

Pivio™



Eat

Quick and Easy

Sampler

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Welcome

Whether you're new to the kitchen or just looking for a way to save some time when it comes to preparing a meal in the middle of a busy week, we can all benefit from a helping hand in making the healthy choice the easy choice.

This sampler of the Pivio Eat—Quick and Easy cookbook contains healthy recipes designed to be as easy as possible to do just that. Taking advantage of some minimally processed plant foods—think pre-mixed salad leaves, frozen veggies and quick cook brown rice—to make jumping into the kitchen and whipping up a healthy meal as quick and easy as possible.

So, if you're someone who's new to the kitchen or just looking to make life a little easier, we hope you enjoy learning just how easy it can be to follow a healthy whole food, plant-based eating pattern.

Breakfast

A balanced breakfast is rich in quality carbohydrates, wholegrains, fiber and protein to keep you full and energized throughout your morning. With options this quick and easy, you'll never want to skip breakfast again.



Banana Smoothie Chia Pudding

Prep 2 Min | Serves 2

A healthy breakfast that's as tasty as a dessert? Sounds too good to be true, but it's not! This chia pudding recipe is a high fiber, creamy breakfast that's sure to impress even the harshest of critics.

INGREDIENTS :

1 large ripe banana, chopped
1 cup oat milk
½ teaspoon pure vanilla extract
3 tablespoons chia seeds

METHOD:

Place banana, oat milk and vanilla in a blender and blend until smooth and creamy.

Combine banana mixture and chia seeds in a bowl.

Pour mixture into two serving jars and refrigerate. Serve topped with soy yoghurt and fruit of choice.

*Feel free to use any type of dairy free milk you like in this recipe.
Look for options fortified with calcium and vitamin B12*

Nutrient Analysis: PER SERVING: 249 cal (1045kJ); Protein 5g; Total Fat 8g; Saturated Fat <1g; Carbohydrate 41g; Total Sugars 35g; Fiber 10g; Sodium 130mg; Potassium 800mg; Calcium 650mg

Chickpea Scramble

Prep 5 Min | Cook 5 Min | Serves 2

A plant-based alternative to a Sunday morning favorite. Fold in your favorite plant-based toppings to make this recipe your own!

INGREDIENTS :

½ cup chickpea flour
½ cup water
1/4 teaspoon turmeric
2 teaspoons nutritional yeast
1 teaspoon garlic powder
¼ teaspoon kala namak (optional)
1 cup cherry tomatoes, halved
4 slices wholemeal toast

METHOD:

Place all ingredients except the kala namak, cherry tomatoes and toast into a bowl and whisk until the mixture resembles smooth pancake batter.

Heat a non-stick fry pan over a medium heat and add the batter, mixing often until it reaches the consistency of scrambled eggs after about 5 minutes. For best results, try to keep a thin layer of the mixture spread across the pan by flattening the mixture out with a spoon or spatula when needed.

Once cooked, fold through the cherry tomatoes and kala namak and serve over two slices of wholemeal toast.

Kala namak is also known as Indian black salt and can give dishes an “eggy” flavor

Nutrient Analysis: PER SERVING: 282 cal (1190kJ); Protein 15g; Total Fat 4g; Saturated Fat <1g; Carbohydrate 47g; Total Sugars 7g; Fiber 8g; Sodium 360mg; Potassium 610mg; Calcium 125mg

Main Meals

A healthy lunch or dinner should be rich in vegetables, wholegrains and plant-based protein, while being delicious and satisfying. These recipes, designed to inspire you in the kitchen and show how easy it can be to make simple, satisfying meals for you and your family, are all that and more.



Creamy Tomato Pasta

Prep 15 Min | Cook 5 Min | Serves 3

Whether you're after a quick lunch or mid-week dinner, this easy, high fiber pasta dish fits the bill.

INGREDIENTS :

½ cup raw cashews
15oz/420g bottle reduced salt
tomato pasta sauce
¼ teaspoon chilli flakes
1½ cups baby spinach
8oz/230g wholemeal spiral pasta,
cooked

METHOD:

Place cashews in a bowl and cover with boiling water. Cover and stand for 15 minutes. Drain.

Place cashews, pasta sauce and chilli flakes in a blender and blend until smooth and creamy.

Place sauce in a frypan and heat through. Fold through spinach leaves and heat until wilted.

Fold sauce through the cooked pasta. Serve with a garden salad.

Nutrient Analysis: PER SERVING: 475 cal (2005kJ); Protein 17g; Total Fat 15g; Saturated Fat 2g; Carbohydrate 74g; Total Sugars 10g; Fiber 10g; Sodium 650mg; Potassium 1016mg; Calcium 83mg; Iron 3.3mg; Zinc 3.3mg

Minute Minestrone

Prep 5 Min | Cook 15 Min | Serves 4

A no fuss version of a family classic. Packed full of veggies and ready in 15 minutes.

INGREDIENTS :

15oz/420g can chopped tomatoes
with tomato paste, basil & garlic
15oz/420g can garbanzos beans,
drained & rinsed
4 cups reduced salt vegetable stock
3.5oz/100g wholemeal pasta of
choice
14oz/400g frozen mixed vegetables

METHOD:

Place all ingredients, except vegetables in a saucepan and bring mixture to the boil. Reduce heat and simmer for 10 minutes.

Add frozen vegetables, bring mixture back to boil then simmer for further 5 minutes. Serve topped with fresh parsley.

Using vegetables you have leftover in your fridge at the end of the week in this recipe can be a great way to reduce waste

Nutrient Analysis: PER SERVING: 300 cal (1260kJ); Protein 13g; Total Fat 3g; Saturated Fat <1g; Carbohydrate 58g; Total Sugars 10g; Fiber 13g; Sodium 395mg; Potassium 800mg; Calcium 100mg; Iron 2.5mg

Mexican Bowl

Prep 5 Min | Cook 2 Min | Serves 4

A quick and easy way to enjoy the flavors of Mexico. Personalize the toppings using your favorite whole plant foods.

INGREDIENTS :

2 x 9oz/250g packet minute brown rice, heated
2 x 15oz/400g can 4 bean mix, drained & rinsed
15oz/420g can corn kernels, drained & rinsed
5oz/150g packet salad mix
1 large avocado, sliced
4 tablespoons bottled salsa

METHOD:

Combine heated rice with beans in a bowl.

Transfer rice to serving bowls and top with corn, avocado and salad.

Top with salsa.

Nutrient Analysis: PER SERVING: 735 cal (3103kJ); Protein 22g; Total Fat 12g; Saturated Fat 2g; Carbohydrate 140g; Total Sugars 6g; Fiber 15g; Sodium 520mg; Potassium 1340mg; Calcium 123mg; Iron 5mg; Zinc 5mg

Kale & Quinoa Power Salad

Prep 10 Min | Cook 5 Min | Serves 4

The easiest way to supercharge your vegetable intake for the day. Packed full of healthy greens, whole grains and legumes, it's not just a side dish, it's a high fiber, high protein meal.

INGREDIENTS :

9oz/250g prepackaged kale mix
4 tablespoons bottled oil free
dressing
9oz/250g packet minute Brown Rice
& Quinoa, heated
15oz/420g can garbanzos/chickpeas,
drained & rinsed
8.5oz/250g cherry tomatoes, halved
1 medium avocado, diced

METHOD:

Place kale mix in a bowl. Rub the dressing through the kale mix.

Add brown rice & quinoa mix, garbanzos, cherry tomatoes and avocado. Gently fold through.



Nutrient Analysis: PER SERVING: 440 cal (1848kJ); Protein 17g; Total Fat 14g; Saturated Fat 1g; Carbohydrate 67g; Total Sugars 10g; Fiber 16g; Sodium 550mg; Potassium 1040mg; Calcium 175mg; Iron 2.5mg

Vegetable & Tofu Red Curry

Prep 10 Min | Cook 15 Min | Serves 4

What could be better than a classic winter warmer that's ready in 15 minutes? This quick and easy take on a Thai classic is sure to become a household favorite.

INGREDIENTS :

2 tablespoons red curry paste
10.5oz/300g firm tofu, cubed
17.5oz/500g frozen cauliflower/
broccoli/carrot/bean mix
15oz/400g can no added salt diced
tomato
1 cup reduced salt vegetable stock
1 cup lite coconut milk

METHOD:

Heat curry paste in a heavy based saucepan. Add tofu and sauté for a few minutes until golden on all sides.

Add remaining ingredients and simmer for 10 minutes.

Serve with brown rice.

Nutrient Analysis: PER SERVING: 234 cal (985kJ); Protein 18g; Total Fat 13g; Saturated Fat 5g; Carbohydrate 25g; Total Sugars 6g; Fiber 9g; Sodium 620mg; Potassium 545mg; Calcium 325mg; Iron 5mg

Find out more...

We hope you loved our sample of quick and easy whole food, plant-based recipes. Beyond just food, Pivio works to educate participants on how they should be approaching all six pillars of lifestyle medicine in order to build optimal health. To learn more about the Pivio program and our lifestyle medicine approach, reach out to us at contact@piviohealth.com or check out www.piviohealth.com