

Dear CHEF AJ

Keto and plant-based diets seem like polar opposites of each other, and yet people use them to achieve the same effect (weight loss). How is that possible?

Chemotherapy, anorexia nervosa, heroin addiction, and chopping off your legs will also result in weight loss — but I don't recommend them. Any low-carb diet will result in quick weight loss in the short term, while you mortgage your health in the long term. While eating a WHOLE FOOD plant-based diet works beautifully for weight loss, it's not a temporary diet. It is a permanent lifestyle. For most people, a keto diet (which destroys the planet and also harms human and animal health) is not sustainable. We are designed to eat the majority of our calories from complex carbohydrates (fruits, vegetables, whole grains, and legumes), not from fat and protein. Eat WHOLE UNPROCESSED PLANTS; you'll be healthy — and fit into your pants.



I'm a 29-year-old guy and, like many Americans, work long hours and really don't have the time or energy to cook. Do you have any advice for plant-based food options that aren't time-intensive to prepare?

Yes, I do! Get married or get an electric pressure cooker!!! You can throw a bunch of healthy ingredients in the pot and, within minutes, enjoy a delicious meal. You literally set it and forget it. While your meal is coming up to pressure, you can take a bath, walk your dog, or play your favorite video game. Sign up for my newsletter at www.eatunprocessed.com, and you'll receive five of my favorite easy pressure-cooker recipes.

If you really, truly will not cook, than consider a whole-food plant-based fresh-food delivery service like <https://www.mamasezz.com>. Be sure to use the code CAJ for a \$10 discount. For \$10 off an Instant Pot, use code AJ at <https://instantpot.com>. For \$10 off a Mealthy Multi pot, use code "CHEFAJ" at <https://mealthy.com>.

And here's one of my favorite soup recipes to help!

Love & Kale,
Chef AJ

ABOUT THE CHEF

Chef AJ has been devoted to a plant-exclusive diet for over 41 years. She is the Host of the television show *Healthy Living with Chef AJ* and the YouTube show *Weight Loss Wednesday*. She is the creator of the *Ultimate Weight Loss Program* and conference and the author of the popular book, *Unprocessed*, and the bestselling book, *The Secrets to Ultimate Weight Loss*. In 2018, she was inducted into the Vegetarian Hall of Fame; she is proud to say that her IQ is higher than her cholesterol.

Watch the free summit:
<https://therealtruthaboutweightloss.com>
<https://chefajwebsite.com>

CREAMY CURRIED KABOCHA SQUASH SOUP

by Chef AJ



INGREDIENTS

- 8 cups of cooked Kabocha squash
- 4 cups of water
- 1/4 cup gluten-free rolled oats
- 3 cups of chopped onion (about 10 oz.)
- 4-6 cloves of garlic
- 1 Tablespoon Benson's Table Tasty or other salt-free seasoning or salt, to taste
- 2 teaspoons SMOKED paprika (different from regular paprika)
- 1 teaspoon mild curry powder
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground turmeric
- 4 cups unsweetened plain almond milk

DIRECTIONS

1. Cook squash according to your preferred method. The easiest way is to place the whole squash on the rack in the Instant Pot, fill the pot with water up to the rack, and cook at high pressure for 10 minutes.
2. Remove squash carefully when cool enough to handle, cut in half, and remove seeds.
3. Rinse out Instant Pot insert (the cook pot) to use again.
4. Place seeded squash and all remaining ingredients, except for the almond milk, into the insert and cook on high pressure for 5 minutes.
5. Release the pressure completely, then remove pot cover.
6. Using an immersion blender, add almond milk and purée soup right in the pot. Alternatively, carefully blend the contents in a blender.
7. This soup thickens as it cools, so feel free to thin it out the next day with water or additional almond milk.

Chef's Note

- If you have time, use the pot's sauté function and brown the onions before adding the remaining ingredients. This is delicious served over black, red, brown, or wild rice. Garnish with fresh chopped chives and sprinkle with smoked paprika before serving.