



ON A PATH TO

*Great  
ness*

MORGAN TAYLOR

# WELCOME

INSIDE THIS EDITION

INTRO

UNDERSTANDING PROTEIN

GROCERY LIST

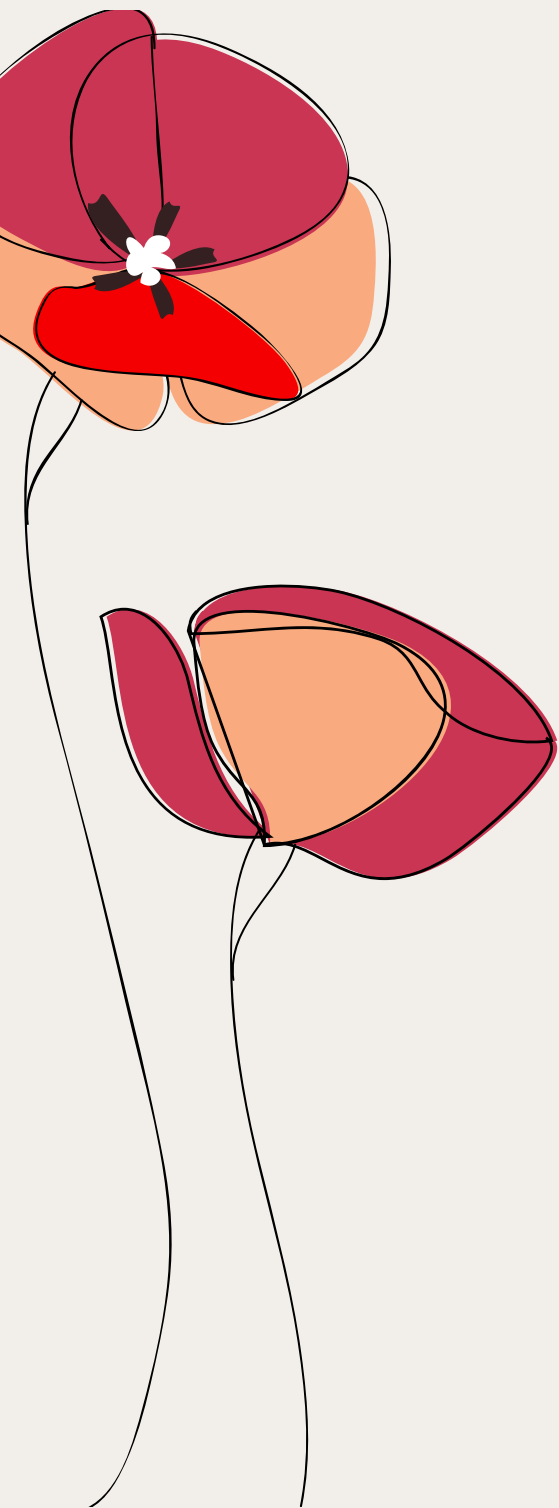
WHATS FOR BREAKFAST?

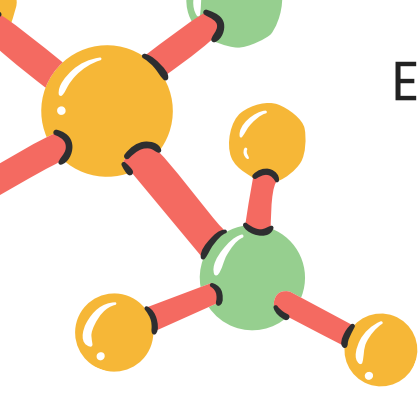
SOME THINGS TO KNOW

3-DAY JUICE CLEANSE

FAMOUS BOLOGNESE

JACKFRUIT TACOS





EVERYONE ALWAYS ASKES WHERE DO YOU GET YOUR PROTEIN?

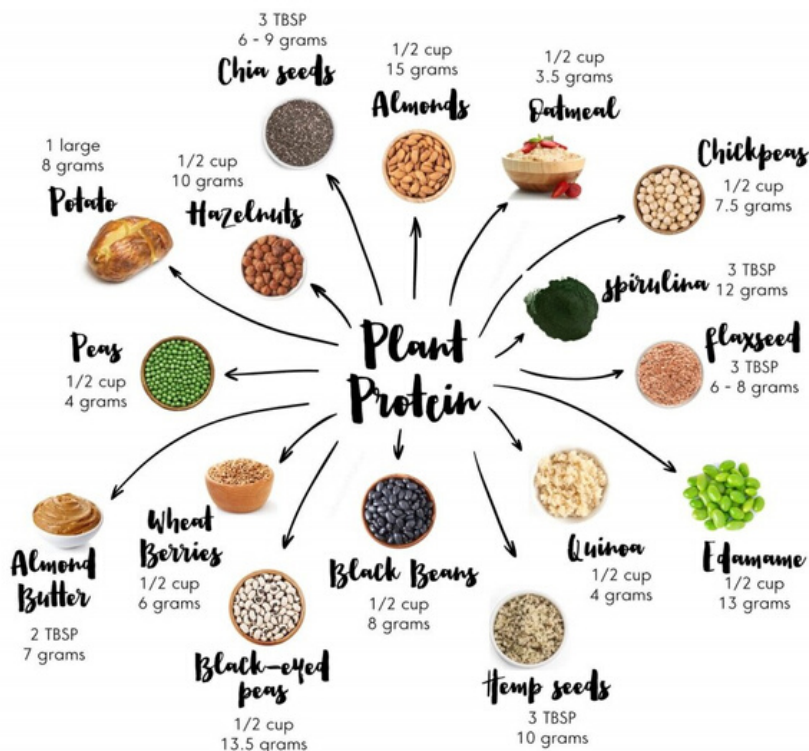
## UNDERSTANDING PROTEIN

WHAT MOST PEOPLE DON'T REALIZE IS THAT THE ANIMALS THEY ARE EATING ARE REALLY JUST MIDDLEMEN, SINCE THE MAJORITY OF THESE ANIMALS GET THEIR PROTEIN FROM PLANTS, WHERE ALL PROTEIN ORIGINATES.



On a molecular level, all protein is made up of tiny organic compounds called amino acids—hundreds or thousands of them linked together

**HERE ARE A COUPLE DIFFERENT SEEDS, GREENS, AND BEANS THEY ALL CONTAIN LOTS OF PROTEIN**



# MORGANS PLANT BASED GROCERY LIST

## FRUITS

- APPLES
- ORANGES
- BANANAS
- FROZEN FRUIT
- BERRIES & OR  
MANGOS
- AVOCADO
- TOMATO
- LIME
- LEMON
- MANGO

## DAIRY SUBSTITUTE

- OAT MILKY
- ALMOND MILK
- WALNUT MILK
- HEMP MILK

## SNACKS

- DAIRY FREE COOKIES
- DAIRY FREE CHOCOLATE ICE  
CREAM
- CASHEWS
- WALNUTS
- PICKLES
- LOTS OF FRESH FRUIT/ BERRIES

## VEGETABLES

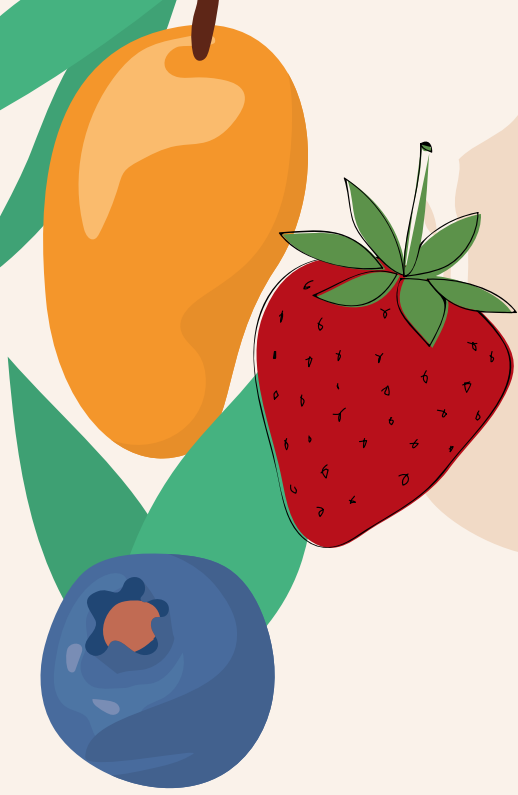
- CUCUMBER
- SPINACH
- BELL PEPPER
- CELERY
- ZUCCHINI
- RED ONION
- MUSHROOMS
- FRESH HERBS
- FROZEN MIXED  
VEGGIES
- CAULIFLOWER
- POTATO/ SWEET

## DRINKS

- FRESH SPRING WATER
- COCONUT WATER
- MAKE YOUR OWN  
FRESH SQUEEZED  
JUICE

## MEAT SUBSTITUTE

- JACKFRUIT
- BEANS
- BEEFLESS BEEF
- PECANS
- CHICKPEAS
- SOY/TOFU



# Whats for Breakfast?

*smoothie vibes*

**TITLE:  
MY EVERYDAY**

**PREP TIME:  
5 MINUTES**

**TOTAL TIME:**

**NOTES:**

**THE MORE FROZEN  
FRUIT YOU HAVE  
THE MORE WATER  
YOU WILL NEED**

## INGREDIENTS

- SEAMOSS GEL
- HEMP SEEDS
- ICE (IF YOU HAVE ONLY FRESH FRUIT)
- FROZEN MANGOS
- FROZEN BERRIES (STRAWBERRIES, BLUEBERRIES ETC)
- COCONUT WATER
- FROZEN KALE





# SOME THINGS TO KNOW

## WHEN FIRST GOING PLANT BASED

### THEN...AN ABUNDANCE OF ENERGY!

#### **once my body purged all the old food**

my energy levels increased not only that but boy was I Hungryyyy! its such a great feeling because the food your eat supplies your body with energy so everytime you eat it nourishes and explels itself. I loved having that extra energy I felt like a kid again

#### **I started waking up at 5am I had so much Energy**

funny part is i couldnt even go back to sleep. during this time in my career me and my mom were on the same eating lifestyle so we started taking clients earlier in the morning.

### WANTING TO FEEL DIFFERENT

*Before I became vegan or even embarked on this journey I realized I started to become bored with the foods I was eating . I was like "is there anything else I can eat besides pizza and hibachi all the time". I had always suffered from my allergies very severely growing up. So one day when I was still living with my mom we all ...*

### DECIDED TO WATCH "WHAT THE HEALTH"

If your thinking about transitioning, go watch it -talk about an interesting movie that showed me so MUCH. I didn't know that animals were cared for in such terrible conditions. It was also alarming to see the science and facts behind the benefits of a plant-based lifestyle.

### GET READY TO MAKE #2

After watching that movie I instantly decided to pursue a "plant based lifestyle" (I'd rather not use the word, "diet" - I'm not dying).

The #1 change came in the form of #2's...and a lot of them. I grew up with stomach issues, but with my revitalized digestive system I discovered elimination to be easier than ever.

### NOW WE MAINTAIN -FIND MY FAVS

**once your a week or so in or even a day or two and youve noticed small changes find what foods you like**

- like a peanut butter and jelly
- your favorite tacos with the shredded cheese
- hamburger

**find the meal replacement cereal and milk**

- find you egg free dairy free cereal (possibly without lots of sugar)
- find your go to alternative milk (no dairy)
- put some brown sugar if youd like more sweetener or just get a spoon and dig in

#### **Try New Recipes**

Season everything extra well and youll have no worries

Recipes up Next :)

# WHAT ARE THE HEALTH BENEFITS OF FRUITS AND VEGETABLES IN A JUICE CLEANSE?

- **KALE** – INSANELY LOW IN CALORIES, POWERFUL ANTI-OXIDANT WITH ANTI-INFLAMMATORY PROPERTIES, AND HELPFUL FOR ARTHRITIS AND AUTOIMMUNE DISEASES
- **SPINACH** – THE BEAUTY OF SPINACH LIES IN HOW EASY IT IS TO DISGUISE THE TASTE. IT'S MILD TASTING YET PACKED WITH VITAMINS, HAS ANTI-CANCEROUS PROPERTIES, AND IS ONE OF THE HEALTHIEST FOODS ON THE PLANET
- **CUCUMBER** – SINCE IT'S 95% WATER, IT'S AN INCREDIBLE DETOXIFIER AND HELPS WITH LIVER AND KIDNEY FUNCTION
- **LEMON** – ONE OF THE MOST IMPORTANT ITEMS TO STOCK IN YOUR KITCHEN AS IT'S A HIGHLY EFFECTIVE CLEANSING AGENT AND CUTS THROUGH THE BITTERNESS OF GREENS
- **CARROTS** – KNOWN FOR BEING A GOOD SOURCE OF BETA-CAROTENE, FIBER, VITAMIN K, AND POTASSIUM. CARROTS HAVE BEEN LINKED TO LOWER CHOLESTEROL LEVELS AND IMPROVED EYE HEALTH

# CLEAN IT OUT

## 3-DAY CLEANSE

YOU WILL NEED A BLENDER AND OR JUICER

- Celery – low in calorie since it is mostly water. It is a low-glycemic food and a good source of dietary fiber, Vitamin A, Vitamin C, and Vitamin K.
- Beets – contain nutrients that may help lower your blood pressure, fight inflammation, and support detoxification.
- Apples – “an apple a day keeps the doctor away” is a famous saying for good reason. Helps to fight inflammation and heart health.
- Oranges – immune system booster since it is high in Vitamin C and low in calories.
- Turmeric – anti-inflammatory and anti-oxidant properties
- Ginger – aids in digestion and supports the immune system



# 3 DAY JUICE CLEANSE

CLEAN IT OUT

MORNING

1

## GREEN juice

- 2 cups Baby Spinach Leaves (or 4-6 leaves of kale)
- 6 Celery
- 2 large Cucumber
- 1/2 Lemon
- 2 medium Apples
- 1-2 inch Ginger
- 1/4 - 1/2 cup Parsley Leaves

2

## The Detoxifier:

- 2-3 med-lg Beets
- 6 Carrots
- 2 medium Apples
- 1/2 Lemon
- 1-2 inch Ginger

3

## The Vision:

- 8 large Carrots
- 2-3 Navel Oranges
- 1-2 inch Ginger
- 1 inch Turmeric (optional)

LUNCH

## Tropi-Kale Juice:

- 1/4 of fresh pineapple, remove skin and core and cut into 1" strips
- 4 kale leaves
- 1 ripe banana, peeled

## Immune Booster:

- 2 oranges, remove peel for less bitterness
- 1/4 lemon
- 1 medium apple
- 1/2" fresh ginger

## Belly Full Juice:

- Handful of fresh spinach
- 1 large collard green leaf
- 2 carrots
- 1/2 apple
- 3-4 strawberries
- 3-4 pineapple chunks
- splash of berries or grapes

AFTERNOON

## Sweet Carrot:

- 10 large Carrots
- 2 medium Apples
- 1/4 cup Parsley (optional)

## Cucumber Cooler :

- 1/4 Cantalope, seeds removed, cut into chunks
- 2 stalks celery
- 1/2 cucumber cut into slices
- 1/4 lemon

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# *Morgans Famous Vegan Bolognese*



## *ingredients*

- 1 pack of gluten free pasta your choice
- 1-2 can of your fav tomato sauce
- 2 to 3 cups chopped onions
- mushrooms
- Minced garlic
- spinach
- 365 vegan cheese/ parmesan
- Beyond beef crumbles

## *instructions*

- boil pasta 6-9 minutes
- sautee Beyond crumbles
- **add garlic/ onions/ mushrooms cook down for 10-12 min**
- **add pasta sauce** of your choice
- put Beyond crumbles into sauce let cook for 10 minutes
- Now add pasta and parmesan
- let simmer together add parsley or fresh basil
- stir then Enjoy :)





# Spicy Jackfruit Tacos

BY MORGAN TAYLOR



## You will need:

1 pack of Uptons chili lime jackfruit, chop it up  
sautés until brown

1/2 fresh lime, squeeze on jackfruit right before finish

1 teaspoon of minced garlic

1/4 purple onion

2 shakes of cayenne pepper

2 shakes of black pepper

1 pack taco shells or gluten-free tortillas or lettuce

2 shakes to your liking

chunky tomato salsa

sliced avocado

black beans cooked down with cumin, salt and pepper

fresh sprinkle of chopped cilantro

FOR MORE RECIPES EMAIL ME AT  
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MY E-BOOK

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