

# HEALTH-SUPPORTING EATING PLAN

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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  
Uterine 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 fiberless 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 based on whole grains, legumes, colorful fruits and vegetables, nuts and seeds are easy to make, 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 vegetables, etc. in vegetable broth and make blender salad dressings without oil. (SeeL <https://www.nomeatathlete.com/oil-free-dressing-recipes/>)
3. **FLOUR PRODUCTS** - baked goods, pastries, most breads are fat/sugar combinations 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, vegan donuts and cupcakes, (vegan) 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, say, from 10:00 a.m. to 6:00 p.m. - and after that, be done with eating (a cup of herbal tea would be OK.)

The “Health-Supporting Eating Plan” addresses the question, “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. Listen to your body and eat only when you are truly hungry.

- **DRINK PURE WATER:** Starting your day with a glass of water (or two) is a smart, healthy practice and gives your kidneys enough fluid to cleanse your blood of wastes that may have accumulated overnight. During the day, “Listen to your thirst, plus one more glass!” - which should total at least three 8-oz glasses per day

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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:**

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- Only eat in the morning \*IF\* you are hungry (many people are not - and that’s okay. See below.) Eating 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:

**S**alads – **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 to create hearty, filling soups and stews, filled with your favorite vegetables (preferably organic and locally grown) or frozen. (You can buy bags of cut-up, organic, frozen veggies at the store; they’re inexpensive and make this all much easier.)

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

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.)

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

Ladle some into plastic containers to let cool for freezing. Put aside half the remainder into a bowl, let cool and refrigerate for tomorrow's meals - 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."

Keep the remaining half warm on the stove or in the Instant Pot, or let it cool and then reheat it when you're hungry and have a cup often during your day with salads, veggies and starches.

Repeat this soup-prep once or twice during the week. You will have hearty, filling meals all week and the more you do it, the easier it becomes.

3) STEAMED VEGETABLES – **Greens** (kale, chard, broccoli, spinach, asparagus, Brussel sprouts, bok choy, 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; 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. Find ways to get them into your foods! Add to soups and salads, blend into dressings, etc.

- **OMEGA-3 FATS** - add 1- 2 tablespoons of ground flax, chia or hemp seeds into salads, soups, cereals, 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.

**NUTRIENTS 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.

A vegan multivitamin containing: vitamin B12, Vitamin D, zinc, iodine would be a convenient way to assure nutritional adequacy. There are many good brands available.

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 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 - they go by fast!*

**RESOURCES**

**QUICK START GUIDES for Healthy Eating!**

1. *Plantrician Project Quick-start Guides (Adult & Pediatric)*

<https://plantricianproject.org/quickstartguide>

2. **Physicians Committee for Responsible Medicine 21-Day**

**Kickstart** <https://kickstart.pcrm.org/en>

3. **Rochester Lifestyle Medicine Institute 15-Day Jumpstart**

*(great supportive community!)* <https://rochesterlifestylemedicine.org/about-jumpstart/>

**PlantStrong** <https://plantstrong.com/>

**Dr. McDougall:** *“How to Start a Plant-based Diet*

*https://www.drmcDougall.com/education/nutrition/how-to-start-a-plant-based-diet/*

### **Websites to visit and learn from**

**Forks Over Knives** [ForksOverKnives.com](https://ForksOverKnives.com) (Another simple, delicious transition plan)

**Straight Up Food** [straightupfood.com](https://straightupfood.com) As the name says, simple, easy, and *delicious*

**PlantBasedKatie.com** • Katelin Mae Petersen and the Culinary Gym

**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** - Dr. Sailesh Rao’s visionary organization [ClimateHealers.org](https://ClimateHealers.org)

**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/>

**Plantrician University** - great resources for learning about these key topics:  
<https://plantricianuniversity.org/>

**American College of Lifestyle Medicine:** [Lifestylemedicine.org](https://Lifestylemedicine.org)

### **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 J. Morris Hicks

**Films (on Netflix, etc.):** *"Forks Over Knives" "What the Health" "Cowspiracy" "Eating You Alive" "Seaspiracy" "Eating Our Way To Extinction"*

**EXCELLENT Podcasts:** *Rich Roll Podcast Sam Harris Podcast "Making Sense"*

## **Healthy Eating Resources**

– DVDs produced by Jeff Novick, R.D.: [www.JeffNovick.com](http://www.JeffNovick.com)

- "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.