

# Meals For Health

## 30-day health intervention program

April 8 to May 7, 2011

Presented by EarthSave International

In partnership with



Sacramento Food Bank & Family Services 3333 Third Avenue Sacramento, CA

Made possible by:



### What is Meals For Health?

*Meals For Health* (MFH) is a 30-day intervention program where you will receive education and support to eat a healthy, low-fat, plant-strong diet. This delicious and nutritional plan can dramatically improve your health and well-being.

Here are some of the benefits MFH offers:

- improve your overall health
- regain control of your eating
- reach your ideal body weight
- improve your energy
- feel more alert and positive

During the next month you will be learning about:

- choosing the healthiest foods
- preparing meals quickly and easily
- shopping strategies
- adding exercise to your daily routine
- maintaining your new lifestyle going forward

#### **Contents of Program Book**

#### This program booklet provides the following:

- 1. MFH Calendar
- 2. MFH Detailed Schedule of Speakers
- 3. Food Journal Instructions
- 4. Food Coach & Staff Contact Info
- 5. MFH Action Plan & Menus
- 6. Shopping List
- 7. Food Box Ingredients
- 8. Helpful Food Preparation Hints
- 9. List of Resources

## 1) MEALS FOR HEALTH CALENDAR

< March	~ April 2011 ~					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Medical Exams blood draw all week =>	5	6	7	8 6pm – 9pm Dinner, Speaker	9 8:00am – 8:00pm Full day schedule
<b>10</b> 8:30am – 6:00pm Full day schedule PU Food box #1	<b>11</b> 3-4pm exercise class	12 3-4pm exercise class Doctor visit for participants on meds 6:00 – 8:30pm Dinner & Presentation	<b>13</b> 3-4pm exercise class	14 3-4pm exercise class 8:00pm Food coach teleconference	15	16 9:00am – 2:30pm Presentations & cooking demo PU Food box #2
17	18 3-4pm exercise class Shopping trip to Whole Foods	<b>19</b> 3-4pm exercise class	20 Doctor appt. for all participants 3-4pm exercise class	21 3-4pm exercise class 6:00 – 8:30pm Dinner & presentation FOOD BOX #3	22 Good Friday	23
24	25	26	27	28	29	30 exercise class
EASTER	3-4pm exercise class	3-4pm exercise class	6:30 – 8:30pm Dinner & presentation 3-4pm exercise class	3-4pm exercise class 6:00 – 8:30pm Dinner & Video		PU Food box #4
✓ April			June			
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Blood test 3-4pm exercise class	3 Blood test 3-4pm exercise class	<b>4</b> 3-4pm exercise class	5 3-4pm exercise class	6 Final doctor visit for all participants	7 6:00 – 9:00pm Dinner & graduation

## 2) DETAILED SCHEDULE OF SPEAKERS

## Week of April 4

Don Forrester, MD

## Physical exams for each participant, blood tests.



**Dr. Forrester** spent more than 30 years with Kaiser Permanente and also served as a physician leader working to improve systems of care, including serving as chief of preventive medicine and patient education. Dr. Forrester used a low-fat vegetarian approach in treating diabetes, finding his patients required less medication, reversing complications and even curing their diabetes, as well as controlling their hypertension and high cholesterol. He has many success stories of patients whose diseases have been reversed through a healthy plant-based diet.

## Friday night April 8

6:30 PM - 7:30 PM: Dinner

#### 7:30 pm - 9:00 PM:



## Firefighter Rip Esselstyn: "Light Your Health On Fire!"

**Rip Esselstyn** is a professional athlete turned firefighter. Responding to emergencies is nothing new to him and when the high cholesterol and other health risks of his fellow Engine 2 firefighters in Austin, Texas, came to light, he responded with a way to fight it. Rip's program helped his fellow firefighters lose weight and see their cholesterol plummet. He is the author of *The Engine 2 Diet*.

## **Saturday April 9**

8:00 AM - 9:00 AM: Breakfast

#### 9:00 AM - 10:30 AM:

#### John McDougall, MD: "The Starch Solution"



**Dr. Mcdougall** is a board-certified internist, author of 11 national best-selling books, the international on-line McDougall Newsletter, host of the nationally syndicated television show McDougall M.D., and medical director of the 10-day, live-in McDougall Program in Santa Rosa, CA. He is an Associate Professor at the Touro University College of Osteopathic Medicine, Mare Island, Vallejo, California. Other McDougall activities include seminars and health-oriented adventure vacations.

#### 10:45 AM - 12:15 AM:



International.

#### Jeff Novick, RD: "Lighten Up!"

**Jeff Novick** is a unique dietitian and nutritionist whose insightful and humorous approach to nutrition and health has helped thousands worldwide make the transition to healthy living. He holds both undergraduate and graduate degrees from Indiana State University in nutrition with minors in Exercise Science. Jeff has taught nutrition classes at Indiana State University, Indiana University Medical School, the University of Miami Medical School and for the Florida Academy of Family Physicians and lectures at medical conferences around the country on a regular basis. Jeff is VP of Health Promotion for EHE

12:15 PM - 1:15 PM Lunch

#### 1:15 PM - 2:15 PM:

John McDougall, MD: "The Science behind the Maximum Weight Loss Program"

2:30 PM - 3:45 PM:



Mary McDougall: "Planning Lunches, Dinners and Snacks"

**Mary McDougall** is a registered nurse, a healthy chef, and the author of several bestselling cookbooks.

4:00 PM - 5:30 PM:	Jeff Novick, RD: "Healthy Living Made Easy; How to Succeed without Even Trying"
5:30 PM - 6:30 PM: Dinner	

6:30 PM - 8:00 pm

Jeff Novick, RD: "Calorie Density - How to Eat More, Weigh Less, and Live Longer"

## Sunday, April 10

8:30 AM - 9:30 AM Breakfast

#### 9:30 AM -12:00 Noon



#### Julieanna Hever RD and Chef AJ: 1) Getting the Most from the Challenge 2) Unprocessed

Julieanna Hever RD MS is a Plant-Based Registered Dietitian and ACE-Certified Personal Trainer, as well as the Executive Director of EarthSave. She lectures, writes and counsels people on the miracles associated with following a whole food, plant-based diet. She is also a consultant to Sage Center for Integrative Medicine, and the Ventura County Unified School District counseling special needs children. She is the author of two

forthcoming books on healthy eating.

**Chef AJ** is the author of UNPROCESSED and is a dessert chef for Sante Restaurant in Los Angeles. She prides herself on the fact that she never uses any processed ingredients (like flour, sugar, oil or salt) in any of her creations, using only fruits to sweeten. AJ has followed a plant based diet for over 34 years and for the last 11 years has taught at several culinary schools throughout Los Angeles. AJ was featured in the documentary "Point of View" as well as several television shows including "Dog Whisperer".



12:00 Noon - 1:00 PM Lunch

#### 1:00 PM - 2:00 PM:



## Alec Isabeau DC: "The Importance of Exercise"

**Dr. Isabeau** studied at the University of California at Berkeley, prior to graduating Magna Cum Laude from Palmer-West College of Chiropractic. He completed an intensive in-patient residency program at the TrueNorth Health Education Center in Santa Rosa, CA, and has been a staff doctor and in private practice since 1986. Dr. Isabeau's outpatient practice emphasizes sports medicine and injury rehabilitation. He enjoys helping his patients develop life-long, healthful fitness programs.

#### 2:15 PM - 3:15 PM:



## Natala Constantine: "Living a Healthy, Hopeful Life"

32-year-old **Natala** was 420 pounds by age 21. When she was diagnosed with Type 2 Diabetes as an adult, her blood sugar, blood pressure and cholesterol were out of control. Taking 13 medications, she had tried every diet, yet developed arthritis, nerve damage, and a series of infections. When she developed a calf infection which her doctor said might require amputation, Natala decided to try "food as medicine" on the recommendation of a friend. She began to eat a whole-foods plant-based

diet and, within 3 weeks, was no longer needing to take insulin. Six months later she was off all of her medications and had lost over 150 pounds.

#### 3:30 PM 4:45 PM

#### John Robbins: "Becoming the Person You Want to Be: Diet as a Path to Healing"



John Robbins is the author of *The New Good Life: Living Better Than Ever in an Age of Less.* His other bestsellers include *The Food Revolution* and *Diet For A New America*. The only son of the founder of the Baskin-Robbins ice cream empire, John Robbins was groomed to follow in his father's footsteps, but chose to walk away from Baskin-Robbins and the immense wealth it represented to "pursue the deeper American Dream...the dream of a society that is truly healthy, practicing a wise and compassionate stewardship of a balanced ecosystem."

4:45 pm - Dinner & Food box distribution

## Tuesday, April 12

10:00 AM start -- Participants who are on medication: follow up appointments with Dr. Forrester.

6:00 pm Dinner

#### 7:00 pm - 8:30 pm



**Dr. Lisle** is a graduate of the University of California at San Diego (Summa Cum Laude). He received the President's Fellowship and was a Dupont Scholar at the University of Virginia where he completed his Ph.D. in Clinical Psychology, before becoming a Lecturer in Psychology at Stanford University. Dr. Lisle is the Director of Research for TrueNorth Health Center and has published numerous articles in the scientific literature. He is the co-author of the *The Pleasure Trap*. Dr. Lisle is in private practice conducting psychotherapy at the TrueNorth Health Center.

Doug Lisle PhD: "The Pleasure Trap"

## Saturday, April 16

#### 9:00 AM - 10:30 AM:



**Dr. Popper** is a naturopath, nutritionist and the Executive Director of The Wellness Forum. The company offers educational programs designed to assist individuals in changing their health outcomes through improved diet and lifestyle habits; to assist employers in reducing the costs of health insurance and medical care for employees; and to educate health care professionals about how to

Pam Popper ND, PhD: "Optimizing Health"

use diet and lifestyle for preventing, reversing, and stopping the progression of degenerative disease.

#### 10:45 AM - 12:15 PM:



Walter Jacobson, MD: "Dealing with Change"

**Dr. Jacobson** is a graduate of Cornell University, the Medical College of Wisconsin, and the UCLA / San Fernando Valley Psychiatry Residency Program. He is a Board-Certified Psychiatrist who has been in private practice in the Los Angeles area since 1999, specializing in insight-oriented psychotherapy, cognitive-behavior therapy, spiritual psychotherapy, couples therapy, equine-assisted psychotherapy, hypnotherapy, and past life regression therapy. He? also a Motivational & Inspirational Speaker and a Mastery Of Life Mentor guiding people towards the fulfillment of their goals and dreams.

12:15 PM 1:15 PM Lunch

#### 1:15 pm 2:30 PM



**Emily Webber: Cooking Demo** 

Emily Webber is a Food for Life Nutrition & Cooking Instructor, teaching classes for the prevention and reversal of cancer and diabetes for the Physician's Committee for Responsible Medicine (PCRM). Emily also teaches her own cooking classes and hosts a blog called Skinny Mom Healthy Child focused on helping moms lose weight while teaching kids to love healthy foods – especially vegetables. Prior to joining PCRM, Emily ran the culinary school at Whole Foods Market Sacramento. In 2002, Emily discovered a whole foods, plant-based diet and lost 40 pounds in one year. That transformation changed her life – giving her a

new outlook and eventually a new career.

## Monday, April 18

Shopping trip to Whole Foods

## **Tuesday, April 19**

6:00 PM Dinner 7:00 PM - 8:30 PM



#### Matthew Lederman MD: "How to Eat Whole and Why Should I?" Alona Pulde, MD: "Protecting Your Goals and Adjusting Your Program"

Alona Pulde, MD is a Family Medicine Physician specializing in nutrition and lifestyle medicine and a practitioner of Acupuncture and Oriental Medicine. Dr. Pulde is lead author of the book, "Keep It Simple, Keep It Whole: Your Guide to Optimum Health." She is one of the first doctors to ever work with John McDougall, MD seeing patients during his 10-day live-in programs. Dr. Pulde also developed the Lifestyle Change Program used for patients in the film "Forks Over Knives," as well as in her clinic Exsalus Health & Wellness Center. Matthew Lederman, MD is a boardcertified, Internal Medicine physician specializing in nutrition and lifestyle medicine. Dr. Lederman has participated in films such as *Healing Cancer* and *Forks Over Knives*, and will be the Chief

Medical Advisor for the upcoming website PlantBasedDiet.com. Drs. Alona Pulde and Matthew Lederman co-founded the Exsalus Health & Wellness Center where they empowered patients to achieve and maintain their optimum health -- physically, emotionally, and medically -- through a comprehensive, patient-centered approach. In the summer of 2010 they joined Whole Foods Market as their Global Medical Executives of Health and Wellness where they are responsible for helping to develop and implement wellness programs focused on improving the health of both Whole Foods Market customers and team members.

## Wednesday, April 20

Doctor visit for all participants - mid-point checkup. Times to be determined.

## Thursday, April 21

6:00 PM Dinner **7:00 PM - 8:30 PM** 



## Michael Klaper MD: "A Journey Through the Amazing Digestive System"

Dr. Michael Klaper graduated from the University of Illinois College of Medicine in Chicago, served his medical internship at Vancouver General Hospital in British Columbia, and took under took additional training in surgery, anesthesiology, orthopedics and obstetrics at the University of California Hospitals in San Francisco. Dr. Klaper began to realize that many of the diseases his patients brought to his office were made worse, or actually caused, by the high-fat, overly processed Standard American Diet. Through his research Dr. Klaper has come to believe strongly that proper nutrition and a balanced lifestyle are essential for health, and in many cases make the difference between healing an illness or merely treating the symptoms.

## Wednesday, April 27

6:30 pm Dinner 7:30 PM - 8:30 PM



Don Forrester MD: "A Forum with your Doctor: Answering Your Questions, Preparing for your Future"

Please see Page 4 of this Program Booklet for Dr. Forrester's bio.

## Thursday, April 28

6:00 pm Dinner

7:00 PM - 8:30 PM

Video screening

## Week of May 2-3

Blood draw at Mercy Labs for all participants

## Friday, May 6

Final doctor visit for all participants.

## Saturday, May 7

6:00 PM - 9:30 PM

**Dinner & Graduation** 

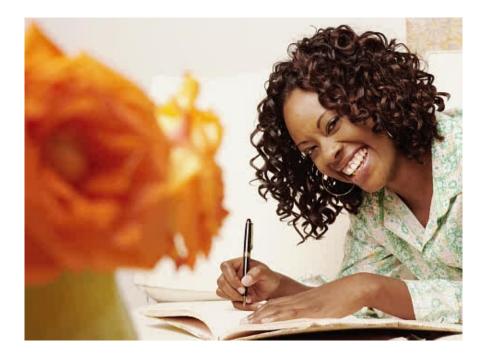
## 3) FOOD JOURNAL INSTRUCTIONS

In the Food Journal Booklet you will receive from MFH, please write down everything you eat or drink during the day (other than water), for the duration of the program.

If you have a meal which is the name of one of the entries on the menu, you can simply write that meal name down.

If you have a snack, please note that in the book; write down everything you're consuming so you have a record.

Please try to write it down soon after you eat so that you don't forget.



## 4) FOOD COACH & STAFF CONTACT INFO

"Food Coaches" are here to lend support, assist you in answering questions, help with cooking demos, lead exercise classes and help organize the weekly food boxes. They will also take you on shopping trips to show how to find healthy foods in the supermarket. Coaches will be checking in with you from time to time to see if they can be of service. You are encouraged to call or email your food coach anytime you have a question or problem.

Contact info for staff members is included below as well:



Emily Webber

Food for Life Nutrition & Cooking Instructor



Karl Weiss, CWC

Wellcoaches Support Coach



Linda Middlesworth

Certified Plant Nutrition, Cornell University Certified P.T./Aerobic Instructor



Lynda Kluck, M.Ed. Instructional Technology Certified Plant Nutrition, Cornell University



**Trish Mandes** 

Diabetes Project Coordinator Native American Rehab Assoc



Courtney Cagle Meals For Health Coordinator Sacramento Food Bank



#### Julieanna Hever

Executive Director EarthSave Intl.



#### Jeff Nelson

CEO EarthSave Intl.

## 5) MFH ACTION PLAN & MENUS

## MEALS FOR HEALTH ACTION PLAN: Strategies for Success

There are several key strategies that will help you successfully adopt the MEALS FOR HEALTH eating plan and lifestyle at home. These key strategies include menu planning, having a shopping routine, keeping a well stocked pantry and incorporating convenience foods and batch cooking.

## 1. MENU PLANNING

## **One-Week Menu Plan and Template**

The following menu plan is designed to help you continue the MEALS FOR HEALTH Program in your own home environment. We have selected some of our favorite items for breakfast, lunch, dinner, and snacks that are quick easy and inexpensive. Many of these suggested menu choices are what you were served during your initial weekend and will work well for all occasions

In addition, we have provided you with several additional resources, which contain many recipes and menu ideas to help you stay on the program. These include the *McDougall Quick and Easy Cookbook*, the *McDougall Made Easy DVD* and *Jeff Novick's Fast Food DVD*. Feel free to substitute any of the recipes or ideas in these resources for any of the suggestions below. After each item, we have provided you with the information on where to find the recipes and in several places, we have provided you with several recipe options.

The recipes we have provided below are for you to use as a guide. Therefore, do not worry if you do not have every single ingredient necessary. In addition, you are always welcome to substitute your own favorite fruit and vegetables, whole grains or beans for any of the recommended ones. So, if a recipe calls for black beans and you like or have kidney beans on hand, feel free to make the substitution. In addition, if a recipe calls for onions and you do not like onions, feel free to leave them out.

We are all creatures of habit. Therefore, most of us consume the same foods/meals for breakfast, lunch and dinner. We find what we like and we have it several times a week or every day. Therefore, you do not need to learn 5-10 breakfasts or 10-20 lunches/dinners to get going and be successful. Instead, what will be most important to your success is to find one or more breakfasts and three or four lunches and dinners that you really like and to keep focusing on these.

NOTE THAT RECIPES FOR ITEMS BELOW ARE CONTAINED IN BOOKS AND PDF FILES YOU HAVE BEEN GIVEN.

**KEY FOR ABBREVIATIONS BELOW TO IDENTIFY WHICH ONE:** 

MQE = McDougall Quick and Easy Cookbook E2 = Engine 2 Diet FF DVD = Jeff Novick's FAST FOOD DVD (and printed recipes)

## **Breakfasts**

1. HOT CEREAL (Oatmeal, Wheatena, Multi-Grain) with fresh fruit

Hot cereals are the best choice. They are healthy, loaded with fiber and nutrients and low in calories. They really fill you up for few calories. Enjoy them with some fresh and/or frozen berries/fruit, some raisins and cinnamon

EXAMPLES: Almost Instant Breakfast (MQE-3) Sweet Breakfast Rice (MQE-3) Apple Cinnamon Oatmeal (MQE-4) Basic Oatmeal (FF DVD) Quick Oatmeal (E2-152)

2. COLD CEREAL with fortified non-dairy milk (almond, rice, soy etc) and fresh fruit

Cold cereals are another great choice. Choose one of the recommended brands and enjoy it with some non-dairy beverage and some fresh fruit.

EXAMPLES: Shredded Wheat Puffed Grains (Corn, Rice, Millet, etc) Grape Nuts Cheerio? Crispy Brown Rice Simple Cereal (E2- 153)

3. TOFU VEGETABLE SCRAMBLE (MQE-10)

This can be made as easy as an omelet. Water saute some fresh veggies of your choice (ie, tomatoes, onions, peppers, mushrooms, etc.) and then mix in some diced tofu. Season to taste, serve with some fresh fruit and enjoy.

4. BREAKFAST BURRITO (MQE-171, E2-154)

Here is another quick and easy breakfast for you. Warm up a few soft corn tortillas and then fill them with any combination of whatever leftovers of beans, rice and veggies you may have around. Top with salsa and you are good to go!

5. POTATO SCRAMBLE (MQE-10 - but Substitute Potatoes for Tofu)

This recipe is very similar to the Tofu Scramble and works best with leftover baked potatoes or sweet potatoes. Water sautsome fresh veggies of your choice (ie, tomatoes, onions, peppers, mushrooms, etc) and then mix in some diced potatoes. Season to taste, serve with some fresh fruit and enjoy.

6. WHOLE-WHEAT BAGEL, with lettuce, tomato, bean spread and fruit

You can make a great breakfast sandwich from a whole grain bagel. Toast the bagel and then spread your favorite mashed beans or bean spread on the bagel. Top with layers of lettuce, tomatoes, cucumbers, etc and enjoy it along with a piece of fruit.

## <u>Snacks</u>

- 1. HEARTY SOUPS (MQE- 74, 81, 85, 86)
- 2. BAKED SWEET POTATO
- 3. BAKED OR BOILED POTATOES with salsa
- 4. VEGETABLE/BEAN/WHOLE-GRAIN SALAD (MQE-21, 24, 26, 32)
- 5. POPCORN air-popped
- 6. FRESH FRUIT
- 7. BROWN RICE WITH VEGETARIAN CHILI (MQE-115)
- 8. SOFT CORN TORTILLA? with beans, rice and veggies

## <u>Lunches</u>

- 1. BLACK BEAN SOUP (MQE-81) & BAKED POTATO SALAD with fat-free dressing
- 2. WHOLE WHEAT PASTA with marinara sauce (MQE-163, E2- 194) SALAD with fat-free dressing

- SANDWICH AND MINESTRONE SOUP (MQE-74) BEAN SPREADS (MQE-Black Bean-254, Pinto Bean-254, Hummus-248) (Whole-wheat pita bread, lettuce, tomato, onion, beans,) Vegetable Soup, salad with fat-free dressing
- 4. PIZZA (MQE-Pizza-189, Mexican-190, Black Bean-190) SALAD with fat-free dressing
- CHILI (MQE-Southwest-129, Wisconsin-120, Ten Minute-115) BROWN RICE SALAD with fat-free dressing
- BURRITOS (MQE-Southwest-174, Vegetable-171) VEGETABLE SOUP SALAD with fat-free dressing
- BLACK BEAN TOSTADA (MQE-173) (Corn tortilla, pinto beans, tomatoes, onions, lettuce, and salsa) VEGETABLE SOUP SALAD with fat-free dressing

## <u>Dinners</u>

- 1. BURRITOS (MQE-Southwest-174, Vegetable-171) STEAMED NEW POTATOES OR BROWN RICE BROCCOLI, SPINACH, OR OTHER STEAMED VEGETABLE
- 2. CHILI (MQE-Southwest-129, Wisconsin-120, Ten Minute-115) BROWN RICE/BAKED POTATO/CORN TORTILLAS SALAD OR STEAMED VEGETABLES
- VEGETABLE STEW (MQE-Red Bean & Corn-90, Speedy International-88) WHOLE-WHEAT BREAD SALAD with fat-free dressing
- MEXICAN LASAGNE (MQE-180) Salad, Steamed vegetables
- 5. BLACK BEAN SLOPPY JOES (MQE-134) Salad, Steamed Veggies
- 6. PASTA PRIMAVERA (MQE-163, E2-194) STEAMED VEGETABLES SALAD with fat-free dressing

7. GRILLED PORTOBELLO MUSHROOMS (MQE-206, E2-187) STEAMED RED POTATOES, BAKED POTATO, OR RICE STEAMED VEGETABLES

## <u>Desserts</u>

- 1. FRESH FRUIT
- 2. FRESH FRUIT SALAD
- 3. BAKED APPLES (MQE-271)
- 4. CHOCOLATE PARFAIT (FF DVD)
- 5. RICE PUDDING (MQE-270)

#### Salad Dressings

Tofu Island Dressing, (MQE- 51 Chili Citrus Dressing, (MQE- 51 Spicy Salad Dressing, (MQE- 48 Oriental Salad Dressing, (MQE- 48 Creamy Cilantro Dressing, (MQE- 49

#### Soups:

Chilly Kale Soup, (MQE- 68 Mexican Tomato-Potato Soup, (MQE- 70 Curried Swiss Chard Soup (sub other greens for chard), (MQE- 73 Creamy Carrot Soup, (MQE- 78 Chili Tortilla Soup, (MQE- 79 Bean and Corn Soup, (MQE- 85 Spicy Lentil Soup, (MQE- 87

## 2. SHOPPING ROUTINE

Create a shopping list of products and ingredients that you will be using for food preparation. We have already given you a MEALS FOR HEALTH shopping check list to help get you started. Include items for daily use such as fruit and vegetables in addition to ingredients and/or products to be used for recipe preparation.

- a) Refer to the MEALS FOR HEALTH *Shopping Check List* in this section for a list of healthy food products.
- b) Become familiar with your local grocery store so you know where the products you need can be easily found each time you return.

## 3. <u>A WELL STOCKED PANTRY</u>

a) When you get home, clear out your cabinets of all the foods you will no longer need and give or toss them away.

b) Make sure you keep your pantry well stocked with the recommended foods. By doing so, you will always have healthy foods around for whenever you are hungry. Most of the bulk and convenience foods we are recommending have fairly long shelf lives and so can last a long time.

## 4. INCORPORATING CONVENIENCE

Many products are available that can save time and provide ease in the preparation of meals. For example, the following products are quite useful for saving time:

- a) Frozen Fruits and Vegetables: Frozen fruits and vegetables can be used in most all of our recipes and menus. They are excellent additions to any soup, stew, entree and can even serve as a quick side dish.
- b) Pre-cut vegetables/prepared lettuce: Available in all produce departments nation-wide. Simplifies vegetable preparation for meals and snacks.
- c) Canned Fruit: Look for those that are either packed in juice, or water packed. They can be used for desserts or snacks.
- d) Canned and/or dehydrated soups (low fat) provide convenience for quick lunches/dinners or meals on the road.
- e) Packaged pasta and/or marinara sauce (fat-free, low-sodium): Add additional vegetables such as onions, mushrooms and garlic to create a quick sauce to use over pasta or rice.

## 5. BATCH COOKING

Prepare foods in large quantities- particularly soup, marinara sauce, stews and chili, and freeze half in airtight, sealed containers. Then, date and label the container for future reference. The remainder of foods can be used throughout the week. Remember, the best lunch for tomorrow is leftovers from tonight's dinner. For some quick and easy ideas on batch cooking some great recipes, watch the DVD, Fast Food.

Other foods that can be prepared in large quantities for the week ahead include:

- Baked potatoes, new potatoes or sweet potatoes
  Brown rice, barley, pasta and other grains
  Stews, chili, soups
  Beans, peas, lentils

- 5. Burritos, Veggies Burgers, Lasagna

## 6) SHOPPING LIST

Keep your home stocked with the items below. Most of these items will keep for a long time. Fresh produce needs to be purchased every week. All products should be 100% whole grain with no added fats/oils and low sodium whenever possible.

#### <u>Milks</u>

Unsweetened Soy/Almond/Rice Milk Tofu Tempeh

#### Beans and Other Cans

Pinto beans - no added salt, if possible Black beans - no added salt, if possible Kidney beans - no added salt, if possible Cannelini beans - no added salt, if possible Garbanzo beans - no added salt, if possible Canned tomatoes Canned artichoke hearts in water Canned chopped green chilies

#### Whole Grains/Breads

Brown Rice Quinoa Couscous Whole Grain Pasta Corn Tortillas Whole Wheat Tortillas Whole Wheat Pita Bread Whole Grain Bread Whole grain bagels Microwavable oil-free, salt-free popcorn Regular Oats Multi Grain Hot Cereal Dry Cereal [Shredded Wheat, Puffed Grains (Corn, Rice, Millet, etc.), Grape Nuts, Cheerios/Oatios, Crispy Brown Rice]

#### Frozen Items

Frozen Pizza Dough (Kabuli) Frozen Mixed Berries Frozen Veggies -Italian mixed veggies -Frozen pepper and onion mix -Frozen corn kernels -Frozen lima beans -Assorted mixed veggies

#### Spices/Seasonings/Sauces/Other – All Spices Should Be Salt Free

As you decrease the amount of salt, sugar and oil in your diet, you will begin to appreciate the wonderful natural flavors of food.

However, some people still like to add a little "spice" to their life. Fortunately, there are many salt-free spices, seasonings and blends available. Probably the most popular one is Mrs. Dash, which has many varieties available. In addition, for those of you who are not a chef and not familiar with the different flavor combinations of spices, you can now buy many salt free blends that can help. There are pre-mixed blends of salt-free Italian, Mexican, Indian, Southern and many other blends available.

Jambalaya Spice Mix Mrs. Dash's Spice Mix Italian Spice Mix Ground cinnamon Italian Seasoning Blend Ground black pepper Ground garlic powder (salt-free) Ground chili powder Dried dillweed Onion powder Ground turmeric Ground cumin Curry powder Oregano Basil Marjoram Dried parsley lodized salt Low-sodium soy sauce

#### Pasta Sauce (fat/oil-free) Salsa Chili paste (Sambal Oelek or other) Dijon mustard Tabasco sauce Balsamic vinegar Unseasoned rice vinegar Vegetable broth liquid - 4 liters Unsweetened cocoa powder Corn starch Vanilla extract (alcohol-free) Nutritional yeast flakes Sweet pickle relish Ketchup Pure maple syrup Unsweetened apple sauce Raisins Dried dates

#### Produce -Fresh

Fresh Fruit: -Bananas -Apples -Oranges or tangerines -Pears -Lemons -Limes -Berries -Grapefruit -Peaches

-Plums -Grapes -Nectarines -Papaya -Mango -Melons (cantaloupe, watermelons, honeydew, etc.)

#### Fresh Veggies:

- -Broccoli
- -Onions
- -Green onions
- -Garlic
- -Mixed salad greens
- -Tomatoes
- -Bell peppers (any color or variety)
- -Mushrooms
- -Portobello mushrooms
- -Cauliflower
- -Baby spinach
- -Kale (any type)
- -Collard greens
- -Cucumbers
- -Zucchini
- -Carrots
- -Celery
- -Cilantro
- -Parsley
- -Fresh ginger root
- -Potatoes Russet, sweet potatoes, or yams

## 7) FOOD BOX INGREDIENTS

These are the food boxes you will be receiving from MFH during the program. Food Box #1 is the same Week #3, and Food Box #2 will be the same for Week #4.

#### Week 1 and 3 Food Box

All products should be 100% whole grain with no added fats/oils and low sodium whenever possible.

#### <u>Milks</u>

Unsweetened Soy/Almond/Rice Milk - 4 containers Silken tofu - 2 containers

#### Beans and Other Cans

Pinto beans - no added salt, if possible - 3 cans Black beans - no added salt, if possible - 7 cans Kidney beans - no added salt, if possible - 2 cans Cannelini beans - no added salt, if possible - 2 cans Garbanzo beans - no added salt, if possible - 1 can Canned tomatoes - 4 cans chopped or diced Canned artichoke hearts in water - 2 cans Canned chopped green chilies - 2 cans

#### Whole Grains/Breads

Brown Rice - 1 large bag long-grain (or instant or frozen, with no added ingredients) Quinoa - 1 package Couscous- 1 package Whole Grain Pasta - 2 Boxes Corn Tortillas - 2 packages Whole Wheat Tortillas - 1 package Whole Wheat Tortillas - 1 package Whole Grain Bread - 1 package Whole Grain Bread - 1 loaf Whole grain bagels -1 package Microwavable oil-free, salt-free popcorn Regular Oats - 1 Box Multi Grain Hot Cereal - 1 Box Dry Cereal [Shredded Wheat, Puffed Grains (Corn, Rice, Millet, etc.), Grape Nuts, Cheerios/Oatios, Crispy Brown Rice] - 1 Box

#### Frozen Items

Frozen Pizza Dough (Kabuli) - 2 boxes Frozen Mixed Berries - 3 bags Frozen Veggies -Italian mixed veggies - 2 bags -Frozen pepper and onion mix - 2 bags -Frozen corn kernels - 2 bags -Frozen lima beans - 1 bag -Assorted mixed veggies - 2 bags

#### Spices/Seasonings/Sauces/Other

Ground cinnamon Italian Seasoning Blend Ground black pepper Ground garlic powder (salt-free) Ground chili powder Dried dillweed Onion powder Ground turmeric Ground cumin Curry powder Oregano Basil Marjoram Dried parsley lodized salt Low-sodium soy sauce Pasta Sauce (fat/oil-free) - 3 jars Salsa - 3 jars Chili paste (Sambal Oelek or other) Dijon mustard Tabasco sauce Balsamic vinegar Unseasoned rice vinegar Vegetable broth liquid - 4 liters Unsweetened cocoa powder Corn starch Vanilla extract (alcohol-free) Nutritional yeast flakes Sweet pickle relish Ketchup Pure maple syrup Unsweetened apple sauce Raisins - 1 package Dried dates - 1 package

#### Produce -Fresh

Fresh Fruit: -Bananas - 7 -Apples - 7 -Oranges or tangerines - 7

-Pears - 4 -Lemons - 4 -Limes - 2 Fresh Veggies: -Broccoli - 2 large heads -Onions - 7 -Green onions - 1 bunch -Garlic - 1 large head -Mixed salad greens - 4 bags -Tomatoes - 4 large or 2 small packages -Bell peppers (any color or variety) - 4 -Mushrooms - 1 package -Portobello mushrooms - 4 -Baby spinach - 2 bags -Kale (any type) - 2 large bunches -Cucumbers - 2 large or hothouse -Zucchini - 2 large -Carrots - 1 bunch -Celery - 1 bunch -Cilantro - 1 bunch -Parsley - 1 bunch -Fresh ginger root - 1 root -Potatoes - 10 lbs Russet and 5 lbs sweet potatoes or yams

#### Week 2 and 4 Food Basket

#### Produce -Fresh

Fresh Fruit: -Bananas - 7

-Apples - 7 -Oranges or tangerines - 7 -Pears - 4 -Lemons - 4 -Limes - 2 Fresh Veggies: -Broccoli - 2 large heads -Onions - 7 -Green onions - 1 bunch -Garlic - 1 large head -Mixed salad greens - 4 bags -Tomatoes - 4 large or 2 small packages -Bell peppers (any color or variety) - 4 -Mushrooms - 1 package -Portobello mushrooms - 4 -Baby spinach - 2 bags -Kale (any type) - 2 large bunches -Cucumbers - 2 large or hothouse -Zucchini - 2 large -Carrots - 1 bunch -Celery - 1 bunch -Cilantro - 1 bunch -Parsley - 1 bunch -Fresh ginger root - 1 root -Potatoes - 10 lbs Russet and 5 lbs sweet potatoes or yams

#### <u>Milks</u>

Unsweetened Soy/Almond/Rice Milk - 4 containers Silken tofu - 2 containers

#### Beans and Other Cans

Pinto beans - no added salt, if possible - 3 cans Black beans - no added salt, if possible - 7 cans Kidney beans - no added salt, if possible - 2 cans Cannelini beans - no added salt, if possible - 2 cans Garbanzo beans - no added salt, if possible - 1 can Canned tomatoes - 4 cans chopped or diced Canned artichoke hearts in water - 2 cans Canned chopped green chilies - 2 cans

## 8) HELPFUL FOOD PREPARATION HINTS

## **COOKING WHOLE GRAINS**

To 1 cup of this grain	Add this much water or broth:	Bring to a boil, then simmer for:	Final yield:
Amaranth	2 cups	20-25 minutes	3 1/2 cups
Barley, hulled	3 cups	45-60 minutes	3 1/2 cups
Buckwheat	2 cups	20 minutes	4 cups
Bulgur	2 cups	0-12 minutes	3 cups
Corn/polenta	4 cups	25-30 minutes	2 1/2 cups
Couscous	2 cups	10 min. (heat off)	3 cups
Kamut grain	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Millet, hulled	2 1/2 cups	25-35 minutes	4 cups
Oats, steel cut	4 cups	20 minutes	4 cups
Pasta, whole whe	at 6 cups	8-12 minutes	(varies)
Quinoa	2 cups	12-15 minutes	3+ cups
Rice, brown	2 1/2 cups	25-45 minutes	3-4 cups
Rye berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Sorghum	4 cups	25-40 minutes	3 cups
Spelt berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Wheat berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Wild rice	3 cups	45-55 minutes	3 1/2 cups

## **COOKING LEGUMES/BEANS**

•	dd this much ater or broth:	Bring to a boil, then simmer for:	Final yield:
Adzuki (Aduki)	4 cups	45 - 55 min	3 cups
Anasazi	2 1/2-3 cups	45 - 55 min	2 1/4 cups
Black beans	4 cups	60 - 90 min	2 1/4 cups
Black-eyed peas	3 cups	60 min	2 cups
Cannellini beans	3 cups	45 min	2 1/2 cups
Cranberry beans	3 cups	45 min	3 cups
Fava beans	3 cups	40 - 50 min	1 2/3 cups
Garbanzo beans	4 cups	1 - 3 hours	2 cups
Great northern bean	s 3 1/2 cups	1 1/2 hours	2 2/3 cups
Green split peas	4 cups	45 min	2 cups
Yellow split peas	4 cups	1 - 1 1/2 hours	2 cups
Green peas, whole	6 cups	1 - 2 hours	2 cups
Kidney beans	3 cups	1 hour	2 1/4 cups
Lentils, brown	2 1/4 cups	45 min - 1 hour	2 1/4 cups
Lentils, green	2 cups	30 - 45 min	2 cups
Lentils, red	3 cups	20 - 30 min	2 1/4 cups
Lima Beans, large	4 cups	45 min - 1 hour	2 cups
Lima Beans, small	4 cups	50 - 60 min	3 cups
Lima Beans, Christn	nas 4 cups	1 hour	2 cups
Mung Beans	2 1/2 cups	1 hour	2 cups
Navy Beans	3 cups	45 min - 1 hour	2 2/3 cups
Pink Beans	3 cups	50 - 60 min	2 3/4 cups
Pinto Beans	3 cups	1 - 1 1/2 hours	2 2/3 cups
Soybeans	4 cups	3 - 4 hours	3 cups

## 9) LIST OF RESOURCES

### Websites:

www.DrMcDougall.com www.Engine2Diet.com www.JeffNovick.com www.EarthSave.org www.JohnRobbins.info www.VegSource.com www.TrueNorth.com www.WelnessForum.com www.TransitionToHealth.com www.WalterJacobsonMD.com www.PCRM.org www.PlantBasedDietitian.com www.ChefAJsHealthyKitchen.com www.EmilyWebber.com www.vitamix.com www.wholefoods.com

## Books:

The McDougall Program: 12 Days to Dynamic Health by Dr. John McDougall The McDougall Program for Maximum Weight Loss by Dr. John McDougall The McDougall Quick and Easy Cookbook by Dr. John McDougall The Pleasure Trap by Dr. Alan Goldhamer and Dr. Doug Lisle The Engine 2 Diet by Rip Esselstyn Food Revolution by John Robbins Healthy at 100 by John Robbins Prevent and Reverse Heart Disease by Dr. Caldwell Esselstyn Unprocessed by Chef AJ The Complete Idiot's Guide to Plant-Based Nutrition by Julieanna Hever Breaking the Food Seduction by Dr. Neal Barnard The RAVE Diet by Mike Anderson Keep It Simple, Keep It Whole: Your Guide to Optimum Health, by Alona Pulde MD & Matt Lederman MD