



ENGINE
2
EAT STRONG FOOD™

TAKE THE 28-DAY CHALLENGE BY ENGINE 2



Hello 2016 Engine 2 Challengers-

I want to thank you for having the courage to go plant-strong and revolutionize your health! We firmly believe eating plant-strong gives you the best possible health and is the most powerful way to protect the planet. Think about it: In just twenty-eight days, you will plant the seeds of a spectacular long-lasting, healthy makeover. Get ready to take a selfie of your insides that will blow your mind and your doctor's! And get ready to reduce your carbon footprint by leaps and bounds.

The Engine 2 Diet is a snap to follow! You will learn the foundation of the Engine 2 lifestyle in just four weeks by eating a tempting variety of the most colorful, nutrient-packed foods that Mother Nature provides: fruits, vegetables, whole grains, legumes, nuts, and seeds.

During this time, you will push all meat and dairy products to the back burner, as well as refined and processed foods---including extracted oils--while feasting on jillions of plant-diverse foods. That's the Engine 2 Diet in a healthy nutshell!!

If a bunch of male Texas firefighters can do this, anyone who fogs a mirror can do this!

Remember, this isn't just a 28 Day Challenge, it's an adventure in healthy eating and living.

Let's get GET FIRED UP together!

Plant-Strong,

Getting Started

What in the world is Engine 2?

Engine 2 is a plan of action for following — and sticking to — a heart-healthy, mind-healthy, body-healthy, taste-bud-tempting plant-strong lifestyle, created by former firefighter, Rip Esselstyn.

When you follow the Engine 2 Diet, you adopt a whole food, nutrient-dense, plant-strong way of eating. This means you eat a vast variety of fruits, vegetables, whole grains, legumes, nuts, and seeds.



Rev up your engine and pick your path:

FIREFIGHTER

This path is for you if you are ready to go all in from the start.

Week One: Jump right in to the plant-strong way of life 100%. Eliminate animal products, processed foods and extracted oils from your diet, and enjoy healthy whole grains, fruits, vegetables, legumes, nuts and seeds.

FIRE CADET

This path is for you if you want a gradual approach to becoming Plant-Strong:

Week One: Eliminate dairy, refined sugar and processed foods.

Week Two: Build on the successes of the previous week! Eliminate meat, poultry, eggs and fish and continue to avoid dairy and refined foods.

Week Three: Keep up the good work! Now it is time to eliminate extracted oils and continue to avoid dairy, meat and refined foods.

Week Four: Congratulations! You've advanced to Firefighter! Focus on enjoying your plant-strong diet!

VOLUNTEER FIREFIGHTER

Just getting started? Curious yet not sure you are ready to fully commit?

Become a volunteer firefighter and simply begin to understand the Engine 2 plant-strong principles while refocusing your meals to eat more plants!

STRONG FOOD vs. WEAK FOOD

A new way to look at what you eat.

Plants are the ultimate strong food. No other foods come close to supplying as big a bang for your calorie buck. When you eat strong food, your cholesterol nosedives, your blood pressure bottoms out, your blood sugars even out, and your energy increases. Plants also do more than any pill or procedure can to counter the onslaught of chronic western disease, which is caused by the typical American diet of highly processed and animal based proteins (beef, chicken, pork, fish, dairy). Heart disease? Cancer? Stroke? Diabetes? Obesity? Every one of these can be stopped, prevented, or reversed with a plant-based diet. Plants are nutritional powerhouses, full of all the protein and calcium you need! Let us help you move beyond mere survival to enjoy and embrace the best years of your life, no matter how old or young you are.

Discover that the foods we've always understood to be strong are actually weak and cause disease and the foods we've understood to be weak are actually the strongest. Once you understand the concept of what it means to eat strong food, you'll never count calories or worry about portion sizes again. You'll realize how liberating it can be to start putting delicious, healthy food at the end of your fork. You'll learn why meat, dairy, and processed foods are weak, inferior, and hard on your body. As well as how easy it can be to eat strong food by incorporating fruits, vegetables, whole grains, and beans into your meals in a delicious and convenient way. Soon you'll be on the path to a new and better life. The more strong food you eat, the stronger you'll feel — inside and out!





Frequently Asked Questions

Calorie Density Explained.

How Will I Get Enough Calcium?

Will I Consume Enough Iron?

Where Will You Get Your Protein?

How Does My Diet Affect The Planet?

How Do You Become A Plant-Strong Athlete?

How Do I Get Started With Exercise?

Calorie Density: How to Eat More Without Weighing More!

Calorie density? Where in the world do I find that on a food label?

First, a little history:

Nutritional studies have demonstrated that over a day or two, an individual will eat about the same weight of food ¹ (Now keep in mind, there will be some variability, of course. For example, if you are celebrating a holiday or anniversary, you may indulge and eat more. If you are traveling by plane, you may eat less due to accessibility of food throughout your travel in the air).

Most people who are concerned with diet or body weight focus a great deal on calories. Yet does anyone really know how many calories he or she should be eating each day?

Research suggests that the weight of food an individual eats is more similar from day to day than the number of calories an individual eats. ¹

“But wait, I’ve been counting calories all along!?”

You are not the only one.

Nutritional scientists also suggest that we have learned how much food it takes to satisfy our own hunger and that is what we decide to eat.

For example, an individual will help him or herself to equal amounts of similar foods regardless of calorie content.

So, what exactly does this mean?

Let’s take a closer look. Calorie density is defined as the amount of energy in a given weight of food (calories per gram). “A food that is high in calorie density provides a large amount of calories in a small weight” (think small donut here).

A food with low calorie density has fewer calories for the same amount of weight (think one baked Russet potato here. This compares to the same weight as donut above).

Which one will fill you up more: small donut - 192 calories or medium baked potato - 130 calories?



With foods that are lower in calorie density, you can eat MORE (larger portion) for the same amount of calories! Foods that are low in calorie density contain the least number of calories within the biggest portion size. Such foods also help make us feel full!

Guess what has the calorie density of zero?

Water.

Water contributes weight (have you ever tried to carry a bucket full of water long distance?) yet it does not contribute any calories (calorie free)!

Therefore, foods with high water content (think fruit, vegetables, cooked grains & legumes here) impact how full we feel because the water content of whole plant foods dilutes the calorie content and adds weight and volume.

This weight helps us feel full.

¹.Rolls, Barbara. The Volumetrics Eating Plan. New York, NY: HarperCollins Publishers, 2005.

If I Give Up Dairy, How Will I Get Enough Calcium?

Don't I need calcium for my bones?

Almost all of the calcium in the body is in the bones. There is a tiny amount in the bloodstream, which is responsible for important functions such as muscle contraction, maintenance of your heartbeat, and transmission of nerve impulses.

Bones are constantly broken down and made anew. Up until the age of 30 or so, we build more bone than we lose. Later, the bones tend to break down more than build up. The loss of too much bone calcium can lead to fragile bones or osteoporosis.

Some fruits, vegetables and nuts are naturally high in oxalic acid -which inhibits calcium absorption.

So if you only have eyes for: Swiss chard, raw spinach, beet greens, leeks, rhubarb and berries, almonds, peanuts, and pecans (all high in oxalic acid)... remind yourself how valuable a varied diet is!

The more variety you bring into your diet, the more opportunities you will create to consume (absorbable) calcium from many, many other plant foods!

Rip's Tip: *Chop, dice and lace up your sneakers!*



Check out how what we eat affects our calcium levels:

A number of factors affect calcium loss from the body:

- ◆ Diets that are rich in meat, fish, dairy products, nuts and grains contribute to more calcium loss from bones due to the acidic load on the kidneys from such foods
- ◆ Protein from animal products is much more likely to cause calcium loss than protein from plant foods due to the acidic load on the body
- ◆ Diets high in sodium increase calcium losses in the urine
- ◆ Caffeine & Smoking increases the rate at which calcium is lost

(Source: Journal of the American Dietetic Association)

A number of factors increase bone building in the body:

- ◆ Eating a plentiful amount of fruits and vegetables helps to keep calcium in bone
- ◆ Fruits and vegetables are packed with other minerals –potassium & magnesium, which support bone health through an alkaline environment (opposite of acidic environment)
- ◆ Consuming calcium from plant-based sources, especially green vegetables and beans, provides several of the building blocks for bone building
- ◆ Exercise is one of the most important factors in maintaining bone health.
- ◆ Exposure to sunlight allows the body to make the bone-building hormone-like vitamin D

(Source: Physicians Committee for Responsible Medicine)

If I Am Minimizing The Amount Of Animal Foods That I Eat Will I Consume Enough Iron?

As Rip states in his recent book, *My Beef with Meat*, “There’s a reason why the most grueling triathlon competition is called the ‘IronMan.’ Iron has long symbolized strength and power. And it’s absolutely essential to life.”

Iron is required for red blood cells to carry oxygen throughout the body. It is also an essential component of many enzymes –including those involved in energy production and brain function!

Our diets provide two forms of iron: heme and nonheme.

The word heme is derived from the Greek word, *haima*, meaning blood. Which makes sense since heme iron is found in animal flesh (all animals have a blood supply) and nonheme iron is supplied by plants (plants do not have a blood supply).

Heme iron is absorbed better than nonheme iron. However, remember what else comes along with the heme iron supplied by animal foods: saturated fat, cholesterol and depending on the source, steroids, growth hormones and antibiotics.

Nonheme iron is sensitive to both inhibitors and enhancers of iron absorption. When consumed at the same time, inhibitors of iron absorption include calcium (dairy) as well as naturally occurring plant chemicals, called polyphenols (coffee, tea, cocoa) and phytates (whole grains, legumes, soy).

Some food preparation techniques –such as fermentation, soaking and the sprouting of beans, grains and seeds can diminish phytates and thereby enhance iron absorption (think sprouted grains here).

Enhancer of iron absorption includes vitamin C –found in vegetables and fruits. In fact, vitamin C can substantially enhance the absorption of nonheme iron as well as diminish the inhibitory power of phytates.

To maximize iron absorption from plants, simply do not drink your coffee or tea with meals and add a fruit or vegetable (or BOTH) packed with vitamin C to each meal!

Rip’s Tip:

Since vitamin C content is higher in raw plants (heat from cooking will destroy this powerful vitamin), make sure you eat a variety of raw and cooked plants!

FIRE UP your plant-strong life with some vitamin C action found in kale, broccoli, potatoes, strawberries, citrus, cauliflower, and pineapple! Oh, and don’t forget the Brussel sprouts!

A few examples for you to maximize iron absorption:

- ◆ Fresh or frozen collard greens or kale added to warm lentil & sweet potato soup
- ◆ Value Tip: Select 365 Everyday Value® Frozen Collard Greens or Kale!
- ◆ Engine 2 Plant-Strong hummus sandwich (chick peas = iron source) layered with tomatoes & kale (= vitamin C sources)
- ◆ Engine 2 Plant-Strong plant burgers crumbled into your favorite plant-strong pizza!

But, Where Will You Get Your Protein!?

The word protein is derived from the word, 'protos,' meaning 'primary' or 'first'... which is fitting since this is always the first question asked: "But, where will you get protein?"

The answer: From all the whole plant foods that you will eat!

Plant protein can meet protein requirements when a variety of plant foods are consumed and your energy needs are met.

Meeting our body's needs for all essential amino acids (EAAs) is easily done with a normal assortment of plant food. When your diet contains a variety of plant foods, the amino acids derived from all the different proteins are 'pooled' in the fluids between body cells & in the intestine.

This 'pool' of amino acids is drawn upon to build muscle, replace cells, run the immune system, etc. Every plant food does not exactly match the suggested pattern of amino acids (some plants might be low in but not missing an amino acid).

YET, when your diet provides an assortment of plant proteins over the course of a day (not same meal), all amino acids are present in abundance.

In our tissues, EAAs from animal foods AND plant foods are INDISTINGUISHABLE.

In fact, the amino acids in all animal protein foods are derived from plants!

"But, will it be complete if it comes from plants?"

The answer: Yes!

The myth that they're not, or are of a lesser quality than animal proteins, dates back to experiments performed on rats in the early 1900s.

In reality, proteins are composed of chains of roughly twenty different amino acids.

Of those, eight are found outside our body and must be absorbed from our food. These eight are the "essential" amino acids (EAAs). It is essential that we consume these amino acids through the foods that we eat.

The remaining amino acids are "nonessential" because they can be synthesized by our bodies.

Plants supply all the essential and nonessential amino acids. All of them.

While some plants may be low in (not missing) one amino acid and other plants may be higher in others, your brilliant body sorts it all out! Wah-hoo!

In so doing, it creates a high-quality protein that is healthier and safer than animal protein. Therefore, there is absolutely no need to combine certain plant proteins at each meal in an attempt to achieve an optimal amino acid balance.



Green Is The New Black

Here is a simple piece of advice: If you care about the environment, **go plant-strong!**

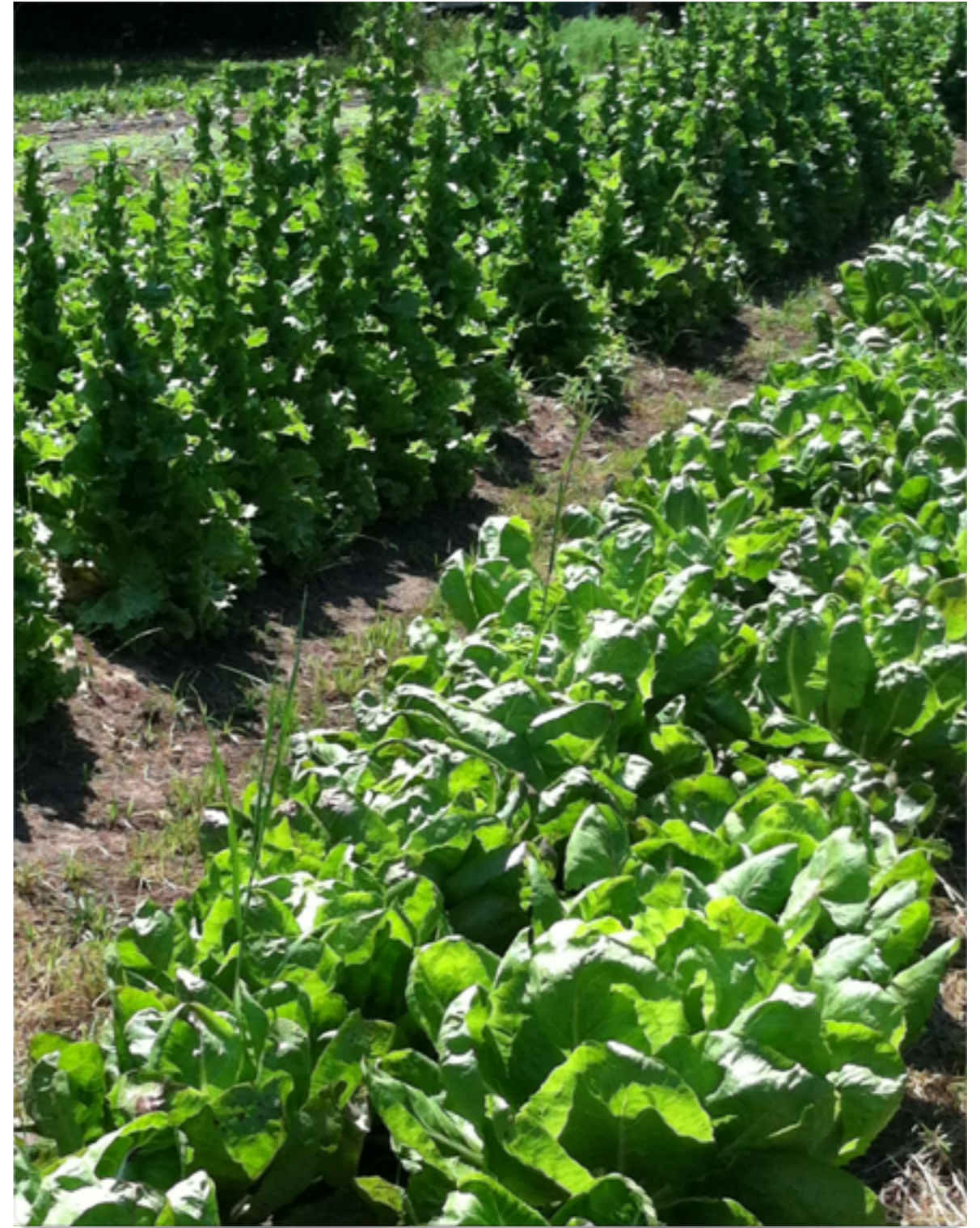
Let's Take A Closer Look Into Why Eating Plants Supports Our Environment:

- ◆ If you average all of the meats, it takes about 25 calories of fossil fuel to produce every calorie of animal protein in America.
- ◆ In comparison, a calorie of plant protein requires only 2.2 calories of fossil fuel.
- ◆ Eating plant-strong saves the trees in the forests! We need trees to produce oxygen!
- ◆ 1 kilogram (2.2 pounds) of animal protein requires one hundred times more water to produce than one kilogram of grain protein
- ◆ One pound (16 ounces!) of “factory-farmed” beef requires seven pounds of grain and 2,400 gallons of water –YIKES!

According to the latest findings from the WorldWatch Institute, livestock are responsible for at least 32,564 million tons of CO₂ emissions per year which represent **over 51%** of the **world's annual global greenhouse gas emissions**.

In other words, the #1 thing EVERYONE can do to reduce our carbon footprint and minimize the impact on this precious planet is to go plant-strong!

Rip's Tip: *Don't just ride your bike to work and recycle your paper. Eat some broccoli!*



I Am An Athlete Interested In Becoming Plant-strong. What Are Plant-Strong Choices To Support Exercise?

Exercise is crucial for health and healthy food helps you get the most from exercise. Poor eating habits and nutritional deficiencies can impair physical performance and recovery from exercise. Take a look at some general guidelines that each athlete, recreational or competitive, should follow when aiming to maintain a desirable level of fitness:

Dietary Balance

For body weight maintenance, energy (otherwise known as calories) consumed must equal energy burned. Therefore, athletes who burn fuel to perform have to consume more calories (energy). Low energy intake for high-intensity exercise can result in loss of muscle mass, menstrual dysfunction, and loss of bone density.

Calories should come from a wide variety of foods high in carbohydrate, low in fat, and adequate in protein. Because of its high carbohydrate and low-fat content, **a plant-strong diet is an optimal sports diet**. It is also rich in vitamins, minerals, and phytonutrients –important nutrients that **help the body use energy and protect it from the stress of exercise**.

Carbohydrate

In general, carbohydrate is the primary fuel utilized during high-intensity exercise. On a per-calorie basis, carbohydrate needs for athletes are similar to the needs for anyone else (at least 55% of total daily intake of calories). Whole grains, fruits, beans and starchy vegetables are excellent sources of carbohydrate.

Depending on how strenuous the exercise, **carbohydrate should be consumed during recovery –between 30 minutes and two hours post activity** when carbohydrate (glycogen) synthesis is at its maximum.

If exercising for more than 90 continuous minutes, the best recovery drink or food delivers 4 grams of carbohydrate to 1 gram of protein.

Overall, a high-carbohydrate diet is most important in ensuring optimal storage of carbohydrate in the body, by fueling the body for exercise and supporting performance.

Fat

Remember, consume healthy fats from whole plant sources such as avocado, walnuts, leafy greens, almonds, beans, pumpkin seeds –just to name a few!

Protein

Protein, composed of chains of amino acids, is used minimally for fuel. Instead, its primary function is for building, maintaining, and repairing the body's tissues, including muscle. A diet that meets the individual's energy demands and is based on a variety of grains, legumes, and vegetables easily provides all of the essential amino acids.

It was once thought that various plant foods had to be eaten together to get their full protein value, a method known as “protein combining,” or “complementing.” We now know that intentional combining is not necessary to obtain all of the essential amino acids.

Plant protein sources are best because, unlike animal sources, they can contain:

- ◆ Fiber (a blood sugar balancer and intestinal scrub brush)
- ◆ Phytonutrients (“phyto” = plant)
- ◆ Complex carbohydrates

Therefore, concentrated protein sources are not needed.

For athletes looking for creative plant-strong protein sources:

- ◆ **Top salads** with a variety of beans and your favorite Engine 2 Plant-Strong Grain Medley (found in frozen section)
- ◆ **Puree** cannellini, great northern or navy beans and add to your pasta sauce.
- ◆ **Crumble** an Engine 2 Plant-Strong plant burger on your salad or warm whole grain pasta!
- ◆ **Shake it up!** Blend soaked cashews or soft tofu, Engine 2 Plant-Strong almond milk with your favorite fresh or frozen fruits for a thick, delicious, creamy shake! Add a handful or two of kale or spinach for an even bigger nutrient boost!



Putting It All Together

A plant-strong diet, which emphasizes whole grains, fruits, vegetables, and legumes, provides the high-carbohydrate content balanced with the protein and fat the body needs for training and competition. When these three nutrients are consumed from plant sources and in recommended ratios, an athlete will get all the vitamins, minerals and phytonutrients to perform, recover, and perform again.



How Do I Get Started With Exercise?

Looking back over my life, I can't remember ever going more than two days in a row without engaging in some type of exercise. Exercise has become as much a part of my life as brushing my teeth and eating plant-based food—it's my cup of coffee in the morning; it's my nightcap in the evening. If I can't fit in at least ten minutes of exercise a day, I don't feel centered. And when I do get my exercise, I feel wonderful.

Most of you probably don't feel the same way—yet. But as these exercises help tone and strengthen, they'll flood your body with endorphins, your brain's happy-making chemicals.

While some of you may never have attempted anything like this before, and may struggle a bit, other readers may be fit as a triathlete. So I've designed the following circuit training for all ability levels—I've put everyone from overweight moms and dads to professional athletes through this program.

Please be sure to consult your doctor before beginning any exercise program. Then, start where you're comfortable, and as your strength, coordination, agility, and confidence improve, move up a level. Stay consistent and stay committed and your body will respond swiftly. As you progress, know that someone out there is very, very proud of you (me).

Before starting the E2 exercises, I suggest warming up with a set of Carl Sandburg stretches, invented by the great American poet of the same name, who did them every morning until the age of ninety-three. His daughter, Helga Sandburg (whom my grandfather, Dr. Barney Crile, married after his first wife died), still performs these exercises every morning herself. She is now ninety years old.

Here are six of the best Sandburg stretches for you to do every day. These will wake up your nervous system, boost your heart rate and core temperature, and increase your muscular elasticity.

The Carl Sandburg Stretches

1. Sun Salutations

Start in the standing position with your hands by your sides, then bend over and touch your toes (or as far as you can reach). Now, very slowly stretch your hands up toward the sky, letting your back bend slightly. Repeat this ten times.



2. Kicking Toe Touches

Start with your right arm and hand straight out in front of your body, then kick up your left leg, trying to come as close as possible to touch your hand. Now, do the reverse: Raise your left arm and hand, then kick up your right foot to meet your left hand. Do this move ten times, alternating from side to side.

3. Side Stretches

Start with your left arm straight up in the air, leaving your right arm hanging by your side. Move your right hand down toward your right calf, letting your left arm move over your head (your body will curve to the right). Then, repeat this move to the opposite side, raising the right arm and stretching to the left. Perform this motion ten times in each direction.



5. Barrel Rolls

Start with your hands on your hips. Now, bend your torso to the right. Then, in one flowing motion, move it forward to the left, and finally back to your starting position. Now repeat the roll but reverse your direction. Roll in each direction (right to left, then left to right) ten times.



4. Trunk Twists

Start with your hands on your hips. Twist your torso to the left, then to the right. Do ten stretches to each side.



6. Arm Circles

Start by holding your arms straight out by your side, perpendicular to your body. Now move both arms using a circular motion, tracing rings in the air. Do ten forward circles, then ten backward circles.



The E2 Exercise Program

I recommend doing the following Engine 2 Exercise Program twice a week. This will serve you well as a strength training and aerobic workout. The shorter the rest interval you take between each exercise, the better aerobic workout you will receive. In addition, another three times during the week enjoy a pure aerobic activity for 20 to 40 minutes. This can include walking, jogging, biking, swimming, rowing, basketball, and/or tennis. The goal is to get the heart rate elevated to about 70 to 80 percent of maximum. Here is a chart to help you schedule each during the twenty-eight days.

The ENGINE 2 DIET	EASY EXERCISE PLANNER			
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1	E2 Strength		Aerobic	
DAY 2		E2 Strength		E2 Strength
DAY 3	Aerobic	Aerobic	E2 Strength	Aerobic
DAY 4	Aerobic	Aerobic	Aerobic	Aerobic
DAY 5				
DAY 6	E2 Strength	E2 Strength	Aerobic	E2 Strength
DAY 7	Aerobic	Aerobic	E2 Strength	Aerobic

The E2 Exercise Program consists of three rounds of four exercises. All three rounds combine simple body strength exercises along with an aerobic exercise. Each round follows this rhythm: First you work the large, powerful leg muscles. Second, you work the upper body muscles of the chest, back, shoulders, and arms. Third, you focus on the supporting muscles surrounding the spine and hip area, known as the core. Each round ends with a cardiovascular exercise to target the heart and lungs.

Round 1

1. Legs: Body Weight Air Squats

These little puppies don't seem like much at first, but once you get up to 50-plus repetitions, they rock'n'roll. Standing in front of a chair, bench, or Swiss ball with your feet shoulder-width apart, pretend you are going to sit down, lowering your bottom until it barely touches the surface. Then rise back up to the standing position. Form is important. Sit back into the squat with your heels, not your toes. **Beginners: 10 reps Intermediate: 20-40 reps Advanced: 75-100 reps**



2. Upper Body: Push-Ups

The standard push-up is a wonderful, time-honored body weight exercise for everyone. Begin by assuming the plank position, or the starting position for all push-ups: Lie down, place your toes and hands on the ground, then push up on your arms so your back is straight, not swayed—as if there were a plank between your head and feet. Next, lower yourself down toward the ground, stopping when your nose and chest are one inch away. Remember to keep your abs slightly engaged. Now push yourself up to the starting plank position again.



Beginners: Do incline push-ups. Here, instead of lying on the ground, brace yourself against a wall, table, countertop, or desk—at any angle you can handle. Lower yourself on a three count, hold it for one count, and then push up on a three count. Do 10 reps.

Intermediate: Do 25 reps of normal push-ups. If you start to fizzle out, lower your knees to the ground, take a small break, and finish the set.

Advanced: Do normal push-ups, but with your right leg, then your left leg, raised in the air for 10 reps each. Next, place both feet down for a final 20 reps, for 40 reps total.



3. Core: Flutter Kicks

This is a fun exercise. Pretend you just fell off the Titanic and your only hope of survival depends on your being able to kick your way over to a lifeboat one hundred yards away (you will make it, by the way!). Lie down on your back with your hands under your tailbone. Raise your legs together 6 to 12 inches off the floor. Now move one leg up and one leg down in a deliberate, scissors-type motion. Each kick counts as one repetition. (Concentrate on keeping your lower back pressed down into the floor to avoid straining your back.)



Beginners: 20 reps **Intermediate:** 100 reps **Advanced:** 200 reps

4. Cardiovascular: Squat Thrusts

This exercise works the heart and lungs as well as developing your agility, timing, coordination, and strength. Begin in the standing position with your hands by your sides. Now bend over and place your hands on the ground in front of each foot. Keep your legs slightly bent. Next, throw both legs behind you like a kicking donkey so you are in the plank pose. Immediately bring both legs back up to your chest so you are once again in the squatting position. Last, stand back up.



Beginners: Walk your legs back one at a time into the plank position instead of thrusting them, then walk back into the squatting position, then stand up: 10 reps.

Intermediate: Squat down, donkey-kick your legs out into the plank position, thrust them back in to your chest, and then instead of standing up, jump in the air: 20 reps.

Advanced: After thrusting your legs out into the plank position, add a push-up, then thrust your legs back to your chest and stand: 30 reps.



Round 2

1. Legs: Lunges

The standard lunge is a graceful and dynamic exercise, and a must for anyone who wants to build leg strength, improve balance, and get chiseled muscles. Start by standing upright with your feet shoulder-width apart. Take a large step forward with your right leg and lower yourself until your thigh is parallel with the floor or your opposite knee gently hits the ground. Next, push backward off the same leg and return to the starting position. Repeat with the left leg. This completes one lunge repetition. (Be sure to keep your hands by your side or on your hips for balance and stability; don't rest them on your thighs.)



Beginners: 5 reps.

Intermediate: 10 reps.

Advanced: 20 reps, and holding 5- to 10-pound weights in each hand.

2. Upper Body: Seated Chair Dips

This exercise feels like a breeze at first, and then about three quarters of the way through, it starts to burn—but so very nicely. Sit in a chair or on a bench, then slide yourself forward so your bottom starts to fall off the front. Grasp the front of the chair or bench with your palms placed downward and your fingers pointed forward. Keep your feet pointed upward so your weight is on your heels and not your toes. Lower yourself with a straight back until your arms are at a 90-degree angle. Now push yourself back to the starting position.

Beginners: Keep your knees bent at 90 degrees, with the soles of your feet on the ground, going down until your arms are parallel with the chair: 5 to 10 reps.



Intermediate: Place your legs straight out in front of you with heels on the ground: 30 to 50 reps.

Advanced: Use the same form as intermediate, but do 60 to 80 reps.



3. Core: Plank Pose

This core exercise works the abs, the pelvic floor, the hips, and the stabilizing muscles of the back. Get ready for a sweet burn and, perhaps, to shake like a leaf.

When doing this exercise, remember to engage your abs and extend out through your head and through your feet. I challenge you to work up to 5 minutes of this—if you can, you are an Engine 2 workout animal!

To do the plank pose, lie facedown and place your toes and elbows on the ground. Then push up so your back is perfectly straight.



Beginners: 30 seconds. Stay in this pose for as long as possible, but use your knees if necessary (take as many 5-second breaks as you need until you can work up to 30 seconds). **Intermediate:** Stay 2 minutes (take 2-second breaks if necessary). **Advanced:** Hold on for 5 minutes (or at least 4)!

4. Cardiovascular: Jumping Jacks

This is an old-time favorite that you probably did in middle or high school gym class. It is an excellent cardio exercise, especially when performed very fast.

Start in a standing position with your hands by your sides. Jump up while spreading your legs apart and touching your hands together over your head. After you land, jump up again, this time bringing your legs back together and your arms by your sides. The move counts as one jumping jack.



Beginners: 20 reps. **Intermediate:** 50 reps. **Advanced:** 100 reps. (For the really advanced, try Funky Feet Jumping Jacks: Do a regular jumping jack, followed by one in which you place your right foot forward and left foot back, then another placing your left foot forward and right foot back. Finally, do another regular jumping jack.)

Round 3

1. Legs: Step-Ups

I loved doing this exercise when I trained for triathlons. I'd run a quarter mile, do ten step-ups with each leg, and then run another quarter mile. It was a nice simulation of how it felt to run after working out my legs on the bike. I now incorporate step-ups into my firefighter exercise routine to aid in developing my leg strength, for when I have to climb stairs carrying a lot of equipment.

Find a step or a bench that is level with or stands just below your knee. Place one foot flat on top of the step and then push into a standing position. Lower yourself in a smooth, controlled motion. Note: This exercise's effectiveness is dependent on pushing off with your raised leg and keeping the rear leg completely relaxed.

As your strength improves, you can increase the height of the step and/or hold some weights in your hands (soup cans or 5-pound dumbbells).

Beginners: Use your body weight only, doing 5 to 10 reps on each leg.

Intermediate: Add 5-pound weights in each hand. Do 15 to 25 reps on each leg.

Advanced: Add 10 pounds in each hand; do 30 reps on each leg.



2. Upper Body: Downward Dogs

Namaste! It's time to tap into your inner yoga. I've been doing yoga for more than fifteen years and absolutely love it. It is a centering and relaxing workout.

The downward dog is a combination strength and stretch move and should be a mainstay in everyone's yoga repertoire. To do it, make your body an inverted V by placing your weight on your hands and feet and holding your bottom high in the air. Concentrate on breathing in through your nose—letting the breath fill up your belly and then exhaling slow and steady on a three count.

Beginners: Hold the downward dog position for 5 slow and relaxing breaths followed immediately by 15 to 30 seconds of child's pose. Get on your knees and sit back so your bottom is resting on the soles of your feet, then lean forward with your arms over your head and place your forehead on the ground and completely surrender yourself to gravity. Do 3 to 5 rounds.

Intermediate: Downward dog for 5 slow and relaxed breaths followed by 5 push-ups. Do 5 rounds.

Advanced: Downward dog for 5 slow and relaxed breaths followed by 10 push-ups. Do 5 rounds!



3. Core: V-Ups or Pike-Ups

These exercises can help you get the proverbial six pack—or at least, so claim people who do them. Depending on your ability, do one of two exercises: seated V-ups or pike-ups.

Seated V-up: Sit on your butt with your arms by your sides, your hands on the ground and your fingers pointed forward, and your feet flat on the ground. Pull your knees together into your chest, raise your feet off the ground two to three inches, and balance on your butt. Extend your legs and feet forward on a five count until they are straight out in front of you. Hold this pose for one second and then bring your knees back to your chest.



Pike-up: I learned this exercise from watching the University of Texas diving team as I swam up and down the adjacent pool—they would do 100 at a time! Lie face up on the ground with your arms over your head. In one fluid motion, bring your arms and legs up at the same time until your hands touch your feet. Come back down to the starting position.



Beginners: 5 to 10 seated V-ups. **Intermediate:** 15 to 25 seated V-ups. **Advanced:** 30 to 50 pike-ups.

4. Cardiovascular: Mountain Climbers

These exercises will get your heart rate up in a hurry. Pretend you are less than one hundred feet from the top of Mount Everest. This is your last push to the top! Start in a push-up position, lying with your face down, your hands on the ground (or leaning on a table or desk), and your shoulders directly over your hands. Thrust your right leg up toward your chest while the other leg stays extended (almost in a jumping motion). Now alternate, extending the right leg and thrusting the left leg forward. Continue as fast and furiously as you can for the specified time interval.

Beginners: Start with your hands on a table or desk for a greater angle; do 10 to 20 reps.



Intermediate: Start on the ground in the normal push-up position; do 25 to 35 reps. **Advanced:** Start on the ground in a normal push-up position; do 40 to 50 reps.



Warm Down

Let's go back and do 10 more meditative sun salutations from the Carl Sandburg stretching routine.

There! That's the E2 Exercise Plan. Not so bad, is it? And if you get so good at these exercises you can do the advanced level for the full circuit, visit www.engine2diet.com fitness for more fun and exhilarating workouts that will challenge you still further.

Handy Guides



Be A Plant-Strong® Pro

Engine 2 Plant-Strong® Products

Label Reading Guidelines

Plant-Strong Pantry

Easy No-Recipe Meals

Rip's Tips

Engine 2 Substitutions

How To Make Oats

How To Cook Grains

Engine 2 Plant-Strong® Products

ENGINE 2 PLANT-STRONG® PRODUCTS	
Product	Varieties
Rip's Big Bowl	Original, Banana Walnut, Triple Berry Walnut
Crispbread	Original, Triple Seed, Seeds & Spice
Almond Milk	Unsweetened Original, Unsweetened Vanilla
Tortilla	Sprouted Ancient Grains, Brown Rice
Hummus	Traditional, Roasted Red Pepper, Jalapeño Cilantro, Falafel, Spicy Black Bean
Pasta Sauce	Classic Tomato Basil, Red Bell Pepper Marinara
Grain Medley	Ancient Grains Blend, Wild Rice Blend, Fiesta Blend, Morning Blend
Plant Burgers	Poblano Black Bean, Tuscan Kale White Bean, Pinto Habanero, Italian Fennel
Popped Crisp	Sweet Potato & Cinnamon, Purple Corn, Garlic and Quinoa
Pizza Crusts	Stone Baked Crusts
Buns	Sprouted Ancient Grains Buns
Granola	Plain Jane, Blueberry Vanilla, Apple Pumpkin



- ENGINE 2 LABEL READING GUIDELINES -

Calories from Fat:
25% or less
of total calories

Sodium:
Calories/Sodium
Ratio = 1:1 or less
Exception: Condiments

100% Whole Grain
Look for the words:
cracked, whole,
rolled or stoneground

Sweeteners:
Should not be in the
first three ingredients.
Sugar, cane syrup etc.

Ingredients list:
Skip products that
include - oil of any
kind, shortening,
high fructose corn
syrup, eggs, milk,
butter, casein,
meat, poultry, fish.



Nutrition Facts

Serving Size 48 g
Servings Per Container 4

Amount Per Serving

Calories 100 Calories from Fat 10

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 19g **6%**

Dietary Fiber 4g **16%**

Sugars 2g

Protein 5g

Vitamin A 30% • Vitamin C 10%

Calcium 4% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.



Inspired by Jeff Novick, MS RD

PLANT-STRONG® PANTRY

Veggies	Fruit	Starches/Grains	Legumes	Nuts/Seeds/Spices	Misc.
Kale	Oranges	Potatoes	Black Beans	Walnuts	Vegetable Broth
Salad Greens	Apples	Sweet Potatoes	Pinto Beans	Almonds	Maple Syrup
Bell Peppers	Melon	Corn	Kidney Beans	Peanut Butter	Salsa
Broccoli	Berries	Green Peas	Garbanzo Beans	Flax Meal	Balsamic Vinegar
Mushrooms	Bananas	Squash	Navy Beans	Pumpkin Seeds	Condiments
Tomatoes	Kiwi	Brown Rice	Lentils	Chia Seeds	Hot Sauce
Onions	Grapes	Quinoa	Black Eyed Peas	Curry Powder	Low Sodium Tamari
Carrots	Peaches	Whole Grain Pasta	Cannellini Beans	Basil, Dill	Nutritional Yeast
Zucchini	Mango	Old Fashioned Oats	Edamame	Cinnamon	Aluminum Foil
Garlic	Pineapple	Ezekiel Bread	Split Peas	Cumin	Parchment Paper
Cucumber	Avocado	Engine 2 Frozen Grain Medleys	Tofu, Tempeh	Chili Powder	Rip's Big Bowl Cereal
Frozen Vegetables	Frozen Fruit	Engine 2 Tortillas	Engine 2 Hummus	Black Pepper	Engine 2 Almond Milk
Canned Tomatoes	Seasonal Fruit	Engine 2 Crispbreads	Engine 2 Plant Burgers	Salt-Free Seasoning Blends	Engine 2 Pasta Sauce

EASY MEALS

Kale, brown rice, black beans, avocado, hot sauce	Whole grain pasta, diced tomatoes, basil, mushrooms, garlic	Brown Rice, chick peas, pineapple, green onions, BBQ	Quinoa, kidney bean, lime juice, oregano, cucumber, arugula	Sweet potato, kale, white beans, brown rice	Mixing Bowl Salad: loaded up greens, veggies, beans, balsamic vinegar
White potato, black beans, tomatoes, corn, spinach, cumin	Engine 2 Wild Rice Blend, mixed greens, red beans, cauliflower, basil	Brown rice, chickpeas, peas, zucchini, curry powder, turmeric	White beans, fingerling potatoes, Brussels sprouts, garlic	Roasted vegetable mix, quinoa, garlic and herb blend	Veggie broth, frozen veggies of your choice, spices to your liking = veggie soup
Lentils, collard greens, brown rice, artichoke and garlic	Potatoes, portobello mushrooms, green beans, spinach, black beans	Whole grain pasta, lentils, crushed tomatoes, garlic, broccoli	Cauliflower soup – cook cauliflower, blend add chickpeas, curry powder, garlic	Brown rice, salsa, frozen southwestern veggie mix, black beans	Whole grain pasta, black beans, corn, peppers, nutritional yeast, cumin, cilantro
Mashed potatoes, lentils with BBQ spices/sauce, steamed green beans	Brown rice, broccoli, red pepper flakes, low sodium tamari, water chestnuts	Stuffed Engine 2 Ancient Grains Tortilla: hummus, tomatoes, mixed greens, sprouts, cucumber, onions	Chop salad: chopped cucumber, celery, carrots, zucchini, tossed with quinoa	Grilled zucchini & mushrooms with Engine 2 hummus on whole grain bread	Mashed sweet potatoes, pinto beans with BBQ steamed collard greens
Whole grain pasta cooked and chilled, cucumber, tomato, beans, balsamic vinegar	Lentils, chopped tomato, lettuce, spinach, salsa, served on lettuce or served in corn tortillas	Diced potatoes, crumbled tofu, onions, peppers, spinach, black pepper, garlic	Brown rice pasta, Engine 2 Plant-Strong Pasta Sauce with spinach & mushrooms	Mashed chickpeas, onion, garlic, chopped celery, cucumber served on whole grain bread	Butternut squash, lentils, smokey chipotle seasoning, over red rice with steamed kale
Kamut, pineapple, cilantro, onion, kale, chipotle chili sauce	Sweet potato, topped with black beans, cilantro, salsa	Wild rice, onion, red lentils, greens, sage, rosemary, thyme	Brown rice, black pepper, asian style veggie mix	Quinoa, black beans, cayenne, cumin, shredded kale	Engine 2 Morning Blend Grains topped with berries & walnuts
Black beans, green peppers, onions, diced tomatoes, cumin, chili powder = black bean chili	Cauliflower, chick peas, potatoes, vindaloo curry powder, onions, brown rice	Mushrooms, crushed tomatoes, onions, whole grain macaroni, lentils, garlic, oregano, basil	Roasted potato wedges, Plant-Strong burgers and a big salad with oil free dressing	Whole grain pasta, zucchini, broccoli, peppers, onions, mushrooms, tomatoes	Brown rice, diced green onions, cubed tofu, diced carrots, low sodium tamari

Rip's Tips

How to Sauté or Stir-fry Without Oil

You can use any pan (non-stick or not) to cook without oil! Simply add a little bit of liquid (vegetable broth, water) and add in your vegetables, greens, tofu, tempeh or anything else you'd like to pan fry. For things like onions that naturally have a little water in them, you can throw them in the pan and let them caramelize without the use of liquid. Just make sure the pan is hot!

Frozen Food

The best way to cook frozen vegetables is to thaw them first, and then pan fry them in a little water. You can also add them directly to a pan and cook them from frozen. They will stay nice and crispy that way. You can also add frozen vegetables to soup. There are a lot of great frozen vegetable medleys found in the grocery store, you can get everything from an Asian blend to Mediterranean, find which blend you like the most! You can also find frozen grains in the freezer aisle. Engine 2 has a great line of frozen grain blends available at Whole Foods Market that are easy to use and full packed with a plant-strong punch. You can also find frozen brown rice and quinoa.

Another Engine 2 Food Line product we love at Engine 2 are our Engine 2 Plant-Burgers! They are great to keep on hand for a quick meal. Frozen fruit is another great thing to keep on hand. You can add frozen fruit while you are cooking your oatmeal, or you can thaw it over night to have in your morning cereal, or as a tasty treat.

Cook Ahead!

Pick a day during the week to do some batch cooking. This will help you stay on track during the Engine 2 challenge. I always have cooked potatoes, cooked grains and beans on hand, ready to go so meal making is easier.

At Home Salad Bar

Make a salad bar in your refrigerator!

Take several containers and fill them up with your favorite cut up vegetables, fruits and beans. Put the containers on a cookie sheet so it is easy to take out of the refrigerator. Keep a big bag of mixed greens in the refrigerator as well. Now you can have salad anytime!

Massage the Kale!

Kale needs to be tamed! If you are eating kale raw, the best thing you can do is to massage it first. Simply, strip the stem from the kale leaf, and tear the kale up into smaller pieces. Next, it's time to get messy! Put all of the kale in a big bowl and toss in some Engine 2 Hummus or a little avocado and lime. Then start massaging. Make sure the kale is completely covered with the Hummus or avocado/lime.



E2 Substitutions

Meat substitutes: Tofu, made from soybeans, is a hearty and very malleable food. Think of it as a blank slate, an excellent substitute for fish, chicken, cheese, cream, eggs, and mayonnaise. Tofu packed in water should be drained before using.

Tofu can be either soft or hard. Soft, or silken, tofu blends into a smooth cream and is excellent in desserts. Hard, or firm, tofu retains its shape, and can be sliced or crumbled. All tofu is about 40 percent fat (except for low-fat versions).

Firm or extra-firm tofu can be drained and then pressed firmly with a cloth to remove excess water. Crumble, slice, or dice it, and add it to the skillet for a spin with your favorite vegetables and seasonings.

Marinate tofu the way you would chicken or fish—with herbs, citrus juice, cracked black pepper, vinegar, tamari, soy sauce, or wine. Cook marinated tofu in a non stick skillet, under the broiler, or on a grill until it is nicely browned on both sides.

Try freezing a drained block of tofu in the freezer. After it thaws, frozen tofu soaks up marinades easily since it becomes more porous in the freezing process. It also changes slightly in consistency, becoming chewier.

Seitan is a wonderful substitute for chicken or beef, and comes in both flavors. Derived from wheat in a process that extracts the gluten or wheat protein, it slices and dices easily without falling apart, and is delicious plain. Make your own or look for an oil free brand.

Tempeh is a form of fermented, unprocessed tofu; it is remarkably nutritious. It usually comes in hard bricks that can be sliced or chopped, then added to stir-fries or chilies.

Salt: Instead of salt, season with lime juice, lemon juice, low sodium tamari, Bragg Liquid Aminos, vinegars, tomato juice, soy sauce, and vegetarian Worcestershire sauce.

Sweeteners: Replace ordinary sugar with pure maple syrup, blackstrap molasses, fruit juice, mashed bananas, or applesauce.

Dairy and butter: Try sliced bananas and fruit and no-oil-added nut butters on toast in place of butter. Use blended Silken Lite soft tofu in recipes in place of sour cream and milk.





How To Cook Oats

Basic Rolled Oats Recipe

INGREDIENTS:

1 cup rolled oats
2 cups water or unsweetened non-dairy milk

INSTRUCTIONS:

- ◆ Combine oats and water/non dairy milk in a pot over medium-low heat.
- ◆ Bring to a simmer, stirring frequently.
- ◆ Once the oats begin to soften and the liquid thickens, you can add any flavorings you are using, maple syrup, cinnamon, fruit.
- ◆ Simmer and stir until the oats reach your desired texture and consistency. Top with fresh fruit.

Basic Steel-Cut Oats Recipe

INGREDIENTS:

1 cup steel-cut oats
3 cups water or unsweetened non-dairy milk

INSTRUCTIONS:

- ◆ Bring water/non dairy milk to a boil in a saucepan, and stir in your oats.
- ◆ Reduce heat to a simmer and cook oats until soft, 20 to 30 minutes, stirring occasionally.
- ◆ If all the liquid has reduced before your oats are tender, stir in a bit more water or unsweetened non-dairy milk.

HOW TO COOK GRAINS			
TO 1 CUP OF THIS GRAIN:	ADD THIS MUCH WATER OR BROTH:	BRING TO A BOIL, THEN SIMMER FOR:	AMOUNT AFTER COOKING:
Amaranth	2 cups	15-20 minutes	2 1/2 cups
Barley, hulled	3 cups	45-60 minutes	3 1/2 cups
Buckwheat	2 cups	20 minutes	4 cups
Bulgar	2 cups	10-12 minutes	3 cups
Cornmeal (polenta)	4 cups	25-30 minutes	2 1/2 cups
Farro	2 1/2 cups	25-40 minutes	3 cups
Kamut wheat	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Millet, hulled	2 1/2 cups	25-35 minutes	4 cups
Oats, steel cut	3 cups	20 minutes	4 cups
Pasta, whole wheat	6 cups	8-12 minutes (varies by size)	Varies
Quinoa	2 cups	12-15 minutes	3 cups
Rice, brown	2 1/2 cups	25-45 minutes (varies by variety)	3 cups
Rye berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Sorghum	4 cups	25-40 minutes	3 cups
Spelt berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Teff	3 cups	20 minutes	2 1/2 cups
Wheat berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Wild rice	3 cups	45-55 minutes	3 1/2 cups

Oldways Preservation Trust/Whole Grains Council

Recipes



Zeb's Waffles

From The Engine 2 Diet

Makes 4 square waffles

INGREDIENTS:

2 1/2 cups old-fashioned rolled oats

3/4 cup finely chopped walnuts

1/4 cup flaxseed meal

Zest of 1/2 orange

1/2 to 3/4 teaspoon ground cinnamon

1 medium banana, smashed

1 to 1 1/2 cups almond milk

INSTRUCTIONS:

Preheat a waffle iron.

In a bowl, combine the oats, walnuts, flaxseed meal, orange zest, and cinnamon. Place two-thirds of the mixture into a food processor or high-speed blender.

Blend until the mixture has a flour-like texture. Return to the bowl with the remaining one-third of the dry ingredients; this step ensures that the waffles have a chunky texture. If you prefer a smoother, uniform texture to your waffles, blend all of the dry ingredients initially.

Add the smashed banana and almond milk to the dry ingredients in the bowl. Mix thoroughly with a fork; the batter will be fairly thick. If you prefer a thinner batter, add more almond milk.

Portion the batter thickly onto a preheated waffle iron and spread it out to all corners. Close the lid, and cook the waffle according to the manufacturer's directions for your waffle iron. When done, remove the waffle from the iron—some waffles require the assistance of a chopstick to encourage release from the waffle iron. Top with the fruit of choice and/or syrup and serve.



Spelt-Blueberry Pancakes

From The Engine 2 Diet

INGREDIENTS:

2 cups spelt flour
2 cups oat flour
2 tablespoons baking powder
4 tablespoons ground flaxseed meal 1/2 teaspoon salt
3 1/2 cups low fat soy milk
4 tablespoons applesauce
2 tablespoons agave nectar
1 tablespoon vanilla extract
2 cups blueberries

Whisk the flours, baking powder, flax meal, and salt together in a large bowl. Combine the wet ingredients in another bowl.

INSTRUCTIONS:

Form a well in the center of the dry ingredients and add the wet ingredients. Stir the batter just until the dry ingredients are thoroughly moistened: it will seem very thin, but it will thicken.

Let the batter rest for 15 minutes (spelt flour takes a little longer to absorb liquids). If you can't wait, your pancakes won't be as crisp. After the batter has rested, fold in blueberries. Heat a dry skillet until a drop of water dances on its surface. A good quality nonstick skillet makes beautiful pancakes.

Ladle a large scoop of batter into the pan. Several pancakes can be cooked at once if you're using a large skillet. Cook until the batter begins to bubble and the bottom of the pancake is golden. Top pancakes with fresh fruit, nut butter, applesauce or maple syrup.



Rip's Tip: Make extra pancakes, freeze and reheat for a fast breakfast on a busy morning.

Bouldin Creek Spicy Scrambler

From My Beef With Meat

INGREDIENTS:

Tofu

One block firm tofu

Spicy Mix

1/2 jalapeño pepper, finely chopped

1/2 serrano pepper, finely chopped

1 garlic clove, minced

chopped fresh cilantro

Dry Mix

1 teaspoon curry powder

1/4 teaspoon salt

1/4 teaspoon ground turmeric

1/2 teaspoon freshly ground black pepper

1 cup nutritional yeast

1 to 2 teaspoons tamari sauce or Bragg Liquid Aminos

INSTRUCTIONS:

Place the block of tofu in a colander over a bowl. Press it for at least 30 minutes, using something heavy, like a brick or carton of non-dairy milk. (This is an important step or your tofu will come out gummy!).

In a small bowl, create the spicy mix.

Combine the jalapeño and serrano peppers, garlic, and cilantro. In a separate bowl, create the dry mix. Combine the curry powder, salt, turmeric, black pepper, and nutritional yeast in a heated nonstick pan. Crumble the tofu with your hands into jagged, bite-size pieces—it will look like scrambled eggs!

Add a splash of tamari or Bragg Liquid Aminos and stir to incorporate. Add the dry mix to the tofu and stir until uniformly coated—it may look like there is too much dry mix—just keep stirring it around and it will all cling to the tofu eventually. Add the spicy mix and sauté until the peppers and tofu are heated through.



Cranberry-Polenta French Toast

From My Beef With Meat

By Ben Baker

INGREDIENTS:

Serves 6 to 12

3 cups water

1/4 teaspoon ground cinnamon

2 tablespoons maple syrup

1 cup polenta

1 cup dried cranberries (about 5 ounces)

INSTRUCTIONS:

Add the 3 cups of water to a small pot. Whisk in the cinnamon and maple syrup very well, breaking up any clumps. Bring the mixture to a low boil. Following the package instructions and using the suggested polenta-to-water ratio (some varieties are of a coarser grind and will absorb more water), whisk the water and slowly pour in the polenta. Cook, stirring rapidly, to keep the polenta from forming lumps. When the polenta has thickened like a nice porridge, stir in the cranberries.

Pour the mixture onto a baking sheet with a rim at least 1 inch high. Spread out the mixture to a thickness of less than 1/2 inch, making it as smooth as possible. Place a piece of parchment paper on the top of the smooth surface, and press the polenta flat. Allow the polenta to cool down, then refrigerate.

Once the polenta has set, you can unmold it onto a flat, clean surface. Cut it into even squares, and then cut the squares into triangles. Over medium-high heat, cook the triangles on each side in a non-stick pan until they turn golden brown. Serve plain, or with maple syrup, berries, or try Ben's tip.



Ben Baker's Tip: Top with Cabernet Cranberries. In a small pot over medium heat, combine 2 cups of Cabernet wine with 1 1/2 cups dried cranberries. Cook, letting the mixture slowly reduce, and until the cranberries have absorbed all of the wine. The pectin that still resides in the cranberries will cause the mixture to thicken. Drizzle the sauce over your Polenta French Toast—you are in for a real treat!

Migas Especiales

From The Engine 2 Diet

INGREDIENTS:

1 onion, chopped
8 ounces mushrooms, sliced
2 tomatoes, chopped
1 pound firm tofu, drained, pressed with a cloth, and mashed
1 teaspoon turmeric
3 corn tortillas cut into 1 inch squares
1 can fat-free vegetarian refried beans, warmed in non-stick skillet
Salsa
4 corn tortillas (enjoy them the same way you would toast, or to make little tacos)

INSTRUCTIONS:

Sauté onion in non-stick skillet on medium heat with a little water or low sodium vegetable broth for 3 minutes or until translucent.

Add mushrooms and tomatoes. Cook for 7 minutes or until most of their juices have been cooked away.

Add tofu, turmeric, and tortillas squares. Cook for a few minutes, or until mixture is warmed through.

Place a generous spoonful of migas on a plate and top with salsa. Or, serve in corn tortillas for breakfast tacos!



The Machu Picchu

From My Beef With Meat

Quinoa is a high-protein, nutty-flavored ancient Incan grain. Prepare your quinoa the night before to save time in the morning.

INGREDIENTS:

3/4 Cup quinoa (red, white or black), cooked
1 handful fresh or frozen (thawed) berries or fruit of choice
1 teaspoon peanut butter, almond butter, or nut butter of choice

INSTRUCTIONS:

Prepare the quinoa as directed on the package. The ratio is usually 1 cup quinoa to 2 cups water. Place the warm (or cold) cooked quinoa in a breakfast bowl and add the berries on top. Stir in the nut butter of choice.

Rip's Tip: If you are a big breakfast eater, use more quinoa and add a sliced banana into the mix.



Savory Shiitake Cheesy Oats

From My Beef With Meat

By Debbie Kastner

INGREDIENTS:

- 1 cup steel-cut oats
- 2 cups water or vegetable broth
- 1 cup unsweetened plain non-dairy milk
- 2 tablespoons nutritional yeast
- 2 dashes ground turmeric
- 1 1/2 teaspoons Cajun or Southwest seasoning of choice
- Freshly ground black pepper
- Pinch or two chipotle powder (optional)
- 1 ounce julienned sun dried tomatoes
- 5 dried shiitake mushrooms, broken into pieces (or other dried mushrooms you like)
- 2 1/2 ounces fresh baby spinach per serving

INSTRUCTIONS:

In a medium pot, mix the oats, water (or broth), non-dairy milk, nutritional yeast, turmeric, seasoning, black pepper to taste, chipotle powder, if using, sun-dried tomatoes, and mushrooms. Watching carefully, bring to a boil, reduce heat, and simmer for about 10 minutes. Cook until all of the water is absorbed, leaving the oats nice and creamy.

When the oats are done, microwave 1 serving of spinach briefly until soft but not mushy, about 30 seconds. Top each serving of oatmeal with a portion of the softened spinach, mix, and enjoy. Store the remaining oatmeal in the fridge - it is easy to reheat in the microwave or on the stove top.



Black Beans and Rice Extravaganza!

From Engine 2 Diet

INGREDIENTS:

2 cans black beans, rinsed and drained 1 cup water or vegetable stock

1 tablespoon Bragg Liquid Aminos

1 teaspoon red chili powder

2 to 3 tomatoes, chopped

1 bunch green onions, chopped

1 can water chestnuts, drained

1 cup corn: fresh, frozen, or canned

2 red, yellow, or green bell peppers, seeded and chopped

1 bunch cilantro, rinsed and chopped

1 avocado, peeled and sliced

3 cups cooked brown rice

Salsa or tamari, to taste

INSTRUCTIONS:

Heat the beans with water, Bragg's, and chili powder.

Chop vegetables and place in individual bowls.

To serve, place several big spoonfuls of brown rice onto large plates and ladle beans on top. Add generous handfuls of chopped vegetables on top of the beans.

Add salsa or tamari to taste.



Macaroni and Not Cheese

From Engine 2 Diet

INGREDIENTS:

1 onion, chopped
1 cup cashews
1/3 cup lemon juice
1 1/3 cups water
1/2 teaspoon sea salt
4 ounce jar roasted red peppers, drained 3 tablespoons nutritional yeast
1 teaspoon garlic powder
1 teaspoon onion powder
16 ounces whole grain elbow pasta, cooked

INSTRUCTIONS:

Preheat oven to 425.

Sauté onion on medium heat in non-stick skillet with a little water or low sodium vegetable broth for 5 minutes, until translucent.

In a food processor, combine the onions, cashews, lemon juice, water, and salt.

Gradually blend in roasted red peppers, nutritional yeast, garlic powder, and onion powder.

Thoroughly toss the sauce with the pasta.

Bake in the oven for 20 minutes until golden brown on top.



Kale, Lemon & Cilantro Sandwich

From Engine 2 Diet

INGREDIENTS:

1 bunch kale, rinsed and drained

4 slices whole grain bread, toasted

Engine 2 Hummus

4 green onions

1/2 bunch cilantro or parsley, rinsed and chopped

1 lemon with skin on, sliced very thinly into rounds

Zest of 1 lemon

INSTRUCTIONS:

Tear kale leaves away from thick stem. Discard stem and chop leaves into bite-size pieces.

Toast bread until brown and crispy, about 3 minutes.

Put kale in a pot filled with about 4 inches of water.

Bring to a boil, cover and cook for two to three minutes, until kale is tender. Check frequently.

Spread toast thickly with hummus, sprinkle on the green onions, pile cilantro on top, then place a few very thin slices of lemons on the cilantro. When kale is tender, drain well. Shake the strainer so all water is gone, then sprinkle the kale in the strainer with lemon zest and the juice from the remaining lemons. Lots of lemon makes this good!

Place a large handful of lemon filled kale on top of each piece sandwich half and top with remaining toast slices.



Tucson Spicy Lentil Tacos

From My Beef With Meat

INGREDIENTS:

One 12-ounce can lentils, drained and rinsed, or 1 cup dry lentils, cooked

2 cups diced onions

2 tablespoons diced garlic

½ jalapeño pepper, diced

One 1.25-ounce package taco seasoning

2 cups vegetable broth

10 corn tortillas

Taco toppings: diced tomatoes, shredded lettuce, guacamole, peeled and shredded jicama, salsa

INSTRUCTIONS:

If using dried lentils, cook the lentils in 2½ cups of water to 1 cup lentils. Bring to a boil, then simmer until the lentils are soft, about 20 minutes.

Sauté the onions, garlic, and jalapeño in a couple of tablespoons of water. Add the cooked lentils and taco seasoning to the cooked onions-garlic-jalapeño mixture. Mix well to combine and add the broth. When the mixture begins to boil, reduce to a simmer, cover, and cook for 5 to 7 minutes.

Preheat the oven to 350°F. Hang the corn tortillas from an oven rack so that the two opposing sides of the tortillas hang down like wide, upside-down tacos. Bake the corn tortillas in the oven for 5 to 7 minutes.

Remove the warm corn tortillas from the rack and admire your new taco shells. Spoon the lentils into the tacos shells, then garnish, as desired, with the tomatoes, lettuce, jicama, guacamole, and salsa.

Variation: If desired, use romaine lettuce leaves as a wrap and do away with the taco shells.



Smoky Little Devils

From The Prevent and Reverse Heart Disease Cookbook

By Ann & Jane Esselstyn

INGREDIENTS:

For the hummus

- 1 (15-ounce) can no-salt-added chickpeas, drained and rinsed
- 2 large cloves garlic
- 2 tablespoons fresh lemon juice
- 1 ½ tablespoons spicy brown mustard, or to taste
- Freshly ground black pepper, to taste
- ¼ teaspoon salt (optional; we do not use it)
- 1 cup chopped green onions (4 to 5)
- 2 teaspoons Dijon mustard, or to taste
- Zest of 1 lemon
- 1 ½ to 2 additional tablespoons fresh lemon juice, to taste
- ½ teaspoon ground turmeric

For the devils

- 2 small red potatoes (roughly the size of large walnuts or small clementines)
- Pinch of smoked paprika, for garnish
- 1 green onion, finely sliced, for garnish
- Baby kale leaves, for garnish (optional)

INSTRUCTIONS:

For the hummus:

In a food processor, combine the chickpeas, garlic, lemon juice, mustard, pepper to taste, salt (if using), and 2 tablespoons water, and process until uniformly smooth.

In a small bowl, stir together the hummus, green onions, Dijon mustard, lemon zest, additional lemon juice, and turmeric. Dollop or spread on immediately or store in an airtight container until ready to use.

For the devils:

Set a steamer insert in a saucepan and add about 2 inches of water.

Bring to a boil over high heat; then place the potatoes in the steamer basket and steam for about 20 minutes. Plunge them into cold water in a big bowl or just run cold water over them.

Slice each potato in half. With the small end of a melon-baller or a small spoon, scoop out a hole in the center. (Save the little scooped-out potato balls to put into a salad or just pop them into your mouth!)

Fill each hole with hummus. Sprinkle with smoked paprika. It is easiest to take a tiny bit between your fingers and sprinkle just enough for the color to show. Garnish with green onions or, for a really fun look, use a tiny baby kale leaf as a “sail” in each little potato “boat.”



Sweet Holy Deliciousness Soup

From My Beef With Meat

INGREDIENTS:

2 large onions, chopped
6 large garlic cloves, chopped
2 pinches crushed red pepper flakes
1/2 teaspoon ground turmeric
1 teaspoon garam masala
6 cups vegetable broth
1 cup dried red lentils
2 large sweet potatoes, peeled and cut into cubes
2 bunches Kale or greens of choice, stripped of spines, spines discarded, cut into bite- size pieces
Freshly ground black pepper

INSTRUCTIONS:

In a soup pot, stir-fry the onions and garlic for a few minutes until the onions are limp. Add the pepper flakes, turmeric, and garam masala and stir to coat the onions and garlic.

Add the vegetable broth and lentils and bring to a boil. Decrease the heat to low, cover, and simmer for about 5 minutes.

Add the sweet potatoes, return to a boil, reduce the heat to low, and simmer until the lentils are fully cooked and the sweet potatoes are tender, 5 to 10 minutes.

Add the Kale and cook 5 minutes more, or until the Kale is soft. Season with black pepper to taste. Serve on its own or over a mound of cooked whole grains. Tip: Add hot sauce for an added kick!



Pavlov's Polenta Pizza

From My Beef With Meat

INGREDIENTS:

3-4 cups water (depending on your brand of polenta)
1 cup polenta
16 oz. Plant-Strong tomato sauce or crushed tomatoes
2 cups fresh spinach
3 large tomatoes, sliced
1 cup pineapple, cubed
1/2 cup roasted red peppers
2 cloves garlic, crushed
1/3 cup nutritional yeast

Other favorite pizza toppings:

mushrooms
arugala
asparagus
olives
basil
red onions
artichoke hearts
jalapeños

INSTRUCTIONS:

Preheat oven to 400 degrees
Prepare pizza stone by sprinkling with corn meal or lining a pan with parchment paper. To boiling water, add polenta and whisk until mixture thickens and there are no clumps (instructions for preparing polenta vary from brand to brand -check the specific preparation instructions for your type of polenta).

Pour polenta mixture onto pizza stone or pan and flatten into desired crust shapes: round pizza, square pizza, mini-pizzas, elephant pizza, fire-hydrant pizza. Precook the polenta crusts for 10 minutes
Remove crusts from oven, add sauce, toppings and sprinkle with nutritional yeast.

Return to oven and cook in oven for 10 minutes
Slice into generous portions and serve warm



Mexican-Lime Soup

From Engine 2 Diet

INGREDIENTS:

1 large onion, chopped
8 ounces mushrooms, quartered
2 bay leaves
2 cloves garlic, chopped or pressed
3 poblano chili peppers, toasted, seeded, skinned and cut into strips
2 to 3 32 ounce cartons vegetable stock
2 ears of corn, husks removed and cut into 2-inch rounds
4 medium cooked red potatoes, cut into 1-inch cubes
1 bunch cilantro, rinsed and chopped
Juice of 3 limes
Zest of 1 lime
4 tomatoes, chopped
2 avocados, peeled and sliced
Engine 2 Ancient Grains tortilla strips

INSTRUCTIONS FOR SOUP:

Sauté onion, mushrooms, and bay leaves on medium heat with a little water or low sodium vegetable broth in a large soup pot for 5 minutes, until onions brown.

Add garlic, chilies, and 1 cup of stock. Stir intermittently for 5 minutes, until peppers begin to soften. Add remaining stock, corn, and potatoes. Cover and cook on medium heat for 10 minutes, until potatoes are tender.

Remove from heat and let sit covered for 5 minutes.

INSTRUCTIONS FOR SERVING:

Stir cilantro, lime juice, and zest into soup immediately before serving. Place a handful each of tomatoes, avocados, and healthy chips into large soup bowls. Pour hot soup directly over vegetables and tortilla strips and serve.



BBQ LOL (Lentil Oat Loaf)

From My Beef With Meat

INGREDIENTS:

1 ½ cups red lentils
2 ½ cups water
1 large onion, chopped
One 8-ounce package mushrooms, chopped
4 garlic cloves, chopped
4 cups packed fresh spinach, chopped
One 15-ounce can diced tomatoes, with juices
1 teaspoon dried sage
1 teaspoon garlic powder
1 teaspoon Mrs. Dash Garlic & Herb seasoning blend, or similar spice blend
¼ teaspoon dried marjoram
½ cup chopped fresh cilantro or parsley, or as desired
2 cups old-fashioned rolled oats
1 to 1 ½ cups barbecue sauce or ketchup, your favorite

INSTRUCTIONS:

Preheat the oven to 375°F.

In a saucepan, bring the lentils to a boil in the water. Decrease the heat to low, cover, and simmer until the lentils are tender and most of the water is absorbed, 8 to 10 minutes. In the same saucepan, mash the lentils with the back of a spoon or a potato masher; don't worry, red lentils cook quickly and mash easily.

In a nonstick pan, cook the onions over medium heat, stirring constantly to avoid burning, until soft and translucent. Add the mushrooms and garlic and continue to cook over medium heat until soft. Add water or vegeta-

ble broth, if necessary, to keep the vegetables from sticking. Add the spinach, cover, and continue to cook over medium heat until the spinach wilts, 4 or 5 minutes.

Add the lentils to the onion-mushroom-spinach mixture and stir to combine. Add the diced tomatoes, sage, garlic powder, Mrs. Dash seasoning, marjoram, and cilantro and stir. Add the oats and stir it all again.

In the bottom of two 9 × 5-inch loaf pans, spread half of the barbecue sauce or ketchup. Add the lentil-oat mixture to the loaf pans, then spread the remaining barbecue sauce or ketchup in a generous layer on the tops. Bake for 45 to 55 minutes until the barbecue glaze turns crispy on the edges. Let set for 10 to 15 minutes before cutting and serving—ideally until the next day!



Handstand Burgers

From My Beef With Meat

By Jeff Novick

INGREDIENTS:

One 15-ounce can kidney beans (or 1½ cups cooked)

One 15-ounce can chickpeas (or 1½ cups cooked)

1 cup old-fashioned rolled oats

½ cup cooked brown rice

½ cup sweet potato, cooked, peeled, and mashed

¼ cup salsa

1 tablespoon curry powder

Other spices, such as garlic (optional)

Four to eight 100 percent whole-grain buns

Condiments of choice: mustard, ketchup, relish, tomato slices, red onion slices, spinach, romaine, guacamole (optional)

INSTRUCTIONS:

Drain and rinse the beans and chickpeas. Transfer them to a bowl and mash with a fork or potato masher. Add the oats, rice, sweet potato, salsa, curry, and any other spice of choice and mix to combine well.

Divide the mixture into 8 or 10 equal-size pieces. Roll each piece into a ball, and then form into a patty. Transfer to a plate and let the patties air-dry in the refrigerator for 5 to 10 minutes.

Grill the patties in a nonstick pan over medium heat, or place under a broiler, until golden brown, about 3 minutes. The potato makes the burgers soft and quick cooking, so watch them when grilling. Flip and grill the opposite sides of the patties until golden brown. Serve either open-faced or on a whole-grain bun with all your favorite condiment options, a plate full of your favorite veggies, and a salad.

Tip: Make sure the bottom side of the burger is done before flipping so that the burger won't break into pieces.



Rockin' Reuben on Rye

From My Beef With Meat

INGREDIENTS:

8 oz. tempeh

1/2 cup tamari

8 oz. silken tofu

1/3 cup ketchup

1/3 cup pickle relish

1 cup fresh spinach

1 jar sauerkraut, your favorite Rye bread, one loaf

INSTRUCTIONS:

Preheat oven to 350 degrees

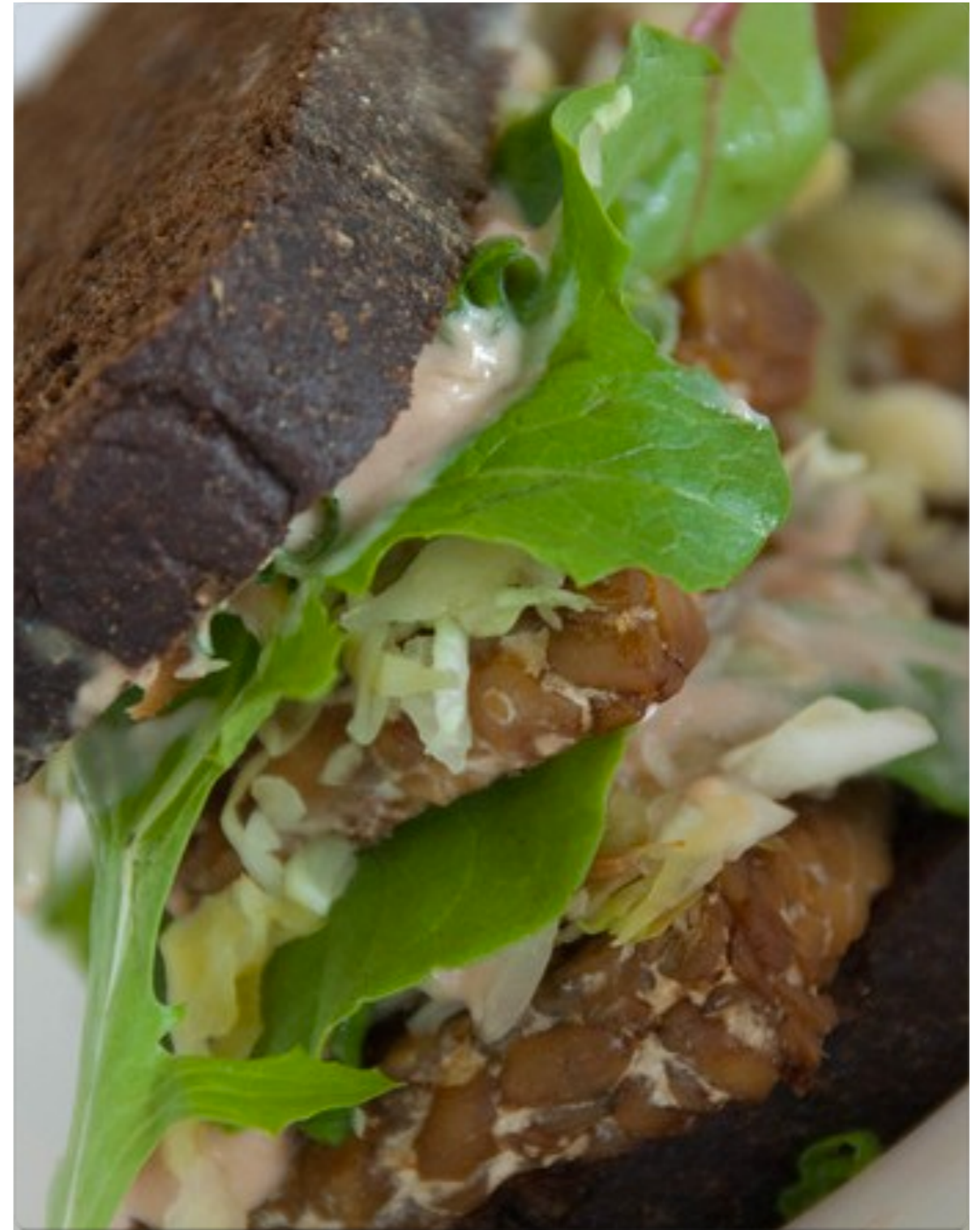
Slice tempeh in half vertically and then horizontally, thus making four, thin square patties. Pour tamari over tempeh and marinate for a few minutes, time permitting. Place tempeh on a no-stick pan or on parchment paper and cook for 15 minutes.

In a bowl, mix tofu, ketchup and relish until it looks like a tofu-based 1000 Island dressing.

Toast rye bread until desired crispiness. Spread with tofu-based 1000 Island dressing. Add a layer of sauerkraut, tempeh, then the spinach.

Cut in half and serve

*To make this lower in fat use portobello mushroom strips and light silken tofu. *To make this gluten free use gluten free bread and use gluten free tamari.



Rip's Sweet Potato Bowl

From Engine 2 Diet

INGREDIENTS:

1 large cooked sweet potato, skin removed, cut into cubes

1 mango, peeled, seeded, and cut into cubes

1 red bell pepper, seeded and chopped

1 can black beans, rinsed and drained

1 avocado, peeled, seeded, and chopped

½ bunch chopped cilantro

Juice of 1 lime

Balsamic vinegar to taste

INSTRUCTIONS:

Warm the sweet potatoes in a microwave if using chilled leftovers. Place a generous portion of sweet potatoes into a large serving bowl. Top with mango, bell pepper, black beans, avocado, and cilantro. Drizzle with lime juice and vinegar, stir gently, and serve.



Banana-Peanut Butter-Oat Cookies

From My Beef With Meat

INGREDIENTS:

3 ripe bananas, mashed
1 tablespoon vanilla
3/4 cup natural chunky peanut butter 3 tablespoons maple syrup
2 cups old fashioned oats
1/2 cup whole wheat flour
1 teaspoon baking powder
1/4 teaspoon salt (optional)
1/2 cup non-dairy chocolate chips or raisins
*to make gluten free eliminate whole wheat flour

INSTRUCTIONS:

Preheat oven to 350 degrees

Prepare a cookie sheet with parchment paper. Mix bananas, vanilla, peanut butter and maple syrup into a creamy consistency in a large bowl.

In another bowl, combine oats, flour, baking powder and salt. Add the dry ingredients to the wet ingredients and stir until they are well combined -the batter should be slightly sticky. Fold in the chocolate chips or raisins.

Place rounded, heaping tablespoon-sized balls of the batter onto an ungreased baking sheet.

Bake for 15-18 minutes
Gobble these up while they are still warm



Fruit Mousse

From Engine 2 Diet

INGREDIENTS:

1 package extra firm Silken Lite tofu
1/3 cup maple syrup or sweetener of choice
3 tablespoons fresh fruit juice (see Variations)
Zest of one citrus (see Variations)

INSTRUCTIONS:

Blend all ingredients together.
Cover and refrigerate for an hour or more before serving.

VARIATIONS:

Orange Mousse: Use orange juice and zest
Lime Mousse: Use lime juice and zest
Mango Mousse: Use 2 fresh mangoes and zest of lime
Pineapple Mousse: Use 1 cup fresh or frozen pineapple
Strawberry Mousse: Use 8 ounces fresh or frozen strawberries and zest of orange



Mighty Muffins

From Engine 2 Diet

INGREDIENTS:

6 brown bananas, lightly mashed (leave some chunks)
1 large apple, grated
3/4 cup water
3 cups oat bran
1 teaspoon baking powder
1/2 teaspoon salt
1/4 cup walnuts, chopped or halved
1/4 cup raisins
4 tablespoons sweetener
Juice of 1 lemon

INSTRUCTIONS:

Preheat oven to 375 degrees. Mix wet and dry ingredients in separate bowls. Squeeze the juice of one lemon onto the combined apple and bananas. Combine wet and dry ingredients into one bowl.

Pour into lined muffin tins or use silicone muffin bake ware and bake for 45 minutes or until golden brown on top.

VARIATIONS:

Bake the batter in a loaf pan, and enjoy hearty slices instead of muffins. Add three thinly sliced pears or 1 cup of 70 percent pure cocoa chips to the batter.



Dark Chocolate Brownies

From Engine 2 Diet

INGREDIENTS:

½ cup light brown sugar, packed
½ cup raw sugar
1 cup unsweetened applesauce
1 tablespoon Ener-G egg replacer mixed with ¼ cup water
¼ cup + 2 tablespoons non-dairy milk
1½ teaspoons vanilla extract
1½ teaspoons apple cider vinegar
1½ cups whole-wheat pastry flour
¾ cup cocoa powder
1 teaspoon baking soda
½ teaspoon sea salt
1½ cups (dairy-free) chocolate chips or chunks

INSTRUCTIONS:

Preheat oven to 375 degrees. Combine the sugars and applesauce with an electric or hand-held mixer. Beat in Ener-G mixture, non-dairy milk, vanilla and vinegar. Combine the dry ingredients (except the chocolate chips) in a separate bowl. Gradually add the dry mixture to the wet ingredients, then stir in the chocolate chips.

Pour the batter into a parchment lined (or non-stick silicone bake-ware) 9" x 13" baking dish.

Bake for 16 to 20 minutes, until a toothpick inserted into the center comes out clean. These are best made a day ahead for the best flavor.



Success Stories



Jeff's Story

“You only believe in what you think is the truth, until you know otherwise...”

I grew up as most Wisconsin kids did. I ate the foods that we all thought were good for us to eat. Some of my first words were “ham-ferfer & fri-fri” at the McDonalds drive thru window. We had cookouts and roasted hot dogs over campfires. We ate home-cooked meals, and yes lots of cheese (it is Wisconsin). I thought that “Milk Does a Body Good!” And, I really enjoyed eating steaks, burgers, brats, chicken, eggs, and of course bacon! Organic wasn't the trend back then. Grass-fed and free range were not terms being thrown around. And yes, back then, we knew what we were doing. At least, that's what we believed in...

I wouldn't trade those experiences for anything in the world. Because it's those experiences that now motivate me to eat the way I do. I have never pushed the “anti-animal diet.” In fact, I used to advocate for the high protein, animal-based nutrition plan like every other person who reads a Muscle & Fitness Magazine. Yeah, I also ate fruits and vegetables, but like most MEAT HEADS, all I cared about was how I looked in the mirror and whether or not my muscles were beach worthy. If cellphones had cameras back then, I would have taken nothing but selfies in t-shirts with no sleeves. Just ask my high school and college wrecking crew.

I started playing football in 2nd grade and continued until I was a senior in high school. I wrestled in middle school and made varsity as a freshman @ 125lbs until I hurt my back and developed degenerative disc disease. I ran track for 4 years all through high school and continued through college. After high school I picked up bodybuilding and competed in 2 shows. And, after college I played on 2 semi pro football teams. I wasn't the best athlete, but I worked my tail off to be the best I could. Needless to say, playing sports and working out became my identity, and still is.

Working out, playing sports, being a Personal Trainer, eating healthy are all things that I have always promoted. I did go through a phase to find myself, as most men do (and most boys never come out of). I came out of it with a sense of clarity, a new perspective on life, health, and my own body. I found out that what I once believed in, was something that was actually killing me.

At 21 I was 190lbs, 6% body fat, and at my height, technically obese. After doing my last bodybuilding show my health took a turn for the worse. I was eating all the foods that I thought I should have been eating, and still was on high blood pressure medication. I drank whey protein shakes like water because that's what I thought I should be drinking, and yet I developed Ulcerative Colitis. I didn't understand, because I didn't know otherwise.

After finding out that I would have to take an \$800 per/month horse pill for the rest of my life, I started to question everything. Do I take the risk of losing my colon or having a 30% higher chance of developing colon cancer by the age of 30?

Well, I found out that the foods I was eating (specifically whey protein, eggs, & dairy) were actually causing the symptoms. That was a huge blow to my set of beliefs. I had a decision to make: Continue doing what I originally thought was right? Or, try this new path?

It's been 4.5 years. I AM SIGN & SYMPTOM FREE! I don't take medicine for high blood pressure or Ulcerative Colitis. I don't get sick. I am not deficient in any nutrients. And, I don't have any pain in my low back from degenerative disc disease.

I am now 31. I am the strongest, fastest, and the healthiest I have ever been. I don't do whey protein shakes. I don't eat eggs. And, I don't eat meat (because I choose not to). This is now what I believe. Not because it's a fad. Not because I have canine teeth. NOT because it's what cave-men did. But, because I KNOW it's the healthiest way to eat!

This is my truth, at least until I know otherwise.

Jim's Story



Jim Carpenter, firefighter for Commerce Township Fire Department in Michigan recently completed the Engine 2 28-Day Challenge together with fifteen other firefighters in the Detroit-area townships of Pontiac, Walled Lake and Commerce. They signed up to go PlantStrong with Engine 2 for 8 weeks, led by local author and nutrition consultant, Dr. Kerrie Saunders. The impetus for their collective participation in eating plant-based for a month was to get healthier, decrease their risk for disease and to join in on some friendly firefighter competition to see which city could achieve the best results. Jim recently reached out to Rip to share his excitement with the results he experienced:

Now that the challenge is coming to an end and we get our final blood draws tomorrow, I just wanted to let you know that your program gave

me my life back. As you know, being a firefighter and weighing 280 pounds is not a good situation. And being told by your doctor that if you don't change something you'll be dead in 3 years or worse when you're only 37 years old — not good either. Your program changed all those things for me. This was an 8 week challenge and I did it for 11 weeks with great success. I love the meal plan and never plan on changing to anything else. Everyone sees me and says, 'Wow.' I take every opportunity to talk about the Engine 2 lifestyle. I would have never believed that things could change so much in 11 weeks. I've included before and after pictures to show my results: lost 69 pounds in 11 weeks. Thanks for giving me a chance to have my life back. - Jim

*Jim also lowered his cholesterol from 288 to 201 and his triglycerides from 845 to 260. What are triglycerides? They are fat globules in your bloodstream that many researchers believe are a high-risk factor for heart disease. Just as your body needs a certain amount of cholesterol for cell repair, your body requires a certain level of triglycerides for fuel, particularly when it requires energy between meals or when you're exercising. The goal is to keep your triglycerides and cholesterol levels at 150 mg/dl or below. Jim has made enormous strides and is very close to these "uber" Plant-Strong numbers!



Eddie's Story

My name is Edward Fine. I am 43 years old and training for my first half Ironman with hopes to finish in under 6 hours. I train 15 – 20 hours a week, but it hasn't always been like this. At the age of 37 I suffered a heart attack, while riding in car.

That was a wake up call, or so I thought. I was in a wheelchair for almost 2 years, was on a bi-pap machine to help me breath at night and stayed in bed all the time. I did change my diet for awhile and lost a few pounds, but it didn't last long. I grew up eating meat and potatoes, drinking lots of whole milk and LOVED McDonalds! I felt sorry for myself and depression sat in. Food became my comfort.

By this time I was 369 pounds and gaining. We move from Winston-Salem, North Carolina to Nashville, Tennessee in December 2010. It was my 40th birthday that I was able to walk with a cane and get out of that wheelchair. It felt good, but I was still in a bad place and again food was my comfort. After another scare with chest pain I went to the doctor. Found out I had type 2 diabetes, very high blood pressure and cholesterol was through the roof! Took insulin, blood pressure medication and lots of other pills from cholesterol to depression, 13 pills daily in all.

My daughter got a dance video game for her birthday and after watching her play it a few months I decided to give it a try. Well, when I tried to show her how to do the "Running Man" I shattered my left ankle. After having 2 reconstructive surgeries, I was told that I'd probably use my cane the rest of my life. Of course I looked for comfort in my old standby and it was always there for me.

A few days after Halloween, I went with my daughter to a used bookstore so she could find a book for a school project. I was looking around and came across a book called The Engine 2 Diet. It touted a "28 Day save your life plan", I was skeptical, but purchased the book. After reading the book, I decided I'd give it a try. It was very difficult for me at first, but as the days went by and trying new foods, it began to enjoy it. On November

17th, 2011 I decided I was going to change! For my kids, my wife and most importantly ME.

In first month I lost 42 pounds and was extremely happy and looked forward to the "dreaded" scale. Instead of going up like the past, it was going down, down fast! By March 2012, I went from a 52 inch waist to a 44 and from 369 pounds to 287 pounds! Doctors were shocked at my progress. They put me in a walking cast and said I could slowly start walking. The apartments we lived in had a small gym with a treadmill, and it became my best friend. I started walking at 1.5 mph for 15 minutes and day by day my speed and distance increased. By June, I was at 230 and walking 20+ miles a week. June 19th, 2012 I got my cast off and was cleared to "walk on" by my doctor, but I never listened! I decided not only was I going to show him that I wouldn't need my cane ever again, I was going to start jogging.

In October I joined a local running group and started training with them Wednesday evenings and Saturday mornings. They told me about a run they always do the first weekend in January called the "Zoo Run", a local 5K to raise money for the local zoo. I decided I was going to do it and I trained 3 times a week until then. The day of the race (January 3rd, 2013) I was 182 pounds and ready to see what I could do. Well, it took 42 minutes and 18 seconds, but I did it! Fast forward to now.. I'm 153.9 pounds, 6.5 % body fat, Plant-Strong and training for my first Ironman. I am a father, a husband and a TRIATHLETE! (Rip inspired this!) I AM PLANT-STRONG



Rick's Story

In June, 2009, my heart arrested suddenly during a USTA tennis match. I had the amazing good fortune to be playing against a team that included a cardiologist. He performed world class cpr for over 12 minutes (assisted by a peds intensivist who had finished playing his match) until the fire department rescue squad arrived and successfully restarted my heart with a defibrillator. That night, I underwent an emergent X6 bypass surgery.

Within a month after my surgery, I discovered Dr. Esselstyn's book. I was impressed by the science behind his recommendations, and immediately transitioned to a plant based diet. I attended Dr. Esselstyn's day long seminar in October, 2009 and have been an adherent to his plant-based, oil free program since then. In the initial months, my recovery seemed a bit slower than I had hoped, and I soon learned that two of the bypass grafts were no good from the start. I continued to train and, in time, the combination of the plant based diet and development of good collateral circulation enabled me to return not only to playing team tennis but also to compete in 10k races and duathlons.

This past summer, I competed in the cycling races in our state level senior games and managed to qualify for both time trials and road racing events in the National Senior Games next year in Minneapolis. I will be competing in the 65-69 year old age group. I had been a trial attorney for most of my adult life and specialized in medical cases. I defended many cardiology cases, and developed a strong background in the medicine.

It was beyond ironic that a cardiologist was present to save my life when I arrested. Both he and I were subbing for our teams that evening. I am now a law professor and will be teaching a course in animal law this spring. I have a brother who underwent a nuclear stress test soon after my event. The test disclosed cardiac ischemia. He also adopted Dr. Esselstyn's program and within three years, he was tested again. The latest test showed no ischemia. Plant power!



Julie's Story

Plant-Strong Success!

I'm happy to report that in addition to riding 60 to 90 miles a week this year, and swimming 3/4 of a mile, when I can, I added an official 5K run to my plant based centered health strategy. I'm so appreciative of losing 75 pounds through plant-strong living. I will say that every time I'm riding and upping my goal for health I remember you and your family swimming in the ocean every morning when I walked to breakfast in Costa Rica four years ago. The 5K run was with a group of athletes that bring along disabled "athletes", and my daughter is disabled. Thanks to the health I've found I may include my daughter in a future sprint triathlon! Thanks Rip and your family for all your inspiration and support.

Thanks for your part in my life!!



Engine 2:



Find Us Online:

<http://engine2diet.com>

On Facebook:

<http://facebook.com/engine2diet>

On Twitter:

@engine2diet #E2Challenge

On Instagram:

<http://instagram.com/engine2diet>

On Pinterest:

<http://pinterest.com/engine2diet>

Join Engine 2's Eat Strong Food Network for support, coaching, recipes, meal ideas and more!

<http://engine2.onsocialengine.com/>

Join us at an Engine 2 Event:

<http://engine2diet.com/eatstrongevents/>

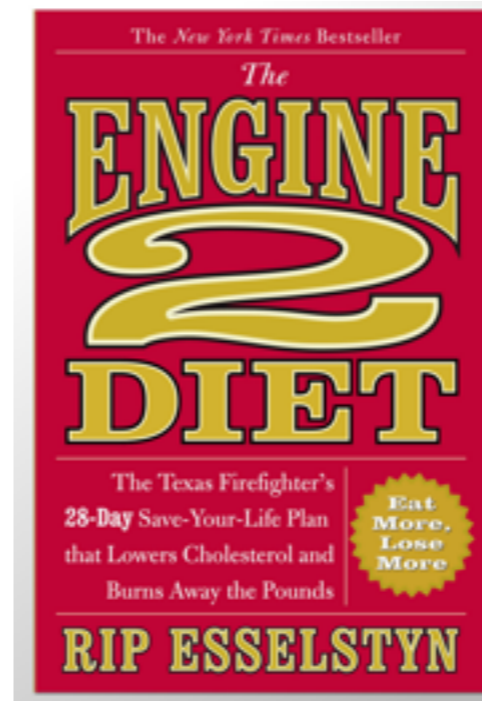
Engine 2 Plant-Strong® Products

<http://engine2foods.com>

Engine 2 Kids and Family Resources and free eBook

<http://engine2diet.com/resources-and-research/plant-strong-kids/>

This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in all matters relating to his or her health, and particularly in respect of any symptoms that may require diagnosis or medical attention.



Get The Engine 2 Diet by Rip Esselstyn

<http://www.amazon.com/gp/product/0446506699?ie=UTF8&creativeASIN=0446506699&linkCode=xm2&tag=engine2com-20>



Plant-Strong by Rip Esselstyn

<http://www.amazon.com/Plant-Strong-Discover-Healthiest-Diet-Recipes/dp/1455509353/?linkCode=xm2&tag=engine2com-20>