

# Vegan Fusion

## The Protein Myth

RECIPES & REALITIES



Bo Rinaldi  
Mark Reinfeld

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# Bo Rinaldi

Chef, Entrepreneur, Restaurateur and Modern Day Visionary

Bo Rinaldi has over 30 years of Innovation in Food and Technology as a founder, leader and visionary pioneer of the organic food movement. A best-selling co author of cookbooks such as *Vegan Fusion World Cuisine*, *The Complete Idiot's Guide To Eating Raw* and his latest work, *The Complete Idiot's Guide To Green Smoothies*, he enjoys sharing his knowledge with the vast worldwide audience.

Bo has combined decades of passion and enthusiasm in helping guide everyone he meets in understanding the wonders of creating healthy, natural and delicious fare. Bo has been a vegan since 1960 and has managed, partnered or owned many companies in the organic movement, most notably now the Blossoming Lotus Restaurants, Vegan Fusion Chef Trainings and Pure Prescriptions.

As a Chef, CEO Level Consultant and leader in the natural foods industry, Bo eagerly shares his creative energy, expertise and insights in the innovative projects and outreach he is a part of globally, and is engaged in the organic foods and technology arenas where transformation, innovation and sustainable business models are key factors to success.

Please visit [www.blossominglotus.com](http://www.blossominglotus.com) to see some of his latest outreach. Bo has been featured on CNN, NPR, The Thom Hartmann Program, The Aware Show and Healing With The Masters, as well as in articles in the NY Times, Newsweek and Fast Company. Bo enjoys conducting online webinars, public speaking engagements and presenting at health food conventions, as well as working closely with the leading researchers in the industry such as Dr. Michael Greger, Dr. Colin Campbell, Dr. Caldwell Esselstyn and in the past, Dr. William Connor.

# Mark Reinfeld

**“...The male equivalent to a vegan Rachael Ray- his recipes are flavorful and approachable and certainly have the same potential for mass appeal.”**

– Publishers Weekly

Mark is the winner of Vegan.com’s Recipe of the Year Award and has more than 20 years of experience preparing creative vegan and raw food cuisine. He specializes in vegan and raw food recipe development and offers vegan cuisine workshops, trainings and retreats internationally. Mark is described by VegCooking.com as being “poised on the leading edge of contemporary vegan cooking”.

Mark is the author of five books and the founding chef of the celebrated Blossoming Lotus Restaurant, winner of a prestigious I’lima Award for “Best Restaurant on Kaua’i”. Mark holds a Masters Degree in Holistic Nutrition and is the recipient of a Platinum Carrot award given to America’s top “innovative and trailblazing healthy chefs”. He was the executive chef for the North American Vegetarian Society’s 2012 – 2014 Summerfest, one of the largest vegetarian conferences in the world.

Mark received his initial culinary training from his grandfather, Benjamin Bimstein, a renowned chef and ice carver in New York City. He developed his love for world culture and cuisine during travel journeys through Europe, Asia, the Middle East, and South and Central America. His first cookbook, Vegan Fusion World Cuisine, coauthored with Bo Rinaldi and featuring a foreword by Dr. Jane Goodall, has won several national awards, including a Gourmand Award for “Best Vegetarian Cookbook in the USA”.

In addition Mark coauthored The Taste Of The East, The 30-Minute Vegan and The Complete Idiot’s Guide to Eating Raw. He is the author of The 30 Minute Vegan’s Taste of Europe, and The 30 Minute Vegan’s Soups On! He is currently working on his seventh book, Healing with Vegan Foods.



# Vegan Fusion



Vegan Fusion is the premier source for vegan recipe development and consulting services since 2002. Clients have included Peninsula Spa, Credit Suisse/First Boston, Aramark Food Services, Lackmann Culinary Services, Google, Whole Foods, Atkins Nutritionals, Living Well Bistro (the first vegan cafe in a hospital), and more.

Vegan Fusion has trained thousands of students on the art of vegan and raw food preparation, through our Online Culinary Lessons, and Vegan Fusion Culinary Workshops and Immersions, Teacher Trainings, and Vegan Culinary Tours offered internationally. Many of these students are participating in the Vegan Fusion Chef Certification process.

Visit here to view powerful testimonials on the Vegan Fusion Immersions.

<https://www.facebook.com/veganfusion1/videos>

We have reached millions with our cuisine through the Blossoming Lotus Restaurant, originally on Kauai, now in Portland, Oregon.

Vegan Fusion

808.822.0820

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# The Protein Myth

“So where do you get your protein?” This is often the first question a vegan will hear once they proclaim their dietary preference. Our short and most humorous answer to this question is that we receive our protein from the same place your protein gets its protein, namely from plants! We will return to that shortly.

First, who are these vegans anyway? A vegetarian diet is one that does not include meat, fish, or poultry. Vegans essentially follow a vegetarian diet, while also avoiding the use or consumption of any animal-based products, including dairy or eggs. This also means vegans avoid wearing fur, leather, and silk, and products tested on animals. The phrase plant-based is often used instead of the word vegan.

The reasons people choose to enjoy vegan foods are many. First and foremost, these foods taste incredible! People also turn to vegan foods for weight loss, disease prevention, and to obtain optimal health. There are now numerous studies demonstrating that many serious illnesses, such as heart disease, obesity, and diabetes can be prevented and reversed by enjoying more plant-based foods. Want to be Earth friendly? In addition to providing an out-of-this-world culinary experience, eating vegan also happens to be one of the most effective steps we can take to protect the environment.

It is a complete and total myth that vegans do not get enough protein. Even those with a highly active lifestyle can easily meet their protein needs on a plant-based diet. There are numerous vegan bodybuilders, ultra-marathon runners, professional weight lifters, mixed martial artists and other high-performance athletes who thrive on vegan foods.



What is protein? Protein is one of the most basic structures for life and consists of an infinite variety of combinations and chains of amino acids. There are hundreds of different types of proteins in your body and they all have different but equally important jobs. They contribute to the form, structure, and function of your body and they help carry out essential processes in metabolism and nutrient utilization.

Amino acids are present in every living cell and are so abundant within the plant kingdom that it's a wonder this MYTH ever got more than a passing glance to begin with. Nearly every food on the planet supplies dietary protein. That includes bananas, apples, and even lettuce, which we often think of as being little more than colored water with little nutritional value.

Protein is such an abundant nutrient that it's nearly impossible to become protein deficient unless you're actually starving. We've been led to believe that fruit has nothing in it but sugar and maybe some vitamins but even oranges and mangoes supply plenty of building blocks for the complex and varied proteins in our bodies! Even if you ate nothing but almonds and broccoli every day of your life you'd still get enough protein. What you'd lack though is a variation of vitamins and minerals that come from a varied diet.

Protein is actually very easy for our bodies to synthesize when we have all of the necessary component parts, and it's far easier for our bodies to utilize readily accessible amino acids than it is to break down complex protein chains into the amino acids needed to then re-synthesize the correct proteins for our use. This makes plant foods an indispensable source of protein no matter the amount each food contains. Actually, relying on animal products as a main protein source gives your body out of a lot of useful energy that could be used for processes other



than taking apart complex protein chains. And this is a big part of the reason people get that 3 o'clock pm sluggish feeling or a bout of major lethargy after eating a protein heavy meal.

While it's essential to get enough of, protein is over rated as a necessary nutrient and we really don't need to concern ourselves with monitoring our intake. It's one nutrient that is found in varying degrees no matter what you happen to be eating. In fact the importance that's placed on consuming enough protein really should be transferred onto the nutrients that are severely lacking in most modern diets, the minerals and phytonutrients like vitamins and enzymes.

Without calcium and silica or sulfur, our skin and bones would just disintegrate yet we're often at least slightly deficient in these essential minerals. This is reflected in many health problems like osteoporosis, loss of muscle mass, and accelerated aging of the skin. Without sufficient minerals our skin and bones loose their integrity and structure and they wither before their time. Vitamins too are needed to carry out every process that goes on in the body.

You need vitamin-C for iron absorption and the production of collagen and vitamin-A is absolutely essential for your eyesight and for maintaining healthy teeth, bones, skin, and mucous membranes. However, there are countless other vitamin cofactors and dozens of phytochemicals that are also an integral piece in the grand orchestra of a healthy body and you need them all. And most of them are only available from the plant kingdom.



Too much protein on the other hand is extremely detrimental to the body. It slows down blood flow by making it thick and sluggish. It's also difficult to remove protein waste from the digestive tract without eating enough fiber to push it through. Eating too much protein is incredibly hard on your kidneys and liver in particular and contributes kidney and gall bladder stones.

While it's important to get enough dietary protein, we must get it from high quality sources that are also rich in micronutrients in addition to the three basic macronutrients. If we chose to focus on overall good nutrition by eating plenty of fresh fruits and vegetables as the mainstay of our vegan diets then we'd never have to question our protein intake at all! Now, rather than ask whether you're getting enough protein I think we should be asking: Aren't you getting too much protein?

Looking for a protein boost at your next meal? Try these plant protein packed recipes.





## Simple Tofu Scramble

This scramble is one of our favorite recipes for introducing folks to tofu. Be sure to use the extra firm tofu and watch as the turmeric creates a vibrant yellow in the dish. So many variations are possible as you can add an ethnic flare to your scrambles as the following recipes demonstrate.

Courtesy of The 30 Minute Vegan  
Serves 2 to 4

- 1½ tablespoons safflower oil
- 1 cup yellow onion, chopped small
- 4 medium garlic cloves, pressed or minced
- 14 ounces extra firm tofu, crumbled large
- ¾ teaspoon turmeric powder
- ¾ teaspoon paprika
- 3 tablespoons nutritional yeast
- 1 ½ teaspoons wheat-free tamari or other soy sauce, or to taste
- Sea salt and black pepper to taste

### Preparation

Place the oil in a large sauté pan over medium-high heat.

Add the onion and garlic and cook until the onions are soft, approximately 3 minutes, stirring frequently.

Add the tofu. Cook for 5 minutes, stirring frequently. Add the remaining ingredients and enjoy.



## Italian Tofu Scramble

## SouthWest Tofu Scramble

Courtesy The 30 Minute Vegan  
Serves 6

To the simple Tofu Scramble, add the following:

- 4 large mushrooms, sliced
- 1 medium tomato, chopped
- 1 small bunch spinach, rinsed and drained (about 3 cups)
- 1 ½ tablespoons minced basil
- 1 teaspoon oregano

Follow the Simple Tofu Scramble recipe. Add the mushrooms in with the onions and garlic. Add the remaining ingredients after cooking the tofu for 5 minutes.

Courtesy of The 30 Minute Vegan  
Serves 4

To the simple Tofu Scramble, add the following:

- 1 small red bell pepper, chopped small
- 1 medium jalapeño or other chile pepper, seeded and minced
- 2 tablespoons minced cilantro
- 1 ½ teaspoons chile powder, try ancho
- 1 teaspoon ground cumin
- ½ cup salsa and/or corn kernels, optional

Follow the Simple Tofu Scramble recipe. Add the bell pepper and jalapeño in with the onions and garlic. Add the remaining ingredients after cooking the tofu for 5 minutes.



## BBQ Tempeh Sandwich

This is a great sandwich that will become a favorite in your household. Make extra sauce and use as a topping for steamed or roasted vegetables.

Courtesy of Vegan Fusion Culinary Immersion.

Serves 4

- Two 8-ounce packages tempeh - cut into 4 cutlets
- 2 tablespoons soy sauce
- 1 tablespoon water
- 1 tablespoon olive or coconut oil
- 8 slices whole grain bread or other bread of choice
- 8 lettuce leaves
- 1 large tomato, sliced
- 4 red onion slices
- 1 recipe BBQ Sauce (see below)



## BBQ sauce

Makes 1 ½ cups

- 1 cup ketchup
- 3 tablespoons molasses or barley malt syrup, or 2 tablespoons maple syrup
- ½ teaspoon garlic powder
- ¼ teaspoon liquid smoke
- 1 teaspoon chile powder
- 1 ½ teaspoons raw apple cider vinegar
- 2 tablespoons olive oil
- 3 tablespoons water
- 1 teaspoon Dijon or stone ground mustard

## Preparation

Preheat the oven to 350°F. Place the soy sauce, water and oil in a small dish and add the tempeh cutlets. Allow to marinate for 5 minutes, flipping a few times to evenly coat.

Place the tempeh and the marinade ingredients on a baking sheet and cook for 5 minutes. Flip, and cook for an additional 10 minutes.

While the tempeh is baking, prepare the BBQ sauce by combining all of the ingredients in a large mixing bowl and whisking well. Pour some sauce over the tempeh while it is baking.

When the tempeh is finished cooking, place the cutlet on the sandwich with the remaining ingredients and as much BBQ sauce as you wish. You can store the extra sauce in a glass container in the refrigerator for up to 5 days.



## Variations

- Replace the tempeh with an equal amount of extra firm tofu.
- Try serving on toasted sourdough, rye bread, or an artisan bread such as olive rosemary.
- Add 1 tablespoon of minced garlic or peeled and minced ginger to the tempeh marinade.
- For BBQ Sauce: if you don't have ketchup, replace it with one 6-ounce can of tomato paste and  $\frac{1}{4}$  cup water.
- Caramelize 1 cup of thinly sliced onions in a saute pan by sauteing in oil over low heat for 20 to 30 minutes, stirring occasionally and adding small amounts of water if necessary to prevent sticking. Add BBQ sauce and cook for 5 minutes over low heat before serving.

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