins</strong></td>
<td>Beans, Edamame, Falafels, Hummus, Lentils, Nuts, Nut butter, Peas, Seeds, Seitan, Tahini, Tofu, Vegan garden burgers</td>
</tr>
<tr>
<td><strong>Canned goods</strong></td>
<td>Beans, Coconut milk, Corn, Lentils, Peas, Pumpkin, Tomatoes, Tomato paste</td>
</tr>
<tr>
<td><strong>Spices</strong></td>
<td>Allspice, Bay leaves, Basil, Black pepper, Cardamom pods, Cajun, Cayenne pepper, Chili powder, Cinnamon, ground and sticks, Cloves, Coriander, ground and whole, Cumin, ground and whole, Curry powder, Dill, Fennel seeds, Fenugreek seeds, Garam masala, Garlic powder, Ginger, ground, Italian mix, Mint, Nutmeg, ground, Onion powder, Oregano, Paprika powder, Pumpkin pie spice, Red pepper flakes, Rosemary, Sage, Saffron, Salt (iodized), Star anise, Tarragon, Turmeric, ground, Thyme</td>
</tr>
<tr>
<td><strong>Dairy alternatives</strong></td>
<td>Plant-milk, Plant-yogurt</td>
</tr>
<tr>
<td><strong>Grains</strong></td>
<td>Barley, Bread, Buckwheat, Couscous, Crackers, Quinoa, Millet, Noodles, Pasta, Popcorn kernels, Rice, Oats, Tortillas or taco shells</td>
</tr>
<tr>
<td><strong>Baking goods</strong></td>
<td>Agave syrup, Baking soda, Baking powder, Chocolate, dairy-free, Cocoa powder, unsweetened, Flour, Maple syrup, Sugar, Vanilla extract, Yeast</td>
</tr>
<tr>
<td><strong>Beverages</strong></td>
<td>Coconut water, Coffee, Juice, Kombucha, Sparkling water, Tea</td>
</tr>
<tr>
<td><strong>Pantry</strong></td>
<td>Applesauce, Artichoke hearts, Bouillon cubes, Dried coconut flakes, Dried fruit, Kinchi, Nori sheets, Nutritional yeast, Oil, Olives, Pasta/marinara/tomato sauce, Pickles, Sauerkraut, Sun-dried tomatoes, Vinegar</td>
</tr>
<tr>
<td><strong>Condiments</strong></td>
<td>Chutney, Guacamole, Hot sauce, Hoisin sauce, Jam/jelly/preserves, Ketchup, Miso paste, Mustard, Relish, Salad dressing, Salsa, Soy sauce, low sodium</td>
</tr>
<tr>
<td><strong>Convenience foods</strong></td>
<td>BBQ sauce, Guacamole, Hot sauce, Hoisin sauce, Jam/jelly/preserves, Ketchup, Miso paste, Mustard, Relish, Salad dressing, Salsa, Soy sauce, low sodium</td>
</tr>
<tr>
<td><strong>Pickled goods</strong></td>
<td>Pickled vegetables, Pickled fruits, Pickled meat, Pickled fish</td>
</tr>
<tr>
<td><strong>Baking goods</strong></td>
<td>Agave syrup, Baking soda, Baking powder, Chocolate, dairy-free, Cocoa powder, unsweetened, Flour, Maple syrup, Sugar, Vanilla extract, Yeast</td>
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<td>Pickled vegetables, Pickled fruits, Pickled meat, Pickled fish</td>
</tr>
</tbody>
</table>

* Look for calcium-fortified plant-milks and plant-yogurts by checking the label.
# Grocery List: Essentials

## Fresh vegetables
- Bell peppers
- Broccoli
- Carrots
- Cauliflower
- Corn
- Cucumbers
- Garlic
- Ginger
- Leafy greens
- Mushrooms
- Onions
- Potatoes
- Tomatoes
- Yams
- Zucchini

## Frozen foods
- Frozen fruits
- Frozen veggies

## Plant proteins
- Almond butter
- Beans
- Chia seeds
- Chickpeas
- Edamame
- Ground flaxseeds
- Hummus
- Lentils
- Nuts
- Peanut butter
- Peas
- Seeds
- Tahini
- Tempeh
- Tofu

## Pantry
- Bouillon cubes
- Dried fruit
- Nutrition yeast
- Oils
- Pasta / tomato sauce
- Vinegars

## Canned goods
- Beans
- Coconut milk
- Corn
- Lentils
- Peas
- Pumpkin
- Tomatoes, whole or diced
- Tomato paste

## Fresh fruit
- Apples
- Avocados
- Bananas
- Berries
- Lemons
- Limes
- Oranges
- Papayas
- Peaches
- Pears
- Pineapples

## Fresh fruit alternatives*
- Plant-milk
- Plant-yogurt

* Look for calcium-fortified plant-milks and plant-yogurts by checking the label.

## Grains
- Bread
- Quinoa
- Noodles
- Pasta
- Rice
- Oats
- Tortillas or taco shells

## Baking goods
- Agave syrup
- Baking soda
- Baking powder
- Chocolate, dairy-free
- Cocoa powder
- Flour
- Maple syrup
- Sugar
- Vanilla extract

## Spices
- Basil
- Black pepper
- Chili powder
- Cinnamon, ground
- Coriander, ground
- Cumin, ground
- Curry powder
- Garam masala
- Garlic powder
- Onion powder
- Oregano
- Paprika powder
- Rosemary
- Sage
- Salt (iodized)
- Turmeric, ground
- Thyme

## Kitchen supplies
- Baking paper
- Dish cloths
- Dish soap
- Dish sponges/scrubbers
- Garbage bags

## Vitamin supplements
- Vitamin B12
- Vitamin D

## Beverages
- Tea

## Condiments
- Hot sauce
- Ketchup
- Soy sauce

## Snacks
- Baby carrots
- Crackers
- Dried fruit
- Granola bars
- Nuts/seeds
Grocery Lists: Themed Meals
Grocery List: Themed Meals

**Burger**
- Garlic
- Leafy greens • Type: __________
- Mushrooms • Type: __________
- Onions • Type: __________
- Parsley
- Potatoes or yams
- Tomatoes
- Garden plant-based burgers
- Nuts/seeds • Type: __________
- Burger buns
- Bread crumbs
- BBQ sauce
- Hot sauce
- Ketchup
- Mustard
- Oil • Type: __________
- Relish
- Pickles
- Black pepper
- Cajun
- Chili powder
- Cumin, ground
- Garlic powder
- Onion powder
- Paprika
- __________

**Chili**
- Bell peppers
- Carrots
- Coriander/cilantro
- Corn
- Garlic
- Jalapeño peppers
- Mushrooms • Type: __________
- Onions • Type: __________
- Sweet potatoes
- Tomatoes (fresh or canned)
- Beans (black, kidney, pinto)
- Rice • Type: __________
- Tomato sauce
- Oil • Type: __________
- Black pepper
- Chili powder
- Cumin, ground
- Garlic powder
- Onion powder
- Oregano, dried
- Paprika
- Red pepper flakes
- __________

**Curry**
- Carrots
- Cauliflower
- Coriander/cilantro
- Eggplant
- Garlic
- Ginger
- Mushrooms • Type: __________
- Onions • Type: __________
- Parsley
- Potatoes • Type: __________
- Spinach
- Tomatoes (fresh or canned)
- Chickpeas
- Lentils • Type: __________
- Peas
- Rice • Type: __________
- Bouillon cubes
- Chutney • Type: __________
- Canned coconut milk
- Oil • Type: __________
- Tomato sauce or paste
- Allspice
- Cardamom pods
- Chili powder
- Cinnamon
- Coriander, ground or whole
- Cloves, ground or whole
- Cumin, ground or whole
- Curry powder
- Fenugreek seeds
- Garam masala
- Garlic powder
- Ginger powder
- Onion powder
- Paprika powder
- Turmeric powder
- __________

**Nourish bowl**
- Avocados
- Beetroot
- Bell peppers
- Bok choy
- Broccoli
- Carrots
- Cauliflower
- Coriander/cilantro
- Corn
- Garlic
- Green beans
- Kale or spinach
- Limes or lemons
- Mushrooms • Type: __________
- Onions • Type: __________
- Potatoes or yams
- Sprouts
- Squash • Type: __________
- Zucchini
- Beans • Type: __________
- Hummus
- Lentils • Type: __________
- Tofu • Type: __________
- Seeds • Type: __________
- Tahini
- Rice or quinoa • Type: __________
- Bouillon cubes
- Hot sauce
- Kimchi
- Miso paste
- Nutritional yeast
- Oil • Type: __________
- Olives • Type: __________
- Sauerkraut
- Spice #1• Type: __________
- Spice #2• Type: __________
- __________

**Pasta**
- Asparagus
- Basil, fresh
- Bell peppers
- Broccoli
- Coriander/cilantro
- Garlic
- Kale or spinach
- Mushrooms • Type: __________
- Onions • Type: __________
- Oregano, fresh
- Parsley
- Potatoes or yams or squash
- Tomatoes
- Zucchini
- Nuts • Type: __________
- Tofu, firm and seasoned
- Almond milk
- Pasta • Type: __________
- Artichoke hearts
- Balsamic vinegar
- Hot sauce
- Lemon or lime juice
- Nutritional yeast
- Oil • Type: __________
- Olives • Type: __________
- Pasta/marinara/tomato sauce
- Sun-dried tomatoes
- Basil, dried
- Black pepper
- Cayenne pepper
- Chili powder
- Garlic powder
- Italian mix
- Onion powder
- Oregano, dried
- Paprika
- Red pepper flakes
- Rosemary
- Tarragon
- Thyme
- __________

**Burrito/fajita/quesadilla/taco**
- Avocados
- Bell peppers
- Coriander/cilantro
- Corn
- Garlic
- Jalapeño peppers
- Iceberg lettuce
- Limes
- Mushrooms • Type: __________
- Onions • Type: __________
- Beans (black, kidney, pinto)
- Tofu, firm
- Rice • Type: __________
- Tortilla or taco shells
- Hot sauce
- Salsa
- Guacamole
- Oil • Type: __________
- Chili powder
- Cumin, ground
- Garlic powder
- Onion powder
- __________

**Oatmeal**
- Apples
- Bananas
- Berries • Type: __________
- Mangoes
- Peaches
- Pears
- Plant-based milk
- Plant-based yogurt
- Almond butter or peanut butter
- Flax seeds, ground
- Nuts • Type: __________
- Seeds • Type: __________
- Rolled oats
- Steel-cut oats
- Chocolate, dairy-free
- Cocoa powder, unsweetened
- Jam/jelly/preserves
- Maple syrup
- Vanilla extract
- Cinnamon
- Pumpkin pie spice
- __________

**Notes**

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# Grocery List: Themed Meals

## Pizza
- Basil, fresh
- Bell peppers
- Coriander/cilantro
- Eggplant
- Garlic
- Mushrooms • Type: ________
- Onions • Type: ________
- Oregano, fresh
- Potatoes or yams or squash
- Spinach
- Tomatoes
- Zucchini
- Nuts/seeds • Type: ________
- Tofu, firm and seasoned
- Pizza crust
- Tortillas or pita bread
- Artichoke hearts
- Hot sauce
- Nutritional yeast
- Oil • Type: ________
- Olives • Type: ________
- Pizza/tomato sauce
- Sun-dried tomatoes
- Basil, dried
- Garlic powder
- Italian mix
- Onion powder
- Oregano, dried
- Paprika powder
- Red pepper flakes

## Veggie wraps
- Avocados
- Bell peppers
- Cucumbers
- Eggplant
- Jalapeño peppers
- Leafy greens • Type: ________
- Mushrooms • Type: ________
- Onions • Type: ________
- Potatoes or yams
- Tomatoes
- Zucchini
- Beans • Type: ________
- Falafel
- Hummus
- Tortillas or pita bread
- BBQ sauce
- Hot sauce • Type: ________
- Oil • Type: ________
- Olives • Type: ________
- Basil
- Cajun
- Curry powder
- Garlic powder
- Onion powder
- Oregano
- Paprika powder
- Rosemary
- Edamame
- Seitan
- Tempeh, seasoned/marinated
- Tofu, firm and seasoned
- Noodles • Type: ________
- Rice • Type: ________
- Hot sauce • Type: ________
- Hoisin sauce
- Sesame oil
- Soy sauce
- Oil • Type: ________
- Chili powder
- Garlic powder
- Ginger, ground
- Onion powder
- Peanut butter
- Rice or quinoa • Type: ________

## Stuffed veggies
- Avocados
- Bell peppers
- Broccoli
- Coriander/cilantro
- Corn
- Garlic
- Leafy green • Type: ________
- Mushrooms • Type: ________
- Onions • Type: ________
- Potatoes/yams • Type: ________
- Squash • Type: ________
- Tomatoes
- Zucchini
- Beans • Type: ________
- Edamame
- Lentils • Type: ________
- Nuts/seeds • Type: ________
- Tahini
- Tofu, firm and seasoned
- Couscous or quinoa or millet
- Rice • Type: ________
- Artichoke hearts
- Hot sauce • Type: ________
- Oil • Type: ________
- Olives • Type: ________
- Sun-dried tomatoes
- Tomato paste or sauce
- Spice • Type: ________
- Spice • Type: ________

## Stir-fry
- Bell peppers
- Bok choy
- Broccoli
- Cabbage • Type: ________
- Carrots
- Coriander/cilantro
- Garlic
- Ginger
- Green beans
- Limes
- Mushrooms • Type: ________
- Onions • Type: ________
- Sprouts
- Edamame
- Seitan
- Tofu, extra firm
- Ramen or rice noodles
- Bouillon cubes
- Chili sauce
- Miso paste
- Oil • Type: ________
- Rice vinegar
- Sesame oil
- Soy sauce
- Cinnamon sticks
- Cloves, whole
- Ginger, dried
- Star anise

## Pho/ramen
- Basil, fresh
- Bok choy
- Broccoli
- Carrots
- Chili peppers
- Garlic
- Ginger
- Green onions/scallions
- Limes
- Mushrooms • Type: ________
- Onion • Type: ________
- Sprouts
- Edamame
- Tofu, extra firm
- Ramen or rice noodles
- Bouillon cubes
- Chili sauce
- Miso paste
- Oil • Type: ________
- Rice vinegar
- Sesame oil
- Soy sauce
- Cinnamon sticks
- Cloves, whole
- Ginger, dried
- Star anise

## Sushi/salad roll
- Asparagus
- Avocados
- Bell peppers
- Carrots
- Cucumbers
- Mangoes
- Mushrooms
- Sweet potatoes or yams
- Green beans
- Leafy green • Type: ________
- Mushrooms • Type: ________
- Onions • Type: ________
- Potatoes or yams
- Peanut butter
- Tofu, firm and seasoned/smoked
- Rice or quinoa • Type: ________
- Ginger, pickled
- Hot sauce
- Miso paste
- Nori sheets
- Rice paper
- Rice vinegar
- Wasabi

## Soup & salad
- Asparagus
- Apples
- Avocados
- Berries
- Beetroots
- Bell peppers
- Broccoli
- Brussels sprouts
- Carrots
- Celery
- Corn
- Cucumbers
- Figs
- Garlic
- Ginger
- Green beans
- Leafy greens • Type: ________
- Leeks
- Lemons or limes
- Mushrooms
- Onions • Type: ________
- Pomegranates
- Potatoes/yams • Type: ________
- Radishes
- Squash • Type: ________
- Tomatoes
- Zucchini
- Beans • Type: ________
- Lentils • Type: ________
- Nuts/seeds • Type: ________
- Peas
- Barley
- Couscous
- Quinoa
- Millet
- Wild rice
- Bouillon cubes
- Coconut milk, whole or low-fat
- Oil • Type: ________
- Olives • Type: ________
- Salad dressing • Type: ________
- Sauerkraut
- Sun-dried tomatoes
- Vinegars • Type: ________
- Bay leaves
- Garlic powder
- Onion powder
- Spice • Type: ________
- Spice • Type: ________

## Notes

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Baking Substitutions
Easy Baking Recipe Substitutions

Egg replacement
Replace 1 egg with:
- Combine 1 Tbsp (7 g) ground flaxseeds + 3 Tbsp (45 mL) water. Mix and let sit for 5 minutes to gel.
- Combine 1 Tbsp chia seeds (10 g) + 3 Tbsp (45 mL) water. Mix and let sit for 15 minutes to gel.
- Mash ½ ripe banana. If using this in baked goods, it’s best to cream the banana with sugar.
- ¼ cup (60 mL) unsweetened applesauce, canned pumpkin, or pureed prunes.

Buttermilk replacement
Replace buttermilk 1:1 with:
- 1 cup (240 mL) plant-based milk + 1 tsp (5 mL) lemon juice, white vinegar, or apple cider vinegar.
  • Tip: let sit for 5 minutes, then whisk until bubbles form.

Butter replacement
Replace 1 cup butter with:
- Mix together ¾ cup (180 mL) nut or seed butter + ¼ cup (60 mL) vegetable oil.
- ¾ cup full-fat coconut milk ‘cream’. To get the cream, place a can of full-fat coconut milk in the fridge overnight. The fat separates from the coconut water, creating a cream layer on top. This ‘cream’ can be used to replace butter.
- 1 cup (240 mL) coconut oil.

Oil replacement
Replace 1 cup oil with:
- ½ cup (120 mL) unsweetened applesauce + ½ cup (120 mL) vegetable oil. Thereby decreasing the amount of oil used by half.
- ½ cup (150 g) mashed ripe banana + ½ cup (120 mL) vegetable oil. Thereby decreasing the amount of oil used by half. Instead of using a mashed banana, you could also use another fruit puree such as apricot, peach, pear, prune, pumpkin, or squash.
  • Tip: to make fruit puree, blend 1 cup of the fruit + 2 Tbsp (30 mL) water in a food processor.
  • Tip: consider decreasing added sugar in the recipe slightly as the fruit puree itself adds natural sugars.

Dairy ice cream replacement
Replace ice cream with:
- Frozen banana, blended in food processor.
  • Tip: vary the flavour by blending with fresh/frozen berries, cocoa, maple syrup, cinnamon, vanilla.
  • Tip: to make more firm, place the blended product back in the freezer for 1 hour before serving.
- A delicious homemade coconut whip (pictured left).
- A plant-based ice cream, such as coconut, almond, or soy ice creams.
Grain to Liquid Ratios
Cooking Grains

A few important notes

01. Aim to soak.
Soaking grains overnight is optional, but has many benefits including decreasing cooking time, and increasing nutrient absorption. Learn more about the benefits of soaking grains in our [soaking article](#). If unable to soak, not to worry. Simply increase the cooking time by nearly half, and increase the liquids it needs to cook in by 15 - 30%.

02. Add nutrition and/or flavour.
Cooking grains in vegetable stock or adding in a vegetable bouillon cube to the cooking liquid can make the grains taste more flavourful! For oats and millet (if making porridge) consider using calcium-fortified plant-based milk, and consider adding spices such as cinnamon for extra flavour.

03. Rinse.
For most grains, it helps to rinse the grains under water until the water runs clear before cooking. This helps to remove debris, dirt, and excess starch. For canned grains, it can also help to get rid of extra sodium.

04. Read package instructions.
Always cook your grains according to the package instructions, as cooking times and liquids to be added vary from brand to brand, and depending on the size of the grains.

05. Improve the texture.
For best results, once the liquid is fully absorbed by the grains and they appear to be cooked through, it’s advised to turn off the heat, fluff the grains with a fork, cover the saucepan with a lid, and let the grains sit and steam for 5 - 10 minutes. This helps improve the consistency and texture of the grains, and ensure any bit of remaining liquid is soaked up by the grains.
## Grain to Liquid Ratio

Remember to always check the package instructions first, as liquid and cooking times can vary :)

<table>
<thead>
<tr>
<th>Grain</th>
<th>Grain Liquid</th>
<th>Cook time</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barley (pearled)</td>
<td>1 cup 3 cups</td>
<td>35 - 40 minutes</td>
<td>Rinse, add to saucepan with water, bring to a boil, reduce to a simmer, cover, and cook.</td>
</tr>
<tr>
<td>Barley (pot)</td>
<td>1 cup 3 cups</td>
<td>50 minutes</td>
<td>Rinse, add to saucepan with water, bring to a boil, reduce to a simmer, cover, and cook.</td>
</tr>
<tr>
<td>Bulgur (extra coarse)</td>
<td>1 cup 2 cups</td>
<td>20 - 25 minutes</td>
<td>Add to saucepan with water, bring to a boil, reduce to a simmer, cover, and cook.</td>
</tr>
<tr>
<td>Bulgur (fine or medium-grind)</td>
<td>1 cup 1 cup</td>
<td>10 - 15 minutes</td>
<td>Add to a bowl, pour over boiling water, cover, and allow to sit.</td>
</tr>
<tr>
<td>Couscous</td>
<td>1 cup 1 cup</td>
<td>5 - 10 minutes</td>
<td>Add to a bowl, pour over boiling water, cover, and allow to sit.</td>
</tr>
<tr>
<td>Quinoa</td>
<td>1 cup 2 cups</td>
<td>15 minutes</td>
<td>Rinse, add to saucepan with water, bring to a boil, reduce to a simmer, cover, and cook.</td>
</tr>
<tr>
<td>Millet not soaked overnight</td>
<td>1 cup 2 cups</td>
<td>15 minutes</td>
<td>Toast the raw millet in a dry saucepan on medium heat for 3 - 4 minutes (optional step). Then add the water, bring to a boil, reduce to a simmer, cover, and cook.</td>
</tr>
<tr>
<td>Millet soaked overnight</td>
<td>1 cup 1½ cups</td>
<td>10 minutes</td>
<td>Soak the millet overnight, then drain and rinse. Add to saucepan with liquid, bring to a boil, reduce to a simmer, cover, and cook.</td>
</tr>
<tr>
<td>Oats (rolled)</td>
<td>1 cup 1½ cups</td>
<td>6 - 8 minutes</td>
<td>Add to saucepan with liquid, bring to a boil, reduce to a simmer, leave uncovered, and cook. Add more liquid if you prefer a thinner consistency.</td>
</tr>
<tr>
<td>Oats (steel-cut)</td>
<td>1 cup 3 cups</td>
<td>25 - 30 minutes</td>
<td>Rinse, add to saucepan with liquid, bring to a boil, reduce to a simmer, leave uncovered, and cook. Add more liquid if you prefer a thinner consistency.</td>
</tr>
<tr>
<td>Oats (steel-cut) soaked overnight</td>
<td>1 cup 2 cups</td>
<td>15 minutes</td>
<td>Rinse the oats until the water runs clear, then soak the oats overnight. Then drain and rinse again. Add to saucepan with liquid, bring to a boil, reduce to a simmer, leave uncovered, and cook. Add more liquid if you prefer a thinner consistency.</td>
</tr>
</tbody>
</table>
## Grain to Liquid Ratio

<table>
<thead>
<tr>
<th>Grain</th>
<th>Grain</th>
<th>Liquid</th>
<th>Cook time</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice (brown) not soaked overnight</td>
<td>1 cup</td>
<td>2 cups</td>
<td>25 minutes</td>
<td>Rinse, add to saucepan with water or broth, bring to a boil, reduce to a simmer, cover, and cook.</td>
</tr>
<tr>
<td>Rice (brown) soaked overnight</td>
<td>1 cup</td>
<td>1½ cups</td>
<td>15 minutes</td>
<td>Rinse the rice until the water runs clear, then soak the rice overnight. Then drain and rinse again. Add to saucepan with water or broth, bring to a boil, reduce to a simmer, cover, and cook.</td>
</tr>
<tr>
<td>Rice (white, long-grain) not soaked overnight</td>
<td>1 cup</td>
<td>2 cups</td>
<td>15 - 18 minutes</td>
<td>Rinse, add to saucepan with water or broth, bring to a boil, reduce to a simmer, cover, and cook.</td>
</tr>
<tr>
<td>Rice (white, short-grain) not soaked overnight</td>
<td>1 cup</td>
<td>1¼ cups</td>
<td>12 - 13 minutes</td>
<td>Rinse the rice until the water runs clear, then add to the saucepan with the water. Let sit for 20 minutes to soak (optional but ideal). Bring to a boil, reduce to a simmer, cover, and cook.</td>
</tr>
<tr>
<td>Rice (wild) not soaked overnight</td>
<td>1 cup</td>
<td>3 cups</td>
<td>40 - 45 minutes</td>
<td>Rinse the rice until the water runs clear, add to saucepan with water or broth, bring to a boil, reduce to a simmer, cover, and cook. If there’s any excess liquid, drain.</td>
</tr>
<tr>
<td>Rice (wild) soaked overnight</td>
<td>1 cup</td>
<td>2¼ cups</td>
<td>30 minutes</td>
<td>Rinse the rice, then soak the rice for 4 hours or overnight. Then drain and rinse again. Add to saucepan with water or broth, bring to a boil, reduce to a simmer, cover, and cook.</td>
</tr>
</tbody>
</table>

Remember that for best results, once the grains are finished cooking, it’s best to remove the saucepan from the heat, leave covered, and let sit to steam for 10 minutes :)
Conversion Charts
### Measurement Conversions

<table>
<thead>
<tr>
<th>Imperial measurement</th>
<th>Metric measurements (fluids)</th>
<th>Fluid ounces</th>
<th>Half recipe</th>
<th>Double recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>240 mL</td>
<td>8 fl oz</td>
<td>½ cup</td>
<td>2 cups</td>
</tr>
<tr>
<td>¼ cup</td>
<td>180 mL</td>
<td>6 fl oz</td>
<td>¼ cup + 2 Tbsp</td>
<td>1½ cups</td>
</tr>
<tr>
<td>⅓ cup</td>
<td>160 mL</td>
<td>5 fl oz</td>
<td>½ cup</td>
<td>1½ cups</td>
</tr>
<tr>
<td>⅔ cup</td>
<td>120 mL</td>
<td>4 fl oz</td>
<td>¼ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>½ cup</td>
<td>80 mL</td>
<td>3 fl oz</td>
<td>2 Tbsp + 2 tsp</td>
<td>¾ cup</td>
</tr>
<tr>
<td>¼ cup</td>
<td>60 mL</td>
<td>2 fl oz</td>
<td>2 Tbsp</td>
<td>½ cup</td>
</tr>
<tr>
<td>1 Tbsp</td>
<td>15 mL</td>
<td></td>
<td>1½ tsp</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>1 tsp</td>
<td>5 mL</td>
<td></td>
<td>½ tsp</td>
<td>2 tsp</td>
</tr>
<tr>
<td>½ tsp</td>
<td>2.5 mL</td>
<td></td>
<td>¼ tsp</td>
<td>1 tsp</td>
</tr>
</tbody>
</table>

*Did you know?*

3 tsp = 1 Tbsp  
4 Tbsp = ⅛ cup

### Temperature Conversions

<table>
<thead>
<tr>
<th>Fahrenheit</th>
<th>500°</th>
<th>475°</th>
<th>450°</th>
<th>425°</th>
<th>400°</th>
<th>375°</th>
<th>350°</th>
<th>325°</th>
<th>300°</th>
<th>275°</th>
<th>250°</th>
<th>225°</th>
</tr>
</thead>
<tbody>
<tr>
<td>Celsius</td>
<td>260°</td>
<td>245°</td>
<td>235°</td>
<td>220°</td>
<td>205°</td>
<td>190°</td>
<td>180°</td>
<td>160°</td>
<td>150°</td>
<td>135°</td>
<td>120°</td>
<td>107°</td>
</tr>
</tbody>
</table>