

Eat To Live #19

Amazing

Alive Scott Stoll,

MD (*Eat a Little Better* Sam Kass) *Breaking the Food*

Seduction John Robbins *gram for Reversing Heart*

Disease Dean Ornish *Eat to Live* Joel Fuchman, MD

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

Whole T Colin Campbell *Better than Vegan* Chef Del

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>

<https://www.outofthedoldrums.com>

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 animal protein; plant and vegetable based diets provide all the protein we need, even extreme athletes. With high animal protein diets between the age of 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 previous drowned out in richness and sweetness. We must reduce added sweeteners.

Avoid: **sweetened beverages, salty snacks, processed meats, packaged sweets.** Stop 80% full ! DAILY DOZEN: Beans, Berries, Fruits, Crucifers, Greens, Veggies, Flaxseeds, Nuts, Spices, Whole Grains, Beverages/exercise(90min)



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 vegan). Marketing of supplements is unregulated. ~~Probiotics~~ no! but prebiotics

COTRANSPORT of nutrients important. Fermentation products... kefir, sauerkraut, pickles, vinegar (not all are equal), wine. Genes 99.9% shared; 1-cell-to-microbiome which is 10% shared.

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. 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. (Class 9 has week of menus)

CEVICHE

Vegetarian Ceviche:
from Rip Esselstyn's
recipe

1 bunch kale, stripped
and chopped [chiffonade]
1/4 cup hummus (can substitute 2T olive oil
and 1/8 C apple cider vinegar)
½ lemon, juiced
¼ - ½ tsp salt
½ tsp red chili flakes or some hot pepper
chopped
½ red bell pepper, finely chopped
1 small carrot, grated or julienned
½ purple onion, diced

Great on crackers

RISSOTO

SWEET POTATO LASAGNA

FOR THE CASHEW CHEESE:

1 cup cashews
1 ½ tablespoons nutritional yeast
2 tablespoons fresh lime juice (from 1 to 2 limes)
¼ teaspoon garlic powder
¼ teaspoon sea salt
¼ teaspoon freshly ground black pepper

FOR SWEET POTATO FILLING:

3 pounds white-fleshed sweet potatoes (4 to 5 med),
peeled and cut into large pieces
1 tablespoon fresh lime juice (from 1 lime)
Sea salt

FOR THE SAUTÉED GREENS:

2 cups finely chopped leeks, white and light green
parts
12 ounces button mushrooms, finely chopped (4 cups)
2 small cloves garlic, minced
Sea salt
1 bunch Swiss chard, finely chopped (about 4 cups)
1 bunch spinach, finely chopped (about 4 cups)

FOR THE TOMATO SAUCE:

3 medium tomatoes, diced (about 3 cups)
1 cup diced red onion
2 (6-ounce) cans tomato paste
2 pitted dates
2 cloves garlic
1 tablespoon dried oregano
1 tablespoon dried basil
1/8 teaspoon freshly ground black pepper
Sea salt
1 pound rice lasagna noodles (16 noodles)

INSTRUCTIONS:

1. To make the cashew cheese: Place the cashews in a small bowl and add at least 1 cup water. Set aside to soak until softened, 1 to 2 hours. Drain the cashews and place them in a blender with the nutritional yeast, lime juice, garlic powder, salt, pepper, and ¾ cup water. Blend until the mixture is smooth and has the

consistency of cream cheese. Transfer the cashew cheese to a pastry bag, a resealable bag, or a squeeze bottle, and set aside.

2. Meanwhile, to make the sweet potato filling: Place a steamer basket insert in a saucepan filled with about 2 inches of water. Bring to a simmer, and add the sweet potatoes. Cover the pan and steam until tender when pierced with the tip of a sharp knife, 15 to 17 minutes. Transfer the sweet potatoes to a large bowl.

3. Use a potato masher to mash the sweet potatoes. Add the lime juice and salt to taste, and mix well. Set aside.

4. To make the sautéed greens: Combine the leeks and ¼ cup water in a sauté pan. Cover and cook over low heat until the leeks are very soft, about 15 minutes. Add the mushrooms, garlic, and salt to taste. Cook, covered, over medium heat, until the mushrooms are soft, 5 to 7 minutes. Add the Swiss chard and the spinach, and cook, uncovered, until the greens are tender, 5 to 7 minutes. Remove from the heat and let cool.

5. To make the tomato sauce: Combine the tomatoes, onion, tomato paste, dates, garlic, and 1 cup water in a blender or food processor. Blend until smooth. Transfer the mixture to a saucepan, and add the oregano, basil, pepper, a generous pinch of salt, and 2 cups water. Cook over medium heat for 40 minutes. Taste for seasoning and set aside.

6. Bring a large pot of water to a boil. Cook the noodles according to the instructions on the package. Drain thoroughly. Spread out the noodles on a wire rack or a towel, making sure they do not overlap. Let cool.

7. Preheat the oven to 350°F.

8. To assemble the lasagna, spread 1 ½ cups of the tomato sauce over the bottom of a 9 × 13-inch baking pan that is at least 2 inches deep. Arrange a layer of 4 lasagna noodles on top, slightly overlapping each of them.

9. Top with half of the mashed sweet potatoes, then another layer of 4 noodles. Spread all of the sautéed greens on top. Pipe half of the cashew cheese on top of the greens (if it is in a resealable bag, just snip off one corner).

10. Arrange a layer of 4 pasta noodles on top of the cheese. Spread half of the remaining tomato sauce over the pasta. Spread the remaining sweet potatoes on top.

11. Arrange the last layer of pasta atop the sweet potatoes. Spread the remaining tomato sauce on top. Pipe the remaining cheese over the sauce in a fun zigzag or swirling pattern.

12. Bake until the cheese on top is lightly browned and the sauce is bubbling along the sides of the pan, about 45 minutes. Let stand for 5 minutes before serving.

Session

#19