

EAT TO LIVE MARCH 19th, 2015

Why plant based eating?... "a time for everything" (gardener), "do not hate hard work, especially farming which was created by the most High"

Sirach 7:15... our journeys
Prep time family time

Experience texture, temperature,
sweet, heat, feel...

GREEN DRINKS:

kale, carrot, apple, cuke
Grapes, apple, berry, spinach
Pears, parsnips, +/- lime
Kale, apple, sweet potato, ginger
Basil, cilantro, mango, onion, lime

START MAIN DISH

US consumptn/yr of sugar from-to
40-180 AND 60 high fructose corn syrup;
53 gallons pop
Got MILK? 5%-20% cancer studies with human confirmation in
WW2 with Sweden's restriction
Calcium, protein and Vitamin D suppress Vit D production,
phosphorus is "anti-Calcium"
Multivitamins, dehydrated veggies in a capsule---Hundreds of
compounds in an apple---Herbs
McDonald study--- nitrates to open blood vessels---

CEVICHE ala Esselstyn's Vegan recipe

1 bunch kale, stripped and chopped [chiffonade]
2T olive oil and 1/8 C apple cider vinegar
(can substitute or add 1/4 cup hummus)

1/2 lemon, juiced

1/4 - 1/2 tsp salt

1/2 tsp red chili flakes or some hot pepper chopped

1/2 red bell pepper, finely chopped

1 small carrot, grated or julienned

1/2 purple onion, diced

Biblical basis.. pellagra story... fat empty calories... body builders
supplements

Nutrients cotransported... eating animals: 8x fuel, 100x water, sign
of wealth; CROWS HERE

Challenges: taste, satiety, prep time BUT less spoilage, cheaper, do it
yourself social activity

Substitute: eggplant or mushrooms give sense of meat texture, just
skip bacon, olive oil any fat 3pm

Natural snacks, sugars.. Heirloom wheat deeper
roots, less bountiful, fickle w weather

Bioavailability of nutrients 20x difference. no meticulous nutrient
counting needed.

Check B12

Osteoporosis highest in countries with highest

milk consumption: New Zealand, Aussies and US

Kidney stones more with more animal protein... fat and saturated fat
correlates Alzheimer's

blood oranges and other darker veggies higher in nutrients; sweet
potatoes lower glycemic Wheat and starches not the bad boys,
animal proteins and processed concentrated calories are.

cooking releases tomatoes lycopenes. Blueberries and dementia.

Prunes increase bone density

jam and jelly for joint health, enforce 1/2 hour wait between healthy
snack and more eats

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.

EATING ON THE WILD SIDE Jo Robinson

FORKS OVER KNIVES on Netflicks

THE CHINA STUDY T Colin Campbell PhD & son

WHOLE T Colin Campbell

CHEF DEL'S BETTER THAN VEGAN

LENTEN COOKBOOK Arestedis Laftsidis

THE VEGETARIAN BIBLE Publications Interntl

MOOSEHEAD COOKBOOK Mollie Katzen

ROCKIN RAMEKIN SHROOM SHANTY

BAKE (or grill outside) at 375 degrees
Fahrenheit- about 20 minutes-

- 6 portabello mushrooms (eggplant properly grilled could replace)
- Slice Portobello 1/2"-3/8" thick and make circle exactly 3" diameter (fit dish)
- 2 red peppers in nickel sized pieces
- 10 asparagus spears in 1 1/2" pieces

BAKE also same time: 30 minutes (covered with foil) before uncovering
and adding 1 cup red wine then continue cooking 15 more min:

- Mushroom castaway pieces
 - 8 cloves garlic
 - 2 chopped carrots
 - 3 shallots chopped
 - 3 T fresh thyme
- then Blend solids then add wine back (can cook down)

SAUTE 2 chopped onions in olive oil.. herb infused?
Dash [deglaze] with 1/4 C sherry at end

BOIL up some peeled white and sweet potatoes...
Use RICER then mash well while hot - no additives

In ramekin dish put 1/2" layer of mashed potato on the bottom

Then add Portobello circle

Put 1/2 layer of potato on sides of Ramekin dish

Smear layer of onion over the mushroom

Put Red Pepper layer on then

Arrange sprigs of asparagus around dish

Cover with generous dollop of wine/veggie sauce

Top with a few green olives quartered

Wheat not bad guy

Bioavailability in whole vs vitamins

Milk bad boy

collards

spaghetti squash

vascular mcdonalds

Pumpkin Rice Pudding

1 cup water

1 cup arborio rice

3 cups Vanilla Unsweetened Almond milk

1 cup solid-pack pure pumpkin (not pumpkin pie filling)

3/4 cup honey

1 teaspoon vanilla extract

1 teaspoon ground cinnamon, plus more for garnish

1/4 teaspoon ground ginger

1/4 teaspoon ground nutmeg

1/8 teaspoon ground cloves

1/4 teaspoon salt

Bring the water + 1 C Almond milk to a boil in saucepan. Stir in the
rice and cover. Reduce the heat to low and simmer until the rice is
nearly cooked, about 20 minutes, stirring occasionally.

In a large bowl, whisk together the other ingredients and add then
cook another 5-10 minutes.

Serve topped with nuts or whipped cream.

Todd and Terry Giese patmos@sbcglobal.net for comments/info

