

生命力蔬食

Life Force Vegan Diet

(G.R.O.W. 饮食 DIET)

黄其钿 主讲

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LifeForce Vegan

素食的分类

Categories of Vegetarian Diet

- **蛋奶素 Ovo-lacto Vegetarian:**

除了植物源食品，也摄取蛋和奶 Plant-based with Egg or Milk

- **全素 Vegan:**

唯有摄取植物源食品 Strictly Plant-based

- **生食 Raw Vegan:**

唯有摄取生的植物源食品 Exclusively Raw

- **果食 Fruitarian:**

唯有摄取果子和种子 Fruits and Seeds

- **芽食 Sproutarian:**

唯有摄取催芽种子和秧苗 Sprouted Seeds

*葱蒜属于全素，但是在某些宗教信仰的前提下是不允许的。

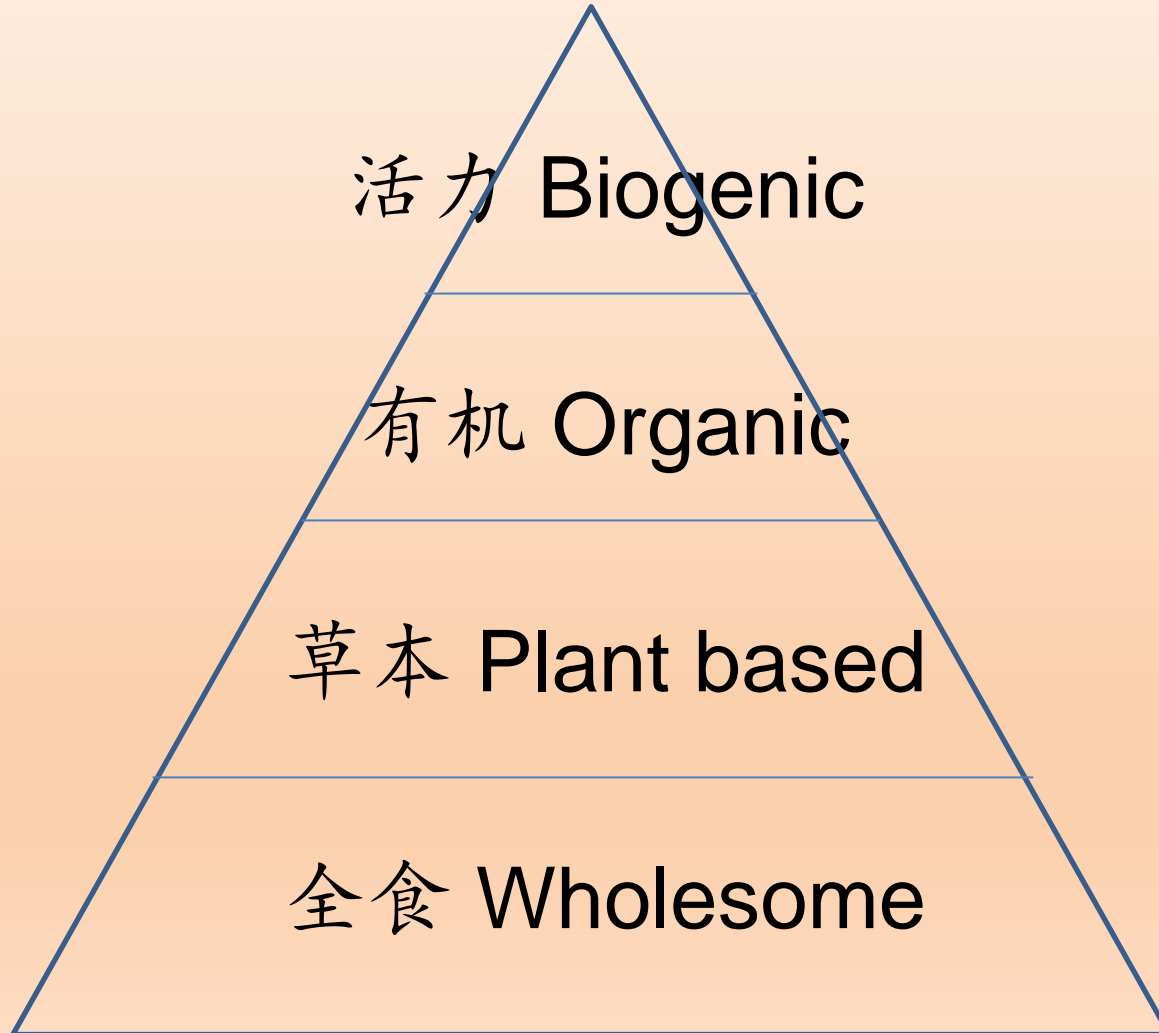
Garlic/Onion are vegan, but some religions forbid

** “随缘素” (*flexi-tarian*; 方便时才吃素 go veg when feel like it) 和 and

“鱼素” (*pesca-tarian*; 除了蛋奶素也摄取鱼类 consume fish on top of egg and milk) 不属于素食 are not vegetarians

如何开始？

How to Get Started?



先提升营养素质

Firstly, Improve Nutritive Quality

1. 全食 Wholesome

-- 每天3公升清水 3L water daily

-- 全谷，例如：糙米、小米、小小米 Whole Grains e.g. brown rice, millet, quinoa

-- 根类蔬菜，例如：番薯、姜、白萝卜、红萝卜 Root Vegetables e.g. sweet potato, ginger, white radish, carrot

-- 新鲜天然（免炸、免速食、免精炼制成品） Fresh natural foods (No fried food, no fast food, no processed food, no refined food, no manufactured food)



然后，摒弃肉类

Then, ditch the meat

2. 草本 Plant-based

-- 五色 (红、黄、青、黑、白) 5 colours (red, yellow, green, black, white)

-- 六部 (根、茎、叶、花、果、种子) 6 plant parts (root, stem, leaf, fruit, seed)

-- 无肉、无鱼、无海鲜、无蛋、无奶 No meat, no fish, no seafood, no egg, no milk





坚果 / 种子类:

Nuts/Seeds: 5%

豆科类:

Legumes: 10%

生果:

Fruits: 15%

蔬菜:

Vegetables 30%

全谷类:

Whole Grains: 40%

再去除有害物质

Followed by removal of toxins

3. 有机 Organic

- 无农药 Pesticide free
- 无化肥 Artificial pesticide free
- 无污染 Pollution free
- 非基因改造 GMO free



** 增强生命力与减少毒素 to increase life force and minimize toxins

最后，增添生命力

Lastly, top with Life Force

4. 活力 Biogenic

-- 苗芽类，例如：绿豆苗、荞麦苗、葵花子苗 sprouts e.g. mung bean sprouts, buckwheat sprouts, sunflower seed sprouts

-- 发酵食品，例如：味噌、天贝、回春水 fermented food e.g. miso, tempeh, rejuvelac

** 活跃细胞能启发生命力

actively growing cells induce life force



餐饮例子

Sample Diet

早餐 Breakfast:

- 有机小米番薯粥 Organic Millet Congee with sweet potatoes
- 生机催芽杏仁奶 Raw Sprouted Organic Almond Milk

午餐 Lunch:

- 有机糙米套餐配根类蔬菜和苗芽 Organic Brown Rice Set meal with root vegetables, sprouted seeds
- 生机回春水 Organic Rejuvelac

晚餐 Dinner:

- 有机小小米彩虹沙拉 Organic Quinoa Rainbow Salad
- 有机味增汤 Organic Miso Soup

生命力蔬食 之风采



<http://tinyurl.com/LifeForceVegan>

LIFE FORCE *Vegan*

生命力蔬食

by Wong Kee Yew 黄其铤 著

LIFE FORCE *Vegan*
生命力蔬食



Life Force Vegan Cookbook is written with a heartfelt intention to help modern people, especially younger generations, eat healthily in simpler ways. It is a cookbook for everybody who has a rice cooker at home. All the 20 recipes in Life Force Vegan Cookbook are created so that we all can take care of our daily meals with an affordable electrical appliance.

撰写【生命力蔬食】的本怀是为了让现代繁忙人士，尤其年轻一代，能轻松地在家好好吃一顿饭。凡是家中有电饭锅的，【生命力蔬食】都能派上用场。书中有20道食谱，每一道都可以应用家常电器煮得出来，三餐无忧！

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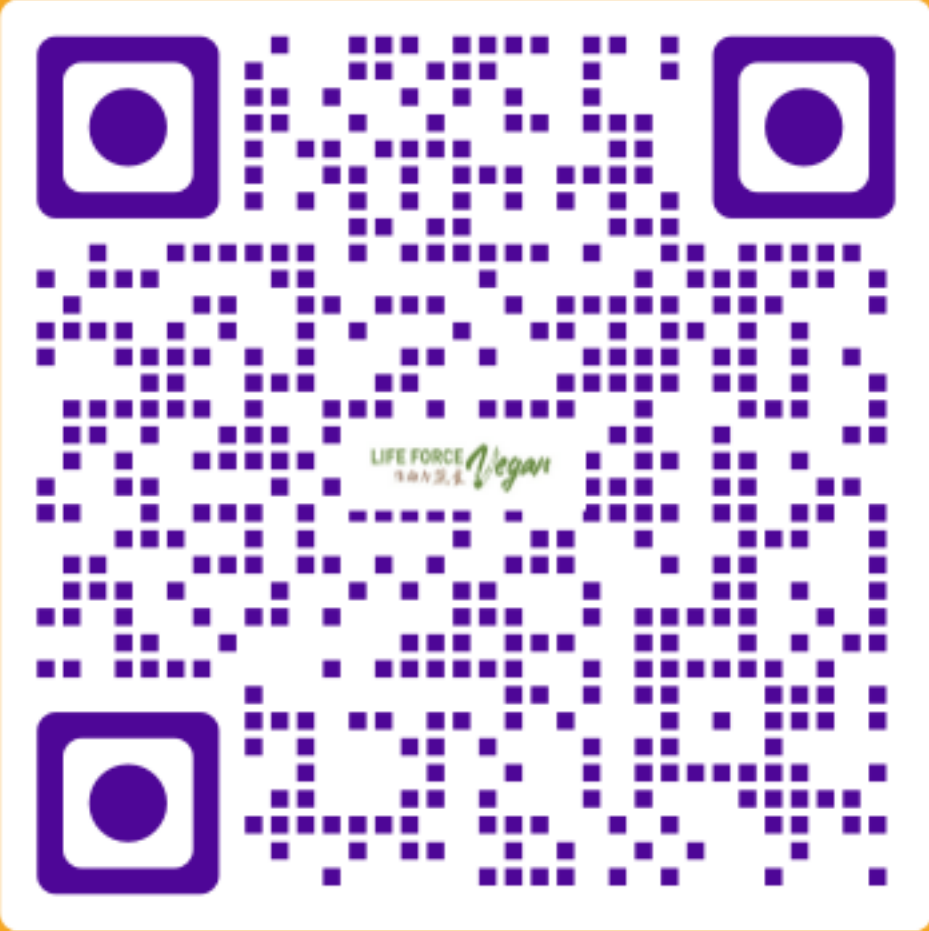
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