

EAT TO LIVE

Session #7

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certificate in plant based nutrition from
eCornell university.. Colin Campbell of Forks
over Knives and book WHOLE

Adam and Eve

current food supply... deep roots

?allergies

natural sweet, don't count vitamins B12

co-absorbtion

food prep- save water

growing your own- bee sting

peaches 50 deg

prunes/plums increase bone density

jam for joints

Stock fridge (wait between snacks) with

salsa

refried beans or hummus

jelly/jam

almond milk

fresh fruits even some cut up to grab and go

steamed vegetables like green beans, broccoli

snap peas or cauliflower

baked potato or sweet potato

cooked grains

cooked beans

corn or wheat tortilla

Vegetarian Ceviche

4T olive oil

¼ apple cider vinegar

1 lemon

½ tsp salt

chopped hot pepper

red or green pepper chopped

julienned carrots x2

diced purple onion

Creamed Kale

Onion & garlic

Kale

Almond milk

Salt, pepper, ? nutmeg



Ter: why garden? start kids early, plan per

God's produce, exercise

green plate, grilling veggies, crockpot,

substitutions, farmers markets/co-ops

shortcuts: tomatoes, beets, clean as u go... sun

dried roma tomatoes

Ratatouille [mine chard, no P,Z, T]

1/4 cup olive oil, plus more as needed

1 1/2 cups small diced yellow onion

1 teaspoon minced garlic

2 cups medium diced eggplant, skin on

1/2 teaspoon fresh thyme leaves

1 cup diced green bell peppers

1 cup diced red bell peppers

1 cup diced zucchini squash

1 cup diced yellow squash

1 1/2 cups chopped tomatoes

1 tablespoon thinly sliced fresh basil leaves

1 tablespoon chopped fresh parsley leaves

Salt and freshly ground black pepper

Cook start at the top!!

Finish ? fruit.. ?pie.. granita... melon