



Imperfectly **vegan**

Accepting imperfections in an imperfect world

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[SacredBite](#)

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About Lisa and Imperfectly Vegan

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



What Does It Mean to Be Imperfectly Vegan?

Being Imperfectly Vegan is about

making a commitment to all of life.

Being Imperfectly Vegan offers all the health advantages of being vegan without undue pressure to be absolutist or

Hello {FIRST_NAME|Friend},

BOO! Celebrated in a number of countries on October 31, Halloween is a modern day version of 'All Hallows Day,' a time dedicated to remembering the dead. One of the holy day's favorite activities includes carving jack-o-lanterns. I, of course, appreciate the fact that food, once again, serves as a beautiful example of the divine.



Like us, pumpkins come in all shapes, colors, and sizes, and make different contributions.

Types of pumpkin include Cinderella, Jack-o-lantern (a market term for pumpkins that are grown with large cavities and thin walls suitable for carving), Japanese (also called kabocha), Mini (used primarily for decor), and Pie (having a high flesh-to-seed ratio).

Transformation Happens

My favorite aspect of pumpkins during this time of year is their reminder of the divine's ability to transform our lives. Full of fiber and beta-carotene, pumpkins provide us with an abundance of good nutrition which will transform our bodies in a positive direction. But, one of the most entertaining examples of transformation is when we turn our pumpkin into a jack-o-lantern.



extremist.

The commitment level is up to you

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.

While the health advantages of a vegetarian diet compared with those of a nonvegetarian 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 is a lifestyle, not a destination.



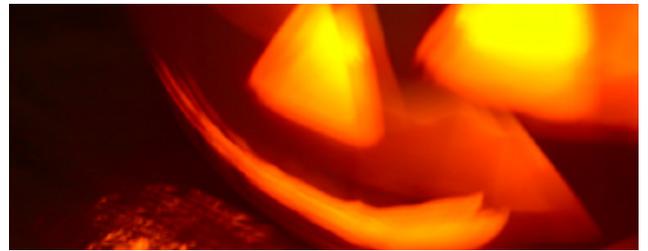
Read more about the [individual communal](#) and [environmental](#) aspects of [SacredBite](#), and Lisa's commitment to healing ourselves and the planet beginning with what we eat.

Imperfectly Vegan Recipe Box

BOO-NANA MUFFINS

This October, host a Halloween Brunch that offers thrills and chills and good nutrition, too!

Here's a tasty menu that's sure to fright: BOOGels and SCREAM Cheese, SPOOKY Cookies, Fruit Salad with



And when we place a candle inside, it lights up the darkest night. Even Cinderella's fairy godmother turned a pumpkin into a horsedrawn carriage suited for a princess!

Food transforms us. As it does, may it lighten your path such that you shine brightly.

With love and light,

Lisa

Photo credit: [Julie Cheshire Photography](#)

Talk about Transformation!!! Do You Have 30 Days to Look and Feel Better?!

Transform30, a program developed by Dr. Mitra Ray, challenges us to make self-care a priority and is transforming lives as a result!

Join the 30-day challenge that is transforming lives for the better. Create long-term health and a healthier stronger you!

Listen to this YouTube video as [Dr. Mitra Ray explains Transform 30.](#)



[More information](#) about the Challenge: Call Lisa at 925.324.9650.

Halloween Food Funnies

1. **Where do ghosts buy their food?**
The ghostery store.
2. **What do skeletons say before dining?**
Bone appetit!

BOOberries, BOOnanas, and
CADAVERloupe, and

Boonana Muffins

(recipe below). Beverages might include Hot Apple SPIDER, DECAPITATED Coffee, and GREEN WITCH Tea. Your GOBLINS and GHOULS are sure to enjoy these tasty bites!

Ingredients

- * 3 - 4 ripe bananas, smashed
- * 1/3 cup melted organic margarine
- * 3/4 cup organic sugar
- * 1 Tbsp. flax seed with 2 Tbsp. warm water
- * 1 tsp. vanilla
- * 1 tsp. baking soda
- * Pinch of salt
- * 3/4 cup finely ground raw walnuts (food processor works well)
- * 3/4 cup whole wheat flour

1. Preheat the oven to 350 degrees F. With a wooden spoon, mix margarine into the mashed bananas in a large mixing bowl.
2. Mix the flax seed with warm water, then mix into bananas along with the sugar and vanilla.
3. Sprinkle the baking soda and salt over the mixture and mix in.
4. Add the flour, mix until it is just incorporated. Fold in the finely ground walnuts.
5. Pour mixture into nonstick muffin tin. Bake for 25-30 minutes. Insert toothpick into the center of a muffin to test for doneness. If it comes out clean, it's done. Cool on wire rack.

3. Why wasn't there any food left after the monster party?

Everyone was a goblin.

4. What's the ratio of a pumpkin's circumference to its diameter?

Pumpkin Pi.

5. What is a ghost's favorite breakfast?

Scream of wheat.

6. What is a vampire's favorite candy?

A sucker.

7. What is a ghost's favorite dessert?

Boo-berry pie and I scream.

8. What is a ghost's favorite fruit?

Booberries.

9. What do ghosts eat for dinner?

Spook-getti.

10. What is a vampire's favorite fruit?

A neck-tarine.

11. What do you call a witch that lives by the sea?

A sandwich.

12. What does a ghost put on her cereal in the morning?

Boonanas.

13. What is a ghost's favorite cereal?

Scream of wheat.

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Juice Plus+® Family



Trick-or-Treat Tips that Aren't So Scary



Whether Maleficent, Snow White, Ebola, or Great Gatsby, dressing in costume and trick-or-treating are favorite Halloween activities. But those treats are generally loaded with the evils of trans fats, genetically modified sugar, artificial colors, and artificial flavorings. Those toxic ingredients contribute to many of the health issues experienced by children today, including overweight and obesity.

Alternatives to the Evils of Candy

While many parents will trade their children money or a toy for the bag of wicked treats, that bag of candy is usually passed along to the 'less fortunate' who are already at higher risk for those diseases.

So... this Halloween, consider offering the goblins and ghouls that ring your doorbell nonfood items like Halloween straws, pencils, stickers, balloons, rub-on tattoos, key chains, erasers, and so on. It's easy to find big bags of them at low



The USDA recommends 7 to 13 servings of fruits and vegetables every day, yet most people don't come close to consuming even the minimum number of recommended servings. JuicePlus+ helps bridge the gap.



More benefits of Juice Plus+® to help your family stay healthy this winter. Juice Plus+®:

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- Helps protect DNA
- Supports cardiovascular wellness
- Supports healthy skin
- Supports healthy gums

To order or request more information, call Lisa at 925.324.9650.

Because many Western Christian denominations encourage, although no longer require, [abstinence from meat](#) on All Hallows' Eve, the tradition of eating certain [vegetarian](#) foods for this [vigil day](#) developed including the consumption of apples, [colcannon](#), [cider](#), [potato pancakes](#), and [souffles](#).^[Wikipedia]



prices at local party supply and dollar stores.

Happy Haunting!



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