

# EAT TO LIVE

Session 2

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Synopsis of session 1 (designed to help you “fall in love” with whole foods) comparing junk snacking to fresh salsa; a small discussion about nuts, identifying local vegetables. Introduction with vegetarian

references. Biblical underpinnings of vegetables versus meat, consumption of various food products in the United States (changes over century), The benefits of juicing, the link between excess protein and cancer, vitamin D and bone health, phosphorus, food additives, the many antioxidants in apples(not just vitamin C), vitamin E studies(higher levels good but not if use a pill), Pesto making demo, the impact on the environment of vegetable protein versus meat protein production (8X fuel, 100x water). Eggs and poultry especially dairy and marketing. American Indian medicine, eating local food.

Decreasing colon cancer by increasing fiber, the empty calories of fat oil and cheese displacing the nutrient packets of whole food. Eating out. Wheat and the story of pellagra [niacin deficiency]in the early 1900s. (dementia, diarrhea and dermatitis, death). The difficulty of researching food's multiple products. Yogurt and bacteria in the body. Vascular responsivity deadened by fatty meals. The extra allotment of eating allowed to vegetarian fare. Smell from animal fair. Clean teeth from vegetarian fare. Food additives deregulated in 1994. Changes in century, incl garden produce. Whey protein and supplements to bodybuilders and it's dangerous effects. Cloudy blood from excess triglycerides. The challenge of fish grown locally on corn. Juicing and how soon you feel better. Smoothies with it's extra fiber. Green tea, gardening { Wisdom of Sirach 7:15 Do not hate hard work especially farming which was created by the most High. }, Panera, fermented, apple cider vinegar, sea salt, Greek yogurt, HDL and buying organic.



## TODAY SESSION 2

Calories and cotransported nutrients primarily from whole food

Animal products of wealth ... chicken and fish can be culprits too/ pills fail/ lots veggies fail/ restricted fails

Rules of eating: as vegan as possible, don't buy meat, dairy or fish; GROWS HERE, GOES HERE

Challenges of vegan: family member's commitment, taste, satiety, and preparation time

Advantages: less spoilage, cheaper, possible to do your own

Substitutions: skip cheese or bacon; add eggplant (cooked well) or mushroom if missing meat texture

Cooking and preparation time can be family time [Roy]

Points: kinds of meat, meat vs animal protein, B12, extreme athletes, banana

**Hummus: dip with CUKE slices or peppers**

**One 15-ounce can (425 grams) chickpeas, also called garbanzo beans or cannellini beans**

**1/4 cup (59 ml) fresh lemon juice, about 1 large lemon**

**1/4 cup (59 ml) tahini (we used Krinos)**

**2 garlic cloves, chop/crush**

**2 tablespoons olive oil, plus more for serving**

**1/2 to 1 teaspoon kosher salt, depending on taste**

**1/2 teaspoon ground cumin**

**2 to 3 tablespoons water**

*Dash of ground paprika for serving*

**Vegetarian Ceviche:** Rip Esselstyn

**1 bunch kale, stripped and chopped**

**1/4 cup hummus (can substitute 2T olive oil and 1/8 C vinegar, either apple cider or flavored balsamic)**

**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**

**½ purple onion, diced**

Meal plans for breakfast: not MONK a la cereal/almond milk

**sliced cantalope, honeydew, watermelon, peach, berries, cherries** or GREEN DRINK!

GREEN DRINKS:

**Kale, apple, carrot, ginger, cucumber**

**Grapes, apple, berry, spinach**

**Pears, parsnips, +/- lime**

**Kale, apple, sweet potato, ginger**

**Basil, cilantro, mango, onion, lime**

OATMEALS: **Scottish (Bob's Red Mill) stovetop: 1 cup of oatmeal added to 3 cups of boiling water, 10' (4 servings for my wife)**

**Steel Cut: 1/3 cup steel cut oats 2/3 cup water put in microwave at 40% power for 10', season with BLACKSTRAP MOLASSES for sweetness and iron!**

**Crock pot Steel Cut: GREASE POT 1<sup>st</sup>!!: 1 cups steel cut, 4 cups water, 2 apples cut up(or rhubarb/strawberry), 1 cup almond milk, ½ t vanilla, and cinnamon+ maple syrup to taste (some apples are sweet enough already), 7hrs on low: Awake to aroma of breakfast!**

Skillet: **Sauté onion, pepper, tomato, collard greens** all cut up small till a bit tender and add **2 scrambled eggs.... Eat with a slice of bread and refried beans** if you have em!

Okra Fritters: **sauté onion, pepper and okra** all chopped up and add to

batter [**3 scrambled eggs/1 cup buttermilk/ approx 1 cup cornmeal**)... drop by double tablespoons onto a little olive oil in frypan..

Quick fix: **Flour tortilla** [toast ok] smeared with **refried beans** and fresh **sliced tomato**

Chiliquelas: warm up some **Pico de Gallo** in fry pan and stir in **2 scrambled eggs**, then when almost done add the bottom of the bag of **tortilla chips** (or crunch some up).. can serve with or without **refried beans**