

Plant Based Cooking Seminar



February 06, 2018

Plant Based Cooking incorporating the 12 step program and CREATION Health!



Step 2: Came to believe that a power greater than ourselves could Restore us to sanity.

Supporting Scripture Text: "For it is God who works in you to Will and to act according to his good purpose.
(Philippians 2:13)



CREATION Health

Choice – Temperance, Water

Rest, Time

Environment – Sunshine, Air, Products

Activity – Exercise

Trust - in God our Creator

Interpersonal Relationships

Outlook

Nutrition





Water

Water - Because the body is 70% water, keeping well hydrated and knowing what and when to drink are essential to health.

- Immediately upon arising each morning drink 1, 8 ounce glass of warm lemon water.
- Drink half your body weight in ounces each day.
- Drink at least $\frac{1}{2}$ hour before and after meals.
- Try not to drink with your meals.



2018 SERIES OVERVIEW

JANUARY – DESSERTS

FEBRUARY – SOUPS

MARCH – SAUCES, GRAVIES, DRESSINGS

APRIL – SNACKS

MAY – SALADS

JUNE – SANDWICHES

JULY – PICNIC FARE

AUGUST – ENTREES

SEPTEMBER – INTERNATIONAL FARE

OCTOBER – BREAKFAST ITEMS

NOVEMBER – HOLIDAYS

DECEMBER – DRINKS, SMOOTHIES



10 Reasons Why You Should Make Soup

1. **Warming.** On a cold winter day, nothing sounds better than a warm bowl of soup.
2. **Filling.** Soup tends to provide satiety with fewer calories than other forms of food.
3. **Easy way to eat your veggies.** If you're having trouble reaching the 2 ½ cups of veggies a day, try soup. My mantra when making soup, "Just add kale." I will often top off a pot of soup with a handful or two of chopped green leafy vegetables.
4. **Gets better with time.** The flavor of soup is even better the next day, so it makes great leftovers. A bowl warmed up for lunch is perfect.
5. **Discourages waste.** It's a great way to get rid of leftovers. Add vegetables, cooked grains, broth, and beans. Not sure what to do with the last of the bunch of parsley or cilantro? Throw it into the soup!
6. **It's forgiving.** Substitute broccoli for carrots, rice for noodles, and kidney for black beans. Don't worry, you may change the nature of the soup a bit, but chances are it will still be delicious. Is soccer practice running late? Don't worry—the soup will still be happily simmering whenever you sit down to dinner.
7. **Versatile.** Whether you're hankering for a light, broth based soup or a meaty chili, soup can hit the spot —creamy and smooth or chunky and rustic. Bland for an unsettled stomach or spicy for a bold appetizer, soup can fit the bill. Even in the summer months—try it cold! The possibilities are endless.
8. **Easy.** Most soups take a cutting board, knife and a pot. It's the ultimate one-dish meal. Easy prep and easy clean up.
9. **Inexpensive.** Making soup is a great way to stretch your ingredients—especially the more expensive ones.
10. **Affords great hospitality.** Knowing you have a half pot of soup in the fridge or a few containers in the freezer may be just what you need to offer an impromptu invitation. Throw together a salad and a crusty loaf of bread and you have a meal to share with loved ones.

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Fruits

Red = apples, cherries, cranberries, red grapes, pink/red grapefruit, raspberries, strawberries, watermelon.

Orange = Cantaloupe, oranges, peaches, pomegranates, tangerines.

Yellow = Yellow apples, apricots, grapefruit, golden kiwi, lemons, pineapple.

Green = Avocados, green apples, honeydew, kiwi, limes.

Blue = Blueberries, concord grapes, plums, purple grapes.

Indigo = Figs

Violet = Plums





Vegetables

Red = Beets, red peppers, radishes, red onions, red potatoes, tomatoes.

Orange = Carrots, pumpkin, sweet potato.

Yellow = Butternut squash, yellow peppers, yellow summer squash, corn.

Green = Asparagus, broccoli, brussel sprouts, green beans, celery, cucumbers, lettuce, peas, green peppers, spinach, zucchini, kale, watercress, greens.

Blue/Indigo/Violet = Red Cabbage, eggplant, purple potatoes, purple cabbage, purple asparagus, purple carrots, purple corn.



1 Corinthians 10:13 – “No temptation has seized you except what is common to man. and God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.”

