

Health Supporting Eating Plan

My “Health Supporting Eating Plan” addresses the question, “What should I make for lunch or dinner?” (Breakfast is optional, if you’re not hungry.)

My eating plan, as you will see below, 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 (most 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.

LUNCHESES 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 – **S**oups – **S**teamed veggies – **S**tarches

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

- Wash and chop your favorite vegetables (preferably organic and locally grown).
- Fill the crock-pot 3/4 full with water.
- Add vegetables, grains, legumes, etc. and favorite spices.
- Fill to near-top with water, place lid on, push button. 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 part 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.

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

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

- Rinse and steam over hot water for 3-6 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. They cook in 20 - 40 minutes in a rice cooker; approximately 15 minutes in Instant Pot.

- **PROTEIN STARS:** Legumes! (Anything that grows in a pod: peas, chick peas/garbanzos, all beans, 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!

GET MOVING! TAKE A *20-minute* WALK MOST EVERY DAY — AND SMILE A LOT!

Healthy Eating Resources

– **DVDs** produced by Jeff Novick, R.D.: www.JeffNovick.com

- “Fast Food – The Basics (Volume 1)” – See how healthy eating can be easy, satisfying and fun. Learn how to create a healthy, low cost, delicious meal in under ten minutes.
- “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 from scratch using beans, rice, oatmeal and spices. Store 'em in your freezer. Cook 'em with no frying or grease. Also learn how to make yummy and satisfying steak fries.

– **RECIPES:** Quick and easy, tasty salad dressings, soups, and much more:

- Cathy Fisher: StraightUpFoods.com
- Katelin Mae Petersen: PlantBasedKatie.com

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

- Vitamin B-12 (methylcobalamin or cyanocobalamin) 500 mcg – 1000 mcg, 2 – 3 times per week, preferably in liquid or a dissolving sublingual tablet.

— **NUTRIENT WORTH SPECIAL CONSIDERATION**

Iodine 150 mcg/day, either through organic sea vegetables (arame, wakame, dulse, or a sprinkle of kelp on salad or soup) three times per week or a pinch of iodized salt on veggies each day.

For much more about healthy eating and healthy living, see my 99-minute On Demand video on my website, DoctorKlaper.com, entitled, “Thriving on a Plant-based Diet.” As one viewer wrote, it’s “fabulously rich with information!”

Yours in health, Dr. Michael Klaper