

A lush garden scene with various green plants and orange flowers. The background is slightly blurred, focusing attention on the text overlay.

EATING WHOLE FOOD

PLANT-BASED

Brenda Workman

Wife, Mom, Grandmama



- Partnership Manager at Bluefield College
- BrendaWorkmanSpeaks.com
- Whole Food Plant Based Enthusiast
- Blogger
- Motivational Speaker



MY BACKYARD GARDEN

THE TURNING POINT FOR ME



Research

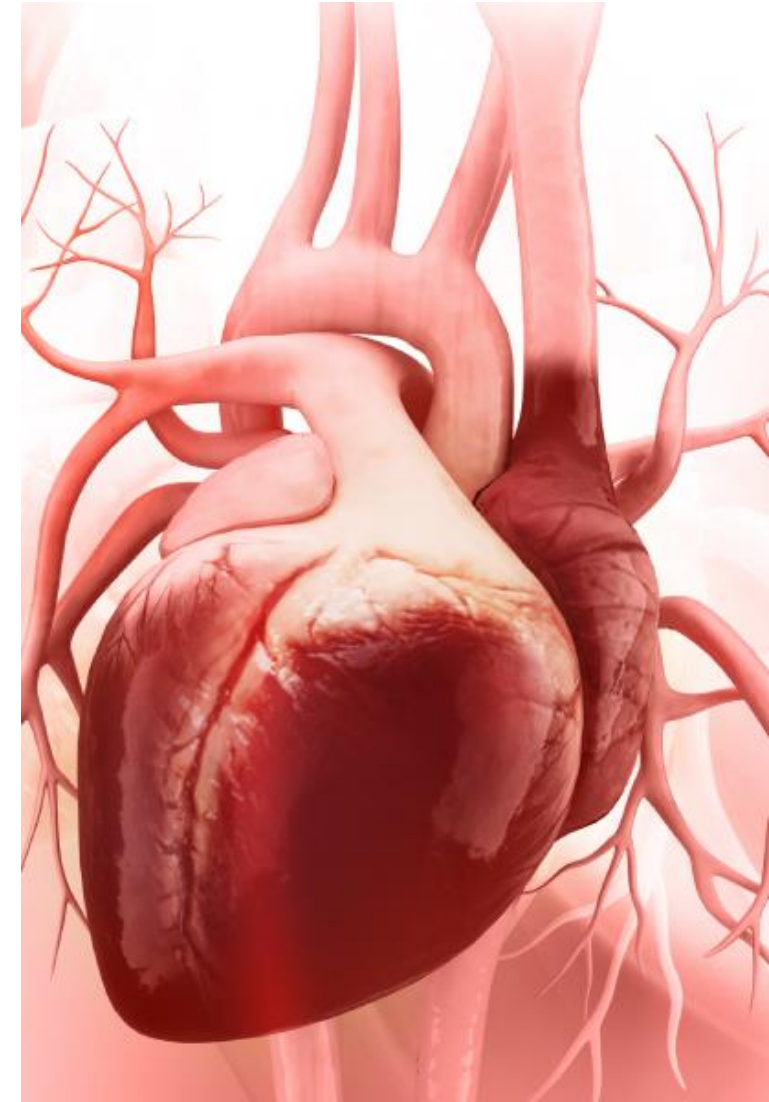
High Blood Pressure

Plus

High Cholesterol

Equals

Heart Disease



The doctor's orders:
CHANGE WHAT YOU EAT



RESULTS SO FAR.....



- Blood pressure meds cut in half
- Blood pressure meds cut in half again
- Blood pressure meds discontinued
- Last week BP was 120/78
- Cholesterol meds cut in half
- Cholesterol meds cut in half again
- Doctor predicts this med will be discontinued soon
- Lost over 30 pounds so far- no writing down anything or counting anything
- Renewed energy
- Back pain is gone
- Joint pain is gone
- Leg pain is gone

Today I will cover



Foods that are allowed on a WFPB diet



Foods that are not allowed on a WFPB diet



Appliances that I use in the kitchen



Some delicious WFPB dishes that I eat

What can we eat?



**And
more....**



EAT NOTHING THAT HAS A MOTHER



WHAT FOODS TO AVOID



MEAT



OIL



BUTTER



DIARY

AVOID/LIMIT **PROCESSED** **FOODS**



AVOID:

Soda

Hot Dogs

Sweetened Cereals

Candy

Donuts

Most Package Foods

Vegan Junk Food

WE CAN EAT:

Whole Wheat Bread

Whole Wheat Pasta

Whole Wheat Tortillas

Whole Wheat Pancakes

**This seems like a radical
change in eating**

No this is radical





Preparation is key to success

Make Wise Choices



My pantry





Batch Cook

- 1 Baked Potatoes (White and Sweet)
- 2 Roasted Veggies
- 3 Brown Rice
- 4 Quinoa
- 5 Cashew Sour Cream & Dressing





Tempeh, Potatoes with Cashew Sour Cream, Green Beans

Beautiful Salads





**Bok Choy, Tofu, Rice Noodles
with Peanut Sauce**



Lentil Soup





Whole Wheat Pasta, Sauce, Zucchini & Onions

Avocado Toast with Melon





Seasoned Sweet Potato Fries

Whole Wheat Pasta, Sauce, Mushrooms, Onions, Topped with Fresh Parsley



**Mexican Dish
From
a Local
Restaurant**



Tunaless Salad Sandwich



Appliances and Tools

- 1 **Vitamix Blender**
- 2 **Rice Cooker**
- 3 **Instant Pot**
- 4 **Good Skillet**
- 5 **Batch Cooking Containers to Store Food**



Other Helpful Tools



Resources

1 **Work closely with your doctor**

2 **Watch Forks Over Knives
Documentary**

3 **Watch Videos and Read Books**

4 **Forks Over Knives App For Your Phone**

5 **Forks Over Knives Cooking Course**

Follow These Doctors:

**Dr. Neal Barnard
Dr. Michael Greger
Dr. Caldwell Esselstyn
Dr. Kristi Funk
Dr. Judy Brangman
Dr. T. Colin Campbell
Dr. Joel Furhman**

Additional Resources

- Plantiful KiKi
- Whole Food Plant Based Cooking Show
- Plant Pure Nation Kitchen
- Chef AJ
- Nutmeg Notebook
- High Carb Hannah

All successful people are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose.

-Brian Tracy

Follow me on Facebook for more inspiration

- Check out my website for encouraging blogs
- Invite me to speak at your next event



www.brendaworkmanspeaks.com

Empowerment Speaker, Whole-food,
Plant-Based Diet Enthusiast, and
Inspirational Blogger