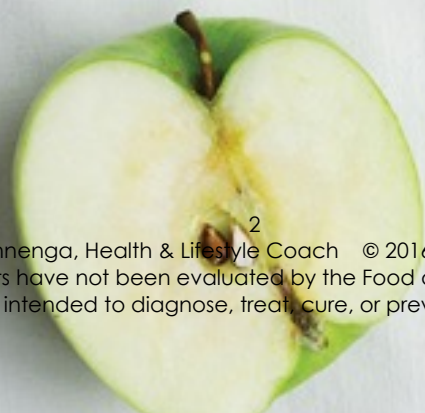






RECIPE

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## TONICS

### LEMON WATER ELIXIR

Makes 1 serving

1 cup room-temperature water

Juice from 1 lemon

1 tablespoon Bragg's raw apple cider vinegar

1 teaspoon raw honey, maple syrup, or stevia to taste (optional)

Dash sea salt

**\*NOTE:** If you feel nauseous or experience tightness in the chest after drinking the morning Elixir, please omit the raw apple cider vinegar. This reaction can occur when the body releases bacteria and toxins during detox. Continue to drink the Lemon Water Elixir, omitting the apple cider vinegar (or use only ½ teaspoon of ACV) for at least three days, and then reintroducing it. If the reactions continue upon reintroduction, continue to drink only the lemon water.

## CRANBERRY CLEANSER

**Makes 1 serving**

2 tablespoons cranberry juice concentrate

1 cup room-temperature water

Juice from 1 lemon

Dash of cinnamon

1 teaspoon raw honey, maple syrup, or stevia to taste (optional)

**\*NOTE:** If you cannot find cranberry concentrate, you can use pomegranate or cherry concentrate instead.

## JUICES

**NOTE:** All juices serve 1.

## GREEN BLESSINGS

1 green apple, peeled and cored

1 cup mixed greens

4 celery stalks

1 cucumber

Juice from 1 lemon

1/2-inch piece ginger, peeled

## SPICY CARROT

5 carrots

1 apple, cored

1-inch piece ginger, peeled

Dash of cayenne

## CLEANSE

6 kale leaves

1 cucumber

5 celery stalks

1-inch piece ginger, peeled

Juice from 1 lemon

Juice from 1 lime

Dash of cayenne

## RED KALE

1 beet, peeled

2 carrots

1 cup spinach

1-inch piece ginger, peeled

Juice from 1 lemon

## LIVER FRESH

10 celery stalks

Handful of parsley

Handful of cilantro

Juice from 2 lemons

2 ounces of aloe vera juice

## ENERGY PUMP

1 beet

3 carrots

4 celery stalks

1 cup romaine lettuce

Handful of parsley

Juice from 1 lemon

## FRESH START

1 apple, cored

1 carrot

1 cucumber

6 kale leaves

Handful of parsley



Juice from 2 lemons

Dash of cayenne

## SIMPLE FLUSH

8 celery stalks

2 cucumbers

Juice from 1 lemon, with peel

Handful of parsley

3 dandelion leaves

Dash of cayenne pepper

## SMOOTHIES

All smoothies make 1-2 servings

If you have a high-speed blender, add all the ingredients in the order they are listed (WITHOUT the ice). Blend until smooth. If you want your smoothie to be colder, add the ice and blend. Feel free to add water to reach your desired thickness.

Feel free to add fruit to any vegetable smoothie to add sweetness. Try ½ cup berries, ½ apple, or ½ banana.

Looking for a few ideas to add to your smoothie? Add in a teaspoon of any one of the following:

- hemp seeds
- flax seeds
- chia seeds
- spirulina
- bee pollen
- shredded coconut
- raw cacao
- honey
- superfoods (maca, lucuma, wheatgrass powder)
- matcha powder
- detox greens: dandelion, parsley, cilantro, radish
- sprouts of any kind
- camu camu for vitamin C
- protein powder
- goji berries, currants, dates (limit if weight loss is desired)

## GO GREEN SMOOTHIE

1 ½ cups dairy-free milk or water

½ cup spinach

½ avocado

½ cup blueberries

¼ teaspoon cinnamon

1 teaspoon raw cacao (optional)

## PUMPKIN SMOOTHIE

1 ½ cups dairy-free milk or water

½ can pumpkin puree

1 cup spinach

1 teaspoon vanilla extract

## KALE SMOOTHIE

1 ½ cups dairy-free milk or water

4 kale leaves

½ cup blueberries

½ avocado

2 tablespoons shredded coconut (garnish)

## MARATHON SMOOTHIE

1 ½ cups dairy-free milk or water

1 banana

4 kale leaves

¼ cup spinach

Handful of parsley

2 tablespoons raw cacao

Dash of cinnamon

## BERRY CREAM SMOOTHIE

- 1 ½ cups dairy-free milk or water
- 1 cup mixed greens
- ½ cup berries
- 1 tablespoon sunflower seed butter
- ½ teaspoon cinnamon

## ORANGE CREAM SMOOTHIE

- 1 ½ cups dairy-free milk or water
- 1 orange
- 4 kale leaves
- ½ avocado
- 1/2-inch piece ginger, peeled

## PUMPKIN SEED SMOOTHIE

- 1 ½ cups dairy-free milk or water
- 3 tablespoons pumpkin seeds
- 1 cup mixed greens
- ½ cup blueberries
- 1 fig
- Dash of cinnamon

# DAIRY-FREE MILKS

## ALMOND MILK

**Makes 4 cups**

1 cup raw almonds, soaked for 8 hours

4 cups water

Liquid sweetener to taste (optional)

Take your soaked almonds (throw away the soaking water) and place them in a blender. Add the 4 cups of fresh water. Blend for 1 to 2 minutes until the almonds are ground down.

Pour your almond milk into a nut milk bag\* over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The almond pulp should be left inside the bag.

Sweeten your milk if desired. Place your milk into a container and place it in the coldest part of the refrigerator. The milk should last 2 to 3 days before spoiling.

**\*NOTE:** Don't have a nut milk bag? Try a clean, white T-shirt or the leg of a pair of nude pantyhose instead.

## SUNFLOWER SEED MILK

**Makes 4 cups**

1 cup raw sunflower seeds, soaked for 8 hours

4 cups water

Liquid sweetener to taste (optional)

Take your soaked sunflower seeds (throw away the soaking water) and place them in a blender. Add the 4 cups of fresh water. Blend for 1 to 2 minutes until the sunflower seeds are ground down.

Pour your almond milk into a nut milk bag\* over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The sunflower seed pulp should be left inside the bag.

Sweeten your milk if desired. Place your milk into a container and place it in the coldest part of the refrigerator. The milk should last 2 to 3 days before spoiling.

**\*NOTE:** Don't have a nut milk bag? Try a clean, white T-shirt or the leg of a pair of nude pantyhose instead.

## HEMP SEED MILK

**Makes 2 cups**

⅓ cup hemp seeds

2 cups water

⅛ teaspoon cinnamon

¼ teaspoon pure vanilla

Take your hemp seeds and place them in a blender. Add the 2 cups of water. Blend for 1 to 2 minutes.

Pour your hemp milk into a nut milk bag\* over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The hemp seed pulp should be left inside the bag and discarded.

Sweeten your milk, if desired. Place your milk into a container and place it in the coldest part of the refrigerator. The milk should last 2 to 3 days before spoiling.

**\*NOTE:** Don't have a nut milk bag? Try a clean, white T-shirt or the leg of a pair of nude pantyhose instead.

# BREAKFASTS

## COLD CHIA PUDDING

**Makes 1 serving**

1 cup dairy-free milk

1 teaspoon vanilla extract

½ teaspoon ginger powder

½ teaspoon cinnamon

1 tablespoon honey

⅓ cup chia seeds

1 apple, chopped

1 tablespoon unsweetened coconut flakes

Mix the milk, vanilla extract, ginger powder, cinnamon, and honey in a serving bowl. Next add chia seeds. Allow the chia seeds to soak up the milk for about 5 to 7 minutes. Stir well and top with chopped apple and unsweetened coconut flakes.

## WARM CHIA PUDDING

**Makes 1 serving**

1 cup dairy-free milk

1 teaspoon vanilla extract



½ teaspoon ginger powder

½ teaspoon cinnamon

1 tablespoon honey

⅓ cup chia seeds

1 pear, chopped

1 tablespoon pumpkin seeds

Add the milk, vanilla extract, ginger, cinnamon, and honey to a small pot over low flame. Warm the milk for about 5 minutes. DO NOT let the milk boil. Next, add the warm milk to the chia seeds and allow the seeds to soak up the milk for about 2 to 3 minutes. Mix well and top with chopped pear and pumpkin seeds. Add more cinnamon if desired.

## FRESH FRUIT CUP WITH COCONUT MILK YOGURT

**Makes 1 serving**

1 cup coconut milk yogurt

1 banana, sliced

1 apple, chopped

1 tablespoon sunflower seeds

Add coconut milk yogurt to a bowl. Top with sliced banana, chopped apple, and sunflower seeds.

## LUNCHES

### MOCK CHICKEN SALAD

**Makes 2 servings**

½ cup raw sunflower seeds, soaked overnight and drained

1 carrot, roughly chopped

1 celery rib, roughly chopped

2 scallions

1 tablespoon vegetable seasoning

½ teaspoon cumin

1 garlic clove

Juice from 1 lemon

Sea salt and black pepper to taste

2 to 3 tablespoons extra-virgin olive oil

Add all the ingredients to a high-speed blender and mix well. Taste for seasoning and adjust as needed. Serve on a bed of mixed greens.

### SPICY FALL SLAW

**Makes 4 servings**

1 cup purple cabbage, thinly sliced  
1 cup carrots, grated  
¼ cup red onion, thinly sliced  
1 apple, sliced  
1-inch piece ginger, peeled and grated

Juice from 1 lemon  
1 tablespoon Bragg's raw apple cider vinegar  
Sea salt and black pepper to taste  
2 tablespoons extra-virgin olive oil

Add all the ingredients to a large mixing bowl. Massage the vegetables using clean hands to help the vegetables wilt. Adjust the seasoning to your tastes. Allow the slaw to marinate in the refrigerator for at least 15 minutes before serving.

Top with 1 avocado along with your choice of protein, if desired.

## COLD ZUCCHINI NOODLES WITH TAHINI SAUCE

**Makes 2 servings**

2 large zucchini, spiralized  
2 tablespoons tahini  
Juice from 1 lemon  
¼ cup water  
1-inch piece ginger, peeled and grated (OR 1 teaspoon ginger powder)  
½ teaspoon honey  
Sea salt and black pepper to taste

Use a vegetable spiralizer to turn your zucchini into noodles. If you do not own a spiralizer you can use a vegetable peeler. Simply peel your zucchini lengthwise down to the seeds. DO NOT add the seeds to the noodles as it will quickly turn watery. Add your noodles to a large serving bowl and set to the side.

Add your tahini, lemon juice, water, ginger, honey, sea salt, and black pepper to a small bowl. Mix well with a fork. If the sauce is too thin, add more tahini. If the sauce is too thick, add more water a tablespoon at a time.

Finally, add your tahini sauce to your cold noodles and mix well.

## STUFFED LETTUCE CUPS

**Makes 2 servings**

Romaine lettuce leaves (or your favorite lettuce variety)

1 cup Mock Chicken Salad (see above recipe)

Guacamole (see recipe below)

## GUACAMOLE

2 avocados, mashed with a fork

2 scallions, chopped

1 teaspoon garlic powder

1 teaspoon cumin

Sea salt and black pepper to taste

Juice from 1 lime

To make the guacamole, add all the ingredients to a small mixing bowl.

To assemble the lettuce cups, add a few spoonfuls of the Mock Chicken Salad to your lettuce leaves. Top with guacamole.

Serve with your favorite roasted vegetables, if desired.

## MASSAGED KALE SALAD

**Makes 2 servings**

1 bunch kale, stems removed and leaves torn into 2-inch pieces

Juice from 1 lemon

1 garlic clove, chopped

1 tablespoon extra-virgin olive oil

½ teaspoon sea salt

½ teaspoon black pepper

¼ cup cucumber, chopped

¼ cup carrots, shredded

¼ cup pumpkin seeds

Dash of turmeric (optional)

Add kale to a large mixing bowl along with lemon juice, garlic, olive oil, sea salt, and pepper. Using clean, bare hands, massage the kale until it is wilted (about 2 to 3 minutes).

Once the kale is ready, top your salad with cucumber, carrots, and pumpkin seeds. Add a dash of turmeric if desired. Toss and serve.

## WALDORF SALAD

**Makes 2 servings**

- 2 apples, chopped
- 2 celery ribs, chopped
- 1 carrot, chopped
- ¼ cup raw pumpkin seeds
- 4 cups mixed greens

Assemble the salad by mixing the apples, celery, carrot, and pumpkin seeds with the Dressing (recipe below). Serve on top of mixed greens.

### DRESSING

- Juice from 1 lemon
- 2 tablespoons extra-virgin olive oil
- Sea salt and black pepper to taste

To make the dressing, mix the ingredients well in a small bowl.

## SOUPS

### APPLE BUTTERNUT SQUASH SOUP

**Makes 4 servings**

- 2 apples, chopped
- 3 pounds butternut squash, peeled and chopped
- 1 onion, chopped

2 tablespoons coconut oil, melted  
2-inch piece ginger, peeled and grated  
4 cups vegetable broth  
1 bunch parsley, chopped

Preheat the oven to 400 degrees Fahrenheit. Add apples, squash, and onion to a large mixing bowl. Coat the apples, squash, and onion well with melted coconut oil. Lay the mixture on a shallow baking pan and bake for about 35 to 40 minutes. The mixture should be soft and brown around the edges.

Next, add the roasted mixture to a large soup pot. Add grated ginger and vegetable broth. Cook for about 10 minutes until hot. Use an immersion blender or a high-speed blender to make a smooth soup. Serve with fresh parsley.

## VEGETABLE MISO SOUP

**Makes 4 servings**

5 cups water  
1/3 cup carrots, sliced  
1/3 cup zucchini, diced  
1/3 cup broccoli, chopped  
5 teaspoons miso of your choice  
1 cup kale, swiss chard, or other greens, chopped

In a large pot add water, carrots, zucchini, and broccoli and bring to a boil. Once boiling, lower to a simmer and let cook another 5 minutes.

Add a few tablespoons of the vegetable broth from the pot to a small bowl. Add miso to the bowl and mix in the miso to form a puree. Place the miso puree

in the soup pot and simmer for 2 or 3 minutes (miso should not be boiled because it will kill the beneficial bacteria). Finally, add the greens and simmer for 2 more minutes and then remove from heat.

## BONE BROTH SOUP

**Makes 4 servings**

3-5 pounds of soup bones\*

Water (enough to cover the bones)

1 tablespoon Bragg's raw apple cider vinegar

**\*NOTE:** Ask your local butcher shop for soup bones. Soup bones are usually very cheap, if not free!

In a stock pot, add the soup bones and enough water to cover. Add raw apple cider vinegar. Bring to a boil, and then reduce to a simmer for 24+ hours.

After about 24 hours, strain the stock into mason jars. Set them in the fridge to cool. Skim off the fat that rises to the top, and close tightly with a lid, or put in ice cube trays for quick use. Keep in the fridge for a few days, or for four to six months in the freezer.

If you would like to make a chicken soup, add a quart of your stock to a pot with your favorite vegetables. You can add tomatoes, celery, carrots, leeks, potatoes, sweet potatoes, yams, turnips, etc. Bring to a boil, and then simmer until the vegetables are soft. Once the harder vegetables are soft, you can add chopped leafy greens like spinach, Swiss chard, or kale. Add sea salt and pepper to taste. Top with fresh herbs like parsley, basil, dill, oregano, rosemary, etc.



## GARLIC CAULIFLOWER SOUP

**Makes 4 servings**

- 2 tablespoons coconut oil
- 1 onion, chopped
- 1 whole head garlic, peeled and chopped
- 1 whole head of cauliflower, chopped
- 4 cups vegetable broth
- 1 bunch parsley, chopped

Add coconut oil to a large soup pot over low heat. Next, add chopped onion and sauté for about 3 to 5 minutes until brown. Then add chopped garlic. Sauté for an additional 5 minutes. Be careful to not let the garlic burn. If the garlic is browning too quickly, simply turn down the heat. Add chopped cauliflower and sauté to brown the edges. Then add vegetable broth and simmer for 10 to 15 minutes. Use an immersion blender or a high-speed blender to make a smooth soup. Serve with fresh parsley.

## SWEET POTATO, APPLE, SAGE SOUP

**Makes 4 servings**

- 3 to 4 large sweet potatoes, chopped
- 1 apple, chopped
- 1 onion, chopped
- 2 tablespoons coconut oil, melted
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 4 cups vegetable broth
- 6 to 8 fresh sage leaves, chopped (OR 1 teaspoon dried sage)

Preheat your oven to 400 degrees Fahrenheit. Add chopped sweet potatoes, apple, and onion to a large bowl. Drizzle with coconut oil, cinnamon, and nutmeg. Mix until well coated. Bake in the oven for about 30 minutes until everything is soft and brown around the edges. Remove from the oven and let it cool for 10 to 15 minutes.

Move the baked vegetables to a large soup pot and add broth and sage. Simmer for 10 to 15 minutes. Use an immersion blender or a high-speed blender to make a smooth soup.

## RAW SOUPS

### ROSEMARY BEET SOUP

**Makes 2 servings**

1 young coconut, meat and water

2 beets, peeled and chopped

Juice from 1 large orange

1 garlic clove

½-inch piece ginger

1 teaspoon rosemary

1 scallion

Sea salt and black pepper to taste

Add all the ingredients to a high-speed blender. Blend until smooth.

## CARROT AND SWEET POTATO SOUP

### **Makes 2 servings**

2 cups carrot juice, juiced or store bought.

1 large sweet potato, chopped

1 avocado

½-inch piece ginger, peeled

Sea salt and black pepper to taste

1 teaspoon cinnamon

½ teaspoon nutmeg

Add all the ingredients to a high-speed blender. Blend until smooth. Spicy Spinach Soup

### **Makes 2 servings**

1 bunch spinach, chopped

1 scallion

1 garlic clove

1 teaspoon cayenne pepper (more or less to suit your taste buds)

1 young coconut, meat and water

1 cucumber, chopped

1 teaspoon Italian seasoning

Juice from 1 lemon

Sea salt and black pepper to taste

Add all the ingredients to a high-speed blender. Blend until smooth.

# DRESSINGS

## TAHINI DRESSING

**Makes 2 servings**

2 tablespoons tahini

Juice from 1 lemon

¼ cup water

1 garlic clove, minced

Sea salt and black pepper to taste

Add your tahini, lemon juice, water, garlic, sea salt, and black pepper to a small bowl. Mix well with a fork. If the sauce is too thin, add more tahini. If the sauce is too thick, add more water a tablespoon at a time.

## LEMON HERB DRESSING

**Makes 2 servings**

Juice from 1 lemon

1 garlic clove, minced

2 tablespoons extra-virgin olive oil

1 teaspoon dried herbs of your choice

Sea salt and black pepper to taste

Add all the ingredients to a small bowl and mix with a fork. Drizzle over your favorite salad.

# ENTREES

## ROASTED VEGETABLES

**Makes 2 servings**

2 beets, peeled and chopped

1 fennel bulb, chopped

2 carrots, chopped

1 onion, chopped

2 tablespoons coconut oil, melted

Sea salt and black pepper to taste

Preheat your oven to 400 degrees Fahrenheit. Add the beets, fennel, carrots, and onion to a large mixing bowl. Drizzle with coconut oil. Mix until well coated. Bake in a shallow pan for about 30 minutes until the vegetables are soft and brown around the edges. When the vegetables are done, remove from the oven and season with salt and pepper. Allow to cool and serve with small salad and your favorite salad dressing from above recipes.

## ROASTED CARROTS AND PARSNIPS

**Makes 2 servings**

4 carrots

1 pound parsnips

1 teaspoon dill

2 tablespoons coconut oil, melted

Sea salt and black pepper to taste

1 to 2 tablespoons hemp seeds

1 avocado

Juice of ½ lemon

Preheat your oven to 400 degrees Fahrenheit. Add the carrots, parsnips, and dill to a large mixing bowl. Drizzle with coconut oil. Mix until well coated. Bake for 30 minutes until the vegetables are soft and brown around the edges. When the vegetables are done, remove from the oven and season with salt and pepper. Allow to cool and serve with hemp seeds, avocado, and a squeeze of lemon.

## LEMON BROCCOLI STIR FRY

**Makes 2 servings**

2 tablespoons coconut oil

1 head broccoli, chopped

2 garlic cloves, chopped

¼ cup of vegetable broth

Juice from 1 lemon

Dash of toasted sesame oil

Add coconut oil to a large sauté pan. When the pan is hot, add broccoli and garlic. Sauté until the broccoli is bright green. Add vegetable broth and continue to sauté until the broccoli is soft.

Remove the broccoli from heat and top with lemon juice, toasted sesame oil, and sunflower seeds.

## ROASTED BRUSSELS SPROUTS WITH SWEET POTATOES

**Makes 2 servings**

- 1 pound Brussels sprouts,
- 1 large sweet potato, chopped
- 2 tablespoons coconut oil, melted
- Sea salt and black pepper to taste

Preheat the oven to 400 degrees Fahrenheit. Remove outer layer of the Brussels sprouts and cut in half. Add the Brussels sprouts and sweet potato to a large bowl and coat with melted coconut oil. Bake for 30 to 35 minutes. Remove and season with sea salt and black pepper.

## BAKED SWEET POTATOES

**Makes 2 servings**

- 2 medium-sized sweet potatoes

Preheat your oven to 400 degrees Fahrenheit. Take each whole sweet potato and wrap in aluminum foil. Place in the oven on a baking sheet and cook for 40 minutes to 1 hour until tender in the middle. To determine if the sweet potato is done in the middle, use a fork or knife and pierce the center. If it goes through easily, the potato is done. If there is still some resistance, continue to let it bake.

OPTIONAL: Serve with a tablespoon of coconut oil, cinnamon, ginger, or cumin.

## EASY SAUTÉ

**Makes 2 servings**

- 1 tablespoon coconut oil
- 2 teaspoons sesame seeds, toasted
- 1 small onion, thinly sliced
- 1-inch piece of ginger, shredded
- 2 cups purple cabbage, shredded
- 1 cup cauliflower, chopped
- 1 cup carrot, shredded
- 1 garlic clove, minced
- 1 tablespoon coconut aminos\* (optional)
- ½ teaspoon toasted sesame oil

Toast the sesame seeds. Heat a dry sauté pan on low flame. When the pan is hot, add the sesame seeds. Toast for about 2 minutes until golden. Remove the sesame seeds from the pan so that they don't continue cooking. Set aside to use in the final step.

Take a sauté pan and add 1 tablespoon of coconut oil. When the coconut oil is hot, add the onions. Sauté until soft. Add shredded ginger and sauté for 1 to 2 minutes. Add purple cabbage and allow it to soften. When the cabbage is soft, add cauliflower and shredded carrots. Add the minced garlic and sauté for 2 minutes. Add the coconut aminos and toss until thoroughly mixed. Turn off the flame and top with toasted sesame oil and toasted sesame seeds.



# PROTEIN BALLS

## TAHINI SUPERFOOD BALLS WITH SESAME AND ROSE

**Makes 20-24 balls**

¾ cup tahini paste

¾ cup pitted dates (soaked for 30 minutes)

½ cup coconut oil, melted

Pinch sea salt

1 tablespoon dried rose petals from organically grown roses + 2 tablespoons for rolling (optional)

2 cups sunflower seeds (raw, unsoaked)

½ cup hemp seeds

½ cup goji berries or dried and unsulphured cranberries

2 tablespoons sesame seeds (for rolling)

Add strained dates, melted coconut oil, sea salt and rose petals to a food processor or high powered blender (like Vitamix or BlendTec). Blend until smooth and thoroughly combined. Add in the sunflower seeds and hemp seeds until they're fully incorporated.

Mix the goji berries in by hand and place mixture in the fridge for about 20 minutes to firm up a bit before rolling it into balls. Remove from fridge and roll into uniform balls by the Tablespoon (mini ice cream scoops or melon ballers work well for this). Crush the additional dried rose petals, mix with the sesame seeds and roll balls in this mixture until well coated. Place in the fridge for at least 30 minutes before serving.

## SPIRULINA HEMP SEED BALLS

**Makes 10-14 balls**

1 cup hulled hemp seeds + 2 tablespoons for rolling

½ cup pitted dates (soaked for 30 minutes)

¼ cup coconut oil

Pinch sea salt

1 tablespoon spirulina powder

In a high-powered blender (like Vitamix or BlendTec) or a food processor, add the strained dates, melted coconut oil, hemp seeds and sea salt. Blend until smooth.

Add the spirulina powder and blend until the mixture is a beautiful deep green throughout. Place the mixture in the fridge to firm up a bit before rolling into balls - about 20 minutes. Roll mixture by the Tablespoon into uniform balls. Roll the balls in additional hemp seeds to coat and add a nice texture. Place in the fridge for at least a half hour before indulging.

## SUNFLOWER CHOCOLATE BLISS BALLS

**Makes 10-14 balls**

1 ½ cups sunflower seeds

¼ cup melted cacao butter (can be substituted for additional coconut oil)

⅓ cup raw cacao powder + 2 tablespoons for rolling

½ cup soaked raisins

⅓ cup soaked pitted dates

1 scoop protein powder

Pinch sea salt

⅓ cup raw cacao nibs

In a high powered blender or food processor (like Vitamix or BlendTec) or food processor, add sunflower seeds and cacao butter. Blend until smooth.

Add strained raisins and dates, sea salt, raw cacao powder and protein powder, blend until thoroughly combined. Mix the cacao nibs in by hand for a nice crunch.

Place mixture in the fridge for about 20 minutes before rolling into balls. Remove from fridge and roll into uniform balls by the tablespoon. Lightly roll each ball in the additional cacao powder. Place in the fridge for at least 30 minutes before serving.

## DIPS & SNACKS

### DETOX PESTO

**Makes 4 servings**

1 cup fresh basil leaves, loosely packed and washed

1 cup fresh cilantro

1 clove fresh garlic, peeled

Juice from 1 lemon

¼ cup quality, cold-pressed extra-virgin olive oil, as needed

Sea salt to taste

Combine the basil, cilantro, and garlic in a food processor bowl; pulse and process the mixture until it is finely chopped. Slowly add extra-virgin olive oil in a steady drizzle as you pulse the processor on and off. Process until it becomes a smooth, light paste.

Add enough olive oil to keep it moist and spreadable. Season with sea salt. Cover tightly and chill in the refrigerator for at least 1 hour to saturate the flavors. If storing overnight, pour a thin layer of extra-virgin olive oil over the top of the pesto to help keep it bright green.

## BEET HUMMUS RECIPE

**Makes 4 servings**

2 cups steamed beets

½ cup tahini

3 tablespoons extra-virgin olive oil

2 garlic cloves

1 teaspoon cumin

Juice from 1 lemon

Sea salt and black pepper to taste

Peel and chop fresh beets into bite-sized pieces. Add one inch of water and a metal steam basket to the bottom of a pot. Place the pot over medium heat and place the chopped beets in the steam basket. Cover and steam the beets for 10 to 15 minutes until soft. Then remove and set to the side to cool.

Add all the remaining ingredients to a high-speed blender and mix until smooth

## HERB FLAX CRACKERS

**Makes about 25 to 30 crackers**

1 cup flax seeds

3 tablespoons chia seeds

3 tablespoons sunflower seeds

3 tablespoons pumpkin seeds

Sea salt and black pepper to taste

1 teaspoon of your favorite dried seasoning (Italian, rosemary, basil, etc.)

1 cup water

Preheat your oven to 300 degrees Fahrenheit. Add all the ingredients to a large bowl and mix well with a spoon. Let it set for about 10 to 15 minutes to allow the seeds to soak up the water. Line a baking sheet with parchment paper and spread your seed mixture evenly onto the paper. Try to make it as thin as possible.

Bake your crackers for about 1 to 1.5 hours. You know your crackers are done when they are dry towards the middle. Once they are done, allow the crackers to cool. Next, break apart into smaller pieces. Store in an air-tight container for 3 to 5 days.

# TRANSITION MEALS

## DAY 8 - APPLE CINNAMON SPICE OATMEAL

**Makes 2 servings**

1 cup rolled oats

2 cups water or dairy-free milk

Dash of sea salt

1 teaspoon cinnamon

1 teaspoon raw cacao

1 tablespoon coconut oil

Honey or your favorite sweetener

1 apple, sliced

Add oats, water (or milk), sea salt, cinnamon, raw cacao, and coconut oil to a small pot over medium heat. Stir well and cook for about 10 minutes. Serve with honey or your favorite sweetener and sliced apple.

## DAY 9 - LEMON BROCCOLI STIR FRY WITH BASIC BROWN RICE

**Makes 2 servings**

2 tablespoons coconut oil

1 head broccoli, chopped

2 garlic cloves, chopped

¼ cup of vegetable broth

Juice from 1 lemon

Dash of toasted sesame oil

Add coconut oil to a large sauté pan. When the pan is hot, add broccoli and garlic. Sauté until the broccoli is bright green. Add vegetable broth and continue to sauté until the broccoli is soft.

Remove the broccoli from heat and top with lemon juice, toasted sesame oil, and sunflower seeds. Serve with 1 cup Basic Brown Rice (recipe below).

## BASIC BROWN RICE

**Makes 4 servings**

\*Soak your brown rice overnight to remove phytic acid. Discard the water when ready to cook.

2 cups brown rice

4 cups water (OR vegetable broth)

Dash of sea salt

Add your ingredients to a pot over medium flame. Mix with a spoon and cover. Be sure to leave a small space to allow for air to escape while cooking. Steam your rice for 20 to 30 minutes. Serve with Lemon Broccoli Stir Fry.

## DAY 10—BLACK BEAN SAUTÉ

**Makes 2 servings**

\*Note: You can use canned black beans (rinse well) for this recipe, or cook a batch of dried Basic Black Beans using the recipe below.

2 tablespoons coconut oil

1 onion, thinly sliced

1 bunch kale, thinly sliced

1 small head purple cabbage, thinly sliced

1 garlic clove, minced

1 cup cooked black beans

Sea salt and black pepper to taste

Add coconut oil to a large sauté pan over a medium flame. When the pan is hot, add the onion. Sauté for about 3 to 5 minutes until they start to brown. Add kale, purple cabbage, and garlic. Sauté for an additional 8 to 10 minutes, or until the vegetables are soft. Add cooked black beans and season with sea salt and black pepper.



## BASIC BLACK BEANS RECIPE

**Makes 2 servings**

\*Soak dried beans overnight in cold water with 1 teaspoon raw apple cider vinegar to remove phytic acid. Discard the water when ready to cook.

1 cup dried black beans (the amount will double after soaking)

3 cups water OR vegetable broth

Sea salt and black pepper to taste

Add your beans to a large pot with water or vegetable broth. The liquid should be about 2 inches above the beans. Add sea salt and black pepper. If using vegetable broth, be careful not to add too much salt. Bring the beans to a boil, then reduce heat and simmer for 1 to 1.5 hours.

## DAY 11—WALDORF SALAD TOPPED WITH HUMMUS

**Makes 2 servings**

2 apples, chopped

2 celery ribs, chopped

1 carrot, chopped

¼ cup raw pumpkin seeds

4 cups mixed greens

Assemble the salad by mixing the apples, celery, carrot, and pumpkin seeds with the Dressing (recipe below). Serve on top of mixed greens. Add ¼ cup of Hummus (recipe below) on top of the salad or consume on the side with flax crackers or vegetables.

## DRESSING

Juice from 1 lemon

2 tablespoons extra-virgin olive oil

Sea salt and black pepper to taste

To make the dressing, mix the ingredients well in a small bowl.

## HUMMUS

**Makes 4 servings**

2 cups cooked chickpeas

½ cup tahini

¼ cup extra-virgin olive oil

2 garlic cloves

1 teaspoon cumin

Juice from 1 lemon

Sea salt and black pepper to taste

Add all the ingredients to a high-speed blender and mix until smooth.

OPTIONAL: Feel free to add other items like kale, smoked paprika, cayenne, etc. for variety.

## DAY 12—FALL KALE SALAD

### **Makes 2 servings**

- 1 bunch kale, torn into pieces
- 1 garlic clove, minced
- Juice from 1 lemon
- Sea salt and black pepper
- 2 tablespoons extra-virgin olive oil
- 1 avocado
- ¼ cup pomegranate seeds
- ¼ cup walnuts

Add kale, garlic, lemon juice, sea salt, black pepper, olive oil, and avocado to a bowl. Massage all the ingredients together using clean hands until well mixed. Top with pomegranate seeds and walnuts.

## DAY 13—SAUTÉED GREEN BEANS AND CARROTS WITH ALMONDS

### **Makes 2 servings**

- 1 tablespoon coconut oil
- 1 pound green beans, ends trimmed
- ¼ cup water OR vegetable broth
- 1 cup carrots, shredded
- ¼ cup almonds
- Sea salt and black pepper to taste

Add coconut oil to a large sauté pan. When the pan is hot, add green beans and water (OR broth). Sauté for about 10 minutes until the beans are soft, but not mushy. Add carrots and almonds and sauté for an additional 2 to 3 minutes. Season with salt and pepper before serving.

## DAY 14—SCRAMBLED EGGS WITH SPINACH

**Makes 2 servings**

1 tablespoon coconut oil

Handful of spinach

Sea salt and black pepper to taste

3 large eggs

1 avocado, sliced

Break eggs into a small bowl and whisk with a fork. Next, add coconut oil to a large sauté pan over low heat. When the pan is hot, add spinach and season with sea salt and black pepper. Next, add eggs and cook until well done. Serve with sliced avocado.

# DESSERTS

## IMMUNE BOOST TONIC - GOLDEN MILK

**Makes 1 serving**

Turmeric Paste

¼ cup turmeric powder

½ teaspoon black pepper

½ cup water

Add all the ingredients to a small pot over a low flame. Stir until the mixture becomes a paste. Store this in the refrigerator in an airtight container until you are ready to use it.

### GOLDEN MILK RECIPE

1 cup dairy-free milk

¼ teaspoon Turmeric Paste (recipe above)

1 teaspoon coconut oil

Add all the ingredients to a small saucepan and stir gently until warm—not boiling. Serve in your favorite mug.

## WARM FIGS STUFFED WITH TAHINI AND CINNAMON

**Makes 2 servings**

6 dried figs

1 to 2 tablespoons of tahini

Dash of cinnamon

Preheat your oven to 350 degrees Fahrenheit. Slice your dried figs down the middle without cutting all the way through. Add tahini and cinnamon. Bake on a cookie sheet for about 5 minutes. Serve immediately.

## BAKED APPLES

**Makes 4 servings**

4 large apples

1 teaspoon cinnamon

½ teaspoon nutmeg

½-inch ginger, grated (OR ½ teaspoon powdered ginger)

¼ cup raisins (OR any other dried fruit)

¼ cup of pumpkin seeds

2 tablespoons coconut oil

1 cup water

Preheat your oven to 350 degrees Fahrenheit. Remove the stem from your apples by taking a sharp paring knife and cutting around the stem in a circle. Your hole should be about ½-inch wide. Cut further down to remove the core and seeds. You should now have enough space to stuff the apple.

Next, sprinkle the inside of your apples with cinnamon, nutmeg, and ginger (divide the spice among the 4 apples). Add in raisins and pumpkin seeds. Top with coconut oil. Place all 4 apples in a shallow baking pan with a cup of water. Bake for 30 to 40 minutes until tender.

# CULTURED FOODS

## CULTURED FOODS

### COCONUT YOGURT

**Serves 2** (Adapted from [nomnompaleo.com](http://nomnompaleo.com))

1 15-ounce can coconut milk (BPA-free can)

1 probiotic capsule (at least 50 billion)

Refrigerate the coconut milk can for about an hour to create a thicker yogurt.

Remove the coconut milk from the can, and place it in a sterilized jar. Add the contents of the probiotic capsule. Mix the contents well, and tightly close the jar.

To incubate the yogurt, place your jar of coconut milk in the oven with the light on and tightly close the door. Do not turn the oven on. A closed oven with the light on generates heat of about 105 to 110 degrees Fahrenheit. Incubate your yogurt for up to 24 hours.

### COCONUT WATER KEFIR

(Source: [culturesforhealth.com](http://culturesforhealth.com))

The natural goodness of coconut water is further enhanced with the addition of probiotics from the water kefir culture.

1 quart coconut water

3 tablespoons water kefir grains

Optional flavoring: 1 cup fresh fruit (mixtures of berries, lemon, etc. work best)

Activate dehydrated grains first using sugar water. Once the grains are making good water kefir using sugar water, they are ready to use with coconut water. Place the water kefir grains in the coconut water. Cover the jar loosely with a tight-weave towel or coffee filter, secured with a rubber band. Culture the coconut water 24-48 hours. Once the culturing process is complete, remove the kefir grains. To add fruit flavoring, puree together the coconut water kefir and the fruit.

**NOTE:** Ideally, water kefir grains should be cultured in sugar water (¼ cup sugar and 1-quart water) for 24-48 hours, in between making coconut water kefir. The sugar water will feed and refresh the kefir grains and keep them healthy.

## CULTURED VEGETABLES

### TOOLS FOR MAKING CULTURED VEGETABLES:

- 1 large mixing bowl
- 1 mason jar with lid
- 1 wooden spoon

### INGREDIENTS:

- 1 large cabbage leaf (set to the side)
- 1 large head of cabbage, shredded
- 1 bunch kale, chopped
- 1 small organic lemon, peeled
- 2 carrots, shredded
- 1 clove garlic
- 1/4 cup starter culture



You can purchase the starter culture at [www.bodyecology.com](http://www.bodyecology.com) or [www.culturesforhealth.com](http://www.culturesforhealth.com).

Toss chopped vegetables and starter culture together in a large mixing bowl. Remember to set your large cabbage leaf to the side.

Combine the mixture by hand, making sure the vegetables are thoroughly combined. Layer this mixture of vegetables into a mason jar, and pound it down with a wooden spoon so the vegetables are tightly compacted.

Continue to layer, and pound until your vegetables are thoroughly packed within the jar and the level of brine exceeds the level of the solids.

Layer the top of your vegetables with a cabbage leaf, and pack the leaf down with your fist.

Allow your vegetables to ferment at room temperature for 5 days before tasting them or longer until desired sour taste is reached. Then place it in your refrigerator.

**NOTE:** Cultured Vegetables will keep for one year, as long as you properly store them.