

WELL YOUR WORLD

STARCH BLASTER FORMULATOR

& Guide

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START WITH DRY STARCHES

STEP 1

You'll want 1/2 cup each of 3-4 dry items for a 3 QT pressure cooker, or 5-6 dry items for a 6 QT!

- Quinoa
- Millet
- Pearl Barley
- Wild Rice
- Brown Rice
- Red Lentils*
- Green Lentils*
- Green/Yellow Split Peas*
- Black Eyed Peas
- Soy Curls*
- Rolled/Steel Cut Oats
- Whole Wheat Penne Pasta*

*Dillon's Favorites! **(It will be mushy! Mmm)**

ADD VEGGIES & ANYTHING ELSE

STEP 2



Strongly Encouraged:
- 3/4 Cup of WYW Dried Veggie Blend

Optional Add-Ins (Pick 1-3):
- 1 Bag of Frozen Artichoke Hearts
- 1 Can of Diced Tomatoes
- Chopped Fresh or Frozen Bell Peppers or Onions
- Frozen or Canned Corn
- Frozen Shelled Edamame
- Chopped Mushrooms
- Chopped Fresh Greens
- Whatever you have leftover in the fridge to get rid of!

ADD SEASONINGS/HERBS /SPICES

STEP 3

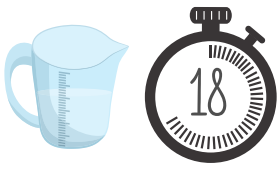
- 1 Tbsp Granulated Garlic or Minced Garlic
- 1/4 Cup Nutritional Yeast (optional)

Choose 1 (2-3 Tbsp):
- No Salt Seasoning
- Fiesta Blend
- WYW Italian Seasoning
- Curry or Garam Masala, etc.



ADD WATER & COOK FOR 18 MINUTES

STEP 4



For the 3 or 6 QT add water to the max fill line. You can also use veggie broth here. High Pressure. Quick release!

ADD TOPPERS!

STEP 5

- Chopped Black or Green Olives
- Hot Sauce or WYW Sriracha
- Pine Nuts
- WYW Stardust Salt Substitute
- WYW Everything Bagel Seasoning



ENJOY!

JOIN OUR LIVE COOKING SHOW!!!

We have a membership-based live cooking show where we go live twice a month featuring EASY and SIMPLE plant-based and SOS-free recipes (no added salt, oil, or sugar). We host our show on YouTube via a private link, so you can chat along with us and ask questions as we cook!

Join our other members who love to see the unedited Well Your World approach to simple, healthy cooking. We'll show you how to remove the complexity and spend less time working in the kitchen.



BENEFITS OF BEING A MEMBER:

- 2 ENTERTAINING LIVE COOKING SHOWS EVERY MONTH
- 10% MEMBERS-ONLY DISCOUNT ON ALL PRODUCTS
- ACCESS TO HUNDREDS OF VEGAN, OIL-FREE RECIPES
- OVER 150+ PAST EPISODE REPLAY VIDEOS
- RECIPE PDF DOWNLOADS FOR ALL EPISODES
- HAVE FUN WITH OTHERS WHO EAT JUST LIKE YOU!
- $15/MONTH, CANCEL ANYTIME!



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WELLYOURWORLD.COM/COOKINGSHOW

PURCHASE OUR COOKBOOKS!

Looking for more inspiration in the kitchen? Check out our cookbooks, all with full color photos for each recipe, available in digital or hardcopy format. Packed with simple, no-fuss ingredients and methods, our cookbooks will help you simplify your healthy diet!



ALL OF OUR COOKBOOKS HAVE:

- BEAUTIFUL FULL PAGE PHOTOS FOR EVERY RECIPE
- EASY TO FIND INGREDIENTS
- DOZENS OF WHOLE FOOD PLANT-BASED AND SALT, OIL, AND SUGAR FREE RECIPES
- EASY TO FOLLOW INSTRUCTIONS FOR BEGINNERS AND VETERANS ALIKE
- PAPERBACK AND DIGITAL FORMATS AVAILABLE
- TIPS AND TRICKS FOR A PLANT-BASED LIFESTYLE
- FREE SHIPPING TO THE USA

SHOP NOW!

WELLYOURWORLD.COM/COOKBOOKS

MAKE HEALTHY MEALS FAST WITH WELL YOUR WORLD PRODUCTS!

A plant-based diet doesn't have to flavorless, boring, and time consuming. Here at Well Your World we offer an array of whole food plant-based and salt, oil, and sugar free products that are packed with flavor and will save you time in the kitchen!



Our Cheese Sauce Mix is a customer favorite and for a good reason! This cheese sauce is ready in minutes by simply blending with water. Not to mention, it can be used in just about anything and everything including mac and cheese, casseroles, veggies, potatoes, soups, pizza, nachos, and so much more!

Looking for the perfect dressing or sauce to take your favorite meal up a notch? Look no further than our line up of healthy and delicious dressings! We have the classics including Italian, Balsamic Vinaigrette, and Sweet Mustard as well our own flavors like Desert Catalina, Sweet Heat, Asian Everything and Indian Everything!



SHOP NOW! ↳ **WELLYOURWORLD.COM**

FREE USA SHIPPING ON ALL ORDERS $50 OR MORE!