



STAPH Meal: Society To Always Procure Healthfully Newsletter

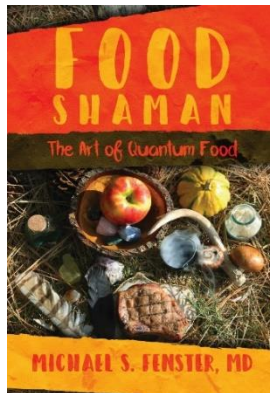
OFFICIAL NEWSLETTER OF CHEF DR. MIKE: THE FOOD SHAMAN
"CREATING CURES, NOT CUSTOMERS"

IN THIS ISSUE: PANZANELLA

JOURNEYS INTO QUANTUM FOOD

“Contrary to the current Paleo and low-carb craze, carbohydrates have constituted an important food class since the dawning of the human species....Much like caloric consumption, total carbohydrate consumption has little relation to cardiometabolic health. It is the quality of carbohydrate-rich foods that is directly linked to risk

~Chef Dr. Mike, The Food Shaman



The NEW groundbreaking book on The Food Experience available from Post Hill Press June 12th, 2018! Click to Pre-order!

Pain perdu, classic French toast is a way to use leftover stale bread. But stale bread isn't just for breakfast anymore, panzanella salad is an ever evolving way to utilize the same stale loaves. By combining the stale bread with the ever changing palette of spring, summer and fall changing produce; this Italian masterpiece is consistently reborn anew.



This week on Culinary CPR, Panzanella!

Chefs are thrifty. They have to be. Food margins, especially when purchasing quality ingredients can border on precarious. Add to that the natural spoilage factor and that means creative as well as frugal. Great chefs take their cues upon the shoulders of giants. Looking at those that have commanded hearth and home for eons, many a classic dish is a child of necessity.



Culinary CPR with Chef Dr. Mike & Chef Luca Paris creates the never boring, always changing salad!!

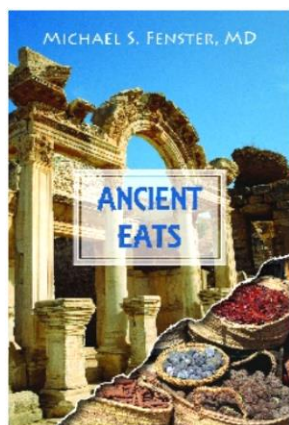
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THE NEW SHOW IS HERE!!!

.LIFE CHANGING.

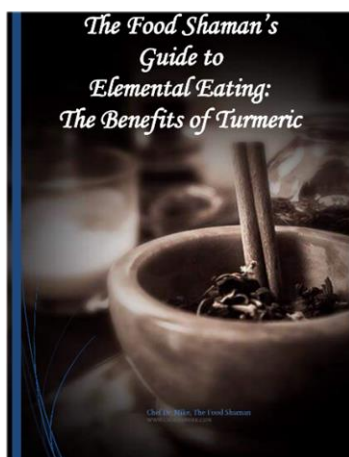


Join Chef Dr. Mike and the Dream Team in Fall 2018; helping folks move beyond Big Pharma for Diabetes Treatments.



Ancient Eats-Still Available!!

Order Dr. Mike's latest book, *Ancient Eats Volume I: The Ancient Greeks & The Vikings*, on Amazon.com here: ([Ancient Eats](#)) before Foods Shaman hits the shelves



Only newsletter subscribers get the free monograph companions to *Food Shaman: The Art of Quantum Food*.

Panzanella (Continued from page 1)



Panzanella Salad

Presented by Chef Luca Paris

Ingredients:

- 1 loaf Italian Focaccia Bread
Cut into 1 inch thick slices
- ½ cup Extra Virgin Olive Oil
split into two ¼ cups
- Salt and Pepper to taste
- 3 bulbs Shallots, minced
- 1 cup Baby Arugula
- 2 Tbs. Balsamic vinegar
- 1 pint Grape tomatoes, cut in half
- ¼ cup Basil Pesto
- 16 oz. Fresh Mozzarella, cut into bite-size pieces

Directions:

Sear: Preheat a sauté pan with ¼ cup olive oil, you want the oil hot but not smoking. Once ready add the bread to the oil to and cook oven until golden, about 5 to 10 minutes; allow cooling slightly.

While the bread is searing, whisk together ¼ cup of olive oil and balsamic vinegar. Once the bread is ready, gently toss together in the bread, tomatoes, shallots, and basil pesto and mozzarella cheese. Season with salt and pepper

Garnish the plate with balsamic glaze and serve.

You can view Doc's cooking videos here: [Dr. Mike Cooks](#)

Check out The Food Shaman's latest musings at [Psychology Today!](#)

HEALTHY BYTES BY THE NUMBERS

<7%

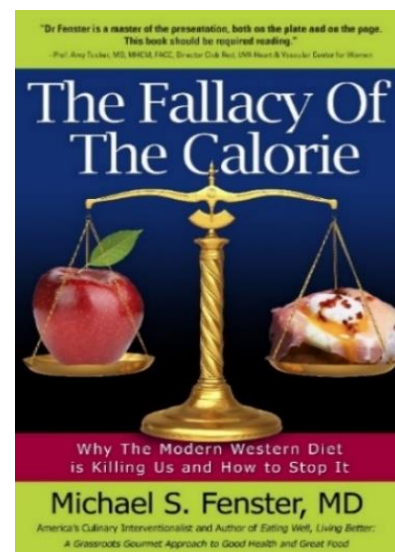
The new American College of Physicians HbA1c goal for adults with type 2 diabetes

<6.5%

The level at which physicians should consider deintensifying pharmacologic therapy, according to the same guidelines

Qaseem A, Wilt TJ, Kansagara D, Horwitch C, Barry MJ, Forcica MA, et al. Hemoglobin A1c Targets for Glycemic Control With Pharmacologic Therapy for Nonpregnant Adults With Type 2 Diabetes Mellitus: A Guidance Statement Update From the American College of Physicians. Ann Intern Med. doi: 10.7326/M17-0939

Learn more about salt, sugar, fats and real versus processed foods in the groundbreaking book, *The Fallacy of The Calorie!*



Pick up your copy of the critically acclaimed book at [Amazon.com](#).

Don't miss a new show every Wednesday at 7am Eastern on [ChefDrMike.com](#) or catch the podcasts on [iTunes](#) or [chefdr mike.com!](#)