

## Plants for Life Resources

To Learn More – Join *Plants for Life*, our 11-week course designed to support you on your journey!  
Contact Positive Choice Integrative Wellness Center now at 858-616-5600. ( <https://positivechoice.org> )

Food as Medicine Jumpstart – Booklet from American College of Lifestyle Medicine  
<https://lifestylemedicine.org/wp-content/uploads/2023/06/ACLM-Food-As-Medicine-Jumpstart-8.5x11.pdf>

The Ultimate Beginner’s Guide to a Whole-Food, Plant-Based Diet – Forks over Knives  
<https://www.forksoverknives.com>

The Vegan Kickstart App – Physicians Committee for Responsible Medicine  
<https://www.pcrm.org/vegankickstart>

### Recommended Movies

“The Game Changers”, available free on Netflix, \$ on Prime, etc., Trailer: <https://youtu.be/iSpglxHTJVM>

“Forks Over Knives”, available on the Forks Over Knives website: <https://www.forksoverknives.com/the-film/>

### Recommended Website for Recipes

Forks Over Knives: <https://www.forksoverknives.com>

Nutmeg Notebook: <https://www.nutmegnotebook.com>

Saint Luis Veg Girl, Caryn Dugan: <http://www.stlveggirl.com/recipes/>

Or Google search for “No oil, Whole Food, Plant-based, recipe for xxx”

### Recommended Cookbooks

Be a Plant-Based Woman Warrior by Jane Esselstyn

Forks over Knives, The Cookbook by Del Sroufe

Engine 2 Cookbook by Rip Esselstyn

### How to Sauté without Oil!

<https://www.youtube.com/watch?v=ayESB0K1rUg&list=PL7QA6xgGJX7wnLUEkcNQBOkWgC2IypWma>

### Cooking demo web sites

The Doc & Chef <https://www.cpbl-stl.com>

Ann and Jane Esselstyn <https://www.youtube.com/c/JaneEsselstyn/videos>

Chef AJ and the Dietician <https://www.youtube.com/watch?v=bOfxvkqjIS4>

### Recommended Website for Nutrition Information

NutritionFacts.org by Dr. Michael Greger <https://nutritionfacts.org>

Physicians Committee for Responsible Medicine <https://www.pcrm.org>

American College of Lifestyle Medicine <https://lifestylemedicine.org/project/patient-resources/>

### Recommended Books and Podcasts

Eat to Live by Dr. Joel Fuhrman

The Exam Room Podcast

How Not to Die by Dr. Michael Gregor

The Rich Roll Podcast

### How to Join our Facebook Group:

Open Facebook and Click on Groups. In the “Search Groups” field enter Plants for Life San Diego.

When you see our banner, you’re in the right spot. Send us a request to join. Answer the membership questions. Enjoy the recipes under “Files”!



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Recommended Vitamins and Supplements

- Vitamin B12: Under age 65: 50 mcg daily or 2,000 mcg weekly  
Vitamin B12: Over age 65: 1,000 mcg daily
- Vitamin D: 2,000 i.u. daily
- Iodine: 150 mcg daily. Use Iodized salt. Also found in Multiple Vitamins and Seaweed
- Omega 3 Fatty Acid: Ground Flaxseed, 1 to 2 tbsp per day and Walnuts

Tips for Healthy Weight Control

- Focus on **WHOLE** plant foods, increase non-starchy **VEGGIE** intake.
- Eat a large **SALAD** (or two) every day, the bigger the better
- Eat a large **VEGGIE BOWL, STIR FRY, or large bowl of SOUP or STEW**
- **FRUIT** for dessert
- Eat fruits and vegetables first (the lowest calorie density foods)
- Avoid: oil and fat (especially saturated fat), salt, and added sugar
- Limit bread, tortillas, and pasta
- Limit: nuts, seeds, and dried fruit (use as condiments, not snacks)
- Don't drink calories – drink water, tea, or coffee!
  - Green smoothies can be an exception if used as a meal replacement.

