

# Health Supporting Eating Plan

How to Create a Healthier Body and a Healthier Life

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We cause most of our serious diseases with our knives, forks and spoons.

- Obesity
- Clogged arteries ->heart attacks & strokes
- High blood pressure
- Type 2 Diabetes
- Erectile dysfunction
- Fibroids
- (Many cases of) asthma, migraines, psoriasis, acne, inflammatory arthritis, colitis, Crohn's disease, diverticulosis, and others.

We have basically the same digestive system as our simian cousins, the gorillas and bonobos, and are set up to digest a high-fiber, plant-based diet.

A diet heavy with fiber-less animal products - meats, dairy, oils, flour products - is the wrong fuel for our systems, like putting diesel fuel (kerosene) in a gasoline-burning engine. No wonder we become inflamed, oxidized and malnourished.

*All the above diseases usually improve markedly - and most resolve completely - with a whole-food, plant-based food stream!*

MAKE A MOVE! - EAT HEALTHIER

The more vegetables you eat, the healthier you are going to be.  
Plant-based meals are easy, delicious, filling, and guilt-free.

*IF YOU NEED TO LOSE WEIGHT, REALIZE THAT FOUR FOODS ARE KEEPING YOU HEAVY and UNHEALTHY:*

1. DAIRY PRODUCTS – Cows' milk is made to blow up a baby calf into a 700-pound cow. You are not a baby calf. You wouldn't pour dog milk or rat milk on your cereal. Why cow milk? Use plant "milks" from almond, rice, soy, hemp, oat, etc.
2. VEGETABLE OILS (in more than teaspoon amounts) They are liquid fat in a bottle that can keep you heavy and injure your artery walls. Stir-fry in vegetable broth and make blender salad dressings without oil.
3. FLOUR PRODUCTS - baked goods, pastries, most breads are fat/sugar combos that stick to you.
4. ANIMAL FLESH - meats of all kinds increase IGF-1 and insulin levels, which drive cancer growth and inflammation. Fish are seriously contaminated with mercury and pesticides.

ESPECIALLY **avoid the fat/sugar combo** - you will burn the sugar and store the fat.

Oil on pasta, nut butter and jelly sandwich, eggs and toast, steak and potatoes, cheeseburger on a bun, donuts, ice cream - **fat/sugar combos, all! Recognize and avoid them!**

ESPECIALLY IF YOU ARE TRYING TO LOSE WEIGHT, AVOID EATING AFTER 6 or 7 P.M.!

TRY TO CONFINE YOUR EATING TO A 6 - 8 HOUR WINDOW OF TIME.

## What should I make for lunch or dinner?

Breakfast is optional, if you're not hungry.

As you will see below, the Plan does not list all there is to eat. It's simply a guide to constructing easy, guaranteed-healthy main meals based on four words that start with "S." Feel free to use spices and international flavorings to create more colorful and inviting cuisine.

First of all, relax. It's all easier than you may think – and tastier, too.

- **DRINK PURE WATER:** Starting your day with a glass of water (or two) is a smart, healthy practice. During the day, "Listen to your thirst, plus one more glass!" - which should total at least two 8-oz glasses per day
- **Chew your food to a cream!** Thorough chewing increases absorption of vital nutrients and reduces swallowing air in food which will reduce gas and bloating - besides, you will enjoy the tastes more as you chew your foods well.

### **BREAKFAST:**

- Only eat in the morning \*IF\* you are hungry (many people are not – and that's okay). Fruit alone is fine with or without oatmeal or another whole grain cereal.
- Otherwise, (and especially if you are trying to lose weight) it is perfectly OK to drink pure water until noon, or at least, until you get truly hungry. This will extend your night-time fat-burning throughout the-morning hours - a type of "intermittent fasting." If weight loss is a goal and you are hungry, a non-sugary breakfast, such as steamed vegetables or broth-based vegetable soup, is recommended.

### **LUNCHES and DINNERS:**

Think of the following as a basic "clothesline" on which to hang a healthy day of eating. From this basic outline you can create a world of healthy variations...

Try to include each of the 4 S's with each lunch and dinner:

## **Salads – Soups – Steamed veggies – Starches**

**1) SALADS** – as large as you like with NO-OIL salad dressing (see links below)

**2) SOUPS** – Use a crock-pot ("slow cooker") or Instant Pot to create hearty, filling soups and stews, filled with your favorite vegetables (preferably organic and locally grown) or frozen. Add some whole grains, beans or lentils for texture and protein. (Trick to make a creamier soup: put 3 – 4 cups of broth & veggies into a blender, blend for 30 seconds and then add back into the main soup.)

*Have fun with seasonings – make the above any style you like – Italian, Mexican, Chinese, Thai, Indian, etc. – with chilis, curries, etc.*

In a few hours (or a in a few minutes with an Instant Pot) a garden of delightful aromas and a bountiful day of healthy eating awaits you.

Ladle some into plastic containers to let cool for freezing. Keep the rest warm and have a cup often during your day with salads, veggies and starches.

After dinner, let what is left cool and keep overnight in fridge - the next day, add some water and re-heat. Enjoy for 1-3 days and freeze any remaining in freezer-safe containers for “instant meals.”

Repeat once or twice during the week. (You can buy bags of cut-up, organic, frozen veggies; they're inexpensive and make this all much easier.)

**3) STEAMED VEGETABLES – Greens** (kale, chard, broccoli, spinach, asparagus, Brussel sprouts, bok choi, etc.) and **Yellows** (carrots, squash, sweet potatoes, etc.) should be eaten pretty much daily.

- Rinse and steam over hot water for 3-12 minutes (up to 20 - 30 minutes for root vegetables.)
- Serve with squeezed lemon juice (or other citrus), balsamic vinegars, no-oil salad dressing, etc.

**4) STARCHES** – Grains (organic, whole grain quinoa, millet, brown rice, etc.), potatoes (white or sweet,) yams, etc. Grains cook in 20 – 40 minutes in a rice cooker; approximately 15 minutes in Instant Pot. Starchy veggies can be cut into chunks and steamed.

- **PROTEIN STARS:** Legumes! (Anything that grows in a pod: peas, chick peas/garbanzos, all beans, peas, lentils, etc.) (A small handful of) nuts, such as walnuts and/or pumpkin seeds, etc. Add to soups and salads, blend into dressings, etc.
- **DESSERT AND SNACKS:** All the fruits, any way you like them: berries, citrus, cherries, mangoes, grapes, melons, etc. Berries with rice milk or almond milk make great treats – better than ice cream!
- Again, remember how important it is to chew every mouthful to a puree to aid your digestive system and to derive optimal nutritional value from the food you eat. You are what you absorb!

**NUTRITIONAL SUPPLEMENTS** for wise plant-based eaters:

- Vitamin B-12 (cyanocobalamin) 500 mcg – 1000 mcg, 2 – 3 times per week, preferably in liquid or a dissolving sublingual tablet.
- Vitamin D - enough to keep blood levels between 30 and 70 ng/ml.
- **NUTRIENT WORTH SPECIAL CONSIDERATION:**
  - Iodine 150 mcg/day, either through organic sea vegetables (arame, wakame, dulse, a sprinkle of kelp on salad or soup or 3 - 4 nori sheets) three times per week or a *pinch* of iodized salt on veggies each day.

For more about healthy eating and healthy living, see the On Demand video on my website, [DoctorKlaper.com](http://DoctorKlaper.com), entitled, “Thriving on a Plant-based Diet.”

## **FOR A HEALTHIER LIFE:**

START YOUR DAY WITH 2-3 GLASSES OF WATER.

TAKE A STRONG WALK EVERY DAY –  
AND SMILE A LOT!

*Don't smoke! Get enough sleep!  
Love more. Do more. Enjoy more.  
Savor each moment.*

## **RESOURCES and QUICK START GUIDES for Healthy Eating!**

- Plantrician Project Quick-start Guides (Adult & Pediatric)  
<https://plantricianproject.org/quickstartguide>
- Physicians Committee for Responsible Medicine PCRM.org  
21-Day Kickstart <https://kickstart.pcrm.org/en>
- PLANTSTRONG program: [plantstrong.com](http://plantstrong.com)
- Rochester Lifestyle Medicine Institute 15-Day Kickstart:  
<https://rochesterlifestylemedicine.org/jumpstart/>
- PlantPure Communities Oasis 10-Day Jumpstart Program:  
[Plantpurecommunities.org](http://Plantpurecommunities.org)

## **WEBSITES to visit and learn from:**

- **Forks Over Knives:** [ForksOverKnives.com](http://ForksOverKnives.com)  
Another simple, delicious transition plan
- **PLANTSTRONG:** [plantstrong.org](http://plantstrong.org)  
A great transition plan — check it out
- **Straight Up Food:** [straightupfood.com](http://straightupfood.com)  
As the name says, simple, easy, and *delicious*
- **Katie Mae Petersen and The Culinary Gym:** [theculinarygym.com](http://theculinarygym.com)

- **Nutrition Facts** [NutritionFacts.org](https://nutritionfacts.org)  
Easy to digest scientific information on plant-based nutrition presented in brief, clever videos & supporting references.
- **Michael Klaper, M.D.** [DoctorKlaper.com](https://doctorklaper.com)  
Free newsletter, “Medicine Capsule”
- **Climate Healers** – [ClimateHealers.org](https://climatehealers.org)  
Dr. Sailesh Rao’s visionary organization
- **University of Winchester (UK) 6-week online course in Plant Based Nutrition:**  
<https://www.winchester.ac.uk/study/further-study-options/cpd/plant-based-nutrition/>

## BOOKS

- ***How Not to Die*** by Michael Greger, M.D.
- ***How Not to Diet*** by Michael Greger, M.D.
- ***The End of Heart Disease*** by Joel Fuhrman, M.D.
- ***Dr. Barnard’s Plan for Reversing Diabetes*** by Neal Barnard, M.D.
- ***Prevent and Reverse Heart Disease*** by Caldwell Esselstyn, M.D.
- ***Becoming Vegan*** by Brenda Davis, R.D. and Vesanto Melina, R.D.
- ***Comfortably Unaware*** by Richard Oppenlander
- ***Food IS Climate*** by Glen Merzer
- ***Whole*** by Colin Campbell, Ph.D.
- ***Nourish*** by Brenda Davis, R.D. and Reshma Shah, M.D.
- ***Healthy Eating – Healthy World*** by J. Morris Hicks

## FILMS (on Netflix, etc.)

- *Forks Over Knives*
- *What the Health*
- *Cowspiracy*
- *Eating You Alive*
- *Seaspiracy*
- *Eating Our Way To Extinction*
- *Milked*
- **DVDs produced by Jeff Novick, R.D.**  
Visit [www.JeffNovick.com](http://www.JeffNovick.com) to purchase/
  - **“Fast Food – Beyond The Basics (Volume 4)”** – Learn how to make delicious batch soups. Beyond the Basics features several tomato-free recipes, as well as healthy and improved versions of some exotic favorites.
  - **“Fast Food – Burgers and Fries (Volume 2)”** – Learn how to make a variety of healthy, delicious veggie burgers and “steak fries” from scratch using beans, rice, oatmeal and spices.

## Excellent PODCASTS

- **Rich Roll Podcast**
- **Sam Harris Podcast “Making Sense”**