



EATING ON THE WILD SIDE Jo Robinson  
FORKS OVER KNIVES on Netflix  
THE CHINA STUDY T Colin Campbell PhD & son  
WHOLE T Colin Campbell  
CHEF DEL'S BETTER THAN VEGAN  
LENTEN COOKBOOK Arestedis Laftsidis  
THE VEGETARIAN BIBLE Publications International

Why plant based eating?... “a time for everything” (gardener), “do not hate hard work, especially farming which was created by the most High” Sirach 7:15.... our journeys 2:12 to Ter

### ZERO SOUP

2:24 Experience texture, temperature, sweet, heat, feel... contrast a donut

Green drinks... like kale, apple, carrot, cucumber, ginger

US consumption/yr of sugar from-to 40-180 AND 60 high fructose corn syrup; 53 gallons pop  
Got MILK? 5%-20% cancer studies with human confirmation in WW2 with Sweden's restriction  
Calcium, protein and Vitamin D suppress Vit D production, phosphorus is “anti-Calcium”  
Multivitamins, dehydrated veggies in a capsule---Hundreds of compounds in an apple—Herbs  
McDonald study--- nitrates to open blood vessels—2:36 to Ter

### CEVICHE

2:48 Biblical basis.. pellagra story... fat empty calories... body builders supplements

Nutrients cotransported... eating animals: 8x fuel, 100x water, sign of wealth; GROWS HERE

Challenges: taste, satiety, prep time BUT less spoilage, cheaper, do it yourself, social activity

Substitute:eggplant or mushrooms give sense of meat texture, just skip bacon,olive oil any fat 3pm

### RISSOTO

3:12 Natural snacks, sugars.. Heirloom wheat deeper roots, less bountiful, fickle w weather

Bioavailability of nutrients 20x difference.no meticulous nutrient counting needed. Check B12 iff

Osteoporosis highest in countries with highest milk consumption: New Zealand, Aussies and US

Kidney stones more with more animal protein... fat and saturated fat correlates Alzheimer's 3:24

### WINTERGREEN SALAD

3:36 blood oranges and other darker veggies higher in nutrients; sweet potatoes lower glycemic

Wheat and starches not the bad boys, animal proteins and processed concentrated calories are.

cooking releases tomatoes lycopenes. Blueberries and dementia. Prunes increase bone density

jam and jelly for joint health, enforce ½ hour wait between healthy snack and more eats 3:48

### PEACH GRANITA

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.

## ZERO SOUP

4 C vegetable broth  
2 C diced onions  
1 C diced celery  
1 C diced carrots  
1 C cut green beans  
1.5 C chopped cabbage  
1 C diced red bell pepper  
4 garlic cloves, diced  
3 C diced tomatoes  
2 T soy sauce  
1 T apple cider vinegar  
1 t dried basil  
1 t dried oregano  
1 t dried dill  
½ t dried thyme  
½ t black pepper  
½ t salt

Heat broth in soup pot, adding veggies one at a time, trimming and chopping as you go. Stir in the tomatoes, soy sauce.. and rest... simmer 20' and enjoy!

## CEVICHE Vegetarian Ceviche:

from Rip Esselstyn's recipe  
1 bunch kale, stripped and chopped [chiffonade]  
1/4 cup hummus (can substitute 2T olive oil and 1/8 C apple cider vinegar)  
½ lemon, juiced  
¼ - ½ tsp salt  
½ tsp red chili flakes or some hot pepper chopped  
½ red bell pepper, finely chopped  
1 small carrot, grated or julienned  
½ purple onion, diced

Great on crackers

## RISSOTO p 172

2 T olive oil  
1 medium zucchini, cubed  
1 medium yellow squash, cubed  
1 C shiitake mushrooms sliced  
1 C chopped onion  
1 clove garlic, minced  
3 plum tomatoes, chopped  
1 t dried oregano  
3 C vegetable broth  
1 C Arborio rice  
½ C frozen peas, thawed

Heat 1 T oil adding zucchini and squash cooking 5' till tender, transfer to bowl and set aside

Put mushrooms, onion and garlic in pan cooking for 5' then add tomato and oregano cooking 3' more. Transfer to bowl with the zucchini  
Heat veggie broth in pan and keep hot

In saucepan add remaining T of oil and when hot add rice, cook and stir 2'

Ladle hot broth into rice mixture ¾ C at a time, cook and stir waiting to add next ladle till previous one is absorbed till all broth is used up, then stir in peas and other veggies, cook till heated through

## WINTER GREEN SALAD

4 collard leaves, trimmed and finely chopped  
1/3 bunch kale, trimmed and chopped  
1 head romaine lettuce chopped  
¼ small head red cabbage, chopped  
1 Bosc pear, cubed  
½ onion, finely diced  
½ orange bell pepper diced  
½ avocado- peeled, pitted and diced  
½ carrot, grated  
5 cherry tomatoes, halved  
7 walnut halves, crushed  
2 T raisins

dressing:

6 T olive oil  
3 T balsamic vinegar  
1 T honey  
1 T oregano  
1.5 t chili powder  
1 t Dijon mustard  
1 clove garlic, minced  
½ t salt  
¼ t black pepper

## GRANITA peach

1.5 lb peaches (~4) peeled, pitted, coarsely chopped  
½ C water  
¼ C sugar  
1 T fresh lemon juice  
¼ t salt

Put in 8" square baking dish in freezer and scrape with fork every ½ hour till resembles sno cone