



Session 4 Comments? patmos@sbcglobal.net

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Synopsis of session 3 mea culpa Dwn

Whole foods Plant Based works BUT it is a marriage not flirting... dabbling no help

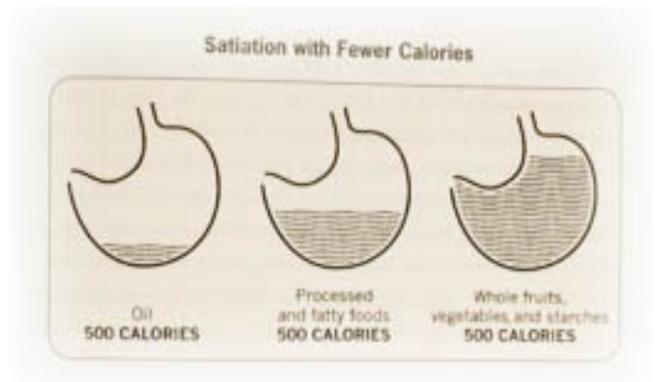
Forks over Knives does not believe in olive oil

B12 most recommend supplementing... wife and I will go without it while levels ok

Wheat and starches not the bad boys, animal proteins and processed concentrated calories are.

Jams and jellies with PECTIN ma help joint health as does occasional bee sting

Herb Risotto might skip the chile pepper!! Regular rice works just less creamy



WEIGHT REDUCTION NOTES

When high density foods gone, feel better and get away with eating more volume tastes buds enliven, but be sure to have enough food so don't go eating after meal cuz still hungry (1/2 hr)

Less juicing as juicing concentrates food and feel less full.

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.

Pace eating, force yourself to wait 30' between healthy snacks so your body is feeling effects

Crunchy Sweet Brussels Sprout Salad

1 pound Brussels Sprouts

2 TBSP olive oil

½ tsp. ground nutmeg

Salt and freshly ground black pepper

½ cup chopped walnuts or pecans

½ cup dried cranberries

Shred or finely chop Brussels sprouts.

Warm olive oil in large skillet over medium heat. Add Brussels sprouts, nutmeg, salt, and pepper to taste. Cook, stirring, until the sprouts are bright and slightly wilted, about 2 to 3 minutes. Add the walnuts and the cranberries, toss to combine and serve. Can be served warm or delicious the next day cold

Russian Cabbage Borscht

1 1/2 cups thinly sliced potatoes
1 cup thinly sliced beets
4 cups vegetable stock or water
2 TBSP butter
1 1/2 cup chopped onions
1 tsp. Caraway seed
2 tsp. Salt
1 celery stalk chopped
1 large carrot sliced
3 cups coarsely chopped red cabbage
Black pepper to taste
1/4 tsp fresh dill weed
1 TBSP cider vinegar
1 TBSP honey
1 cup tomato puree
Optional sour cream for topping or chopped tomatoes for garnish (I do neither)

1. Place sliced potatoes in medium saucepan over high heat; cover with stock, & boil until tender. Remove potatoes & reserve stock.
2. Steam beets until tender (may peel before or afterwards) If peeled, save water from steamer.
3. Melt butter or olive oil in a large skillet (I use my large soup pan) over medium heat. Stir in onions, caraway seeds, and salt; cook until onions become soft and translucent. Then stir in celery, carrots, and cabbage. Mix in reserved stock; cook, covered, until all vegetables are tender, ~10'
4. Add potatoes and beets to the skillet or large soup pan. Season with black pepper and dill weed. Stir in cider vinegar, honey, and tomato puree. Cover, reduce heat to medium low, and simmer at least 30 minutes. Can also serve with sour cream, extra dill weed, or chopped fresh tomatoes.

Lenten Apple Cake

Ingredients:

4 medium apples, cut into 1/4 inch slices (4 cups)
Juice of 1/2 lemon
3 cups flour
1 cup sugar
3/4 cup chopped almonds, pecans, or walnuts
1 1/2 teaspoons baking soda
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 teaspoon ground nutmeg
1 cup applesauce
1/2 cup vegetable oil or butter if not Lenten season.
1 teaspoon vanilla

Directions:

1. Preheat oven to 350 degrees. Grease 13x9 inch baking pan.
2. Place apple slices in medium bowl and drizzle with lemon juice and sprinkle with sugar; toss to coat. Let stand 20 minutes or until juice forms.
3. Combine flour, sugar, nuts, baking soda, cinnamon, salt and nutmeg in large bowl; mix well. Add oil and applesauce and vanilla; stir until well blended. Stir in apple mixture. Spread batter in prepared pan.
4. Bake about 25 min. or until browned and toothpick comes out clean from center. Cool pan on wire rack for 10 minutes. Serve warm. (Makes 16 servings)