

# *Whole Food Plant Based 1-2-3*

## *Made Simple as it's Simply Made*

*This 3-part introductory, educational series for individuals interested in learning about a Whole Food Plant Based (WFPB) diet includes a variety of meals which you can easily prepare for breakfast, lunch and dinner. You'll have the opportunity to sample each of the 5 offerings per session. We'll discuss key ingredients and their availability at local Savannah markets. I'll share books, websites, podcasts, testimonials and names of the leading physicians and researchers who are proponents of this way of eating.*

*A WFPB diet is centered on whole, unrefined, or minimally processed plants. It's predicated on fruits, vegetables, tubers, whole grains, legumes, nuts & seeds, all aiding in strong digestion. Learn about plant proteins and their role as a vital energy source. Food can harm your body or be medicine, helping it to heal as it alters your cells with each bite you take. You don't have to eat this way to learn about it. A WFPB diet can improve your blood flow, whether it's going to your brain, heart, sexual organs or other systems of your body. You may even wind up knowing more about this than your doctor does!*

*There are studies that support a WFPB diet as a means of reducing inflammation in the body. Inflammation contributes to the dramatic rise in the frequency of today's most serious diseases; including cancers, diabetes and heart disease. I've also heard from people on a WFPB diet who have contracted the Corona Virus saying that their symptoms were not as severe nor life threatening. So, have you experienced any adverse changes in your health since my last series go around? If so, why wait any longer? Is what you're eating contributing to your overall well being? Discover how Plants over Pills may be an option for you and your loved ones without counting calories or portion. Learn why every calorie is not created equal!*

*Come join this food preparation tasting series so you can expand your knowledge and awaken your dormant taste buds.*

***"Let food be thy medicine, and let medicine be they food"***

*Quote by Greek physician Hippocrates*

**THIS SERIES IS OFFERED TO THOSE WHO HAVE BEEN FULLY VACCINATED**

The information I'll be sharing is based on my personal experience and learning's in this area and should not be construed as medical or professional advice.

## *A Brief Background*

*Our son Skyler introduced Richard and me to Whole Foods Plant Based eating on Wednesday March 15, 2017. He arrived to be best man at his older brother's wedding and started sharing about his recent transition to a WFPB diet. As we began to learn about this, it made healthy sense. I thought we were eating well with organic, grass fed and limited processed food. What we had been doing up until then wasn't enough to impact our health from the inside out. It was minutes after we started watching the "Food Choices" documentary that Richard and I changed our dinner selection for the wedding reception from Steak to a Vegan Mushroom Risotto entrée.*

*For us it was an easy choice and we leaped without consideration. The first thought I had, and many friends and people I've shared this with say, "I can't give up cheese!" And now I understand why this question comes up for so many of us and is so true. The components of cheese are documented as so addictive as it has the same chemical compound found in morphine (Dr. Neal Barnard, "Addiction to Cheese is Real Thanks to Casomorphins").*

*I started thinking about how I could make the tastes we enjoy with a new set of ingredients. Once I discovered this, the adventure continues bringing forth a bounty of information. At which ever level you choose to participate, to make physical, conscientious decisions, and or improve your energy levels, the options are many. Each person can decide how they want to utilize the facts. Any changes you make can have a favorable impact on your health. There are local, regional, and international opportunities to take part in along with podcasts, videos, you tubes, phone apps, plant-based meal kits / home delivery companies and professionals who support this life-style.*

*I've heard people say, I don't cook, I don't know how I would do this since my spouse/partner, wouldn't eat this way. My experience has shown that many of us are involved in independent activities that we didn't do before living here. People will learn, take lessons, and devote their time and energy to those interests that are important to them. By improving your health, you are allowing your body the best opportunity to remain strong while continuing the active lifestyle that many of us have become accustomed to.*

## *Bring your Appetite & Hunger to Learn*

*With a successful introductory launching of WFPB 1-2-3 in 2018 & then again in 2021, as well as a 10 course, 12 men's only dinner, I'm back offering this tastings series. Please see these June dates. Hope you can join!*

*This 3 - part series will be offered on 3 consecutive weeks.*

*Thursday, 6/2 - Breakfast*

*Thursday, 6/9 - Lunch*

*Thursday, 6/16 - Dinner*

*Sessions will begin PROMPTLY at 11 am, so plan to arrive 10-45- 10:50 to get look over displayed information and get situated. Each session will last approximately 2 hours allowing for discussion and interaction.*

*I will shop and buy all of the groceries for each session. I'll prepare the NON GMO (Genetically Modified), GF (Gluten Free) ingredients, while allowing for your taste preferences, and provide you the opportunity to savor new foods and flavors, all while learning about incorporating a WFPB diet.*

*This series is limited to the first 8 people to register. Please **TEXT** me if you're interested in securing a space. You can either tube me a check or use an electronic payment link with Zelle, using my phone # below as the account access #.*

*Once I have your registration confirmed I will notify you.*

*Each session is offered at \$50 per person*

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*Private consultations are available upon request, including grocery shopping and transitioning your pantry and fridge as well as your own group gathering*