

# NOURISHING FOODS DETOX” for BEGINNERS

## *5 Days of Easy & Nourishing Foods for Your Mind, Body & Spirit*

Detoxing is your opportunity to slow down, to give your body a rest by taking in simple foods that digest quickly and easily, which will activate your systems of detoxification and elimination resulting in the benefits of energy, weight loss and clarity.

This program contains a bounty of nourishing and grounding foods that are just what your body needs for a gentle, soothing, warming purification.

This program focuses on the health of your major organ of elimination – the colon. By detoxing your colon you can shed years of built-up toxins and debris that are slowing you down and impacting your energy and your immunity.

Your digestive system (colon) is where your “inner ecology” begins. The immune system works directly with your gut. Your gut is where everything gets into your body. It is the doorway to your health. You need to have good intestinal flora to keep your digestion working properly. If your digestive system is full of the bad bacteria and you continue to feed them they will grow. As they grow they excrete toxins which then seep out into your blood clogging your liver, causing inflammation, making your skin dull accelerating the aging process. In the Nourishing Foods Detox we are going to cleanse your system of the bad bacteria and then rebuild your digestive system with friendly bacteria so you can begin to eliminate the root cause of many health problems. As a result you will be leaner, lighter and happier in just 5 days.

Seasonal cleansing is a great tool to keep your inner ecology working for you.

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Drink lots of water especially in  
the early part of the day.

Staying hydrated will help  
move the toxins  
out of your body

Keep count;  
you want to drink  
half your body weight  
in ounces each day.

Drink 8 oz water 15-30 minutes  
before each meal

## Eating Guidelines

These are your general guidelines for what you are going to be eating and what foods you will be leaving out for 5 days there are more details on the Foods; What to Include/Exclude handout.

### Include

- eat 3 meals per day as outlined (snacks if you need them) to maintain blood sugar
- focus on whole foods
- choose organic (and seasonal) vegetables when possible
- include a rainbow of vegetables
- include fermented foods as noted in basic daily menu
- choose only select fats no others

### Exclude

- eliminate or reduce caffeine in all forms, green tea is OK if weaning from coffee ( if you need coffee to do the detox limit to 1 cup per day use stevia to sweeten and almond milk instead of cow's milk)
- eliminate soy with the exception of fermented soy: miso, tamari & tempeh
- eliminate all glutinous grains, including wheat, spelt, kamut, rye, oats, barley
- eliminate all dairy (cow, goat, sheep; even raw)
- eliminate all processed sugars and sweeteners, limiting sweeteners to minimal dried fruits and stevia (aim for doing the whole week with only stevia as your sweetener) if necessary some raw honey
- eliminate all packaged or processed foods
- completely avoid food additives and artificial sweeteners

# Basic Protocol

Remember to do the “**Before Eating Breathing Process**” before each meal to relax and wake up your digestion. This process will also bring you back into your body so you are aware of what you are eating. When you are aware of what you are eating you have more satisfaction so you eat less.

## Wake Up

Brush teeth, scrape tongue  
12 oz water with 2-4 oz of aloe vera juice  
1-2 probiotics  
5-10 chlorella tablets  
Body brushing before shower  
Self Massage(optional)

## Pre-Breakfast

8 oz water with lemon juice  
Tea or Warm Beverage

## Breakfast

Morning meal  
1 oz fermented vegetable

## Late Morning Snack (2 hours after morning meal)

snack only if your are hungry

## Lunch

8 oz water with lemon juice  
Lunch  
1-4 oz fermented vegetables  
  
Focus On What You Love Process  
5 minute walk

## Mid Afternoon Snack (2 hours after lunch)

snack only if you are hungry

## Dinner (7pm or earlier)

1-2 probiotics  
1 Tb apple cider vinegar in 8 oz water  
1-4 oz fermented vegetables

Dinner  
Evening Process and/or 5 minute walk

## Evening Snack & Bed Time

If you need an evening snack keep it small. It is better to not eat 2 hours before sleeping to allow your body to rebuild. Try and get to bed by 10pm

# Sample Menu

Below you will find 5 days of meal plans. These are guidelines to show you what 5 days of your detox program could look like. You don't have to follow this exactly but you can if you want. There are many recipes to choose from in each category listed to create your own unique program. Choose the foods you enjoy the most, stick to the principles of what to include and what not to include if you are straying from the recipes provided. This Menu is here if you want to follow it exactly or use it to inspire your own individual plan. Most importantly enjoy it!

## Day 1

Wake up: aloe/water drink  
Pre-breakfast: lemon water & tea  
Breakfast: sweet potato pudding  
1 oz fermented vegetable  
Snack: (optional) few almonds  
Lunch: salad with choice of dressing  
1 oz fermented vegetable  
mixed mushroom soup  
Snack: (optional) sesame nori bites  
Dinner: salad with choice of dressing  
seasonal stir fry with garlic sauce  
1 oz fermented vegetable  
quinoa (optional)

## Day 2

Wake up: aloe/water drink  
Pre-breakfast: lemon water & tea  
Breakfast: pear smoothie  
1 oz fermented vegetable  
Snack: (optional) veggies w/ raw Caesar  
Lunch : salad with choice of dressing  
1 oz fermented vegetable  
red lentil dhal  
Snack: (optional) kale chips  
Dinner: salad with choice of dressing  
Thai style vegetables w/coconut sauce

## Day 3

Wake up: aloe/water drink  
Pre-breakfast: lemon water & tea  
Breakfast: just greens smoothie  
1 oz fermented vegetable  
Snack: (optional) coconut chia pudding  
Lunch: salad with choice of dressing  
1 oz fermented vegetable  
left over mushroom soup  
Snack: (optional) berry green smoothie  
Dinner: salad with choice of dressing  
roasted sweet vegetables  
water sautéed spinach with garlic

## Day 4

Wake up: aloe/water drink  
Pre-breakfast: lemon water & tea  
Breakfast: sweet potato pudding  
1 oz fermented vegetable  
Snack: (optional) a few almonds  
Lunch: salad with choice of dressing  
1 oz fermented vegetable  
left over red lentil dhal  
Snack: (optional) sesame nori bites  
Dinner: salad with choice of dressing  
winter vegetable stew  
1 oz fermented vegetable

1 oz fermented vegetable

quinoa (save some for breakfast)

## Day 5

Wake up: aloe/water drink

Pre-breakfast: lemon water & tea

Breakfast: quinoa breakfast porridge

1 oz fermented vegetable

Snack: (optional) detox hot chocolate

Lunch: salad with choice of dressing

1 oz fermented vegetable

left over winter vegetable stew

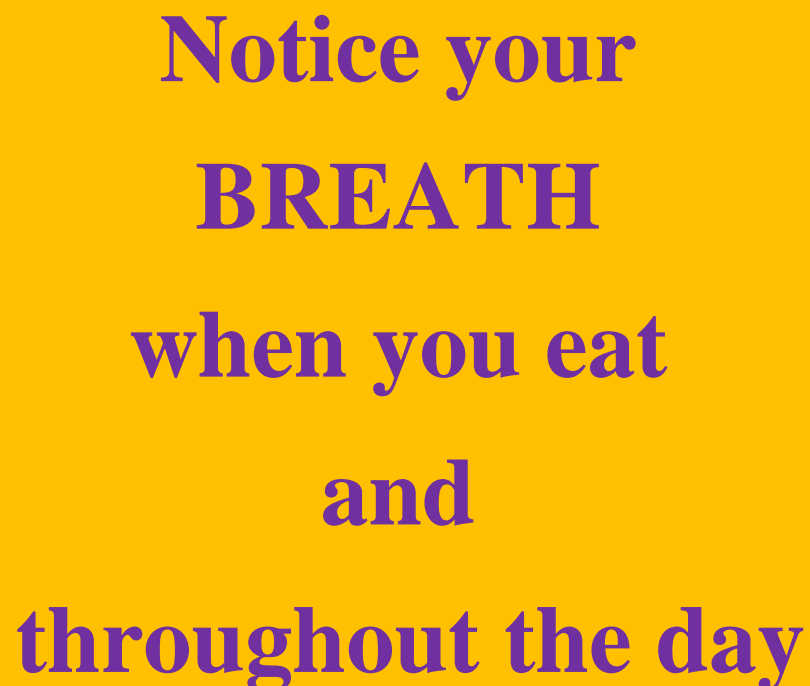

Snack: (optional) pear smoothie

Dinner: salad with choice of dressing

Sautéed tempeh

Sautéed kale with butternut squash

1 oz fermented vegetable



**Notice your  
BREATH  
when you eat  
and  
throughout the day**

# Breakfast

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When you wake up in the morning you need liquid to hydrate your body. Your breakfast will come in 2 parts the first is to hydrate you next to stabilize your blood sugars. You will start with your alkalinizing-hydrating drinks then a hot beverage to warm you up. An hour or so later you will have your morning meal. It is good to wait until you are hungry to put solid food into your system, this helps you listen to your body. We are socially conditioned to eat by the clock, but it is not necessarily what the body wants. Listen to your body, notice when your body wants something. Pay attention to how you feel in your body. If you are hungry when you wake up wait at least 15 minutes after drinking the morning beverages. If you are someone who drinks caffeine you can wean off by having green tea.

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## **Beverages**

[Detox Hot Chocolate](#)

[Ginger Tea](#)

[Bone Tea "Latte"](#)

[Hemp Milk](#)

## **Breakfast Recipes**

[Sweet Potato Breakfast Pudding](#)

[Berry Green Smoothie](#)

[Pear Smoothie](#)

[Just Greens Breakfast Smoothie](#)

[Quinoa Breakfast Porridge](#)

[Hemp & Chia Porridge](#)

[Instant Miso Soup](#)

## Lunch

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By lunch your body is ready for more food. In this program we are following the principle I learned from Natalia Rose eating “light to heavy” meaning going from lighter means in the early part of the day to more dense food in the evening when you are resting and have time to digest. You will find eating lighter, enzyme-based foods in your busy working hours, you will have incredible energy. I also find it easier to incorporate this into my schedule. The time to eat your heavier cooked foods is when your working day is over and that energy is no longer needed for work. That said the lunches will consist of a raw vegetable salad and soup. Or if you feel you need more solid food you can have salad, soup and left over vegetables from the night before. The fiber and enzymes in the raw vegetables sweeps the surface of the intestines pulling out metabolic wastes and other dumped poisons. There are many dressings to choose from. To make it easy prepare some dressing in advance. You could also have just a large salad with avocado. The avocado is very filling and satisfying. This is good if you are eating out; ask for lemon juice and olive oil to make your own dressing.

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### Salad

[Mixed Green Salad](#)

### Soups

[Creamy Cauliflower Soup with Dill](#)

[Miso Soup](#)

[Mixed Mushroom Soup](#)

[Red Lentil Dhal](#)

[Thai Style Butternut Squash Soup](#)

[Split Pea Soup with Celeriac](#)

### Dressings

[Japanese Dressing](#)

[Lemon Ginger Dressing](#)

[Tahini Dressing](#)

[Raw Caesar Dressing](#)

[Avocado Shallot Dressing](#)

[Cosmic Hempini Gravy](#)



# Dinner

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Dinner is the best part of the program. You will want to start your dinner with a raw salad. The raw leaves will escort the rest of the food through the body more easily. The salad to start helps digest the cooked food and fills you up. Eating dinner should comfort your body and your taste buds. You will want to sit down and enjoy your meals with slowness, appreciation and mindfulness. Please share the meals below with your family; even though they are part of your detox program, they can be enjoyed by everyone. Eat only until your stomach is 80% full leaving 20% available for digesting. Leaving a little room in the stomach for the digestive enzymes to do their work is essential for efficient digestion. You can have salad and choose one of the main dishes below as in the sample menu or salad and a vegetable. If you feel you will be hungry and need more food have one of the recommended grains with either the Main Meal or a Vegetable

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## Main Meal

[Asian Stir Fry with Garlic Sauce](#)

[Braised Swiss Chard with White Beans](#)

[Mediterranean Lentils with Mushrooms](#)

[Roasted Sweet Vegetables](#)

[Sautéed Tempeh](#)

[Steamed Vegetables with Cosmic Hempini Gravy](#)

[Thai Style Vegetables with Coconut Sauce](#)

[Winter Vegetable Stew](#)

## Vegetables

[Swiss Chard with Ginger & Cumin](#)

[Water Sautéed Spinach with Garlic](#)

[Cauliflower with Miso Sauce](#)

[Roasted Brussel Sprouts](#)

[Sautéed Kale with Butternut Squash](#)

[Turnips with Capers & Lemons](#)

[Pan Steamed Broccoli w/Garlic & Olives](#)

## Snacks

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You may find it necessary to snack on this program but if you can resist you will have a more complete cleanse. The reason not to snack is to give your body a reason to go after the stored fat in between meals. You need to burn off what is stored to detox. You also don't want your digestive system to be on all day long. You want to give your digestive system a chance to finish up the digestive process so it can rest and rest for the next meal. The snack suggestions are here for your enjoyment, you can use them at your discretion..

But some of you need to eat every two hours so you don't feel weak. If this is the case, make sure those meals are small in quantity yet enough to fuel your blood sugar and in between meal energy. Remember to chew your snack or treat thoroughly so that you can enjoy the taste as well as register when the amount that you've eaten is enough to fuel you to the next meal. Listen to your body, if you need the snack , have it, enjoy it.

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[Coconut Chia Pudding](#) (prepare this in advance)

Kale Chips follow the recipe or buy in health food store.

**Raw or steamed vegetables with dressing of choice**

[Sesame Nori Bites](#) follow recipe or buy in health food store

**Smoothie** pick one of the smoothies from the list, just be sure to wait 2 hours after the previous meal when eating fruit, the Just Greens Smoothie is good anytime

[Instant Miso Soup](#)

**10-15 raw almonds**

## Basics

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Below you will find directions and recipes for some of the basics you may need for this program.

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### How to Bake a Sweet Potato

Preheat oven to 350 degrees. Wash and dry sweet potato. Pierce the skin with a fork in several places. Place in oven on shelf or on a baking sheet for 30-45 minutes or until soft.

### Quinoa

1 cup quinoa  
2 cups water

- Rinse quinoa well with cool water in a fine mesh strainer until the water runs clear.
- Combine quinoa and water in a saucepan. Cover and bring to a boil.
- Reduce heat to a simmer and continue to cook covered for 15 minutes or until all water has been absorbed.
- Remove from heat and let stand for 5 minutes covered; fluff with a fork.
- Season as you like.

*For a delicious toasted flavor, dry roast for 5 minutes in saucepan before adding liquid.*

### Amaranth

3 cups water, vegetable or chicken broth  
1 cup amaranth  
1/2 tsp. salt  
1/2 tsp. dried thyme leaves  
2 Tb olive oil or butter  
1/8 tsp. pepper  
1 Tb lemon

- In a medium saucepan, combine water, amaranth, salt, and thyme. Bring to a boil, and then reduce the heat to a simmer.
- Cover saucepan and cook over low heat for 20-25 minutes or until the water is absorbed.
- Remove pan from heat and let stand, covered, for 15 minutes to steam.
- Stir in olive, pepper and lemon
- Serve.

4 servings

### Curried Millet

If you want to make this plain just leave out the ginger and curry

1 cup millet

3 cups water

1TB chopped fresh ginger

2 tsp curry powder

½ tsp salt

- Rinse the millet.
- Heat millet in a medium saucepan stirring so it begins to toast about 2 minutes. Add water, ginger, curry powder and salt.
- Bring to a boil, simmer on low heat for 30 minutes. Let sit 5 minutes, serve.

4 servings

### Almond Milk

1 cup raw almonds

Water for soaking the nuts

3 cups filtered water

1/2 tsp vanilla (optional)

- Soak the almonds in a glass jar or stainless steel bowl in enough water to cover by 2 inches overnight or for at least 6 hours.
- Drain the water from the almonds and discard.
- Blend the 3 cups of water with almonds until well blended and almost smooth.

- Strain the blended almond mixture using a cheesecloth, nutbag or fine strainer.
- Homemade raw almond milk will keep well in the refrigerator for three or four days.

Makes 4 cups

### **Vegetable Stock**

A wonderful, filling snack that will also provide you with many healing nutrients and alkalize your system, making it easier to detoxify, lose weight, and feel great. The recipe can be varied according to taste. You can make this with the basic ingredients and/or any of the optional ingredients. The more you add the more nutritious and flavorful it is

#### **Basic Ingredients**

- 1 large onion, chopped
- 2 carrots, sliced
- 2 celery stalks coarsely chopped
- ½ cup of sea weed: nori, dulse, wakame, kelp, or kombu
- 2 cloves of whole garlic (not chopped or crushed)
- Sea salt, to taste

#### **Optional Ingredients**

- 1 cup of daikon or white radish root
- 1 cup of winter squash cut into large cubes
- 1 cup of root vegetables: turnips, parsnips, and rutabagas for sweetness
- 2 cups of chopped greens: kale, parsley, beet greens, collard greens, chard, dandelion,
- cilantro or other greens
- ½ cup of cabbage
- 4 ½-inch slices of fresh ginger
- 1 cup dried shitake or maitake mushrooms (If available; these contain powerful immune boosting properties.)

- Put all ingredients into a large pot
- Add enough water to cover by 2 inches.
- Place on a low boil for approximately 2 hours.

- Cool, strain (throw out the cooked vegetables), and store in a large, tightly-sealed glass container in the fridge.
- Simply heat gently and drink up to 3–4 cups a day or use as needed in recipes
- This will keep in the refrigerator for about 5 days or you can freeze it.

## Bone Broth

Bone broth has been used in every tradition for thousands of years. It is loaded with vitamins and minerals to build a healthy immune system. By taking bones and cooking them for a few hours in water you create a deeply mineralized stock for all sorts of food not just soup. Bone broth is great for your intestinal track because of its high mineral content.

1 Chicken raw whole or just the left over bones  
 1 tsp vinegar  
 1 Bay leaf  
 1 tsp Thyme  
 1 Rishi mushrooms or few goji berries (optional)  
 3 Garlic cloves  
 1 Carrots  
 1 Onion  
 2 stalks Celery  
 Parsley stems or other herbs

- Put into a soup pot
- Add water to just about covering the chicken
- Bring to a boil
- Turn down to medium-low so it is just simmering. Cover
- Simmer for 3 hours
- Strain cool, skim fat.
- Freeze or use within a few days

The more gelatinous the richer the minerals.

# RECIPES

## *5 Days of Easy & Nourishing Foods for Your Mind, Body & Spirit*

### Beverages

#### Detox Hot Chocolate

2 servings

2 cups organic unsweetened hemp milk or almond milk (Pacific is a good brand if you don't make your own)

3 Tb raw organic cacao powder

Liquid Stevia (NuNaturals liquid stevia with vanilla is good)

- In a pot bring almond milk to a boil.
- Add raw cacao powder.
- Whisk to dissolve all the clumps and to make it frothy.
- Boil for 1 minute.
- Add stevia to taste, whisk again to create froth
- Pour into your favorite mug. Enjoy!

**Note:** Stevia is very, very sweet, so you don't need much (just a few drops). I prefer the NuNaturals liquid stevia—it has the best taste of all the brands I've tried.

This dessert is truly a guilt free dessert—it's very low in calories, tackles your chocolate cravings, and the raw cacao powder in it has 3 times the amount of antioxidants found in green tea and red wine.

## **Ginger Tea**

In place of coffee I recommend ginger tea. Ginger tea is a powerful cleansing drink that mobilizes toxins and restores balance to the body. It also benefits the digestive system and helps diminish cravings for sweet and salty foods. It increases the production of hydrochloric acid so you metabolize proteins more efficiently. Ginger decreases inflammation and alkalizes your body. I recommend 2-3 cups per day. It's easy to make.

1-2 Tb grated unpeeled organic ginger  
2 cups filtered water  
Lemon optional  
Stevia optional

Bring water to a boil add ginger, turn down and simmer 2 minutes. Let steep for 2 minutes more or you can just leave the ginger in, it will just get stronger. Strain or let the ginger settle at the bottom of the cup. Enjoy!

When I was at the Chopra Center at La Costa Resort in Carlsbad, California doing a 7 day **Panchakarma** detox, they made up a thermos each morning leaving the ginger to settle in the bottom. We sipped it all day long. I have taken up this practice for myself in the winter months.

## **Bone Tea "Latte"**

I learned about these very beneficial herbs from David Wolf when he taught a class at my nutrition school, Institute of Integrative Nutrition. These herbs actually help to build bone density much better than milk.



Unlike milk they are easily absorbed into your system. I often use the tea as a liquid in my morning smoothie.

**Prepare the tea:**

- 2 1/2 cups water
- 1 tsp nettle leaf
- 1 tsp horsetail
- 1 tsp oatstraw

Bring water to a boil. Turn down to the lowest flame your stove has. Add herbs, simmer 10 minutes. Let steep 30 minutes. Strain make latte or refrigerate. It will keep up to 4 days in a closed glass container.

**For the latte:**

- 1 cup bone tea
- 3 Tb coconut milk or almond milk
- Stevia to taste, I like the vanilla liquid stevia with this about 7 drops or
- 1 tsp raw honey

Heat bone tea, don't let it boil. Pour into a cup.  
Add coconut milk and stevia  
Whisk with a fork until frothy  
Enjoy, your bones are so happy now!



**Hemp Milk**

Hemp has the perfect balance of Omega 3 and 6 for brain function and growth. In hemp seeds these essential fatty acids are in a perfect ratio to meet human nutritional needs. It is one of the purest, most complete plants on earth. In addition to the Omega's it also has high quality raw food protein. Hemp seeds contain all the essential amino acids in a highly digestible form. With live enzymes intact, hemp's digestible proteins are easily assimilated into the body. 65% of hemp seeds' protein is high-quality edestin, making it the highest vegan source of this simple protein that's required for proper immune system function

2 servings

1 cup shelled hemp seeds

3 cups water

Stevia to taste or 2 Tb raw honey

½ tsp organic vanilla extract

Blend until smooth Enjoy!

## **Breakfast**

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### **Sweet Potato Breakfast Pudding**

This is a great breakfast for the winter months when there is not much seasonal fruit. Sweet potatoes contain great nutrients and an impressive array of antioxidants. They're also high in fiber! They've got lots of C and B vitamins and clearly have the carotenoids (orange color) which provide Vitamin A and enhance the function of your immune system.

1 serving

2 Tb chia seeds

1 cup water

1 cup baked sweet potato  
½ cup almond milk  
1 tsp pumpkin pie spice  
¼ tsp whole leaf stevia

- Soak chia in water for at least 30 minutes. You can soak them the night before if you like.
- Put sweet potato, soaked chia with water, almond milk, pumpkin pie spice and stevia into the blender.
- Blend until smooth.
- Enjoy.
- This will keep in the refrigerator for 2-3 days if you want to make up a bigger batch to save time.

## **Berry Green Smoothie**

1 serving

1 ½ cups fresh or frozen strawberries (organic is best)

¼ - ½ cup bone tea or coconut water **or** 2 Tb chia seeds soaked in 1 cup water for 30 minutes

1 handful of spinach or kale, parsley, romaine, swiss chard ( any dark green vegetable)

Stevia to taste (optional)

Put all ingredients into a blender except coconut water.

If using chia seeds add all of them including the water, if not add enough coconut water to blend until smooth. Enjoy!

**Don't get scared by the color!** It will look somewhat brown. The truth is you can hardly taste the greens if you use something mild like spinach or kale.



### **Pear Smoothie**

Pears stimulate energy in the lungs and stomach which helps with chronic coughs and constipation.

Pears are a great source of water-soluble fiber ~ especially pectin. Pears have more pectin than apples! The pectin makes them a good food for helping to balance cholesterol levels and support intestinal health.

Pears provide some good vitamins and minerals including:

- vitamin C
- copper  
*(these first 2 make pears a good antioxidant-rich food to include in your free radical fighting diet)*
- vitamin B2
- vitamin K
- vitamin E
- potassium *(better than a banana because of the higher fiber and lower sugar content!)*

Pears are a hypoallergenic fruit, well tolerated by most individuals. For this reason, and the highlights mentioned above, cooked and blended or mashed pears are a good first fruit for babies.

And pears are a good remedy for clearing excess "heat":  
From the perspective of the five elements, Autumn is the time to clear heat from the body. Too much heat can present itself as dry and itchy skin and lips,

scratchy throat or chronic coughing, acne and constipation. Pears work well as a moistening food to temper the season's dryness.

1 serving

2 Tb chia seeds  
1/2 cup water  
1-2 pears cored and chopped (peel if not organic)  
1/2 cup coconut milk  
1/4 tsp vanilla extract  
2 Tb Hemp seeds (optional)  
1/4 tsp stevia (optional to taste)  
1 Tb raw protein powder (optional)

- Soak chia in water for at least 1/2 hour or overnight
- Place all ingredients into a blender.
- Blend until smooth, add more coconut milk if it is too thick

## **Just Greens Breakfast Smoothie**

1 serving

1/2 granny smith organic apple, washed, cored but with skin if organic  
2 stalks organic celery, chopped  
1 cup chopped romaine lettuce  
1/2 cucumber with skin if organic, peel if not  
1/2 of a medium Haas avocado  
Handful of parsley  
Juice of 1 lemon  
1 cup filtered water  
Stevia if you need it sweeter

- Chop vegetables into 1 inch pieces for easy blending.
- Add all ingredients except water into blender.
- Fill blender with approximately 1 cup filtered water (more or less depending on how thick you desire your shake).
- Puree till smooth or desired consistency. Add stevia if necessary

This taste way better than you think, it is creamy and a little tart. You can take it to work with you; it will stay in the refrigerator for a few hours. Don't worry if it turns a little brown it is still good to drink.



## Quinoa Breakfast Porridge

Serves 1

This dish is warm & nourishing for a quick delicious breakfast. The stevia and vanilla flavoring make it taste more like a dessert, but it's a very healthy way to start your day.

1 cup left over quinoa or other grain such as millet

1 cup almond milk, hemp milk or coconut milk

1 tsp cinnamon

½ tsp vanilla

2 Tb shredded coconut

Stevia to taste - 10 drops liquid or ¼ tsp green leaf

½ green apple diced (optional)

- In a medium saucepan, bring quinoa, almond milk and cinnamon to a boil.
- Add coconut, vanilla and sweetener.

- Lower the flame to simmer and cook 5-7 minutes until creamy stirring occasionally.
- Serve immediately with a little almond milk poured on top
- Garnish with chopped apple

## **Hemp & Chia Porridge**

1 serving

2 Tb Chia seeds

1 cup hemp or almond milk

¼ tsp vanilla extract

Stevia or raw honey to taste

### **Optional Ingredients**

2 Fresh strawberries or blueberries

organic apple diced

1 Tb goji berries

1 Tb raw cacao powder

- Soak chia seeds in the hemp or almond milk for 30 minutes or overnight in the refrigerator.
- Stir every 5 minutes so it doesn't get clumpy.
- It will be very thin at the beginning but don't worry it will come together. Shortly the chia will thicken the milk to porridge like consistency.
- Add any of the optional ingredients. Enjoy!

**Note:** For some people chia porridge is an acquired taste. The benefits of chia are worth trying it a few times. It is more about the consistency than the taste.

## **Instant Miso Soup**

This is a great instant soup for breakfast, lunch or snack if you don't have the more complete version on hand. In Japan it is traditional to start the day with miso soup. A Japanese study has shown it to detoxify and eliminate pollutants from the body.

1 serving

1 ½ filtered cups water

1 ½ Tb barley miso or mellow white miso

1 tsp freshly grated ginger

½ cup carrot, zucchini or turnip shredded

1 tsp dulse flakes (ready to use sea vegetable, optional)

1 scallion thinly sliced (optional)

- In a small, pot boil water
- Turn off heat add miso, stir to dissolve
- Add ginger, shredded vegetables and dulse.
- Cover the pot and let sit for a few minutes.
- Pour into bowl
- Garnish with scallions
- Enjoy!

## Salad

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### Mixed Green Salad

Mixed organic greens or baby arugula

Carrots shredded

Sprinkle of Dulse Flakes (optional for added nutrition, iodine, B6, B12)

Additional vegetables (optional cucumber, sprouts, diakon, celery)



- Mix salad in a bowl.
- Toss with dressing of choice.
- Serve.

**Tip for dressing salads:** Add a few tablespoons of dressing and mix with your hands, make sure they are clean. You just want the greens to have a light coating on them. Using your hands will let to feel how much dressing you need. Too much dressing makes your salad soggy. Usually 2 Tb for a side salad is enough. You can always add more.

### **“Warming the Salad”**

I like to add this to warm up the salad in the winter. It also makes it more satisfying. I use to put warm goat cheese on my salad but now I switched to the onions.

1 small red onion thinly sliced

1 Tb olive oil

- Heat oil on low flame
- Add onions
- Sauté on low-medium stirring frequently until softened and lightly brown

# Dressings

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## Japanese Dressing

This was one of the most popular dressings from our restaurant Arnold's Turtle in New York City.

4 servings

¼ cup lemon juice

2 Tb wheat free tamari

2 Tb miso

1 tsp dried thyme

½ cup olive oil

- Mix lemon juice, tamari, miso, thyme in a bowl.
- Stir to dissolve miso.
- Whisk in the olive oil

## Lemon Ginger Dressing

1/2 cup fresh lemon juice

1 small clove garlic

1 Tb chopped ginger

1 Tb raw honey or liquid stevia

1/2 tsp Keltic sea salt

Pinch of cayenne

1/2 cup olive oil

- Start blending all the ingredients except the oil.

- As mixture is blending slowly add oil until blended
- It should be thick and golden when done

This dressing will last 5 days in the refrigerator.

## **Tahini Dressing**

In learned to make this dressing from an Israeli man who was a regular in our restaurant, Arnold's Turtle, for many years

4 servings

½ cup tahini  
¼ cup lemon juice  
½ cup water  
1 clove garlic minced  
½ tsp Celtic Salt  
¼ tsp cayenne

- Mix everything together in a bowl or blend in a blender.
- Use less water to make it a dip for crudités.
- Store in a glass jar in the refrigerator.

## **Raw Caesar Dressing**

This is a nutritious dressing because of the celery and kelp. Celery is high in natural sodium which carry the electrolytes through you body. Kelp is high in iodine, good for your thyroid.

6 servings

¼ cup cold pressed olive oil  
1 clove garlic chopped  
4 medium stalks celery

¼ cup lemon juice  
2 Tb wheat free tamari  
2 Tb sweet white miso  
½ tsp kelp granules – gives it an “anchovy” taste  
¼ tsp green leaf stevia  
¼ - ½ cup water  
Fresh ground black pepper to taste

- Add everything to a blender starting with ¼ cup of water.
- Blend adding more water as needed.
- Toss with romaine, season with fresh pepper
- You can make it thicker and use it as a dip for crudités

Dressing will keep in the refrigerator about 5 days



### **Avocado Shallot Dressing**

1 ½ tsp finely chopped shallot  
1 tsp Dijon mustard  
3 Tb lemon juice  
½ tsp Celtic Sea Salt  
1 avocado mashed  
¼ - ½ cup water as needed  
Freshly ground black pepper

- Put everything into a blender.
- Start blending adding enough water to make it smooth.
- Sprinkle with black pepper.
- Use within a day as the avocado will not hold too long.

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## **Cosmic Hempini Gravy**

Adapted from David Wolfe's book Superfoods

In hemp seeds, the essential fatty acids, Omega 3 and Omega 6 are in the perfect ratio to meet human nutritional needs. It is one of the purest, most complete seeds on earth. In addition to the Omega's it also has high quality raw food protein. Hemp seeds contain all the essential amino acids in a highly digestible form. With live enzymes intact, hemp's digestible proteins are easily assimilated into the body. 65% of hemp seeds' protein is high-quality edestin, making it the highest vegan source of this simple protein that is required for proper immune system function. The other 35% is albumin protein.

2 servings

½ cup water

3 Tb lemon juice

2 Tb white miso

1/3 cup hemp seed

1 Tb chopped ginger

4 Tb tahini

2 Tb olive oil

¼ tsp cayenne pepper

- Put all ingredients in a blender.
- Blend until smooth.
- Serve over steamed vegetables or quinoa or as a dip for crudités

## Soups

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### **Creamy Cauliflower Soup with Dill**

This was adapted from Donna Gates book Body Ecology Diet

4 servings

1 Tb coconut oil  
1 large onion chopped  
1 cup chopped celery  
6 cloves garlic chopped  
1 medium head cauliflower cut into chunks  
6 Tb fresh dill  
4 cups vegetable or chicken stock approximately  
Celtic Sea Salt to taste  
Fresh pepper to taste

- In a medium stock pot, heat coconut oil on medium.
- Add onion and celery, sauté until translucent about 3-5 minutes
- Add garlic, sauté 1 minute don't let it brown.
- Add cauliflower and dill with enough stock to barely cover the vegetables
- Simmer until vegetables are medium tender
- Let cool 10 minutes so you don't burn yourself. Puree in a blender until smooth.
- Add sea salt and pepper.
- Serve garnished with chopped dill



**Miso Soup**

4 servings

4 cups vegetable stock

½ cup wakame seaweed

2 Tb fresh ginger, grated

1 carrot cut into 2" long match sticks

3 " diakon cut into 2" long match sticks

3 Tb red miso or sweet white miso

1 scallion, chopped thinly sliced

A handful of Enoki mushrooms roots trimmed (optional)

- Soak ½ cup wakame in lukewarm water for 10 minutes. Rinse the reconstituted wakame, roughly chop
- Heat up vegetable broth
- Add the grated ginger, wakame and vegetables.
- Simmer about 3 minutes until vegetables are tender but not soft.
- Turn off heat.
- Place the miso paste in a small bowl and add about 1/2 cup of broth. Mix to dissolve.  
Add miso mixture to broth.
- Heat and serve garnish with scallions and enoki mushrooms. Enjoy!

**Note:** Do not let soup boil once miso is added. Boiling miso kills the healing bacteria, enzymes and vitamins.





## Mixed Mushroom Soup

Mushrooms are an excellent source of potassium, a mineral that helps lower elevated blood pressure and reduces the risk of stroke

Mushrooms are a rich source of riboflavin, niacin, and selenium which is shown to reduce prostate cancer

The cooking process helps break down fungal cell walls, rendering mushroom flesh not only more readily digestible, but also releasing significant nutritional value contained within the cells.

Blended soups are a wonderful, filling snack that will also provide you with many healing nutrients and alkalinize your system, making it easier to detoxify, lose weight, and feel great.

Having a soup available in the refrigerator gives you a complete healthy meal or snack at your fingertips. When you have something like this available, it is easier to prevent binging or eating junk.

4 servings

¼ c dried porcini or shitake mushrooms ¼ oz  
2 cups boiling water  
1 Tb olive oil  
1 large onion chopped  
1 cup celery chopped  
6 cloves garlic coarsely chopped  
4 cups baby bella or matsutake mushrooms cut in quarters  
4 cups cauliflower coarsely chopped  
1 tsp dried thyme  
½ tsp dried oregano  
Celtic salt  
Fresh pepper

- Bring 2 cups of water to boil. Add dried porcini, turn off flame. Let sit while you prepare the other ingredients.
- In a medium stock pot, heat oil.

- Add onion and celery sauté until softened about 5 minutes.
- Add garlic, mushrooms, cauliflower.
- Strain the porcini mushrooms saving the liquid. Leave any sand that may have accumulated in the bottom of the pot.
- Rinse porcini mushrooms to remove any sand. Put into the pot with the rest of the vegetables.
- Add reserved mushroom liquid and enough water to just barely cover.
- Cover simmer for 10 minutes until mushrooms are just tender.
- Take out a few mushrooms to use as a garnish
- Let sit to cool a little. Blend in 2 batches.
- Return to the pot. Add celtic salt and pepper.
- Add more thyme or oregano if needed.
- Serve garnished with mushrooms



## **Red Lentil Dhal**

This is a great recipe with turmeric. Turmeric reduces inflammation. Traditionally they don't put in the spinach but since I love adding greens into my diet as much a possible I put them in. You decide which way you like it.

Serves 4

1 cup red lentils  
1 tsp turmeric  
¼ tsp cayenne  
4 cups water  
2 Tb butter or coconut oil  
1 lg onion diced  
3 cloves garlic minced  
1 Tb chopped fresh ginger  
2 tsp curry powder  
1 tsp ground cumin  
1 tsp ground coriander  
½ tsp sea salt  
½ cup spinach torn into medium size pieces

- Rinse lentils in a bowl and drain in a strainer.
- Place into a saucepan with water, turmeric and cayenne.
- Bring to a boil, turn down to a simmer cover and simmer 30 minutes
- In the meantime melt butter or oil in a sauté pan.
- Sauté onions with salt, 3 minutes.
- Add garlic and ginger sauté on medium heat stirring occasionally until onions are very soft about 8 minutes.
- Add spices and sauté 2 minutes.
- Simmer 30 minutes until lentils are soft.
- When the lentils are soft whisk the lentils with a wire whisk to get an even texture.
- Add the onion mixture. Stir to blend.
- Add the spinach, stir until wilted 2 minutes.

## **Thai Style Butternut Squash Soup**

4 servings

2 Tb organic butter

1 med onion thinly sliced  
2 Tb chopped fresh ginger  
2 Tb Thai curry paste (you can use red or yellow)  
1 ½ lb butternut squash peeled, seeded and cut into 2" chunks (1 large)  
2 ½ cups water  
1 can unsweetened lite coconut milk  
1 stalk lemon grass white part only cut into 2" pieces  
1 tsp lime juice

- In large pot melt butter.
- Add onion and ginger sauté on medium until onion is soft about 5 minutes.
- Add curry paste and cook stirring 2 minutes.
- Add squash and water bring to a boil.
- Cover and simmer 25 minutes.
- Add the coconut milk, lemon grass cook for 30 minutes.
- Remove the lemon grass. (Count how many pieces you put in to make sure you get them all out).
- Blend the soup in a blender in batches. Add salt to taste and lime juice.
- Serve

## **Split Pea Soup with Celeriac**

4 servings

2 Tb olive oil  
1 large onion chopped  
3 stalks celery chopped  
1 carrot chopped  
4 cloves garlic  
1 ½ cup green split peas soaked  
8 cups water

1 bay leaf  
1 chipotle chili  
1 tsp dried thyme  
Celtic sea salt  
1 celeriac root cut into 1" pieces

- Soak the split peas for at least 4 hours. You can soak them in the morning and cook them in the evening.
- In a soup pot, heat olive oil on medium.
- Add onions, celery and carrots.
- Cover and sauté on medium/low until softened. Don't let them brown.
- Add garlic, stir, sauté 1 minute
- Drain & rinse split peas, add to onion mixture.
- Add water, bay leaf, chipotle and thyme.
- Cover and bring to a boil.
- Turn down to a simmer. Cook covered about 1 ½ hours or until split peas are soft. Stirring occasionally
- Let soup cool for about 10 minutes. Remove bay leaf and chipotle chili.
- Blend in blender until smooth. You will probably have to do it in batches.
- Return to the pot. Add celeriac
- Cook 10 minutes on medium until celeriac is tender but not soft.
- Serve. This will hold in the refrigerator for 5 days or you can freeze for about 1 month.

## Main Meal

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### Asian Stir Fry with Garlic Sauce

2 servings

¼ cup vegetable or chicken stock or water

1 Tb dark sesame oil

1 Tb sweet white miso

2 Tb wheat free soy sauce

1 Tb Braggs apple cider vinegar

1 Tb coconut oil

2 shallots thinly sliced

1 Tb chopped ginger

1 Serrano pepper seeded, finely chopped (optional if you like a little heat)

½ tsp red pepper flakes

2 carrots cut on the diagonal into rounds then in half

8-10 oz shitake, Portobello or white button mushrooms sliced

8 cups Chinese (napa) cabbage or bok choy cut into 1" ribbons leaves  
and center separated

6 cloves garlic minced  
2 scallions thinly sliced

Prepare all the vegetables before you start cooking.



- In a small bowl combine stock, sesame oil, miso, soy sauce and vinegar
- In a sauté pan heat 1 Tb of coconut oil on medium.
- Add shallots sauté 2 minutes to let them soften.
- Add mushrooms. Sauté 5-7 minutes stirring frequently until mushrooms begin to give off some liquid.
- Add ginger, Serrano pepper, carrots and red pepper flakes. Sauté for 3 minutes until carrots begin to cook.
- Turn up heat to medium high and keep stirring. This is why it is called stir fry because you want to keep stirring it.
- Add cabbage center and garlic, cook for 2 minutes until cabbage is lightly cooked but still crisp.
- Add cabbage leaves, sauté stirring until just wilted 1 minute
- Pour stock mixture over vegetables. Mix so all the vegetables are coated. Cook 1 minutes to heat the sauce.
- Serve garnished with scallions.

## **Braised Swiss Chard with White Beans**

2-4 servings

1 bunch Swiss chard 5-8 leaves

1 Tb olive oil

1 large onion sliced

1 cup cooked or canned Cannellini beans or Great Northern beans (if you are using canned, rinse before adding to pan)

1 cup vegetable stock, chicken stock or water

6 garlic cloves, peeled and thinly sliced

8 Kalamata olives pitted, sliced into rounds

½ tsp red pepper flakes

2 Tb extra virgin olive oil (optional)

Celtic sea salt

- Trim the stems off of the Swiss chard. Chop them coarsely. Chop the leaves into 2" pieces
- Heat olive oil in a sauté pan.
- Add onions, sauté 5 minutes until softened
- Add Swiss chard stems and cooked white beans, sauté 2 minutes
- Add stock and garlic
- Cook on medium high heat for 3-4 minutes or until stems are wilted.
- Add Swiss chard leaves and olives, mix to coat with stock
- Cook on medium heat 2-3 minutes until Swiss chard is crisp-tender.
- Taste, add salt if necessary
- Finish with a drizzle of 2 Tb extra virgin olive oil

## **Mediterranean Lentils with Mushrooms & Greens**

2 servings

½ cup green lentils

1 tsp oregano

1 tsp thyme

2 cloves garlic

3 Tb extra virgin olive oil

½ lb shiitake mushrooms stems removed caps sliced ½" thick



3 cloves garlic minced

½ tsp thyme

½ tsp oregano

Celtic Sea salt & pepper

¼ cup Kalamata olives

4 cups swiss chard green parts coarsely chopped or spinach

1 Tb chopped parsley

1 Tb balsamic vinegar

- In a small saucepan bring 2 ½ cups of water to boil with lentils garlic, thyme and oregano.
- Cover and simmer over low heat for 30 minutes or until lentils are tender.
- While the lentils are cooking, heat 2 Tb of olive oil in a medium saucepan.
- Add the shiitake and season with salt. Turn the heat down to low cover, cook stirring until mushrooms are tender and starting to brown about 5 minutes. Add 1 Tb olive oil, garlic, oregano, thyme and olives. Cook stirring 1 minute. Add greens and cook until wilted 2 minutes.
- When the lentils are done, add lentils and their cooking liquid (there should be very little) to the mushrooms and simmer for 3 minutes.
- Stir in the balsamic vinegar. Taste for salt and pepper.
- Ladle into bowls and garnish with parsley



## **Roasted Sweet Vegetables**

You can use all these vegetables or just a few. Use whatever you see in the market that looks good. I often make just sweet potatoes and rutabagas. This is very easy to do. The directions give all the fine points so your vegetables come out perfectly. Don't worry even if they aren't perfect they will still be delicious.

- 1 butternut squash peeled and cut into 1" cubes
- 1 rutabaga peeled and cut into 1" cubes
- 1 medium sweet potato cut into 1" cubes
- 1 large onion cut into 1 ½" wedges
- 1 zucchini cut into same half moons 2" thick
- 1/4 cup olive oil
- Celtic sea salt and pepper to taste
- 1/2 tsp dried thyme (optional)
- 1/2 tsp dried rosemary (optional)

Also good to roast: carrots, parsnips, fennel

- Preheat your oven to about 425. You can go hotter or cooler, depending on what ratio of browning-to-tenderness you want, but this is a good temperature to get started with.
- Cut your vegetables you want them to be cut about the same size.
- In a big bowl, toss them with plenty of salt and pepper and good extra-virgin olive oil. Taste a piece. There should be enough salt for you to taste it fairly sharply, enough pepper to your liking, and enough olive oil to give every piece a nice sheen and for you to really taste it. The oil will conduct heat, giving you an even browning rather than little dry, scorch-y bits.
- Spread the vegetables out on a baking sheet, making sure they're all in one layer. You don't necessarily need a lot of space in between pieces, but definitely don't crowd them on top of each other. Use multiple sheets if necessary.
- Put in oven, in the middle or top rack. Hang out. After a while, you should hear sizzling, and it should get pretty intense after about 10-12 minutes if your pans aren't fully loaded and if you cut you according to my sizes above. Quickly, take your pan out and close the oven door to preserve the heat. Lift a few pieces and check the undersides to see how they're browning. If it's a light color, stick them back in and let them go. But if they're nicely browned, flip them over on the pan before returning them to the oven; most of the browning will take place on the side that touches the pan. If the zucchini are getting tender move them to the middle of the pan.
- Put them back into the oven. Listen again for the sizzle to build back up; you want to check on the vegetables *while* they're still sizzling — if the sound builds, then slows down, it probably means that the liquid is all sizzled out ... and you might be burning. But as long as you're checking on them about every 5 minutes after the flip, you'll be great.
- Taste a piece. Is it tender and cooked through? Is the browning nicely? If the vegetables are softened but not brown enough, take them out, fire up the broiler and stick them in there to get good

color. If they're as brown as you want them to be, but not yet tender, turn the heat down to 350 and sprinkle on some water, maybe a few tablespoons worth, to cool the pan and to help create a little steam. And next time you can adjust your heat or surface area.

- Once they are brown and tender. Remove from oven and enjoy!

## **Sautéed Tempeh**

Tempeh is a fermented soy product that comes in patty form. And if you're going to eat soy, fermented is the way to go. Why? Because the fermentation actually helps you to digest it and makes the nutrients far more readily available for your body to use. Always use organic as soy foods tend to be made with GMO's

Also, unlike tofu which is very processed, tempeh is made with the whole soybean with very little processing. It's also very high in protein, which makes it an excellent vegetarian protein source.

2 servings

8 oz piece of tempeh

4 Tb wheat free tamari

2 cloves garlic, crushed or finely minced

1 tsp cumin

½ tsp thyme

Pinch of cayenne

1 Tb olive oil

- Slice tempeh into 1/2" slices



- Boil water in a medium size saucepan. Add tempeh. Boil for 10 minutes and drain.
- In a flat bowl or plate combine the tamari, garlic, cumin, thyme and cayenne. Mix to combine.
- Add tempeh to the marinade turn to coat each piece. Let sit for up to 1 hour but at least 5 minutes, turning occasionally. Most of the liquid will be absorbed.



- Heat a cast iron pan on medium/high. Add olive oil. Immediately add tempeh so the oil doesn't burn.
- Cook tempeh for 3 minutes per side so they brown nicely. Pour in any extra marinade.



Serve with vegetables.

The tempeh will keep in the refrigerator for a few days.

### **Steamed Vegetables with Cosmic Hempini Gravy**

Broccoli, carrots, cauliflower, turnips, brussel sprouts, Celeriac, parsnips any vegetables , greens are ok too you decide.

- Use a steamer if you have one. If you don't have a steamer, get a big pasta pot, fill it about two inches high with water, and bring it to a boil. Take a colander just place it on top of the water (you want your colander to be wide enough so that it is not touching the bottom of the pan or the boiling water...this is important!).
- Add vegetables with the heartier ones on the bottom, greens on top.
- Cover the vegetables.
- Steam the vegetables until they are soft enough to taste, and then take them off the heat .
- Serve topped with Cosmic Hempini Gravy

### **Thai Style Vegetables With Spicy Coconut Sauce**

2 servings

1 Tb coconut oil  
2 clove garlic  
1 onion chopped  
½ tsp red pepper flakes  
¼ cup chopped ginger  
1 cup mushrooms sliced  
1 Tb red Chili sauce or to taste (optional) Thai Kitchen is a good brand  
1 cup lite coconut milk  
1 cup chopped broccoli  
2 carrots sliced  
1 cup kale stems removed cut into 1" strips  
Sea salt to taste

- Heat oil in a large sauté pan.
- Add garlic and onion, sauté for a few minutes on low heat until they start to soften.
- Add ginger, red pepper flakes and mushrooms.
- Sauté on medium heat for 3 minutes until mushrooms brown a little
- Add chili sauce sauté 1 minute.
- Add the coconut milk, stir to combine evenly.
- Add broccoli and carrots, to the pan. Simmer on medium heat until the vegetables have lost their rawness and are starting to soften up a little 2-3 minutes.
- Add the kale you may have to put add it in batches until it wilts. Mix to coat with the coconut mixture. Sauté 3 minutes until kale is tender but still green.
- Add salt to taste.
- Serve with Spicy Quinoa or your favorite grain

## **Winter Vegetable Stew**

4-6 servings

2 Tb olive oil  
1 large onion chopped  
3 stalks celery chopped  
2 carrots chopped  
6 cloves garlic  
1 lb portabella mushrooms sliced  
1 tsp thyme  
1 bay leaf  
Celtic sea salt & fresh pepper  
3 cup sweet potatoes cut into 1" cubes  
6 cups stock (vegetable or chicken)  
3 Tb ginger minced  
2 cups turnips cut into 1" cubes  
2 zucchini cut into quarters & sliced  
1 ½ cup peas  
2 Tb arrowroot  
¼ cup parsley chopped

- Heat olive oil in a large soup pot. Add onion, celery, carrots.
- Sauté on medium heat covered for 5 minutes stirring frequently until soft, you don't want it to brown.
- Add ½ of the garlic, mushrooms. Stir & sauté 5 minutes until mushrooms begin to give off their liquid.
- Add thyme and bay leaf sea salt & fresh pepper. Mix to combine.
- Add sweet potatoes and stock.
- Turn flame up to high, bring to a boil
- Cover and simmer on medium low stirring frequently until sweet potatoes are beginning to soften about 5 minutes.
- Add turnips and zucchini. Simmer until just almost tender 3-4 minutes
- Using a cup scoop out 1 ½ cups of the vegetables & stock blend until smooth. Return to pot.
- Dissolve arrowroot in 2 Tb cold water. Add to soup
- Add remaining garlic & peas



- Simmer 2 minutes until thickened.
- Add parsley
- Taste, adjust spices serve in bowls. Garnish with additional parsley

## Vegetables

### Swiss Chard with Ginger & Cumin

2 servings

2 Tb coconut oil

1 tsp cumin seeds

1 jalapeno seeded and minced

1 Tb minced fresh ginger

1 bunch (about 1 ½ lb) swiss chard – rinsed, stems cut into ½ “ pieces,  
leaves cut into 1” ribbons

Celitic sea salt

Squeeze of lemon juice to taste

- In a large sauté pan, heat the oil on medium.
- Add cumin and cook until fragrant and slightly darkened 10 seconds.
- Add jalapeno and ginger, stir, sauté 1 minutes
- Add chard stems. Cook 2 minutes
- Add chard leaves and a pinch of salt
- Cover and cook until the chard is tender about 8 minutes.
- Uncover and cook on high until most of the liquid has evaporated, 2 minutes
- Season with lemon juice and salt.
- Serve



## **Cauliflower with Miso Sauce**

2 servings

1 head cauliflower cut into flowerets

2 Tb coconut oil

3 cloves garlic

1 Tb minced fresh ginger

1 cup water

1 Tb yellow miso

1 Tb Tahini

- Heat oil. Add cauliflower
- Sauté 3 minutes on medium heat so the cauliflower begins to brown
- Add garlic and ginger. Sauté 2 minutes to soften.
- Add water. Cover and simmer until crisp tender about 4 minutes
- Put miso into a little bowl. Add a few tablespoons of liquid from the pan to dissolve the miso.
- Add tahini to the miso liquid, stir to combine
- Pour the miso/tahini mix over the cauliflower
- Mix to coat the cauliflower evenly
- Serve



## **Roasted Brussel Sprouts**

You'll want to include Brussel sprouts as one of the cruciferous vegetables you eat on a regular basis. These vegetables in the cabbage family provide fantastic cancer preventing benefits. Lab studies show that one of the phytochemicals found in cruciferous vegetables - sulforaphane - can stimulate enzymes in the body that detoxify carcinogens before they damage cells. All cruciferous vegetables contain glucosinolates which are important phytonutrients for our health because they are the chemical starting points for a variety of cancer-protective substances.

Be sure not to overcook your brussel sprouts. Not only do they lose their nutritional value and taste but they will begin to emit the unpleasant sulfur smell associated with overcooked cruciferous vegetables.

Serves 4 as a side dish

- 1 lb brussel sprouts
- 4 Tb olive oil
- 3 cloves garlic coarsely chopped
- Sea salt & fresh pepper

- Trim the ends off of the brussel sprouts but leave enough so the leaves remain attached. Cut in half through the stem
- In a bowl mix Brussels sprouts, garlic, olive oil, salt & pepper
- Put onto a roasting tray in one layer with the cut side down.
- Roast in 400 degree oven for 10- 15 minutes until brown and crisp-tender. Taste it to see if they are done.



### **Sautéed Kale with Butternut Squash**

2-4 servings

2 Tb extra virgin olive oil

4 cloves garlic minced

¼ tsp red pepper flakes

1 butternut squash (about 2 lbs) peeled, seeded and cut into 2" pieces

1 large bunch kale, large stems removed, cut into ½" strips

Sea salt

- In a large sauté pan, heat 2 Tbs of olive oil over medium heat. Make sure the pan is large enough to hold the butternut squash in one layer
- Add butternut squash, stir to coat with oil. Add ½ the garlic, red pepper flakes. Sauté 1 minute.

- Cover cook on medium/low heat to caramelize the squash. You want it to get a little brown but not burn. Cook for 5-7 minutes until the squash begins to get tender.
- Add the remainder of the garlic. Stir.
- Add kale and sea salt. Stir to get the kale to wilt.
- Cook for 3-5 minutes stirring frequently until the kale is tender.
- Serve and enjoy.
- You can keep it in the refrigerator and serve the next day, reheat before serving. It can also sit out at room temperature for 2 hours, reheat before serving.

## **Turnips with Capers Lemons & Parsley**

2 servings

1 lb turnips choose the firmest ones you can find

1 Tb olive oil

1 small clove garlic finely chopped

1 tsp capers rinsed & coarsely chopped

1 tsp lemon zest

2 Tb parsley coarsely chopped

Juice of ¼ lemon

- Peel turnips, cut in half lengthwise and slice into half moons ¼" thick
- Heat olive oil in a large cast-iron skillet over medium-heat
- Sauté until nicely brown and cooked through turning as need, about 10 minutes.
- Turn off heat. Add garlic & stir to heat garlic through.
- Mix together capers, lemon zest & parsley. Sprinkle over turnips
- Drizzle with lemon juice.
- Serve

## **Water Sautéed Spinach with Garlic**

2 servings

2 garlic cloves minced

1 Tb ginger finely minced or grated

11 oz lb spinach

Celtic sea salt & pepper

- Put ½ inch of water in a large sauté pan over high heat. Bring to a boil.
- Add ginger & garlic.
- Add spinach a few handfuls at a time, using tongs to stir while adding more.
- Season with salt & pepper.
- Keep stirring with tongs until spinach is just wilted.
- Serve.

## **Pan Steamed Broccoli with Garlic & Olives**

2 servings

1 head broccoli about 1 to 1 ½ lbs

1/3 cup water

Pinch of sea salt

1 clove garlic finely minced

4 Tb Kalamata olives sliced

2 Tb extra virgin olive oil

Cut the florets into 1" pieces. Peel the stalk and cut in half crosswise and then into 1/8 " sticks lengthwise.

Heat a medium sauté pan add water, salt and broccoli stems.

Bring to a boil

Add the broccoli florets.

Cover, raise heat to medium and cook for 3-5 minutes until crisp tender.

Remove from the heat.

Add garlic and olives. Stir to combine.

Drizzle with 2 Tb extra virgin olive oil

Serve immediately

## Snacks

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### Coconut Chia Pudding

1 serving

2 Tb Chia seeds

1 cup lite coconut milk

¼ tsp vanilla extract

Stevia or agave to taste

#### Optional Ingredients

2 Fresh organic strawberries sliced

1 organic apple or pear diced

1 Tb goji berries

1 Tb raw cacao powder

- Soak chia seeds in coconut milk for 30 minutes or overnight in the refrigerator.
- Stir every so often so it doesn't get clumpy.
- It will be very thin at the beginning but don't worry it will come together.
- Shortly the chia will thicken the milk to porridge like consistency.
- Add any of the optional ingredients. Enjoy!



## **Kale Chips**

**KALE** is a super food. Eating kale is like putting a rain forest into your body. Kale has more nutrients for fewer calories than almost any other food. It has the highest amount of antioxidants of any vegetable. Kale is strongly anti-inflammatory, high in fiber, low cholesterol.

1 head of kale

2 Tb olive oil

1tsp salt

¼ tsp cayenne (optional if you like a little heat)

- Preheat oven to 425 degrees
- Wash kale dry thoroughly by spinning in a salad spinner or wrapping in a towel. Remove stems cut or tear into medium pieces



- Place a little olive oil in a bowl, dip your fingers and rub a very light coat of olive oil over the kale. Really rub so the entire leaf gets coated
- Sprinkle with salt and cayenne. Mix
- Place on a shallow baking sheet, no need to oil the pan
- Roast 4 minutes or until it starts to turn a tiny bit brown. Turn it over and roast with the other side up about 4 minutes more. Be careful it does not burn. They should be crispy.
- Serve immediately or put into a zip lock to take with you as a snack.

### **Sesame Nori Bites**

Lightly brush some sesame oil on Nori seaweed sheets. Toast them in a pan to crisp them up. Once crispy, cut them into small squares and Sprinkle them with Celtic sea salt. So delicious and a great way to get more seaweed into your diet.