



A PlantPure Update

Thanks to all of you who have supported the recent re-launch of our PlantPure Entrees on the PlantPure Nation and Amazon websites.

When I was young, I never saw myself as a business person. I equated business with money, and I had no interest in money. I enjoyed reading books of philosophy, religion, government and economics, and I saw myself as committing to a career path that would give full expression to my social interests.

Then I went into the real world, and I realized that to change that world, passion is sometimes not enough; money and other tangible resources are also important. So I made the unexpected choice to pursue a career as an entrepreneur. I won't go into the details of how I got here, but will just say I am happy I made this decision. Most recently on this journey, I have been joined by some of the most wonderful people I have ever known, and together, we have brought PlantPure to the brink of something special.

Our mantra has always been bottom-up change, and we are working hard on strategies that will empower lots of people to make change. This week, for example, we had our first meeting with the folks who have joined our affiliate program. We will share revenues from our food sales with these affiliate partners, many of whom will be working in their local communities to promote the message of plant-based nutrition. (PlantPureAffiliates.com).

We also are working on an educational program that is scheduled for completion by the end of

September. This program will provide even more income opportunity for people wanting to share our health message with their neighbors. Over the past couple of years, we have received many letters from people wanting to know how they can leave their current jobs to earn a living helping others gain their health. We are working hard to provide a solution.

Perhaps most exciting is our strategy for bundling our products and services (plus other ideas we have not mentioned before) to support coordinated health campaigns in cities around the country. And we want to do this in a way that will enable PlantPure to share profits with local groups engaged in 'best practice' initiatives. This program is still in development, so I will share more on this later.

The basic point I want to make is that we are working hard to change the world, as are many of you, and when you buy our food, and every time you recommend our food to others, you are helping us achieve our mission.

Thank you for your support.

- Nelson Campbell

Congratulations to Our First PlantPure Challenge Winner



We want to congratulate Cheryl O'Reilly Nagengast, of New Baltimore, MI, for being our very

first PlantPure Challenge winner and picking up a copy of Margarita Restrepo's [Master Plants Cookbook: The 33 Most Healing Superfoods for Optimum Health](#). We want to thank Cheryl for sharing her PlantPure story with us, and if it motivates and inspires you, please share it with your family and friends as well.

My Story:

"In 2013 I went gluten free (due to Celiac Disease) and vegetarian, transitioned to Vegan by 2015 and then plant-based 16 months ago. Prior to my taking responsibility for my health, I had undergone 2 emergency bowel surgeries for autoimmune bowel disease.

I've now been in remission for 2.5 yrs, off all medications, including cholesterol meds and 3 for hypertension. I've lost 120 lbs, come in first place in 3 triathlons and now swim competitively and cycle 50 miles per week on average! I've never felt more energetic in my life! Four years ago I didn't think I would still be alive. Now I feel like I have another 3 or 4 decades! I will be 63 years old in 5 days. I attend two plant-based nutrition support groups per month where we have nationally renowned speakers with all the latest research and study results. We all have amazing and inspirational stories, and mine is no exception. Thank you all."

- Cheryl O'Reilly Nagengast
Nagengast, New Baltimore, MI

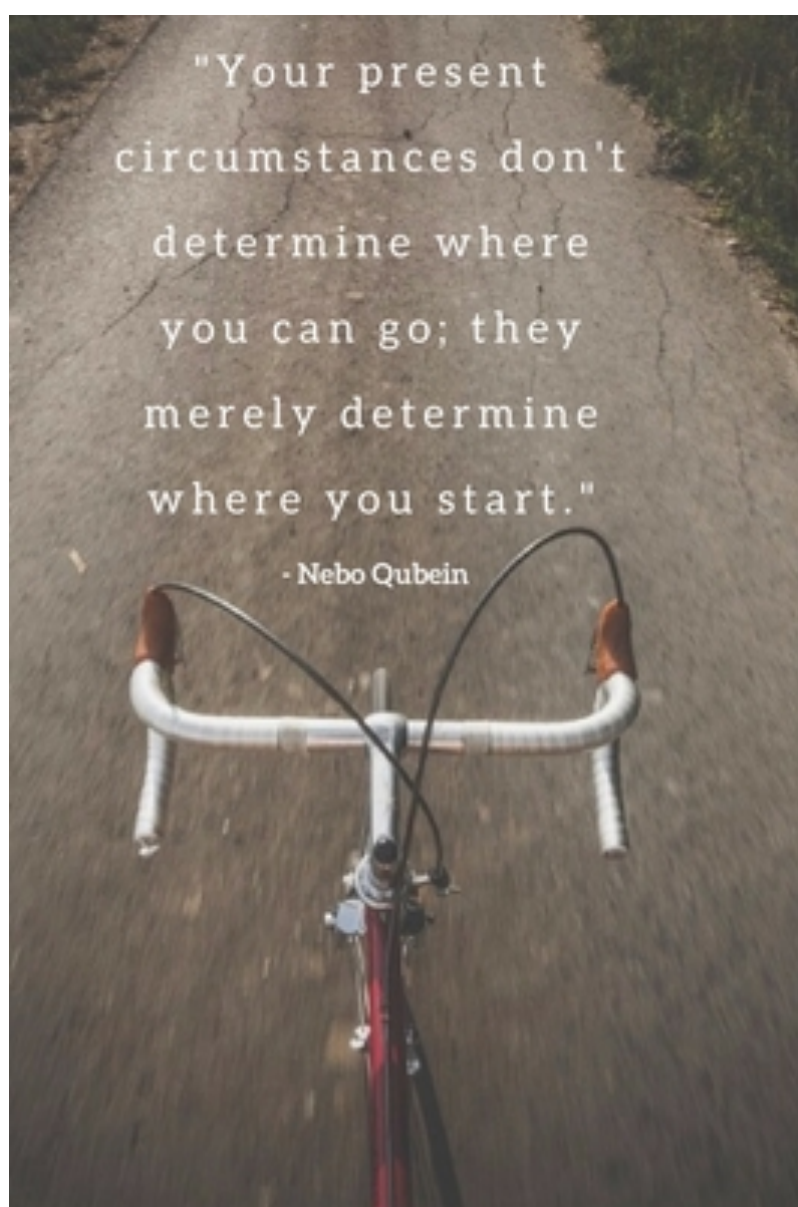
TAKE THE 10-DAY [PLANTPURE CHALLENGE!](#)



We have lots of prizes and free giveaways, and there is no cost to participate in the 10-Day PlantPure Challenge (we have free recipes and resources). We also have a [PlantPure Challenge Pack](#) as an option with 10 days of prepared meals shipped to you if you are short of time or prefer not to cook (available in the US except for Hawaii and Alaska).

Please visit www.PlantPureChallenge.com for more info.

Words to Live By



**A Report From The Non-Profit Organization, PlantPure
Communities**



PPC Announces New Advisory Board Member

PlantPure Communities welcomes Karla Dumas to the PPC Board of Advisors! Karla Dumas is a registered and licensed dietitian nutritionist. She is currently a Senior Manager with Forward Food, a program of The Humane Society of the United States. Learn more about Karla and other members of the [PPC Board of Advisors!](#)

New Resource for Dining Out

 **PLANTPURE COMMUNITIES**
PLANTPURECOMMUNITIES.ORG

INFO SHEET: DINING AT RESTAURANT AND FAST FOOD CHAINS

Disclaimer: Please check on how individual dishes are prepared at the specific location to determine whether or not they will be WFPB when ordered as described here.

Restaurant Chains

Chili's - Make a meal out of sides: black beans, broccoli, corn on the cob, side salad (hold the cheese and ask for vinaigrette on the side), and a baked potato (they only list loaded so ask for it to be plain, without butter). Two other options: order the Quesadilla Explosion Salad without any chicken or dairy and have them substitute extra black beans and get lime vinaigrette dressing on side, or order one of the Tex Mex Bowls and have them remove any dairy and meat and add extra black beans and rice.

Cracker Barrel - Vegetable platter: choose three sides to create your entrée - baked sweet or white potato (no butter or sour cream), corn, steamed mixed vegetables, side salad (ask for it without cheese, and with vinaigrette on side to use sparingly), steamed broccoli, or brown rice pilaf. Also, they have a vegetable soup that is fat free.

Genghis Grill or Mongolian Grill - Make your own stir fry using all the vegetables you can put in the bowl. There is also tofu. Choose no oil sauces and lots of spices. Choose brown rice.

McAlister's Deli - Veggie chili, taco salad with veggie chili (hold the dairy), Veggie spud (hold the dairy), Veggie Club (hold the cheese).

Mellow Mushroom - They offer many vegan options: hoagies with tofu or tempeh, build your own salad, and pizzas with a variety of vegetable toppings. They offer a vegan cheese option (oil-based) if you prefer pizza with a bit of cheese. View their vegan menu.

We welcome your suggestions and ideas!
Please send them to info@plantpurecommunities.org

Updated June 2017

Traveling this summer and worried you won't find any whole food, plant-based meal options on the road? PPC has you covered with a new Info Sheet called Dining at Restaurants and Fast Food Chains! [Use this list of dining establishments](#) to figure out where there might be WFPB food choices.

[Join the discussion](#) on the [PlantPure Communities Facebook Page](#)



Featured PlantPure Recipe

Coconut-Lime Blueberry Bread

From Kim Campbell



Blueberries are in season and blueberries and lime are the perfect pair! I typically make this bread with lemons (so that works too) but when I ran out of lemons, I grabbed a few limes and to my delight, this was fabulous!! We love this bread for breakfast topped with a fruit-based jam.

Ingredients:

1 tablespoons flax meal
3 tablespoons water

Blender Ingredients:

1 cup nondairy milk
1/2 cup coconut sugar
1/4 cup lime juice
1 teaspoon coconut extract

Dry Ingredients:

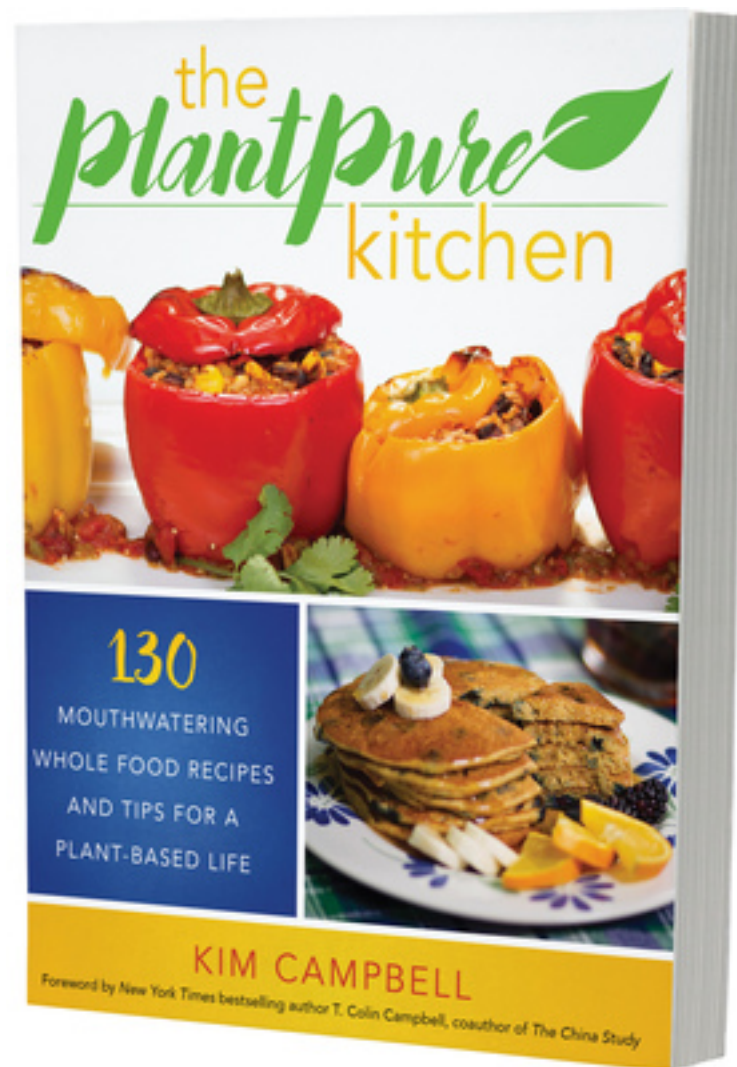
2 1/2 cups spelt flour
2 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
2 teaspoons lime zest
1/4 teaspoon nutmeg
1 cup blueberries, fresh or frozen

Directions:

1. Preheat oven to 375°
2. Place the flax meal and water into a small dish. Set aside.
3. Mix together the dry ingredients (except the blueberries). Set aside.
4. Place the wet ingredients into a blender and blend until smooth and creamy.
5. To the dry ingredients, add the blended ingredients, flax mixture, and blueberries. Stir only until combined, over stirring can create a tough and heavy bread.
6. Place the batter into a parchment lined baking pan. Bake for 45-50 minutes or until a tester comes out clean.

Visit [PlantPureRecipes.com](https://www.plantpurerecipes.com) for more PlantPure Recipes, or to submit your own!

Purchase Your Copy of [The PlantPure Kitchen](#) Today!



Kim Campbell builds on favorites from her last cookbook, turning recipes like Creamy African Stew into tasty African Wraps, and shares tons of new recipes that will turn any plant-based eater into a chef with ease. With compassion for the challenges of following a plant-pure diet, Campbell lends advice about the best natural sweeteners, the most useful kitchen tools for plant-based cooking, vegan-friendly substitutions for making recipes gluten-free, and a whole lot more.

Shop Our Store!

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Frozen Entrees**



**Standard Pack of 20
Frozen Entrees**



**Pick 20 A La Carte
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Kitchen Starter A La Carte



**Standard Pack of Meal Starters &
Dressings**

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