

Eat To Live #17

Amazing *Alive* Scott Stoll, MD (*Eat a Little Better* Sam Kass) *Breaking the Food Seduction* John Robbins *gram for Reversing Heart Disease* Dean Ornish *Eat to Live* Joel Fuchman, MD *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 *The 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 **Online:** <https://forksmealplanner.com>
<https://plantrician.rouxbe.com/recipes>
<https://www.outofthedoldrums.com>

I'm in a rush to find a healthier way of eating so all my patients can live up to their potential. Living in an age dominated by marketing and mass produced food distorts our dietary education. We are NOT in need of lots of protein; plant and vegetable based diets provide all the protein we need, even extreme athletes. With high protein diets between 50-65 there is a 73-fold increase risk of diabetes. Reference: Wisdom 7:15 1907 NY Times headline More cancer in meat-eaters.

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. It is a process anyone can undertake to alter one's taste buds to appreciate tastes that were previous drowned out in richness and sweetness. Over time we must reduce the added sweeteners.

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

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

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benefit your health. Really!!!

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:

KOHLRABI SALAD



1 red apple
1 green apple
One kohlrabi

M
I
X

Make dressing
1 part mustard ie T
2 parts apple cider vinegar ie
2T
1/3 part maple syrup ie 1t

T
C
D

Sesame seeds, Coriander, Olive oil, Salt & P

FIG AND GREENS SALAD

MIX together ½ C Walnut halves, 1/8 t cayenne pepper, a T olive oil, 1/8 t salt then put in 375°F oven on sheet 10'

TOSS one 15oz can of rinsed and drained chickpeas with 5 oz arugula, ½ C dried figs quartered and one carrot shaved, **ARRANGE & SPRINKLE** goat cheese & toasted walnuts

TOP WITH DRESSING: Wisk 2 t balsamic vinegar, 1 t honey, 2 T olive oil, ½ t salt

AVOCADO & WHITE BEAN WRAP

1½ cups cooked great northern

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)

beans or 1 (15-ounce) can, rinsed and drained
1 tablespoon liquid aminos (or tamari or soy sauce)
1 tablespoon white balsamic vinegar
1 large or 2 small avocados, halved
2 tablespoons fresh lime juice
2 tablespoons fresh parsley or cilantro, if preferred
1 tablespoon diced canned green chilis
1 teaspoon garlic powder
1 teaspoon smoked paprika
½ teaspoon onion powder
Sea salt
Freshly ground black pepper
2 lavash wraps or large wheat tortillas
1 to 2 Roma tomatoes, thinly sliced
2 large handfuls of baby spinach or grilled asparagus

INSTRUCTIONS

1. Sauté the beans in a large frying pan over medium heat for 1 to 2 minutes or until warm. Add the liquid aminos and cook, stirring occasionally, until the liquid has cooked away. Add the vinegar and cook, stirring once or twice, until the liquid has cooked away. Remove from the heat and mash the beans with a fork.
2. Scoop the avocado flesh into a large bowl and mash until there are no chunks. Add the mashed beans, lime juice, parsley, green chilis, garlic powder, paprika, and onion powder. Mix. Add the salt and pepper to taste.
3. Spread half of the avocado mixture onto one wrap or tortilla. Add a row of tomato slices across the shorter dimension of the wrap, an inch or so from one edge, a row of spinach next to it (or grilled asparagus), another row of same. Roll the wrap. Chop into 3 to 4 sections.