

Eat To Live #16

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 previously 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 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: 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)



SAVORY SMOKY OATS

1/2 C steel cut oats
1/2 C dried shiitake mushrooms bitesize
3 T nutritional yeast
1/4 t turmeric
7 oz tomatoes diced or crushed
1/4 t liquid smoke
1/2 t garlic and onion powder OR REAL
1 C spinach
Pepper and hot sauce to taste
Add all but spinach in saucepan with 1.5 C water and bring to boil stirring then simmer for 10 min or so till creamy
Add spinach and pepper/sauce and serve

JUICING kuvings or Brevings

Apple/orange/lemon/lime/mango/ginger/blueberry/carrot/cucumber/kale or spinach

ROASTED VEGGIE PASTA

1 pound pasta(or make from semolina flour/salt)

1/2 large red onion, sliced

2 medium carrots, cut into thin matchsticks

1 pint tiny tomatoes, halved

1 medium zucchini, cut into thin matchsticks

1 pound eggplant, skin on, cut into cubes

1/4 teaspoon salt

2 1/2 tablespoons chopped fresh thyme leaves

3 cloves garlic, minced

2 tablespoons lemon juice

3 tablespoons balsamic vinegar

1/2 teaspoon red pepper flakes (optional)

Salt and black pepper

2. Preheat oven to 425°F. Grab two large Silicone or other non-stick baking sheets.

3. In a large bowl, throw in red onion, carrots, tomatoes, zucchini, eggplant, and salt. Mix everything together. Spread out on the baking sheets and then slip them into the oven.

4. Roast for 20 minutes, then take them out, add the thyme, garlic, and lemon juice, stir, and throw them back in the oven until some of the veggies start looking a little browned around the edges, 10 to 15 minutes longer.

5. Add the roasted veggies to the cooked pasta, pour in the balsamic, pepper flakes, a pinch of salt and black pepper, and stir. Taste and add more garlic, vinegar, lemon juice, and/or thyme. If you want to up the greens level, serve the hot pasta on a bed of arugula or spinach with a squeeze of lemon juice on them

DESSERT sorbet with mango/pineapple/blueberry
Or just balled up frozen melon (honeydew/cantaloupe)