

NOURISHING FOODS CLEANSE for BEGINNERS

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

Cleansing is your opportunity to slow down what is coming in to give your body a rest. Then by taking in simple nourishing foods that digest quickly and easily you will activate your systems of detoxification and elimination and nourish your glands. This cleansing and nourishing results in an increase of energy, clarity of mind and even weight loss.

This program focuses on the health of your major organ of elimination – the **colon** with additional support for the **adrenals** and **kidneys**.

By detoxing your colon regularly you shed built-up toxins and debris that are slowing you down and impacting your energy and your immunity

Supporting the adrenal glands will help you to cope with every day stress more easily and effectively. Your adrenal glands are involved in the process and recovery from stress which affects your energy levels and endurance. The quality of your overall health depends on the optimum functioning of your adrenals. Spring is the perfect time to support your adrenals so you can rid yourself of fatigue that may be lingering from the winter. One of the most important things you can do to reduce stress in your body is keeping your blood sugar in balance. The menus and recipes are designed to help you accomplish this.

In this program we are also going to support the kidneys which are one of your major organs of detoxification.

Supporting yourself by cleansing and nourishing boosts your body's ability to renew itself for optimal health, performance and longevity. Spring is the perfect time to renew your body so you can thrive.

Drink lots of water to keep
your kidneys flushing

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.

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 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
- 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 or maple syrup
- 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

Body brushing before shower(optional)

Pre-Breakfast

8 oz water with ½-1 lemon
Tea or Warm Beverage

Breakfast

Morning meal
1 ml ashwaganda in 8 oz water

Late Morning Snack (2 hours after morning meal)

Snack if you are hungry
1 ml ashwaganda in 8 oz water
Beverage or tea

Lunch

8 oz water with lemon juice
30 minutes before lunch
Lunch
1oz fermented vegetables
1 ml licorice extract in 8 oz water
Rampage of Appreciation Process
5 minute walk

Mid Afternoon Snack (2 hours after lunch)

snack if you are hungry
1ml licorice extract in water

Dinner (before dark)

1 Tb apple cider vinegar in 8 oz water
30 minutes before dinner
1-4 oz fermented vegetables
Dinner
Evening Process and/or 5 minute walk

Evening Snack & Bed Time

Protein snack or beverage if needed
Try and get to bed by 10 pm
4-8 ml magnesium in 2oz of water
1 probiotic
Foot Massage on Kidney & Adrenal Points

Sample Menu

Below you will find 5 days of meal plans. These are guidelines to show you what 5 days of your cleanse 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 & cacao maca latte
Breakfast: just greens protein smoothie
Snack: (optional) 2 almond cacao treats
Lunch: black bean salad on greens
1 oz fermented vegetable
Snack: kale chips

Dinner: salad with choice of dressing
curried quinoa with vegetables
1 oz fermented vegetable

Day 2

Wake up: aloe/water drink
Pre-breakfast: lemon water pau d arco goji
Breakfast: strawberry spinach smoothie
Snack: (optional) 2 almond cacao treats
Lunch : salad with choice of dressing
1 oz fermented vegetable
Carrot coconut soup
Snack: kale chips
Dinner: salad with choice of dressing
braised dandelion with cannellini quinoa (optional)
1oz fermented vegetable

Day 3

Wake up: aloe/water drink
Pre-breakfast: lemon water & cacao maca latte
Breakfast: just greens protein smoothie
Snack: (optional) 2 almond cacao treats
Lunch: black bean salad on greens
1 oz fermented vegetable
Snack: Almond goji berry
celery logs
Dinner: salad with choice of dressing
chinese noodle bowl
1 oz fermented vegetable

Day 4

Wake up: aloe/water drink
Pre-breakfast: lemon water & pau d arco goji elixir
Breakfast: strawberry spinach smoothie
Snack: (optional) kale chips
Lunch: salad with choice of dressing
1 oz fermented vegetable
left over carrot coconut soup
Snack: almond goji celery log
Dinner: salad with choice of dressing
black bean edamame burgers
roast asparagus
1 oz fermented vegetable

Day 5

Wake up: aloe/water drink

Pre-breakfast: lemon water & cacao maca latte

Breakfast: strawberry spinach smoothie

1 oz fermented vegetable

Snack: (optional) 2 almond cacao treat

Lunch: left over black bean edamame burgers on
salad with avocado

1 oz fermented vegetable

Snack: kale chips

Dinner: salad with choice of dressing

thai style vegetables with coconut

1 oz fermented vegetable

quinoa (optional)

**Notice your
BREATH
when you eat and
throughout the day
“KEEP BREATHING”**

Breakfast

When you wake up in the morning you need liquid to hydrate your body. Your breakfast will come in 2 parts. The first is liquid to help your kidneys detoxify anything they have processed overnight. Next will be some food with protein or fat to stabilize your blood sugars. Stabilizing your blood sugar is how you can best support your adrenals. 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. Try to eat enough breakfast to make it to lunch but if you can't that is ok, listen to your body. The goal is to keep the blood sugar balanced to reduce the stress on your adrenals. If you are someone who drinks caffeine you can wean off by having green tea.

Beverages

Cacao Maca "Latte"

[Ginger Tea](#)

Green Lemonade

Pau D Arco & Goji Elixir

Lemonade with Stevia

[Bone Tea "Latte"](#)

[Hemp Milk](#)

Breakfast Recipes

Power Smoothie

Strawberry Spinach Smoothie

Berry Coconut Smoothie

Just Greens Protein Smoothie

Strawberry Chia Pudding

Coconut Millet Porridge

"Buckwheaties"

[Instant Miso Soup](#)

Store Bought Breakfast Choices

Raw Gluten Free Granola (from health food store) w/almond milk

Quinoa Flakes (Ancient Harvest Brand) with Almond Milk

Lunch

By lunch your body is ready for more food. Your metabolism has been increasing since breakfast and your healthy cortisol levels are beginning to drop. Your body needs fuel at this point to keep you going and to maintain your energy through the afternoon. You will find eating enzyme-based foods in your busy working hours will give you incredible energy. I like to have a nutrient dense salad so you don't run out of fuel mid afternoon. That said the lunches will consist of a raw vegetable salad with some type of fat like avocado or one of the rich dressing and soup. If you feel you need more solid food you can have salad, soup and left over's from the night before. The avocado is full of good fats and protein to keep your energy level up and is very satisfying. The fiber and enzymes in the raw vegetables sweeps the surface of the intestines pulling out metabolic wastes and other dumped poisons that are coming out of you system as you cleanse.

[Mixed Green Salad](#)

Tuscan Kale & Avocado Salad

Chopped Salad with Creamy Avocado Dressing

Cucumber Salad with Wakame & Ginger

Southwestern Black Bean & Salad

Romaine Roll Ups with

Arugula Pate

Carrot coconut soup

Watercress Soup

[Red Lentil Dhal](#)

[Mixed Mushroom Soup](#)

Dressings

Easy Miso Dressing

Garlic Sunflower Seed Dressing

Miso Sesame Dressing

[Tahini Dressing](#)

Italian Herb Dressing

Avocado Shallot Dressing

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.

Dinner

Dinner is the best part of the program. As the sun goes down the body's metabolism also slows down. For this reason you should try and eat dinner by 7pm to support your detoxification. You will want to start your dinner with a raw salad if you are eating cooked food. The raw leaves will escort the rest of the food through the body more easily. Starting with salad 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 not part of your cleanse, 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. Slow down at the end of the meal as the day is coming to an end.

Main Meal

Chinese "Noodle" Bowl

Braised Dandelion Greens with Cannellini Beans and Olives

Raw Zucchini "Spaghetti" with Vegan Pesto

Curried Quinoa with Vegetables

Black Bean Edamame Burgers with Ginger & Lime

Raw Nori Rolls with Ginger Cashew Pate

Raw Vegetable "Sushi" Rolls

Vegetable Mashed "Potatoes" with Mushroom Gravy

[Thai Style Vegetables with Coconut Sauce](#)

Vegetables

Sautéed Dandelion with Garlic

Roast Sweet Potato Fries

Snap Peas with Sesame Seeds

Roast Asparagus

Roast Cauliflower Cumin & Turmeric

Warm Asparagus Vinaigrette

Water Sautéed Spinach with Garlic

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

Snacks

One of the most important principles for supporting your adrenals is maintaining your blood sugar. I recommend you go no longer than four hours during this program without a small snack. Some of you may need to snack every 2 hours to keep your blood sugar levels in balance. You don't want to feel weak. It is equally important if you are snacking to make sure those snacks are small and of high quality. Be present when you are eating and chew your food thoroughly so you enjoy it and your brain registers when the amount that you've eaten is enough to fuel you to the next meal. Green juice or the Cacao Maca "Latte" can also be enjoyed as a snack. The snack suggestions are here for your enjoyment; you can use them at your discretion but don't overdo it. Stay hydrated to keep your energy level up. Listen to your body, if you need the snack, have it, enjoy it.

Strawberry Cinnamon Chia Pudding
Kale Chips with almond butter & miso
Easy Kale Chips
Almond Goji Berry Celery Logs
Almond Cacao Treats
Krishna "Energy" Balls
Raw or steamed vegetables with dressing of choice
[Instant Miso Soup](#)
Green Lemonade
Cacao Maca "Latte"

Store Bought Snacks

Sea Tangle Nori Snacks	15 Almonds or tamari almonds
Raw Sprouted Nuts	Raw Kale Chips
Humus with celery	

RECIPES

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

Breakfast

Power Smoothie

What makes this so powerful...

Hemp and chia seeds give us Omega 3 fatty acids, fiber, calcium and complete protein. Berries are high in antioxidants, Vitamin C, potassium, magnesium and fresh enzymes. The romaine has vitamin C, A, K and folate.

2-3 servings

1 lb strawberries
2 Tb chia seeds soaked in 1 cup water for 30 minutes (or overnight)
2 Tb hemp seeds
2 tsp maca powder
8 romaine leaves
1 Tb kelp granules
1 cup almond milk
½ tsp vanilla
Pinch of stevia

Put all ingredients into a blend. Blend until smooth.

You can have half for breakfast and refrigerate the rest for later in the day as a snack

Strawberry Spinach Smoothie

1-2 servings

2 Tb chia seeds soaked in 3/4 cup water for 30 minutes or overnight
8 oz fresh organic strawberries or 4 oz frozen
1 celery stalk chopped
¼ cup coconut milk (lite or regular)
1 handful of spinach
¼ tsp green leaf stevia or 6 drops liquid stevia
1 Tb kelp granules
1 Tb protein powder

Put all ingredients into a blender.
Blend until smooth
Enjoy!

Chef's note: The color will be brown from the spinach and strawberries together but don't get scared it tastes great!

Berry Coconut Smoothie

1 -2 servings

This is a variation for those who don't like the chia seeds

1 ½ cup frozen or fresh berries
½ cup coconut milk
1 large handful kale, romaine or other green leafy vegetable
2 Tb protein powder –Whey, Sun Warrior or Hemp,
1 Tb kelp granules
2 Tb ground flax seeds

- Put all ingredients into a blender and blend until smooth.

- Add a little water or coconut water if you need it to blend. The fresh berries will blend easily but the frozen ones will need some liquid.

Just Greens Protein Smoothie

This is a large portion you can have it all or take some with you for a later snack. If you need the extra protein put in the protein powder, if not there is plenty of protein in the rest of the ingredients.

1-2 servings

1/2 granny smith organic apple, washed, cored but with skin if organic
2 stalks organic celery, chopped
1 cup chopped organic romaine lettuce
1/2 cucumber with skin if organic, peel if not organic
1/2 of a medium Haas avocado
Handful of parsley
1 Tb ground flax seed
1 Tb protein powder (optional- whey hemp or sun warrior)
1 Tb kelp granules
1 cup filtered water
Juice of 1 lemon
Pinch of stevia (optional)

- Chop vegetables into 1 inch pieces for easy blending.
- Add all ingredients into blender except water.
- Fill blender with approximately 1 cups filtered water (more or less water depending on how thick you desire your shake).
- Puree till smooth or desired consistency
- Taste and a little stevia if you want it to be sweeter

If you take this to work with you, put in a sealed container, it will stay in the refrigerator for a few hours. It is surprisingly delicious, creamy and a little tart.

Strawberry Chia Pudding

2-3 servings

6 tbsp chia seeds
1 cup frozen or regular strawberries
1 3/4 cups almond milk (or any homemade nut milk of choice)
1/2 tsp cinnamon
2 pitted dates or maple syrup OR stevia to taste

- Blend the strawberries, milk, cinnamon, and sweetener together on high till smooth. You should have about 2 1/4 cups liquid if there is more just use this amount. Drink the rest.
- Pour the liquid over the chia seeds and stir.
- Let sit about 2 hours stirring every 5 minutes for the first 15 minutes.
- You can put this in the refrigerator overnight to eat for breakfast.
- The chia will thicken the liquid creating a perfect pudding texture.
- Enjoy with a few sliced strawberries on top

Coconut Millet Porridge

Soaking the millet reduces the ***phytic acid***, a compound that binds with minerals in the grain—such as calcium, magnesium, iron, copper, and zinc—and makes it difficult for our bodies to absorb them. Soaking neutralizes the phytic acid, and “releases” those minerals for our bodies’ use.

2 servings

1 cup millet soaked overnight
1 cup coconut milk
1 cup almond milk
2 cups water
Splash of vanilla

- Rinse the soaking millet, toast in a 300 degree oven for 20 minutes
- Once cool, grind your millet in your [vita-mix](#) or spice grinder. ***I suggest doing these first two steps with a larger amount of millet

- ahead of time, and storing it in a container in your fridge. That way, you can take out a breakfast portion whenever you'd like.
- Heat the almond milk, coconut milk and water in a saucepan over med-high heat. Add a dash of salt and a splash of vanilla as it heats.
 - Once it becomes so hot it is steaming and nearly boiling, slowly pour in your ground millet while whisking constantly.
 - Lower the heat to medium, and continue whisking, making sure nothing is sticking to the bottom.
 - After about 5 minutes, the millet will begin to thicken. The moment it reaches the consistency of a thin pudding, take it off the heat and pour it into two bowls. ***It's better to take it off the heat sooner than later, as it will also continue to thicken once in your bowl!
 - Serve with a little extra almond milk and some maple syrup



Buckwheaties

For people who like to have some type of cold cereal in the morning this is a great alternative to Kellogg's. Buckwheat is a fine source of linoleic (Omega-6) fatty acids, B vitamins, eight essential amino acids, folic acid,

and magnesium. One cup of cooked buckwheat provides four grains of insoluble fiber, which means it's an excellent food for aiding in elimination!

1 cup whole grain buckwheat (Bobs is a good brand)
1 Tb coconut oil, softened
1/4 tsp vanilla
12 drops liquid stevia
1/2 tsp cinnamon
Pinch of celtic salt

- Soak the buckwheat in 3-4 cups of filtered water overnight. In the morning rinse off the water and replace it with fresh water. The soaking water may have gotten thick and cloudy overnight, this is normal.
- After another 8 hours rinse the buckwheat again. It should be plumped up.
- Preheat oven to 300 degrees
- Place soaked buckwheat in a bowl and add all the other ingredients. Mix well
- Spread on a baking sheet so it is all in one layer, not piled
- Bake for 20-30 minutes until it is dry and crispy. Stir every 10 minutes to prevent burning and sticking.
- Let cool completely and store in a glass jar.
- Serve with almond milk and some berries or apples.



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!

Beverages

Cacao Maca Latte

A wonderful, healthy alternative to coffee. The cacao and maca will give you a natural lift. Maca is a beneficial superfood especially for those suffering from adrenal fatigue or are in need of increased energy and vitality. Maca allows the body to easily adapt to and regulate stress factors. It is especially

beneficial to athletes in helping combat both mental and physical stress as well as increasing stamina.

1 Tb raw cacao powder

1 tsp maca

½ cinnamon

½ cup water

½ cup almond milk or coconut milk

7–12 drops vanilla creme liquid stevia or 1 tsp. raw honey or maple syrup

- Place cacao powder, maca, and cinnamon into a cup
- Heat water to a boil. Add almond or coconut milk to heat through but do not boil
- Add stevia or raw honey
- Mix thoroughly to dissolve

Pour mixture back and forth from the cup to the pot a few times from about 2 feet high to develop the froth, a process known as “pulling”. I learned this in India, it is how they make Kerala coffee. Alternately you can whisk it with a mini whisk to create the froth.

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 you 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.



Green Lemonade

adapted from Natalia Rose's The Raw Food Detox Diet

If you can, drink fresh vegetable juice on an empty stomach so it goes quickly into your cells with all its enzymes and life force. It is better than any of those 5 hour energy drinks

2 servings

1 bunch organic celery or romaine

½ cucumber

- 2 large handfuls kale or any green such as chard, collards, spinach, romaine
- 1 organic apple (green or Fuji)
- 1 whole organic lemon
- 1" fresh ginger

Put all vegetables through the juicer. You can keep this in the refrigerator for 2 days. It is better to drink it immediately but if that is not possible you will still reap benefits even 2 days later

Pau D Arco & Goji Berry Elixir

- 1 cup Pau D Arco tea
- ½ cup Gogi Berry tea
- Stevia to taste

- Make the Pau D Arco and Goji Berry teas
- Take 1 cup Pau D Arco tea and ½ cup goji berry tea.
- Heat on low to warm through and drink. Don't boil
- Taste, add stevia if you need more sweetness. The Goji berries are sweet so taste first

Pau D Arco Tea

Place one ounce (a big handful) of cut-up bark in a mason jar. Fill the jar to the top with boiling water. Put the lid on and let sit at room temperature for eight hours. Strain infusion into another mason jar and use this as a base to any tea, elixir, or smoothie.

Goji Berries Tea

Place one to three tablespoons berries in a pint jar and fill it to the top with boiling water. Screw lid on and infuse for no more than thirty minutes. Strain off water from berries and use liquid as a sweet addition to any tea or elixir. You can use the goji berries blended into a smoothie or salad dressing.

Lemonade with Stevia

- ½ cup fresh squeezed lemon juice
- 4 cups filtered water

½ tsp green leaf stevia or 7-20 drops (add a little at a time and taste until it is you like it)

Mix everything together in a glass jar. Refrigerate and drink throughout the day.

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. This drink will keep your blood sugar in balance.

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! If you don't like the very slightly grainy texture you can strain it through a nut bag or cheese cloth

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”

Warming the salad 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



Tuscan Kale & Avocado Salad

2-4 servings

4 cups finely shredded kale stems removed

¼ cup lemon Juice

½ tsp salt

¼ tsp red pepper flakes

½ c extra virgin olive oil

1 avocado cut into large cubes

Optional sprinkle with pine nuts

Take a few leaves of Kale, stack and roll into a small log. With a very sharp knife slice the Kale into **very** thin slices, as thin as you can cut it.



Mix lemon juice, olive oil, salt and red pepper flakes. Toss with the Kale. Add avocado and mix gently. Serve.

Chopped Salad with Creamy Avocado Dressing

2 servings

Dressing

1 ½ tsp finely chopped shallot
1 tsp Dijon mustard
3 Tb lemon juice
Celtic Sea Salt & fresh pepper
1 avocado mashed

Salad

1 romaine heart quartered lengthwise and thinly sliced crosswise
1/4 fennel bulb, cored and finely chopped
1 carrot finely chopped
½ seedless cucumber cut into ½" dice
2 Tb finely shredded basil leaves

- In a small bowl, whisk shallot with Dijon mustard, lemon juice salt and pepper.
- Add avocado and mix until dressing is creamy (you may use a blender if you like)
- Put lettuce, fennel carrots, cucumber and basil in a large bowl.
- Pour dressing over the salad and toss.

Cucumber Salad with Wakame and Ginger

This is a great way to eat seaweed. Wakame is mild tasting. You can read about the benefits of seaweed below.

2 servings

4 strips dry wakame seaweed (3/4 cup reconstituted)

1 large seedless cucumber thinly sliced

2 scallions thinly sliced

1/4 cup very thinly sliced red pepper

1/4 cup lemon juice

1 Tb yellow miso

1 Tb finely grated ginger

Pinch of green leaf stevia or 1 tsp raw honey

2 Tb toasted sesame oil

1 tsp nama shoyu or soy sauce

- Boil some water. Pour over the seaweed, soak 20 minutes. (check the package some brands only require warm water not boiled)
- Drain, rinse under cold water and pat dry.
- Remove the tough rib from the wakame and cut into 1/2" strips. You should have about 3/4 cup.
- Put wakame into a medium size bowl with the cucumber, scallions and pepper.
- In a separate small bowl dissolve the miso paste in the lemon juice add the ginger, stevia, sesame oil, nama shoyu and salt.
- Wisk together and pour over the wakame-cucumber mixture.
- Toss and serve on a bed of lettuce or argugla



Southwestern Black Bean Salad

This is a delicious high protein salad with some natural probiotics from the sauerkraut. Perfect to bring to work or on a picnic.

- 1 ½ cup cooked black beans or 1 can organic black beans
- 2 roasted red pepper diced (about 1 cup)
- 1 stalk celery diced
- ½ cup raw sauerkraut juice squeezed out
- 2 scallions thinly sliced
- ¼ cup apple cider vinegar
- ½ tsp Celtic sea salt
- ½ cup extra virgin olive oil
- 1 cup cilantro chopped

- In a medium bowl mix together the beans, red peppers, celery, sauerkraut and scallions
- In a small bowl dissolve salt in the vinegar.
- Whisk in the olive oil to create the dressing
- Pour dressing over the bean mixture
- Mix thoroughly.
- Add in the chopped cilantro
- Serve on a bed of lettuce or arugula

Romaine Roll Ups with Arugula Pate

4 servings

8 romaine leaves

1 cup Arugula Pate

Shredded carrots and sprouts or any vegetables you like

Dressing of choice

- Chop the hard end of the romaine head off so the leaves fall off intact. Place romaine leaves on a flat surface
- Scoop about 2 Tb of the country vegetable pate onto each leaf, and top with some of the vegetables.
- Drizzle with dressing of choice
- Roll each side of the leaves in towards the middle, and enjoy!

Arugula Pate

I like this as a spread because it is made with seeds and vegetables. It is light, fresh and easy to digest.

1 cup pumpkin seeds (you can use sunflower seed too) soaked overnight

1 clove garlic

3 Tb apple cider vinegar

2 Tb tahini

2 Tb nutritional yeast

½ tsp celtic sea salt

A handful of basil

1 packed cup Arugula

- Pulse pumpkin seeds, garlic, apple cider vinegar, nutritional yeast and tahini in a food processor.

- Add a little water as necessary to create a coarse pate consistency
- Add the salt, arugula and basil.
- Pulse just enough to incorporate the greens.

Carrot Coconut Soup with Ginger

The fat from the coconut milk balances out the sweetness of the carrots and sweet potatoes so your body does not get any type of sugar spike. The fats in coconut have been proven to aid tissue repair and have antibacterial properties. I love this soup.

2-4 servings

1 Tb coconut oil

2 – 3 shallots coarsely chopped

½ cup celery chopped

2 inch piece of ginger, peeled and chopped, ¼ cup

4 cups chicken or vegetable stock

1 small sweet potato, coarsely chopped 1 cup

2 ½ cups carrots, coarsely chopped

1 1/2 tsp curry powder

1/3 cup coconut milk Celtic Sea Salt to taste

- Heat coconut oil in a medium pot. Add shallots, celery and ginger. Sauté on medium low until celery is tender, about 5 minutes. Don't let the shallot brown, so stir it very so often.
- Add curry powder and mix.
- Add the stock, carrots, potato
- Bring the liquid to a boil, and then lower it to a simmer. Let the mix simmer for about twenty-five minutes, or until all of the carrots are nice and tender.

- When the carrots are tender, turn off the flame. Let it cool for a few minutes. You can either use an immersion blender, or you can transfer the soup to a blender and blend it all at once, or, if your blender is smaller, in batches. Remember that hot soup will create pressure in your blender as you work, be careful it doesn't explode.
- Transfer the blended soup back to your pot, and warm through. Add the coconut milk. Mix it in. The taste and texture will be creamy and divine. If it needs salt add it. Many curry powders have salt which is why we are adding the salt in at the end. If you can find a curry powder without salt that is best.
- Serve and Enjoy!

Watercress Soup

1Tb olive oil or ghee
 1 large onion chopped
 6 cloves garlic
 6 large cloves garlic chopped
 1 cup celery leaves or stalks chopped
 4 cups vegetable or chicken stock
 1 tsp thyme
 1 bunch organic watercress large stems removed coarsely chopped
 Celtic sea salt

- Heat olive oil in a medium stock pot.
- Add onion, sauté on low heat until translucent, try not to let it brown
- Add garlic and celery, sauté 5 minutes on low
- Add stock, cover, simmer 10 minutes
- Puree soup in a blender once it is cool enough to handle
- Return to pot, add watercress
- Bring to a boil and turn off. Cover and let sit for 5 minutes to soften the watercress.

- Serve and enjoy



Red Lentil Dhal

The lentils provide you with the protein you need to maintain your blood sugar. The turmeric is great because it reduces inflammation. Traditionally they don't put in the spinach but since I love adding greens into my diet as much as possible so 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.



Mixed Mushroom Soup

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

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 alkalize your system, making it easier to detoxify, lose weight, and feel great.

Dressings

Easy Miso Dressing

This is the fastest dressing to make and requires only a bowl or a fork.

2 servings

2 Tb apples cider vinegar

1 tsp yellow miso

1 tsp tamari

3 Tb olive oil

In a small bowl, dissolve miso in the vinegar.

Add tamari

Whisk in the olive oil

Garlic Sunflower Seed Dressing

1/2 cup raw hulled sunflower seeds

1 cup water

3 Tb fresh lemon juice

2 Tb apple cider vinegar

1 Tb tamari or soy sauce

1/4 cup chopped fresh parsley

1 tsp thyme

1/2 tsp dried oregano

1/2 tsp minced garlic

1/4 tsp Celtic sea salt

Pinch of stevia

Optional: soak the sunflower seed 4 hours

Put all ingredients in a blender, and blend till creamy and smooth.

This will hold in the refrigerator for up to 4 days

Miso Sesame Dressing

1/4 cup mellow white miso
2 Tb maple syrup
1/4 cup tahini
2 Tb wheat free tamari
2 Tb apple cider vinegar
1 Tb fresh ginger
1/2 cup water

Put all ingredients into a blender.
Blend until smooth, if necessary add more water to obtain desired consistency

Tahini Dressing

We served this dressing in our restaurant Arnold's Turtle for many years

4 servings

1/2 cup tahini
1/4 cup lemon juice
1/2 cup water
1 clove garlic minced
1/2 tsp Celtic Salt
1/4 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. It will hold for about 4 days



Avocado Shallot Dressing

1 ½ tsp chopped shallot
1 tsp Dijon mustard
3 Tb lemon juice
½ tsp Celtic Sea Salt
1 avocado mashed
¼ - ½ cup water as needed
Pinch of cayenne

- Put everything into a blender.
- Start blending adding enough water to make it smooth.
- Use within 2-3 a days as the avocado does not hold too long.

Italian Herb Dressing

¼ cup chopped celery
4 Tb Braggs apple cider vinegar
¼ cup filtered water
1 tsp dried thyme
½ tsp dried oregano
½ tsp dried basil
1 tsp mustard
½ tsp celtic sea salt
1 small clove garlic chopped
Pinch of stevia or 1 tsp raw honey
½ cup extra virgin olive oil

- Put all ingredients into the blend except the olive oil.
- Blend until smooth.
- While the blender is running add the olive oil in a stream.

This dressing will hold in the refrigerator for 3-4 days.

Main Dishes



Chinese Noodle Bowl

In this dish instead of wheat noodles we are going to use buckwheat noodles. Be sure you get the ones that are 100% buckwheat without any wheat flour as we are staying gluten free. I also like kelp noodles which are even better but may be hard to come by. This dish is served in a bowl with lots of delicious broth.



2-3 servings

4 oz pure buckwheat noodles

1 Tb coconut oil

4 scallions thinly sliced - white separated from green

2 shallots minced

2 cloves garlic finely chopped

1 serrano pepper (optional if you like it a little spicy)

2" piece of ginger cut into julienne strips

1 large carrot cut into half moons (cut in circles on diagonal, cut in half)

2 large stalks broccoli, stems separated from florets, stems peeled and cut into ¼" slices, florets cut into small pieces

3 cups reserved liquid from cooking the soba noodles

1 cup sliced shitake mushrooms (or other mushroom)

Celtic Sea Salt to taste

½ tsp red pepper flakes

1-2 Tb tamari

2.5 oz organic spinach

2 Tb yellow miso dissolved in 1 cup reserved liquid from cooking soba

2 Tb dark sesame oil

- Cook soba noodles for 5 minutes until they are just al dente. Before draining set a colander into a large bowl in your sink. Drain

- soba noodles, **reserving their liquid**. Set reserved liquid aside. Rinse noodles to stop the cooking and set noodles aside to drain
- Heat coconut oil in a large sauté pan over medium heat.
 - Add the white part scallions, shallots, garlic, serrano and ginger. Cook 2 minutes until fragrant.
 - Add mushrooms, carrots and broccoli stems. Sprinkle with Celtic Sea salt and red pepper flakes. Stir well to combine.
 - Add 3 cups soba broth and 1 Tb tamari. Cover and simmer on medium heat for about 3 minutes until the carrots are just able to be pierced with a fork, barely tender.
 - Add broccoli florets. Stir to combine. Simmer 2 minutes
 - Add spinach sauté while stirring until spinach is wilted and broccoli crisp tender.
 - Turn off heat. Add miso-water mixture and sesame oil.
 - Add cooked noodles mix well to combine.
 - Taste, if necessary add more tamari.
 - Serve in bowls garnished with the sliced green scallions



Braised Dandelion with Cannellini Beans

2-4 servings

2 bunches Dandelion Greens bottom stems cut off
2 Tb extra virgin olive oil
1 large onion cut in half and thinly sliced
1 cup cooked or canned Cannellini beans (if you are using canned rinse and drain before adding to pan)
6 garlic cloves, chopped
½ tsp red pepper flakes
½ cup chicken or vegetable stock or water
¼ cup Kalamata olives pitted, sliced into rounds
2 Tb extra virgin olive oil (optional)
Celtic sea salt

- Bring a pot of salted water to boil add dandelions, cook them uncovered for 5 minutes until just tender. Drain, cool and squeeze out the water
- Chop the leaves into 1" pieces
- Heat olive oil in a sauté pan on medium low
- Add onions, sauté 5 minutes until softened and lightly brown
- Add garlic and red pepper flakes sauté 1 minute
- Increase heat to medium, then add dandelion greens, cannellini beans and chicken stock
- Simmer 3-5 minutes to further soften the dandelions. If they are small leaves simmer less, big leaves more.
- Add olives, stir
- Taste, add salt if necessary
- Finish with a drizzle of 2 Tb extra virgin olive oil olive oil

Cooks' note: Dandelion greens can be boiled 3 days ahead. Chill, wrapped in paper towels, in a sealed bag.

I garnished these with some roasted red peppers.



Raw Zucchini “Spaghetti” with Vegan Pesto

[See video](#)

2 servings as a main dish

For the Pesto Sauce:

- 1 cup cashews (soaked if possible for 4 hours)
- 2 Tb lemon juice
- 1 tsp Celtic Sea Salt
- 1 clove garlic
- 1 Tb nutritional yeast
- 1 cup basil leaves

For the “Spaghetti”

- 2 small zucchini julienned with a julienne peeler, spiralizer or mandoline
- 1 pint grape tomatoes cut into quarters
- 6 snap peas cut in half vertically
- 6 leaves Swiss chard or spinach cut into thin strips
- 4 sun dried tomatoes soaked to soften, cut into strips (optional)
- 4 oz mixed greens or arugula

- Put zucchini "spaghetti" into a bowl with the tomatoes, snap peas, Swiss chard and sun dried tomatoes
- Put soaked cashews into a food processor or blender
- Add lemon juice, Celtic salt, garlic and nutritional yeast
- Blend with a little water to get it started.
- Add half the basil and blend until smooth. Add more water if necessary.
- Add the rest of the basil.
- Blend until the basil is in fine pieces.
- Toss half the sauce with the "spaghetti"
- Serve immediately on a bed of greens with a little extra sauce on the top



Curried Quinoa with Vegetables

- 3/4 cup dry quinoa
- 1 1/2 cups water
- 1-2 Tbs. coconut oil
- 1 medium onion, diced
- 1 red bell pepper seed, cut into 1" pieces
- 2 cloves garlic minced
- 1 Tbs. curry
- 1/2 tsp. turmeric
- 2 cups broccoli or cauliflower, cut into florets

Cayenne pepper to taste
Celtic sea salt to taste
½ cup coarsely chopped cilantro

- Rinse quinoa in a fine strainer and let drain
- In a saucepan place 1 ½ cups of water and bring to a boil. Reduce heat and add the quinoa to the hot water.
- Cover simmer on low until the water is absorbed and the grains become translucent soft (about 15 minutes). Let sit 5 minutes.
- While the quinoa is cooking, heat the coconut oil in a sauté pan. Add the diced onions and lightly sauté for a 5 minutes until softened
- Add red peppers, sauté 2 minutes
- Add garlic, curry, turmeric, and cayenne pepper. Mix and cook until fragrant 30 seconds
- Add cauliflower/broccoli
- Lightly sauté for 5-6 minutes, until they become softened (but not overcooked).
- Add the cooked quinoa and stir everything together.
- Stir in cilantro, taste for salt.
- Serve and enjoy!



Black Bean Edamame Burgers with Ginger & Lime

Makes 4-6 Burgers

1 cup shelled, frozen edamame beans
1 cup small red onion chopped
2 Tb chopped ginger
1 serrano pepper seeded and chopped
2 cloves garlic
1 Tb coconut oil
1 cup cooked black beans
1/3 cup quinoa flakes
2 Tb ground flax seed
2-3 Tb lime juice (to taste)
3 Tb tamari
1/2 fresh cilantro, chopped
1/4 tsp cayenne pepper (optional)

- Sauté onion, ginger and serrano pepper in coconut oil (till soft and fragrant (about 5 minutes). Add edamame and stir.
- Place the edamame, onion, pepper and ginger in a food processor and add the black beans, quinoa flakes, flax seed, lime juice, cilantro, tamari, and cayenne
- Pulse to combine, then add the cilantro. Run the motor until consistency is very thick but easy to mold.



- Mold into about 6 patties. Place on a lightly oiled baking sheet
- Bake at 350 degrees for about 30 minutes
- Serve on Arugula topped with guacamole or sliced avocado.

These burgers are wonderful: a little spicy and tangy from the cilantro and lime



Raw Nori Rolls with Cashew Ginger Pate

These nori rolls are easy to prepare. They provide protein from the cashew pate, minerals from the nori seaweed and lots of vitamins and antioxidants from the vegetables. Choose any vegetables you like cucumber, carrots, sprouts. I made these with arugula too... be creative.

4 sheets nori seaweed - I like toasted because it is crispier but raw is good too

Cashew Ginger Pate

Cucumber, carrots cut into julienne strips

Sprouts or arugula

Cashew Ginger Pate

1 cup cashews soaked 4-8 hours

¼ - ½ cup water

2-3 tbsp lemon juice

1 inch ginger, minced

1 clove garlic, minced

1 Tb nama shoyu or tamari

1 Tb mellow white miso

- Place cashews, garlic, ginger in a food processor and process till they're a meal.
- Add the lemon juice and miso.
- Add water slowly in a stream with the motor of the machine running. Stop the machine and check the texture: you want it very spreadable, but not so loose as to resemble a sauce. If you need more water, go ahead and add.

To assemble the sushi:

- Place one sheet of nori horizontally on a clean surface. Spread the bottom half with 1/4 cup cashew pate. In the center of that, line your chopped veggies horizontally:



- Starting from the bottom edge, roll the nori sheet up. When it's almost rolled, spread a little water on the free edge of nori at the top; this will help it stick.
- Very carefully and with a clean, sharp knife, cut the roll into sushi pieces. Serve immediately!



Raw Vegetable “Sushi” Rolls

The jicama makes is very much like sushi with rice but if you don't have the jicama you can make it without. It will not look like the usual “sushi” but will taste great. Just use the cucumber, carrot, avocado and a romaine leaf. In the photo I used red pepper instead of cucumber because the cucumber looked terrible in the store. You can use whatever vegetables you like even sprouts.

2-4 servings

1 large Jicama or romaine

1 cucumber julienned

1 carrot julienned

1 avocado sliced

Basil leaves cut into strips Optional

4 sheets nori

- Peel jicama cut into chunks. Put into a food processor. Pulse, until you get pieces the size of rice. This is the jicama “rice”. Set aside



- Julienne your carrots and cucumber
- Slice the avocado into thin slices



- Place a sheet of nori on a tatami mat so the indented lines on the nori run horizontally. If you don't have a mat you can just roll them by hand.
- Place a thin layer of the jicama "rice" over the nori spreading all the way to the ends leaving 1" at the bottom for the julienne vegetables. Leave 1/2" at the top as well. If using romaine, lay one leaf horizontally on top of the nori on the side closest to you.
- Place the carrot, cucumbers and avocado horizontally on the bottom edge of the nori
- Begin to roll the sheet of nori from the bottom carefully rolling the nori around the vegetables, pulling it gently toward you as you roll it until you come to the end. Use the tatami mat to make it nice and tight. Seal the edge with water just like an envelope.

- Cut into 5 disks with a very sharp knife. Serve with tamari, wasabi and pickled ginger

You can eat as much of this sushi as you like. It is light, delicious and very easy to digest.

Vegetable Mashed “Potatoes”

1 Tb olive oil
2 cloves garlic
1 cup parsnips cut into 1” cubes
2 cup celeriac cut into 1” cubes
½ cup stock or water
½ tsp sea salt

- In a medium sized skillet heat olive oil on medium heat.
- Add garlic and sauté for 1 minute.
- Add parsnips and celeriac.
- Add stock or water, simmer covered for 20 minutes or until very tender.
- At this point you can mash the vegetables with a potato masher which results in a chunky texture or put into a food processor and process until smooth.
- Serve topped with Mushroom Gravy

Mushroom Gravy

4 servings

1 Tb ghee or extra virgin olive oil
½ medium red onion

3 cups mushrooms portobello or shitake thinly sliced

Sea salt to taste

1 ½ cup water or stock

2 Tb tamari

1 tsp dried thyme

2 Tb arrowroot dissolved in ¼ cup water

- In a small skillet heat oil on medium heat
- Add onions and sauté for 3 minutes
- Add mushrooms and salt
- Add water and bring to a boil
- Lower heat and simmer for 5 minutes
- Add dissolved arrowroot and water, return to a boil until sauce thickens, 1 minute
- Turn off heat and serve or store in the refrigerator for about 4 days

This gravy is great served on any grain.

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 Quinoa or your favorite grain

Vegetables

Sautéed Dandelion Greens

[See video](#)

1 bunch dandelion greens, tough lower stems discarded and leaves cut crosswise into 2-inch pieces
2 Tb extra-virgin olive oil
2-4 large garlic cloves, chopped
Pinch of red pepper flakes
Celtic sea salt to taste
2 Tb extra-virgin olive oil to add for flavor

- Bring a pot of salted water to boil add dandelion greens

- Cook them uncovered for 10 minutes until tender. Drain, cool and squeeze out the water
- Heat olive oil in a sauté pan on medium low
- Add garlic and red pepper flakes sauté 30 seconds until slightly golden
- Add dandelions and sea salt. Increase heat to medium-high, then sauté until coated with oil and heated through, about 4 minutes

Finish by drizzling 2 Tb of extra virgin olive over the greens and serve.

Snap Peas with Sesame Seeds

2 servings

½ lb snap peas ends trimmed

1 Tbs dark sesame oil

1 Tb sesame seeds

Celtic Sea Salt

Red pepper flakes

- Trim the ends of the snap peas, pull the string along the rib of the vegetable to remove.
- Boil water in a medium saucepan
- Blanch snap peas 2-3 minutes until they are crisp tender
- Drain
- Sprinkle with sesame oil, salt, red pepper flakes and sesame seeds
- Toss and serve

Roast Cauliflower with Cumin & Turmeric

I like this dish because it is very satisfying. Roasting of the cauliflower with the coconut oil and spices concentrates the flavors. Turmeric is anti-inflammatory the properties are enhanced when mixed with black pepper

2 servings

1 head cauliflower halved cored and cut into 1" florets

1/3 cup coconut oil

2 tsp ground cumin

1 tsp turmeric

1/2 tsp black pepper

Celtic sea salt

- Preheat oven to 450 degrees
- Heat coconut oil so it is almost liquid
- Add cumin, turmeric and pepper to the coconut oil, mix to combine
- Put cauliflower on a large rimmed baking sheet, drizzle the spiced oil over the cauliflower and toss to coat. If it firms up don't worry you will toss it again while it is roasting.
- Spread the cauliflower out evenly in one layer season with Celtic sea salt
- Roast for 10 minutes
- Remove from the oven and toss the cauliflower again to make sure it is well coated with the spice oil
- Return to the oven and roast for 50 minutes more or until the cauliflower is browned and tender.
- Serve and enjoy!



Water Sautéed Spinach with Garlic

2 servings

2 garlic cloves minced

5 oz spinach

Celtic sea salt & pepper

2 Tb extra virgin olive oil

- Put ½ inch of water in a large sauté pan over high heat. Bring to a boil.
- Add 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.
- Top with olive oil
- 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 (optional for added flavor)

- 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

Roast Sweet Potato Fries

I eat these frequently for dinner with a large salad mixed with avocado. It is filling, satisfying and nutritious. I like it especially when I am tired and don't want to cook much.

2-4 servings

3-4 organic sweet potatoes
Olive oil
Sea Salt & fresh pepper

START

Preheat oven to 425.

Place a rimmed baking sheet in the oven for 5-10 minutes while you prepare the sweet potatoes, you want the pan to be very hot.

PREPARE THE POTATOES

If they are organic you can leave the skin on. If not peel them.

Cut the sweet potatoes to look like big fries about 3 inches long and 1/2 to 3/4 inches thick. Don't go crazy trying to get them perfect. Anything close is fine.

In a large bowl toss sweet potatoes with just enough oil to coat.

Sprinkle with salt and pepper or spices if you are using them

TAKE THE PANS OUT OF THE OVEN

Spread sweet potatoes in single layer on the hot baking sheet, being sure not to overcrowd.

Bake until sweet potatoes are tender and golden brown, turning so they brown on both sides, about 30 minutes.

Optional spices:

Mix together before sprinkling on potatoes

2 tsp ground coriander

2 tsp ground cumin

1 tsp ground fennel

1/2 tsp cayenne

Or

Smoked Paprika sprinkled on makes a nice roasted flavor



Roast Asparagus

2 servings

1 lb fresh asparagus thin ones are best (if thick peel them)

2 Tb Extra Virgin Olive oil

Celtic salt

Fresh pepper

- Preheat oven to 400 degrees
- Cut off the tough ends of the asparagus.
- On a baking sheet, mix asparagus with olive oil so they are completely coated
- Spread them out in a single layer.
- Sprinkle with salt and pepper.
- Roast for 20-30 minutes until tender. The time will depend on the size

You can also grill them instead of roasting. Be careful not to burn them

Warm Asparagus Vinaigrette

Look for stalks that are firm, shiny and unblemished with tightly closed tips. Check the bottoms to make sure they're freshly cut. You need to

snap off the tough ends. I peel the stalks only if they're fat. It is about texture. The skin on the fat asparagus doesn't ever soften.

2 lb asparagus

1 small shallot finely diced

1 Tb red wine vinegar or apple cider vinegar

Sea Salt and Pepper

¼ cup extra virgin olive oil

- Bring a large pot of water to boil. The pot should be big enough to hold the asparagus without bending. Salt the water. And bring to a rolling boil.
- While the water is boiling make the vinaigrette. In a small bowl macerate the shallots in the red wine vinegar with a little salt for a few minutes..
- Whisk in the olive oil and a little fresh ground pepper. Taste it should be a little tart.
- Put the asparagus into the boiling water and let simmer briskly for 3-8 minutes depending on their size. They are done when firmly al dente and still bright green. Taste them to tell.
- Pick them out of the water with some tongs and let them drain on a kitchen towel.
- Pile the spears onto a platter. Sprinkle with salt and pepper. Whisk the vinaigrette and spoon it over the asparagus.

Snacks

Kale Chips with Almond Butter and Miso

The healthy fats and protein in the almond butter make this snack rich and satisfying. Eating kale is like putting a rainforest in your body. It is

full of vitamins, minerals and folate which research says will boost your mood.

½ cup almond butter

¼ cup warm water

¼ cup chopped onion

3 Tb extra virgin olive oil

2 cloves garlic chopped

1 Tb white or yellow miso

1Tb nutritional yeast

1 Tb oregano

1 Tb thyme

2 tsp apple cider vinegar

2 tsp tamari

¼ tsp turmeric

¼ tsp crushed red pepper

1 ½ lbs curly kale, dried, stems removed leaves torn into 2" medium size pieces, stems discarded

Celtic Sea Salt

- Preheat oven to 200 degrees
- In a blender or food processor, puree all of the ingredients except the kale and salt
- Grease 3 large rimmed baking sheets with olive oil
- Place kale in a bowl. Drizzle the almond butter mixture over the kale and rub each leaf to season evenly. Massage the almond mixture into the leaves.



- Arrange the kale on the sheets in an even layer and season with salt
- Bake for about 1 hour 40 minutes, until the leaves are crisp
- Turn the pans a few times so they all cook evenly
- Let them cool and use a spatula to carefully lift the kale chips off of the baking sheets.
- Serve or store in an airtight container or plastic bag.



Easy 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.



Almond Goji Berry Logs

This is a really easy snack you can make in a hurry or for lunch. Traditionally these are made with peanut butter but generally I don't like to eat peanuts. I prefer almond butter instead.

Popular peanut butter brands like Jiff and Skippy are laced with sugar. Peanuts are also said to be one of the most toxic foods in the American diet. They have naturally occurring poisonous molds called aflatoxins present that grow on them, which is probably why so many people have intense allergic reactions to peanuts. These molds can infect our blood and our livers.

Almond butter can be purchased without sugar, and almonds are full of minerals, antioxidants, **Vitamin E and protein**, without the dangerous MOLD!! Plus they are a **great blood sugar stabilizer**.

I love goji berries. Goji berries are the super food from China and Tibet. They are a good source of B vitamins and antioxidants, which protect against harmful free radicals that damage cells in your body. They're also rich in polysaccharides, have 18 kinds of amino acids, and are a rich source of potassium and fiber.

1-2 servings

2 Tb almond butter
2 large pieces of celery
2 Tb Goji Berries

Spread almond butter on celery.
Top with Goji berries
Cut into 4 pieces
Eat and Enjoy!



Almond Cacao Treats

A healthy snack that is easy to make. An excellent source of quick energy for active people and athletes.

Almonds are full of healthy fats and digestible proteins. They are a probiotic which means they stimulate the growth of healthy microflora (beneficial bacteria and yeast) that populate your large intestine.

Tahini is a nutritional powerhouse containing all the essential amino acids making it high quality protein. Tahini is easily digested because of its non-acidic nature.

Raw cacao is high in fiber, antioxidants, magnesium and has protein as well.

This recipe is a great way to use up the pulp from making almond milk. If you don't make almond milk you can use 1 cup of ground nuts but I highly recommend making nut milk. It is easy to make and delicious in coffee or cereal.

Makes about 20 treats

- 1 cup almond nut pulp from making almond milk or grind nuts in food processor
- ½ cup tahini
- ¼ cup raw cacao powder
- ¼ cup maple syrup

1 tsp vanilla extract
1 Tb maca (optional)
¼ cup shredded coconut for finishing the treats
¼ cup raw cacao powder for finishing the treats

- Put nut pulp, ¼ cup cacao powder, sweetener and vanilla into a bowl.
- Mix until everything is smooth.



- Put the finishing cacao and coconut into small bowls



- Use about 1 Tb for each ball. Roll into small balls, then roll into the coconut or cacao powder. Alternate for variety.
- Refrigerate until firm about 15 minutes

They tend to be a bit soft at room temperature so store in an air tight container in the refrigerator or freezer. They store for months in the freezer, take out what you need and let thaw at room temperature for 10-15 minutes before eating.

These make a great gift too!



Krishna's "Energy" Balls

A great treat for during the day when you feel hungry. It has protein, fat and fibre. Great as a recovery snack after you exercise or anytime you want to rebalance your blood sugar. Don't eat too many they are very rich.

16-20 balls

4 tablespoons shredded coconut

4 Tb Sun Warrior Protein Powder or Whey protein powder

1/4 teaspoon liquid stevia

1 tsp vanilla extract

1 teaspoon cinnamon

2 tablespoons hemp seeds

1/2 cup sunflower seeds

1 Tb maca

1/4 cup ground flax seeds

2 tablespoons coconut oil

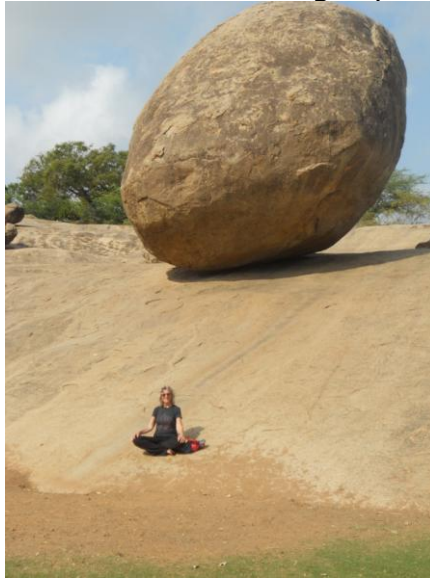
1/2 cup almond butter

1/4 cup water or enough to blend

Optional: raw honey to taste (1-2 tablespoons)

- Process all in a food processor fitted with an S blade adding water as needed to make it somewhat smooth.
- Roll into balls and then roll in shredded coconut flakes.
- Refrigerate until firm.

The name of this dish is inspired by this shrine called **Krishna's Butter Ball in Mamallapuram, India**. I am having a peaceful moment here



Basics

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

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.

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 apple cider 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.

Juice Anything

If you want to use whatever produce is in your refrigerator follow these guidelines:

- Start with milder greens – cucumbers, romaine, celery as the foundation
- Don't use too many of the dark greens like arugula, kale, broccoli, parsley as this will make the juice too strong and unpleasant to drink
- Add some sweet vegetables or low sugar fruits – carrots, apples, lemons, limes, beets, tomatoes
- Spice it up with ginger, hot peppers
- Experiment and enjoy