





# Contents

Introduction	4
Cooking Without Oil	8
Cooking With Whole Grains	11
The Recipes	14
Salads	15
Sauces	18
Main Courses	22
Sweets	39
Budget Friendly Meals	44
Budget Friendly Duo	49
Quick and Easy Meals to Have in the Pantry	52
References	56



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# Introduction

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# **Welcome to the SUNY Downstate College of Medicine Lifestyle Medicine Interest Group's whole-food plant-based cookbook!**

We're so happy that you have taken the time to dig a bit deeper into one of the very foundations of our human existence: food. While we all need to eat, it's not always easy to understand what it is that we should consume. With many fad diets and eating trends constantly circulating on social media as well as influence from our family and peers, the choice can be overwhelming without proper information and guidance. Our goal is to help you with this decision and assist you in taking one of the most powerful steps to improve your health, boost your energy and prevent chronic disease. This step is to introduce you to a whole-food plant-based (WFPB) diet.

**What is a WFPB diet you ask? You may have heard of vegetarian and/or vegan diets, but this particular concept may be foreign. Well, for simplicity, we've included a graphic below that breaks down some important tenants of this diet (2).**

When we break this table down, there are two core concepts that outline our approach to eating. First, the concept of eating primarily "whole foods." When simplified, this term can be defined as foods that are not heavily processed and includes foods with whole, unrefined or minimally refined ingredients. The second concept of this diet is "plant-based," meaning food that comes from plants and is free of animal ingredients, including meat, milk and eggs. While there is an overlap between vegan and WFPB diets, a WFPB diet is free from any highly processed foods, such as imitation meats, cheeses

or unhealthy snacks. For example, Coca-Cola and Oreos are unhealthy, yet still considered acceptable to consume within a vegan diet. Research has found that a diet incorporating more plant-based food may help prevent, and in some cases even treat or reverse, leading causes of death within the United States, such as high blood pressure, heart disease and diabetes (1).

Certain foods we like to say are "stars" within the world of WFPB eating. Again, to the right is a graphic that outlines these foods (2).

**5 FOODS YOU WILL LOVE**

**VEGETABLES**  
Lettuce, collards, kale, peppers, green peas, corn, Brussels sprouts, asparagus, cucumber, zucchini, etc





**FRUITS**  
Figs, apples, bananas, strawberries, grapes, oranges, nectarines, apricots, plums, mangoes, raspberries, etc

**TUBERS**  
Beets, sweet potatoes, potatoes, yams, carrots, jicama, cassava, parsnips, turnips, radishes, taro, Jerusalem artichoke, etc

**LEGUMES**  
Chickpeas, cannellini beans, lentils, black beans, peanuts, green beans, navy beans, etc

**WHOLE GRAINS**  
Quinoa, millet, barley, rice, whole wheat, oats, buckwheat, farro, sorghum, teff, etc

### WHOLE FOOD PLANT BASED DIET

	Vegan Diet	Plant-Based Diet	Whole-Food, Plant Based Diet
 Seafood	✗	—	—
 Eggs and Dairy	✗	—	—
 Meat and Poultry	✗	—	—
 Oils	✓	✓	—

 Oils	✓	✓	—
 Processed Foods	✓	✓	—
 Whole Grains	✓	✓	✓
 Fruits and Vegetables	✓	✓	✓
 Legumes	✓	✓	✓

✓ = ok   
 ✗ = no   
 — = avoid

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These five groups encompass a world of edible possibilities, and we will be helping to incorporate such foods into your diet with our delicious featured recipes. Additionally, many of our recipes feature healthful ingredients that are staples of a WFPB diet including nuts, seeds, tofu and tempeh.

This diet has the capacity to not only impact your health and wellbeing but also the wellbeing of our planet and your wallet. From an environmental perspective, raising animals for food is a very inefficient use of resources. Over 1,500 gallons of water is needed to raise one pound of beef while only 200 gallons are needed to make one pound of grains. Furthermore, water pollution becomes a problem when consuming animal products,

as excrement from industrially farmed animals can contaminate surrounding streams, rivers, lakes and ponds and eventually make its way into groundwater (3).

When it comes to budget friendly options, plants have your back. According to one study published in the Journal of Hunger & Environmental Nutrition, adopting a plant-based diet can reduce grocery bills by \$750 per year per person (4). In this cookbook, you will find an entire section dedicated to preparing WFPB meals on a budget, leaving both your stomach and wallet full. We hope you enjoy our cookbook and can see how following a WFPB diet is not just healthful and environmentally friendly but delicious as well!

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# Cooking Without Oil

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**Open up any recipe book and you'll see a ubiquitous ingredient that's called for in recipes: oil. Do we really need to use oil in our cooking in order to achieve our desired taste and texture? The answer is no, and here we will guide you on steps you can take to transition away from oils within your cooking, an integral part of embracing a whole-food, plant-based diet.**

First, let's quickly review the types of fats that are found within plant-based oils. We start with monounsaturated fats, or so called "healthy" fats, which can be found in foods like avocados and nuts. These fats contain one unsaturated carbon bond (or double bond) within the molecule and have generally been regarded as more healthful. Next onto saturated fats, which have generally been regarded as unhealthy. These include the likes of fats from animal products and contain a high proportion of fatty acid molecules without double bonds. Next, there are polyunsaturated fats, which are found mostly in vegetable oils such as corn, sunflower and safflower oil, and include omega-3 fatty acids. Lastly, we come to the dreaded trans fats, or liquid vegetable oils that are made more solid through hydrogenation in order to increase shelf-life. These fats have been shown to increase LDL or "bad" cholesterol while decreasing HDL or "good" cholesterol levels (1).

While we have known that consumption of a single fast-food meal can decrease the ability of our arteries to relax within hours, oil may play an integral role in this disease mechanism (2). It has been suggested that oils may impact endothelial cell dysfunction (aka blood vessel constriction), a risk factor for heart disease. In a study by Dr. Robert Vogel at the University of Maryland, vasculature was shown to constrict up to 34% after the consumption of oil, a finding that raises concern (3). Furthermore, temperature can dramatically influence certain oils, which is sometimes difficult to avoid in the

cooking process. Oils in polyunsaturated fats (flax, canola, soybean, safflower and sunflower) are most prone to oxidative damage when heated, releasing potentially toxic compounds, such as lipid peroxidases and aldehydes (4). Lastly, oil is 100% fat. Dietary fat contains 9 calories per gram, while carbohydrates and protein contain 4 calories per gram each, making fat the richest source of calories available in the human diet. Thus, oils may play an integral role in promoting weight gain and posing a barrier to weight management.

The question remains, however, how do I actually cook without oil? Here, we will recommend a variety of techniques to use across multiple cooking methods:

## **Baking**

Use fruit puree as a substitute for oil, butter or shortening. Examples include applesauce, mashed bananas and pureed dates.

## **Deep Frying Alternatives**

It is possible to achieve a crispy crust without using oil. Take your favorite vegetables and lightly dip them in a slurry of arrowroot powder or cornstarch mixed with water and coat in whole-grain bread crumbs or cornmeal. Place veggies on a parchment-lined baking sheet to achieve that crunch we all desire.

Additionally, you can also use an air fryer as an alternative to deep frying.

## Roasting

Before placing vegetables in the oven, you can place your food onto parchment paper (provides a non-stick surface) and optionally season with vegetable stock or a light water-soy sauce mixture.

## Sautéing and Stir Frying

The trick here is to use small amounts of water or broth such as vegetable stock (1 to 2 tablespoons) at a time. If you toss and stir the food periodically, you will be able to cook and brown the food without steaming it.

## Choice of Cookware

Lastly, choice of cookware will be important when cooking without oils and is something to definitely think about next time you shop for pots and pans.

Cooking without oil is very easy using non-stick pots and pans; however, these sometimes contain coatings like Teflon that can leach into food.

If you would like to avoid this, use of stainless steel, enamel-coated cast iron and ceramic titanium pans will serve as good alternatives.

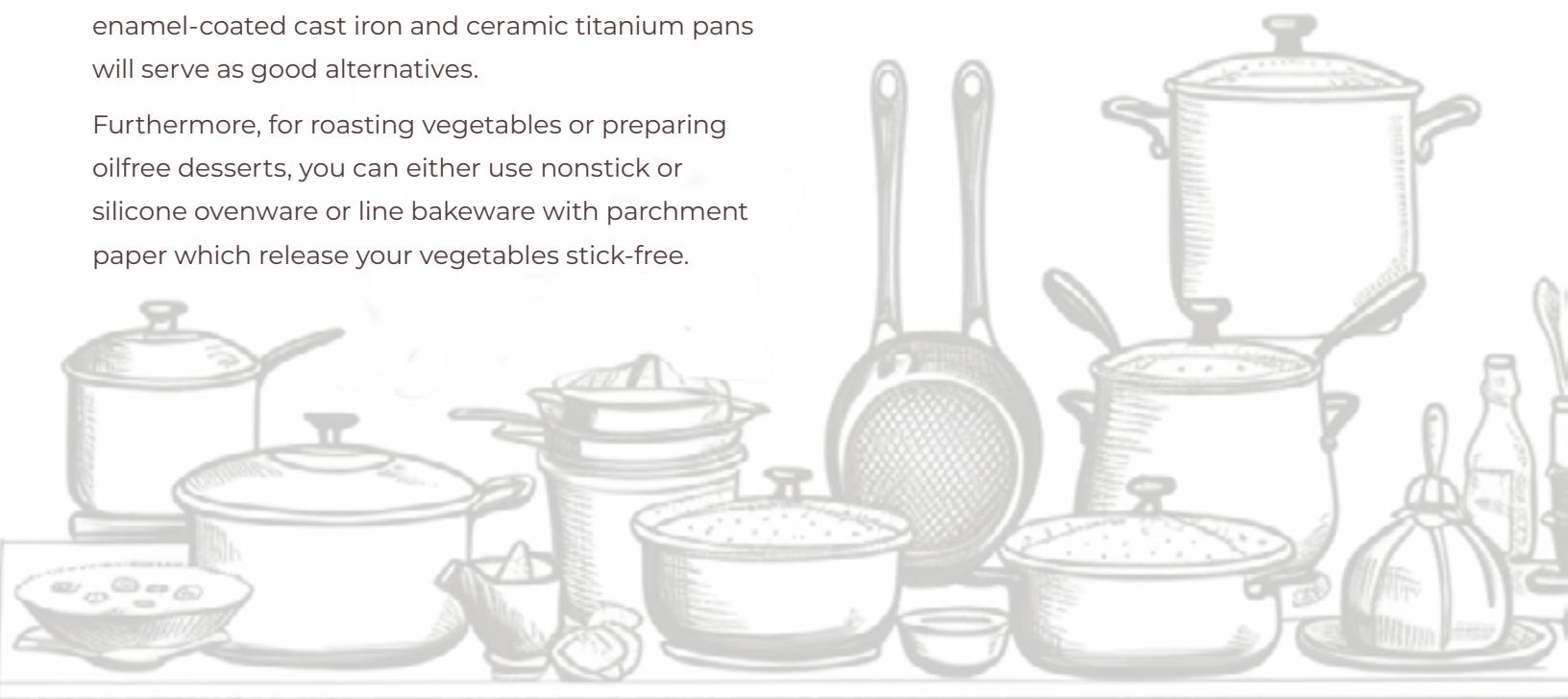
Furthermore, for roasting vegetables or preparing oilfree desserts, you can either use nonstick or silicone ovenware or line bakeware with parchment paper which release your vegetables stick-free.

## Note on Olive Oil

It is important to note that olive oil is often singled out as a healthy oil, because it is part of the well-studied Mediterranean diet that has superior benefits to the standard American diet.

The health benefits, however, are less related to the presence of olive oil than to the absence of sweets, refined baked goods, ultra-processed foods, and sugar sweetened beverages.

If you do wish to use some olive oil, use it as a condiment, not for cooking, and use only extra virgin olive oil, which is cold-pressed with intact omega-3 fatty acids and anti-inflammatory polyphenols.



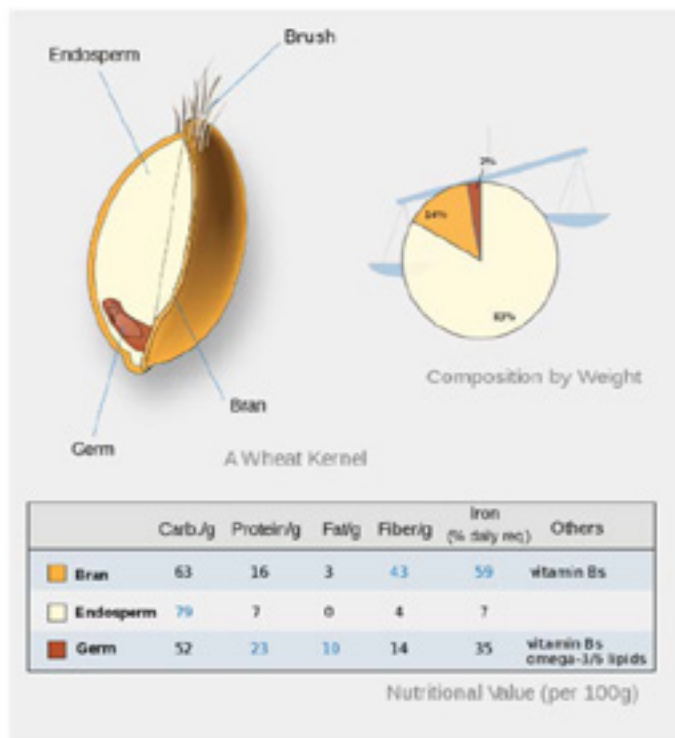
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# Cooking With Whole Grains

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**We have all heard of whole grains but when it comes down to it, what really makes a grain whole? It all has to do with how much of the grain you are eating, and we have provided a nice diagram that will elucidate this information below.**

As you can see, the grain contains four components: the endosperm, the germ, the bran and the brush. A whole grain is defined as any grain kernel that contains the endosperm, germ and bran. The bran's outer coating contains fiber, while the inner germ contains vitamins, minerals, lignans and phytochemicals including phenolic acids, polyphenols and phytosterol compounds (1). In the grain-refining process, the protective and nutrient rich components of the grain, the bran and germ are removed, leaving behind the starch-rich endosperm. When looking at the data, there is a significant inverse association between dietary whole grain intake and all-cause mortality when comparing individuals whose dietary whole grain intakes were in the top versus bottom quartile (2). Additionally, it is believed that a deficiency in dietary whole grain intake may contribute to health epidemics such as type II diabetes, cardiovascular disease, cancer and obesity (3).



**So, what are some examples of whole grains that we can incorporate into our diets? Some great examples are listed below:**

- ◆ Amaranth
- ◆ Barley, not pearled
- ◆ Buckwheat
- ◆ Bulgur, not pearled
- ◆ Cornmeal (polenta)
- ◆ Couscous, whole wheat
- ◆ Farro, not pearled
- ◆ Kamut
- ◆ Millet
- ◆ Oats, steel cut
- ◆ Pasta, whole wheat
- ◆ Quinoa
- ◆ Brown rice
- ◆ Rye berries
- ◆ Sorghum
- ◆ Spelt, not pearled
- ◆ Teff
- ◆ Wheat berries
- ◆ Wild rice



Many whole grains can be substituted for refined grains without any change in taste and texture, but in some cases they can be more “chewy” and have a nuttier flavor profile. While this might be unusual at first, after a short amount of time, unrefined grains will start to lack flavor. If you stick with this flavor, your palette will eventually adjust and your body will thank you.

In terms of cooking methodology, working with whole grains is very similar to preparing rice. Place the dry grain in a pan with water or vegetable broth, bring to a boil and then simmer until the liquid is fully absorbed. There are even some grains that you can cook using a method similar to pasta. For brown rice, farro and wheat berries, you can place the grains in a large pot of boiling water and cook until tender, subsequently draining excess water. This has been shown to decrease the cooking time of the grain.

There are additional methods of treating the grains beforehand that can shorten the cooking process. First, you can soak the grains in water for a few hours before cooking. This will reduce the cooking time significantly. Second, you can pre-cook the grains. For example, with steel-cut oats, you can bring the oats and water to a boil, then turn off

the heat and let the oats soak overnight. In the morning, you can return the oats to a boil and they’ll soften much quicker, a method popularized in Maria Speck’s cookbook, [Simply Ancient Grains](#) (4). Another method to use is to cook the grains in very large batches. Grains will remain fresh for 3-4 days in the fridge and then can be warmed up with water or vegetable broth. Additionally, cold grains can be used in salads or in canned soups for a delicious, easy and healthful meal. Lastly, there are quick-cooking grains that are on the shelves of supermarkets whereby the grains have been pre-cooked and can be heated in 90 seconds or so in the microwave. This option will definitely save you the most time in preparation.

We hope that you will enjoy these grains as much as we do and that we have provided some helpful tips to make this dietary integration an easier experience!



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# The Recipes

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# Salads

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# Rena's Salad

Submission by: Rena Orman, PhD | Source: Her home country, Azerbaijan

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## INGREDIENTS

1 mango, sliced long and thin

8-12 oz grapes cut in half

Juice of 1 to 2 lemons

Chopped cilantro and coarse pepper to taste

## DIRECTIONS

Mix ingredients in a bowl and let it sit for 2-3 hours



# Cucumber and Turnip Salad

Submission by: Rena Orman, PhD | Source: Her home country, Azerbaijan

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## INGREDIENTS

2 white turnips, cleaned and cut in long pieces like french fries

2 cucumbers, sliced

1 bunch green onions, sliced

Lemon juice to taste

## DIRECTIONS

Combine all the ingredients and enjoy!



# Sour Cherry Salad

Submission by: Rena Orman, PhD | Source: Her home country, Azerbaijan

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## INGREDIENTS

- 1 lb sour cherries
- 8 oz cherry tomatoes, sliced in half
- 1 white onion, diced
- 1 bunch chopped cilantro
- Lemon juice to taste
- Pomegranate juice to taste
- Black pepper and vinegar to taste

## DIRECTIONS

Combine ingredients in a bowl with a lid and shake! Adjust seasoning and enjoy



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# Sauces

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# Vodka Sauce

Submission by: Anonymous | Source: <https://pinchofyum.com/five-minute-cashew-sauce>

## INGREDIENTS

½ cup Smirnoff vodka

2 (28 oz) cans crushed tomatoes

1 pint of cashew cream

- ◆ 2 cups cashews
- ◆ 1 ¼ cup of water
- ◆ 1-2 cloves of garlic
- ◆ 1 tsp salt

3 cloves garlic minced or

¾ tsp garlic powder

1 shallot diced or

1 tbsp onion powder

Salt and pepper to taste



## DIRECTIONS

1. Make the cashew cream
  - ◆ Soak cashews for about 2 hours
  - ◆ Combine in a blender with water, garlic, and salt until very very smooth
  - ◆ Add more water to achieve the desired consistency
2. Use water or broth to saute the shallot until translucent
3. Add the garlic and saute for about 30 seconds
4. Add the vodka to the pan
5. Add the tomatoes to the saucepan
6. Add the desired amount of cashew cream
7. Add the salt and pepper
8. Bring to a boil
9. Let simmer with the top ajar for at least 30 minutes

# Pesto

Submission by: Natalie Cipriano, MS3 | Source: Family Recipe

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## INGREDIENTS

2 cup packed fresh basil

4:1 lemon juice to water

2 tbsp pine nuts (walnuts or almonds can be used as an alternative)

2 to 3 cloves garlic

¼-½ cup nutritional yeast

1 tbsp tahini



## DIRECTIONS

1. Combine the ingredients in a blender, except the lemon juice and water mixture
2. Add the lemon juice and water mixture until you have reached the desired consistency
3. Use the pesto as a topping on pizza, as a sauce on pasta, or to add flavor to any other dishes!

# Marinara

Submission by: Natalie Cipriano, MS3 | Source: Family Recipe

## INGREDIENTS

2 (28 oz) cans whole tomatoes in juice

1 bunch fresh basil

1 onion, finely chopped

4 garlic cloves, finely chopped

Dried oregano, salt and black pepper to taste



## DIRECTIONS

1. Purée the tomatoes, tomato juice and basil until smooth in a blender/food processor. Save some tomato juice on the side
2. Heat the saved tomato juice in a saucepan over medium heat and sauté the onion until tender (about 12 minutes)
3. Add garlic and sauté until fragrant, being careful not to burn it (about 30 seconds to a minute)
4. Stir in the tomato purée
5. Bring to a boil over medium heat
6. Season the sauce with salt, pepper, and oregano
7. Simmer the sauce for about 30 minutes
8. If the sauce is too acidic, add about 1 teaspoon of date sugar

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# Main Courses

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# Protein and Veggie Packed Pesto Pasta

Submission by: Anonymous

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## INGREDIENTS

1 box chickpea or red lentil pasta

8 oz zoodles

Pesto (recipe on page 20)

8 oz cherry tomatoes,  
sliced in half

Salt and pepper to taste



## DIRECTIONS

1. Cook the pasta according to the package
2. Save some pasta water
3. Heat the zoodles in a frying pan with salt and pepper
4. Combine the zoodles, pasta, pasta water, and pesto in a pan over low heat
5. Top with cherry tomatoes and enjoy!

# Cherry Tomato White Wine Pasta

Submission by: Natalie Cipriano, MS3 | Source: Her own Recipe

## INGREDIENTS

- Half a pound pasta
- One container cherry tomatoes
- 6 oz tomato paste
- 3-4 cloves garlic, minced
- White wine
- Fresh basil
- Nutritional yeast
- Salt and pepper to taste



## DIRECTIONS

1. Wash the tomatoes and add them to a sauce pan with a small amount of water or vegetable broth
2. Heat over low/medium heat until the tomatoes begin to soften and burst
3. Add garlic to the pan, being careful not to burn
4. Add some white wine
5. Add a scoop or two of tomato paste if a thicker sauce is desired
6. Cut up the basil and add
7. Season with salt and pepper
8. Stir and allow it to cook into a light sauce over low heat
9. Add more white wine or pasta water to prevent it from burning
10. Cook pasta and add directly to pan when it is slightly undercooked
11. Finish the pasta off in the sauce
12. Add nutritional yeast, top with basil and enjoy!

# Easy Sesame Tofu

Submission by: Anonymous | Source: <https://sweetpeasandsaffron.com/>

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## INGREDIENTS

Tofu

¼ cup veggie broth or water

¼ cup of soy sauce

¼ cup of agave syrup

1 tbsp sesame oil

½ tsp red pepper flakes

1 tsp cornstarch

Optional: sesame seeds and green onion for garnish



## DIRECTIONS

1. Combine the broth/water, soy sauce, agave syrup, sesame oil, and red pepper flakes in a bowl
2. Stir
3. Add water to 1 tsp of cornstarch until a thick paste is created
4. Add the thick paste to the bowl and stir
5. Brown/crisp tofu in a pan
6. Add sauce to the pan and heat until thickened
7. Eat over rice and enjoy!

# Corn Meal with Spinach

Submission by: Edeline Mitton | Source: Her own recipe, adapted from popular dish among Haitian community

## INGREDIENTS

- 1 cup coarse corn meal
- 10 oz frozen chopped spinach
- 1 tomato, diced
- ¼ onion, diced
- ¼ cup parsley
- 1 garlic clove, minced
- 1 tbsp tomato paste
- 1 and ¾ cup of water
- Salt and pepper to taste



## DIRECTIONS

1. Add garlic, parsley, onions, pepper, tomato paste, and two tablespoons of water to a pan over medium heat
2. Stir for 5 minutes
3. Add the rest of the water and spinach
4. Bring to a boil
5. Add salt and corn meal when the spinach is completely immersed in the water and not frozen
6. Stir for about 5 minutes
7. Add salt and pepper to taste
8. Reduce the heat to low and cover the pan with a lid
9. Let it cook for 12-15 minutes, stirring occasionally
10. Top with diced tomatoes and enjoy!

### Note

It is best to rinse the cornmeal with water, then add it to the mixture to reduce clumping. Wooden spoons work great for stirring the corn meal. This dish is delicious when eaten with a slice of avocado.

# Palmito Guisado

Submission by: Francisco Andrade, MS4 | Source: <https://www.cocinadominicana.com/193/palmito-guisado>

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## INGREDIENTS

- 2 tbsp water
- 1 red onion
- 1 red bell pepper
- 4 roma tomatoes
- ½ tbsp mashed garlic
- ½ tsp apple cider vinegar
- 1 dozen pitted green olives
- 2 (14 oz) cans hearts of palm
- Salt and pepper to taste



## DIRECTIONS

1. Cook and stir the onions with 2 tablespoons of water until translucent over medium heat
2. Add pepper, tomatoes, garlic, vinegar, and olives
3. Saute until vegetables are cooked through
4. Add the hearts of palm and 2 cups of water
5. Simmer uncovered until the liquid has reduced to half
6. Season with salt and pepper
7. Enjoy!



# Leek and Broccoli Chili Tacos

Submission by: Anonymous

## INGREDIENTS

8 oz broccoli	15 oz can of kidney beans or black beans
1 medium leek	1 bunch of fresh coriander
1 red chili	3 ripe avocados
3 cloves of garlic	Juice of 3 limes
8 oz cherry tomatoes	6 to 8 tortillas

## DIRECTIONS

1. Chop the broccoli florets into bite-size pieces
2. Chop the leeks in 2 cm chunks, give them a good wash, then chop each piece in half, lengthways
3. Slice the red chili (leaving the seeds in if you like it hot)
4. Peel and finely chop the garlic
5. Chop the cherry tomatoes in half
6. Drain and rinse the beans
7. Finely chop the coriander
8. Heat 1 tablespoon of water in a pan on high heat.
9. Add the leek, chili, and add a pinch of salt and cook for 3 minutes stirring regularly
10. Lower the heat to medium and add the broccoli.
11. Put a lid on the pan and leave it to cook for 5-6 minutes, stirring occasionally
12. Remove the broccoli and leek mixture from the pan and set aside
13. To prep your guacamole, cut the avocados in half, remove the pits, spoon out and slice the avocado into small chunks.
14. Put the avocado chunks in a large bowl and add 1 teaspoon salt, 1/2 teaspoon black pepper, the juice of 2 limes, half the cherry tomatoes, half the chopped garlic and half of the coriander. Use a fork to mash everything together and set aside
15. Put the beans in the empty pan with the remaining garlic and cherry tomatoes, a pinch of salt, 1/2 teaspoon of black pepper, and the juice of 1 lime
16. Cook for 4-5 minutes, stirring regularly
17. Use the back of a spoon to mash the beans
18. Add the remaining coriander and mix through
19. Put a small frying pan on high heat and toast each tortilla wrap
20. Serve the broccoli and leek mixture, mashed beans and guacamole in separate bowls and let everyone make their own tacos

# White Wine Tofu Zoodles and Noodles

Submission by: Kaitlin Martins, MS3

## INGREDIENTS

3 cloves garlic, minced

Tofu cubed

1/2 medium onion, diced

12 oz zucchini noodles

1 lemon

1/4 cup white wine

2 tbsp paprika

2 tbsp garlic powder

2 tsp chili powder

1/4 serving whole wheat angel hair, cooked

Salt to taste

Parsley



## DIRECTIONS

1. Mix together the spices
2. Use half of the mixture to season the tofu
3. Saute the onions and garlic in broth or water until fragrant
4. Add tofu to pan and cook
5. Remove the tofu from the pan and add wine and rest of seasoning mixture
6. Let it simmer
7. Add zoodles and cook for 5 min
8. Add angel hair pasta, parsley, lemon slices, and 1/2 lemon squeezed
9. Return tofu to the pan, serve and enjoy!

# Kimchi Fried Rice

Submission by: Jen Gottfried, MS4 | Source: Her friend's mom, Mrs. Kim

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## INGREDIENTS

Kimchi

2 cups brown rice

1 onion, diced

2 celery stalks

2 carrots, diced

JUST vegan eggs

Sesame oil

Optional: sesame seeds and seaweed crisps



## DIRECTIONS

1. Heat pan on medium high heat and add broth or water
2. Finely chop kimchi and cook in pan, start sautéing/mixing
3. Add in rice with a dash of salt (could also add in soy sauce if you want but not too much)
4. Add in onions, celery, and carrots
5. Add in some kimchi juice here if you haven't already (but not too much, you don't want soggy fried rice)
6. Put heat down to medium and keep mixing
7. Create a little hole in the middle of the pan and add some JUST vegan eggs and scramble
8. Mix everything together
9. Drizzle in a little bit of sesame oil
10. Take pan off heat
11. Top with sesame seeds and seaweed crisps

# Lentil Stew

Source: <https://healthiersteps.com/recipe/vegan-lentil-stew/>

## INGREDIENTS

1 ½ cups dried lentils, rinsed  
 ¼ cup water  
 1 medium onion, finely chopped  
 3 cloves garlic, minced  
 2 stalks celery, chopped  
 1 tsp Italian seasoning  
 ½ tsp ground paprika  
 ½ tsp cumin  
 ½ tsp dried thyme  
 1 (14 oz) can low sodium diced tomatoes  
 1 tbsp tomato paste (optional)  
 2 medium carrots, diced  
 1 medium potato, diced  
 6 cups low sodium vegetable broth  
 1 bay leaf  
 ¼ tsp cayenne pepper  
 Salt to taste



## DIRECTIONS

1. Heat water in a large saucepan over medium heat
2. Add onions and cook for about 3 minutes
3. Add garlic and cook for another minute
4. Add celery, italian seasoning, paprika, cumin, thyme, cayenne pepper and cook for 30 seconds
5. Add lentils, tomatoes, tomato paste, carrots, potatoes, bay leaf and vegetable broth
6. Bring to boil, reduce heat to simmer for about 40 minutes or until stew has reached the desired texture
7. Remove bay leaf, season with salt and pepper and serve

# Sesame Peanut Butter Noodles

Submission by: Natalie Cipriano, MS3 | Source: This is one of her friend's, Kiki's, favorite recipes to make!

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## INGREDIENTS

6 oz of your favorite whole wheat Asian noodles

2 tbsp pure sesame oil

1 ½ tbsp peanut butter

2 tbsp date syrup

2 tbsp soy sauce

1 ½ tbsp rice vinegar

1 garlic clove, minced

½ tsp grated fresh ginger root

Optional Garnish: 3 sliced green onions and 1 ½ tsp sesame seeds



## DIRECTIONS

1. Cook the noodles according to the package
2. Combine the other ingredients in a bowl and whisk to create a sauce
3. Pour the sauce over the hot noodles and stir

# Butternut Squash and Potato Soup

Submission by: Kaitlin Martins, MS3

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## INGREDIENTS

- 1 butternut squash
- 2 medium sweet potatoes
- 1 medium potato
- 1 yellow onion
- 1 jalapeno pepper
- 1 bag frozen peas
- 1 pound of whole wheat pasta



## DIRECTIONS

1. Peel and cube the potatoes and squash
2. Chop the veggies except for the peas
3. Add the potatoes and veggies to a pot with enough water to cover
4. Allow it to boil until potatoes are tender
5. Blend it all
6. Pour it back into the pot
7. Add pasta and peas
8. Allow to cook for a few more minutes and enjoy!

# Baked Falafel

Submission by: Dr. Richard Rosenfeld | Source: trial and error

## INGREDIENTS

- 1 cup dry chickpeas (garbanzo beans)
- ½ cup chopped onion
- 1 cup fresh parsley, packed
- 6 tbsp oat flour or almond flour
- 2 tbsp sesame tahini
- 5 tsp fresh lemon juice
- 3 tsp ground cumin
- 3 tsp ground coriander
- 1 tsp baking soda



## DIRECTIONS

1. Preheat oven to 375 degrees and line a baking sheet with parchment paper
2. Place dry chickpeas in a bowl, cover with cold water, and let soak overnight; rinse chickpeas next day and boil for about 1 hour, until crumbly but not very soft
3. Combine all ingredients except the flour and baking soda in a food processor and blend by pulsing until just combined; mixture should be gritty, not smooth
4. Transfer blended ingredients to a bowl and stir in the flour and baking soda; the mixture should stick together well, but if necessary add some water to get the right consistency
5. Form the mixture into balls or patties, about 25-30 depending on size, and place on the parchment paper
6. Bake about 20-25 minutes until golden, then remove and place on a cooling rack
7. Serve with chopped parsley and tahini sauce (tahini, water, lemon juice, and cumin)

# Buffalo Cauliflower

Submission by: Jen Gottfried, MS4 | Source: <https://kalejunkie.com/cauliflower-buffalo-wings/>

## INGREDIENTS

- 1 large head cauliflower
- 1 cup whole wheat flour
- 2 tsp garlic powder
- ½ tsp black pepper
- ½ tsp paprika
- ½ tsp salt
- ½ cup buffalo sauce
- 1 cup dairy free milk



## DIRECTIONS

1. Preheat oven to 450 F
2. Line a baking sheet with parchment paper and set aside
3. Wash your cauliflower and break it into small florets
4. Grab a bowl, and whisk together the flour, garlic powder, black pepper, paprika, and salt
5. Add the non-dairy milk and give it a good whisk until there are no clumps (or almost no clumps, totally fine if there are a few!)
6. Dip each piece of cauliflower into the mixture, and then line them up on the baking sheet, making sure they don't touch — give these babies space!
7. Bake for 20 minutes
8. Remove from the oven
9. Pour your buffalo sauce into a bowl, then dip each cauliflower floret into the buffalo sauce, and place them back onto the baking sheet, giving them space again
10. Bake for another 20 minutes
11. Remove from the oven!
12. Garnish with fresh chives or green onions and serve with vegan ranch dressing.

# Krispy Kale & Shiitake Fried Rice

Submission by: Jen Gottfried, MS4 | Source: [https://thefeedfeed.com/hannah\\_\\_chia/crispy-kale-and-shiitake-fried-rice](https://thefeedfeed.com/hannah__chia/crispy-kale-and-shiitake-fried-rice)

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## INGREDIENTS

- 3 cloves garlic, minced
- 1-2 tsp grated fresh ginger
- 3 scallions, thinly sliced
- 3 cups kale, finely chopped
- 5-6 shiitake mushrooms, stems removed, finely chopped
- 3 cups cooked and cooled day-old brown rice
- 1 tbsp hoisin sauce
- 1 tbsp tamari or soy sauce
- 1 tbsp sesame oil



## DIRECTIONS

1. Add garlic, ginger and scallions to a pan and sauté in water or broth until fragrant
2. Add chopped kale and mushrooms and cook for 3-4 minutes, until kale is crispy
3. Add 1 tablespoon water or broth to pan with the rice, breaking up clumps and stir frying until golden, 1-2 minutes
4. Add hoisin sauce, soy sauce and sesame oil
5. Mix to combine and adjust to taste

# Rachel's Asian Noodle Soup

Submission by: Rachel Baum, MS3 | Source: <https://cookingwithayeh.com/vegetable-noodle-soup>

## INGREDIENTS

1 onion  
 6 garlic cloves  
 3 carrots  
 2 zucchini  
 3 baby bok choy  
 1.5 container low sodium vegetable stock  
 Tofu, cubed  
 2 tbsp soy sauce  
 Brown rice vermicelli noodles  
 Salt, pepper and parsley to taste



## DIRECTIONS

1. Prepare and cut all the vegetables and the tofu. Chop onion, tofu, carrots, bok choy and zucchini into small cubes approximately the same size. Dice the garlic cloves into small pieces.
2. Sauté the onion in a little bit of broth until translucent. Add the garlic cloves and sauté for another minute.
3. Add the chopped carrots, zucchini and tofu and sauté all together for a few minutes.
4. Add the vegetable stock, soy sauce and season with salt and pepper. Add water if more liquid is desired.
5. Simmer the pot over medium heat with the lid closed.
6. Check the vegetables after 10-15 minutes to see if they are cooked and have softened.
7. Then add the baby bok choy and rice noodles. They should only take 1-2 minutes to cook.
8. Serve with freshly cracked black pepper, chopped parsley, sriracha or chili to taste and enjoy!

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# Sweets

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# Chocolate Chip Oatmeal Cookies

Submission by: Dr. Richard Rosenfeld | Source: Mix and match of many recipes

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## INGREDIENTS

1 cup rolled oats  
 ½ cup oat flour  
 ½ cup ground almond meal  
 ½ cup whole wheat pastry flour  
 ½ cup dark chocolate morsels, dairy-free  
 3 large, over-ripe bananas, mashed  
 ¼ cup date sugar  
 ¼ cup smooth peanut butter  
 1 tbsp vanilla extract  
 ½ teaspoon almond extract  
 1 tsp cinnamon  
 ½ tsp baking soda  
 ½ tsp baking powder

## DIRECTIONS

1. Preheat oven to 350 degrees and line a baking sheet with parchment paper
2. Combine all dry ingredients in a mixing bowl and mix well: oats, oat flour, almond meal, pastry flour, chocolate morsels, date sugar, cinnamon, baking soda, baking powder
3. Combine all wet ingredients in a separate bowl and mix well: mashed bananas, peanut butter, vanilla extract, almond extract
4. Stir wet ingredients into the dry ingredients, just enough to mix thoroughly; add a little almond or oat milk if overly thick (should be moist enough to form a ball and hold shape)
5. Fill a standard spring-loaded ice-cream scoop with trigger about ¾ full, turn down over parchment paper, release batter with the trigger, then pat down with spoon until flat
6. Bake for about 15 minutes until edges are golden and bottom is starting to brown; remove from oven and place cookies on a cooling rack
7. Makes about 20 cookies, which freeze very well

# Banana Pancakes

Submission by: Kaitlin Martins, MS3

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## INGREDIENTS

1 over-ripe banana

1 flax egg

- 0.5 tbsp ground flax seed
- 1.5 tbsp water

2 tbsp warm water

1/3 cup of oats ground into oat flour or pre-ground oat flour



## DIRECTIONS

1. Mash the banana
2. Make the flax egg by combining the flax seed and water and allowing to thicken for 5 minutes
3. Combine the mashed banana, egg, water and oat flour
4. Add anything else you want (chocolate chips, blueberries, etc)
5. Cook like normal pancakes!

# Crepes

Submission by: Natalie Cipriano, MS3 | Source: Her friend's mom, Kim Bubolo

## INGREDIENTS

1 cup whole wheat flour

1 cup of plant-based milk

1/4 date sugar

3 flax eggs

- 3 tbsp ground flax seed
- 9 tbsp water

2 tbsp warm water



## DIRECTIONS

1. Make the flax eggs
  - Combine the water and the ground flax seed and allow to thicken
2. Combine ingredients
3. Whisk until smooth
4. Spray a frying pan with non-stick spray
5. Add a small amount of batter and move the pan around so the batter covers it all
6. Flip after the bottom is cooked
7. Add any toppings and fillings and enjoy!

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# Budget Friendly Meals

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Cooking on a budget can be difficult. As a student, I have a limited budget, so I am always looking for cheap and delicious recipes. One key to budget-friendly cooking is to make meals that use a lot of the same ingredients in one week. This will reduce the amount of ingredients that you have to buy. When buying ingredients like spices and sauces, your grocery bill will be more expensive. However, these ingredients will last a while and can be used for a ton of recipes!

-Natalie

# Mexican Tofu Zucchini Boats

Submission by: Anonymous | Source: <https://www.makingthymeforhealth.com/mexican-zucchini-burrito-boats/>

## INGREDIENTS

2 zucchini

Tofu cubed

1 packet of taco seasoning or homemade taco seasoning (recipe below)

- 1 tbsp chili powder
- ½ tsp garlic powder
- ½ tsp paprika
- ½ tsp cumin
- 1 tsp kosher salt

1 tomato diced

1 avocado sliced

1 (15 ounce) can black beans

Vegan cheese



## DIRECTIONS

1. Cut the zucchinis in half
2. Scoop out the inside of the zucchini
3. Season the zucchini if desired
4. Bake in the oven for 10 minutes at 400 F
5. Brown the cubed tofu in water in a pan
6. Add the taco seasoning to the pan with the tofu and some more water if needed
7. Fill the zucchini with the tofu and beans and top with cheese
8. Return to the oven and bake for 10-15 min
9. Top with diced tomato and avocado and enjoy!

# Roasted Vegetable Couscous

Source: Budget Bytes

## INGREDIENTS

- 4 roma tomatoes
- 2 zucchini
- 1 bell peppers
- 1 red onion
- 4 cloves of garlic or 1 tsp garlic powder
- 2 cups of whole wheat couscous
- Salt and pepper to taste
- 3 cups of low-sodium vegetable broth



## DIRECTIONS

1. Wash, chop, season, and coat the vegetables in broth
2. Roast the vegetables and the garlic at 400 F on parchment paper until they are wilted and browned
3. Bring the vegetable broth to a boil with the lid on top
4. Add the couscous, turn off the heat, and cover the pot
5. Let it sit undisturbed for 10 min
6. Fluff the couscous
7. Chop the garlic
8. Combine the couscous, roasted vegetables, and garlic in a bowl and stir to combine
9. Season with more salt and pepper if desired

# Ginger, Garlic & Scallion Noodles

Source: Foods of Jane

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## INGREDIENTS

Your favorite whole wheat noodles

2 cloves garlic or ½ tsp of garlic powder

1 piece of ginger root or ¼ tsp of ginger powder

¼ low sodium vegetable broth

1 tsp chili flakes

3 scallion stalks

2 tbsp of soy sauce



## DIRECTIONS

1. Cook the noodles according to the package
2. Grate the garlic and ginger into a small bowl/combine the powdered seasoning in a bowl
3. Add chili flakes and diced scallions to the bowl
4. Heat water or broth in the skillet until it's boiling hot
5. Immediately add the hot liquid to the bowl with the other ingredients
6. Pour the sauce you just made and soy sauce on top of the cooked noodles and mix to combine

# Vegan Creamy Bell Pepper Pasta

Submission by : Anonymous

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## INGREDIENTS

- 1 cup cashews
- 1 lb whole wheat pasta
- 1 onion
- 1 red bell pepper
- 5 garlic cloves
- 1 tsp chili flakes



## DIRECTIONS

1. Cook the pasta until it is slightly underdone
2. Save pasta water
3. Saute the onion, bell pepper, and garlic in a little pasta water with the salt and chili flakes for 5-10 min, being careful not to burn, until brown
4. Add the onion, bell pepper, garlic, cashews, and pasta water to a blender
5. Blend until smooth, adjust seasoning if needed
6. Add sauce to a pan with pasta and a little pasta water if needed and cook over low heat until pasta is fully cooked
7. Garnish with vegan parm!

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# Budget Friendly Duo

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The following are two meals that I often make together because they require a lot of the same ingredients! It also means these meals are easy to meal prep. I make a ton of rice at once, cook all the tofu at once, cut and wash the lettuce, and roast the peppers. Also, I usually only buy one big onion and use it for both bowls. I only cook half of the onion for the fajita bowls, and I leave the other half raw to use in the mediterranean bowl. A few additional ingredients added to each bowl makes them unique!

*-Natalie*

# Fajita Bowl

Source: <https://plantbasedjess.com/vegan-fajita-bowl/>

## INGREDIENTS (2 BOWLS)

Tofu

1 cup brown rice

1 taco seasoning packet

2 bell peppers

1 (15 ounce can) black beans

1/2 onion

1 avocado

Lettuce

Vegan Sour Cream

Optional to eat with: tortilla chips



## DIRECTIONS

1. Brown the tofu and season with taco seasoning
2. Cook rice according to package
3. Slice peppers and onion, season with salt and pepper, and bake in the oven on parchment paper at 400 F until cooked
4. Top rice with tofu, roasted peppers and onion, lettuce, sliced avocado, and vegan sour cream.
5. Enjoy!

# Mediterranean Bowl

Source: Anonymous

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## INGREDIENTS (2 BOWLS)

Tofu

1/2 cup brown rice

1 bell pepper

1/2 onion

Red cabbage

Lettuce

Vegan tzatziki

Optional to eat with: whole  
wheat pita



## DIRECTIONS

1. Brown the tofu and season with any seasoning you have at home. I like to do lemon pepper!
2. Cook rice according to package
3. Slice peppers, season with salt and pepper, and bake in the oven on 400 F until cooked
4. Top rice with tofu, roasted peppers, lettuce, cabbage, raw onion, and vegan tzatziki
5. Enjoy!

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# Quick and Easy Meals to Have in the Pantry

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As a medical student, I am very busy. There are a few things that I always keep on hand that make quick and easy meals in case I need. These ingredients have a long shelf life and can be made into delicious and easy recipes in a pinch.

*-Natalie*

# Homemade Pizza

Source: Anonymous

## INGREDIENTS

Frozen whole wheat pizza crust

15 ounce can of tomato sauce,  
seasoned to your liking

Any toppings you have on hand!

Veggies, vegan cheese, balsamic  
glaze, etc.



Yes, it is easy to just pick up the phone and order a pizza. However, homemade pizza is quick, easy, healthier and cheap!

## DIRECTIONS

1. Tomato sauce in a can is boring, so I like to season it with minced garlic, salt and pepper
2. Top your crust with sauce
3. Adding any toppings you have on hand!
4. Cook the pizza according to the package or until it gets crisp on the bottom

# Asian Noodle Bowl

Source: Anonymous

## INGREDIENTS

Frozen stir fry vegetables

Brown rice noodles or your favorite Asian whole grain noodles

1-2 cloves minced garlic

A dash of sesame oil

Soy sauce to taste

Salt, pepper and chili flakes to taste

Optional: tofu



## DIRECTIONS

1. Heat up the stir fry vegetables in the microwave for 5 minutes with 1 tablespoon of water
2. Add the vegetables to a pan with broth
3. Add salt and pepper to taste
4. Cook the vegetables until crisp
5. Add the garlic (be careful not to burn!)
6. Cook the noodles in a pot
7. Add the noodles to the pan with the vegetables
8. Add soy sauce and sesame oil to taste

# One Pot Three Bean Chili

Source: <https://theveglife.com/vegan-3-bean-chili-2/>

## INGREDIENTS

- 1.5 tsp garlic powder
- 1-2 tbsp onion powder
- 3 tbsp chili powder
- 1 tsp chipotle powder
- 1 (15 ounce) can black beans
- 1 (15 ounce) can kidney beans
- 1 (15 ounce) can pinto beans
- 1 (28 ounce) can low sodium diced tomatoes
- 1.5 cups of water or low sodium vegetable broth
- Salt and pepper to taste
- Optional: red pepper flakes or jalapenos



## DIRECTIONS

1. Add all the ingredients to the pot and simmer for 20-30 minutes.
2. Add more liquid as needed
3. Top with any toppings you like and enjoy!

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**Quick and Easy Meals to Always Have in the Pantry**

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