

# Eat To Live #22

## Amazing

*Alive* Scott Stoll, MD *Eat a Little Better* Sam Kass  
*Breaking the Food*

*Seduction* John Robbins *Program 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 *Goodbye Diabetes* Wes Youngberg *The Kick Diabetes Cookbook* Brenda Davis *Becoming Vegan* Brenda Davis  
*Tahini and Turmeric* Vicky Cohen **Online:**  
<https://forksmealplanner.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 animal protein; rather 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. 1907 NY T cancer 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. We must reduce 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 EPIGENETICS

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!!! Farmer's market, your own garden, then preserving!

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)

## SWEET POTATO HUMMUS

### INGREDIENTS

- 2 large sweet potatoes
- ¼ cup tahini
- 3 tablespoons lemon juice
- 4 cloves garlic
- 1½ teaspoons sea salt
- 1 teaspoon ground cumin
- ¼ teaspoon cayenne pepper

### DIRECTIONS

Preheat oven to 350°F. Scrub 2 large sweet potatoes; pat them dry. Prick the potatoes with a fork. Bake for 1 hour or until very tender; cool. Halve the potatoes and scoop the pulp into a food processor. Cover and process until smooth and creamy. Add the tahini, lemon juice, garlic, salt, cumin, and cayenne pepper (if using) to the pureed sweet potato in the food processor. Cover and process until smooth and creamy. Store in the refrigerator up to a week

## BROCCOLI APPLE SALAD

### INGREDIENTS

- 2 broccoli heads (medium) stems included
- 1 large carrot grated

1 apple cored and chopped



- 1/2 small red onion (1/4 cup thinly sliced)
- 1/2 cup pecans or walnuts toasted
- 1/2 cup golden raisins (or cranberry)
- ½ cup VEGAN mayo
- ½ cup VEGAN sour cream [SPIKED]
- 2 Tbsp lemon juice (freshly squeezed)
- ½ Tbsp sugar or add to taste
- ¼ tsp sea salt
- 1/8 tsp black pepper

DRESSING

### DIRECTIONS

Peel the stems and chop full heads of broccoli into bite-sized pieces. Grate carrot, chop apple and thinly slice onion and transfer into a salad bowl. Add toasted pecans and golden raisins. In a small bowl, whisk together all salad dressing ingredients then add dressing into the salad to taste and toss to combine.

## SOUR CREAM “SPIKED”

## INGREDIENTS

1 12 oz pkg silken extra firm tofu  
1 T fresh lemon juice  
1 T red wine vinegar  
½ t chili powder  
Pinch cayenne pepper

# 8-INGREDIENT SLOW COOKER

Combine all in blender  
till smooth and serve.

## CHILI

### INGREDIENTS:

2 C dried pinto beans, soaked, rinsed, and drained  
1 14.5-ounce can no-salt-added fire-roasted diced  
tomatoes, undrained (or your own!!)  
1 cup chopped red onion  
1 1-ounce packet vegetarian chili seasoning, or  
**TER'S:** {1 T crushed red pepper, 2 t chili powder,  
1 t cumin, 3 T red wine vinegar, 3 T sugar}  
6 cloves garlic, minced  
4 cups unsalted vegetable stock  
2 cups water  
1 cup fresh or frozen whole kernel corn  
Toppings such as bell pepper, sliced green onions,  
and/or snipped fresh cilantro, nutritional yeast,  
avocado

### DIRECTIONS

1. In a 4- to 5-quart slow cooker, combine the beans, tomatoes, onion, seasoning, and garlic. Add the stock and water.
2. Cover and cook on high heat for 4 to 5 hours or on low heat for 8 to 10 hours; stir in the corn for the last 15 minutes. Serve with toppings.