

# EAT TO LIVE #9 June 8th, 2016 Whole Food Plant Based (WFPB) by Todd and Terry Giese [patmos@sbcglobal.net](mailto:patmos@sbcglobal.net)

12% plant based in America but 6% if you exclude French fries...what it can do for you: GI, skin, digestion, vitality, cost, time and trouble, preserving... what it can't do for you: magic wt loss, make you live longer, replace faith, treat existing cancer or disease...what we know...and don't till?? What we will try to cover...GMO...organic... classes similar, not a series...making change is the important thing Kinda VEGAN...many recipes can convert...Veggie broth (own) for chicken broth...no or minimal cheese (sheep) *MOSTLY* avoid meat, pork, chicken, turkey, bacon, cheese, milk, coconut oil, animal fats, butter, yogurt, crisco I don't try to make same textures as I don't like tofu, banana, xanthum gum. I use olive oil for any including butter, both salt & sugar are preservatives but use needs to be minimized. Ok with occasional egg esp cooking

Tomato-Cucumber-Avocado Salad  
Sweet Potato Soup  
Mushroom-Basil Au Gratin

NOTES:

Some good resources:

Alive Scott Stoll, MD  
Breaking the Food Seduction Neal Barnard, MD  
Diet for New America John Robbins  
Program for Reversing Heart Disease Dean Ornish's  
Eat to Live Joel Fuchman, MD  
Eating Mindfully Susan Alpers, PhD  
Eating on the Wild Side Jo Robinson  
Fifty Two Loaves William Alexander  
Forks Over Knives on Netflix  
Prevent and Reverse Heart Disease CB Esselstyn Jr MD  
The China Study T Colin Campbell PhD & son  
The Idiot's Guide Plant Based Nutrition Julianna Hever  
Whole T Colin Campbell

Better than Vegan Chef Del  
Lenten Cookbook Arestedis Laftsidis  
The Vegetarian Bible Publications International



## TOMATO CUCUMBER AVOCADO SALAD

- 1 lb Roma tomatoes chopped (bite-sized)
- 1 English cucumber partly peeled and sliced
- 1/2 medium red onion, sliced
- 2 avocados, diced
- 1/4 cup (1/2 bunch) cilantro, chopped

### Dressing:

- 2 Tbsp extra virgin olive oil
- Juice of 1 medium lemon (about 2 Tbsp)
- 1 tsp sea salt or 3/4 tsp table salt
- 1/8 tsp black pepper

## SWEET POTATO SOUP

- 2 teaspoons ~~canola~~ olive oil
- 1/2 cup chopped shallots
- 3 cups (1/2-inch) cubed peeled sweet potato
- 1 1/2 cups (1/4-inch) sliced peeled carrots
- 1 tablespoon grated ginger
- 2 teaspoons curry powder
- 3 cups ~~chicken~~ veggie broth
- 1/2 teaspoon salt

### Preparation:

Heat oil in a large saucepan over medium-high heat. Add shallots, sauté 3 minutes or until tender. Add potato, carrots, ginger, and curry; cook 2 minutes. Add broth; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until vegetables are tender; stir in salt.

Pour half of soup in a food processor; pulse until smooth. Repeat procedure with remaining soup.

## MUSHROOM-BASIL AU GRATIN

- 4-5 large Yukon potatoes, sliced thinly
- 8 large white or crimini mushrooms, sliced thinly 1 yellow onion, sliced thinly
- 1 bunch chard
- 1/2 bunch fresh basil (about 20 leaves), roughly chopped

### Sauce:

- 1/3 cup raw cashews
- 1 cup water
- 1/2 cup non-dairy milk (almond)
- 1/2 cup parsley leaves
- 2 green onions, diced
- 1/2 teaspoon garlic powder

### Preparation:

In a high-speed blender, grind the cashews (soaked if less vigorous blender) by themselves first; then add the water, soy almond milk, parsley, green onions and garlic powder and blend thoroughly. Set aside.

To prepare the vegetables, using a mandolin slicer with the thin slicing blade (as if you were making potato chips), slice the potatoes, mushrooms and onion, and set aside in separate bowls. Remove the thickest stems from the chard leaves, and rough chop the basil; wash both and set aside.

In a 13"x9" rectangular glass baking dish, layer vegetables in this order, starting with a thin layer of sauce in the bottom of the dish (you do not need to oil or prepare the pan): potatoes, mushrooms, onions, basil, chard, sauce. Add a second layer of vegetables and sauce, then finish with a final layer of potatoes, pouring the last bit of sauce over the top. Cover with aluminum foil and bake at 400 degrees for 35 minutes. Remove the foil and cook an additional 15 minutes until lightly browned (optional: grind some cashews on top first). Remove and let sit for at least 5 minutes before serving.

## A WEEK in WHOLE FOOD EATING

### BREAKFAST:

1. Toast and jam (in fry pan with olive oil), fruit
2. Toast with hummus, fruit (?mango)
3. Toast with hummus and tomato
4. Steel cut oatmeal, apple cider
5. Malt O Meal with molasses
6. Egg in a Nest, orange
7. Fresh fruit with coconut

4. leftover gnocchi, green drink, asparagus, apple
5. grilled veggie tortilla wrap w hummus, leftover salad, green drink
6. grilled collard greens with bread, corn, honeydew
7. snack on peppers, apples w peanut butter, popcorn

3. Portobello mushroom, grilled onion, peppers and squash
- fresh arugula, gnocchi with tomato sauce, corn, baked apple
4. fruit salad, mashed potatoes/turnips, cooked carrots, grilled collards, strawberry shortcake
5. fresh salad, okra fritters, peas, watermelon
6. fruit salad, peas and carrots, homemade pasta with sauce
7. kale ceviche, sweet potato baked, quinoa stuffed peppers, cherry pie

### LUNCH:

1. Salsa and chips or "rusks", leftovers, green drink
2. grilled brussels sprouts, three bean salad, leftover soup, pear
3. grilled beet sandwich w pickle relish, leftover sweet potato, green drink

### DINNER:

1. fresh garden salad with homemade fat free dressing, sweet potato soup, mushroom au gratin, honeydew
2. chips and hummus, sweet potato in oven, grilled