

Seva Jumpstart:

What to Expect & Getting Started Resources

Seva Jumpstart is a 21-day physician supported, nutrition education, culinary medicine health intervention – participants will receive home-cooked, health-promoting, whole plant-food meals for 10 days; biometric testing at the beginning and end of the program to monitor and help celebrate their health results; and resources to support their ongoing transition after the 21-day program with respect to food preparation, plant-based grocery shopping, and personal goals, including health goals. “Seva” is a Sanskrit word for “service” and is indicative of our desire to serve the greater whole.

Co-created with love by Seeds to Inspire Foundation with funding from the T. Colin Campbell Center for Nutrition Studies and medical support from Dr. Edelita Jamis.



T. COLIN CAMPBELL
Center for Nutrition Studies



DR. EDELITA JAMIS, MD
Lifestyle Medicine
and Wellness Practice

Seva Jumpstart:

Participant Commitments

We are so grateful that you have taken this profound step toward self-care, self-love and healing.

The power of Lifestyle Medicine, specifically whole-plant nutrition has proven to not only arrest but possibly reverse chronic diseases. By participating in our medically supported, culinary medicine health intervention, you commit to:

- 1. FOOD** – Eating **ONLY** (a) the food provided by the program **AND** (b) breakfast and snacks from the Whole Food suggestions provided in the last section of this welcome packet **OR** suggestions made in the Private Facebook Group (see below).
- 2. PARTICIPATION FORMS** – Complete and Sign Participation Forms prior to the program start date.

Sign Participation Forms Here

Participant Commitments, continued

3. BIOMETRIC TESTING – Pre- and Post-Program Biometric Testing (fasting labs) MUST be arranged and scheduled in advance with Mayra Armas, STIF Program Ambassador. Mayra Armas will accompany participants to SonoraQuest and pay.

a. Pre-Program Biometric Testing (fasting labs) are to be drawn on Day 1. (Please arrange scheduling with Mayra Armas).

b. Post-Program Biometric Testing (fasting labs) are to be drawn on Day 12 (Please arrange scheduling with Mayra Armas).

c. You consent to have Sonora Quest forward Biometric Test results to STIF. Results will be sent from STIF to Edelita Jamis, MD, Seva Jumpstart Supporting Physician, once all results have been received.

4. ZOOM MEETINGS – Attend BOTH Zoom Meetings (time will be determined to best fit everyone's schedule).

5. PRIVATE FACEBOOK GROUP –

Participate and be active in the Private Facebook Group. Behavioral Shifts are challenging and require focus, motivation and support. It is in community that real change can occur. Lifestyle shifts are deeply penetrating and can bring up lots of latent feelings and addictions. We can and must support each other as we take major life changing actions.

Join the Facebook Group Here

6. SHOP AND PREP – We provide 2

complete meals per day of the 10 days of the culinary medicine component of the Jumpstart.

Shopping and preparing for Whole Plant Food breakfasts and snacks will be further discussed in the Zoom meeting so please use the brochure to guide you. If you still have questions, introduce them in the Private Facebook Group.

7. ANONYMOUS RESULTS – Sharing

your anonymous results and testimonials for data collection and a report.

21-Day Medically Supported Nutrition Education and Culinary Medicine Health Intervention – Itinerary

- **Electronic Participation Packets** must be signed at least 48 hours prior Program Start Date. Please contact Mayra Armas, Community Ambassador, at 480-242-4099 if you require a translator. We have provided a space for translators to sign.

- **Day 1-Pre-Program Fasting Labs** (no less than four days before the Zoom Meeting)
Pre-Program fasting labs must be arranged and scheduled ahead of time with Mayra Armas, Community Ambassador, 480-242-4099. Mayra will accompany participants to SonoraQuest to pay with the STIF debit card. Labs we are requesting:
 1. hsCRP
 2. Lipid Panel

Please make certain you indicate that results are to be emailed to Jacque@seedstoinspire.org.

21-Day Medically Supported Nutrition Education and Culinary Medicine Health Intervention – Itinerary, continued

➤ **Day 5–Zoom Meeting** (need lab results to be received)

Edelita Jamis, MD will:

- Emphasize her role in the Jumpstart
- Discuss participant’s responsibility to notify and consult with their PCP, especially if one is medicated for any chronic diseases
- Answer: Why Lifestyle Medicine?
- Briefly explain what is chronic disease and what is Whole Plant Nutrition
- Explain what participants can experience during the Culinary Medicine component of the Jumpstart

Food –

Mayra Armas, Community Ambassador and Plant-Based Cook will:

- Introduce herself, the menu, and daily pick up directions.
- Each participant will pick up 2 meals per day for 10 days

*21-Day Medically Supported
Nutrition Education and Culinary
Medicine Health Intervention –
Itinerary, continued*

➤ **Day 5–Zoom Meeting (continued)**

Breakfast and snack ideas –

Esther Suarez, Certified Food For Life
Instructor will:

- Introduce herself and go over our list as well as incorporating her ideas and very basic, little to no prep recipes

Breakout rooms –

Dr. Edelita will meet with any participant wishing to visit briefly to go over their pre-program labs.

Facebook Group –

Daily check-in by Dr. Edelita and Esther.

We will discuss:

- How are YOU feeling?
- Questions/concerns, especially around health
- Ideas and photos
- Mentoring
- Education
- Inspiration

*21-Day Medically Supported
Nutrition Education and Culinary
Medicine Health Intervention –
Itinerary, continued*

- **Day 5—Pick up food for Day 6**
which is Culinary Medicine Day 1
- **Day 6 through 14—Pick up food daily**
for Culinary Medicine Days 2 - 10
- **Day 15—Last day enjoying
Culinary Medicine Food**
- **Day 16—Post-Program Fasting Labs**
Post-Program fasting labs must be
arranged and scheduled ahead of
time with Mayra Armas, Community
Ambassador, 480-242-4099. Mayra will
accompany participants to SonoraQuest
to pay with the STIF debit card. Labs we
are requesting:
 1. hsCRP
 2. Lipid Panel
- **Day 21- Zoom Meeting**
 - What did we think?
 - Breakout rooms for post-program
lab results

Breakfast Ideas

for Day 6 through Day 15 of the Seva Jumpstart Program (& beyond!)

- **Fruit**— Fresh, frozen, or dried (check for no added sugar)
- **Whole-grain cereal** like oatmeal (check for no added sugar)
- **Plant-based milks** like soymilk, almond milk, oat milk (check for no added oil or sugar)
- **Whole-grain bread**— Add oil-free nut butter, sugar-free jam, or avocado
- **Sweeteners / Sugar**
if you feel like you need a sweetener, try using a little maple syrup, agave, or stevia
- **On-The-Go breakfast bars**, like the Cashew Cookie Larabar, available at many stores (no added sugar or oil)
- **Any of the snacks below**, or leftovers from the previous Culinary Medicine meals!

Snack Ideas

- **Fruit**— Apples, oranges, strawberries, watermelon, blueberries, grapes (or raisins)—any fruit you like!
- **Veggies**— Chopped carrots, celery, cucumber, sweet peppers, snow peas, broccoli or cauliflower
 - Try dipping in an oil-free hummus
- **Rice Cakes**— Rice cakes are great when topped with oil-free hummus, bean dip, oil-free nut butter, or avocado
- **Nuts**— Check for no added oil or sugar
- **Chickpeas**— Open a can, rinse, and add your favorite spices
- **Hummus or Bean Dip**— Prepare your own dip and store it in the fridge to use later. Try fat-free refried beans, or mix in some salsa to create a dip. Make your own hummus with chickpeas, lemon, garlic and tahini. If you buy hummus from the store, check for no added oil.
- **Also, drink plenty of water!**