

# **Incorporating Whole Food Plant-based Nutrition; Practical Tips & Demos**



***Healthy For a Lifetime***

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**Melissa Sherlock  
Sherlock TruHealth**

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You've heard from experts. You've heard testimonials. Now.....

- Local testimonials
- Let's make some food!
- Practical tips



# Food as Medicine in our community

## Nutritional Journeys

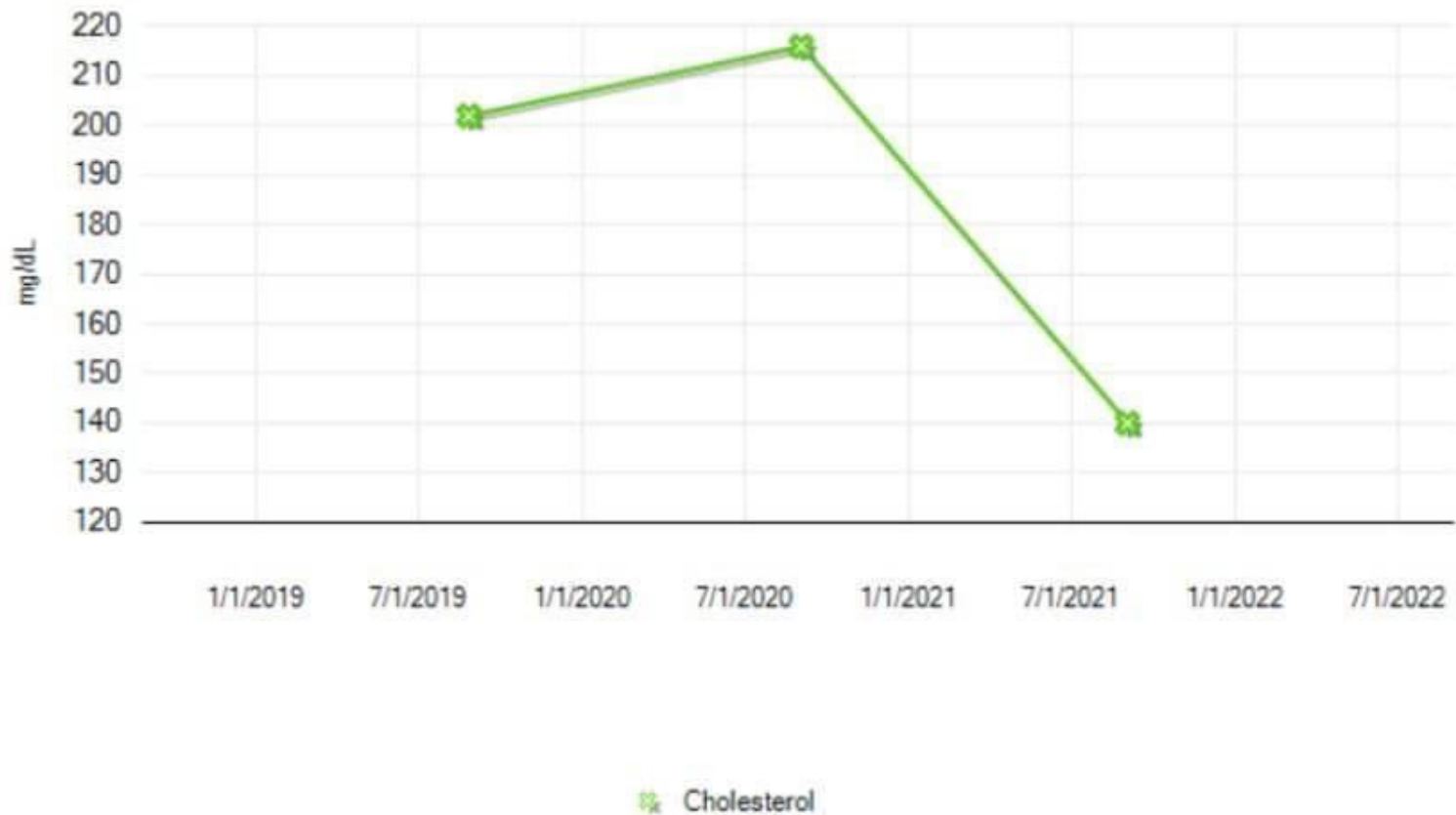
- Linda
- Laura
- Randy



Randy

*congrats!*

TC ↓ 35%



# Linda

- T2 Metformin 2000mg, gone!
- Statin for cholesterol, gone!
- BP meds, gone!
- Hypothyroid meds, gone!



Laura



- Laura's weight ↓ 80 lbs so far!
- Pre-diabetic → normal blood glucose
- Breathing issues gone –no inhalers
- Hubby off statins. TC ↓ 80 pts
- Hubby's weight ↓ 25 lbs
- Hubby's persistent cough gone after 10 yrs!



# My Sinus Infections

- Balloon sinuplasty?
- Or ditch dairy



## Toss the tissues

**You can get instant relief for sinusitis**

The outdoors can be miserable for people with chronic sinusitis. For instant relief, consider balloon sinuplasty.

This minimally invasive procedure involves gently inserting and inflating a small balloon to unblock and drain nasal passages.

"It takes about an hour in the office, but the actual procedure is about 15 minutes," said Aaron Robinson, MD, CHI Health Otolaryngologist.

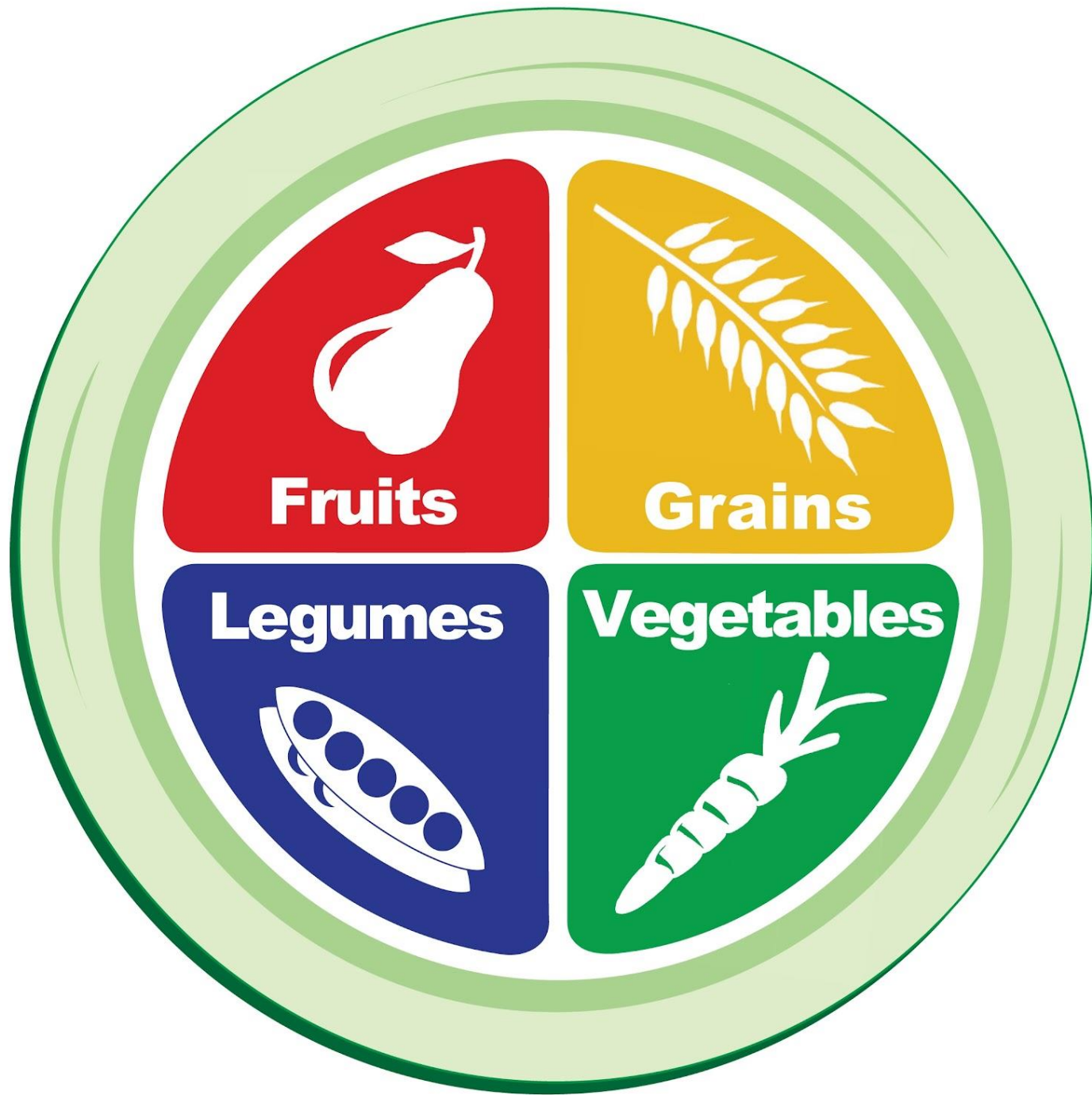
Balloon sinuplasty is FDA-approved, considered extremely effective and often covered by insurance.

"It's for anybody who's on antibiotics three to four times a year, has headaches, face pain, pain in your teeth or jaw, and nothing has improved it, or if you have a CT scan showing an issue with sinuses," said Dr. Robinson.

**Find sinus care close to you at**  
**[CHIhealth.com/SinusCare](http://CHIhealth.com/SinusCare)**



**Self-Care Tip:** "Use a saline rinse and a neti pot to rinse out the allergens and mucous and give sinuses a chance to heal," Dr. Robinson said. "Try it in the shower."





# A Word On





- Carries out excess cholesterol
- Removes excess hormones
- Removes toxins
- Helps us feel full
- More nutrient-dense foods
- Feed beneficial bacteria-microbiome
- No fiber in animal foods
- 97% Americans deficient

# A Word on Cutting Out Oil

- Saute in veggie broth or water
- Make or buy oil-free salad dressings
- Use applesauce in baking
- Roast or grill with balsamic or broth
- Search for no-oil recipes



# A Word on Coffee Creamer

- Switch over slowly from creamer to non-dairy milk
- Try heating or frothing the milk





# What is Unprocessed?

- Whole or minimally processed plants
- “Nothing bad added, nothing good taken away” per Dr. Greger
- i.e. turmeric, cinnamon, ketchup, date syrup or date sugar, non-dairy yogurt





# Let's Prepare Food!



# Overnight Oats

- Rolled oats
- Non-dairy milk
- Ripe banana
- Vanilla
- Chia/flax seeds
- Fruit



# 7-layer Mediterranean Dip

- Hummus
- Lettuce
- Tomatoes
- Cucumbers
- Avocado
- Red onion
- Kalamata olives
- Artichoke hearts
- Tahini sauce



Photo by [hellolittlehome.com](http://hellolittlehome.com)



# Black Bean Mango Quinoa Salad

- Cooked quinoa
- Black beans
- Diced mango
- Red bell pepper
- Green onions
- Cilantro
- Japapeno pepper
- Vinegars



Photo by [togetherasfamily.com](http://togetherasfamily.com)

# Lasagna Toss

- Penne or other pasta
- Tofu ricotta
- Spinach
- Mushrooms
- Pasta sauce
- Cashew parmesan
- Basil, seasonings





# Easy Sweet Potato

- Baked sweet potato
- Hummus of choice
- Lightly steamed broccoli



Photo by Lunchboxbunch.com

# Other Sweet Potato Ideas

Southwestern

White bean & spinach

Lentil curry

Lentil or other soup



# Kale Salad

- Curly kale
- Avocado
- Carrot
- Bell pepper
- Edamame
- Red onion
- Nuts
- Chopped date
- Fresh pear





# Energy Bites

- Medjool dates
- Dried cherries or raisins
- Non-dairy chocolate chips
- Nuts
- Nut butter
- Cacao or cocoa

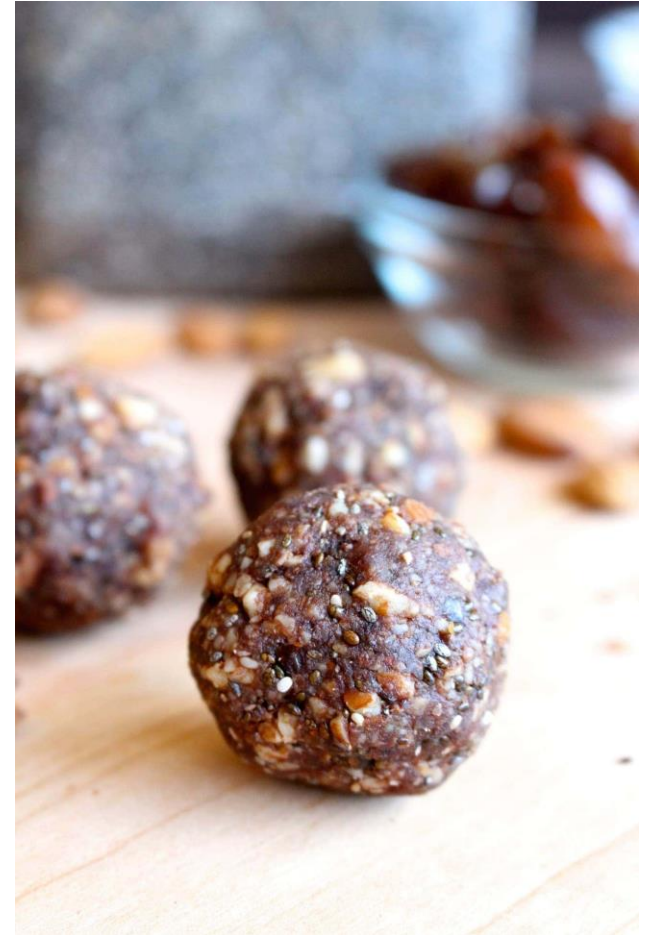


Photo by [theconscientiouseater.com](http://theconscientiouseater.com)

# Oil-free Corn Chips

- Organic corn tortillas
- Lime juice
- Sea Salt



Enjoy with dips, Chili  
Also good: Mary's Gone Crackers



# Bowls

- Start with starch base (brown rice, quinoa, soba noodles, farro, pasta, couscous, sweet potatoes)
- Add beans, lentils, tofu
- Add greens
- Add non-starchy veggies
- Add drizzle of something
- Optional: nuts & seeds



# Soups

- Make a big batch for leftovers
- Spoon into mason jar while still hot
- Jar will seal
- Keep it in fridge
- Leave space if freezing



# Fruit with Every Meal!



# Why a whole food, plant-based diet?

*Prevention Power Protection*





# All Lifestyle Habits are Important



**LIFESTYLE MEDICINE FOCUSES ON 6 AREAS TO IMPROVE HEALTH**





# Basics to have on hand

- Grains: Brown rice, barley, farro, quinoa, millet
- Pasta, other noodles
- Sprouted grain bread; Ezekiel, Silver Hills Sprouted Power, Trader Joe's
- Non-dairy milk, unsweetened
- Corn & whole grain tortillas for wraps
- Hummus & refried beans
- Low sodium veggie broth for soups
- Seasonings! nutritional yeast
- Beans of all kinds



# Basics to have on hand

- Frozen veggies, fruit (check labels)
- Dates and raw cacao for desserts
- Steel cut oatmeal, high fiber low-sugar cereal
- No oil pasta sauce (Engine2, TJ's)
- Vinegars: rice, red wine, balsamic, glaze
- Nuts and seeds, nut butters
- No-oil salad dressing
- Fresh fruits & veggies
- Potatoes



# Organic or no? My choices

- Clean produce with baking soda and water
- For berries, use vinegar and water
- Greens and beans
- Potatoes, Rice, Oats
- Tofu, edamame
- Bananas, other fruit
- Comparatively-priced produce
- Coffee, tea



# Keep produce/food longer

- Use tongs on greens, not hands
- Layer greens with napkins
- Gently shake greens to keep from matting down
- Put asparagus, kale, herbs in water vase
- Put soup in jars hot to reseal
- Keep sprouted grain food in the freezer
- If bell peppers start to wrinkle, roast them
- Too many veggies? Time to make soup!





# Food Prep

- Always have rice, quinoa, pasta, potatoes in fridge
- Keep fruit like melons and pineapple cut up
- Keep most-used raw veggies cut and prepped
- Cook for leftovers
- Keep salad fixings ready
- Keep chili, soup or stew ready for quick warmup
- Keep baked sweet potato, grilled veggies handy for Buddha bowls and wraps
- Steel cut oats for the week





A photograph of a dirt path winding through a dense forest. The trees are tall and thin, with green foliage. The ground is covered in fallen leaves and branches. The overall atmosphere is misty and serene.

TOGETHER,  
LET'S INSPIRE OTHERS  
— TO LIVE —  
A FIT  
AND HEALTHY LIFESTYLE



I'm still excited about my food every day!







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- Medical professionals
  - All of YOU here
- All of YOU with us online