

Eat To Live #23

Amazing references

Alive Scott Stoll, MD *Eat a Little Better* Sam Kass *Breaking*

the Food Seduction John Robbins *Program for Reversing Heart Disease* Dean Ornish *Eat to Live* Joel Fuhrman *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 *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 *Goodbye Diabetes* Wes Youngberg *The Kick Diabetes Cookbook* Brenda Davis *Becoming Vegan* Brenda Davis *Tahini and Turmeric* Vicky Cohen **Online:** <https://forksmealplanner.com>



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 **EPIGENETICS** re **CANCER**

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!!! Farmer's market, your own garden, then preserving!

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)

I'm in a rush to find a healthier way of eating so all my patients can live up to their potential. Horrible genetics trend... epigenetics 1st discovered Caldwell...250 genes can turn off/50 on; China then mic. When did we start nosing around where we need not be??? ADAM! Eat what we can distill out of it instead of the apple itself!?!? Pills/Orwellian. Pleasure principle (aided by affluence), tastes good, do more. Not entirely marketing. God hints: Daniel 1:12,15. But we trust our scientists. 1601 3t lemon and 1795 believed, 1907 meat and cancer linked it's not 2101 yet. Blue zones centenarians, national advisor who published yet would not diss meat in formal rec, this is not just wt loss! Inflammation, diabetes, heart disease, skin conditions. But meat sells, got milk? Did God hint in Exodus 16:13?

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; rather 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: Sirach 7:15 "Don't hate hard work and farming, which were created by the Most High."

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 not just richness and sweetness. We must reduce added sweeteners.

SWEET POTATO PIE VEGAN

INGREDIENTS

2 ½ -3 pounds of sweet potato
1 teaspoon of baking powder
1 1/2 teaspoons cinnamon
1/2 teaspoon of ginger
1/2 teaspoon of cloves
1/4 teaspoon of cardamom
1/4 teaspoon of nutmeg
4 t tapioca flour (or corn starch)
1 teaspoon vanilla
3 T Rum
4 T of maple syrup
2/3 C almond breeze (more if too thick)
Zest from a 1/4 orange

PIE CRUST

Box ginger snaps
2-3 heap tsp coconut oil
1/4 C olive oil
1/4 C brown sugar
mix in food processor

DIRECTIONS

Use a food processor to chop up ginger snaps and add the oils and brown sugar. Rub just a little of the coconut oil on the pie pan before dumping the crust mixture in pan and pat into pan and up the sides just a bit.

Sweet potatoes can be baked then peeled or peeled first and steamed or boiled. For the creamiest sweet potatoes put them thru a ricer after they are baked or steamed then mix gently (potato masher best, but mix master is ok, just don't overdo it). DO NOT use the food processor, they get gummy that way. Mix all the other spices and ingredients before adding to sweet potatoes. Add extra water (reserved from steaming or boiling best) or even almond milk if it is too thick. The mixture should just be able to be "poured" onto the crust. Dress the top with some carefully carved orange peel (or not), and bake at 365°F for 50 minutes.

VEGAN WHIPPED CREAM

From Forks Over Knives, VANILLA BEAN WHIP

INGREDIENTS

12-ounce package extra firm silken tofu, drained
1/2 cup cashews, soaked overnight and drained
1/2 cup 100% pure maple syrup
2 tablespoons fresh lemon juice
1 vanilla bean, Pinch salt

INSTRUCTIONS

Combine the tofu, cashews, maple syrup, lemon juice, and salt in a blender. Puree until smooth. Scrape down the sides of the blender to incorporate all the ingredients. Slice the vanilla bean in half lengthwise with a sharp knife and scrape the seeds into the blender. Blend the mixture until very smooth.

Transfer the mixture to a bowl and cover with plastic wrap. Chill for several hours in the refrigerator, or until firm.



VEGAN MEATLOAF

INGREDIENTS

FOR THE VEGAN MEATLOAF

1 small onion, finely chopped, golf ball size
2 large cloves of garlic finely chopped
1 cup cooked red lentils (measured after cooked)- don't overcook lentils. They should be just soft. If they're soggy it will make the meatloaf soggy.
1 cup cooked green lentils (measured after cooked) Cook to be just tender.
3 cups mushrooms, finely chopped (measured after chopping). White, button, cremini (brown) or portobello are all fine to use.
1/2 cup walnut pieces (60gm)
4 tablespoons = 1/4 cup ground flax seeds
1 cup bread crumbs, made from a stale loaf of bread, or use panko crumbs
1 cup oat, rice, spelt or whole wheat flour
1 tablespoon Tamari (or coconut aminos, or soy sauce)
1 teaspoon each of pepper and salt
2 teaspoons dried thyme
Up to 1/2 cup water, you might not need any at all

FOR THE GRAVY

2 medium onions, chopped
1 tablespoon nutritional yeast
2 tablespoons tamari, or soy sauce
1 tablespoon arrowroot or cornstarch (or just regular all purpose flour)
2 cups mushroom broth, or 2 cups of water and 3 mushrooms

DIRECTIONS

1. Preheat oven to 370°.
2. Make sure the onion, garlic & mushrooms are chopped finely. If you have a food processor you can do this in there with the regular blade.
3. Put them in a large bowl then add all other meatloaf ingredients except the water.
4. Mix very, very well together. There is a lot of it and it is hard to mix with a spoon so it's much easier to get your hands in there and squidge it all together well.
5. You need it so that it sticks together nicely when you squeeze it with your hands. If it does this easily then don't add any water. If it's still a little crumbly and won't come together add water very gradually until it just starts coming together. I often need no water at all. Definitely don't add more water than it needs or it will make the loaf soggy.
6. Lay a strip of parchment paper down the length of a loaf tin with enough length either end to act as handles for pulling the finished loaf out (my tin is 8.5 x 4.5 x 2.75 inches. Any tin roughly that size will be fine)
7. Spoon in the meatloaf mixture and pack down really tightly.
8. Bake in the preheated oven for 50-60 minutes. Keep an eye on it towards the end. You want it to go a bit crusty and brown on the top but not too dark. You can cover it with a piece of foil if it does start going too brown.
9. Remove from the oven and leave to cool in the tin, covered tightly in foil for at least 15 minutes but up to 30 is ok. Then remove and slice.

FOR THE GRAVY

1. Sauté the onion slowly over a low heat until a deep golden brown.
2. Transfer to a blender with all of the other ingredients and blend until very smooth.
3. Pour into a pan and stir over a medium heat until thickened and piping hot.
4. If you prefer your gravy a little thinner just add some boiling water from a kettle and stir well until you get the consistency you like.
5. Serve the meatloaf sliced and doused in gravy.

MAPLE CINNAMON CRANBERRY PEAR SAUCE

INGREDIENTS

1 12 oz package fresh cranberries (about 3.5 cups) (rinsed and drained) 1/2 cup water
1/4 cup pure maple syrup
Juice of 1/2 orange
Zest of 1/2 orange
1 tsp cinnamon
1/2 tsp ground ginger
1 pear (peeled, cored and diced)

DIRECTIONS

1. Add all ingredients, except the pear, to a pot and simmer on the stove, stirring occasionally so the sauce doesn't stick, until cranberries start to burst and the mixture gets saucy, about 20 minutes.
2. Add the diced pear and continue to cook about 5 minutes more. 3. Let cool.



PUMPKIN TART

INGREDIENTS

1.5 C rolled oats
4 T flaxseed meal
3 T almond butter
3 T almond milk
1 can pumpkin (15 oz)
3/4 C almond milk
1/3 C dates pitted
1/4 C maple syrup
2 T arrowroot powder
2 t pumpkin pie spice
1 t vanilla
1/4 t salt

DIRECTIONS

1. Preheat oven to 375°F. For crust, in a food processor sir combine oats, 3 tablespoons of flaxseed meal, and the almond butter. Cover and pulse until mixed. With processor running, slowly add 3 tablespoons milk until mixture starts to cling together. Press onto the bottom and up the sides of a 9 inch tart pan with a removable bottom.
2. For filling, combine the remaining 1 tablespoon flaxseed meal with 1/4 cup water. Let stand five minutes. Add to food processor with the next eight ingredients through salt. Cover and process until smooth. Spread filling into crust.
3. Bake 50 minutes until filling is set. Cool on a wire rack for 30 minutes. Chill five hours. Remove sides of tart pan. Dress with:
- 4.

AQUAFABA CREAM (OPTIONAL)

In a medium bowl beat 1/4 quarter cup chickpea liquid drained from a can of chickpeas, 1 tablespoon pure maple syrup, and 1 teaspoon vanilla with the mixer on medium to high until foamy. Beat on high until stiff peaks form.