

Eat To Live #20

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>

Living in an age dominated by marketing and mass produced food distorts our dietary education. We are NOT in need of lots of animal protein. Plant and vegetable based diets provide all the protein we need, even extreme athletes. With high animal protein diets between the age of 50-65 there is a 73-fold increase risk of diabetes. Reference: Sirach 7:15 Don't hate hard work and farming which were created by the Most High. 7:15 1907 NY Times: cancer in meat-eaters.

Fasting times help immunity... 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. We must.

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)

Substitutions: eggplant bacon, veggie mayo, lime and



Dijon mustard, add lime melon, corn naked

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)

GREEN DRINK

With KUVINGS masticating juicer (cold press) or Breville centrifugal metal blade vs mesh filter

- 1 bunch curly kale roughly chopped
- 1 lemon peeled and quartered
- 1 inch ginger peeled
- 1 cucumber cut into long strips
- 2 granny smith apples cored and sliced
- 4 whole celery stalks cut into 2" pieces

GREEN BEAN & MANGO SALAD

Ingredients

- 3 cups green beans
- 2 slightly underripe mangos
- 1 cup cherry tomatoes
- ¼ cup cilantro
- 3 scallions
- ¼ cup peanuts
- 2 tbsp lime juice
- 1 tbsp tamari
- ½ tsp unrefined cane sugar
- fresh Thai chile

Method

- Bring a pan of water to a boil. Add the green beans and cook for up to 2 minutes, until bright green and tender-crisp. Drain, then plunge them into a bowl of ice water to halt the cooking process. Drain again. Trim the ends and slice the beans in half lengthwise. Place them in a large bowl and set aside.
- Seed and peel the mango and slice into long, thin strips. Add mango to the green beans, along with the tomatoes, cilantro, scallions, and peanuts.
- Whisk together the lime juice, tamari, cane sugar, and chile in a small bowl. Pour over the salad, toss, and serve. The salad can be made and dressed ahead of time and left to chill and marinate in the fridge for up to 3 hours

SWEET POTATO BURRITOS

Ingredients

- 4 tortillas
- 1 tin [black beans, drained and rinsed](#) (1 tin = 250g after liquid removed)
- 1 large onion
- 1 tin diced tomato (1 tin = ca 425g)
- 2 medium sweet potatoes (1 medium sweet potato = ca 225g)
- 2 tbsp [olive oil](#)
- 2 garlic cloves
- 1 avocado
- 1 tsp [cumin](#)
- 1 tsp [paprika powder](#)
- 1 tsp [oregano](#)
- 1 lime
- [salt and pepper to taste](#)

Optional

- 1 handful fresh cilantro or parsley
- 1 tsp chilli powder

Instructions

1. Pre-heat the oven to 200°C/400°F
2. Slice the **sweet potatoes** in half and roast them in the oven until tender (about 45 mins).
3. Finely slice the **onion** and chop the **garlic**.
4. Heat up a pan and add the **olive oil** and onion.
5. Cook for 3 minutes then add the garlic.
6. Fry for another minute or so then add the **tomatoes** and leave to simmer on a low-medium heat for 10 minutes. Add the **cumin, paprika, salt, pepper** and **oregano** about halfway through.
7. Drain and rinse the **beans** and add to pan, simmering for another ten minutes.
8. Peel, de-stone and thinly slice the **avocado**.
9. The sweet potatoes should be ready now too - it's time to make our burritos!
10. Scoop out the sweet potato "mash" from their peels, take out a **wrap**, layer some of the potato and spread with a fork.
11. Add the tomato/bean mix and avocado slices down the middle of the burrito.
12. Now garnish with avocado slices, **sour cream, lime juice** and **cilantro**.
13. Roll, and cook in a large pan for a 30 secs - 1 minute on each side. Tip for families: use the oven instead. Place the burrito in the oven for 3-5 minutes on 200°C/400°F