



Nourishing Foods Cleanse

5 DAYS OF EASY & NOURISHING FOODS FOR YOUR BODY, MIND & SPIRIT

eatwellenjoylife.com

Spring Renewal

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 while simultaneously nourishing your organs. This cleansing and nourishing results in an increase of energy, clarity of mind and even weight loss if that is one of your goals.

This program focuses on the health of one of your major organs of elimination – the **kidneys** with additional support for the **adrenals**.

By cleansing your body regularly you shed years of built-up toxins and debris that are slowing you down, 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 of dealing with stress and your recovery from stress. This 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.

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.

Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure. ~Oprah Winfrey



Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor. ~Thích Nhất Hạnh

Fear is excitement without the breath. ~Fritz Perls



Whenever I feel blue, I start breathing again. ~L. Frank Baum

There is one way of breathing that is shameful and constricted. Then, there's another way: a breath of love that takes you all the way to infinity. ~Rumi

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.

In this cleanse lunch should be the main meal of the day and eaten in a relaxed fashion. Dinner, which you will want to have in the early evening should be lighter than the lunch. It is also very important to keep your blood sugar balanced so have a snack if you need. This will support your adrenals by preventing your body from experiencing stress.

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 daily protocol
- choose only selected fats no others

Exclude

- eliminate or reduce caffeine in all forms, green tea is OK if weaning from coffee
- 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 if necessary some raw honey or maple syrup
- eliminate all packaged or processed foods
- completely avoid food additives and artificial sweeteners

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.

Basic Protocol

Remember to do the “**Lymph Stimulating Breath**” before each meal to relax and wake up your digestion. This will also pump the lymph fluids through your body. A deep breathing practice before eating will 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 and better digestion. When you eat, just eat. Turn off the TV or computer. Be present with your food. If you can eat outside that is even better.

Wake Up

Brush teeth, scrape tongue

12 oz water with 2-4 oz of aloe vera juice

1-2 probiotics

Body brushing before shower

Yoga or gentle exercise

Meditation

Breakfast

8 oz water with ½-1 lemon

Tea or Warm Beverage

1 dropper/1 cap ashwaganda with water

Morning Meal

Late Morning Snack

Snack if you are hungry

1 dropper/1 cap ashwaganda w/water

Lunch

8 oz water with lemon juice

30 minutes before lunch

Lunch

1oz fermented vegetables

1 dropper/2 tabs licorice with water

Notice and Ease Tool

Mid Afternoon Snack (2 hours after lunch)

snack if you are hungry

1 dropper/2 tabs licorice with water

Dinner (before 7pm)

Alternate Nostril Breathing and/or EFT

1 Tb apple cider vinegar in 8 oz water

30 minutes before dinner

Dinner

1-4 oz fermented vegetables

Bed Time (10pm ideally)

Gentle Nighttime Routine

Protein snack or beverage if needed

Try and get to bed by 10 pm

½ -1 tsp 2.5-5ml magnesium under tongue

1 probiotic

Sample Menu

These recipes are written for 2-4 people. The food is delicious so you can share them with your family even if they are not doing the cleanse with you. I have chosen a menu that is easy to prepare. The 2 lunches Southwestern Black Bean Burgers and Indian Vegetables with Coconut Lentils are big enough portions to eat 2 days in a row so you have less cooking to do. You may not need to cook the last night if you have enough left overs. If you need snacks the easiest thing to do is buy some of the recommended snacks so you have less food prep. For snacks, Coconut “Yogurt” and Almond Maca Energy Bars and Cacao Maca Latte are written into the prep and shopping list . I have put a star next to those ingredients on the shopping list if you want to leave them out.

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 eating guidelines if you are straying from the recipes provided. This Sample Menu is here if you want to follow it exactly or use it to inspire your own individual plan. Most importantly enjoy it!



Sample Menu - Spring Renewal 2013

Day 1

Wake up: aloe/water drink
Breakfast: Blueberry Power Smoothie
Snack: (optional) Cacao Maca Latte
Lunch: salad with choice of dressing
Black Bean Burgers
1 oz fermented vegetable
Snack: kale chips
Dinner: Avocado Kelp & Kale, Salad
Mixed Mushroom Soup

Day 3

Wake up: aloe/water drink
Breakfast: Blueberry Power Smoothie
Snack: kale chips
Lunch : salad with choice of dressing
Indian Vegetables Coconut Lentils
1 oz fermented vegetable
Snack: Almond Maca Energy Bar
Dinner: left over Mixed Mushroom Soup
Spinach and Scallion "Omelet"
1 oz fermented vegetable

Day 5

Wake up: aloe/water drink
Breakfast: Blueberry Power Smoothie
1 oz fermented vegetable
Snack: Coconut Yogurt
Lunch: Braised Dandelion with Cannellini Beans and Olives
Snack: Almond Maca Energy Bar
Dinner: small salad with dressing of choice
Carrot Coconut Soup

Day 2

Wake up: aloe/water drink
Breakfast: Just Greens Protein Smoothie
Snack: Nori Snacks
Lunch: salad with choice of dressing
Left over Black Bean Burgers
1 oz fermented vegetable
Snack: Almond Maca Energy Bar
Dinner: Roast Spring Vegetables
Cream of Asparagus Soup
1 oz fermented vegetable

Day 4

Wake up: aloe/water drink
Breakfast: Just Greens Protein Smoothie
Snack: Cacao Maca Latte
Lunch: salad with choice of dressing
left over Indian Vegetables w/lentils
1 oz fermented vegetable
Snack: Coconut Yogurt
Dinner: Spring Vegetable Stir Fry
left over Cream of Asparagus Soup
1 oz fermented vegetable

Notice your BREATH

***Breathe through your nose**

***Breathe into your belly**

***Exhale fully**

KEEP BREATHING



Breakfast

Start your morning with fresh water to hydrate your body and to help your kidneys detoxify anything they have processed overnight. Next will be your “break(the)fast” with protein and/or fat to stabilize your blood sugars. Stabilizing your blood sugar is how you can best support your adrenals. All the recipe suggestions have some protein and fat as part of the morning meal. These are essential for energy and renewal. If you can eat enough breakfast to make it to lunch great, 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. Good morning sunshine!

Breakfast Recipes

Blueberry Power Smoothie
Just Greens Protein Smoothie
Grapefruit Cilantro Smoothie
Fat Busting Green Smoothie
Coconut “Yogurt”
Toasted Almond Quinoa Bake
Coconut Millet Pudding

Beverages

Nettles & Ginger Tea
Cacao Maca “Latte”
Bone Tea “Latte”
Dandy Caramel “Latte”
Peppermint, Nettles
& Goji Berry Elixir

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 throughout the afternoon so you don't fall into a slump. Lunch should be the bigger meal of the day, if possible, and eaten in a relaxed fashion. Take time to sit down and savor your midday meal. As you digest this meal feel the nourishment it provides for your body. Getting outside for a walk after lunch will boost your digestion and provide you with energy all afternoon.

Main Meals

- Indian Vegetables with Coconut Lentils
- Southwestern Black Bean Burgers
- Eggless Spinach and Scallion "Omelet"
- Braised Dandelion with Cannellini Beans and Olives
- Millet Fried Rice
- Raw Spring Nori Rolls

Salad Dressings

- Cilantro Hemp Dressing
- Smoky Avocado & Cumin Dressing
- Dill Sunflower Chia Dressing
- Tahini Dressing
- Easy Miso Dressing
- Lemon Mustard Vinaigrette
- Cosmic Hempini Gravy

Side Vegetables

- Raw Rice
- Roasted Sweet Potatoes

Dinner

It is not just what you eat but when you eat also makes a huge difference in your how you feel and digest. As the sun goes down the body's metabolic hormones begin to slow down. For this reason you should try and eat dinner by 7pm to support your cleanse. The recipes can be enjoyed by your family but keep to a smaller dinner for yourself. You will want to sit down and enjoy your meals, eating slowly. Be mindful as you chew your food fully and savor the taste, texture and smell of each bite. Enjoy the quiet at the end of the meal as the day is coming to an end.

Vegetable Main Dishes

Roasted Spring Vegetables

Spring Vegetable Stir Fry

Steamed Vegetables with Cosmic Hempini Gravy

Dinner Salads

Avocado, Kelp Noodles and Kale Salad

Green Goddess Power Salad

Italian Lentil Salad

Southwestern Black Bean Salad

Kale Slaw with Hemp Cashew Dressing

Mixed Green Salad

Soups

Cream of Asparagus Soup

Zucchini Basil Soup

Carrot Coconut Soup

Anti-Anxiety Vegetable Soup

Mixed Mushroom Soup

Miso Ginger Vegetable Soup

Kale & Shitake Mushroom Soup

Snacks

One of the most important principles for supporting your adrenals is maintaining your blood sugar. 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. They should contain protein, fat and fiber. Be present when you are eating so you enjoy your food and your brain registers the food taken in. 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. If you are someone who wakes up at night be sure to have a protein snack before bed.

Snacks

Almond Maca Energy Bars

Metabolism Boosting Trail Mix

Strawberry Cinnamon Chia Pudding

Kale Chips with Almond Butter & miso

Instant Miso Soup

Guacamole with celery sticks

Cashew Aioli with raw or steamed vegetables

Store Bought Snacks

Sea Tangle Nori Snacks

Raw Sprouted Nuts

Hummus with celery

Raw Almonds

Raw Kale Chips

Gopal Nori Wraps

RECIPES

Breakfast



Blueberry Power Smoothie

What makes this so powerful...

Hemp and chia seeds give us Omega 3 fatty acids, fiber, calcium and complete protein. Maca is an adaptogen, great for supporting the adrenals. 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 cup frozen wild blueberries
- 2 Tb chia seeds soaked in 1 cup water for 30 minutes (or overnight)
- 2 Tb hemp seeds
- 2 tsp maca powder
- 2 handfuls of spinach

1 cup almond milk
¼ tsp vanilla
Pinch of stevia

Put all ingredients into a blender. Blend until smooth.

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



Just Greens Protein Smoothie

The avocado will fill you up keeping you satisfied for many hours.

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
½ cucumber with skin if organic, peel if not organic
½ of a medium Haas avocado
2 tsp maca (optional)
Handful of parsley
2 Tb ground flax seed
1 Tb protein powder (hemp or sun warrior)
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
- Puree till smooth or desired consistency (add more or less water depending on how thick you desire your shake).
- 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.

Grapefruit Cilantro Smoothie

When you combine citrus fruit and cilantro they synergistically work together to alkalize and detoxify the body.

The coconut water provides a great source of natural electrolytes which tastefully blends with the hemp nut seeds and coconut oil. This recipe provides plenty of vitamin C, which boosts the immune system and builds essential collagen for beautiful skin.

2 servings

- 1 large grapefruit, orange or tangerine, peeled membranes removed
- 1 pear
- 2 cups romaine lettuce
- ½ cup cilantro
- 1 lime, hand-juiced
- 1 cup coconut water
- ¼ cup hemp seeds
- 8 drops of vanilla stevia
- 1 Tb coconut oil

- Place grapefruit, pears, romaine lettuce, cilantro, lime juice, vanilla stevia and coconut water in the blender.
- Blend thoroughly.
- Add the coconut oil and blend until smooth.
- Pour serve and enjoy

Fat Busting Green Smoothie

This green smoothie is VERY low glycemic. It will keep your body energized and clean!

2 servings

4 oz of greens of choice, spinach, Swiss chard, collards, romaine, kale, dandelion greens,
1 stalk celery, chopped
1 Tb ginger, chopped
¼ lemon skin removed
½ cup berries
1 green apple chopped
2 cups water
1 scoop raw protein powder (Sun Warrior or Hemp)

Blend all ingredients together Enjoy!
You may add stevia to taste.

Coconut Yogurt

This is a great alternative to dairy yogurt. It is cream and delicious. Serve it plain or with a few berries and nuts for breakfast or snack. It takes about 3 days so plan in advance.

2-3 servings

1 (13.5-oz.) can full-fat coconut milk
5 potent full-spectrum probiotic (Bio-Kult) capsules

- Pour coconut milk into a mason jar.
- Open probiotic capsules and add to coconut milk. Cover and shake.
- Leave in a cool dark place for three to four days, shaking the jar about two times per day.
- On the final day, place the jar in refrigerator, where the “yogurt” will harden.
- Serve plain or with berries

A few more things...

- ✓ Do not open the mason jar once you’ve sealed it and it is sitting in your cabinet fermenting.
- ✓ Note that not all probiotics are actively live. If your yogurt doesn’t culture, it’s time for a new probiotic.
- ✓ The yogurt may have a sulfur-like smell when you open it after

refrigeration. It's only the smell. It should still taste fine. The smell depends on the strain and batch of bacteria used.

Toasted Almond Quinoa Bake

(From www.choosingraw.com)

This can be cut into breakfast squares. You can make it up in advance to have an instant breakfast. It is good hot or cold.

Serves 4-6

1 cups uncooked quinoa, rinsed
3/4 cup water
1 1/4 cups canned coconut milk (full fat or light)
2 Tb maple syrup
1/4 cup currants
1/4 tsp sea salt
3 Tb ground flax seeds
2 tsp cinnamon
1/2 tsp nutmeg
1/4 cup chopped almonds

- Preheat oven to 375.
- Mix all ingredients except almonds together in a casserole or baking dish, making sure that there is at least 1 1/2 inches of extra rim on the sides of the dish. The quinoa will plump up as it cooks.
- Bake the quinoa for 45 minutes, or until all liquid has absorbed.
- Sprinkle the almonds on top and bake for another 10 minutes, or until the almonds are a little golden.
- Allow mixture to cool a bit. Cut into 4-6 slices and serve, topped with a drizzle of coconut milk.

Coconut Millet Pudding

4 servings

1/2 cup uncooked millet, rinse
1-14 oz can light or regular coconut milk (Native Forest is my favorite)
3/4 cup unsweetened almond milk
1 1/2 Tb ground chia seeds
1/4 cup goji berries or medjool dates

6 drops stevia or 1 Tb honey
1 tsp cardamom or cinnamon
1 tsp vanilla

- In a medium saucepan combine the millet, coconut milk, almond milk, chia seed, goji berries, stevia and cardamom. Bring to a boil.
- Simmer covered for 30-40 minutes stirring occasionally until the millet is soft and creamy.
- Stir in the vanilla.

Beverages



Nettles & Ginger Tea

Making a nettle infusion or tea adds absorbable stress reducing nutrients into your diet. It easily provides natural, health promoting nourishment. [Ginger](#) is great for your digestion and improves circulation and blood flow. Together they are a winner. The grassiness of the nettles is offset by the spicy ginger.

Stinging nettles are a power house of gentle natural nutrition. A stinging nettle infusion is very high in calcium, and magnesium which can help calm frazzled nerves. Although it is not a sedative, nettle infusion can also help with relaxation and deep sleep.

Nettles are a gentle source of iron. Nettles are wonderful for anyone with a tendency to anemia and anyone needing more absorbable iron in their diet.

A nourishing nettle infusion also contains beta carotene, chlorophyll, potassium, phosphorous, zinc, chromium, B vitamins and other trace minerals including selenium, silicon and manganese.

Makes 1 quart

1" piece of ginger

¼ cup dried nettles or 6 tea bags

1 quart water

Stevia or raw honey to taste

- Finely chop a 1" piece of piece of ginger.
- Place in 1 quart of water and bring to the boil.
- Reduce the heat, cover and leave to simmer for 10 to 15 minutes.
- Turn off the heat put the dried nettles into the pot of ginger water.
- Stir the leaves thoroughly with a clean spoon.
- Cover the pot
- Let it steep for 30 minutes or you can leave it for 12 hours it will get more intense.
- Pour the ginger/nettle infusion through a fine mesh kitchen strainer or cheese cloth into a jar. It will be a nice green color.
- Take a spoon and press the leaves into the strainer to extract as much of the good nourishing liquid as possible.
- Enjoy for a great nutritional boost and soothing of your digestive system.
- Drink throughout the day or store in the refrigerator for the next day.
- Add sweetener if you like.

Benefits of Nettles

Stinging nettle herb naturally promotes radiant health. Regular use of a strong brew of nettle tea can:

- help to nourish the kidneys and adrenals,
- reduce fatigue and exhaustion,
- promote natural energy,
- stabilize blood sugar,
- reduce allergies,
- promote the health of bones and joints,
- promote healthy hair, skin and nails,
- encourage normal immune function,
- clear sinus congestion,
- reduce chronic headaches and
- assist the body in responding to environmental stressors such as pollution and poor nutrition.

Nettles provide natural absorbable nutrition that really promotes health. In the European herbal traditions stinging nettle was often used as a whole body tonic since it so effectively nourishes and supports many of our body's systems.



Fresh Nettles

Stinging nettle is a mild tasting common herb. It is often found growing in moist areas of fields and roadsides in the North America and Europe. If you don't specifically look for it you are likely to overlook it.

The sting is not in the taste.

The "sting" comes from the formic acid in the almost invisible tiny projections on the stems and leaves. Yes... the fresh herb stings on contact. So...

If you are going to harvest or cook fresh nettle leaves, please wear gloves.

**Once nettles are either dried or cooked the sting goes away.
This makes it much easier to enjoy their rich nutritional bounty.**

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. [Cinnamon](#) helps reduce the risk factors associated with diabetes and heart disease

1 serving

1 Tb raw cacao powder

1 tsp maca

½ cup water

½ cup almond milk

7–12 drops vanilla crème or plain liquid stevia or 1 tsp. raw honey

¼ - ½ tsp cinnamon

- Place cacao powder and maca into a cup.

- Heat water to a boil. Pour the water into the cup. Stir to dissolve the cacao and maca.
- Heat almond or coconut milk through but do not boil. Pour into the cup.
- 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.
- Sprinkle with cinnamon

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.

Oatstraw is a calcium-rich herb has been shown to **heal osteoporosis, mend bones, improve cognitive performance**—and even **enhance sexual performance**. It comes from oats which are harvested before the grain matures, the green grass and tops are called oat straw.

Horsetail is made up of at least 35 percent silica, which makes it a valuable healing agent for both internal and external wounds. Silica has the action of strengthening and firming tissue in the body, including veins, arteries, bones, skin and cartilage. It is also beneficial for inflammation in the gut and ulcers.

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!

Dandy Caramel Latte

Dandy Blend is a great coffee replacement. It contains over 50 trace minerals in each cup, most of which the body uses to help synthesize compounds needed in metabolism. Dandelion root is what makes Dandy Blend unique. It is the only instant coffee alternative in the United States that contains dandelion root. Dandelion is a valued vegetable and highly respected herbal medicine. It is one of the top six herbs in the Chinese medicine chest. If you want to give up coffee Dandy Blend is by far the easiest way to do that and still; continue enjoying a similar flavor and texture of a good "cuppa joe".

1 serving

- 1-2 tsp Dandy
- ¼ tsp maca powder
- ¼ cup almond or coconut milk
- 1 ½ cups hot water

4–6 drops English toffee liquid stevia (this is a key ingredient)
3 drops vanilla crème liquid stevia

- Place Dandy, maca in a blender
- Add almond milk and hot water.
- Blend until smooth and frothy
- Mix in the stevia's

Nettles Peppermint & Goji Berry Elixir

Make the Nettles, Peppermint and Goji Berry teas

Nettles & Peppermint Tea

Place ¼ cup of nettles, ¼ cup peppermint in a mason jar. Fill the jar to the top with boiling water. Put the lid on and let sit at room temperature for 1-4 hours. The longer you leave it the stronger it will get. Strain the 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.

1 cup Nettles/Peppermint tea

½ cup Goji Berry tea

Stevia to taste

- Take 1 cup nettles/peppermint 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.



Indian Vegetables with Coconut Lentils

4 servings

2 Tb coconut oil or ghee

$\frac{3}{4}$ cup onion, diced

$\frac{1}{4}$ tsp sea salt

1 tsp garlic minced

1 Tb fresh ginger chopped

$\frac{1}{2}$ tsp turmeric

1 Tb Madras curry powder or other mild curry powder

Pinch of cayenne (optional)

1 sweet potato, cut into 1 inch cubes (2 -2 $\frac{1}{2}$ cups) unpeeled if organic

1 carrots, diced

$\frac{3}{4}$ cup red lentils

4 cups water

1 $\frac{1}{2}$ cup string beans, into 1 $\frac{1}{2}$ " lengths

1 $\frac{1}{2}$ cup cauliflower, cut into florets

$\frac{1}{4}$ cup full fat coconut milk

Lemon wedges

- Melt ghee or oil in a large sauté pan.
- Sauté onions with salt, 5 minutes.
- Add garlic and ginger sauté on medium heat stirring occasionally until onions are soft another 2 minutes.
- Add, spices and sauté, stirring until spices are fragrant, 1 minute.

- Add the lentils and water, bring to a boil. Simmer on medium 10 minutes.
- Add potatoes and carrots, cover and simmer 15 minutes or until the lentils and sweet potatoes are almost tender.
- Add cauliflower and string beans, cook 5 minutes until vegetables are tender.
- Stir in coconut milk
- Serve sprinkled with a little coarse Celtic sea salt and a squeeze of lemon.

A few more things:

- Change up the vegetables according to what is in your refrigerator but keep the sweet potatoes for a nice sweet balance.
- If you like spicy add more curry and a pinch of cayenne



Southwestern Black Bean Burgers

You can serve these "burgers" on tomato with Cilantro Hemp Sauce as in the picture. If you prefer serve them with guacamole or sliced avocado and salsa. A nice green vegetable or salad is the perfect accompaniment.

Makes 4-6 Burgers

½ cup pumpkin seeds
 1 cup raw quinoa or 2 ½ cups cooked quinoa

1 ½ cups (cooked) black beans (1-15oz can)
1 Tb tahini
2 Tb fresh lemon juice
1/4 cup sundried tomato
2 cloves garlic minced
½ tsp chili powder
1 tsp cumin
1/4 tsp Celtic sea salt
2 Tb scallions sliced

- Rinse quinoa and place in a pot with 2 cups of water. Bring water/quinoa to boil. Reduce to low simmer and let quinoa cook till water is absorbed, 15 minutes. Turn off heat, fluff quinoa, and let sit, covered, for ten minutes or so..
- Place pumpkin seeds in a food processor and grind to a fine meal.
- Add black beans (either home cooked, or canned) and quinoa and pulse to combine well.
- Add sundried tomato, tahini, lemon juice, chili powder, cumin, salt, garlic, and scallions.
- Pulse continually until mixture has all come together. Add water if necessary to thin the mixture into proper "burger" texture. You want it to be quite firm, easy to handle and not too sticky.
- Mold mixture into 6 patties.



- Pan fry in 1 Tb of olive oil on medium low until crispy and golden brown on each side, or bake at 350 for 25 minutes, flipping once halfway through.
- Serve immediately or reheat when you are ready to eat them.

Eggless Spinach & Scallion “Omelet”

This is a cross between an omelet and a crepe. Garbanzo flour (also called chick pea flour) is low-glycemic and full of protein. It is also gluten free and high in folate which helps our body produce and maintain new cells. This dish can be made with many different fillings. It is a great option for people who may be sensitive to eggs or just want to try something different.

2 servings

Sautéed Spinach

½ Tb olive oil
4 cups raw baby spinach
1 clove garlic minced
Celtic sea salt and pepper

Omelet Batter

1 cup garbanzo bean flour
approximately 2/3 cup water
2 Tb olive oil
2 scallions thinly sliced
½ tsp dried thyme
Celtic sea salt, pinch
black pepper, pinch
1-2 tsp coconut oil to oil the pan

Cashew Aioli (optional)

Prepare the spinach

- Heat the olive oil on medium low in a large sauté pan.
- Add the garlic sauté 1 minute. Add the spinach.
- Season with salt and pepper.
- Sauté while stirring until wilted.
- Set aside on a plate.

Prepare the batter

- Scoop the garbanzo bean flour into a bowl.
Add water to the bowl and stir with a fork until well blended and all lumps are removed. The mixture should be the consistency of slightly thick crepe batter.
- Add olive oil, scallions, thyme, salt and pepper and mix again.
- Add enough coconut oil to lightly coat the bottom of the pan on medium heat.
- Pour half the batter into the heated pan. Tilt the pan to spread the batter into a thin circle. It should be thinner than a pancake.
- Cover the pan with a lid and allow to cook over medium-low heat for 3-5 minutes until golden brown. Check after three minutes. Cook until it is cooked enough that you can easily “flip” it, but not too brown.
- Flip it over and brown the other side.
- Fill half of the circular shape with the spinach filling. Flip over the uncovered half. Cover the pan for a minute or two more. Cooking to desired crispness.
- Set aside on a plate and cover to keep warm while you prepare the second one.
- Serve topped with Cashew Aioli (recipe below) or Cilantro Hemp Dressing. Serve with sliced tomatoes and salad greens.

A few more things...

You can make this with any combination of ingredients. For example

- sautéed mushrooms
- roasted red peppers
- cooked onions
- salsa
- avocado
- asparagus
- tomatoes
- pesto
- roast veggies

Be creative, let your imagination run wild, see what you have in your Refrigerator

Cashew Aioli

1 cup cashews, soaked for 4 hours or overnight, drained

1 Tb lemon juice or to taste
¼- ½ tsp Celtic sea salt
1 clove garlic minced
1 Tb olive oil
¼ cup fresh parsley chopped
1/8- 1/4 cup water

- Put nuts in a food processor and process till ground well.
- Add salt, lemon juice, garlic, olive oil and parsley and 1/8 cup water. Scrape sides of bowl and run processor again. Process or blend till the mixture is very smooth and creamy. Add the water as needed to facilitate blending, but don't add so much that the mixture gets soupy. You want the consistency to be like mayonnaise
- Put a dollop on top of the "omelet"
- You can serve this Aioli with vegetable crudités or on raw crackers, or on top of salad
- Store for up to 5 days in the refrigerator



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
- I garnished these with some roasted red peppers.

A few more things...

- Dandelion greens can be boiled 3 days ahead. Chill, wrapped in paper towels, in a sealed bag



Millet Fried "Rice"

The secret to making the best millet fried "rice" is to use really dry cooked grains. Day-old cooked grains are best. If your cooked grains are wet or damp you can spread them on a cookie sheet and dry them in a 250 degree oven or toast in the wok over low heat.

2 main dish servings 4 side dish servings

2 Tb coconut oil

3 tablespoons fresh ginger, peeled and grated

5 cloves garlic, minced

1/4 cup scallions, sliced

1 shallot, finely chopped

1 red bell peppers, chopped

2 cups carrots, coarsely chopped

1 cup frozen petite peas, rinsed under hot water to thaw

Celtic Sea salt, to taste

2 cups cooked, cold millet (see Basics in Menu & Recipe)

1-2 Tb wheat free tamari or tamari

1/4 cup parsley, finely chopped

1Tb toasted sesame oil

- Heat the coconut oil in a large sauté pan over medium-high heat.
- Add the ginger and garlic and cook for about 15 seconds.
- Stir in the shallots and scallions; cook for 30 seconds.
- Add the red bell pepper and carrots, and cook, stirring constantly for 2-5 minutes until carrots are tender but not soft.
- Season lightly with sea salt to taste.
- Add peas, cook for 1 minute
- Add the cooked millet to the skillet and stir-fry for 1 minute, tossing to separate the grains and combine well.
- Stir in the soy sauce.
- Add the parsley.
- Drizzle with toasted sesame oil.
- Serve warm.



Raw Spring Nori Rolls

4 rolls – 2 servings

3 cups raw "rice" with kale

1 avocado peeled and cut into thin slices

1 carrot julienne

½ cucumber seeded and cut into thin strips

¼ cup fresh basil &/or mint (optional) leaves cut in half

½ cup raw sauerkraut squeezed dry

Wheat free tamari

Wasabi powder dissolved in water to make a paste

- Place 1 sheet of nori on a sushi mat or cutting board.
- Spread ¼ of the raw rice evenly on top of the nori leaving 1" of space on the top and bottom. Use your fingers to press it down and smoothed out to the edges.



- Starting on "rice" at the the edge closest to you place in a row ¼ of the avocado, carrots, cucumber, basil and sauerkraut. Leave a space of nori at the bottom to wrap around the vegetables.
- Roll the nori from the bottom up as tightly as you can.
- Spread a little of the wasabi paste along the top edge to seal the roll.
- Using a very sharp knife, cut into 6 pieces
- Serve with tamari and wasabi in a small bowl for dipping

Salad Dressings

Cilantro Hemp Dressing

Makes 2 cups

1 cup hemp seeds
4 Tb lemon juice
2 Tb wheat free tamari
1 Tb nutritional yeast
1 Tb shredded coconut
1/2 cup water
1/2 cup olive oil
2 clove garlic chopped
1/4 tsp sea salt
1/8 tsp fresh pepper
1/2 cup fresh cilantro

- Put all ingredients except the cilantro into a blender.
- Blend until smooth.
- Add cilantro and blend just to incorporate. You want to see specks of the greens.

Smoky Avocado and Cumin Dressing

Yields: 1 1/4 cups

1 small avocado
1 Tb cumin powder
1/4 cup lime juice (2 limes)
1/2 tsp smoked paprika
1 cup water
1/4 tsp salt
Dash cayenne pepper
2 Tb olive oil

- Blend all ingredients together in a blender or processor till smooth.
- Add olive oil with machine running to make a creamy consistency.

This will keep for 2 days in the refrigerator

Dill Sunflower Chia Dressing

Yield: 1 cup

1 Tb chia seeds
1 cup water
1/2 cup raw hulled sunflower seeds
2 Tb apple cider vinegar
3 Tb lemon juice
1 Tb wheat free tamari
1 tsp minced garlic
1/4 tsp Celitc sea salt
Pinch of stevia
2 Tb olive oil
1/4 cup chopped fresh dill

- Soak the chia seeds in the 1 cup of water for 30 minutes or more
- Put all ingredients in a blender except the olive oil and dill. Blend until creamy and smooth.
- While the blender is running pour in the olive oil very slowly.
- Add the dill and blend until just combined. You want to see flecks of dill.

This will hold in the refrigerator for up to 4 days

Optional: soak the sunflower seed for 4 hours and drain

Tahini Dressing

We served this dressing in our restaurant Arnold's Turtle for many years. It is one of my more favorite dressings.

4 servings

1/2 cup tahini
1/4 cup lemon juice
1/2 cup water
1 clove garlic minced

½ tsp Celtic Salt
¼ tsp cayenne

- Mix everything together in a bowl with a fork until thick or blend in a blender.
- Use less water to make it a dip for crudités.
- Store in a glass jar in the refrigerator.
This will keep 5-7 days in the refrigerator

Easy Miso Dressing

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

2 servings

¼ cup apple cider vinegar
1 Tb yellow miso
1 Tb tamari
½ cup olive oil

- In a small bowl, dissolve miso in the vinegar.
- Add tamari
- Whisk in the olive oil

Lemon Mustard Vinaigrette

Makes enough for 2 medium salads or 1 gigantic salad

2 tablespoons freshly squeezed lemon juice
1/2 teaspoon prepared Dijon mustard
1/4 teaspoon Celtic sea salt
4 tablespoons delicious extra-virgin olive oil

- Option 1: combine all ingredients in a small jar with a tight fitting lid. Shake vigorously for 30 seconds until emulsified.
- Option 2: Combine the lemon juice, mustard and salt in a bowl. Drizzle in the olive oil while whisking continuously.
- Taste and adjust the salt, and add more lemon juice or olive oil to achieve a pleasing balance of acidity.



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.

4 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.

Side Vegetables

Raw Rice

2 servings - 3 cups

4 cups cauliflower,
1/2 cup pine nuts
1 Tb dark sesame oil
1 Tb lemon juice
1/2 tsp celtic sea salt

- Put the pine nuts into a food processor. Pulse a few times until they look like little pebbles
- Add the cauliflower and pulse until they look like rice
- Add the sesame oil, lemon juice, and salt Pulse just to combine.

Use for making Raw Sushi or serve as a side dish.

Roast Sweet Potatoes

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 into 2" chunks.

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

Sprinkle with salt and pepper

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.

Vegetable Main Dishes



Roast Spring Vegetables

Roasting vegetables is really easy. Once you put them in the oven they don't need much more than a stir. The spring vegetables roast in about 15 minutes so it is almost instant food. Choose vegetables which cook quickly. In this recipe I used snap peas, asparagus, broccoli and kale.

2 servings

2 cups snap peas
2 cups asparagus stems trimmed and cut in half so they are about the same length as the snap peas
3 cups kale, stems removed torn into 3" pieces.
2 cups broccoli florets
¼ cup olive oil
Celtic sea salt to taste
Fresh Ground pepper

- Heat oven to 425.
- Toss vegetables together with the oil. Sprinkle with salt & pepper
- Put onto a rimmed baking sheet.
- Roast 15 minutes turning half way through so they don't burn on one side.
- Remove from the oven when vegetables are tender and kale is slightly crisp.
- Enjoy immediately!



Spring Vegetable Stir Fry

2 servings

1 medium onion, sliced into half moons
2 carrots, sliced on the diagonal and cut into half moons

3 cloves garlic, chopped
2-3 Tb ginger, peeled and minced
2 cups broccoli florets
2 cups cabbage or bok choy, thinly sliced
2 cups asparagus, cut into 2" pieces, stems peeled if thick
1 cup snap peas
¼- ½ cup water
½ Tb kudzu or arrowroot mixed ¼ cup cold water
Wheat-free tamari, to taste
Brown rice vinegar, to taste
Pinch of cayenne, optional

- In a large sauté pan or wok, heat coconut oil over medium-high heat.
- Add onion and sauté for 3 minutes, being careful not to brown.
- Add carrots and sauté 2 minutes more.
- Add garlic, ginger, and broccoli and sauté for 2–3 minutes. Add a few tablespoons of water to prevent burning. Keep the vegetables moving in the pan.
- Add the cabbage, asparagus, and ¼ cup water. Mix well, cover, and cook for 2 minutes
- Add the snap peas stirring for 1 minute. Cover and cook 1 minute more or until the vegetables are crisp tender and brightly colored.
- Turn heat to low and add the kudzu-water mixture, tamari, rice vinegar and cayenne to taste. Gently stir for about 20 seconds or until the liquid is clear.

A few notes...

- It is best to cut up all the vegetables and put into separate bowls before starting. The cooking happens very quickly so you want everything ready.
- Use whatever vegetables you find in the market or in your refrigerator. Some type of cabbage is good to keep in as it ties the whole dish together.
- Add the vegetables to the pan according to how long they need to cook. For example if you were to use string beans, add them after the carrots but before the cabbage and asparagus.

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 crisp tender.
- Serve topped with Cosmic Hempini Gravy

Dinner Salads



Avocado Kelp Noodle and Kale Salad

2 servings

1/2 large avocado

6 oz kelp noodles (2 cups or half the package)

3 cups kale stems removed and very thinly sliced (lacinato is best but curly

is fine just be sure you slice it really thin)

1/4 cup sauerkraut

1 carrot julienned or shredded

Juice of half a lemon

Sea salt and black pepper to taste

- Mix the kelp noodles, carrots, sauerkraut and kale together with the lemon. Add the avocado and smash it with a fork, then use your hands to "massage" it all together.
- Taste for salt. Sprinkle with fresh pepper.
- Enjoy.

A few notes...

- If you can't find the kelp noodles make the dish with 2 cups of cabbage very thinly sliced. It will be delicious and nutritious too.
- If you don't have any raw sauerkraut you can leave it out. I like to make recipes with raw sauerkraut to get the live probiotics into my system to build good intestinal flora.



Green Goddess Power Salad

I like lacinto, black or dinosaur kale rather than the regular green curly kale because the leaves tend to be tough, but it will work if you slice it thinly enough. Avocado, hemp, greens, and sea veggies—so much unbelievable nutrition in every bite of this dish!! This is what I call a power meal.

2 servings

4 cups kale (1 bunch) stalks removed and discarded, leaves very thinly sliced

1 cup kelp noodles

1 cup broccoli florets cut into small pieces

2 cups zucchini, julienned with a julienne tool or spiralizer

8 cherry tomatoes, halved

2Tb hemp seeds

- Put kale in large serving bowl, add ½ tsp salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.
- Soak the kelp noodles in cold water while you prepare the rest
- Lightly steam the broccoli, and blanch in cool water to retain freshness and color.

- Drain the kelp noodles, dry them on a kitchen towel and chop into 2" pieces. Mix zucchini and kelp noodles, and toss them with a generous serving of smoked avocado cumin dressing. Add cherry tomatoes and toss again.
- Using two plates, plate the kale, place the broccoli around the outside. Top them with the dressed noodles and tomatoes.
- Spoon some of the dressing on the broccoli
- Sprinkle the whole dish with hemp seeds.
- Serve.



Italian Lentil Salad

4-6 servings

1 cups French green lentils, rinsed
 1 bay leaf
 1 tsp dried thyme
 ½ tsp dried oregano
 1 tablespoon Dijon mustard
 3 tablespoons apple cider vinegar
 ½ cup extra-virgin olive oil
 Celtic sea salt
 freshly ground pepper

3 cups packed baby spinach
½ small red onion, cut into 1/4-inch dice
1- 14 oz can quartered baby artichoke hearts or frozen 1 ¼ cups
¼ cup pitted green, halved lengthwise
½ cup finely chopped red bell peppers (optional)
4 large basil leaves, thinly sliced
¼ cup sauerkraut, liquid squeezed out and discarded

- In a large saucepan, cover the lentils with plenty of water, bring to a simmer and add the bay leaf, thyme and oregano
- Cook over moderately low heat until the lentils are tender, about 25 minutes. Drain well and discard the bay leaf.
- In a large bowl, whisk the mustard with the apple cider vinegar and a little salt.
- Slowly whisk in the olive oil and season with pepper.
- Add 2 cups of the spinach and toss with the hot lentils and red onion until the spinach has wilted.
- Add the artichokes, olives and red peppers.
- Season the salad with salt and pepper and let stand for 10 minutes.
- Just before serving, toss the salad, basil, sauerkraut and the remaining spinach.
- Serve warm or at room temperature on a bed of greens.

This will keep 4 days in the refrigerator. Return to room temperature when you eat it.

A few more things:

- Regular brown or green lentils are just fine if you can't find the small French ones.
- Use black olives if you prefer the taste
- My favorite type of canned artichokes come from Native Forest. They are organic and come in a BPA free can.
- Use the most flavorful olive oil you have for this dish.



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.

4 servings

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

1/3 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



Kale-Slaw with Cashew Hemp Dressing

2 servings

3 cups lacinato kale, stems removed and thinly sliced

2 cups green or red cabbage shredded or finely chopped

1 cup julienned or shredded carrots

¼ cup raw sauerkraut or kim chi (optional)

Cashew Hemp Dressing

¾ cup cashews, soaked 2 hours or more and drained

¼ cup hemp seeds

1 Tb lemon juice

2 Tb apple cider vinegar

¼ tsp sea salt

1 pitted dates

2 Tb dijon mustard

$\frac{3}{4}$ cup water

- Place the kale, cabbage, carrots and sauerkraut into a large bowl. Toss with a pinch of salt.
- Put all the ingredients for the dressing except the water in the blender.
- Add $\frac{1}{2}$ cup water and start blending. Blend until well combined and beginning to get smooth
- Add the rest of the water while blending to desired consistency.
- Blend until very smooth and creamy
- Spoon about $\frac{1}{3}$ cup of dressing onto the kale – cabbage mixture. Mix to combine. Massage it with your hands
- Add more dressing as needed to get a nice creamy slaw
- Serve

Mixed Green Salad

Mixed organic greens or baby arugula

Carrots shredded, sprouts, cucumber, diakon anything you like

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

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

Tip for dressing salads: Be sure your greens are dry so the water doesn't dilute the dressing. After placing the ingredients in the bowl, drizzle the dressing around the edge of the bowl and then gently mix to even distribute it. Use your hands instead of tongs to toss the greens. 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.



Cream of Asparagus Soup

This is a rich, creamy dairy free soup, a perfect way to serve the wonderful asparagus available in spring.

6 servings

3 tablespoons extra-virgin olive oil
2 lb asparagus
2 stalks celery, chopped
1 large onion, chopped
2 cloves garlic minced
6 cups veg or chicken stock
1 bay leaf
1 cup cashews soaked 4 hours or overnight
Freshly ground black pepper
2 cups loosely packed fresh baby spinach
Shredded basil or fresh thyme sprigs for garnish (optional)
Celtic sea salt
Fresh pepper

- Cut the asparagus into 2" pieces. Put the top 2" into a separate bowl. You will be adding those toward the end

- Heat a large soup pot on medium, add the olive oil
- Add celery and onion and sauté for 6 to 10 minutes, until the celery is just soft.
- Add garlic and asparagus pieces but not the tops. Mix thoroughly.
- Add the stock and bay leaf, bring to a boil, then reduce the heat and simmer for 30 minutes. Remove and discard the bay leaf. Season to taste with salt and pepper.
- Working in batches, pour the soup into a blender, cover the lid with a towel (the hot liquid tends to erupt), and blend on high. Blend with the cashews.
- Pour the soup back into the pot add the rest of the asparagus. Simmer on very low heat for 5–10 minutes until asparagus are tender.
- Put spinach into the blender. Scoop out enough of the liquid to just cover the spinach. Don't blend in any of the whole asparagus use only the liquid. Blend the spinach until smooth.
- Pour the spinach liquid back into the soup. Mix, taste to adjust seasoning.
- Ladle into bowls. Garnish each bowl with some shredded basil.



Zucchini Basil Soup

2 servings

1/8 cup olive oil

5 cups zucchini, cut into thick 3/4" slices (5 zucchini)

1 large onion, finely sliced

4 garlic cloves, chopped

4 cups vegetable or chicken stock
4-6 basil leaves
Celtic sea salt and pepper

- Julienne skin (only) from 1 zucchini with julienne tool; toss with 1/4 teaspoon salt and drain in a strainer until wilted, while you prepare the other ingredients.
- Heat a heavy bottomed soup pot
- Add onion stirring often until very soft but not brown. If the onions start to stick turn down the heat and add a few Tb of water.
- Add chopped garlic and zucchini and ¼ teaspoon salt cook, stirring occasionally, 2 minutes.
- Pour in 3 cups stock, simmer until tender, about 15 minutes.
- Let the soup cool a bit the puree in a blender with the basil until very smooth. Purée soup with basil in blender.
- Taste for salt and season with fresh pepper.
- Dry the julienne zucchini.
- Serve in shallow bowls with julienned zucchini mounded on top.



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
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, sliced into ½" slices
1 1/2 tsp curry powder (used mild or spicy depending you your tastes)
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, stir frequently. If it gets dry add a splash of water.
- Add curry powder and mix.
- Add the stock, carrots and sweet 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. 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!

Anti-Anxiety Vegetable Soup

In this soup we use chicken bone broth. Chicken soup is good for the soul, it heals the body, it makes us feel good. I can personally attest to the fact that it is calming. Even the act of eating it – with a spoon, slowly – is calming. It works like this: the collagen released when you cook chicken bones (in particular) for hours – feeds, repairs, and calms the mucous lining in the small intestine. Our gut is our second brain. Our gut is integral to our entire nervous systems. Calm the gut, you calm your brain and body. The parsley is a particularly good for “imparting additional mineral ions to the broth”, says Sally Fallon in Nourishing Wisdom.

2 servings

3 cups of chicken broth

1 cup zucchini, cut into 1” cubes

1 cup yellow squash cut into 1” cubes

1 cup coarsely chopped dandelion greens*

1 Tb grated or finely chopped ginger

1 clove garlic minced

4 asparagus peeled if thick, cut into 1” lengths

¼ cup parsley

Celtic sea salt

Fresh ground pepper

- Bring the broth to the boil, reduce to a simmer and add the vegetables. ginger and garlic.
- Cook for 3-5 minutes until zucchini is tender.
- Stir in the parsley. Add salt and pepper to taste.
- Enjoy.

*Note: You can use spinach instead of dandelion greens but add it at the end with the parsley instead of with the zucchini.



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.

4 servings

¼ c dried porcini 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

Miso Ginger Vegetable Soup

4 servings

2" piece wakame or dulse seaweed (optional)

6 cups filtered water

1 Tb dark sesame oil or organic cold pressed sesame oil (or olive oil)

2 shallot thinly sliced

3 cloves garlic thinly sliced

8 oz shitake mushrooms or porto bello mushrooms, sliced

1 carrot cut into half moons

2 Tb freshly grated or minced ginger

2 cups broccoli chopped

2 cups kale, stems removed, chopped into bite size pieces

4 Tb yellow or red miso

Wheat free tamari to taste

2 scallions thinly sliced

- If using the seaweed (optional). Rinse the seaweed, soak in the 6 cups of water for 5 minutes. Drain, reserve the water, coarsely chop the seaweed.
- In large soup pot heat oil on medium-low heat
- Add shallots and garlic.
- Sauté on medium-low heat for 3–4 minutes.
- Add mushrooms and sauté for another 3 minutes.
- Add reserved water and ginger. Bring to a boil and simmer for 5 minutes until the mushrooms are almost tender.
- Add carrot, broccoli and kale simmer 2-3 minutes until vegetables are tender
- Turn heat off add seaweed if using.
- Take out ½ cup of water add miso mashing with a fork to dissolve the miso.
- Pour miso mix back into the pot. Don't boil the soup once you add the miso. Stir, taste add wheat free tamari if desired.
- Return the lid to the pot and let stand for 5 minutes.
- Serve garnished with scallions

Kale & Shiitake Mushroom Soup

This brothy soup is good for your heart and soul. It provides cleansing, healthful nutrition on many levels: kale is full of antioxidants. Garlic is good for the cardiovascular system. Shiitake mushrooms contain eritadenine, an amino acid that speeds up processing of cholesterol in the liver.

Serves 4

2 Tb olive oil
 1 large onion chopped
 1 celery stalk diced
 1 ¼ cup (3.5 oz.) shiitake mushrooms, stemmed and thinly sliced
 4 cloves garlic, peeled and thinly sliced
 4 cups vegetable or chicken broth
 2 thyme sprigs or ½ tsp dried thyme
 3 cups kale (1 small bunch) stemmed and chopped into bit size pieces
 1 plum tomato chopped
 Fresh ground black pepper
 Celtic sea salt

- Heat oil in medium saucepan over low-medium heat. Add mushrooms, and season with a pinch of salt.
- Sauté mushrooms 10 minutes, or until beginning to brown.
- Add garlic, sauté 2 minutes more.
- Add stock and thyme, stirring to scrape up browned bits from pan.
- Turn up heat, bring to a boil, then reduce heat to medium-low, cover and simmer 10 minutes.
- Add kale, and cook 10 to 15 minutes more, or until kale is tender.
- Add tomato, season with salt and pepper, to taste.
- Enjoy

Snacks



Almond Maca Energy Bars

16 servings

1-1/2 cups almonds (soaked 2-4 hours)
 1/2 cup brazil nuts (soaked 2-4 hours)
 1/4 cup ground flax seeds
 1/4 cup shredded coconut
 1/2 cup tahini, almond butter or sunflower butter
 a couple pinches of sea salt

1/2 cup coconut oil
 1/4 cup dates

1 Tb maca
1 Tb vanilla extract
4-6 drops stevia extract (put some drops in, mix and taste)

- Drain nuts and dry on a kitchen towel.
- Pulse nuts, ground flaxseeds, coconut, nut butter and salt in a food processor until coarsely ground.
- Gently melt the coconut butter in a bowl placed in heated water.
- Add the coconut butter along with the rest of the ingredients. Pulse to create a coarse pasty mixture.
- Taste to adjust flavor.
- Press mixture in an 8x8 glass baking dish.
- Chill in the refrigerator for 1 hour.
- Cut into 16 squares.
- Enjoy 1 or 2 as an afternoon pick me up or night cap to keep your blood sugar stable through the night.
- Store in refrigerator or freezer.

A few more things...

- You can add ½ cup cacao nibs but not if you are planning to eat them at night as the cacao has a little caffeine.
- Instead of the brazil nuts you can use walnuts. I like the brazil nuts for the selenium.
- If you want them to be chocolate flavored add ¼ cup of raw cacao powder.
- Switch the dates to either dried cherries or goji berries, this will make the bars less sweet.

Metabolism Boosting Trail Mix

Cocoa nibs are roasted cocoa beans separated from their husks and broken into small bits. The nibs can be used in recipes or as a snack when you want something chocolaty to satisfy your taste buds. They taste like chocolate but are not sweet. I like them best with some dried fruits and nuts. If you can get sprouted nuts, those are the easiest to digest.

Makes 5 cups

½ cup dried wild blueberries (unsweetened)

½ cup dried cranberries (unsweetened)

1 cup cocoa nibs

1 cup whole raw sprouted almonds

1 cup hulled raw sprouted pumpkin seeds

1 cup hulled raw sprouted sunflower seeds

- In a medium bowl, mix all the ingredients. Store in a covered jar and keep in a cool, dark place.
- Store leftovers in an airtight glass container in refrigerator.

A few more things...

- You can make this with all of the above ingredients or just a few of them. Do what is easy.

Strawberry Chia Pudding

2-3 servings

6 Tb chia seeds

1 cup frozen or regular strawberries

1 ¾ cups almond milk (or any homemade nut milk of choice)

½ tsp cinnamon

2 pitted dates, maple syrup or stevia to taste

- Blend the strawberries, milk, cinnamon, and sweetener together on high till smooth. You should have about 2 ¼ 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



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

1/4 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.



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.



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!

Guacamole

4 servings

2-3 ripe Avocados, pitted

1 small red onion, diced

2 medium tomatoes, diced into small pieces

Juice of 1 lemon

1 cloves garlic minced

1 jalapeno pepper minced

cayenne pepper to taste

½ tsp ground cumin
Celtic Sea salt to taste
4 Tbs chopped cilantro

- In a bowl combine the onion, tomatoes, garlic, jalapeno, lemon, salt, cumin and cayenne.
- Mix this so it is well combined.
- Let sit for 5 minutes while you prepare the avocado.
- Cut the avocados in half and remove pit. Cut again in half which will make it easy to peel off the skin. Cut pulp into chunks; don't worry if it gets a little mashed up.
- Add the tomato mixture.
- Mix in cilantro
- Serve

Cashew Aioli

Makes 1 cup

1 cup cashews, soaked for 4 hours or overnight, drained
1 Tb lemon juice or to taste
¼- ½ tsp Celtic sea salt
1 clove garlic minced
1 Tb olive oil
¼ cup fresh parsley chopped
1/8- 1/4 cup water

- Put nuts in a food processor and process till ground well.
- Add salt, lemon juice, garlic, olive oil and parsley and 1/8 cup water. Scrape sides of bowl and run processor again. Process or blend till the mixture is very smooth and creamy. Add the water as needed to facilitate blending, but don't add so much that the mixture gets soupy. You want the consistency to be like mayonnaise
- Put a dollop on top of the "omelet"
- You can serve this Aioli with vegetable crudité's or on raw crackers, or on top of salad
- Store for up to 5 days in the refrigerator

Basics

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

Millet

1 cups millet
2 cups water or stock
Pinch of sea salt

- Rinse millet with cool water in a strainer and place in a sauté pan over medium heat. Gently stir the millet until it starts to give off a nutty aroma and the grains start jumping around. Be sure it doesn't burn. If it starts to burn remove it from the heat and stir, return to the heat on a lower flame. The reason we toast the millet is so the outside of the grain will not turn to mush before the insides cook enough to lose their crunch
- Add the 2 cups of boiling water or stock and salt.
- Return to a boil, reduce heat and cover the pot.
- Simmer for 25-30 minutes until all the liquid has been absorbed.
- Turn off heat and let stand covered for 5 minutes.

Makes 3 ½ - 4 cups cooked millet

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.