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[SacredBite](#)

About Lisa and SacredBite

A Registered Dietitian with degrees in public health nutrition and spirituality, Lisa is uniquely qualified to help us understand our lifelong relationship with food.

Lisa has developed a specialty creating wellness programs for both individuals and organizations.



The premise of [SacredBite](#).

"By educating ourselves about how to live well and then putting that knowledge to work, we spend less time thinking about our bodies and health because they are well."

Read more about the [individual communal](#) and [environmental](#) aspects

Hello {FIRST_NAME|Friend},

SacredBite nourishes our individual, communal, and environmental relationship with food. As such, Mother's Day provides us with a perfect opportunity to reflect upon the mother we all have in common: Mother Earth. To honor the planet, we can practice being **Imperfectly Vegan**.

What does that mean? It means following a plant-based diet as much as possible without getting



hung up or giving up if you eat a small amount of animal food.

It is not necessary to give up meat completely, for example, in order to participate in the healing of our planet. A 2005 study by the University of Chicago found that one person switching from a meat-based diet to a plant-based diet could save about the same amount of CO2 as trading in a Toyota Camry for a Toyota Prius!

Less meat = positive environmental impact

Raising cattle requires about 80 calories

of SacredBite.

Lisa In the News

Lisa has led numerous grocery store tours, including one with Dr. Nancy Snyderman for KPIX Channel 5 News. She has also been featured on KGO TV's *The View from the Bay*.

She speaks regularly on the benefits of a plant-based diet and promotes an **Imperfectly Vegan** lifestyle.

[Read more about Lisa and SacredBite](#)



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**JuicePlus+ is nutrition on the go--
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Not a multivitamin, medicine, treatment or cure for any disease, JuicePlus+ is all natural, made from quality ingredients for optimal health and wellness.

Join Team SacredBite! Ask Lisa about becoming a JuicePlus+ Representative: 925.324.9650.

Imperfectly Vegan Recipe Box

Mediterranean Couscous Salad
4-6 servings

of fossil fuel to cultivate one food calorie whereas only 2 calories of fossil-fuel are required to cultivate one food calorie of grains, fruits, and vegetables.

Furthermore, cattle belch methane, a greenhouse gas that is 20 times as potent as CO₂! If we all ate less meat, there is no doubt that we'd make a collective positive impact on our planet.

Happy Mother's Day!

Lisa

What Does It Mean to Be Imperfectly Vegan?

Being Imperfectly Vegan is about making a commitment to all of life. The degree to which someone is Imperfectly Vegan depends on his or her personal level of commitment, experience, and circumstances, all of which may change at different points in time.



Vegan doesn't have to be boring

A lifestyle, not a destination

While the health advantages of a vegetarian diet compared with those of a non-vegetarian diet are well documented and highly significant, when it comes to giving up eggs and small amounts of

dairy, those differences are not as significant. Being Imperfectly Vegan thus offers all the health advantages of being vegan without undue pressure to be absolutist or extremist. Being Imperfectly Vegan is a lifestyle, not a destination.



This salad is vegan and delicious

- 1 cup couscous, regular or whole wheat
- 1 ½ teaspoons dried oregano
- 1 can garbanzo beans, drained
- ¼ pound green beans, trimmed
- ¾ cup Kalamata or Nicoise olives, pitted and chopped
- 2 Tablespoons capers, drained
- 8 cherry tomatoes (I use a combination of red, orange, and yellow), halved
- salt and freshly ground pepper to taste
- 1 lemon, juiced

Prepare couscous according to package directions.

1. In a separate pot, bring water to a boil. Add green beans and cook until tender, about 3-5 minutes.
2. Drain, cool with cold water, and set aside. Cut into small pieces.
3. In a large bowl, combine all other ingredients. Stir together with olive oil, lemon juice, salt and pepper. Add green beans. Mix in couscous. Adjust seasonings as desired.
4. Enjoy!

I first came up with this term in response to people asking me about my lifestyle. “Are you a vegetarian?” Well, not exactly. And then I’d have to explain in which ways I was or wasn’t a vegetarian “Are you a vegan?” That felt close, but I never felt comfortable calling myself a vegan because there are times when I do consume animal products, both consciously and not.

Imperfectly vegan makes it manageable

I began to respond by saying that I am imperfectly vegan. I noticed that people seemed to understand what I meant without my having to explain anything. A more than one event when I have unveiled this term, I have even heard a collective sigh in the room.

Imperfectly Vegan piques people’s curiosity, with many seeming interested to locate themselves within that definition; it feels doable, and represents a clearer step toward plant-based eating than vegetarianism; it engenders a sense of peace, ease, and hope in people who are interested in following a vegetarian diet but who are unsure whether they can successfully do so; and it seems to make sense to those who already practice a vegan lifestyle but admit to consuming small amounts of animal foods from time to time.

Do you think you could be Imperfectly Vegan?

**Gardening in a Drought?
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[Tower Garden](#) represents the next generation of urban farming. This highly efficient aeroponic growing system allows you to grow MASSIVE amounts of produce in a TINY amount of space in about HALF THE TIME of traditional soil-based agriculture.

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“ Food for the body is not enough.
There must be food for the soul. ”

--Dorothy Day



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