

# EAT TO LIVE Aug 24, 2016

Todd Giese, MD: certified in whole food plant based nutrition  
Terry Giese, RN (intensive care NIMC) and chief chef at home

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 Netfliks

Prevent and Reverse Heart Disease CB Esselstyn Jr MD

The China Study T Colin Campbell PhD & son

The Idiot's Guide Plant Based Nutrition J Hever

Whole T Colin Campbell

Better than Vegan Chef Del

Lenten Cookbook Arestedis Laftsidis

The Vegetarian Bible Publications International

WHY FRESH FOOD

WHY NO (or minimal) ANIMAL PROTEIN

WHY NOT ORGANIC

WHAT'S THE COST

TONIGHT'S dishes in BLUE

Grilled cauliflower with collard greens

Sauté 2/3 C red onion in add cut up collard greens with 3/4 C veggie broth 1/3 C apple cider vinegar and 1T brown sugar and a few hot pepper flakes... cover once able for 10-20 mins.

One week vegan fare (with a little cheating!!)

SNACK: farm stand cherries, plums

DINNER: SUMMER SQUASH and CORN CHOWDER

1 cup elbow noodles

1 cup summer squash

2 cups crooked neck squash

1/2 cup chopped onion

2 cups chopped tomato

2 cloves of garlic minced

1/2 cup mozzarella and goat cheese

2 tablespoons fresh basil

2 teaspoons fresh oregano

Salt and Pepper

hot pepper to taste

2 sticks celery

2 cobs of corn cut off kernels

1 teaspoon thyme

frying up the onions and garlic in olive oil then add celery, pepper, spices and squashes. Add a little bit of water or almond milk and then add the noodles and other ingredients. Let simmer 15 min... (Add cheese last and) enjoy

Sunday BREAKFAST Slice up peeled butternut squash in quarter inch or less pieces and fry them in just a little bit of olive oil and take off of the stove (set aside, use like bread) ...veggie skillet: fry onion and peppers chopped up with some tomato and kale. Toss in an egg or two ... serve with fresh peaches.

SNACK Chips with Homemade salsa: 1.5 lb tomatoes, 3/4 cup onion, corn off one, chopped fresh cilantro, one hot pepper, juice of 2 limes, apple cider vinegar, sweet pepper, cumin, chili powder and coriander with mango and fresh sweet corn

DINNER Tortilla with veggies: steamed broccoli, sautéed onion and pepper (with tiny bit of cheese), wine

Monday BREAKFAST pancakes from mix(some add maple syrup) with fresh peaches and cantaloupe

SNACK nuts & boiled beans with tamari sauce on tortilla chips

DINNER kale ceviche, grilled beets on sourdough, sweet corn and acorn squash with boiled beans (and cheese)

Tuesday BREAKFAST bread with grilled beet, kale ceviche, tomato slice, (tiny slice cheese) with fresh plums and cherries SNACK trail mix

DINNER eggplant parmesan:

3 medium-large eggplants, cut crosswise into 1/4-inch slices

1 large onion, finely chopped

1 large clove garlic, thinly sliced

1 1/2 teaspoons dried oregano

28-ounce plum tomatoes or crushed tomatoes

1 tablespoon red wine vinegar

1/2 cup (packed) fresh basil leaves

Salt and freshly ground black pepper

2 cups fresh pasta (semolina with salted water!)

1 tablespoon chopped fresh oregano leaves, optional

must salt and then rinse eggplant, then grill 1<sup>st</sup>

fry in olive oil other ingredients, layers alternate

bake for 45 minutes at 425 degrees

fresh salad and tomato and s'mores for nite snack

Wednesday BREAKFAST kale ceviche, tomato slice on grilled butternut squash (like bread), cantaloupe DINNER veggie roast: butternut squash, patty pan squash, potato, sweet potato, carrot, celery, onion, chili pepper, sweet pepper, parsnips, white balsamic vinegar, olive oil.

Kohlrabi salad: Kohlrabi sliced real thin, green apples sliced small, grapefruit juice, ginger, white balsamic vinegar, lemon balm, Dijon mustard, sugar

Thursday BREAKFAST omelets with bacon peppers potato onion kale SNACK

butternut squash with kale ceviche DINNER eggplant Parmesan, fresh salad, (Fannie may mint meltaway)

Friday BREAKFAST pancakes with peaches (maple syrup)

DINNER BORSCH with beet, onion, red cabbage, potato, garlic, white balsamic vinegar, Italian spice, pepper, carrots, celery, lemon, chard, tomato, onion chive, parsley, beet, onion, garlic, cumin

Saturday BREAKFAST eggplant Parmesan and grape fruit