

# The Revolutionary Diet for Optimal Health

Recipes Without Sacrifice



DR. BARBARA ELLICOTT

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*Recipes Without Sacrifice*



Dr. Barbara Ellicott

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Note: Dr. Ellicott can always be reached via her website: [drbarraellicott.com](http://drbarraellicott.com)

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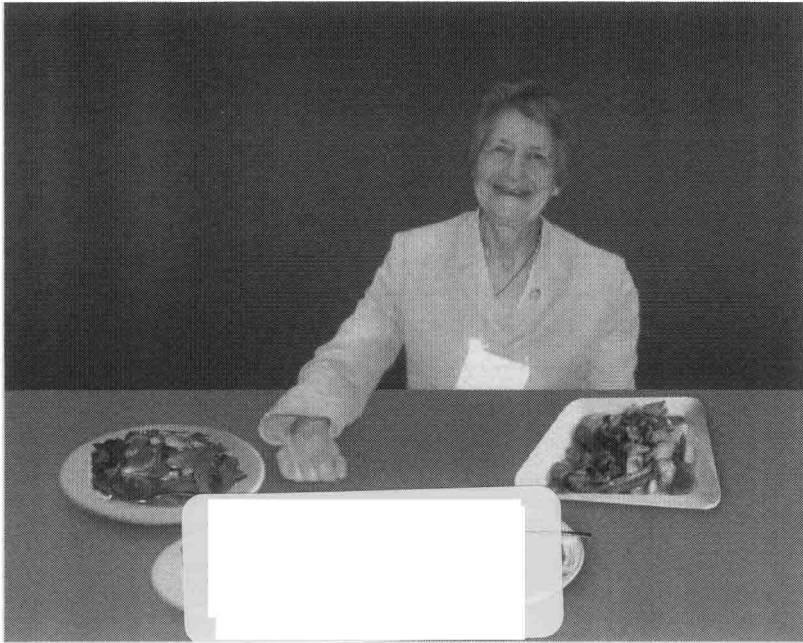
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## DEDICATION

This book is dedicated to my Mom, who, having grown up during the Great Depression, learned how to make ends meet in the most creative and frugal ways—in all areas including grooming, style, cleaning, housekeeping, interior decorating and yes, you guessed it! in cooking delicious meals ‘on a dime’. Her intelligence, ingenuity, and creativity enabled her to demonstrate to the world how to convert negative to positives. Being the health conscious person she’s always been, she made it her priority to serve nutritionally balanced (as believed to be in her day) meals which were most welcome to virtually all palates!



# INTRODUCTION

I would like to take the opportunity to bring my readers up to date, giving them the REASONS behind my INSPIRATION for writing this cookbook. In my last published book, *NO TIME FOR DEPRESSION*, I state that we cannot always control what things happen in our lives, BUT, ultimately, we have control over how we RESPOND to things. I would love to share the following with you:

- Demonstrate how to convert your favorite recipes to healthier plant-based ones WITHOUT sacrificing flavor!
- Demonstrate how you may prepare delicious meals (customized to your individual taste buds while on a frugal budget—from appetizers and “soups to nuts”)!
- To provide recipes for those who hate to cook, have little time to cook, as well as recipes for those who love to cook and have bit more time to prepare

When I was quite young and married with children, I joined what was called the “New Gourmet Club”. One of the more challenging features was shopping for the more difficult to find items, many of which we needed in small quantities. This often involved going to multiple kinds of markets and specialty stores. After having done all the ‘legwork’, we members often would discover that the original recipe had been dreamed up/created by a ‘pauper’ in his/her society who had little choice but to create dishes from scraps/left-over’s. So, ironically, whereas the creator of the gourmet dish spent a few dimes, we suburban ‘gourmets’ spent a fortune to round up the somewhat rare ‘scraps’! As I indicated previously, good may emerge from what seems ‘bad’! Sometimes, out of necessity, we are forced to change habits and throw away silly pride. While doing so we can more clearly see how we’re all created equal! Instead of being like the superficial friend

who selects friends superficially based upon what 'labels' one has on his/her clothing. We are more apt to bond together in more sincere loving relationships if we realize that "You're o.k. And I'm o.k. So, in my humble opinion, it is better for the body, mind and soul (and the environment, I may add) to be stripped of our MATERIAL things! And get back to the basics of human worth back to loving each other and ALL loving creatures—back to learning about the interdependent relations we need for survival—back to the perfectly balanced world provided for us by our creator!

## RATIONALE FOR GOING VEGAN

**AUTHOR'S HEALTH WAS REVOLUTIONIZED AND ULTIMATELY  
SAVED AS A RESULT OF GOING VEGAN!**

(See her website: [drbarbaraellicott.com](http://drbarbaraellicott.com))

Read her book: *Discovered Secrets: A Self-Metamorphosis.*

# PREFACE

## PURPOSE FOR WRITING THIS COOKBOOK

- A) TO DEMONSTRATE how one can easily transform his/her favorite recipes to VEGAN ones!
- B) TO INFORM readers how a plant-based diet is one of the healthiest on the planet is humane, and ecologically sound.
- C) TO ASSIST readers in becoming MAVERICKS FOR HEALTH by illustrating that by so doing, you may join the researchers, physicians, and authors (like me) whose lives have been dramatically changed and/or literally saved by having adopted a “new” healthy life style (one of the principle ingredients being a plant-based diet)
- D) TO ENCOURAGE readers to keep an open mind and be intellectually & gustatorily adventurous. Enjoy the thrill of discovering the wonderful international influences in the culinary arts! Food, like music, knows no borders and is a wonderful area in which we may learn about other cultures. It can be a loving compassionate path to world harmony and peace! Sadly and unfortunately so many folks in my (and that of my parents’) generation are often closed to even *sampling* cuisine which is in any way different from that with which they are familiar. They miss so much! I’m ecstatic, however at my observation of my children’s generation; these folks appear to be much more open and receptive. They seem to project a keener sense of the fragile interconnection among our health, how we raise/treat animals and our environment.



I HIGHLY RECOMMEND that you read the NY Times best seller, *The China Study* by T. Colin Campbell who studied a society who never consumed ANY animal or animal product; this was a 20 yr. Study which produced revolutionary results re: nutrition which is a true EYE OPENER!

DO read about and join PCRM PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE for worldwide non-biased research on health and nutrition ; they're on the 'cutting edge' of discovering the truths about diet as relates to our health. Read PCRM research (inc. cancer project) and the organization's passion for informing us of the interconnection among diet, animals, and our environment.