

Plant Based Cooking Seminar



March 20, 2018

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



Step 3: Made a decision to turn our will and our lives over to the care of God.

"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—which is your spiritual worship."

(ROMANS 12:1)



CREATION Health

Choice – Temperance, Water

Rest, Time

Environment – Sunshine, Air, Products

Activity – Exercise

Trust - in God our Creator

Interpersonal Relationships

Outlook

Nutrition





Rest

Rest - Restoration requires rest because sleep allows the body to renew itself. Many types of rest are important for health, but the sweetest rest follows labor. "Early to bed and early to rise" is a vital principle, and a healthy lifestyle makes this principle easier to maintain.

- Goal 9:00 PM
- Every 1 hour before midnight like 2 after
- Immune system rebuilds itself between 9 – 12 PM

"Early to bed and early to rise makes a man healthy, wealthy and wise"
Ben Franklin



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



Sauces, Gravies and Dressings

Ingredients: Refined sugars, fats, artificial colors, animal based flavors & seasonings, chemicals.

<https://www.pinterest.com/pbjunkies/plant-based-sauces-dips-dressings/>

<http://myplantbasedfamily.com/recipes/sauces-dips-salad-dressings/>

<http://www.savvyvegetarian.com/vegetarian-recipes/sauces-dips-spreads.php>

<https://www.plants-rule.com/sauces-spreads-and-salsa/>

<http://plantbasedonabudget.com/recipe-type/dips-and-sauces/>



Plant Powered Athletes

1. Kendrick Farris = Male weightlifter – 2016 Olympic trials, broke the U.S.A. record by lifting 831 pounds and 431 in the clean and jerk.
2. Alison Crowder = In May 2017, she was listed 12th for all-time biggest bench press of all time worldwide and is currently number one in the U.S.A.
3. Venus Williams = Tennis star. After being diagnosed with Sjogren's syndrome in 2011 she adopted a raw vegan diet.
4. Austin Aries = Professional wrestler, World Wrestling Entertainment newly-revived Cruiserweight Division's, one of the top performers.
5. Heather Mills = Set a world record for fastest female disabled skier after descending a French mountain at 103.6 mph.
6. Patrik Baboumian = Armenian-German strongman. In 2013 he broke the world record for the yoke walk by carrying 1,212.54 pounds for a distance of 10 meters only to break his own record in 2015 by carrying 1,234.59 pounds.
7. Nate Diaz = Mixed Martial Arts fighter, currently ranked #7 in UFC's lightweight rankings.
8. Jehina Malik = Vegan since birth, professional bodybuilder.
9. Steph Davis = American rock climber, is considered one of the world's greatest female rock climbers.
10. Tia Blanco = Puerto Rican American surfer, won first place gold medal at the International Surfing Association Open Women's World Surfing Championship in 2015 and 2016.



Plant Powered Athletes

11. Lewis Hamilton = Formula 1 racing driver
12. Scott Jurek – long distance runner
13. Jermain Defoe – footballer
14. David Haye – boxer
15. Barny du Plessis – bodybuilder
16. Hannah Teter – snowboarder
17. Meagan Duhamel – pairs skater
18. Timothy Shieff – freerunner
19. Jack Lindquist – track cyclist
20. Abel “Killa” Trujillo – mixed martial artist



Plant Based Celebrities:

Ellen Page, Jessica Chastain, James Cromwell, Alicia Silverstone, Ariana Grande, Ellen DeGeneres, Joaquin Phoenix, Miley Cyrus, Liam Hemsworth, Woody Harrelson, Mayim Bialik, Joan Jett, Bellamy Young, Casey Affleck, Daniella Monet, Moby, Dawn Richard, Morrissey, Russell Simmons, Sia, Stevie Wonder, Pamela Anderson, RZA, Peter Dinklage, James Cameron, Kate Mara, Rooney Mara, Al Gore, Evanna Lynch, Wacka Flocka Flame, Travis Barker, Mya.



LIFE

NFL players' surprising new performance hack—going vegan

Sarah Berger | @sarahelizberger | 11:19 AM ET Wed, 31 Jan 2018



Getty Images

The Tennessee Titans play the Jacksonville Jaguars in December 2014.



These 8 Inspiring People Prove That a Plant-Based Diet May be The Secret to Age-Defying Vitality

Bernadette Bohan – Age 60



Christie Brinkley – Age 61



Annette Larkins – Age 70



Michelle Pfeiffer – Age 59



Dr. Ellsworth Wareham – Age 100



Robin Quivers – Age 62



Mimi Kirk – Age 76



Jim Morris – Age 79



CookBook List

The Full Plate Diet Book: Slim Down, Look Great, Be Healthy! – Diana Fleming, Stuart A. Seale, and Teresa Sherard <https://fullplateliving.org/diet/full-plate-diet-book>

HAPPY HERBIVORE LIGHT & LEAN – Lindsay S. Nixon <https://happyherbivore.com/cookbooks/>

The Happy Herbivore Cookbook: Over 175 Delicious Fat-Free and Low-Fat Vegan Recipes – Lindsay S. Nixon <https://happyherbivore.com/cookbooks/>

The Happy Herbivore GUIDE TO Plant-Based Living – Lindsay S. Nixon <https://happyherbivore.com/cookbook/happy-herbivore-guide-to-plant-based-living/>

A Good Cook... TEN TALENTS Natural Foods: Vegetarian Food-Combining Cookbook and Health Manual – Frank J. Hurd, Rosalie Hurd <https://tentalents.net/products/>

BETTER CHOICES – FRESH & HEALTHY CUISINE – Frank J. Hurd, Rosalie Hurd <https://tentalents.net/products/>

FORKS OVER KNIVES – THE COOKBOOK: Over 300 Recipes for Plant-Based Eating All Through the Year – Del Sroufe <https://www.forksoverknives.com/product/fok-plan-fok-cookbook/>

The China Study Cookbook: Over 120 Whole Food, Plant-Based Recipes – Leanna Campbell, PHD <http://nutritionstudies.org/china-study-cookbook/>

Food as Medicine: Sue Radd <http://foodasmedicine.cooking/>

The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds - Rip Esselstyn

<https://www.amazon.com/Rip-Esselstyn/e/B001UEU4C4>

Plant-Based Diet For Dummies: By Marni Wasserman <http://www.wiley.com/WileyCDA/WileyTitle/productCd-1118830679.html>

Vegan Richa's Everyday Kitchen: By Richa Hingle <http://www.veganricha.com/mybooks>

Vegan Richa's Indian Kitchen: By Richa Hingle <http://www.veganricha.com/mybooks>



Philippians 3:19 – “Their destiny is destruction,
their god is their stomach, and their Glory
is in their shame.”

