



The Villages WFPB Support Group Monthly Digest

JANUARY 2023

This group was created to support your interest in a WHOLE FOODS PLANT-BASED (WFPB) way of eating, regardless of where you are on your journey to wellness. This way of eating includes fruits, vegetables, whole grains, legumes, nuts and seeds. We are a Plant Pure Pod which is a network of independent local groups (Pods) and people in a radius. PlantPure Communities advocates a whole food, plant-based diet, without animal products.

The Villages WFPB Gatherings

Second Thursday of Each Month

Riverbend Recreation Center 1833 Corbin Trail The Villages, Florida 32162

From: Noon-1:30

Members of The Villages or those with a Guest Pass.

Bring a compliant WFPB dish to share if you wish and the recipe.

Your own table setting is appreciated.

Save the Dates for 2023 Gatherings

January 12	April 13	July 13	October 12
February 9	May 11	August 10	November 9
March 9	June 8	September 14	December 14

Coming Attractions

February

Diane Bray - "A Magnificent Health Journey"

March

Carol Taylor - Ninja Creami

April

Debbie Waddell - The Importance of Nitric Oxide on Overall Health

Note: If you have an idea for a presenter—please email thevillages.wfpb@gmail.com

Open Forum

These were some topics discussed during our January open forum:

- Chris Beat Cancer book
- Lopez will make a vegan no oil dish if you tell them at your reservation
- Poke Bowl in Brownwood has options
- Chinese Restaurants have brown rice and veggies—no sauce
- McCallisters has a baked pot., request steamed broc., vegan chili (fatty)
- Japanese restaurants have veg. Sushi, VKI in Sumter will take a noodle bowl and stir fry, no oil, make it into soup
- Pho Saigon is on the corner of 301 and 466 – options
- Recommendation of Esselstyn's book - Prevent and Reverse Heart Disease
- Sandy and Dan shared a story of a path towards lowering cholesterol
- Recommended book How Not to Die by Greger and his Daily Dozen App.
- An Instapot is the way to go!
- Greger also has other great books and a 10 episode program
- Esselstyn's video explains why no oil
- Esselstyn also has Ted talks
- China Study is an excellent book
- When caramelizing onions, use a dry pan, add a tbsp. Of water
- Organic—yes or no—Gluten free even if we are tolerant
- Dirty list shows which fruits and veggies should be purchased organic

- Be careful where your rice is grown–Peru?!
- Instead of coffee–try Dandy Blend
- Hibiscus tea is great to help lower blood pressure
- Buy your potatoes organic for sure–they are heavily sprayed
- Ceylon cinnamon by Frontier

Plant Power Reading List #2

Healthy at Last, Eric Adams

Proteinaholic, Dr. Garth Davis

The No B.S. Diet, Dr. Joel Kahn

The Spectrum, Dr. Dean Ornish

Super Immunity, Dr. Joel Fuhrman

The End of Dieting, Dr. Joel Fuhrman

Eat to Beat Disease, Dr. William W. Li

Fast Food Genocide, Dr. Joel Fuhrman

Food Over Medicine, Pamela A. Popper

The Whole Heart Solution, Dr. Joel Kahn

Stop Feeding Your Cancer, Dr. John Kelly

Reversing Heart Disease, Dr. Dean Ornish

The Low-Carb Fraud, Dr. T. Colin Campbell

The Osteoporosis Diet, Dr. Raymond Hinish

Power Foods for the Brain, Dr. Neal Barnard

The McDougall Program, Dr. John McDougall

Breaking The Food Seduction, Dr. Neal Barnard

The Healthiest Diet on the Planet, Dr. John McDougall

Prevent and Reverse Heart Disease, Dr. Caldwell B. Esselstyn Jr.

The Alzheimer's Solution, Dr. Dean Sherzai and Dr. Ayesha Sherzai

The McDougall Program for Maximum Benefit, Dr. John McDougall



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Diet and Disease–The Link

February 4, 2023

Join Dr. T. Colin Campbell, Professor Emeritus of Nutritional Biochemistry at Cornell University, author and speaker on the relationship between diet and disease. A pioneer of whole food and plant-based nutrition, Dr. Campbell shares the connection between diet and disease and how to put knowledge into practice. Campbell has conducted original research in laboratory experiments and large-scale human studies and authored more than 300 peer-reviewed research papers. The New York Times has recognized him for one of the most comprehensive health and nutrition studies as the “Grand Prix of epidemiology”.

Note: Tickets are sold out–but I heard there is a waiting list. Keep Checking!

https://anc.apm.activecommunities.com/districtgov/activity/search/detail/3838?onlineSiteId=0&from_original_cui=true

Mini Cookbooks


Mini GameDay Eats Recipes Due February 6, Monday (Sunday Feb. 12th Super Bowl)

Mini Appetizer Cookbook  mini appetizer cookbook

<https://docs.google.com/document/d/1D0oPdwhpF9ujfLyr7N0BSItQsrd-2zyxe9IZVkoWgqQ/edit>

Mini Dessert Cookbook  MINI DESSERT COOKBOOK

<https://docs.google.com/document/d/1D0oPdwhpF9ujfLyr7N0BSItQsrd-2zyxe9IZVkoWgqQ/edit>

Mini Drink Cookbook  Mini Cookbook Drinks

https://docs.google.com/document/d/1wisGhJlhQVSUoQGyt32EY8v_HPjpEvpB_oPbR5yXaA/edit

Mini GameDay Eats  Mini Game Day Cookbook

<https://docs.google.com/document/d/1nF9BGLvB1Ki8kJQjYWUS37UUVEEyqmk5J0zetRpaWpC/edit>

Note: If you want to add a recipe to one of the above cookbooks, please email thevillages.wfpb@gmail.com

Up For a Good Documentary?



<https://gamechangersmovie.com/the-film/where-to-watch/>

Packed with record-setting athletes displaying cut physiques and explosive power, “The Game Changers,” has a clear message: **Vegan is best**. The film aims to make the case that a vegan diet isn't only the most advantageous diet for long-term health, but for an athletic edge as well.

This whole food **plant**-based diet **documentary** highlights the significant health changes people will experience when following a WFPB diet.

Note: If you want to recommend a documentary, please email thevillages.wfpb@gmail.com

No Oil -- Not Even Olive Oil! - Caldwell Esselstyn MD

https://www.youtube.com/watch?v=b_o4YBQPKtQ

NO OIL! Not even olive oil, which goes against a lot of other advice out there about so-called good fats. The reality is that oils are extremely low in terms of nutritive value. They contain no fiber, no minerals and are 100% fat calories. Both the mono unsaturated and saturated fat contained in oils is harmful to the endothelium, the innermost lining of the artery, and that injury is the gateway to vascular disease. It doesn't matter whether it's olive oil, corn oil, coconut oil, canola oil, or any other kind. Avoid ALL oil.

Crops in Season in Florida Month to Month

<https://www.fdacs.gov/ezs3download/download/71021/1640438/Media/Files/Marketing-Development-Files/All%20Months-Shopping%20List.pdf>

Frequently Asked Questions:

<https://gamechangersmovie.com/faqs/>

YouTube:

*Note: If you want to recommend a YouTube video, please email thevillages.wfpb@gmail.com

Articles:

*Note: If you want to recommend an article, please email thevillages.wfpb@gmail.com

Podcast:

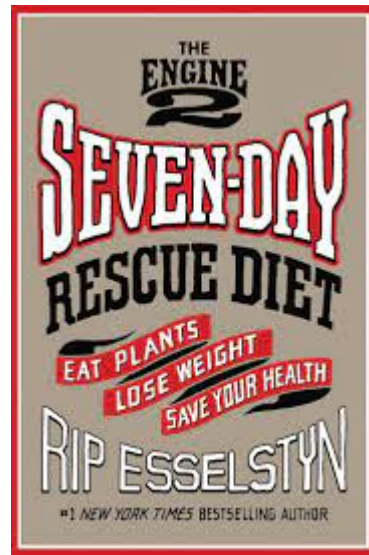
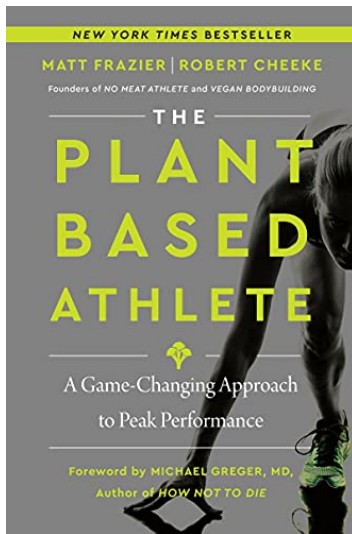
*Note: If you want to recommend a podcast, please email thevillages.wfpb@gmail.com

10 TED TALKS ABOUT EATING A PLANT-BASED DIET

<https://www.plantbasedcooking.com/10-ted-talks-plant-based-diet/>

*Note: If you want to recommend a Ted Talk please email thevillages.wfpb@gmail.com

Book Recommendations



****oil in some recipes! Omit or use vegetable broth**

Bodybuilder Robert Cheeke ([Vegan Bodybuilding](#)) and ultrarunner Matt Frazier ([No Meat Athlete](#)) have dedicated their careers to helping other athletes adopt, maintain, and get the most out of a plant-based lifestyle.

The Engine 2 Seven-Day Rescue Diet will bring the benefits of the Engine 2 program to a whole new audience of readers, by showing that all it takes is seven days to see incredible and motivating results!

Note: If you want to recommend a book, please email thevillages.wfpb@gmail.com

NorthShore University Health Systems

Vegan, vegetarian, pescatarian, flexitarian, and macrobiotic diets—What's the Difference?

<https://www.northshore.org/healthy-you/vegan-flexitarian-vegetarian-pescatarian-and-macrobiotic-diets-whats-the-difference/>

The term *whole* in **WFPB** describes foods that are **minimally processed**. This includes whole grains, fruits, vegetables, and legumes, and it also includes, in moderation nuts, seeds, avocados, natural sweeteners, and certain soy or wheat products that don't contain added fat such as tofu and tempeh.

Recipe Box

Vegan Bodybuilding Burrito Bowl

By [Robert Cheeke](#)

This is one of the ultimate bodybuilding and muscle recovery meals. It has an ideal balance of carbohydrates, proteins, fats, and fiber, and if you prepare the rice and beans in batches, you can have the base of this meal ready for multiple meals per week. It's perfect for lunch, dinner, or post-workout.

1 cup cooked brown rice

½ cup cooked pinto beans (or canned and rinsed)

½ cup cooked black beans (or canned and rinsed)

1 avocado, sliced

1 tomato, sliced

1 handful of romaine lettuce

1 jalapeño pepper, sliced (seeded if you prefer less heat, or omitted altogether)

1 pepperoncini, sliced (omitted if you don't like spicy)

1. Combine the cooked rice and beans.

2. Top with other ingredients as desired.

Volunteers Needed

Don't forget to sign up for our restaurant campaign. "It's going to take a village". The goal of the PlantPure Communities (PPC) Restaurant Campaign is for every restaurant across the nation and across the globe to offer on their menu at least **one** plant-based meal with **no oil**. Please email if you're interested in helping. thevillages.wfpb@gmail.com

***In the future:**

Grocers Campaign - solicit WFPB No Oil Products/labels

Library Campaign - request orders of books, dvd's, magazines

Once a month "meet up" for beginners support

Once a month "meet up" for documentary viewing

Once a month "meet up" for a book club gathering

Club Shirts are Available



We now have a logo for our club shirts or other memorabilia you may be interested in purchasing. You can go into the store and choose whatever navy blue shirt you like, and the logo will be placed on it. It takes about two weeks.

Contact:

Custom Apparel & Gifts

3451 Wedgewood Ln

The Villages, Florida 32162

In Southern Trace Plaza

(352) 750-1600

****Our February Challenge will be a 50/50 Plate. Follow the 50/50 plate method for your meals, filling half your plate (by visual volume) with non-starchy vegetables and 50% (by visual volume) with minimally processed starches. Choose fruit for dessert. 3) Greatly reduce or eliminate added sugars and added salts. We now have an instagram and pictures of your plates can be sent to 309 645 3433 or put them on facebook and I will copy and paste them to the instagram.***

<https://www.nutmegnotebook.com/featured/what-i-ate-for-lunch/>

Wanna Hear a Joke?

My friend really changed after she became a vegan.

It's like I've never seen *herbivore*.

Take One/Give One Table

Cleaning out a kitchen drawer and have some non-needed gadgets you can pass along?

Have an ingredient that you have too much of and you are willing to spread the goodness to someone else?

At a garage sale and see a kitchen appliance or WFPB cookbook at a fabulous price that you already have and can't live without but would love to buy it to pass onto another member?

Feel free to add to or take away from our Take One /Give one Table at the next gathering.

Vegan Valentine's Day Menu: Easy WFPB Recipes for Date Night

Written by MamaSezz Team

<https://www.mamasezz.com/blogs/recipes/vegan-valentines-day-wfpb-menu>

Includes: 3 course menu, music, fancy napkin folding, slow dance tutorial

Do You Have Some Spare Change?



Last but certainly not the least. Reminder: Our club does not collect dues. We Knead your Dough. It helps cover paper goods, demonstrations, copies, time and efforts, etc. Even a handful of loose change helps. There will be a tip jar at the gathering. Thank you in advance.

If you have an idea of a fundraiser—please email it to thevillages.wfpb@gmail.com

Newcomers Packets

Are you a new member or know someone who is interested in WFPB? Here's two starter kits...

<https://drive.google.com/drive/search?q=newcomers>

☰ newcomers part 2

<https://docs.google.com/document/d/13LgPRhMqjAEU6WlI5gXXoeQl4WQljtAmqezJUQQ4upY/edit>



HAPPEA

New Year!

CHARLENE WAGNER



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The Villages, Florida 32162

Webpage:

<https://thevillageswfpb.wixsite.com/the-villages-wfpb-su>

Copy Me That:

<https://www.copymethat.com/recipebox/wfpb-char-wagner/6533180/?page=2>

<https://www.copymethat.com/>

Facebook:

<https://www.facebook.com/groups/556258004797268>

Nextdoor:

<https://nextdoor.com/g/dm2upp97w/>

Email:

thevillages.wfpb@gmail.com

YouTube:

<https://www.youtube.com/channel/UC0KxNATEqCtEQAu1gPG-UQg>

Instagram:

[Char Wagner @thevillageswfpbsupportgroup](#)

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[December 2022](#)