



APPLIED CULINARY NUTRITION

Session Two

©2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED

IN THIS SESSION

- Building basic food confidence: tools and strategies to build the palate
- Building a Basic Culinary Framework for Nutrition Practice/Education
 - Building a Flexible Recipe Frameworks to teach and work from
 - Building deep nutrition into the recipe/menu experience
- Creating strategic, health-supportive food advice without overwhelming the client
 - Simple planning and teaching methods
 - Bowl, Wraps and Med Diet Method



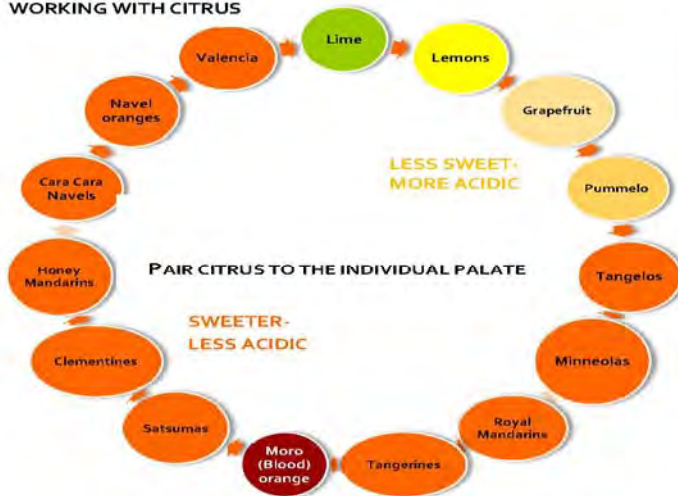
©2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED

Creative Approaches to Fresh Food Education

Fruit

FOOD DIVERSITY: EXPANDING THE PALATE

WORKING WITH CITRUS



SEEDS & PEELS

Variety	Seeds
Navels	Minimum
Cara Cara Navels	Few-None
Honey Mandarins	Many
Clementine Mandarins	Few
Satsuma Mandarins	Few
Moro (blood) oranges	Few
✓ Fairchild Tangerine	Many
✓ Dancy Tangerine	Moderate
✓ Royal Tangelos	Some
✓ Minneola Tangelos	Few
Orlando Tangelos	Some

✓ Easy to Peel

Meaningful citrus recommendations may also include helping clients make choices that are accessible (easy peel) and palatable (few seeds)

© 2015 Field to Plate LLC
© 2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED

Creative Approaches to Fresh Food Education

Fruit

FOOD DIVERSITY: EXPANDING THE PALATE

WORKING WITH APPLES

Apples provide food and nutrition educators with an excellent opportunity to excel by pairing apple recommendations to the individual palate as well as the task at hand – eating, salads, pies or sauces!



WHAT TO RECOMMEND WHEN



© 2015 Field to Plate LLC









TASTING NOTES FOR POPULAR APPLES

Braeburn	Balanced sweet-tart. Eat out-of-hand apple and use in salads.
Fuji	Spicy, crisp-sweet with firm flesh. Versatile. Good eating, baking and applesauce apple.
Gala	Mellow-sweet, thin-skinned apple with a crisp bite. Excellent all-round apple.
Golden Delicious	Thin-skinned with rich, yet mellow flavor. Preferred choice for desserts, sauces. Freezes well.
Granny Smith	Thick-skinned, tart, firm flesh. Eat out of hand or use for pies and salads.
Jonagold	Tangy-sweet. Good all-round apple. Firm flesh makes it an excellent for baking and fried apples!
McIntosh	Thick-skinned, juicy with slightly tart undertone. Eat out of hand or use for sauces, cider or salad.
Pink Lady	Crunchy sweet-tart flavor. Great storage apple. Best used in pies and sauces.
Red Delicious	Full-flavored and sweet and crisp. Eat out of hand or use in salads and compotes.

FAMILIARIZE YOURSELF WITH LOCAL AND REGIONAL APPLES AND RECOMMEND THEM!

© 2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED




FLAVOR FAMILIES

							
SWEET	MILD/NEUTRAL	EARTHY/PUNGENT	GRASSY	LICORICE	SPICY	TART	BITTER
Beets Carrots Corn Fennel Garden Peas Jicama Mint New Potatoes Parsnips Sage Snap Peas Snow Peas Sweet Potatoes Thyme Tomato Winter Squash	Bok Choy Boston Bibb Chard Daikon Radish Eggplant Jicama Mizuna Napa Cabbage Potatoes Spinach Tatsoi Zucchini	Beets Broccoli Broccoli Rabe Brussels Sprouts Cabbage (Savoy) Cauliflower Celery Root Chard Collards Kale Kohlrabi Mushrooms Parsnips Rutabaga	Asparagus Celery Chard Cucumber Fennel Frisee Green Beans Mizuna Parsley Romaine Shiso Snow Peas Spinach Tatsoi	Basil Endive Fennel	Arugula Basil Chili Pepper Horseradish Leeks Mustard Greens Onions Radish Turnip Greens Turnips Watercress	Lemongrass Tomatillo Sorrel	Belgian Endive Chicory Curly Endive Dandelion Leaves Eggplant Escarole Frisee Radicchio

Flavor is influenced by seasonality, ripeness when produce is picked, exposure to sun, water, growing conditions, plant stress and the physiology of our personal palate

©2010 FIELD TO FATE LLC ALL RIGHTS RESERVED

FLAVOR FAMILIES

			
SWEET - LEAST ACIDIC	MILD - NEUTRAL ACIDITY	CRISP FRESH	TART - MOST ACIDIC
Clementines Dates Figs Grapes Honeydew Melon Mango Navel Oranges Nectarines Peaches Watermelon	Apricots Bananas Cantaloupe Pears Pluots Plums Strawberries	Asian Pears Grapes Honeydew Melon Mango Pears Summer Apples	Blood Oranges Blueberries Cherries Cranberries Granny Smith Apples Grapefruit Grapes Kiwi Kumquat Lemons Limes Pineapple Pomegranate Pummelos Quince Raspberries Valencia Oranges

Perception of "sweetness" or acidity is personal.

Fruit eaten before the peak of its season may present more acidic to the palate.

Fruit eaten during or after their peak season may taste less acidic or sweeter to the palate.

Fruit eaten at the end of the season may be pithy or mealy with little residual flavor.

Some fruit may appear in more than one category depending on ripeness and variety.

©2010 FIELD TO FATE LLC ALL RIGHTS RESERVED

TEXTURES



These groupings represent **textures** of popular vegetables. With the exception of avocado, assume all vegetables are in their cooked form unless otherwise noted or obvious (salad greens, etc.).

© 2015 Field to Plate LLC

Expanding Variety

Finding unique ways to connect flavor preferences in one group to flavor preferences in another group.

Beets and parsnips can be perceived as sweet, however, both also have earthy notes. This earthiness allows us to bridge between the SWEET group and the EARTHY group. Choose a mild member of the earthy group first, such as chard or mushrooms and then later suggest more pungent members such as kale or cauliflower.

FLAVOR FAMILIES



VEGETABLE FLAVOR FAMILIES

Archibald divides produce into these nine categories. If you like celery you just might fall in love with another 'grassy' green like radish.



©2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED

Creative Approaches to Fresh Food Education Vegetables & Herbs

PRODUCE SCORECARD FEATURING TOP SELLING U.S. VEGETABLES

Circle each vegetable to indicate your preference/experience

Artichoke	1	2	3	4	5
Asparagus	1	2	3	4	5
Beets	1	2	3	4	5
Bell Peppers	1	2	3	4	5
Broccoli	1	2	3	4	5
Brussels Sprouts	1	2	3	4	5
Cabbage	1	2	3	4	5
Cauliflower	1	2	3	4	5
Celery	1	2	3	4	5
Corn	1	2	3	4	5
Cucumber	1	2	3	4	5
Eggplant	1	2	3	4	5
Garlic	1	2	3	4	5
Green beans	1	2	3	4	5
Kale	1	2	3	4	5
Lettuce	1	2	3	4	5
Mushrooms	1	2	3	4	5
Okra	1	2	3	4	5
Onions	1	2	3	4	5
Peas	1	2	3	4	5
Potatoes	1	2	3	4	5
Tomatoes	1	2	3	4	5
Turnips	1	2	3	4	5
Summer Squash	1	2	3	4	5
Winter Squash	1	2	3	4	5

© 2014 Field to Plate

Scoring Key

1. Love it, can't get enough
2. Eat every now and again
3. Never tried but might
4. Avoid eating it if I can
5. Wouldn't eat it then. Won't eat it now

Teaching Keys based on each score

1= Introduce seasonal eating, more variety within each family, CSAs and organic/biodynamic options. Example: expand variety of leafy greens or expand different varieties of tomatoes.

2= Expand frequency, variety and seasonal eating.

3= Recommend additional vegetables that fit with personal preferences, as indicated by any items scored with a 1 or 2.

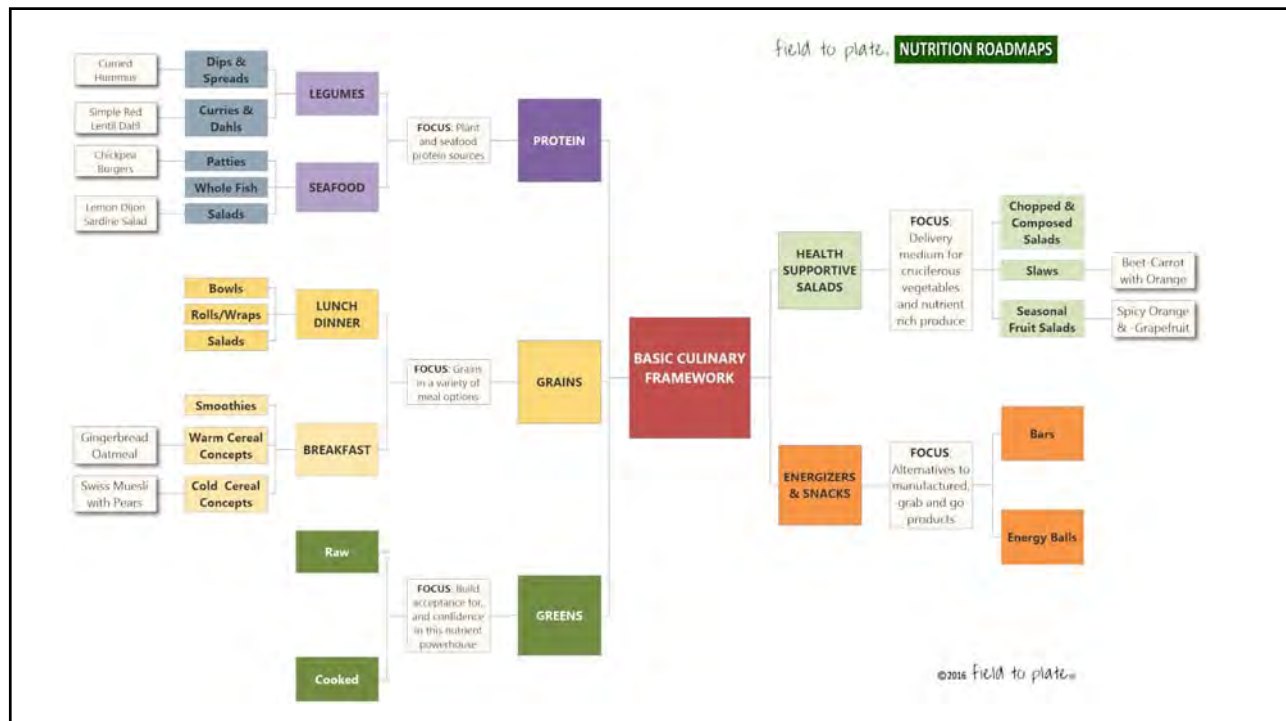
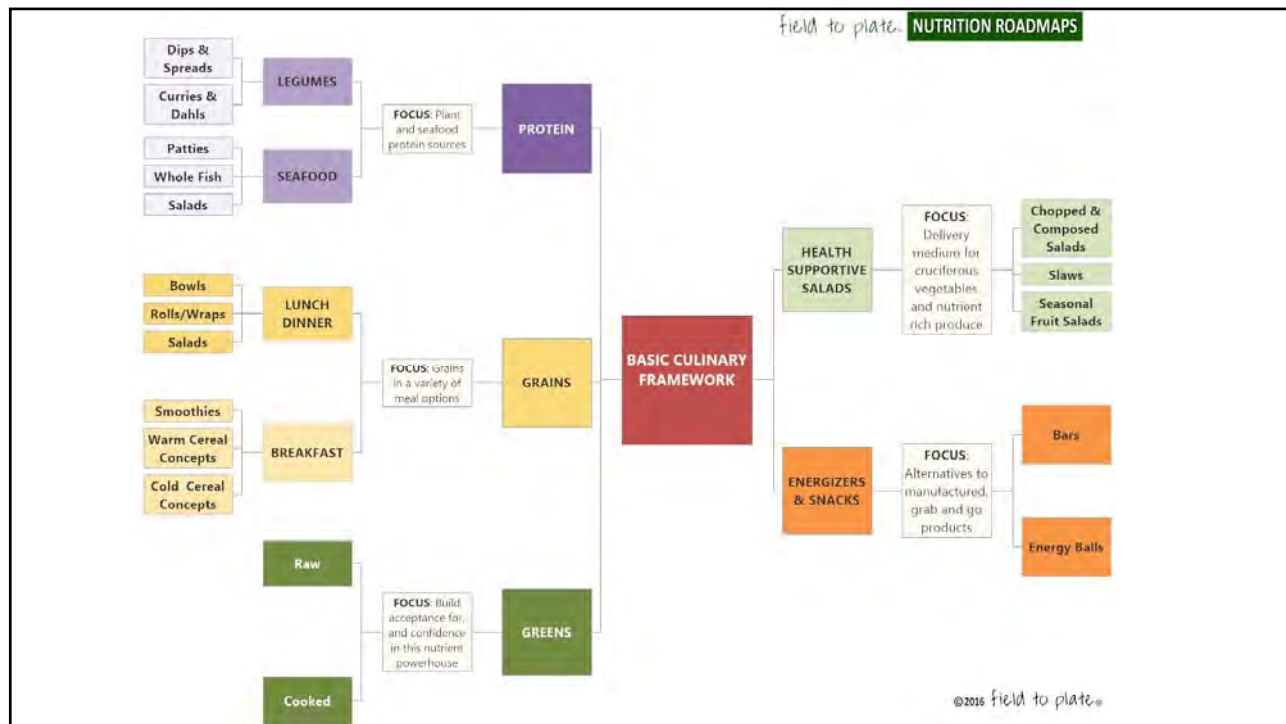
4= Investigate personal food memories and experiences around these vegetables to validate where vegetable was eaten and how prepared. Suggest some alternate prep methods where necessary. Recommend vegetables that fit with personal preferences as indicated by items scored 1 or 3.

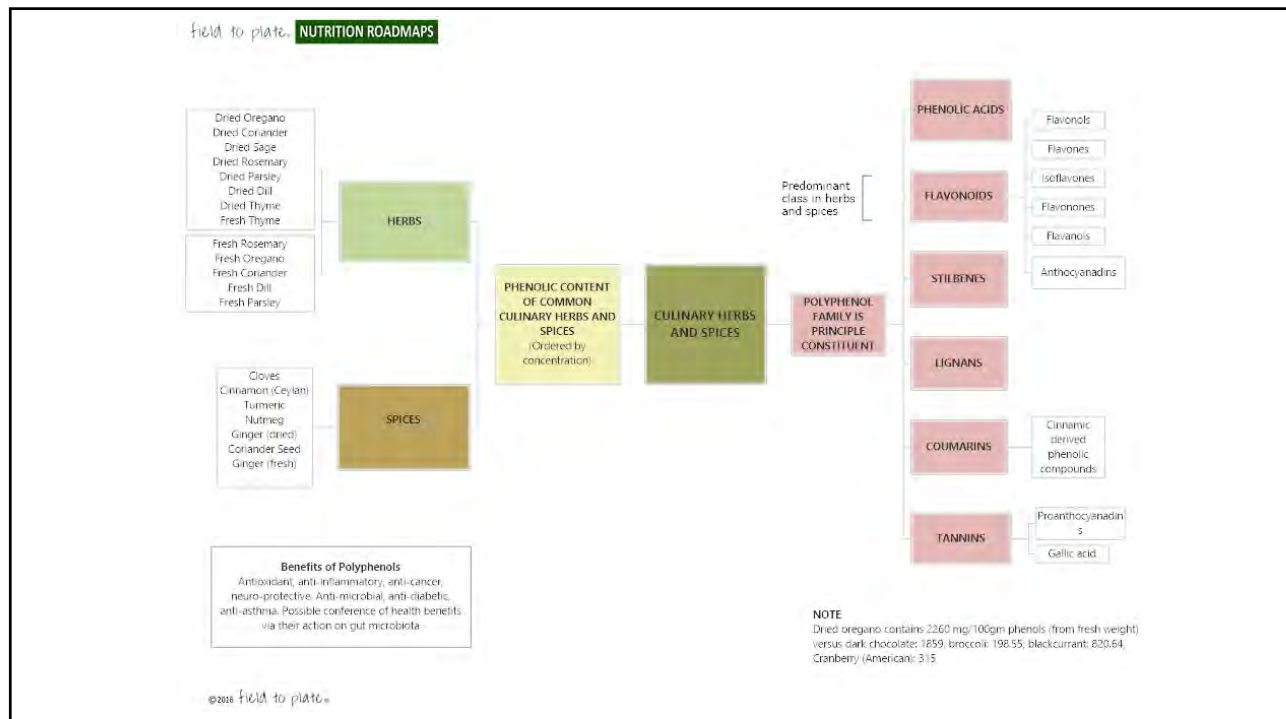
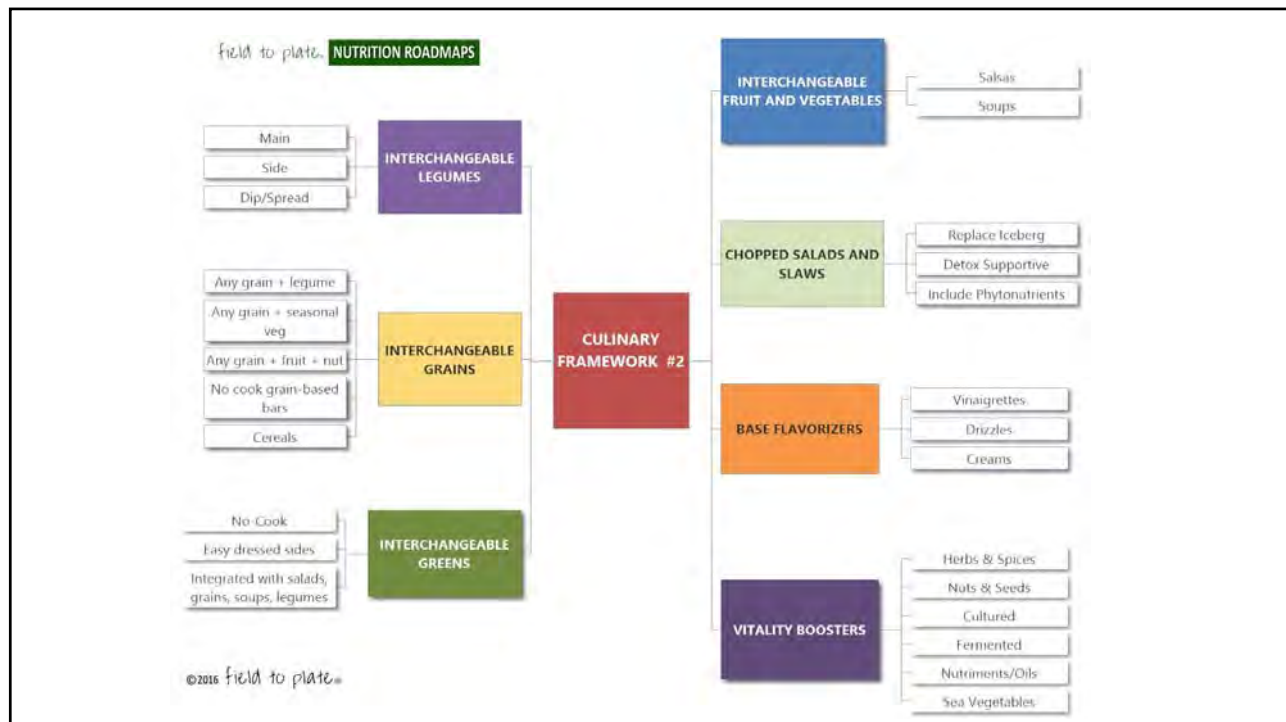
5= No further action necessary!

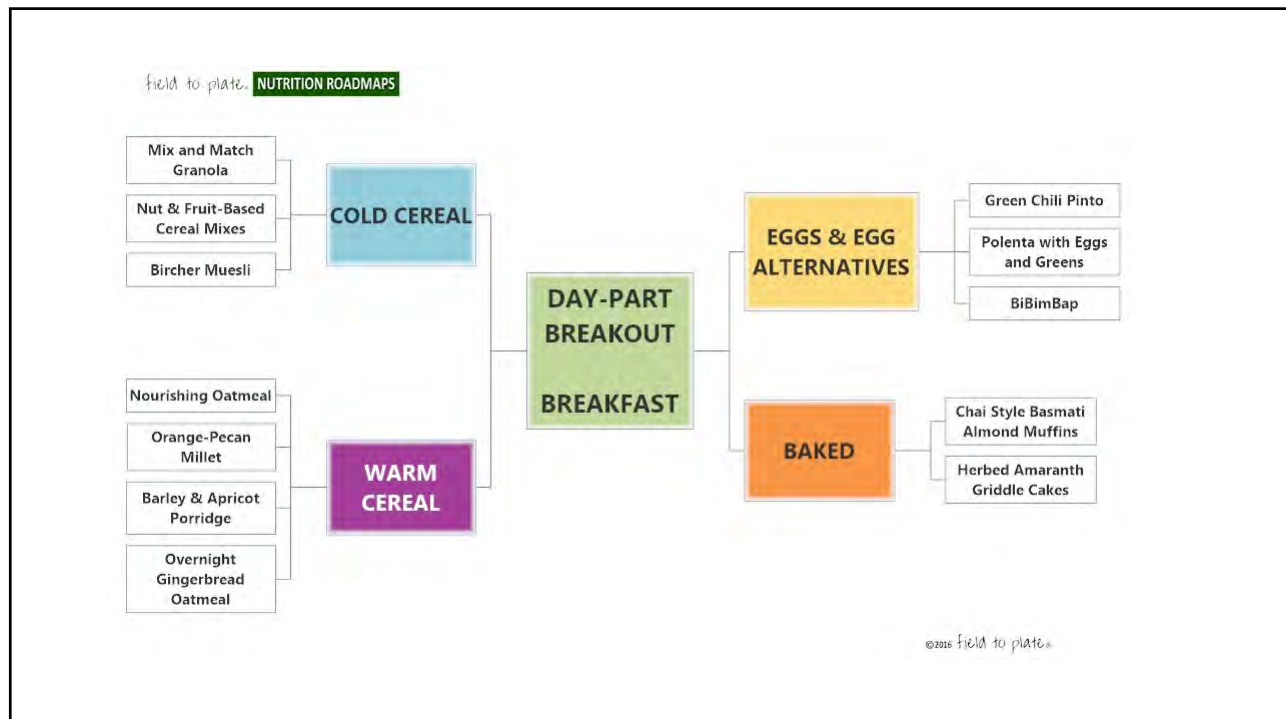
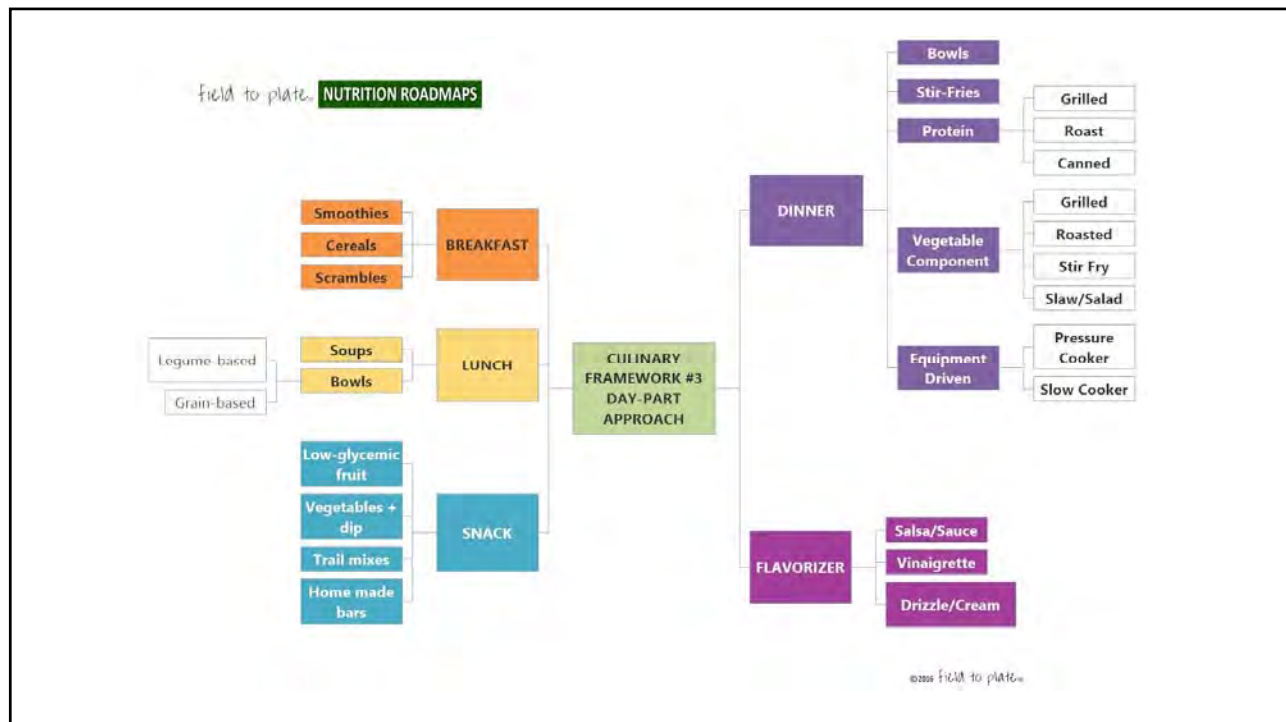
© 2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED



BUILDING A BASIC CULINARY FRAMEWORK








Breakfast Recipes


26 Pins 730 Followers



Savory Granola

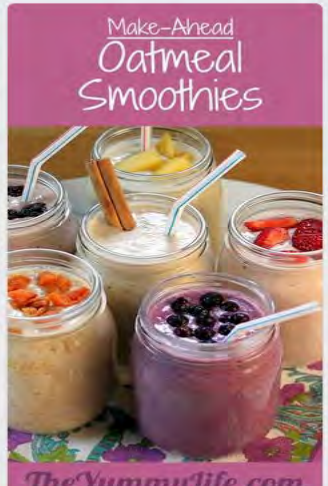
Savory Granola Recipe - with walnuts, sesame, pistachio & fennel

Pinned from bonappetit.com



Acai Berry Smoothie Bowl with spinach, coconut milk chia and cinnamon | Nutrition Stripped

Pinned from nutritionstripped.com




Make-Ahead Oatmeal Smoothies

TheYummyLife.com

Make-Ahead Oatmeal Smoothies

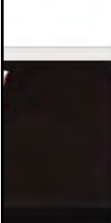
Pinned from



Overnight Refrigerator Oatmeal

TheYummyLife.com

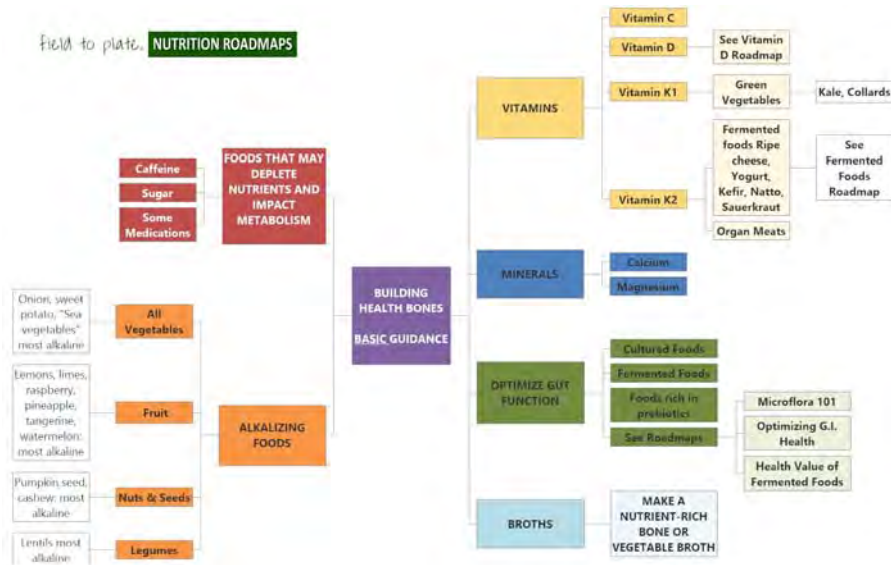
Refrigerator Oatmeal flavors. Make a mason jars for



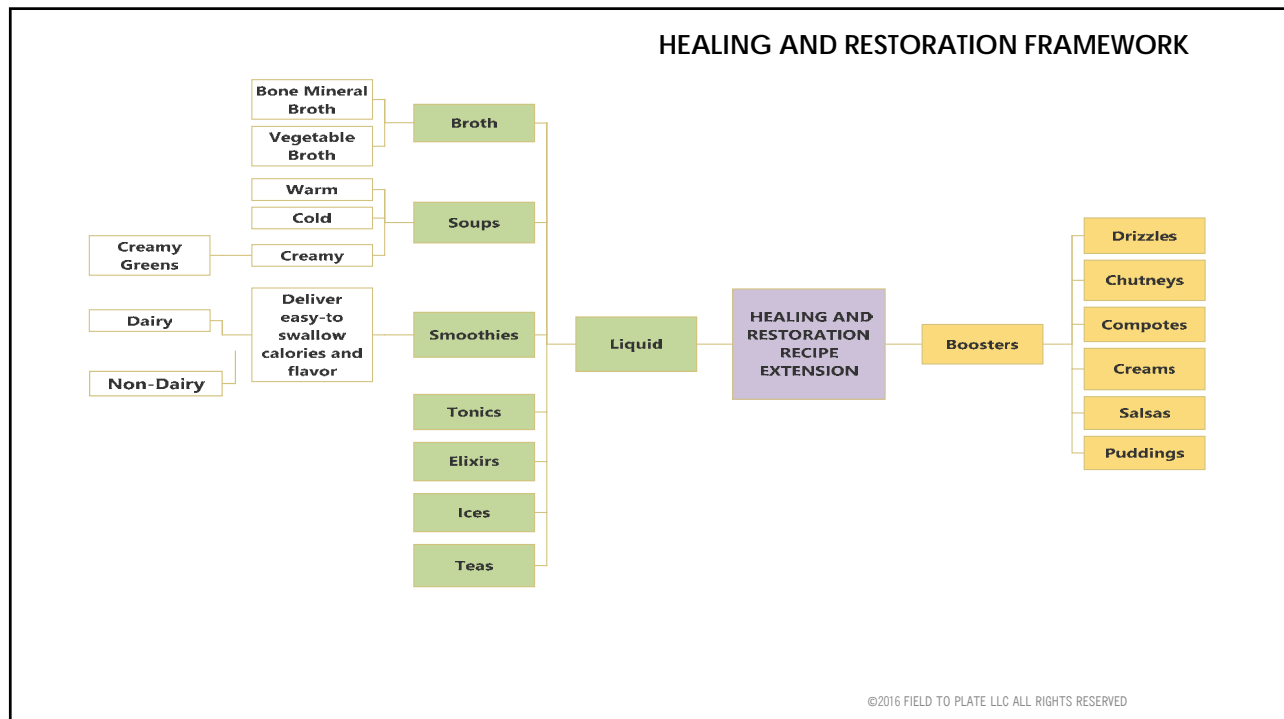
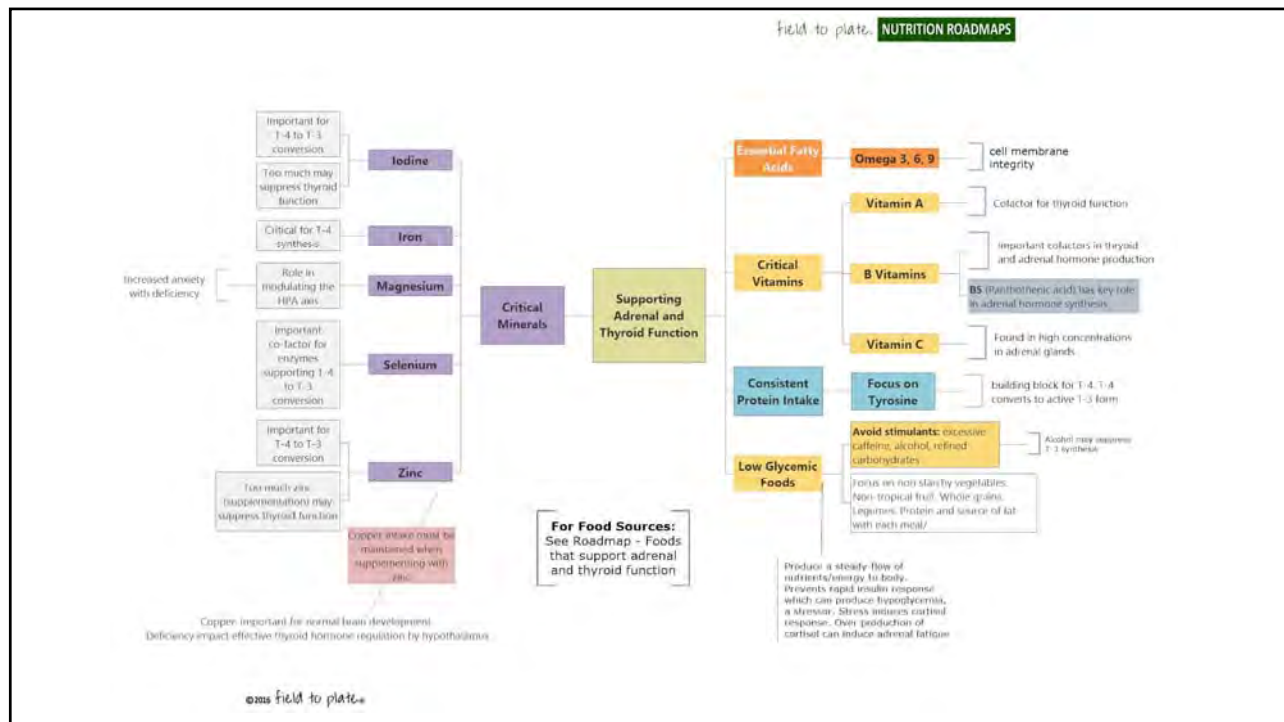
Bhutanese Red Rice, Millet, and Oat Breakfast Pudding

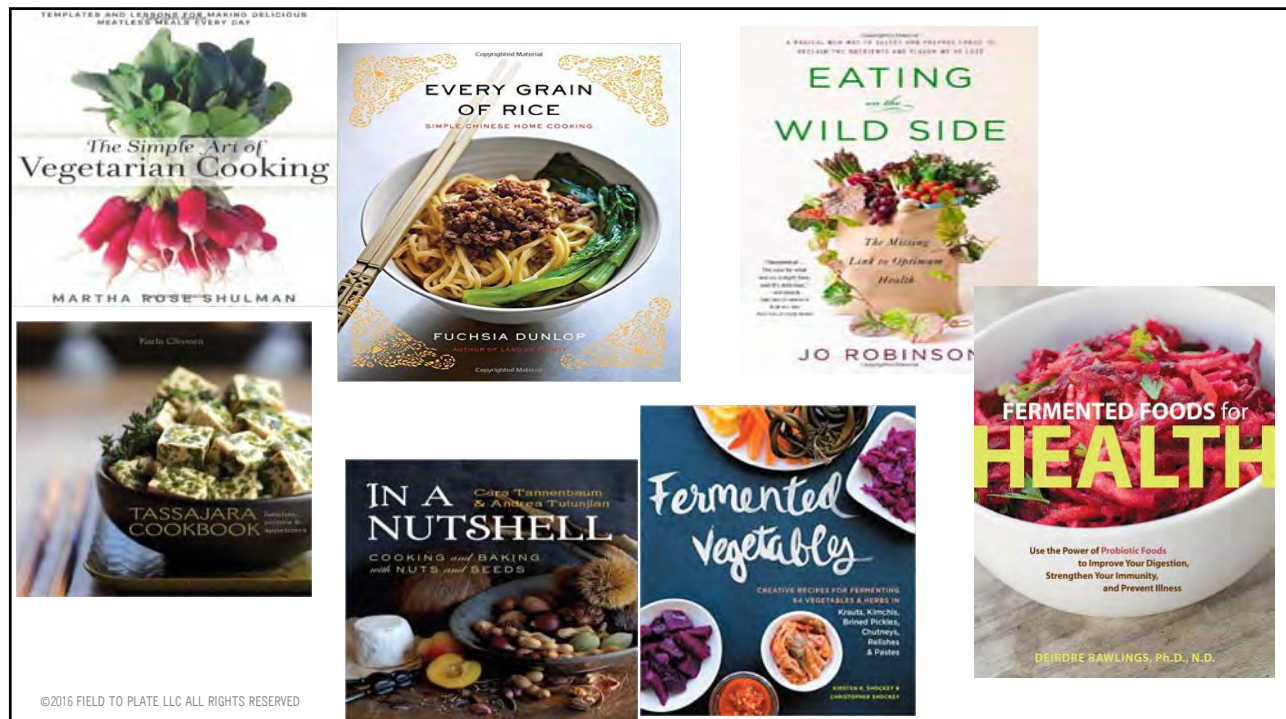
ISSUE SPECIFIC

Field to plate. **NUTRITION ROADMAPS**



©2015 Field to plate



























BUILDING A **RECIPE FRAMEWORK** FOR YOUR PRACTICE (USING EXISTING TOOLS)

©2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED





















GENERAL BOARD



©2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED

Field to Plate

Essences & Spreads   Edit	Feed the Gut Cuisine   Edit	Health-Supportive Cuisine   Edit	Health Supportive Snacks   Edit	Lentils & Legumes   Edit
and Ferments   Edit	Phytonutrient Rich   Edit	Noodles without Wheat   Edit	Nuts & Seeds   Edit	One Pot Meals with Good Ingr...   Edit

SECRET BOARDS


and Sup...   Edit	Dana's Recipe Board   Edit	MG2   Edit	Oxidative Stress & System...   Edit	GST   Edit
and Sup...   Edit	H2H Deep Clean, Phyton...   Edit	H2H Sea, Land and See...   Edit	H2H Slow Food Cuisine   Edit	H2H Build Your Best Be...   Edit

Pepperplate

Welcome back Amanda!
[View your recipes](#) [Not Amanda?](#)

Finally, some help in the kitchen.




manage recipes

Eliminate stacks of books and piles of paper in the kitchen.

Create and edit your own recipes or import from popular recipe sites by pasting a URL.

Create unlimited categories to organize your recipe library.




create menus & cook

Plan menus for special events or regular meals.

Take your device into the kitchen and cook your menu with multiple cooking timers.

Cook Mode prevents screen from dimming on your device.




plan meals & share

Organize your week by adding recipes to the schedule.

Share your favorite recipes with friends and family via Email, Facebook and Twitter.

Scale recipes to make the right amount.



make shopping lists


Add recipes, menus and other items to your shopping list.

Automatically arrange your shopping list the way you shop in the store.

Carry your shopping list with you and add to it in store.

AVAILABLE FOR ALL YOUR DEVICES

©2015 Field to Plate LLC



Apps Maryland's Digital e... Pin It Suggested Sites Add to Pepperplate My Panel | Learn It L... Vitamin Herb Univ f... Facebook Roadmaps info Cindy Ratzlaff: Low-...



Pepperplate


Hi Amanda | [Profile](#) | [Help](#) | [Sign Out](#)

[recipes](#)
[menus](#)
[planner](#)
[shopping \(0\)](#)

[recipe list](#)
[import recipe](#)
[manual recipe](#)

Get the Pepperplate Bookmarklet
Importing recipes is now even easier!

SORT BY: ALPHABETICAL  DATE  FILTER BY: CATEGORIES [ALL] ★ FAVORITES 408 RECIPES




Artichoke Tapenade

JACQUES PEPIN

Simple Tomato Vinaigrette
dressings and vinaigrettes

Basic Nut Butter Sauce
dressings and vinaigrettes

Warm Garbanzo Bean and Kale Salad with Smoked Paprika and Parsley Vinaigrette
antioxidant, chickpeas, cruciferous, detox, kale, mgx, slow food



BON APPETIT

Chickpea, Barley, and Feta Salad

BON APPETIT

Desktop



Wilted Red Cabbage with Mint

YIELD Makes about 5 cups (serving size: 1/2 cup)
CATEGORIES detox, anti-inflammatory

INGREDIENTS

- 3 tablespoons olive oil
- 2 small red onions, cut crosswise into thin rings
- 2 small garlic cloves, minced
- 5 1/2 cups packed very finely sliced red cabbage (1 1/4 lbs.)
- About 1 1/2 tsp. sea salt
- 1 or 2 lemons
- 3 tablespoons chopped fresh mint
- 3 tablespoons chopped fresh dill
- 3 tablespoons chopped fresh flat-leaf parsley
- Pepper
- Small mint leaves for garnish

INSTRUCTIONS

1. Heat oil in a large frying pan or wok over medium-high heat. When hot, add onions, turn to coat, and cook 1 minute to sear and soften. Remove 2 tbsp. onion rings for garnish and set aside. Stir in garlic, then cabbage and 1 1/2 tsp. salt. Cook, stirring constantly, until evenly but barely wilted, about 2 minutes.
2. Remove pan from heat. Cut lemon in half and squeeze in about 2 1/2 tbsp. juice. Taste and add more if you like. Toss with herbs, more salt if needed, and plenty of pepper.
3. Transfer cabbage to a platter, mounding it in a heap, and sprinkle with reserved onion rings and the small mint leaves.



☒ ADD TO SHOPPING LIST

★ FAVORITE

✕ DELETE RECIPE

🖨️ PRINT RECIPE

🔗 SHARE

📄 VIEW ORIGINAL RECIPE

SCALE RECIPE [FREE SCALE](#)

1/4 1/3 1/2 1 2 3 4

RELATED RECIPES ©2015 Field to Plate LLC

[ADD](#)

[Planner](#)

[Menus](#)



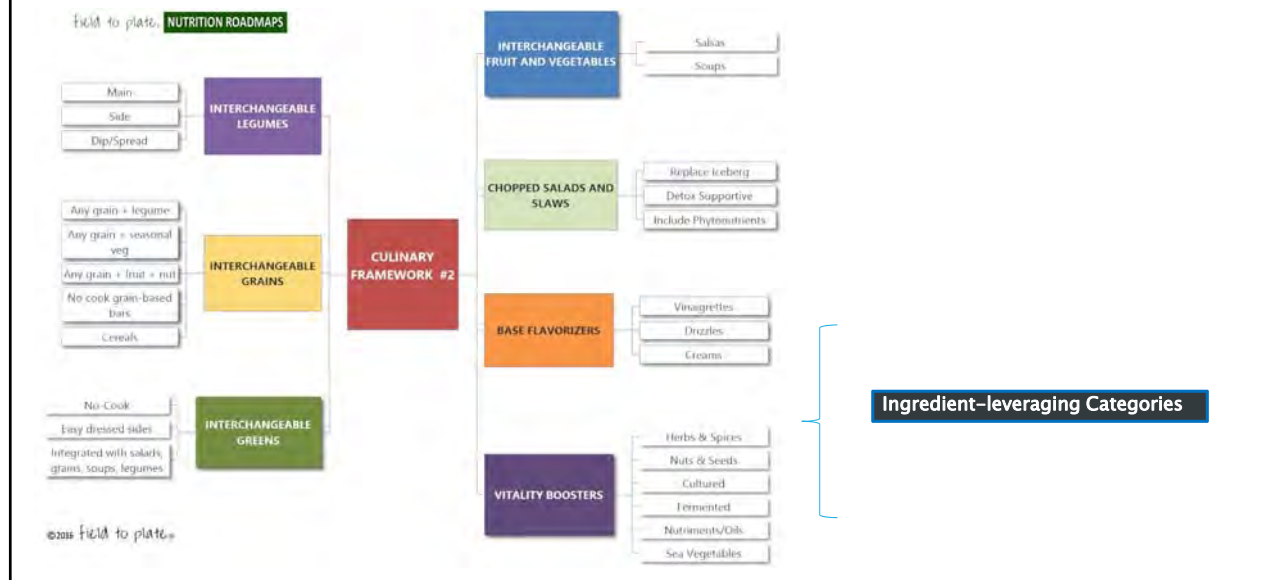
**BUILDING DEEP NUTRITION INTO THE
RECIPE/MENU EXPERIENCE**

RUBS, MARINADES & FLAVOR TOOLS

Vinaigrettes
Drizzles
Dollops/Creams
Simple Salsas
Herbs/Spices
Tonics, Elixirs,
Teas

©2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED

HOW?



USE HEALING SPICES TO INTEGRATE TARGET (NGX?)INGREDIENTS

Int. J. Mol. Sci. 2014, 15, 19183–19202; doi:10.3390/ijms151019183

International Journal of
Molecular Sciences
ISSN 1422-0067
www.mdpi.com/journal/ijms

Review

Culinary Herbs and Spices: Their Bioactive Properties, the Contribution of Polyphenols and the Challenges in Deducing Their True Health Benefits

Elizabeth E. Opara ^{1,*} and Magali Chohan ²

¹ School of Life Sciences, Kingston University, Penrhyn Road, Kingston upon Thames KT1 2EE, UK;

² School of Sport, Health and Applied Science, St Mary's University, Walsgrave Road, Strawberry Hill, Twickenham TW1 4SN, UK; E-Mail: Magali.chohan@smu.ac.uk

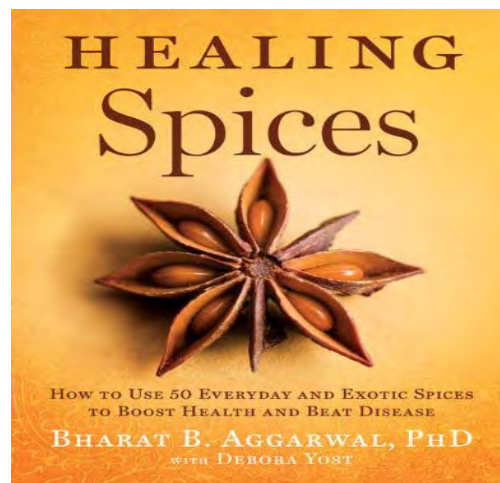
* Author to whom correspondence should be addressed; E-Mail: e.opara@kingston.ac.uk; Tel.: +44(0)20 8417 2517

External Editor: Chung Won Choi

Received: 14 July 2014; in revised form: 18 September 2014; Accepted: 26 September 2014
Published: 22 October 2014

Abstract: Herbs and spices have been used for both culinary and medicinal purposes for centuries. Over the last decade, research into their role as contributors of dietary polyphenols, known to possess a number of properties associated with reducing the risk of developing chronic non-communicable diseases, has increased. However, bearing in mind how these foods are consumed, normally in small quantities and in combination with other foods, it is unclear what their true benefit is from a health perspective. The aim of this review is to use the literature to discuss how preprictive and digestive processes, bioavailability, and interactions between foods may influence the bioactive properties of these foods, and whether or not polyphenols are responsible for these properties. Furthermore, this review aims to highlight the challenges that need to be addressed so as to determine the true benefits of these foods and the mechanisms of action that underpin their purported efficacy.

Keywords: herbs; spices; polyphenols; bioactive properties; health



©2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED

Suppression of NF- κ B activation by spice-derived phytochemicals

Suppression of NF- κ B activation by spice-derived phytochemicals

Invited review for Annals of the New York Academy of Sciences

Suppression of Nuclear Factor-kappa B Activation Pathway by Spice-Derived Phytochemicals: Reasoning For Seasoning

BIHARAT B. AGGARWAL AND SHISHIR SIHSODIA

Cytokine Research Laboratory, Department of Immunomathology, The University of Texas M.D. Anderson Cancer Center, Box 143,1515 Holcombe Boulevard, Houston, Texas 77030

Fig. 1. NF- κ B-linked diseases.

Fig. 2. Suppression of NF- κ B by spice polyphenols.

ABSTRACT: The activation of nuclear transcription factor -kappa B (NF- κ B) has now been linked with a variety of inflammatory diseases including cancer, atherosclerosis, myocardial infarction, diabetes, allergy, asthma, arthritis, Crohn's disease, multiple sclerosis, Alzheimer's disease, osteoporosis, psoriasis, septic shock, and AIDS. Extensive research in the last few years has shown that the pathway that activates this transcription factor can be interrupted by phytochemicals derived from spices such as turmeric (curcumin), red pepper (capsaicin), cloves (eugenol), ginger (gingerol), cumin, anise and fennel (anethole), basil and rosemary (terpenic acid), garlic (diallyl sulfide, S-allylmecaprocysteine, ajoene), and pomegranate (ellagic acid). For the first time, therefore, research provides "reasoning for seasoning."

KEYWORDS: NF- κ B, TNF, inflammation.

Almost 25 centuries ago, Hippocrates remarked "Let food be thy medicine and medicine be thy food." This differs little from our adage: "You are what you eat." Vasco de Gama, a Portuguese sailor, left for India almost 500 years ago in search of spices and the route he used is called "the spice route." Why were spices so precious that he was willing to make this arduous journey? People of de Gama's time revered spices not for their brilliant colors and taste, but also for their medicinal value. The true medicinal value of spices, however, is only now beginning to be unveiled.

Address for correspondence: Dr. Bharat B. Aggarwal, Cytokine Research Laboratory, Department of Immunomathology, The University of Texas M.D. Anderson Cancer Center, Box 143, 1515 Holcombe Boulevard, Houston, Texas 77030. Phone: 713/792-5603 ext. 55, FAX: 713/792-6181, E-mail: aggarwal@mdanderson.tmc.edu.
Abbreviations: bL, inhibitory subunit of NF- κ B; IKK, I κ B kinase.

Aggarwal & Shishodia

1

© 2005 Wiley Periodicals, Inc., *Journal of Cellular Biochemistry* 97: 1–10, 2005

HEALING SPICES AS TARGET (NGX) INGREDIENTS AND FLAVORIZERS

Garam Masala

- Coriander
- Cumin
- Caraway seeds
- Black peppercorns
- Brown cardamom seeds
- Cinnamon stick
- Nutmeg
- Whole cloves

CINNAMON FLAVOR MATCHES

- Allspice, clove & nutmeg
- Black cumin and fenugreek seed
- Black pepper & hot mustard
- Clove & cardamom
- Clove, star anise & rice vinegar



19 Pins 828 Followers

16 VEGAN Salad Dressings

FLAVORIZERS: CREATE YOUR OWN BOARDS TO DELIVER TARGET NUTRIENTS

The easiest recipes for delicious dips and summer relishes - Telegraph

The easiest recipes for delicious dips and summer relishes - Telegraph

Pinned from telegraph.co.uk

from NYT Cooking
Basil Avocado Dip Recipe

Basil Avocado Dip

Pinned from nytimes.com

from A Couple Cooks
Quick Tomato Almond Spread

Quick tomato almond spread (omit oil or use a few whole olives)

Pinned from acouplecooks.com

from Bon Appétit
Sunflower Seed Pesto

Sunflower Seed Pesto Recipe - Bon Appétit

Pinned from bonappetit.com

from NYT Cooking
Edamame Tofu Dip Recipe

Edamame Tofu Dip

Pinned from nytimes.com

Basil, Lime and Pumpkin Seed Pesto

BUILD BOARDS TO MATCH YOUR CULINARY FRAMEWORK(S)

THE ULTIMATE GUIDE TO NUTS

Almonds, and cashews, and hazelnuts, oh my!

NUTS
roasted, no salt

Almonds

- Can help with weight loss, reducing body fat, and lowering blood pressure when performed with a low-carb diet.
- May also help lower cholesterol.
- Considered the most nutritious nut, meaning they offer the most benefit in terms of per calorie and per ounce.

Number of nuts per ounce	Cal	Protein	Fiber
23	164 (1 oz)	6g	3.5g

Quick source of: Calcium, iron, fiber, vitamin E, potassium, magnesium, phosphorus, manganese

163 calories

Brazil Nuts

- Iron and vitamin E help body fight off free radicals and oxidative stress.
- Flax keeps digestive system running smoothly and keeps the heart healthy.
- Magnesium helps on better energy levels.

Number of nuts per ounce	Cal	Protein	Fiber
7	118 (1 oz)	4g	3g

Quick source of: Selenium, vitamin E, fiber, magnesium, potassium, phosphorus, copper

209 calories

Cashews

- Magnesium helps with building proteins and overall energy.
- Phosphorus is a mineral for building strong bones and teeth.
- Not keto diet, but not keto friendly.

Number of nuts per ounce	Cal	Protein	Fiber
18	157 (1 oz)	4.3g	1g

Quick source of: Magnesium, potassium, copper, iron, protein

163 calories

Hazelnuts

- May prevent premature aging and cell and tissue degeneration.
- May help prevent healthy cell and cancer cells.

Number of nuts per ounce	Cal	Protein	Fiber
16	178 (1 oz)	4.1g	2.2g

Quick source of: Magnesium, copper, manganese, phosphorus, vitamin E, potassium, iron

178 calories

Macadamia Nuts

- Monounsaturated fats help lower cholesterol and reduce risk of heart disease.
- Magnesium and potassium help with muscle function (muscle building, heart function) and boost energy levels.

Number of nuts per ounce	Cal	Protein	Fiber
11	202 (1 oz)	2g	0g

Quick source of: Magnesium, vitamin E, potassium, manganese

204 calories

Peanuts

- Help improve healthy skin, hair, and muscles.
- Protein helps regulate body's water levels and metabolism.
- Can help prevent muscle cramping.

Number of nuts per ounce	Cal	Protein	Fiber
17	166 (1 oz)	6.3g	2.1g

Quick source of: Protein, vitamin E, iron, magnesium, phosphorus, manganese, copper

166 calories

Pecans

- Help lower blood cholesterol levels, lower blood pressure.

Pine Nuts

- May improve iron and boost the immune system.

FERMENTED FOODS for HEALTH

Use the Power of Probiotic Foods to Improve Your Digestion, Strengthen Your Immunity, and Promote Overall Health.

Soaking Nuts+Seeds

Benefits

- Increases enzyme action
- Enhances nutrient bioavailability
- Eases digestion

Basic Steps

1. Measure out 4 cups of raw, unsoaked nuts/seeds
2. Cover with filtered water
3. Add sea salt
4. Leave to soak
5. Low-temp dehydrate in oven

Nut/Seed Variety

Nut/Seed Variety	Tablespoons Sea Salt	Approx. Soak Time	Temp. & Time to Dehydrate
Pecans	2	7hrs +	<150°F 12-24hrs
Walnuts	2	7hrs +	<150°F 12-24hrs
Pumpkin Seeds	2	7hrs +	<150°F 12-24hrs
Pine Nuts	1	7hrs +	<150°F 12-24hrs
Hazelnuts (skinned)	1	7hrs +	<150°F 12-24hrs
Macadamias	1	7hrs +	<150°F 12-24hrs
Almonds	1	7hrs +	<150°F 12-24hrs

Coconut Cashew Butter

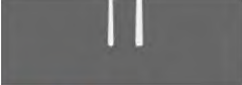
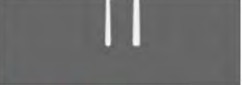










Lemon Pistachio Butter

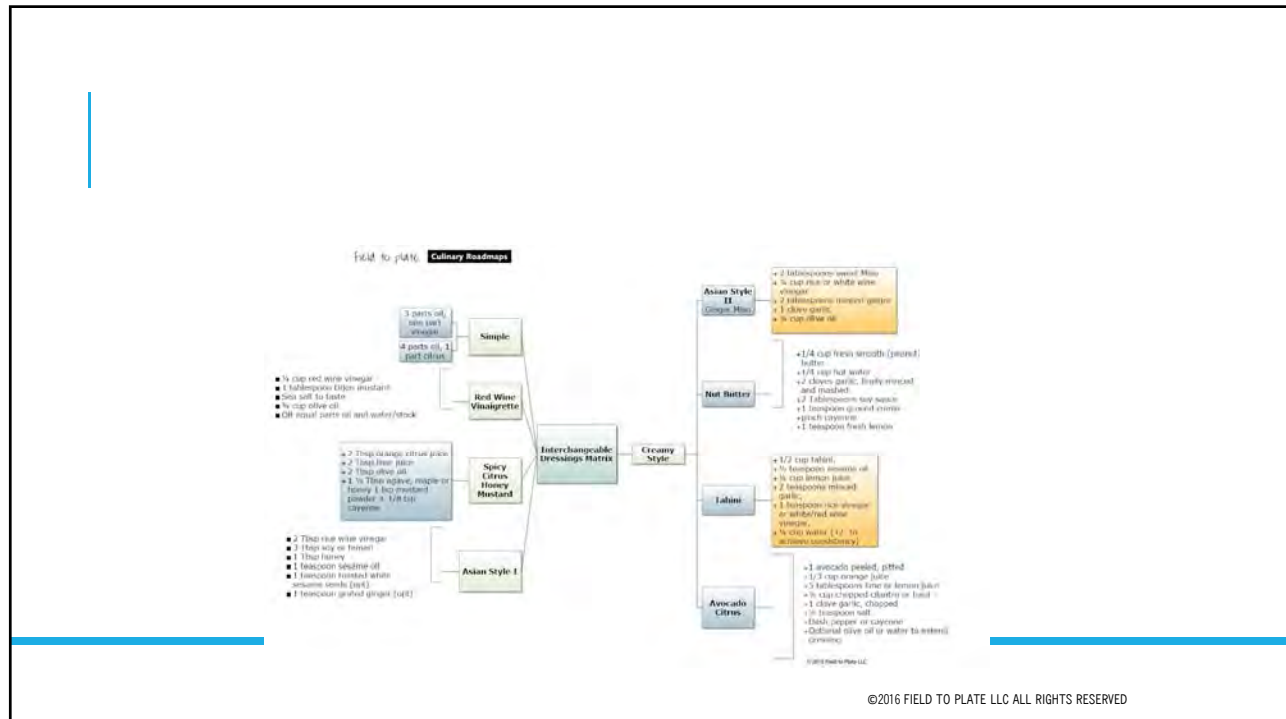
Chocolate Hazelnut Butter

Vanilla & Toasted Pecan Butter

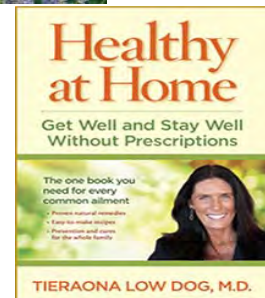
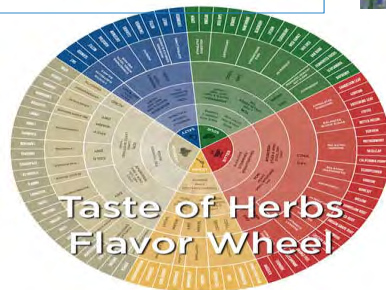
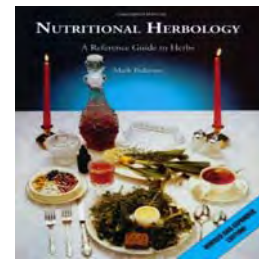
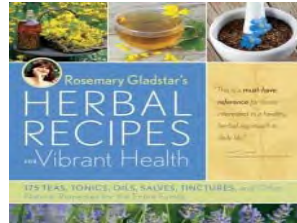
Sweet n Spicy Pumpkin Seed Butter

BUILD BOARDS THAT ALLOW YOUR CLIENTS TO EXPLORE

 <p>FIELD TO PLATE <i>Quick Mustard Dressing (Or Sauce)</i></p>	 <p>FIELD TO PLATE <i>Nut Butter Sauce Or Dressing</i></p>	 <p>"Detox" Greens with Ginger Pepper Dressing</p>	 <p>VEGETARIAN TIMES <i>Savoy Cabbage Salad with Carrot-Ginger Dressing</i></p>
 <p>MYRECIPE.COM <i>Crispy Grilled Kale with Creamy Sesame Dressing</i></p>	 <p>NOURISHING MEALS <i>Grated Beet and Carrot Salad with Radish-Miso...</i></p>	 <p>MARTHA STEWART <i>Vegetable-Rice Bowl with Miso Dressing</i></p>	 <p>SLIGHTLY ADAPTED FROM EATING WELL <i>Falafel Salad with Lemon- Tahini Dressing</i></p>
 <p>FOOD & WINE <i>Zucchini Noodles with Chicken and Ginger...</i></p>	 <p>FOOD & WINE <i>Green Vegetables with Dukka and Tahini Dressing</i></p>	 <p><i>Buckwheat and Broccoli Salad with Tangy Miso...</i></p>	 <p>KATHY MADONNA SWIFT, RD <i>Summer Cabbage Salad</i></p>



*Any time we can
customize our advice, we
grow our influence, gain
more confidence and
credibility from our
clients, and create better
outcomes...*



©2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED



CREATING HEALTH SUPPORTIVE ADVICE

Without overwhelming the client!

Simple planning and teaching
methods

©2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED

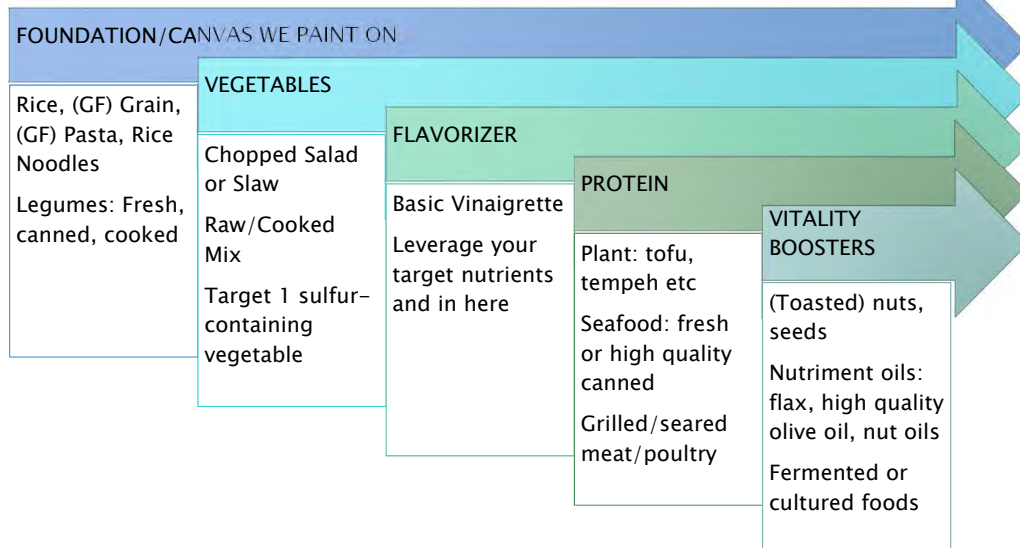


BOWLS, WRAPS OR ROLLS + FLAVORIZER METHOD

- +Basic foundation "Blank canvas"
- + Vegetables
- +Flavorizer
- +Protein

©2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED

BOWL METHOD



©2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED

FLAVORIZERS



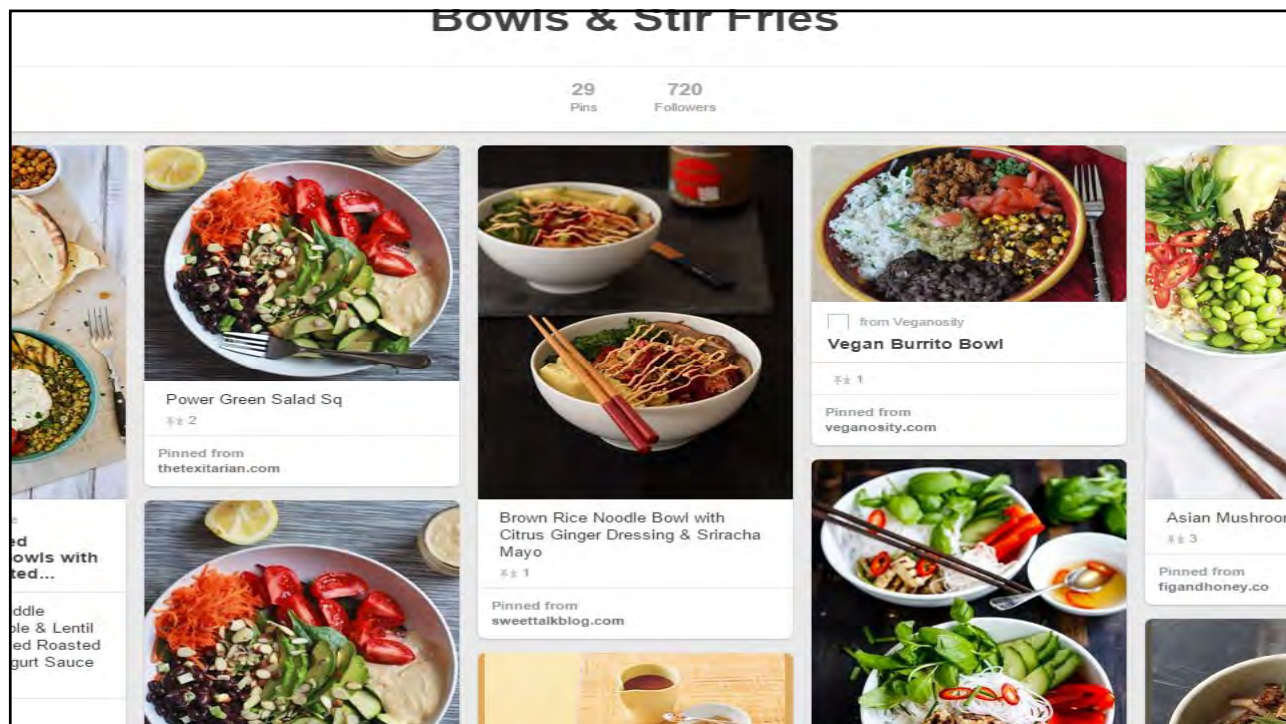
©2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED

SALMON GINGER RICE BOWL

- 1 tablespoon freshly squeezed orange juice
- 1 tablespoon rice vinegar
- 1/2 teaspoon freshly grated ginger
- 2 tablespoons chopped scallions
- Olive oil
- 1/2 cup sliced red pepper
- 1/2 cup chopped [carrots](#)
- 1/2 cup shredded red [cabbage](#)
- 1/4 cup chopped [celery](#)
- 1/2 cup chopped [onions](#)
- 1/2 cup cooked wild rice
- 3 ounces cooked wild [salmon](#)
- 2 tablespoons black [sesame seeds](#)



©2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED



BOWLS BECOME ROLLS

- 1 lb medium green prawns, peeled, coarsely chopped
- ¼ cup (loosely packed) coriander, coarsely chopped, plus extra to serve
- 2 garlic cloves, finely chopped
- ginger, finely chopped
- 10 oz (approx) fresh rice noodle sheets, cut into 12cm x 8cm rectangles

Chilli, soy and garlic dressing

- 2 tbsp. soy sauce
- 2 tbsp black Chinese vinegar
- 1 red birdseye chilli, thinly sliced
- 1 garlic clove, finely chopped
- 2 tbsp (firmly packed) coriander, finely chopped



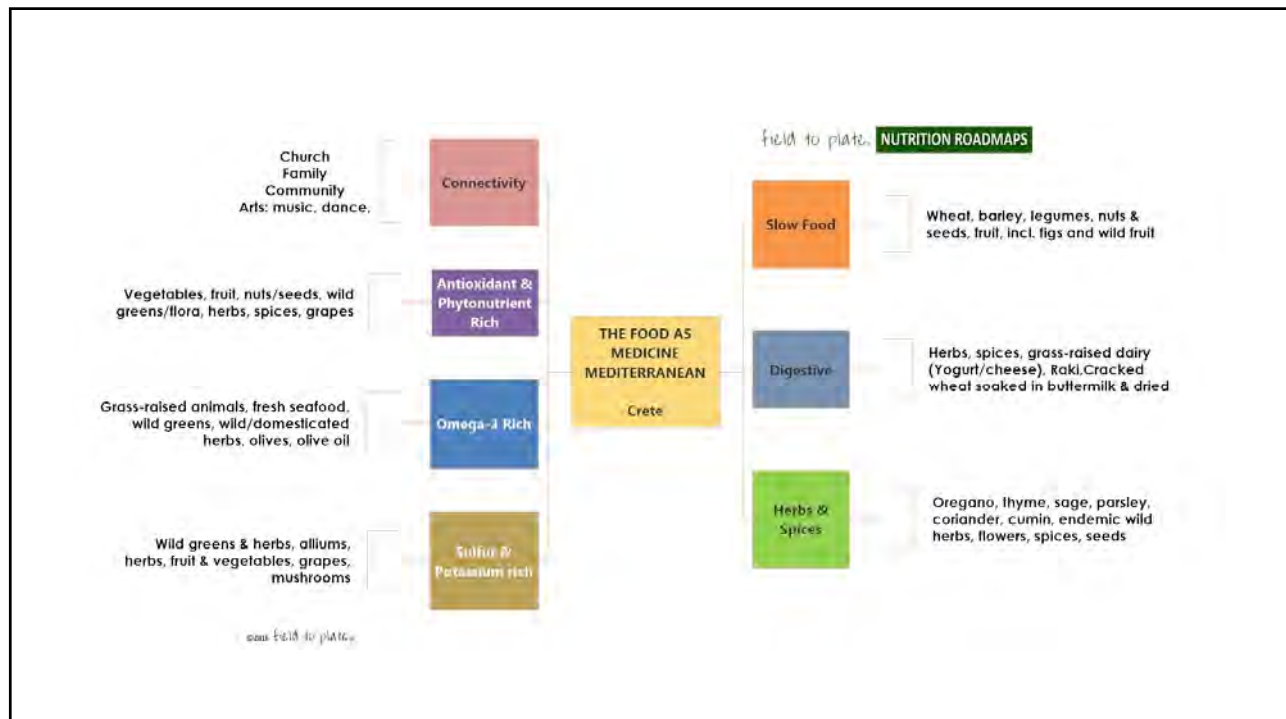
©2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED



MEDITERRANEAN DIET METHOD

Greek

©2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED



MEDITERRANEAN DIET METHOD



Consistent Salad

- (Wild) greens/lettuce, herbs + cucumber, tomatoes, salad, olives, peppers

Stuffed Veg or
"Briam"Grilled or
roasted protein

- Domestic or wild meat/poultry
- Seafood (seasonal)
- Very simple flavors



Greens

- finished with olive oil/lemon



Supporting Cas

- Pureed beans (fava/hummus);



©2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED

ROASTED VEGETABLES

Ratatouille

- 1/4 cup [olive oil](#), plus more as needed
- 1 1/2 cups small diced yellow onion
- 1 teaspoon minced garlic
- 2 cups medium diced eggplant, skin on
- 1/2 teaspoon fresh thyme leaves
- 1 cup diced [green bell peppers](#)
- 1 cup diced [red bell peppers](#)
- 1 cup diced zucchini squash
- 1 cup diced yellow squash
- 1 1/2 cups peeled, seeded and chopped tomatoes
- 1 tablespoon thinly sliced fresh basil leaves
- 1 tablespoon chopped fresh [parsley leaves](#)
- Salt and freshly ground black pepper



BRIAM

©2016 FIELD TO PLATE LLC ALL RIGHTS RESERVED