

Yum Universe

Welcome Packet



Before we go any further, thank YU.

Yes, you.

You didn't just buy my book. You've done something courageous. You've "opted in" to a healthful, happy life in a world that's pretty much set up to enable and encourage the opposite.

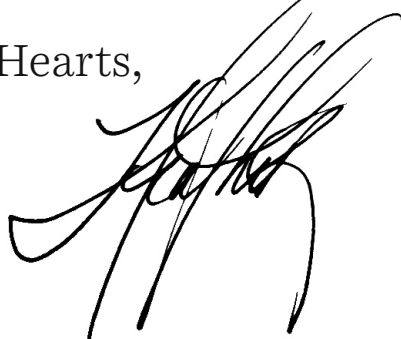
By bringing home a copy of *YumUniverse*, you've joined a passionate, supportive community of like-minded folks ready to make changes, big and small. These are people who take charge of their health, and knowingly or unknowingly, send a much-needed ripple out into an ocean of possibility.

I'm dedicated to sharing countless tips, ideas, and recipes with you, but 320 pages can only fit so much. That's why I've created these bonus materials.

In them, you'll find more fuel for your wellness adventure — extra recipes, videos, and content that wouldn't fit into the book — as well as a few printables to help you shop/organize and more.

It's my way of continuing to support your efforts and thanking YU for supporting mine — *enjoy it all.*

Hearts,

A handwritten signature in black ink, appearing to be 'Ashley', written in a cursive style.

THIS DOCUMENT IS INTERACTIVE

That means that anywhere you see underlined content, you can click it and it will launch the appropriate webpage or document page for you. Many images and icons will do the same.

Helpful, right?

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For more recipes, resources, inspiration, step-by-step photos, and tips, visit YumUniverse.com.



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Printables

Print out the following pages and bring them with you when shopping.









Plant Protein















NAME	AMT	PROT (G)	NAME	AMT	PROT (G)	NAME	AMT	PROT (G)
ALMONDS	¼ C	8.0	COLLARDS	1 C	1.0	NUT BUTTER (CASHEW)	¼ C	12.0
AMARANTH (COOKED)	1 C	9.35	CUCUMBER	1 C	1.0	NUTRITIONAL YEAST	¼ C	16.0
APPLE	1	0.5	DULSE	1 C	6.0	OATMEAL (DRY)	1 C	14.0
APRICOT	1 C	2.31	EGGPLANT	1 C	0.83	OLIVES (BLACK)	12	0.44
ARTICHOKE (COOKED)	1	3.47	FIGS	3	1.5	ONION	1	0.82
ARUGULA	1 C	5.16	FLAX SEED	¼ C	7.6	ORANGE	1	1.23
ASPARAGUS	1 C	4.32	FORBIDDEN RICE (DRY)	½ C	10.0	PARSLEY	1 C	1.8
AVOCADO	1	4.02	GINGER ROOT	¼ C	0.44	PEACH	1	1.36
BANANA	1 C	1.64	GRAPEFRUIT	1	1.45	PEAR	1	0.68
BEET	1 C	2.19	GRAPES	1 C	1.09	PECANS	¼ C	5.0
BLACK BEANS (COOKED)	1 C	15.24	GREEN BEANS	1 C	1.83	PINE NUTS	½ C	9.24
BLACKBERRIES	1 C	2.0	GREEN PEAS (COOKED)	1 C	8.58	PLANTAINS	1	2.33
BLUEBERRIES	1 C	1.1	HEMP SEED	3 TBSP	9.0	PUMPKIN SEEDS	½ C	19.5
BROCCOLI	1 C	2.57	HONEY (RAW)	¼ C	0.0	RASPBERRIES	1 C	1.48
BROWN RICE (COOKED)	1 C	4.52	KALE	1 C	2.21	RED PEPPER	1	1.18
BRUSSELS SPROUTS	1 C	4.0	KIDNEY BEANS (COOKED)	1 C	16.16	ROSEMARY	2 TBSP	0.12
BUCKWHEAT (COOKED)	1 C	5.68	KIWI	1 C	2.05	QUINOA (COOKED)	1 C	8.0
BUTTERNUT SQUASH	1 C	1.84	KOMBU	1 C	3.0	SESAME SEEDS	¼ C	6.38
CABBAGE	1 C	1.14	LEMON	1	0.92	SPINACH	1 C	0.86
CANNELINI BEANS (COOKED)	1 C	17.42	LENTILS (COOKED)	1 C	18.0	SPIRULINA	1 TBSP	4.0
CANTALOUPE	1 C	1.49	MACADAMIA NUTS	1 C	10.6	STRAWBERRIES	1 C	0.96
CARROTS	1 C	1.19	MACA ROOT POWDER	1 TBSP	4.0	SUCANAT	1 TBSP	0.0
CASHEWS	1 C	11.0	MANGO	1	1.06	SUNFLOWER SEEDS	1 C	9.56
CAULIFLOWER	1 C	2.05	MAPLE SYRUP	¼ C	0.0	SWEET POTATO	1	2.29
CELERY	1 C	0.7	MEDJOO DATES	½ C	1.72	TAHINI	¼ C	12.0
CILANTRO	1 C	0.36	MESQUITE POWDER	¼ C	4.0	TEFF GRAIN (COOKED)	1 C	26.0
CHARD	1 C	0.65	MILLET (COOKED)	1 C	6.11	TOMATOES	1	1.08
CHERRIES	1 C	1.46	MISO (BROWN RICE)	1 TBSP	2.0	WALNUTS	¼ C	8.0
CHIA SEED	1 OZ	4.69	MIXED GREENS	2 C	1.0	WATERCRESS	1	1.0
CHICKPEAS (COOKED)	1 C	14.53	MOLASSES	¼ C	0.0	WATERMELON	2 C	1.74
CHLORELLA	40 TABS	10.0	MUSHROOMS (PORTO)	1 C	5.0	WILD RICE (COOKED)	1 C	7.0
COCOA POWDER	1 C	17.0	MUSTARD GREENS	1 C	4.0	YELLOW SQUASH	1 C	1.28
COCONUT (YOUNG THAI)	1 C	2.7	NUT BUTTER (ALMOND)	¼ C	16.0	ZUCCHINI	1 C	1.87

Sources: USDA Nutrient Database: ndb.nal.usda.gov and manufacturer listings.

- Seeds/Grain/Grass
- Nuts
- Legumes
- Vegetables/Greens/Herbs
- Fruit
- C Cup

Dirty & Clean Produce

MOST PESTICIDE RESIDUE BIGGEST OFFENDERS FROM TOP TO BOTTOM	
	APPLES
	STRAWBERRIES
	GRAPES
	CELERY
	PEACHES
	SPINACH
	SWEET BELL PEPPERS
	NECTARINES (IMPORTED)
	CUCUMBERS
	CHERRY TOMATOES
	SNAP PEAS (IMPORTED)
	POTATOES
	HOT PEPPERS
	KALE/COLLARD GREENS

LEAST PESTICIDE RESIDUE BEST RATINGS FROM TOP TO BOTTOM	
	AVOCADOS
	PINEAPPLES
	CABBAGE
	SWEET PEAS (FROZEN)
	ONIONS
	ASPARAGUS
	MANGOES
	PAPAYA
	KIWI
	EGGPLANT
	GRAPEFRUIT
	CANTALOUPE
	CAULIFLOWER
	SWEET POTATOES

Sources: ewg.org /foodnews

How-Tos

Learn some of my favorite tips and tricks for a plant-powered kitchen.





Fruit & Veggie Wash/Cleaner

Make a produce wash that doubles as a household surface cleaner

LEARN HOW →

Muffin/Cupcake Liners

Make your own tulip-style parchment-paper liners

LEARN HOW →



Make Berries Last

Keep berries mold-free for weeks

LEARN HOW →

Tips for Melting Chocolate

When melting chocolate: never let water (not even a drop) get into melting chocolate or it will do something called “seizing,” which results in the chocolate quickly turning into a tough paste. When chocolate is melting, the water is removed, which technically makes it a dry ingredient, so when water is added (much like when water is added to flour), a paste forms. If you have seized chocolate to deal with, try adding coconut oil and whisking to get a ganache, or sauce. Chocolate can also seize if it overheats, which is why it’s not recommended to heat chocolate in a pan that is directly on a burner. Always pay close attention while melting, stirring, or whisking.



How to Make Rejuvelac

Enjoy this easy-to-make, protein-rich beverage alone, with fresh juice, or use it to make dairy-free cheeses

LEARN HOW →



Knife Skills

Keep fingers intact — use knives like a pro

LEARN HOW →

Resources/Links

Here are selected resource links to help you find more inspiration. For a complete listing of my recommendations for books, movies, online shops, websites, and more, be sure to **sign into Book Owners Central** with the password sent to you via email.

[TAKE ME TO BOOK OWNERS CENTRAL](#) →



Helpful Resources

[YU Book Owners Central — Home Base for Book Owners](#)

[The YU Shop \(eBooks, Weekly Meal Plans, and More\)](#)

Inspiring Articles & Tasty Recipes

[How to Start a Plant-Based Diet](#)

[The Big Crash Course](#)

[Breakfast Recipes](#)

[Snack Recipes](#)

[Lunch & Dinner Recipes](#)

[Dessert Recipes](#)

[Smoothie Recipes](#)

[Kid-Approved Recipes](#)

Even More Inspiring Articles & Recipes

[10 Ways to Enjoy Kale](#)

[Tips for Using Up All Produce & Veggies](#)

[Natural Ant Repellent](#)

[Natural Spider Repellent](#)

[Gardening: Keep Birds from Eating Berries Naturally](#)

[Homemade, Petroleum-Free Neosporin](#)

[Satisfying Caffeine-Free Coffee Alternatives](#)

[Add Trace Minerals to Cooked Foods with Kombu](#)

[A Video Tour of My Fridge](#)

[Making Plant-Based Work for Families](#)

Stay Connected

If you want more inspiration, I'm always sharing recipes, videos, tips, news, and snippets of my day-to-day right here:



Come say “hello,” ask a question, share a fun discovery or a photo. I want to hear from YU.

#ILoveYU