



Pura Vida Foodology Planet-wide

Dr. AvatarNirvana Perez - Foodologist - NP MD PhD

Ensenada | Mexico | Costa Rica | Hawaii | Bali | Indonesia | Philippines | Thailand | Africa | New Zealand

SUSTAINABLE HEALING FOODS: SIRLOIN PLANT-MEAT CRUMBLES

Our Sirloin Plant-Meat Crumbles is the perfect savory protein rich plant-meat to use in all your favorite dishes. We love it in Pastas, Burritos, Wraps, Scrambles, Empanadas, Calzones, Pizzas, Hot Pockets, Casseroles, Enchiladas, Tacos, Nachos and everywhere we used ground meat before. This Plant-meat is full of Vitamin A, all your B Vitamins, Vitamin C, Vitamin D, Vitamin E and Vitamin K as well as ALL 9 Essential Amino Acids making this a perfect food.

Our Sirloin Plant-Meat Crumbles helps you loose weight, increase fat burning, release stored fat, lower cholesterol, remove arterial plaque, build lean muscle, boost your athletic performance, boost your athletic recovery, reduce pain, accelerate healing, increase muscle recovery, repair damaged muscle tissue and boost oxygen in your blood, organs and tissues. It is also antibacterial, anti-fungal, anti-microbial, anti-inflammatory and anti-aging as well as boosting your anandamide while simultaneously reducing your cortisol and oxidative stress.

While you boost your mood, each bite boosts your immunological library, reduces your sensitivity to allergens, reduces your cholesterol, regulates your blood pressure and boosts your white blood cell count. Yes, it's ok to eat this Plant-meat right out of the pan. This Plant-meat actually helps improve your digestion, improve your insulin sensitivity, help protect you against diabetes as well as manage and treat diabetes. Increase your blood circulation and blood oxygen levels, prevent against stroke, heart dis-ease, ALL chronic dis-eases and ALL cancers while improving your vision, preventing and treating Alzheimers, dementia and Parkinson's. Strengthen your nails, hair and bones, prevent joint pain, arthritis and osteoporosis while boosting your neural health, boosting your cognitive function and improving your memory.

Our Sirloin Plant-Meat Crumbles makes you smarter, stronger, quicker, thinner and healthier which are only some of the reasons why all of these ingredients are staples in my kitchen.

Let's prepare some food...

INGREDIENTS

2 cups Organic Textured Soy Crumbles
2 cups Organic Tomato Sauce
2 cups Whole Food Living Water
1/4 cup Organic Baby Spinach torn
3 cloves Raw Garlic minced
1/4 cup Organic Carrots grated
1/4 cup Organic Beets grated
1 tbsp Seaweed torn
2 tbsp Liquid Smoke
1/3 cup Tamari
1/2 tsp MSG
2 tbsp MCT Oil
3/4 cup Organic Raw Cacao powder
1 tsp Himalayan Pink Salt

UTENSILS

Large Saucepan
Spatula
1/2 Teaspoon
Teaspoon
Tablespoon
1/4 Cup
1/3 Cup
3/4 Cup
Cup
Blender
Rubber Spatula
Storage Container with Lid



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INGREDIENTS (Sirloin Plant-Meat Crumbles)

- 1 tbsp Smoked Paprika
- 1 tbsp Chili powder
- 2 tbsp Herbs de Provence
- 1 tbsp Parsley dried
- 1/2 tsp Cinnamon powder
- 1 cup Organic Coconut Oil
- 1/4 cup Cold-Pressed Extra-Virgin Olive Oil

PREPARATION (Sirloin Plant-Meat Crumbles)

- 0) Add Tomato Sauce & Water to Large Saucepan on High heat
- 1) Mix thoroughly
- 2) Add: Spinach, Garlic, Carrots, Beets, Seaweed, Liquid Smoke, Tamari, MSG, MCT Oil, Cacao, Salt, Smoked Paprika, Chili powder, Herbs de Provence, Parsley & Cinnamon powder
- 3) Mix thoroughly
- 4) Bring to Boil stirring occasionally
- 5) Reduce to Simmer
- 6) Simmer 5 minutes
- 7) Remove from Heat
- 8) Let Cool
- 9) When Cool to touch, Transfer to Blender
- 10) Blend until Smooth
- 11) Add Dry Textured Soy to Large Saucepan (ZERO HEAT)
- 12) Cover with Burger Sauce in your Blender
- 13) Mix thoroughly
- 14) Leave alone for 10 minutes while the Dry Textured Soy absorbs your Burger Sauce
- 15) If you have extra Burger Sauce put it in a jar and save it in the fridge for easy Plant-meat hydrating & cooking. The Sauce keeps in the refrigerator up to 4 weeks.
- 16) Add Coconut Oil & Olive Oil to Large Saucepan
- 17) Mix thoroughly
- 18) Heat 6-8 minutes on Medium Heat stirring occasionally
- 19) Add more Coconut Oil if you like an oiler Plant-meat
- 20) Add more Smoked Paprika, Chili powder & Garlic if you like spicier Plant-meat
- 21) Enjoy in Pastas, Sandwiches, Wraps, Burritos, Empanadas, Hot Pockets, Calzones, Pizzas, Salads, Scrambles, Enchiladas, Tacos and Nachos
- 22) Enjoy right away or transfer to a Storage Container to add to quick meals
- 23) Keeps in refrigerator up to 6 weeks
- 24) Eat and enjoy because every bite nourishes your body

May your life be full of great joy with the health and abundance to enjoy it.

Dr. Ava Perez