

July 17, 2018

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



Step 7: Humbly ask Him to remove our shortcomings.

Scripture Text: "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

(1 JOHN 1:9)



CREATION Health

Choice – Temperance, Water

Rest, Time

Environment – Sunshine, Air, Products

Activity – Exercise

Trust - in God our Creator

Interpersonal Relationships

Outlook

Nutrition





Products:

Body Care – Shampoo, Conditioner, Deodorant, Tooth Paste, Soap, Hair spray/gel, make up, nail polish.

Home Care – Laundry detergent, dishwasher, toilet bowl, shower, floors, air fresheners, pest control, etc.

Car Care – Upholstery cleaner, air fresheners, cleaners.

Yard Care – Fertilizer, weed killers, pesticides.



Body Care = <https://www.vitacost.com/>

Home Care = Homemade – (white vinegar & baking soda) Seventh Generation, search internet.
<https://www.vitacost.com/>

<http://www.thegoodtrade.com/features/natural-eco-friendly-cleaning-products-for-the-conscious-home>

Car = <https://www.naturesgreenmagic.com/>

Yard/Garden = <http://www.saferbrand.com/>

<https://www.gardensalive.com/>

<https://www.arbico-organics.com/>



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



Picnic Fare = Salads, Mediterranean pita pizzas, Veggie Wraps, Tacos, Squash tots, Kebabs, barbecue, sandwiches, chickpea lettuce cups, grilled skewers, Italian sandwiches, key lime pie, Hummus dip, crumb bars, Black bean quesadillas, watermelon, lemonade, fresh veggie tray, fresh fruit tray, <http://www.onegreenplanet.org/vegan-food/plant-based-picnic-recipes/>



Proverbs 3:5: Trust in the LORD with all your heart and lean not on your own understanding.

