

# Plant Based Cooking Seminar



May 15, 2018

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



**Step 5:** Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Scripture Text: "Therefore, confess your sins to each other and pray for each other so that you may be healed."

(JAMES 5:16)



## CREATION Health

Choice – Temperance, Water,  
Rest, Time

Environment – Sunshine, Air, Products

Activity – Exercise

Trust - in God our Creator

Interpersonal Relationships

Outlook

Nutrition





**Sunshine** - The sun is the established energy source ordained by God to sustain the cycle of life for plants and animals. Abundant in Georgia, sunlight is supremely important for the body's metabolism and hormonal balance.

- Vitamin D – 30 minutes a day.
- Kills germs



## 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



# SALADS

<http://plantbaseddietitian.com/redefine-salad-with-40-recipes/>





# Redefine Salad with These 40 Revolutionary Recipes



[PlantBasedDietitian.com](http://PlantBasedDietitian.com)

## The Twenty Worst Food Additives

Additives marked with an asterisk should be avoided in the opinion of physicians and registered dieticians. Those without an asterisk are questionable, and safety has not been established.

Chemical Additive	Use in Food	Hazard Factor to Human	Foods Likely to Contain
*BHA 9butylated hydroxyanisole and BHT (butylated hydroxytoluene)	Preservative Coloring	Suspected of liver ailments and cancer May cause allergic reactions. Stored in body fat	Fresh pork and pork sausage, steak sauces, vegetable oils, shortenings, crackers, potato chips, dry cereals, cake mixes, frozen pizzas, instant teas, drink powders punches, breakfast drinks, doughnuts, vegetables (packed with sauces), packaged potatoes, nuts, canned puddings, toaster tarts, gelatin desserts, dry soup mixes, dry yeast.
*Caffeine	Coloring; Flavoring	Stimulant, diuretic, causes nervousness, heart palpitations; may cause heart defects	Coffee, tea, cocoa, cola, soft drinks
Caramel	Coloring	Genetic effects and possibly cancer factor.	Candy, instant tea, soft drinks, bread, frozen pizzas
*Carrageenan	Thickening agent; Binder	Suspected of colitis effects in British study; possible genetic effects	Sour cream, cottage cheese, yogurt, whipped toppings, chocolate milk, ice cream, beer, jelly, gelatin and pudding desserts, baby formulas, punch drinks, olives, vegetables packaged with sauces, cookie dough, bread
EDTA (calcium disodium Ethylenediamine tetraacetate)	Preservative; Flavoring; Traps metallic impurities produced during food processing	Linked to kidney disorders; cramps, skin rashes, intestinal problems.	Mayonaise, salad dressings, margarine, canned shellfish, beer, condiments, soft drinks, processed fruits and vegetables.
Gums: Arabic, cellulose, Ghatti, Karaya, Tragacanth, Xanthan	Thickener, binder, assist in easy flow	May cause allergic reactions, constipation, diarrhea	Candy, colas, powdered drink mixes, beer, salad dressings, sherbert, ice cream
Hydroxylated Lecithin (Non-hydroxylated lecthin satisfactory)	Binder	Phosphoric acid and choline are toxic in ink and cosmetics. May cause skin irritations.	Mayonaise, ice cream, margarine, soup mixes, candy baked goods, artificial flavors.
Lactic Acid	Preservative	Caustic. Used in textile printing, dyeing	Beer, carbonated beverages, frozen desserts, frozen pizzas, processed cheeses, gelatin, pudding desserts, olives.
Maltol dextrin	Aroma and flavor enhancer	A substitute for true natural flavors, derived from harmful wood tars, and from starch.	Bread, cakes, desserts, broths, soft drinks, instant teas, fruit-, vanilla-, and chocolate- flavored foods and drinks, ice cream, packaged frozen fish.
*Modified food starch	Thickener, Filler	Alkali used in making it is sodium hydroxide, which may cause lung damage, vomiting.	Gravies, baby foods, baking powder, pie fillings, baked beans, cream style corn, beets (in jars), dry roasted nuts, packaged frozen fish, soups, ravioli, drink powders, frozen pizzas.
Mono-and Diglycerides	Mixes together ingredients; Softener; Smoothing Agent	May cause genetic changes, cancer, birth defects and abnormalities.	Shortening, margarine, peanut butter, broths, bread, pies, dry roasted nuts, vegetables packaged with sauce, cookies, cakes, ravioli.
*Monosodium glutamate (MSG)	Flavoring agent	May cause headaches, chilling, sweating, diarrhea, and chest pain; possible genetic damage. Removed from baby foods in 1969.	Beer broths, bouillon cubes, processed cheeses, gefilte fish, canned meats, meat tenderizers, packaged seafood, frankfurters, salad dressings, canned soups, frozen pizzas, Chinese food, dry roasted nuts, soup mixes, vegetables packed with sauce, croutons, tomato sauce, bread crumbs, frozen spinach, tomato paste.



## The Twenty Worst Food Additives

Additives marked with an asterisk should be avoided in the opinion of physicians and registered dieticians. Those without an asterisk are questionable, and safety has not been established.

*Nitrites, sodium	Preservative, Coloring, Curing	Toxic; Overdoses have caused deaths; Combine in the body with other chemicals to form cancer-causing	Bacon, frankfurters, sausages, smoked fish, smoked and processed meats such as ham, bologna, pastrami, salami, tongue, corned beef, frozen pizzas, baby foods.
Polysorbate 60, 65, 80	Emulsifier for creaminess	May cause diarrhea.	Ice cream, frozen custard, sherberts, whipped toppings, bread, cookies, cakes and cake mixes, pies, chocolates, doughnuts, cake icings and fillings, soft drinks, shortening and vegetable oil, milk substitutes, gelatin desserts, pickles.
Propyl gallate	Preservative	May damage liver. May cause birth defects.	Meat product, potato sticks, vegetables packed with sauces, vegetable shortenings and oils, chewing gum, pickles.
*Propylene glycol alginate	Thickener; Stabilizer	Glycol used as auto anti-freeze; other components used as solvent for oils and waxes and lubricants.	Cream cheese, ice cream, yogurt, cheese spreads, jelly, frozen desserts, whipped toppings, candies, flavor extracts, beer, salad dressings, soft drinks, mustard, potato chips, crackers.
*Red dye 40 (allura Red AC)	Coloring	Possibly causes birth defects. Cancer suspect.	Frankfurters, red gelatin desserts, red candies, soft drinks, red pistachio nuts, red chewing gums, cereals, baked goods.
*Saccharin	Inexpensive sugar substitute; Diabetic use; Noncaloric	Causes allergic response and toxic reactions affecting skin, heary, and gastrointestinal tract. Possible cause of tumors and bladder cancer. Danger warning now required on packages.	Sugar substitute in many products and diet foods, ginger ale, plain and diet sodas, frozen desserts, breakfast drinks.
*Sodium erythorbate	Preservative; Coloring agent; Freshening	Possible genetic effects; banned in several countries,	Bacon, ham, frozen turkey roast, frankfurters, baked goods, potato salads, beverages.
Tannin (Tannic acid)	Flavoring	May cause liver tumors and ailments, may be cancer cause. Used widely in leather tanning.	Wine, coffee, tea, cocoa, beer; artificial flavorings such as butter, fruit, caramel, brandy, maple, and nut.

### Foods Containing The Twenty Worst Additives:

### Avoid These Additives:

Cakes, crackers, pies and doughnuts contain 11 of the 20 worst ingredients.	Alcohol	Lactic Acid	Red Dye 40
Colas, soft drinks, punches, powders contain 9 of the 20 worst ingredients.	powder	Maltol Dextrin	Saccharin
Pizzas (frozen) contain 6 of the 20 worst ingredients.	BHA, BHT	Modified food starches	Sodium erythorbate
Gelatin and pudding desserts contain 6 of the 20 worst ingredients.	Caffeine	Monosodium Glutamate	Spices
Ice cream and ice milk contain 6 of the 20 worst ingredients.	Caramel	Nitrites, Nitrates	Tannin
Beer contains 6 of the 20 worst ingredients.	Carrageenan	Pepper	Turmeric
Vegetable sauces contain 5 of the 20 worst ingredients.	EDTA	Polysorbate 60, 65, 80	Vinegar
Broths contain 4 of the 20 worst ingredients.	Gums	Propyl gallate	Mono and Diglycerides
Salad dressings contain 4 of the 20 worst ingredients.	Hydroxylated Lecithin	Propylene glycol alginate	



## WIKIPEDIA

### Spent mushroom compost

Spent mushroom compost is the residual compost waste generated by the mushroom production industry. It is readily available (bagged, at nursery suppliers), and its formulation generally consists of a combination of wheat straw, [dried blood](#), [horse manure](#) and ground chalk, composted together. It is an excellent source of humus, although use of its nitrogen content will have been used up by the composting and growing mushrooms. It remains, however, a good source of general nutrients (0.7% N, 0.3% P, 0.3% K plus a full range of trace elements), as well as a useful soil conditioner. However, due to its chalk content, it may be alkaline, and should not be used on acid-loving plants, nor should it be applied too frequently, as it will overly raise the soil's pH levels. [1]

Mushroom compost may also contain [pesticide residues](#), particularly organochlorides used against the fungus gnat. If the pile was stored outside, it may contain grubs or other insects attracted to decaying matter. [Chemicals](#) may also have been used to treat the straw, and also to sterilize the compost. Therefore, the organic gardener must be careful regarding the sourcing of mushroom compost; if in doubt, samples can be analyzed for contamination – in the UK, the Department for Environment, Food and Rural Affairs is able to advise regarding this issue.

Commercially available 'spent' mushroom compost is not always truly spent. It is sold by mushroom farms when it is no longer producing commercially viable yields of mushrooms. It can be used to grow further smaller crops of mushrooms before final use on the garden. Chester County, Pennsylvania currently accounts for 47% of total U.S. mushroom production.

### References

1. Bradley, Steve (2004), *Vegetable Gardening: Growing and Harvesting Vegetables*. Murdoch Books, ISBN 1-74045-519-3.



**Philippians 4:19** – “And my God will meet all your needs according to his glorious riches in Christ Jesus.”

