

The Plant Programme

JANE A PLANT AND GILL TIDEY



Penguin
Random House
EBURY PUBLISHING

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ACKNOWLEDGEMENTS

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About the Book

Jane Plant's breast cancer recurred five times before she learned of the relationship between diet and the disease. In her international bestselling book, *Your Life in Your Hands*, she describes how her training and knowledge as a natural scientist enabled her to understand and, eventually, overcome her cancer. In *Prostate Cancer: Understand, Prevent and Overcome* she then expanded her research into prostate cancer – the second biggest cancer killer among men.

In *The Plant Programme* Jane and fellow scientist Gill Tidey show how adopting a lifestyle of non-dairy eating and healthy living can complement conventional medical treatment of breast or prostate cancer and help in the prevention of the diseases. With hundreds of tasty, easy-to-make and nutritious dairy-free meals for all occasions, as well as tips on how to cope with dining away from home. *The Plant Programme* can help save lives.

About the Author

Professor Jane Plant is a widely respected scientist, who was awarded a CBE for her work in relation to human health and in 2005 was made a Life Fellow of the Royal Society of Medicine for her books on cancer. She contracted breast cancer in 1987 at the age of 42: the disease recurred a further four times. She adopted the diet and lifestyle changes she advocates in her book, and has now been clear of breast cancer for fifteen years.

THE PLANT PROGRAMME

*by Professor Jane Plant CBE
and Gill Tidey*



1 Introduction

1.1 WELCOME

This book was written in response to a flood of requests for further help in implementing the Plant Programme diet. The diet, which was described in my book *Your Life in Your Hands* and subsequently in *Prostate Cancer: Understand, Prevent and Overcome*, has transformed the approach to the prevention and treatment of breast and prostate cancer. Since these books were published even more evidence has emerged on the problems caused by hormones and growth factors in milk. Some studies indicate that consuming dairy products increases the risk, not only of breast and prostate cancer, but also testicular cancer and lung cancer in men.

One of the main challenges to the diet has been the assertion that people will become calcium deficient if they do not eat dairy produce and that this will lead to osteoporosis. This is not the case. Americans and Scandinavians consume the highest amounts of dairy produce in the world, but have the highest bone fracture rates, whereas people in Asian countries consume very little dairy produce and have very low bone fracture rates. The average calcium intake is less than 300 milligrams a day in Singapore, yet the bone fracture rate there is one fifth that of the US

(<http://www.lightparty.com/Health/Milk.html>). The Plant Programme diet will supply you with calcium from the same source that cows and hippopotami obtain theirs – from vegetable matter.

In preparing this book I have joined forces with my friend Gill Tidey to describe how everyone can make the necessary changes and adopt the 'Plant Programme' in

their daily lives. My original books were about 'why', this book is about 'how' and it includes practical, comprehensive advice for healthy living and eating. It is aimed particularly at those who want to treat or prevent breast or prostate cancer and I have heard from many sufferers from these diseases telling me how much *Your Life in Your Hands* and *Prostate Cancer* has helped them. Many others have written telling me how much the advice has helped treat other illnesses including allergic conditions such as asthma and eczema and other skin problems such as psoriasis, and some auto-immune diseases and Crohn's disease. The Plant Programme is also heart healthy. Therefore, everyone can benefit from following it.

As earth scientists Gill and I have both worked and lived in many countries, particularly in Asia, where breast and prostate cancer rates are exceptionally low. We both know it is easy to create good and exciting meals that minimise the risks inherent in modern diets rich in dairy and convenience food. The ready availability of Asian ingredients now makes it easy for everyone to adopt this delicious healthy way of eating based on an 'East meets West' style, which Gill, in particular, came to love and master while cooking for her family when she lived in Australia.

Gill and I both have very busy lives: I work as Chief Scientist at the British Geological Survey and Professor of Geochemistry at Imperial College, London and Gill is the Director of the Nottingham Energy Partnership. As well as managing high level careers, we enjoy looking after our families and homes and entertaining, so we are well aware of the complexities and stresses of modern day life. We have therefore developed a cookbook based on the following principles:

- *The food is healthy and nutritious*

- *The recipes are simple and easy to follow*
- *The whole way of cooking is practical and the recipes are mostly inexpensive and quick to make*
- *The dishes are tempting and delicious*

Within a few weeks of following the Plant Programme Diet you will probably look and feel much better and wonder how your body managed to cope with your old unhealthy ways.

Remember there is nothing strange about the diet and *do not allow yourself to be persuaded that you need dairy*. The good things in dairy produce, whether calcium or conjugated linoleic acid (CLA), come from the vegetable matter the cows eat. It is much healthier to eat vegetables yourself. Millions of people have thrived on a dairy-free diet for centuries without developing the diseases that plague rich Western societies today. Also, remember that the diet is not meant to replace conventional medical treatment for breast or prostate cancer, but to complement it in the same way that diabetics or patients with heart disease are given dietary guidance to complement their orthodox medical treatment. Indeed one of the main benefits of the diet is that it helps people to complete their treatment including chemotherapy and to take back control of their lives.

I hope that this book will help all the many people who have written to me following publication of *Your Life in Your Hands* and *Prostate Cancer* to keep to the Plant Programme and to enjoy doing so.

Jane Plant

1.2 HOW TO USE THE BOOK

Before you begin it might help if we give you a few tips on how to use the book. The first chapters give a brief outline of the rationale behind the cookbook and describe how to apply the principles of healthy eating in your life.

(Although, if you want to understand fully the scientific principles behind this approach to diet, we suggest you read *Your Life in Your Hands* or *Prostate Cancer*.)

There are then chapters giving sound advice on equipping your kitchen and buying, storing and preparing healthy food. These are followed by three sections of delicious recipes for breakfasts, light meals and snacks, and main meals. All the recipes serve four people unless otherwise stated, with the exception of juice recipes, which are designed for one to two people. There are weekly meal plans both for cancer patients and those wishing to cut their risk of contracting breast or prostate cancer. There is even a section on healthy meals for kids and teenagers and a section on eating out and travelling.

Finally, there is a chapter entitled 'Food as Medicine'. This includes helpful advice on coping with the side effects of cancer treatment and other problems with health that can affect cancer sufferers and others. All the methods were 'road tested' by Jane during her illness and many of the people that she has since helped have found them useful. As in the case of the Plant Programme, the advice cannot cause harm if you use the information sensibly in combination with conventional medicine.

Those wishing to cut their risk of suffering from breast or prostate cancer can simply select the recipes they find

most tempting and follow the advice on shopping and preparing food in the early sections of the book. Cancer patients should read these sections carefully and follow the scoring systems, which are there to guide them.

MEASUREMENTS	
T	tablespoon
Tsp	teaspoon
L	litre
ml	millilitre
kg	kilogram
gm	gram
cm	centimetre
cup	250 ml

2 'Plant Programme' Essentials

MAKING THE CHANGES

2.1 PRINCIPLES OF THE DIET

Your Life in Your Hands explained the scientific basis of a healthy diet aimed especially at preventing and treating breast and prostate cancer. This was based on intensive research into the medical and scientific literature and statistical data on the diseases following Jane's five-times personal battle with breast cancer. If you read the first book, you will remember that Jane's cancer had spread to lymph nodes in her neck, despite a radical mastectomy, three further operations, 35 radiotherapy treatments, irradiation of her ovaries to induce the menopause and a number of chemotherapy treatments. Despite all of this she had been given only three months to live by her doctors. Jane then recalled that people in rural China, where she had worked, had a very low incidence of breast (or prostate) cancer. At that point she changed her diet and to everyone's amazement, including her own, the large cancerous lump in her neck disappeared within five weeks. By the time this book is published that will have been eight years ago.

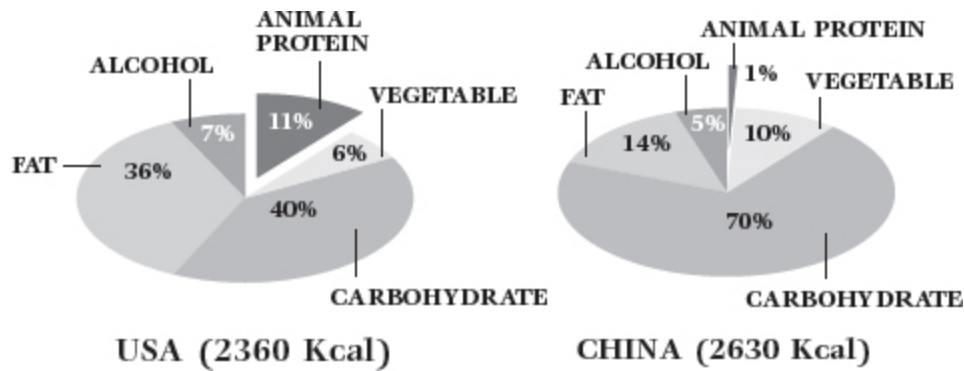
Following that illness Jane had helped 63 other women, all of who remained cancer free. She was then persuaded to put everything she knows about the two killer diseases into a book to make the knowledge available to everyone. That book was *Your Life in Your Hands*. She subsequently followed it with *Prostate Cancer: Understand, Prevent and*

Overcome and we hope you will all have read the sound scientific evidence for changing to a healthy diet in one or both of these books. We are not going to repeat the scientific basis of the diet here, but it is worth looking in a little more detail at the Eastern diet in order to understand the principles of this book.

COMPARISON OF US AND CHINESE DIETS

In some parts of China less than 3% of the population under 65 years of age die from any form of cancer, and breast and prostate cancer are almost unknown. Stomach cancer is more prevalent in China, but it is attributed by most experts to unhygienic methods of storing and preserving food. The prevalence of the disease is declining as more people use refrigerators. Typically, people in China do not eat dairy produce and the composition of their diet is very different to a typical Western diet in several other respects – for example:

- *The Chinese take in more calories than Americans do^{fn1} (but are much less obese)*
- *Only 14% of calories in the average Chinese diet is from fat, compared to almost 36% in the West*
- *Animal protein makes up 11% of the diet of the average American but only 1% of the average Chinese (and a high proportion of that is from fish, eggs, chicken, duck or pork, rather than beef)*
- *Vegetables such as soya are the main source of protein in China giving a fibre intake of 34 grams a day on average with no evidence of iron or other mineral deficiency, while in the US the average fibre intake is only 10–12 grams a day*



Furthermore, in Japan a healthy diet is believed to be based on eating at least thirty different ingredients a day. Compare this with the diet of the average American, for whom 40% is from dairy.

There are several reasons why the Eastern diet is likely to prevent hormone-related cancers, but principal amongst those is that, traditionally, it contains no dairy. Milk contains growth factors and hormones known to promote breast and prostate and other types of cancer. Moreover, since the 1940s milking has been maintained even when cows are pregnant further increasing the amount of oestrogen in milk. Milk also concentrates hormone-mimicking pollutants from the environment.

The Chinese diet is also:

- *low in fat, which causes oestrogen to be released in women's bodies*
- *high in fibre, which helps to eliminate excess oestrogen from the body*
- *high in phytoestrogens which are protective against breast cancer*

The basis of the Plant Programme is:

1. TO REDUCE THE INTAKE OF NATURAL HORMONES AND GROWTH FACTORS FROM FOOD.

How?

- Eliminate **all** dairy produce
- Cut down on the amount of meat eaten – it should comprise only 10% of daily intake for the prevention of cancer and should be eliminated completely by those with active cancer
- Eat only organically produced meat or game that is thoroughly cooked, in order to break down hormones, growth factors and pollutants (but do not burn it because this will form other damaging carcinogenic chemicals)
- Replace animal protein, especially dairy, with soya-based food, and cereals and pulses

2. TO REDUCE THE INTAKE OF MAN-MADE CHEMICALS FOR WHICH THERE IS EVIDENCE FOR, OR A SUSPICION OF, CARCINOGENICITY, ESPECIALLY ENDOCRINE-DISRUPTING CHEMICALS.

These are suspected of causing cancers of the reproductive organs, including the breast and prostate, and also testicular cancer and cancer of the womb and ovaries. Endocrine-disrupting chemicals are persistent and bio-accumulate, becoming particularly concentrated in certain foods.

How?

- Avoid all dairy produce, fish liver oils and farmed fish, especially carnivorous fish such as salmon
- Eat only organically produced food, especially in the case of fat meats such as pork and duck, and even then remove the fat and the skin
- Do not use plastic, especially soft plastic wrappings, or eat food from cans with plastic linings
- Filter tap water through charcoal, then boil it and store it in glass bottles
- Drink liquids stored in glass with cork or aluminium seals, but not in plastic bottles

- *Never have 'diet' drinks, or other food or drink that contains man-made sweeteners such as saccharine or aspartame*

3. INCREASE THE PROPORTION OF FOOD THAT IS PROTECTIVE AGAINST CANCER

How?

- *Eat as much fresh organic vegetables and fruit as possible, especially red vegetables such as tomatoes, red peppers and chillies; cruciferous vegetables such as bok choy, cauliflower and broccoli; and orange vegetables, including peppers, carrots and pumpkin*
- *Eat lots of fresh herbs*
- *Eat vegetables as fresh and raw as possible and have at least five large portions of fruit and vegetables as salads or juices every day. The UK Government recommendation of five portions a day, which includes prepared fruit and vegetables, is completely inadequate for healthy living – one portion should be at least one piece of fruit or ½ cup of raw vegetables*
- *Eat a diet rich in phytoestrogens, including soya and other beans and peas, whole grain cereals especially flax, nuts and berries especially cranberries, and sprouting seeds especially alfalfa*
- *Eat spices, many of which have antioxidant properties. Turmeric, in particular, causes cancer cells to commit suicide*
- *Eat lots of garlic, which has anti-cancer and other health benefits, and onions and chives*
- *Drink lots of green tea*

4. ENSURE THAT YOU CONSUME ADEQUATE QUANTITIES OF THE KEY NUTRIENTS IN A BIO-AVAILABLE FORM, SO THAT A SIGNIFICANT PROPORTION CAN BE ABSORBED BY THE BODY.

This is especially true of nutrients such as zinc, iodine and folic acid, which play a crucial role in cell division in the body (which is when the errors that cause cancer are most likely to arise).

How?

- *Eat more fresh or lightly cooked vegetables and fruit, nuts and seeds, seaweed, fish and shellfish*
- *Have some brewers yeast and Icelandic kelp every day (follow the instructions on the packet or bottle and ensure you take the correct dose)*

5. REDUCE THE AMOUNT OF FREE RADICALS IN THE BODY WHICH ARE CAPABLE OF DAMAGING DNA.

How?

- *Yet more fruit and vegetables and whole grains*
- *Take a good quality selenium supplement*
- *Eat garlic, fresh herbs and spices*
- *Drink lots of green tea*

6. ELIMINATE OR REDUCE TO A MINIMUM FOOD THAT HAS BEEN REFINED, PRESERVED OR OVERCOOKED.

In such foods, the content of fibre, vitamins, minerals, natural colours or other natural constituents have been removed or reduced. Be especially vigilant in avoiding man-made chemical substances, including artificial vitamins or minerals.

How?

- *Cut out or cut down on manufactured convenience food especially anything with 'E' numbers in it. Frozen foods are usually OK and there is an increasing range of organically*

produced food available in bottles, jars and cans, which are fine occasionally

- *Cut down on or cut out refined sugar – use molasses, rice or maple syrup or honey*
- *Use brown unrefined flour, pasta and rice*
- *Ensure everything is as fresh, natural and as unaltered as possible*
- *Cut down on or cut out salt – use a little sea salt if absolutely necessary*
- *Substitute herbal teas such as camomile, fennel, peppermint, clover and green tea for black tea and coffee*
- *Do not drink alcohol, except for the occasional real ale, lager or quality organic wine*
- *Eat good freshly made food to avoid the need for vitamin or mineral supplements*

7. PROVIDE THE NUTRIENTS TO HELP YOUR BODY WITHSTAND AND RECOVER FROM SURGERY, RADIOTHERAPY AND CHEMOTHERAPY.

Many drugs, including those used in chemotherapy, destroy vitamins. Stress means you need more vitamins, while antibiotics can prevent them being absorbed.

How?

- *Eat unrefined food including wholegrain cereals*
- *Drink as much freshly made fruit and vegetable juice as possible*
- *Garlic, seaweed and organic eggs contain substances that help repair DNA*
- *Take brewer's yeast, which is a good source of B vitamins, folic acid and minerals*

8. PROVIDE MAXIMUM CHOICE AND VARIETY SO THAT HEALTHY EATING CAN BE MAINTAINED WITHOUT TOO MUCH RELIANCE ON ANY ONE FOOD SUBSTANCE.

How?

- *Have at least 30 different ingredients a day*
- *Use herbs and spices to add flavour*

All this might sound a bit daunting, but when you have adjusted and are preparing and eating the great meals described here, we believe you will be a convert for life – especially when your health and appearance begin to improve. Anyway, we have done all the hard work for you. All you need to do is make the delicious meals described and follow the simple point-scoring system to help prevent or treat breast or prostate cancer.

2.2 PRINCIPLES OF THE COOKBOOK

Many anti-cancer diets are difficult to keep to because the recipes are bland and boring and in some cases the regimes are harsh and extreme. Instead we have developed an exciting range of recipes based on the principles described in the previous section and inspired particularly by Asian cooking. Asian-style recipes often look complicated because they have a lot of ingredients, many of which are spices and herbs, but don't let this put you off. If you have a tray of all your spices to hand it is only about adding a few ingredients – it doesn't add a lot of time or make the dish complicated – it just adds flavour. Some anti-cancer diets eliminate all spices, although many spices, such as saffron, contain antioxidants and substances like curcumin (in turmeric) have anti-cancer properties. Thai people have the lowest rates of breast and prostate cancer on record and Thai food is certainly spicy. The Ayurvedic medical system, which has been used for centuries in India, also uses many spices.

The style of cooking used here ensures fresh, wholesome ingredients are cooked in the healthiest way possible and

served while everything is still fresh. Two very important rules are:

- *Never use a microwave cooker, because free radicals are formed in the food*
- *Never use a pressure cooker, because it destroys vitamins and other important nutrients*

The style of cooking encourages social interaction. People today do not want to be relegated to the kitchen away from families and friends. The recipes that follow are based on a modern style of living, kitchens are open plan and everyone is encouraged to join in, chat to the cook and have a drink – in moderation, of course. Once you have adapted to asking a partner or friend to chop this or that, or encouraged your children to add something to the pan, you will enjoy cooking in a more open sociable environment. You will relax because everyone has played a part in creating the meal, even if it is just by chatting to the cook.

CUSTOMISING THE RECIPES

All the recipes contain a full list of ingredients, but we recommend you use them only as a guide and add or subtract ingredients to develop the meals that you enjoy the most.

Remember:

- *Any vegetable can be replaced with others. Use your favourite, what is in season or what is in the fridge. For example, change asparagus for beans and vice versa*
- *Although the recipes are based on measured quantities there are no hard and fast rules. Use what is left in a packet, or omit ingredients if you do not like their taste. You can do this without significantly changing the recipe*
- *Herbs and spices are a matter of preference, so vary the amounts according to your likes and dislikes. If you like*

spicy food we think you will enjoy the recipes as presented, but if you like milder food, simply cut down on the amount of spices, particularly chilli

- *If you are on chemotherapy you may wish to reduce the amount of spices in the recipes. Replace them with extra fresh herbs*

The book includes a comprehensive set of recipes. In addition, the meals that you enjoy now may meet the principles of the programme or be adapted easily. Here are some simple changes to help you to make your usual meals healthier:

- *According to those great cooks Claudia Roden and Marcella Hazan, 'it is quite possible to substitute olive oil for butter in almost any dish'*
- *Soya 'milk' or 'cream' can be substituted for dairy milk or cream in most recipes*
- *Solid vegetable oil or grapeseed oil can substitute for butter to make pastry or cakes*

There are scare stories being circulated about soya. Despite reading many scientific papers about soya, we can find no convincing evidence that it causes cancer. Indeed authorities, such as the Royal Society, conclude that the phytoestrogens contained in soya are protective against breast and prostate cancer. Phytoestrogens are common in many foods from berries to whole grains, nuts and peas and beans.

USING YOUR LOCAL FARM SHOP OR ORGANIC FOOD SUPPLIER IS HELPING LOCAL INDUSTRY, REDUCING TRANSPORT-RELATED OUTPUT OF GREENHOUSE GASES, AND DOING YOUR BIT FOR THE ENVIRONMENT, AS WELL AS FOR YOURSELF

In order to help you to begin, the recipes have been organised into suggestions for breakfasts, snack and lunches or meals on the run and main meals. But most of the meals taste just as good at other times of the day. For example, most of the egg dishes are included in the breakfast section, but a delicious spicy vegetable omelette makes a quick and easy lunch served with a crisp salad, or served with other delicious dishes it can be included in a dinner menu. Similarly the soups described in the 'Meals on the run' section could be a full meal, a starter for dinner, or even a different breakfast.

To give you maximum flexibility in selecting your meals, we include a simple point-scoring system to encourage you to eat lots of raw fresh vegetables and fruit and to eat only moderate amounts of food from animal sources. Hence, a pear, artichoke and walnut, or any other meat-free salad, would score 0, so you can eat as much as you like, whenever you like. On the other hand, the barbecued lamb scores 10, so it is still OK in a cancer- prevention diet for special occasions, but we do not recommend you eat large quantities regularly.

SCORING SYSTEM

TYPE OF MEAL SCORE

- | | |
|---|---|
| ● Fresh fruit and vegetable juices and salads | 0 |
| ● Soya 'milk' and 'yoghurt', nuts, dried fruits, uncooked grains and bean curd (tofu) | 1 |
| ● Mixed cooked and raw vegetables and fruit | 2 |
| ● Cooked vegetables, fruit, grains and cooked dried pulses | 3 |
| ● Canned beans, vegetables, soya 'cream' | 4 |
| ● Dominantly vegetables with eggs | 5 |
| ● Dominantly vegetables, with chicken, duck, fish and seafood | 6 |

- Dominantly vegetables, with lamb, pork, rabbit, venison 7
- Dominantly egg 8
- Dominantly chicken, duck, fish and seafood 9
- Dominantly lamb, pork, rabbit or venison 10

The score for each recipe is shown in brackets after each recipe title.

PROGRAMME 1

Those with active cancer should not have any meal scoring more than 4, and they should aim for a daily score of around 15 to 20; but this can be averaged over the week to allow for an occasional treat.

PROGRAMME 2

Those on a prevention or maintenance programme should have a meal scoring more than 5 only once a day and should aim for a daily score of around 30 to 35, but this can be averaged over the week to allow for an occasional treat. This is the programme that Jane has followed for the past seven and a half years. She changed from programme 1 to programme 2 six months after her chemotherapy ended, and ten months after her cancer disappeared.



^{fn1} *From T Colin Campbell and Chen Junshi's papers on Diet and Chronic degenerative disease, published in 1994*

3 Dining In

WHAT YOU NEED



3.1 ESSENTIAL EQUIPMENT

We are assuming you have the usual range of cooking utensils, pots and pans, spoons, knives, etc. Here are some things you may not have, that you will need to make the recipes described here easier to prepare.

PREPARATION

- *FOOD PROCESSOR* – there are many to choose from, the two most essential functions to look for are chopping and puréeing
- *GRATERS OF DIFFERENT SIZES* – to grate carrots, lemon peel, potatoes
- *ICE CREAM MAKER (optional)* – all of the sorbets and ice creams in this book have been made with a hand-turned ice cream maker with a metal freezer bowl, which is kept in the freezer.
- *JUICER AND CITRUS SQUEEZER*
- *METAL PAN SCRUBBER* – to scrub potatoes and root vegetables
- *METRIC MEASURING CUPS AND SPOONS* – will make it easier to follow the recipes
- *MINCER (optional)* – if you want to mince your own ingredients this is a very useful piece of equipment. Ours

have a citrus squeezer and different-sized graters as attachments, and we use them regularly

- **HAND-HELD BLENDER AND FOOD PROCESSOR ATTACHMENT** – *we find this the most useful piece of equipment in the kitchen. It is really great for chopping herbs, nuts, garlic, blending soups, making pastes, etc.*
- **SIEVES** – *to rinse rice and strain soups*
- **SALAD SHAKER** – *to ensure you dry salad vegetables thoroughly and do not water down the dressing.*



COOKING UTENSILS

- **CHARGRILL PAN** – *a ridged, flat frying pan that is a quick and easy alternative to a barbecue. Perfect for searing tuna or squid and cooking bacon*
- **PEPPER AND SALT MILLS**
- **SAUTÉ PAN WITH LID** – *a wok can be used instead, but this is a very useful addition to your equipment*
- **STEAMER WITH LID** (bamboo or stainless steel) – *these come in a variety of sizes and are inexpensive in Asian food shops. They sit on top of a saucepan*
- **WOK** – *we use a non-stick finished wok with a lid. It is an essential piece of equipment for stir-frying vegetables and is a very versatile implement*

OTHER ESSENTIALS

- **GREASEPROOF PAPER**
- **BROWN PAPER BAGS**
- **ALUMINIUM FOIL**
- **STONE, GLASS OR EARTHENWARE STORAGE JARS**

- *WATER FILTER - GLASS JUG*

3.2 CLEARING THE DECKS AND RESTOCKING

- *Fresh is Best*
- *Frozen is Fine*
- *Herbs and spices add taste*
- *Organic for health*
- *Dump the dairy*



Most of the ingredients used in the recipes in this book are now readily available from supermarkets, but better still, enjoy searching out Asian shops, farmer and street markets, organic food and health shops and farm shops or farm suppliers. The Internet can help you to find fresh organic food locally, often with a free delivery service which is particularly helpful for those who are sick. Fooduk.com is the biggest UK outlet, but use search engines to find others. It is best to buy fresh food in season, because it is more nutritious, tastier and often cheaper.



CLEARING THE DECKS

These are products we suggest you clear out of your home and your mind. If you have active cancer, **there are no half measures**. There is no point in having lots of good foods, while continuing to eat dairy products and junk food. So throw away:

- *MILK – from cows, sheep, goats, or any other animal; whether it is organic, skimmed, or semi-skimmed*
- *CHEESE – including so-called vegetarian cheese and cottage cheese*
- *YOGHURT – any kind (If you have had chemotherapy or a stomach infection, and need the good acidophilus bacteria, then have it in capsule form from your pharmacy. Just empty the contents of the gelatine capsule into a glass of soya ‘milk’ or water)*
- *CRÈME FRAÎCHE*
- *FROMAGE FRAIS*
- *CREAM*
- *BUTTER*
- *WHEY, LACTOSE, MILK SOLIDS, MILK FATS or CASEIN – these are often contained in processed or packaged foods*
- *MARGARINE*
- *BEEF or PORK MEATS – including processed meats, such as pâté, on the principle of not eating anything where you cannot identify the origin and ingredients*
- *COMMERCIAL REFINED AND PROCESSED OILS prepared using high pressure or temperature – including unspecified vegetable oils (which may contain genetically modified soya), maize oil, canola or rapeseed oil, or any products containing such oils*
- *SALT, REFINED WHITE FLOUR OR RICE, OTHER REFINED SUBSTANCES (such as aspartame), white sugar, or any foods containing these products (such as white bread and some pastas that have been chemically altered or depleted of fibre and nutrients)*
- *PROCESSED FOODS THAT CONTAIN **ANY PRESERVATIVES** – this **may** include such items as pre-*

packaged cookies, candies, cakes, crisps, soups, salted or spiced nuts, as well as processed meats (packaged hams, corned beef), bottled pickles, canned/cartoned fruit juices, and fruit drinks (always check the list of ingredients)

- *COLOURED/FLAVOURED FIZZY DRINKS*
- *QUALITY or ORGANIC WINES AND SPIRITS can be taken in moderation, **except if you have active cancer.***

THE RESTOCKED CUPBOARD

Here is a shopping list for the Plant Programme. It includes everything you will need for the recipes, as well as lots of other basics you may want to have in your cupboard (but it is not comprehensive). We have included some pre-prepared items, but be sure to check the ingredients carefully, and avoid those containing dairy products or preservatives. White bread can contain milk powder, and Indian bread or naan can contain yoghurt. Many commercial soups contain milk solids, and even vegetable soup can be in a whey base. The Jewish and oriental sections of supermarkets are often good sources of dairy-free products. Check against the list of forbidden dairy products in 'Clearing the decks'. If in doubt, ask the shop-owner or manager and do not allow yourself to be bluffed. **Dairy products are dairy products**, even when combined with other ingredients and processed. **Pure** vegetable 'milks' or 'butters', such as soya 'milk', cocoa or peanut butter, on the ingredient list are fine.

REMEMBER TO CHECK CAREFULLY FOR 'HIDDEN DAIRY' CASEIN, LACTOSE, WHEY

SHOPPING LIST

NON-DAIRY 'MILK', 'CREAM', 'YOGHURT' AND SPREADS

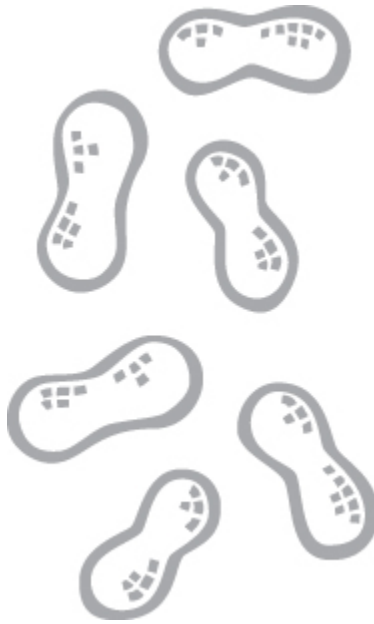
Coconut milk

Coconut cream
Peanut butter
Rice, oat or pea milk
Soya 'milk', 'cream' and 'yoghurt'
Soya spread



COOKING OILS, SAUCES AND STOCKS

Balsamic vinegar
Chicken, vegetable and fish stock cubes
Cider vinegar
Extra virgin olive oil
Fish sauce
Grapeseed oil
Light soya sauce
Oyster sauce
Peanut oil
Red wine vinegar
Sesame oil
Soya sauce
Sunflower oil
Thai fish sauce
Walnut oil
White wine vinegar



NUTS, GRAINS AND PULSES

Arborio rice

Basmati long grain rice

Cannellini beans

Chickpeas (dried or canned)

Cous cous

Egg noodles

Lentils

Nuts such as:

- cashew

- hazel

- macadamia

- peanut

- pistachio

- walnut

(except Brazil - Brazil nuts can concentrate the radioactive element radium)

Oats and oat cakes

Pasta (all types)

Polenta

Red kidney beans (dried or canned)

Rice cakes