

Joel Fuhrman

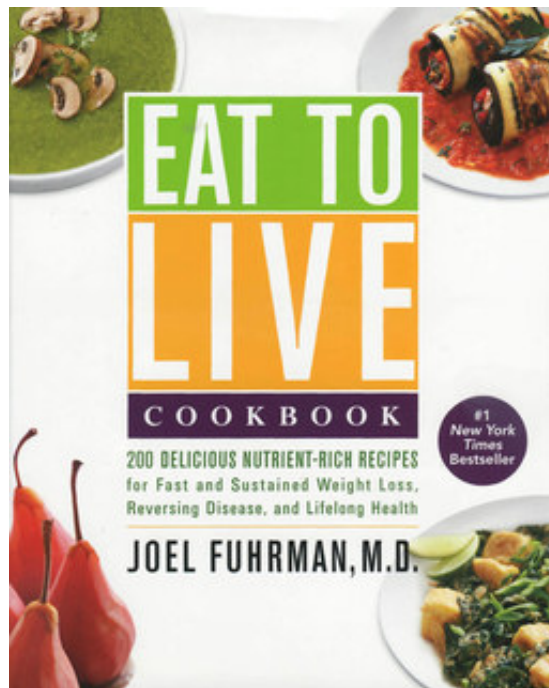
Eat to Live Cookbook

Leseprobe

[Eat to Live Cookbook](#)

von [Joel Fuhrman](#)

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INTRODUCTION

EAT TO LIVE IN A NUTSHELL

Eat to Live is a mind-set, a lifestyle, and the title of my *New York Times* #1 bestselling book, *Eat to Live*. When you eat to live, you seek foods, recipes, and menus that are nutrient-rich, so the body is supplied with its nutritional needs for optimum health, disease prevention, and maximum lifespan.

If you want to maintain your good health and enjoy life to the fullest as you age, the secret lies in what you feed your body. Following a plant-based, nutrient-dense diet also enables you to lose weight and keep it off permanently-without hunger or deprivation.

If you want to throw away your medications and recover from chronic illnesses, such as heart disease, high blood pressure, and diabetes (all examples of common illnesses that are more effectively treated with nutritional intervention than drugs or surgery), then the Eat to Live lifestyle is the most effective approach.

Uncovering the cause of a disease, when possible, rather than covering up symptoms with medications, always results in a more favorable outcome. When you maximize nutrients and minimize calories, you become disease-resistant. Countless studies have shown a relationship between nutrition and calories and your longevity and health potential. The majority of Americans ultimately die from their destructive nutritional extravagances.

The most important building block of health is nutrition. Without superior nutrition, your ability to live life to the fullest is limited. Scientific studies reveal that high-nutrient foods such as vegetables, fruits, beans, nuts, and seeds contain vitamins, minerals, and phytochemicals that work in synergy to allow us to achieve the best possible health and immunity from disease. Some of these nutrients are well known while others have yet to be identified. Unfortunately, most of modern society lives on a low-nutrient diet of empty-calorie, processed, refined foods and high-fat, fiberless

GUIDE TO PICKING THE BEST RIPE FRUIT

APPLES

A ripe apple will be firm and deeply colored. Depending on the variety, there should also be a slight rosy tone. If you want to find apples with the best flavor, buy them during apple season, which spans from late summer to early winter.

AVOCADOS

In the United States, the two common varieties of avocado are usually referred to as California and Florida avocados. The California avocados (also known as Hass avocados) are the ones with pebbly skins that darken as they ripen. The larger ones with the smooth green rinds are Florida avocados. California, or Hass, avocados tend to be richer and creamier and make better guacamole. Florida avocados are lighter-tasting and contain less fat.

The best way to get a perfectly ripe avocado is to buy a hard, unripe one. Unlike most fruits, avocados start to ripen only after they are picked. As they sit in the produce section of the food market, getting bumped and squeezed by potential customers, the softer, riper fruits may develop bruised spots. These unpalatable bruises are hard to detect from the outside, especially on the Hass variety, which turn black as they ripen. Reduce the chances of blemishes by buying a firm avocado and letting it ripen undisturbed in your kitchen. A ripe avocado yields to gentle pressure but is still somewhat firm. One that feels soft may very well be overripe and brown inside. If your avocado is ripe before you are ready to eat it, put it in the refrigerator where it should keep for a few days.

COOK TO LIVE

Cooking to Live can be simple or gourmet. You do not have to be a chef and have a lot of time to cook wonderful meals. On the other hand, if you do enjoy preparing food, there is no need to stifle your culinary creativity.

I have included a variety of recipes in this cookbook; some are quick and easy and others, developed by world-class chefs, are worthy of the finest gourmet restaurant. Some of the recipes were contributed by participants in the Member Support Center at my website (DrFuhrman.com).

HELPFUL TOOLS AND TECHNIQUES

There are a few tools and techniques that you will find helpful in preparing my *Eat to Live Cookbook* recipes. Take a few minutes to make sure you are familiar with these important basics:

- **GOOD KNIFE SET**

Invest in a good set of knives and keep them well-sharpened. Sharp knives are safer and easier to use than dull ones. A food chopper is also a time-saver for chopping and dicing vegetables and fruits.

- **WOK WITH COVER OR LARGE PAN WITH COVER**

Water-sauteing (also called sweating or steam-frying) is used instead of cooking with oil. Water-sauteing is simple and easy to use for stir-fries, sauces, and many other dishes. To water-saute, heat a skillet, wok, or pan on high heat until water sputters when dropped on the pan. Add a tablespoon or two of water and, when hot, add the vegetables and cook, covering occasionally and adding more water as necessary until tender. Do not add too much water, or the food will be boiled not



Purple Monster Smoothie

SERVES 2

INGREDIENTS

1 banana
2 cups fresh or frozen pineapple chunks
2 cups frozen blueberries
2 heads Boston lettuce
1 tablespoon ground chia seeds
1/2 cup water

DIRECTIONS

Blend all ingredients in a high-powered blender until smooth. Adjust water to achieve desired consistency.

PER SERVING: CALORIES 233; PROTEIN 4g; CARBOHYDRATE 55g; TOTAL FAT 2.8g; SATURATED FAT 0.3g; SODIUM 22mg;
FIBER 9.8g; BETA-CAROTENE 2,831µg; VITAMIN C 75mg; CALCIUM 67mg; IRON 1.6mg; FOLATE 30µg; MAGNESIUM 94mg; ZINC 0.8mg;
SELENIUM 2.1µg

Apple Bok Choy Salad

SERVES 4

INGREDIENTS

6 cups finely chopped bok choy
1 large apple, shredded
1 large carrot, shredded
1/2 cup chopped red onion
1/2 cup unsweetened soy, hemp, or almond milk
1/2 cup raw cashews or 1/4 cup raw cashew butter
1/4 cup balsamic vinegar
1/4 cup raisins
1 teaspoon Dijon mustard

DIRECTIONS

Combine bok choy, apple, carrot, and chopped onion in a large bowl.

Blend soy milk, cashews, vinegar, raisins, and mustard in a food processor or high-powered blender. Add desired amount to chopped vegetables.

PER SERVING: CALORIES 202; PROTEIN 7g; CARBOHYDRATES 28g; TOTAL FAT 8.8g; SATURATED FAT 1.7g; SODIUM 89mg;
FIBER 4g; BETA-CAROTENE 1,383µg; VITAMIN C 10mg; CALCIUM 90mg; IRON 2.8mg; FOLATE 95µg; MAGNESIUM 74mg; ZINC 1.4mg;
SELENIUM 4.2µg



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Thanksgiving Nonmeat Loaf 🌿

SERVES 6

INGREDIENTS

| | |
|--|--|
| 2 tablespoons arrowroot powder | 1 tablespoon water |
| 4 tablespoons water | No-salt seasoning blend, adjusted to taste, or 1 tablespoon Dr. Fuhrman's MatoZest |
| 2 teaspoons Bragg Liquid Aminos | 2 teaspoons Spike (no salt) |
| 1 box soft tofu, drained and patted dry with paper towel | 1 teaspoon dried oregano |
| 3/4 cup chopped walnuts | 1 1/2 teaspoons dried basil |
| 1 1/4 cups chopped onions | 1/2 teaspoon dried sage |
| 1/2 cup chopped organic celery | 3/4 cup whole-grain bread crumbs |
| 2 cups chopped portobello mushrooms | 1 1/2 cups cooked brown rice |

DIRECTIONS

Preheat the oven to 350°F.

Mix arrowroot powder, water, aminos, and tofu together in a high-powered blender. Add walnuts and blend until smooth.

Saute onions, celery, and mushrooms in water with seasonings and herbs until vegetables are soft, stirring occasionally.

In a bowl, mix together tofu mixture, vegetables, bread crumbs, and cooked rice.

Using a paper towel, spread a small amount of olive oil in a loaf pan. Add mixture to pan and bake for 1 hour and 15 minutes. Let cool for 30 minutes. Turn loaf out and slice.

NOTE: May be served with low-sodium ketchup and thinly sliced raw onion.

PER SERVING: CALORIES 350; PROTEIN 15g; CARBOHYDRATES 47g; TOTAL FAT 13.3g; SATURATED FAT 1.5g; CHOLESTEROL 0.7mg; SODIUM 359mg; FIBER 5.3g; BETA-CAROTENE 70ug; VITAMIN C 4mg; CALCIUM 143mg; IRON 3.1mg; FOLATE 107ug; MAGNESIUM 96mg; ZINC 3mg; SELENIUM 14.2ug

Healthy Chocolate Cake

SERVES 16

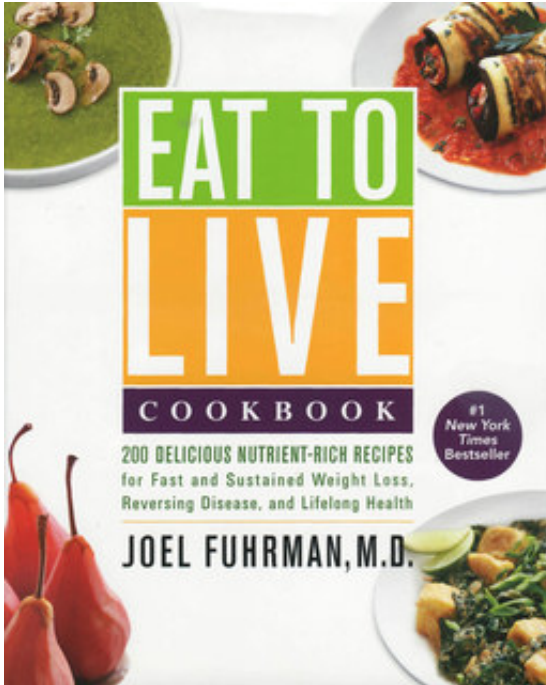
INGREDIENTS

FOR THE CAKE:

1 2/3 cups whole-wheat flour
1 teaspoon baking powder
3 teaspoons baking soda
3 1/2 cups pitted dates, divided
1 cup pineapple chunks in own juice, drained
1 banana
1 cup unsweetened applesauce
1 cup shredded beets
3/4 cup shredded carrots
1/2 cup shredded zucchini
4 tablespoons natural cocoa powder
1/2 cup currants
1 cup chopped walnuts
1 1/2 cups water
2 teaspoons vanilla extract

FOR THE CHOCOLATE NUT ICING:

1 cup raw macadamia nuts or raw cashews, unsalted
1 cup vanilla soy, hemp, or almond milk
2/3 cup pitted dates
1/3 cup Brazil nuts or hazelnuts
2 tablespoons natural cocoa powder
1 teaspoon vanilla extract



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