



Plant-iful Plates

FOR A Purpose

Fundraising Guide to support
Doctors For Nutrition

doctorsfornutrition.org



Hosting a plant-based meal while supporting Doctors For Nutrition

HOW IT WORKS

Plant-iful Plates for a Purpose is designed to bring friends, family, and colleagues together over a whole food plant-based meal while raising money for Doctors For Nutrition.

It's very easy to do! You simply host a plant-based meal or workplace morning or afternoon tea, and in return your guests bring along a donation!

The benefits are threefold! You'll enjoy a healthy meal with great company, spread awareness within your network on just how tasty whole food plant-based cooking is, *and* you'll support Doctors For Nutrition with vital funds to help us continue advocating for this health-promoting and lifesaving way of eating.



Doctors For Nutrition is a registered health-promotion charity led by medical and dietetic professionals creating a world free from preventable disease so that everyone can thrive and live to their full potential.

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4 Steps to hosting a plant-based meal

1



Invite your friends, family, or colleagues to your fundraiser. You could host a meal at home, organise an outdoor picnic, or host a morning or afternoon tea at work. When inviting your guests, we suggest encouraging a minimum donation amount that feels right to you.

2



Choose a delicious whole food plant-based dish from our suggested recipes or choose a familiar favourite you'd like to share.

3



Let your guests know you're cooking up a storm and remind them to bring their appetites and their donations to your fundraiser!

4



Enjoy your delicious, whole food plant-based meal with great company and collect donations to kindly transfer to Doctors For Nutrition using our payment options at: doctorsfornutrition.org/support



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Inviting your guests

Here are some helpful words to use to invite your guests to your fundraiser!



AT HOME

Hi *Insert loved one's name*

I'm hosting a fundraiser!

Please join me for a delicious plant-based dinner while I raise money for Doctors For Nutrition. All you need to bring is your appetite and a tax-deductible donation!

Where: *insert address*

When: *insert time and date*

Donation amount: approximate cost of your usual dinner out.

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Please join me in helping to raise money for this important cause!

AT WORK

Hi team

I'm hosting a fundraiser!

Please join me for a delicious plant-based lunch while I raise money for Doctors For Nutrition. Bring a tax- deductible donation, make yourself a cuppa, and enjoy a nutritious break!

Where: *insert location*

When: *insert time and date*

Donation amount: approximate cost of your usual lunch out, plus any additional you are comfortable with.

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Please join me in helping to raise money for this important cause!



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Collecting donations on behalf of Doctors For Nutrition

Doctors For Nutrition is a registered health promotion charity in Australia with Deductible Gift Recipient (DGR) status and is recognised as a Donee Organisation within New Zealand. This means that donations over AUD \$2 and NZD \$5 are tax-deductible to Australian and New Zealand tax-payers respectively.

To make your fundraiser easier we have outlined a few ways you can collect donations from your guests, and how you can transfer these to Doctors For Nutrition.

1

Ask your guests to bring along a cash donation, or share your bank details for your guests to deposit their donation into. After your fundraiser, deposit any cash donations into your bank account, tally up donations collected, and then make your donation to Doctors For Nutrition using the payment options at doctorsfornutrition.org/support.

2

Set up a [GoFundMe](https://gofundme.com/en-au/start/charity-fundraising) campaign to share with your guests. This is a great option for workplace fundraisers, as you can print off a QR code and display next to your plant-iful plate in the tea room for your colleagues who prefer cashless transactions to easily contribute. Visit gofundme.com/en-au/start/charity-fundraising to get started.

3

Set up a Facebook event - invite your friends, families, and colleagues and collect donations at the same time!

FOR NEW ZEALAND TAX-PAYERS



To receive a tax deduction for your donation, funds need to be paid into our New Zealand bank account with a direct transfer. Our bank details are below:

Account name: Doctors For Nutrition Ltd
Account number: 02-1291-0211047-000

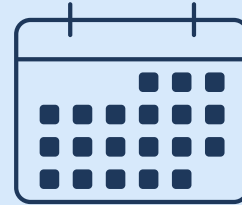
Please email us to notify us of your donation and we'll send you your tax receipt.

Amplifying your fundraiser



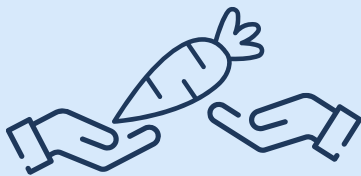
WORKPLACE MATCHING

Get senior management involved by asking them to dollar-match the amount raised by staff at your workplace fundraiser.



PLAN TO HOST AGAIN

The perfect time to set a date to host another Plant-iful Plates for Purpose fundraiser is while everyone is together and enjoying their delicious plant-based meal. Help raise even more money for Doctors For Nutrition, and serve your guests another health-promoting dish!



PASS THE CARROT (BATON) ON

Nominate a friend, family member, or colleague to host the next Plant-iful Plates for a Purpose fundraiser. Encourage them to experiment with and explore whole food plant-based recipes, and to enjoy cooking with their network.



PRINT COPIES OF OUR FLYERS

Print copies of our double-sided flyer (next 2 pages) for your guests to take home. Help them to learn more about whole food plant-based nutrition, and improve their health.

[Click here](#) for a Black & White print friendly version.



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Plant-based eating

A vibrant way of eating that has the potential to radically transform your health

20

Eat your way to better health ... one bite at a time¹

Adding more whole plant-based foods to your plate has been scientifically shown to help prevent, manage and sometimes even reverse numerous chronic diseases. It's not a diet, but rather an exciting lifestyle shift that is widely recognised to be health-promoting and achievable for all. The bonus is that it's not just good for us, it's also great for the planet and the web of biodiversity that our health depends on.

What can plant-based nutrition do?

- Help prevent,² manage and even reverse cardiovascular disease^{3,4} (such as heart attacks and strokes) and type 2 diabetes⁵⁻⁷
- Prevent obesity^{8,9} and promote healthy long-term weight loss¹⁰
- Optimise blood pressure^{8,9}
- Optimise cholesterol⁹
- Reduce medications¹⁰
- Reduce risk of certain cancers including breast,¹¹ prostate¹² and bowel cancer¹³
- Improve overall health in areas such as sexual function,^{14,15} gut microbiome,¹⁶ joint inflammation^{17,18} and mental wellbeing¹⁹

Dietary changes can result in significant and rapid improvements in blood sugar, blood pressure and other areas of health.

Consult your doctor if you plan to alter your eating pattern so they can monitor your medications and adjust any other treatments you may be receiving as necessary.

What does whole food plant-based eating entail?

A whole food plant-based (WFPB) eating pattern is a versatile, enjoyable and affordable way to eat, centred on whole or minimally-processed fruits, vegetables, whole grains and legumes.²⁰ Meals can be prepared and seasoned with herbs and spices to create a wide variety of vibrant dishes with flavours from around the world.

As shown in the Doctors For Nutrition Healthy Food Guide overleaf, this way of eating avoids animal products and minimises refined and processed foods and ingredients such as added salt, oil and sugar.

It doesn't have to be all or nothing – you could try starting with breakfast. Any shift towards eating more whole plant foods has power to improve your health!

A vitamin B12²¹ supplement is recommended for all – and is essential if you're fully or mostly plant based. In general, healthy plant-based adults can ensure adequate intake with a daily supplement of 100–250 micrograms of B12 in the cyanocobalamin form.

Doctors For Nutrition Healthy Food Guide

AS OFTEN AS YOU CAN!

- Spinach
- Kale
- Broccoli
- Swiss chard
- Bok choy
- Silverbeet
- Watercress
- Mustard greens
- Rocket/arugula
- Fresh herbs



EVERY DAY

- Vegetables
- Fruit
- Whole grains
- Legumes
- Starchy vegetables
- Flaxseeds or chia (1 tbsp/day)
- Spices



SOMETIMES

- Plant milks
- Sweeteners
- Dried fruit
- Refined grains
- Juices
- Salt
- Tofu*
- Avocado*
- Nuts & seeds*



AVOID

- Meat
- Poultry
- Fish & seafood
- Eggs
- Dairy
- Oils



The more foods you eat from the top half of the guide, the better, but any step provides benefits!

Add a B12 supplement

**And for disease reversal and/or maximum weight loss, shift these foods to the 'avoid' category*

Putting plant-based into action

1

Watch 'The Game Changers' and 'What the Health' on Netflix, or 'Forks Over Knives' via [forksoverknives.vhx.tv](https://www.forksoverknives.vhx.tv), to see the 'how' and 'why' of a healthy, energising diet. Watch these with your family!

2

Fill your fridge and cupboards! This is where it all begins. Grab our dietitian-approved 'Shopping ideas' list to get off to a flying start.

3

Discover new meals you will love. Doctors For Nutrition has many recipes! Head to our website below to find out more.

4

Simple swaps. Wondering how you'll bake without oil? How will you cook your family their favourite meals? Check out our simple swaps designed to make life easier!

5

Share what you are doing with friends and family and let them know how this could make a difference to your health. A strong support network will boost your chances of success.

Visit www.doctorsfornutrition.org/going-plant-based

The information in this handout is of a general nature only. Doctors For Nutrition has not taken into account any particular person's circumstances, medical history, or needs in providing the information in this guide. It is intended for information purposes only and to complement not substitute personalised advice or treatment from a qualified medical or other accredited health professional. Please seek advice from a qualified medical or other accredited health professional before taking action on any issue dealt with in this guide.





Crowd-pleasing recipes to share

Over the following few pages, we have a selection of recipe cards hand-picked by the Doctors For Nutrition team - tried, tested, and enjoyed by our loved ones! Feel free to print these recipe cards to hand out at your fundraiser so your guests can recreate them.

Looking for something else? Check out more recipes at doctorsfornutrition.org/recipes. We have recipes that are perfect for breakfast, lunch or dinner, plus baked goods and appetisers perfect for morning or afternoon tea. Combine multiple recipes to create a 3-course meal or nutritious spread for your colleagues!

Alternatively, share a favourite recipe of your own!



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Breakfast Burrito

Contributed by by Kumbi Mukaro | WEBSITE

PREP TIME

5 mins

TOTAL TIME

20 mins

SERVING SIZE

2

Ingredients

1 red onion, roughly chopped
1 tbsp water + more if needed
½ tsp ground turmeric
1 tsp ground coriander seeds
1 tsp ground cumin seeds
1 cup broccolini (or broccoli), roughly chopped
1 cup button mushrooms, roughly chopped

1 x 250g block plain tempeh, crumbled
Handful cherry tomatoes, halved
½ cup cooked kidney beans, mashed (approx ½ a 400g can)
1 tbsp tomato paste, dissolved in 1 cup warm water
2 large corn tortillas
Handful raw mixed greens (e.g. baby spinach, rocket, lettuce), shredded

Instructions

1. Sauté the chopped red onion in a pan over medium-high heat with a tablespoon of water for 1-2 minutes.
2. Add the spices (turmeric, coriander and cumin) and a splash more water if needed, and cook for another 30-60 seconds.
3. Add the broccolini, mushrooms, tempeh and cherry tomatoes to the pan and stir to combine with the spice and onion mix.

4. Stir the tomato paste into a cup of hot water, then add this to the pan along with the mashed kidney beans. Stir well, then reduce heat and cover to simmer for 10 mins.
5. Dollop a generous serving of bean mix into each tortilla, top with fresh greens, roll up, and serve!



Chefs tip

I love serving these burritos with a DIY salsa made from chopped chilli, tomato and lemon or lime juice.

"These deceptively easy burritos are always a crowd-pleaser, and a great way to introduce newbies to the joys of tempeh!"

– KUMBI MUKARO



Thai green curry

Shared by Adam Guthrie | ifeelgood.com.au

PREP TIME

5 mins

TOTAL TIME

15 mins

SERVING SIZE

2

Ingredients

1/3 cup uncooked brown basmati rice
1/4 onion, cut into Asian-style crescents
1 tbsp Maesri Thai Green curry paste*
1 cup plant milk (Bonsoy or Vitasoy Protein Plus recommended)
1 cup water
2 bok choy plants or 2-3 cups of leafy green, sliced lengthwise
100g firm tempeh, cut into cubes
1/2 red capsicum, thinly sliced

1 small-medium zucchini, thinly cut lengthwise then sliced diagonally
1 medium-sized carrot, thinly cut lengthwise then sliced diagonally
1 tbsp low-sodium soy sauce
1 tbsp vegan 'fish' sauce (optional)
2 medjool dates and 1/4 cup water, blended
1/4 bunch Thai basil
1/2 kaffir lime leaf, sliced super thin
1/4 red chilli, sliced (if desired)
Half a lime

Instructions

1. Place the rice in a pot with 1 cup of water. Bring it to the boil then reduce the heat to low, cover with a lid and cook until water is absorbed, about 15mins. Fluff with a fork and cover with lid until ready to serve.
2. Heat a pot on a high heat, add the onions and sauté for a minute. Add the green curry paste and stir.
3. Add a little bit of the soy milk and stir. Add the rest of the milk, add the water and stir, then bring to the boil.
4. Once boiling, add the tempeh, capsicum, carrots, zucchini and Thai basil, and stir. Stir in the soy sauce, vegan 'fish' sauce (if using) and blended dates.
5. After 1-2 minutes, add a little bit of the sliced kaffir lime leaf. Add the bok choy (or other leafy greens) and stir through to cook for 2 minutes.
6. Place the cooked rice in a bowl, add the curry on top, add some Thai basil leaves, the remaining sliced kaffir lime leaf, sliced chilli, a squeeze of fresh lime juice and serve.



Chefs tip

Maesri curry paste is plant based and oil free, and can be found in most supermarkets such as Woolworths.

"If you have friends or family members who are wary of tempeh, this dish will be sure to win them over!"

– ADAM GUTHRIE



Neatballs on garlicky mashed potatoes

Shared by Rebecca Stonor | WEBSITE

PREP TIME

20 mins

COOK TIME

15 mins

TOTAL TIME

35 mins

SERVINGS

4

Ingredients

Neatballs:

1 x 400g can red kidney beans, drained
1/2 cup quinoa flakes (see note)
2 tbsp tomato paste
2 tbsp chia or flax seeds, ground
1 carrot, grated
1 clove garlic
1 tsp red miso paste
2 tsp onion powder
1 tsp garlic powder
1 tsp dried rosemary
1 tsp cumin
1/2 tsp turmeric powder
1 tsp smoked paprika
1/2 cup almond flour

Tomato sauce:

1 x 400 can diced tomatoes
2 tbsp dried oregano
2 cloves of garlic, minced
1 tbsp maple syrup
1/2 cup of chopped parsley

Garlicky mashed potatoes:

4 medium sized potatoes (or sweet potatoes)
1/2 cup soy milk
1 tbsp nutritional yeast
2. cloves garlic, minced

To serve:

1/2 cup parsley, chopped
Pine nuts
Freshly cracked black pepper

Instructions

1. Preheat oven to 200°C.
2. To make neatballs, in the bowl of a food processor add all ingredients except for almond flour. Pulse until combined but not completely smooth. Take about one tablespoon and roll into walnut sized balls.
3. Coat balls in almond flour. Bake in the oven for 15 minutes until slightly golden and crispy.
4. While the neatballs are in the oven, blend all sauce ingredients except parsley in a food processor. Add mixture to a medium saucepan, then add parsley and cook over low heat until thickened.

5. Place potatoes (with skin on) in a saucepan of hot water over medium high heat, and boil until soft - approximately 10 minutes. Once cooked, drain water.

6. Mash potatoes together with soy milk, nutritional yeast and garlic. Add more soy milk if needed.

7. Place a dollop of mashed potatoes in the middle of a plate or serving dish. Add neatballs to the dish and pour tomato sauce over everything. Sprinkle with parsley, pine nuts and some freshly cracked black pepper.

Note: Quinoa flakes are found at any supermarket these days. You could substitute these with rice flakes or rolled oats.



Chefs tip

Include as much of the orange pulp as possible, as it adds extra flavour and is a great source of fibre!

"This recipe is always a favourite at my Food For Life cooking classes!"

– REBECCA STONOR



Carrot Cake Baked Oatmeal

Contributed by Dr Taisia Cech | thehealthystyledoctor.com

PREP TIME

10 mins

COOK TIME

35 mins

TOTAL TIME

45 mins

SERVINGS

10

Ingredients

2 cups of quick-cook rolled oats
2 cups whole rolled oats
2 tsp baking powder
1/2 tsp baking soda
1 tsp ground ginger
2 tsp mixed spice
2 very ripe bananas mashed
4 tbsp ground flaxseeds
2 tbsp tahini (or peanut butter)

1 tbsp apple cider vinegar
2 cups plant milk (plus extra for serving)
2 cups water
1/2 cup dates, chopped
1/2 raisins
1/2 cup walnuts, chopped
1 cup carrot, grated
1 1/2 cups frozen berries

Instructions

1. Preheat the oven to 180°C.
2. In a big bowl, mix together oats, baking powder, baking soda, ginger and mixed spice.
3. In a separate bowl mix mashed banana, ground flaxseeds, tahini, apple cider vinegar and 1 cup of the milk (you may need to warm the tahini a little if it is too hard to mix).
4. Pour the wet mixture into the dry mixture and add remaining milk, water, chopped dates, raisins, walnuts and grated carrot.
5. Line a large baking dish with baking paper and pour your oatmeal batter in. Spread frozen berries on top and push them in a little.
6. Bake in oven for around 35-40 minutes until set. Let cool and refrigerate for a few hours before cutting. Store pieces in the fridge or freezer and warm in the microwave before serving with extra plant milk.



Chefs tip

I keep it in the freezer and take a square to work in the mornings for breakfast, just pour soy milk over top and warm it in the microwave.

"If you have friends or family members who are wary of tempeh, this dish will be sure to win them over!"

– DR TAISIA CECHE





**Register and
share your
fundraiser
with us!**

Please register your fundraiser with us at doctorsfornutrition.org/plant-ifulplates so that we can stay in touch about your event!

Our team would love to see photos of all the delicious health-promoting dishes you create, so please email us at contact@doctorsfornutrition.org and share on social media. Tag us on Instagram with the handle @doctorsfornutrition if you are happy for us to repost to our audience.

**Thank you for
supporting us**



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