

Alive Scott Stoll, MD *Breaking the Food Seduction*
 Neal Barnard, MD *Diet for New America* John
 Robbins *Program for Reversing Heart Disease* Dean
 Ornish *Eat to Live* Joel Fuhrman, MD *Eating Mindfully*
 Susan Alpers, PhD *Eating on the Wild Side* Jo Robinson
Forks Over Knives on Netflix *Prevent and Reverse*
Heart Disease CB Esselstyn Jr *The China Study* T Colin
 Campbell PhD & son *The*
Amazing references *Idiot's Guide Plant*
Based Nutrition J Hever *Whole* T Colin Campbell *Better*
than Vegan Chef Del *Lenten Cookbook* Arestedis
 Laftsidis *The Vegetarian Bible* Publications International.
The Blue Zones Dan Buettner *The Engine 2 Cookbook,*
The Engine 2 Diet, The Engine 2 Seven Day Rescue
Diet Rip Esselstyn *Daniel Fast* David Richards *How Not*
to Die Michael Greger, MD *Forks Over Knives Family*
 Alona Pulde, MD **Online:** <https://forksmealplanner.com>
<https://plantrician.rouxbe.com/recipes> *outofthedoldrums*

I'm in a rush to find a healthier way of eating so all my patients can live up to their potential. Living in an age dominated by marketing and mass produced food distorts our dietary education. We are NOT in need of lots of protein; plant and vegetable based diets provide all the protein we need, even extreme athletes. With high protein diets between 50-65 there is a 73-fold increase risk of diabetes. Reference: Wisdom 7:15 1907 NY Times headline More cancer in meat-eaters.

Fasting times are important to boost immunity... try to keep periods of time where you are drinking only water, with no food...either compressing meal times (to make a 12 to 16 hour fast daily) or fast on water once or twice weekly for an entire day.

Food preference is MALLEABLE. It is a process anyone can undertake to alter one's taste buds to appreciate tastes that were previously drowned out in richness and sweetness. Over time we must reduce the added sugar and natural sweeteners (ie: honey, stevia).

REACH 100 YEARS OLD by eating every day: NUTS, BEANS, FRUIT and WHOLE GRAIN BREAD, and avoiding: **sweetened beverages, salty snacks, processed meats, packaged sweets.** Stop when 80% full! Exercise low intensity but very regular (walk hills).

READING LABELS: avoiding high fructose corn syrup, chemicals with big names, milk products. Avoid all supplements unless doc recommends (iron if heavy periods, biotin for improving nails and hair, magnesium for muscle cramps and B12 if your blood shows a deficiency). Marketing of supplements is unregulated and FOS. ~~Probiotics~~-no! but prebiotics

COTRANSPORT of nutrients important. Fermentation products... like cheese and yogurt are better than probiotic pills, nondairy alternatives include sauerkraut, pickles, vinegar (not all are equal), wine. Genes 99.9% shared; 1-cell-till-microbiome 10% shared, set by 3yo.

MILK is over marketed and should be drunk mostly until you are over 3 years old. More prostate cancer and osteoporosis with more dairy. Saturated fat with more Alzheimer's. Food density. 1601-1795 3t lemon

Organic is often not needed, it's all about food composition. Supplements aren't needed, you die sooner on multivitamins, and taking Vitamin D has not proven to benefit your health. Really!!!

The Forks over Knives Plan (book) by Pulde & Lederman has a 4-week plan to get you hooked! Stock your fridge: 1: salsa; 2: dips like refried beans or hummus; 3: jelly/jam; 4: almond milk; 5: fresh fruits including some cut up for grab and go access; 6: fresh vegetables, including some cut up for grab and go access; 7: steamed vegetables, such as green beans, broccoli, snap peas or cauliflower; 8: roasted or baked potato or sweet potato; 9: cooked grain of the week; 10: cooked bean of the week; 11: corn or wheat tortilla. (our online session #9 has a week of menus)

Session #15 Eat To Live

Oct 18, 2017 most notes/recipes on website
Todd and Terry Giese www.mycaringfamily.com

Breakfast Bowl

OVERNIGHT STEEL CUT OATMEAL

1 Cup steel cut oatmeal
4C water
1C almond milk
¼ C maple syrup
½ tsp of both vanilla and cinnamon
(crock pot 8 hrs low)
Note: Grease your crockpot well.

CRANBERRY SALSA

1 12 oz package of fresh cranberries,
juice of 1.5 limes,
½ C of real maple syrup,
1/3 C red onion or scallion chopped,
½ jalapeno pepper chopped,
2 C cilantro
chop up in food processor to salsa consistency.

STEAM KALE FOR 15 minutes

+/-KALE on top +/- good balsamic vinegar.

ADDITIONAL TOPPINGS: Chia and/or Flaxseed.

No Tuna Salad Wrap

15 oz can chickpeas drained and rinsed then mashed
but leave some whole beans for texture
3 T tahini +
1 t Dijon mustard
1 T real maple syrup
½ C sweet pickle relish
1 t capers +salt and pepper to taste
WRAP IN lettuce(romaine) w or w/o tomato

Sweet Potato Enchiladas

ENCHILADA

½ C vegetable broth
1 medium onion diced
5 cloves garlic minced
1 t coriander +
2 t cumin
2 C fresh spinach chopped
2 C black beans drained and mashed (I left mine whole)
4 T soy sauce
3 C cooked and mashed sweet potatoes (steamed ahead of time)
tortillas to wrap (10)
1 jar of favorite salsa

SAUTÉ onion and garlic, add coriander and cumin and then
add the vegetable broth and spinach, beans, soy and sweet potatoes,
SAUTÉ 3-5 minutes and season to taste with sea salt and pepper.

¼-1/2 C of this into a tortilla wrapped nicely burrito style!

PLACE IN baking dish add salsa on top, then add cheese sauce,
WRAP FOIL on top of dish and
BAKE IN oven 25 minutes at 350°F.

VEGAN CHEESE SAUCE ON TOP:

2 medium Yukon gold potatoes (~1 lb) peeled and steamed or boiled
1.5 C almond milk
1/2 C nutritional yeast then salt and pepper to taste

BLEND IN blender to cheese-sauce consistency.