

Module 1: Introduction

Main Takeaways

Structure of the Course

1. Module 2: ingredients that you will need to make all of the dressings, dips, and sauces
2. Module 3: equipment for making dressings, dips, and sauces, as well as tips on how to use it
3. Module 4: the step-by-step method for making dressings, dips and sauces
4. Module 5: putting the recipes together and taste tasting/adjusting for flavor (a useful skill for any recipe you make)
5. Module 6: a few sample salad dressings, dips, and sauces and an Ebook with over 50 recipes of salad dressings, dips, and sauces
6. Module 7: 3 weeks' worth of main dish recipes, using the dressings, dips, and sauces in 2/3 dishes, but in different ways
7. Bonus modules: how to sprout, and digestion tips (plus a meal plan for optimal digestion)

Why is this course entirely oil free?

1. Oil is a **processed food**.
 - It is only part of a whole food
 - It has no carbohydrates, protein, fiber, or other nutrients that were present in the original whole food it came from
2. Oil is **extremely high in fat**.
3. The **caloric density** of oils crowds out other important nutrients from your diet.
 - Oils are extremely high in calories (about 100-200 calories per tablespoon), and very low in nutrients
 - They take up precious space that could be filled with other, much more nutrient-dense foods
 - Take a look at the [ANDI score chart](#) by Dr. Joel Fuhrman, by which you can see oil provides very little nutrition per calorie, and is thus not nutrient dense
5. Unless you eat only flax, chia, or hemp oils, eating oil will lead to an **imbalance of omega 3 to 6 essential fatty acid ratio**.
 - Omega 3's and omega 6's are both essential fatty acids

- Most plant oils are very high in omega 6's, especially plant oils used in processed foods
 - **Omega 6's are pro-inflammatory, and omega 3's are anti-inflammatory**
 - Our ancestors' diet included a ratio of no more than 4 times the amount of omega 6's to 3's
 - There is only 1 competing enzyme that converts omega 3's and 6's into their active components that our body needs. This enzyme prioritizes whatever we eat more of – omega 6 or 3
5. [Researches](#) strongly link oils to **heart disease**. Oils raise LDL cholesterol, a leading cause of heart disease. This is true for both [coconut oil](#) and [olive oil](#).

Additional links to lectures and research on oil:

- How olive oil and canola oil are made:
<https://www.youtube.com/watch?v=omjWmLG0EAs>
https://www.youtube.com/watch?v=aieNV3V4b_s
- Dr. Esselstyn on oil: <https://youtu.be/o3OqwyvauNk> and <https://youtu.be/wf7i0IaGgnU>
- Fat is different from oil, and I encourage eating it with your vegetables:
<https://youtu.be/qyMCXRomULU>

Practice Opportunity

Your practice opportunity is to pick 3 reasons why you are going to commit to this course, and to making fresh, healthy home-made food with me. Please share your 3 reasons in our [community](#), and also share where you will place the 3 written reasons, so that they are always visible in your home. I like the fridge!

Next Module

You will learn some of the delicious ingredients for your pantry and fridge needed to make salad dressings, dips, and sauces, where to buy them, and get Grocery Lists too!

The Effortlessly Flavorful Vegan Kitchen Community (Facebook group):

<https://www.facebook.com/groups/1866375240286724/>