

Plant Based Cooking Seminar



April 17, 2018

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



Step 4: Made a searching and fearless moral inventory of ourselves.

"Let us examine our ways and test them, and let us return to the Lord."
(LAMENTATIONS 3:40)



CREATION Health

Choice – Temperance, Water

Rest, Time

Environment – Sunshine, Air, Products

Activity – Exercise

Trust - in God our Creator

Interpersonal Relationships

Outlook

Nutrition





TIME: Being made in God's image means that you have been given immeasurable power to select your surroundings, your relationships, your vocations, what you will eat, when you will sleep, and what your attitude will be. You have been enabled with the incredible power to craft your own destiny.



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



Documentaries that will make you rethink everything you know about food and health:

- 1) Food, Inc.
- 2) Vegucated
- 3) Food Matters
- 4) Supersize Me
- 5) Simply Raw: Reversing Diabetes in 30 days
- 6) Ingredients
- 7) The Future of Food
- 8) Hungry for Change
- 9) Fat, Sick and Nearly Dead
- 10) Forks Over Knives
- 11) PlantPure Nation
- 12) What The Health
- 13) CowSpiracy
- 14) Eating You Alive



RESTAURANTS

Sluggo's North –

505 Cheorkee Blvd., Chattanooga, TN. 37405
(Vegetarian & Vegan)

Cashews –

149A River St., Chattanooga, TN. 37405
(Vegan)

Plant Power Café –

6215 Lee Highway, Suite 137F, Chattanooga, TN 37421
(Vegan)

The Green Tambourine –

Chattanooga's first and only mobile vegan restaurant!
Follow them on Facebook and Twitter pages to stay up-to-date
with their progress and locations. Hot Food, Sandwiches, Salads, and Smoothies.
Visit them at the Chattanooga Sunday Market 1829 Reggie White Blvd.
11 am until 4 pm.

Real Roots Café –

1549 Battlefield Parkway, Fort Oglethorpe, GA. 30742
(100% Plant Based)

The Vineyard Café & Juicebar –

9848 Rome Blvd., Summerville, GA. 30747
(100% Plant Based)

Vego Bistro –

3999 Austell Road, Suite 355
Austell. GA 30106
(100% Plant Based) – Brookwood Square, North side of LA Fitness building



Philippians 4:13 – “I can do all things through Christ
who strengthens me.”

