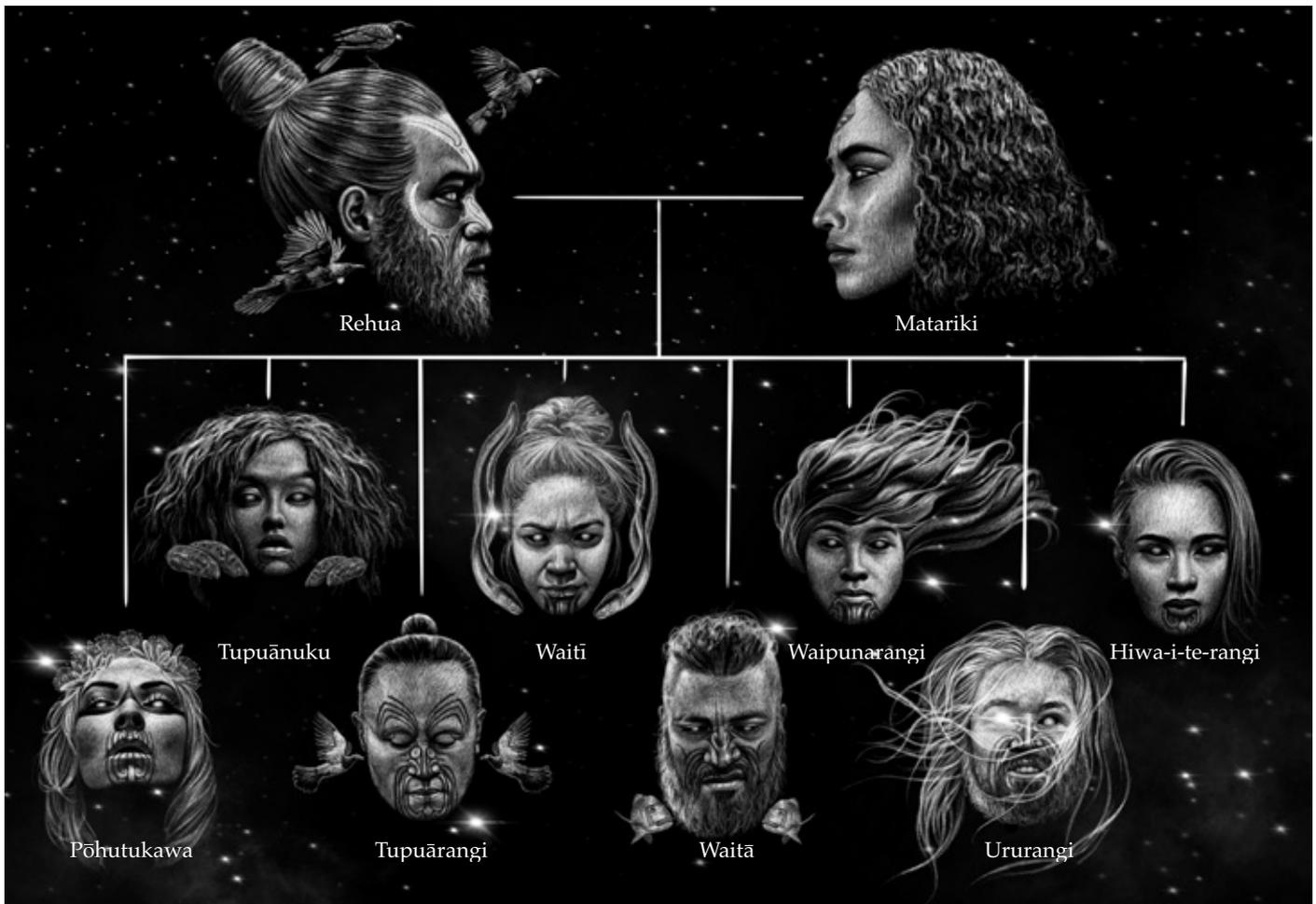




TU P U Ā N U K U
EATING GUIDE

TUPUĀNUKU

Tupuanānuku is one of nine stars within Matariki, a cluster of stars also known as Pleiades. Māori observed and used Matariki for many things and every star holds particular significance and purpose. Tupuānuku symbolises food, which is grown and harvested from the ground. So when Tupuānuku is brightest among Matariki at a specific time of the year, this would signify that crops would be abundant and plentiful.



Artwork from The Matariki book by Rangī Mataamua

The reason I have created this resource, 'Tupuānuku', is because I believe that anyone can live this type of lifestyle. It can improve your life in many ways, just like it has mine. Tupuānuku demonstrates how simple and enjoyable the transition into total plant-based nutrition can be. Tupuānuku is not a diet plan, rather a guide to give people an insight into my understanding of plant-based nutrition. I endeavour to share what I have learned through many trials and errors, including delicious recipes, shopping lists as well as a meal planner, so that I can make it easier for anyone to give it a go.

Tupuānuku comes with a four-week meal planner that allows you to pick and choose each meal for breakfast, lunch and dinner from the recipes that are provided. The meals are jam-packed with vitamins, minerals and other nutrients that are essential for optimal health. This is not about counting calories, monitoring mealtimes, or skimping on kai. It's about understanding your body and your relationship with food.

THE MEANING BEHIND THE LOGO

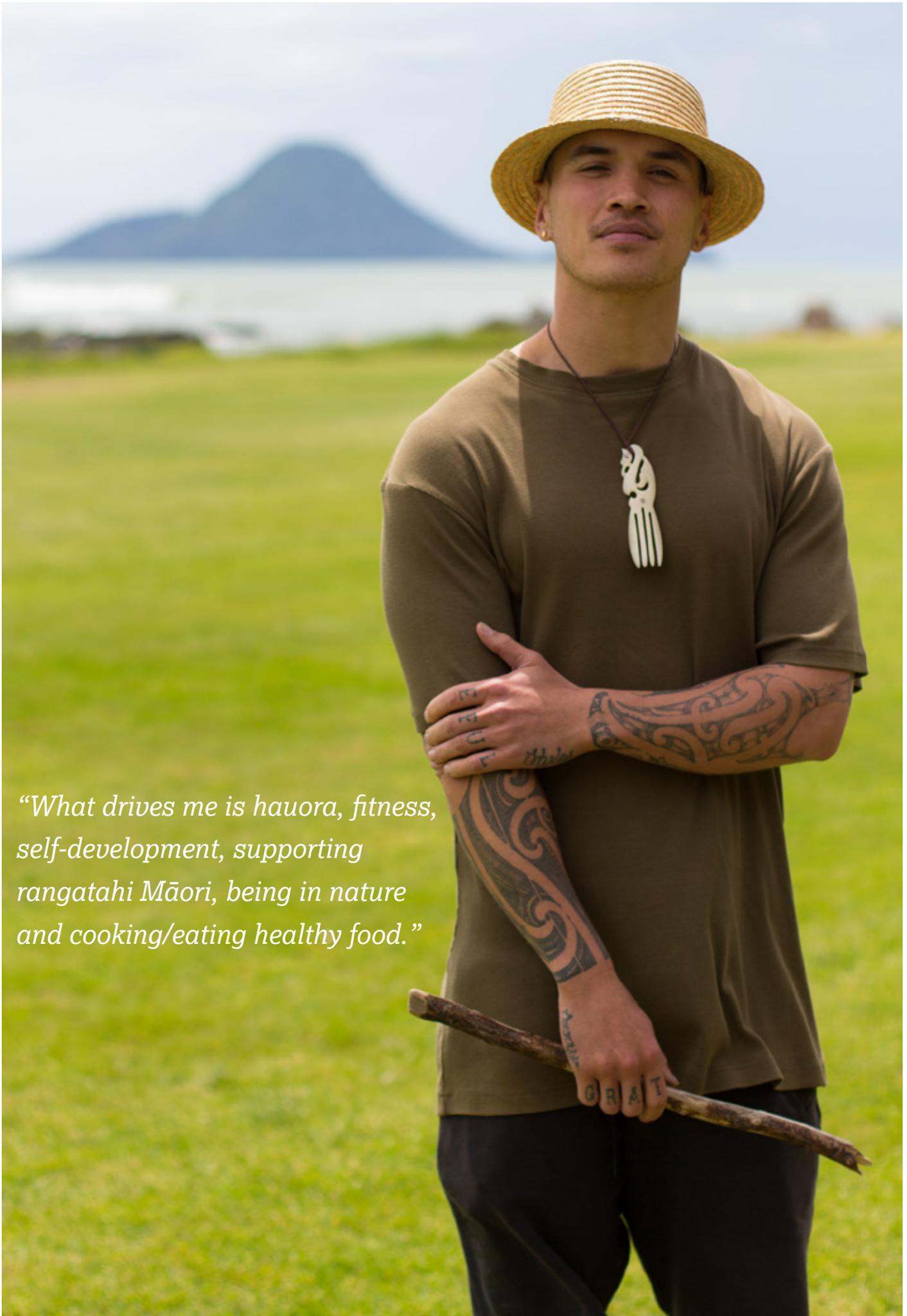


The Tupuānuku waitohu can be interpreted in many ways, but for this kaupapa and my journey through veganism the following is the meaning that it holds; the three dots represent 'to be continued' which can be interpreted as the end of one chapter and the search of another. The first dot is a full stop representing people's current mindset being final and unable to be changed. The koru is a question mark that represents people who question what is beyond the norm and other potential pathways. The rākau is an exclamation representing the growth people receive through taking a leap of faith into a new journey. Finally, the star signifies Tupuānuku and its relation to Matariki and Te Ao Māori.



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“What drives me is hauora, fitness, self-development, supporting rangatahi Māori, being in nature and cooking/eating healthy food.”

ABOUT ME AND

THE KAUPAPA

My name is Raniera Rewiri and I am a young Māori male vegan. I whakapapa to Te Whakatōhea but grew up just over the hill in the Eastern Bay of Plenty town of Whakatāne. I was brought up in modest conditions with a loving, supportive and encouraging circle of whānau and friends. However like many teenagers and young adults, I sought bigger and greater adventures beyond my humble home-town. Fortunately over the last few years I have had the opportunity to travel up and down our beautiful country and around the world where I have been exposed to many cultures, beliefs and lifestyles. These experiences, along with my upbringing and whakapapa that is inherent within me, is what has shaped me into the person that I am today.

What drives me is hauora, fitness, self-development, supporting rangatahi Māori, being in nature and cooking/eating healthy food. My passion for personal-growth is actually one of the main influencing factors that led to my journey to become vegan.

The goal was never to go vegan. It came about from an experiment, where I would set myself a different physical and/or mental challenge each month that I knew would push me out of my comfort zone. One of my challenges was to consume a strictly vegan diet for a month. I didn't know much about veganism to begin with, only that for various ethical reasons people chose not to eat animals or animal products. As an avid consumer of meat and dairy myself, I knew that this would definitely challenge me.

In preparation for this challenge of committing to a month without meat or dairy I felt I needed to do a little bit of research to understand what motivates people to take up this type of diet. I trawled the internet and spoke to friends about it. There are lots of different statistics and opinions out there that argue for and against veganism, but I found myself deeply disturbed by some of the videos that I saw and articles that I read. I found that the three most common reasons that people choose to be vegan are related to:

- Environmental impact of the meat, poultry and dairy industries
- Animal welfare (or lack of)
- Health benefits

The statistics that I came across regarding the environmental impact of the various meat industries shook me. I found that close to 45% of the earth's total land area is dedicated to livestock grazing or live-stock food production. Rainforests and entire ecosystems are being destroyed for the sole purpose of supplying the ever-growing demand for meat. With the on-going deforestation and the increasing emission of greenhouse gases, there is no wonder that animal agriculture is one of the highest polluting and environmentally damaging industries in the world.

The stories that I saw about animal welfare also resonated with me. We have all seen those videos about battery hens, factory pig farming and all sorts of horrific images of the conditions that they are forced to live in, for the sole purpose of producing, more, more, more for less, less, less. Not to mention that approximately 56 billion animals are slaughtered every year worldwide and Aotearoa contributes more than 149 million animals to that figure. These types of figures just do not sit well with me.

In terms of health, I found overwhelming evidence that suggests minimising meat and dairy intake can result in many positive health outcomes. Replacing meat and dairy with whole plant foods such as vegetables, grains and legumes would drastically increase our intake of vitamins and minerals, which has been associated with positive health outcomes.

The information that I found, if anything, increased my awareness and consideration of the wider implications of simple, everyday actions and decisions – like eating a steak. I had always chosen to remain blissfully ignorant about where my food came from, but this challenge definitely opened my eyes to the importance of fostering my relationship with food. Because of this, my one-month challenge has turned into a life-long commitment where I refuse to support or contribute to the meat and dairy industries that have such a negative, global impact on many levels.

Although I initially thought it would be challenging, once I took the step into veganism, I immediately saw and felt the positive benefits of this lifestyle. I feel that my health is thriving, my state of mind and consciousness has elevated, my strength in the gym remains consistent, my energy levels are high, my sleep has improved and my overall state of being is enhanced. I have cultivated more compassion for all living species and I have a much deeper connection with the environment. These types of benefits have allowed me to grow, develop myself as a person, utilise my strengths and see life through a broader perspective, which I believe is truly accessible for all.



“Replacing meat and dairy with whole plant foods such as vegetables, grains and legumes would drastically increase our intake of vitamins and minerals, which has been associated with positive health outcomes.”



CREATE A LIFESTYLE

WHAKAPAKARI TINANA

Physical Activity

To maximise the benefits of Tupuānuku, I suggest also participating in some type of physical activity. This could be walking, weights, yoga, biking, swimming or anything that suits your fitness level and preference for at least 20 minutes a day. Physical activity is essential, as it allows the body to do what it is naturally meant to do, which is to simply, move. Exercise can have a positive effect in many different aspects of your life. When we exercise, our body generates endorphins, which is a chemical that is known to help decrease stress and improve our mental well-being. As you take on the challenge, let overall good health be the goal and trust that the process of regular exercise and eating plant-based foods over a period of time will transform your body and mind from the inside out.

HAUORA

Holistic Health

In today's society a large proportion of the world's population is suffering from a number of health issues. Unfortunately, indigenous groups appear to be at the forefront of almost all of these negative health outcomes. One of the suggested reasons for this is a lack of relationship and connection to food, due to colonisation and technology. A number of indigenous cultures have a holistic approach to food where it is considered more than merely a fuel for physical sustenance. Traditional methods of food harvesting, preparation and consumption can often serve physical, spiritual, emotional and social purposes for an individual and community. This is how I now choose to look at food. It is more than just nutrients and taste, it is my connection to the environment and my whakapapa. Plants grow and thrive off the elements in the environment, which connects them to the earth, the sky, the waterways and everything else in between. By consuming a plant based diet, it is connecting me to all of these things, which allows me to grow and thrive in all dimensions. This is why cultivating a relationship with our food and choosing to eat unprocessed, whole-foods can contribute to our overall health and well-being.

AROTAHINGA

The Focus

Tupuānuku is an all-encompassing guide to help positively change your life by transitioning into a plant-based, vegan diet. Regardless of your motive, whether it be to decrease your environmental impact, take a stand against animal cruelty or improve your over-all health and well-being, Tupuānuku is for you. If you are able to commit and follow Tupuānuku for four short weeks you will begin to understand the beauty of what a plant-based lifestyle can give. You have the ability and capability to take charge of your health and ultimately of your life. This is your choice and you also have the chance to contribute to something that is much greater than yourself.

TAUIRA

Example

Below is an example of a the food planner and what a week may look like.

Week 1	Breakfast	Lunch	Snack	Dinner
Monday	Muesli and fruit	Leftovers	Peanut butter corn thins	Mushrrom and chickpea pasta
Tuesday	Breakfast smoothie	Leftovers	Fruit	Veggie stew and brown rice
Wednesday	Bowl of fruit	Leftovers	Smoothie	Veggie cashew nut stir fry
Thursday	Porridge, blueberries	Leftovers	Peanut butter corn thins and fruit	Roast veggie salad wraps
Friday	Weet-bix, banana	Power Smoothie	Smoothie and dark chocolate	Lentil broccoli salad
Saturday	ANYTHING	ANYTHING	ANYTHING	ANYTHING
Sunday	Breakfast smoothie	Salad bowl	Fruit	Roast veggie salad with quinoa

BREAKDOWN

PARAKUIHI

Breakfast

- If you are not hungry in the mornings it is perfectly fine to fast until lunch time
- Oat milk is a delicious alternative to milk for cereals
- Minimise bread intake to having two pieces of wholemeal/sourdough bread a day

TINA

Lunch

- Try and have leftovers everyday for lunch, It makes things a lot easier and faster
- Alternatively there are easy lunch recipes to make on the go

HAPA

Dinner

- All meals should take no longer than 30 minutes to prepare and cook
- Have a variety of meals throughout the week to make cooking and eating exciting
- Cook more than you need to have leftovers for lunch the next day

PARAMANAWA

Snacks

- There are no recipes for snacks in Tupuānuku
- Snacks consist of fruits, nuts, smoothies, rice thins, dark chocolate or small portion meals
- Rice thins are a whole food based grain and low in calories and go well with peanut butter or avocado and tomato
- It is important to refrain from processed snack foods

RĀ WHAKANUI

Treat day

- Saturday is treat day but it does not mean eating meat or dairy
- It is a day to enjoy food and to celebrate a week of discipline
- Refrain from going over the top although I admit it is difficult, but try your best
- You can restrict yourself to a treat meal instead of a treat day if desired
- GET BACK ON TRACK ON SUNDAY!!



TOHUTAKA

RECIPE GUIDE

A variety of food and colour is the standard for a healthy, nutritious and delicious meal.

The purpose is to provide basic everyday recipes that can be made by anyone. All of the recipes in Tupuānuku are simple, tasty and take minimal effort to make. Once you become confident with cooking plant-based meals I highly encourage you to explore new recipes and be creative. Cooking is part of the process of building a relationship with food, the more you cook the more aware and connected you become with the food you eat.

Please note: *The measurements that are provided can serve up to two meals.* Double the ingredients if necessary and please be sure to taste meals as you cook.

INU HAORA

SMOOTHIES

BREAKFAST SMOOTHIE

Ingredients:

1 Banana, ½ cup frozen berries, ½ cup oats, 1 cup spinach, 1 tsp spirulina, 2 tsp chia seeds, 2 tsp hemp seeds, 2 tsp flax seeds, 1 cup water, 1 cup oat milk, 2 scoops vegan protein (option)

CHOCOLATE SMOOTHIE

Ingredients:

2 Banana, 1 tspn peanut butter, 2 dates, 1 tsp cocoa powder, 2 cup oat milk/almond milk, 2 scoops vegan protein (option)

GREEN SMOOTHIE

Ingredients:

1 cup Kale, ½ cup spinach, ¼ cucumber, ¼ cup blueberries, ¼ cup pineapple, 2 tsp chia seeds, 4 dates, 1 cup coconut water, 1 cup oat milk

PARAKUIHI
BREAKFAST



HOMEMADE MUESLI

Ingredients:

80g quick oats, 1 banana, ½ cup coconut thread, 2 tbsp pumpkin seeds, 2 tbsp sunflower seeds, 2 tbsp almond flakes, 1 tbsp chia seeds, 1 tbsp rhubarb (optional), oat milk, maple syrup

- In a bowl add oats, pumpkin seeds, sunflower seeds, chia seeds, coconut thread, almond flakes and mix together
- Cover with oat milk and leave to sit for 10 minutes
- Top with chopped banana, rhubarb and maple syrup

TOAST AND SMOOTHIE

Ingredients:

Two slices of wholemeal bread, 1 banana, 1 cup frozen/fresh berries, 1 scoop super greens, ½ cup oats, 1 tbsp chia seeds, 1 cup oat milk, 1 cup water

- Toast bread
- Add banana, frozen berries, super greens, oats, chia seeds, pumpkin seeds, oat milk into blender or nutribullet
- Spread olivani and preferred spread on toast
- Serve with smoothie

PORRIDGE AND BLUEBERRIES

Ingredients:

80g quick oats, ½ cup oat milk, ½ cup blueberries, 2 tbsp coconut flakes, 1 tbsp chia seeds, maple syrup, 1 tsp salt, maple syrup or brown sugar

- Add oats and salt to pot and cover with water
- Once oats start to cook start to slowly pouring in oat milk (option with protein) until oats are at the consistency you enjoy
- Once cooked put mixture into bowl
- Top with blueberries or any desired fruit, pumpkin seeds, almond flakes, coconut flakes and maple syrup or brown sugar then serve

FRUIT BOWL AND TOAST

(check back of packaging for milk solids in bread)

Ingredients:

1 banana, 1 kiwi fruit, 1 apple, 1 pear, 1 cup dairy free coconut yoghurt and nuts, maple syrup, 2 slices of wholemeal bread, spreads

- Cut fruit into small pieces and add to a bowl
- Top with dairy free coconut yoghurt, nuts and maple syrup if desired
- Serve with toast and desired spread



COOKED BREAKFAST

Ingredients:

1 portobello mushroom, ½ tofu slab, 8 asparagus stalks, ½ cup kale or spinach, ½ a can of baked beans, ½ avocado, 1 tbsp coconut oil, ¼ tsp turmeric, salt, pepper and 2 slices of toast

- Season mushroom and asparagus and bake for 15mins
- Mash tofu with turmeric and place into heated pan with coconut oil
- Mash avocado into guacamole and heat baked beans
- Once everything is cooked place asparagus and mushroom on top of kale or spinach
- Add guacamole onto one piece of toast and turmeric tofu on the other
- Serve with baked beans on the side

HUAMATA

SALADS



LENTIL AND BROCCOLI SALAD

Ingredients:

2 can of lentils, 1 cup broccoli, ½ cucumber, 2 cups spinach, 1 avocado, 1 lemon, seasoning

- Strain lentils and add to salad bowl
- Cut broccoli, cucumber, avocado and spinach into small pieces
- Add ingredients to bowl with lemon juice, salt and pepper
- Stir and combine all ingredients and serve

ROAST PUMPKIN SALAD

(Can be roast kumara, capsicum, mushroom or all together)

Ingredients:

½ pumpkin, 3 cups spinach, ½ red onion, 1 tbsp sunflower seeds, 1 tbsp pumpkin seeds, seasonings, salt and pepper

- Dice pumpkin and season with salt, pepper and other seasonings of your choice (all purpose, cumin, tumeric).
- Bake for 20 minutes
- While pumpkin is cooking
- Chop red onion and add to bowl with spinach, pumpkin seeds and sunflower seeds
- When pumpkin is cooked, leave to cool down
- Add all ingredients into salad bowl and stir well



BEETROOT AND RED CABBAGE SALAD

Ingredients:

4 red cabbage, 1 ½ beetroot, 2 cup broccoli, 2 tbsp pumpkin seeds, 2 tbsp balsamic, 1 tbsp coconut oil

- Grate beetroot and finely slice red cabbage
- Cut broccoli into small pieces
- Then add red cabbage, beetroot and broccoli to bowl with pumpkin seeds
- Stir in balsamic and season



BROCCOLI SALAD

Ingredients:

½ broccoli, ½ cup red onion, 5 cups spinach, 3 tbsp almonds flakes, 3 tbsp coconut flakes, 1 tbsp cranberries

- Cut broccoli into small pieces
- Slice red onion
- Add broccoli, red onion, spinach, almond flakes, coconut flakes and cranberries to bowl and mix
- Stir in dressing (see dressings), and season

HUPA
SOUP

BROCCOLI SOUP

Ingredients:

2 broccoli, 1 onion, 2 cups vegetable stock, 2 cups coconut milk, 2 tbsp coconut oil, 2 tsp ginger, salt and pepper

- Heat pot and add coconut oil, ginger and onion
- Chop broccoli and add to pot with salt and pepper
- Fry until broccoli is covered in onion and seasoning
- Add coconut milk and vegetable stock
- Leave for 20mins or until broccoli is soft
- Place mixture into blender or use hand blender and whizz until smooth
- Add more seasoning to soup if needed and serve

PUMPKIN CURRY SOUP

Ingredients:

1 pumpkin, 1 onion, 2 cups vegetable stock, 2 cups oat milk, 2 tbsp coconut oil, 1 tbsp cumin, 1 tbsp curry powder, salt and pepper

- Cut pumpkin into small pieces and place on to roasting tray with cumin, salt and pepper
- Bake for 15 minutes, then allow to cool
- Chop onions and add to pot with coconut oil and curry powder
- Add pumpkin with, vegetable stock and oat milk
- Cook for 10 minutes or until pumpkin is soft
- Place mixture into blender or use hand blender and whizz until smooth
- Add more seasoning to soup if needed and serve

TINA / HAPA
LUNCH / DINNER



VEGETABLE STIR FRY W/ ROASTED PORTOBELLO MUSHROOM

Ingredients:

1 broccoli, 1 capsicum, 1 cup edamame beans, 1 onion, 2 portobello mushrooms, 1 cup rice, 1 garlic clove, 1 tbsp coconut oil, 1 tsp soy sauce (optional), ½ chilli (optional, seasonings)

- Add brown rice to pot with two cups of water and season with salt
- Bring to the boil with lid on then turn heat to low and allow to cook
- Season portobello mushroom and bake for 15mins
- Cut vegetables into small pieces
- Add coconut oil to wok or pan with garlic, onion and chilli
- Once garlic and onion have softened add broccoli, capsicum and edamame beans
- Stir vegetables and season with salt, pepper and other chosen seasoning
- Take out mushrooms, slice and place on top of stir
- Serve with on top of rice



ROAST VEGETABLE AND EDAMAME BEAN CURRY W/ RICE

Ingredients:

4 potatoes, ¼ pumpkin, 1 cup of edamame beans, 1 cup brown rice, ½ onion, ¼ chilli, 1 garlic clove, 1 cup vegetable stock, 1 can coconut cream, 1 tbs coconut oil and option to add curry powder for extra flavour

- Add brown rice to pot with two cups of water and season with salt
- Bring to the boil with lid on then turn heat to low and allow to cook
- Chop veggies, add seasonings and bake for 20 minutes
- Add coconut oil to pot with garlic, chilli, curry powder and onion
- Then add roast veggies and edamame beans to wok and fry until covered in flavouring
- Add vegetable stock and coconut cream
- Cook for 10 minutes on medium heat
- Once cooked serve with rice

ROAST VEGGIE SALAD

Ingredients:

2 potato, 2 parsnip, ¼ pumpkin and/or any other preferred veggies, 2 cups spinach, 1 cup rice/quinoa, 1 tbsp pumpkin seeds, seasonings

- Add brown rice to pot with two cups of water and season with salt
- Bring to the boil with lid on then turn heat to low and allow to cook
- Chop veggies, add seasonings and bake for 20 minutes
- While veggies are cooking
- Chop spinach then add to a bowl with pumpkin seeds
- When veggies are cooked, leave to cool down
- Add all ingredients to big bowl and mix

ROAST VEGGIE AND BEAN WRAPS

(Can be roast kumara, capsicum, mushroom or all together)

Ingredients:

2 kumara, 2 parsnip, 1 can of beans, ½ capsicum, ¼ pumpkin, 1 cup spinach, ½ tomato, ¼ cucumber, ½ avocado, wholemeal or spinach wraps, relish, seasonings

- Dice veggies and add to oven tray
- Season veggies with preferred seasonings
- Bake for 20 minutes or until cooked
- Add cooked veggies to wok with can of beans (strained)
- Put mixture on wrap and finish with salad toppings

BAKED POTATO WITH BEANS AND GUACAMOLE

Ingredients:

2 potatoes, 1 can of beans, 1 cup mushroom, 1 onion, 1 garlic clove, ½ avocado, salads and seasonings-

- Bake whole potatoes for 40mins or until soft
- Add garlic, onion, beans, mushroom to wok
- Once potato cooked cut out the middle and place on plate
- Pour mixture over potato
- Top with mashed avocado and seasoning
- Serve with side salad

POWER BOWL

Ingredients:

1 cup brown rice, 1 cup lentils, 1 cup broccoli, 1 cup spinach, ½ avocado

- Add rice and two cups of water to pot and boil
- In separate pot, add lentils and two cups of water and boil
- Cut broccoli into small pieces
- In a big serving bowl add cooked rice, cooked lentils, broccoli and spinach
- Topped with sliced avocado and seasonings



MUSHROOM AND BEAN BURGERS WITH PAPRIKA POTATO WEDGES

Ingredients:

4 medium potatoes, 2 can of black beans, 2 cup mushrooms, ½ onion, ½ chilli, 1 garlic clove, 4 wholemeal buns, 1 cup spinach, 1 tomato, ½ cucumber, 1 tbsp paprika, 1 tsp curry powder, ½ cup flaxseed ground, 2 tbsp coconut oil, chutney or preferred sauces, seasonings

- Slice potato into wedges and add paprika
- Place into oven tray and bake for 30mins
- Add coconut oil to saucepan with garlic, chopped onion and chilli (optional)
- Add strained black beans, diced mushrooms and curry powder
- Once cooked place mixture into bowl
- Mash together with flaxseed ground or bread crumbs to combine
- Mould into patties and place in fridge for two hours to set
- Cook patties on heated pan
- Create burger with preferred fillings and seasoning
- Serve with potato wedges



CREAMY MUSHROOM PASTA

Ingredients:

1 packet of Edamame fettuccine pasta or any preferred pasta, 2 cup mushrooms, ½ onion, 1 cup oat milk, ¼ cup nutritional yeast, 1 garlic clove, 1 tbsp coconut oil, ¼ tsp chilli flakes, 1 tsp corn flour, seasonings

- Cook pasta according to packet directions
- Add coconut oil to saucepan with diced onion, garlic and chilli flakes (optional)
- Slice mushrooms and fry with seasonings for 5 minutes
- Add oat milk and nutritional yeast
- Strain pasta and run through cold water to prevent pasta from sticking then add to mixture
- Finally add cornflour to thicken if needed (1 tsp of corn flour, 2 tbsp water)
- Leave to simmer for 5mins then serve



VEGETABLE PAPRIKA STEW WITH RICE

Ingredients:

¼ pumpkin, 2 potatoes, 1 cup broccoli, 1 cup mushroom, ½ cup lentils, ½ onion, 1 can of chickpeas, 2 cups vegetable stock, 1 garlic clove, 3 tbsp paprika, 1 tbsp coconut oil and 1 cup brown rice

- Add brown rice to pot with two cups of water and season with salt
- Bring to the boil with lid on then turn heat to low and allow to cook
- Dice pumpkin , kumara, potato, broccoli, mushroom and onion
- Add coconut oil to pot with garlic, paprika and onion
- Add vegetables and chickpeas (strained)
- Stir mixture until ingredients are coated in garlic and paprika
- Add lentils and stock to cover vegetables and season with salt and pepper
- Cover and cook on medium heat for 20 minutes or until vegetables are soft
- Serve with brown rice

W A I R A N U
DRESSINGS

LEMON

Ingredients:

½ lemon, 1 tbsp coconut oil, 1 tsp garlic, ½ tsp dijon mustard, ½ tsp maple syrup, salt and pepper

- Melt coconut oil and squeeze lemon juice into small jar
- Add the rest of the ingredients and shake well

SATAY

Ingredients:

¼ cup peanut butter, ½ onion, ¾ cup coconut cream, 1 garlic clove, 1 tbsp peanut oil, 1 tbsp soy sauce, 1 tbsp brown sugar, ¼ tsp chilli flakes, salt

- Add peanut oil to heated pot
- Finely chop onion and garlic then add to pot with chilli flakes
- When onion has softened, add soy sauce, brown sugar and salt
- Turn heat to low then add peanut butter and stir well
- Slowly add coconut cream until at desired consistency

HOKO KAI

SHOPPING LIST

Since becoming vegan I have found that money can be saved when meals are planned weekly and when shopping is done at local markets, local produce stores, places like Bin Inn and purchasing foods that are in season. So use the meal planner, only buy ingredients that you need and take the opportunity to support local businesses. It may initially seem expensive but money will be saved in the long term as from one view point, a small investment into your health now like buying healthy nutritious foods will be a lot cheaper than paying for medical bills in your later years. A quality life is a healthy life.

Quick tip: Always remember to take reusable bags/jars and check the back of packaging for any meat or dairy products. The common things to look out for are milk solids and whey.

Vegetables

- Buy vegetables that are in season
- Kumara, pumpkin, potato, parsnip, eggplant, broccoli, cauliflower, green beans, capsicum, mushroom, red onion, spinach, lettuce, cucumber, tomato, carrot, avocado and other any preferred vegetables

Fruits

- Buy fruit that are in season
- Banana, frozen berries, apple, pear and any other preferred fruits
- Must have for breakfast and snacks

Grains

- Brown rice, quinoa, oats, pasta, wraps, wholemeal/sourdough bread
- Choose whole grains as they have more nutritional value and are less processed
- Keep an eye out for Edamame Pasta and other superfoods in the health sections of supermarkets

Legumes

- Beans, chickpeas, lentils
- Can be made cheaper when purchased in bulk from places like Bin Inn
- Alternatively, can be purchased in cans from any super market

Snacks

- Corn thins, nuts, dark chocolate, bliss balls, popcorn, fruit, vegetable sticks

Nuts and Seeds

- Almonds, walnuts, cashews
- Pumpkin seeds, sunflower seeds, flax seeds, chia seeds, hemp seeds
- Other - coconut flakes, almond flakes, cocoa powder

Canned Food

- Corn kernels, crushed tomatoes, baked beans, sliced beetroot, beans, chickpeas
- Must have for the pantry

Milk/Cream Alternatives

- Oat milk - best tasting and less processed
- Others include - almond milk, coconut milk, soy milk
- Coconut cream

Seasonings

- Himalayan rock salt, cracked pepper, garlic, ginger, cumin, turmeric, all purpose, curry powder, chilli flakes, paprika, mixed herbs
- Minced garlic and ginger
- Any other preferred seasonings
- Seasonings are very important so be sure to always be stocked

Spreads

- Olivani dairy free butter
- Peanut butter, vegemite, jam, maple syrup
- Any other preferred spreads

Other

- Coconut oil, olive oil
- Nutritional yeast, vegetable stock
- ABC soy sauce, chutney, relish, sweet chilli and other preferred sauces.

KORERO WHAKAMUTUNGA

LAST THOUGHTS

To ensure that your plant based journey is sustained, meaning and purpose needs to be attached and doing so will enrich your experience. If you have a strong 'why' you will also be prepared for the questions that you will be faced with, which I believe is the most challenging part of veganism.

The most commonly asked question in my experience is based around nutrient deficiency. For the time that I have been vegan and for someone who is very active, there have been no issues with nutrient deficiency. This is due to discovering that plants are packed with all kinds of nutrients (including protein), that allows the body and mind to function and even progress. There is no accurate way for me to suggest a daily intake recommendation that is suitable for all as everyone is unique depending on height, weight and goals. If this is something you want to monitor I would suggest going to your doctor to get a blood test done before beginning your plant based journey, this way you will be able to track your nutrient levels. However for peace of mind, 30g-50g of protein is the minimum daily requirement for the average person and that can be attained through eating a high volume of different food sources.

The following documentaries helped me with my transition into veganism and I am sure they will have the same influence on you.

- **Food Choices** - An insight into the power of food choices and the effects those choices have on our health and the environment.
- **Cowspiracy** - An insight into the truth of the meat and dairy industries and the negative impact the agriculture business is having on the environment.
- **Forks Over Knives** - An insight into the cause of major diseases and illnesses due to meat and dairy consumption and how these can be reversed or even more so prevented by following a plant-based diet.
- **Earthlings** - A visually difficult documentary to watch but reveals the horrible truth of some animal farms and the process of how meat ends up in supermarkets.

My hope is that Tupūānuku has provided you with resources to help kick start your journey into a plant based lifestyle. If you are able to stay committed, disciplined and consistent for four weeks you will have the tools and insights to further grow your capacity through veganism. I admire and commend you for taking on this challenge, not only do I believe it will add value to your life but you will also be contributing to the sustainability and well-being of the planet, animals and mankind. As one resource says that for every day you choose to be vegan you save 4,163 litres of water, 20kgs of grain, 2.7 metres of forest, 9kgs of CO2 and 1 animals life.

Tupuānuku will keep developing over time by adding more recipes and information that may be useful to help others transition into veganism. If after the four weeks you have found this beneficial and would like to pursue things further, then I would be happy to provide more specialised and personal resources. For any questions or feedback do not hesitate to get in touch with me via email at raniera@tupuanuku.com

Nāku noa,
Raniera Rewiri

P A E P Ā P Ā H O P Ā P O R I

Social Media

Instagram - @PlantBasedMaori

Facebook - @PlantBasedMaori

Youtube - @PlantBasedMaori

T A U A N G A M Ā T Ā P U N A

Statistic Sources

www.cowspiracy.com/facts/

www.vegans.co.nz

<http://nzdotstat.stats.govt.nz/wbos/Index.aspx?DataSetCode=TABLECODE7423>

MIHI

ACKNOWLEDGEMENTS

Te Haunui Tuna - www.tehaunuiart.com

Ngā mihi nui kia koe tōku hoa, mō tau nā tautoko i ahau i runga i tēnei huarahi. Nau te kaupapa i waituhia hai whakaputanga ki te ao marama. He tangata kaha ki te whakatutuki i o whaingā i te iti kahurangi. Ka tuku i ngā mihi aroha.

Thank you Haunui for not only creating and designing the beautiful logo but for your ongoing support throughout my journey. You are an awesome human being that is going to do great things and I value the friendship that we have.

Nikki Kennedy - www.taputapu.co.nz

Ngā mihi maioha kia koe Nikki, nau i whakaora i tēnei pukapuka hai tatau pounamu mō te katoa. E kore āku mihi ki a koe e mutu.

Thank you Nikki for designing this ebook that makes Tupuānuku an accessible resource for people to receive. I also want to acknowledge you for the work you are doing with Taputapu that is helping to normalise Te Reo Māori in households as well as designing reusable products that is contributing to the well-being of the environment.

Rawiri Tapiata, Julia Coates, Sonny Hape, Sara Boros, Trinity Thompson-Brown

Ngā mihi nui kia koutou e ōku hoa, e ōku taura. Nā koutou i whakahoki korero mai ki ahau mō ngā kupu waihanga i roto i tēnei pukapuka, hai tautoko i te hanganga o te kaupapa, Tupuānuku. Ka toronui ngā mihi aroha ki a koutou katoa.

Thank you my friends for reading over the content and providing valuable feedback throughout the creation of Tupuānuku. My love goes out to you all.

PAPAKUPU DICTIONARY

Whakapapa - Genealogy

Te Whakatōhea - My Tribe

Whānau - Family

Aotearoa - New Zealand

Hauora - Health

Rangatahi - Youth

Kai - Food

Waitohu - Logo

MEAL PLANNER

* Print out these pages and write in each meal for the entire week before food shopping.

Week 1	Breakfast	Lunch	Snack	Dinner
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday Treat Day				
Sunday				
Notes: Cheat meal, food change etc..				

MEAL PLANNER

Week 2	Breakfast	Lunch	Snack	Dinner
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday Treat Day				
Sunday				
Notes: Cheat meal, food change etc..				

MEAL PLANNER

Week 3	Breakfast	Lunch	Snack	Dinner
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday Treat Day				
Sunday				
Notes: Cheat meal, food change etc..				

MEAL PLANNER

Week 4	Breakfast	Lunch	Snack	Dinner
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday Treat Day				
Sunday				
Notes: Cheat meal, food change etc..				