



Nourishing Foods Cleanse

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

eatwellenjoylife.com

Summer Restore Your Liver

“Love yourself first and everything else will fall into place” – Lucille Ball

Cleansing is your opportunity to slow down what is coming into your body, to give your organs a rest. Then by taking in simple nourishing foods that digest quickly and easily you will activate your systems of detoxification and elimination to nourish your organs and glands. This cleansing and nourishing results in feeling leaner, lighter and more energized

This program focuses on the health of your major organ of detoxification, the **liver** with additional support for the major organ of elimination, the **colon**.

The summer cleanse is the deepest of all the seasonal cleanses. One of the principles in cleansing the liver is to reduce our fat intake for 5 days which gives the liver a rest. We of course bring in food and herbs to support the liver too. With the warm weather and abundance of vegetables it is the easiest time of the year to enjoy the minerals and enzymes available in fresh raw fruits and vegetables. To get the most from this cleanse I recommend eating progressively lighter foods as the week goes on.

Your meals should energize you, not weigh you down. The meals in this cleanse are light in calories with options of lightly cooked or raw. Your body is already designed to cleanse. You can't stop it. Your body, especially your liver has a tremendous ability to heal itself if you give it the chance. This cleanse is your chance. The abundance of fresh vegetables this time of year provide powerful cleansing nutrients to heal your body.

This week focus on what you are gathering – new foods, new practices, new techniques and what you are releasing – toxins, addictions, anger, stress.

Most of all be kind to yourself and enjoy this process every step of the way. Summer is the perfect time to renew your body so you can thrive.



"Before we can make deep changes in our lives, we have to look into our diet, our way of consuming.

We have to live in such a ways that we stop consuming the things that poison us and intoxicate us. Then, we will have the strength to allow the best in us to arise, and we will no longer be victims of anger, of frustration."

-Thich Nhat Hanh *Taming the Tiger Within*

Daily Protocol

You do not want to go hungry nor do you want to eat too much. Stop eating when you are 80% full leave 20% empty for digestion. Don't top off your tummy. Snack to support your blood sugar. Remember to do the “**Before Eating Heart Coherence**” 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 more pleasure.

Wake Up

Quick Coherence Technique
Brush teeth, scrape tongue
12 oz water with 1 Tb apple cider vinegar
Yoga 5 minutes (optional)
Morning Meditation 5-15 minutes
Body brushing before shower (optional)

Pre-Breakfast

8 oz water with ½-1 lemon

Breakfast

Green Juice
Breakfast - Smoothie or chia pudding
or raw cereal with almond milk
1ml milk thistle in 4 oz water

Late Morning Snack (2 hours after morning meal)

Tea or Latte
Snack (optional)

Lunch

Before Eating Heart Coherence
8 oz water with ½-1 lemon
30 minutes before lunch
Lunch – salad, soup or wrap
1- 4 oz fermented vegetables
1 ml milk thistle in 4 oz water
10-15 minute walk

Mid Afternoon Snack (2 hours after lunch)

Snack (optional)

Dinner (by 7pm)

Before Eating Heart Coherence
8 oz water with ½ -1 lemon
30 minutes before dinner
Dinner – Raw or cooked, grain optional
1-4 oz fermented vegetables
1 ml milk thistle in 4 oz water
EFT before or after dinner 5 minutes

Evening Snack &

Bed Time (aim for 10pm)

Chia Pudding or a few seeds (if needed)
1Tb -1/4 cup coconut kefir
1-3 tsp Calm magnesium in 6 oz water
Castor oil pack

Quick Heart Coherence before falling asleep



Staying hydrated will keep
you young. Aging is your cells drying out

Drink lots of water to flush toxins from your
system

Water will heal you

Drink half your body weight
in ounces each day.

Sample Menu

Below you will find 5 days of meal plans to make it easy. These are guidelines to show you what 5 days of your cleanse could look like. In this Sample Menu we are moving into lighter foods as the week progresses. 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: apple cider/water drink
Pre-breakfast: lemon water, liver tea
Breakfast: Wonderful Green Juice
High Protein Strawberry Smoothie
Snack: (optional) Strawberry Chia
Pudding
Lunch: Salad with Creamy Asian
Dressing &/or Ginger Green Soup
1 oz fermented vegetable
Snack: (optional) Celery Zucchini
Hummus
Dinner: Millet Fried "Rice"
Salad (optional)
1 oz fermented vegetable

Day 3

Wake up: apple cider /water drink
Pre-breakfast: lemon water, liver tea
Breakfast: Wonderful Green Juice
Peach Smoothie
Snack: (optional) Dandy Latte
Lunch : Romaine Wraps with
Zucchini Hummus
1 oz fermented vegetable
Snack: (optional) Chia Pudding or
Smoothie of choice
Dinner: Easy Nori Vegetable Rolls
Left over Ginger Infused Green Soup
Roasted Sweet Potato (optional)

Day 2

Wake up: apple cider /water drink
Pre-breakfast: lemon water, liver tea
Breakfast: Wonderful Green Juice
Low Glycemic Blueberry Smoothie
Snack: (optional) Strawberry Chia
Pudding
Lunch: Salad w/Garlic Sunflower Dressing
&/or left over Stir Fried Millet
1 oz fermented vegetable
Snack: (optional) Kale Chips
Dinner: Water Sautéed Greens
with Kelp Noodles
Salad (optional)
1 oz fermented vegetable

Day 4 Optional all raw

Wake up: apple cider /water drink
Pre-breakfast: lemon water, liver tea
Breakfast: Wonderful Green Juice
High Protein Strawberry Smoothie
Snack: (optional) Kevita Probiotic Drink
Lunch: Salad w/Garlic Sunflower Dressing
Avocado & Mango Guacamole
1 oz fermented vegetable
Snack: (optional) Kale Chips
Dinner: Living Pad Thai
Curried Carrot Soup
Lemony quinoa, (optional level 1)
1 oz fermented vegetables

Day 5 – Optional All raw

Wake up: apple cider /water drink

Pre-breakfast: lemon water, liver tea

Breakfast: Wonderful Green Juice

Low Glycemic Blueberry Smoothie

Snack: Kevita Probiotic Drink

Lunch: Persian Cucumber Salad

left over Mango Avocado Guacamole

1 oz fermented vegetable

Snack: Green Juice

Dinner: Kale Pesto with Zucchini Noodles

Left over Curried Carrot Soup

Left over Lemony Quinoa (optional for level 1)

1 oz fermented vegetables



NOTICE YOUR THOUGHTS (your cells are listening)

“If you want to see what your body will look like tomorrow look at your thoughts today” –

▪ Navaho saying

Breakfast

When you wake up in the morning you are dehydrated and, acidic, needing energy. You will start your morning with plenty of fluids to stimulate your digestive juices and get the pipes moving. I recommend a green juice to start the day to alkalize your body and flood it with minerals. Juicing extracts the fiber allowing the nutrients to be readily absorbed by your cells. It is a mineral infusion which will give you lots of energy. It is a great way to start the day. You will then have something more substantial like a smoothie or pudding to carry you through to lunch.

Breakfast Smoothie

[Low Glycemic Blueberry Smoothie](#)

[Pineapple Cilantro Smoothie](#)

[Peach Smoothie](#)

[Just Greens Detox Smoothie](#)

[High Protein Strawberry Green Smoothie](#)

[Goji Berry Smoothie](#)

Puddings & Porridges

[Strawberry Hemp Chia Pudding](#)

[Almond Cinnamon Chia Pudding](#)

[Raw Pink Breakfast Bowl](#)

[Summer Grain Free Breakfast](#)

[Porridge](#)

Juices

[Wonderful Green Juice](#)

[Rainbow Vegetable Juice](#)

[Thai Green Juice](#)

Store Bought Breakfast Choices

Raw Gluten Free Granola (without agave)

w/almond milk



Lunch

By lunch your body is ready for more food. Your metabolism has been increasing since breakfast. Your body needs fuel at this point to keep you going and to maintain your energy through the afternoon. You will find eating raw 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. The lunches will consist of a raw vegetable salad and raw or cooked soup. If you feel you need more solid food you can add in left over's from the night before. The fiber and enzymes in the raw vegetables sweep the surface of the intestines pulling out metabolic wastes and other dumped poisons that are coming out of your system as you cleanse.

Salads

[Persian Cucumber Salad](#)

[Jicama Rolls](#)

[Farmers Market Rainbow Salad](#)

[Avocado & Mango Guacamole](#)

[Alkalizing Watercress &](#)

[Watermelon Salad](#)

[Romaine Wraps with Zucchini Hummus](#)

[Avocado Kelp Noodle & Kale Salad](#)

Soup Cooked

[Leek & Broccoli Soup](#)

[Ginger Infused Green Soup](#)

[Spicy Summer Squash Soup](#)

[Miso Ginger Vegetable Soup](#)

Dressings

[Creamy Asian Dressing](#)

[Thai Dressing](#)

[Miso Cilantro Dressing](#)

[Garlic & Herb Sunflower Seed](#)

[Tahini Dill Dressing](#)

[Garlic Parsley Vinaigrette](#)

[Easy Asian Dressing](#)

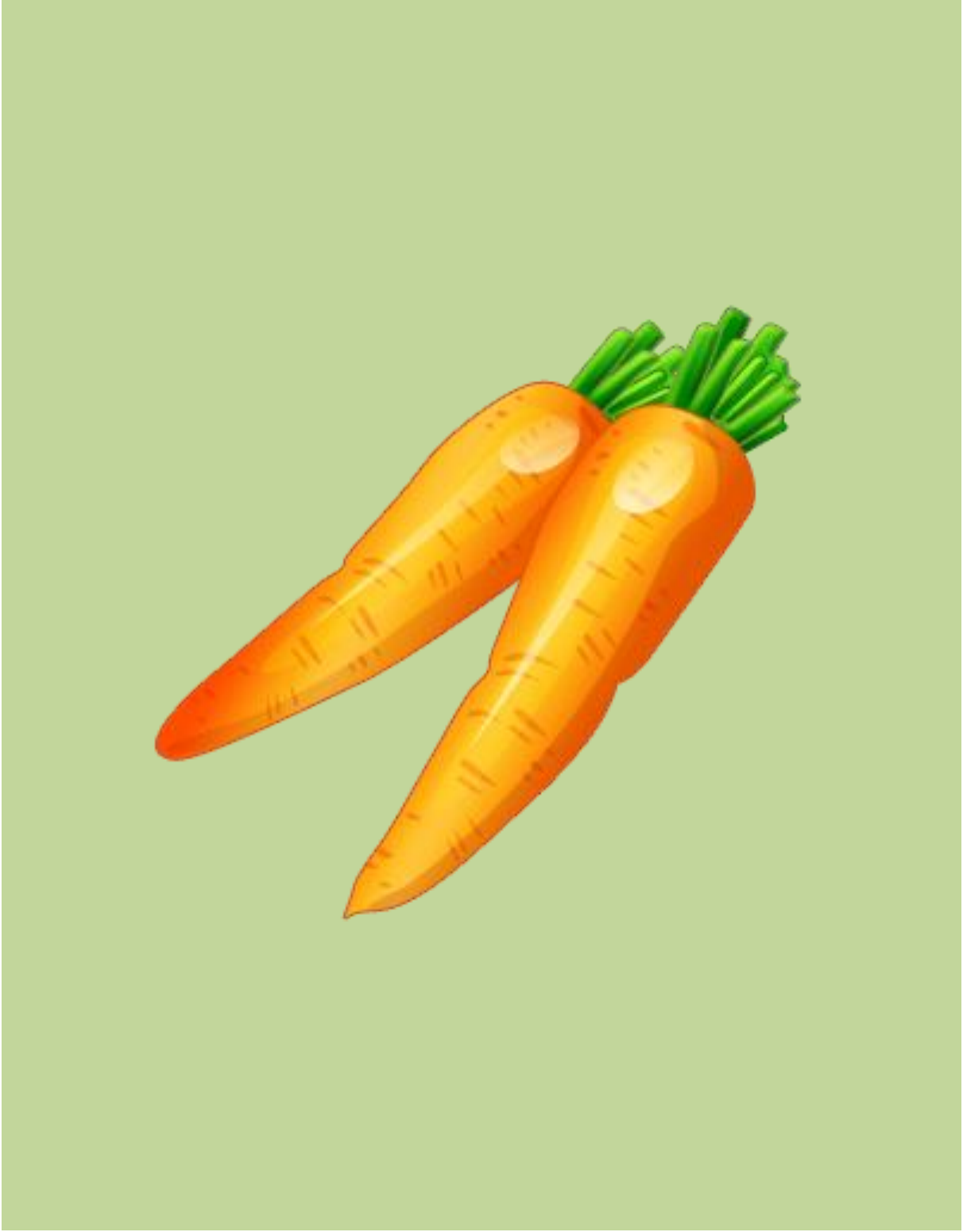
Soup Raw

[Creamy Spinach Soup \(raw\)](#)

[Watermelon Gazpacho \(raw\)](#)

[Curried Carrot Soup \(raw\)](#)

[Creamy Mexican Soup \(raw\)](#)



Dinner

When you eat has dinner has a huge impact on how you feel. As the daylight begins to fade your body's metabolism also slows down. For this reason you should try and eat dinner by 7pm to support your cleanse. Eating dinner should comfort your body and your taste buds. Keeping your dinner light will further support your detoxification. You can choose one of the main meals or have soup with one of the vegetable side dishes. You will want to sit down and enjoy your meals with slowness, appreciation and mindfulness. Please share the meals below with your family, they are delicious and can be enjoyed by everyone.

Main Meal Cooked

[Water Sautéed Greens with Kelp](#)

[Noodles](#)

[Zucchini Pasta w/Fresh Marinara](#)

[Red Quinoa Bowl with Vegetables](#)

[and Tahini](#)

[Millet Fried "Rice"](#)

Main Meal Raw

[Living Pad Thai](#)

[Raw Vegetable Burritos](#)

[Kale Pesto w Zucchini Noodles](#)

[Easy Nori Vegetable Rolls](#)

[Zucchini "Pasta" with Fresh](#)

[Tomato Marinara \(Raw\)](#)

Vegetables Side Dishes

[Raw Rice with Kale](#)

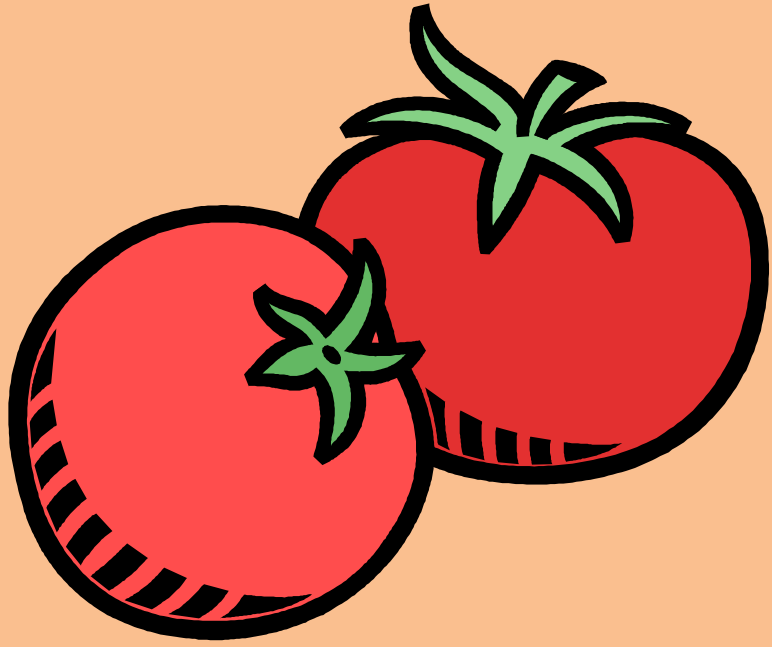
[Marinated Swiss Chard](#)

[Sautéed Kale with Tomatoes](#)

[Quinoa with Zucchini and Basil](#)

[Lemony Quinoa](#)

[Roasted Sweet Potatoes](#)



Snacks

It is important to pay attention to your blood sugar and hunger especially in the Summer Restore Your Liver Cleanse. Even though we are lightening the load and consuming less food this week it you need to eat when you are hungry. You don't want to feel weak. Cleansing is different for everyone and since this cleanse is about restoring not deprivation, snacking is OK.

Green juice or any vegetable juice is the perfect snack. Dips, spreads and dressings can be eaten with raw vegetables and are very satisfying. 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.

Homemade Snacks

[Raw Jicama Fries](#)

[Easy Kale Chips](#)

[Zucchini Hummus](#)

[Cilantro Pesto](#)

Beverages

[Liver Cleanse Tea](#)

[Nettles & Peppermint Iced Tea](#)

[Coconut Lime Splash](#)

[Goji Berry Tea](#)

[Dandy Carmel Latte](#)

[Apple Lemonade](#)

Store Bought Snacks

Sea Tangle Nori Snacks

Raw Kale Chips

Raw Flax Crackers

Pumpkin or Sunflower seeds

Store Bought Beverages

KeVita Sparkling Probiotic

Coconut water

Recipes

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

Breakfast

Smoothies

Low Glycemic Blueberry Lemon Smoothie

This smoothie is packed with 5 of the top 10 foods to aid blood sugar control. Those are berries, parsley, cinnamon, flax seed and lemon.

2 servings

- 1 cup water
- 2 cup frozen wild blueberries
- Juice of 1 lemon
- 2 Tb ground flaxseed
- 1 handful of parsley
- 1 Tb fresh ginger chopped or grated
- 1 large handful of greens, romaine, spinach or kale chopped
- 1 tsp cinnamon
- 1 scoop protein powder (optional, I used Sun Warrior Rice Protein)
- 6 drops vanilla stevia (optional)

Put all ingredients into a blender and blend until smooth and creamy. Add more water if necessary to get the consistency you like. You can also add some ice cubes if you like it slushy.

Pineapple Cilantro Smoothie

When you combine the pineapple with the cilantro they synergistically work together to alkalize and detoxify the body. Cilantro is especially good for

cleansing the detox pathways of the liver. The chia provides the protein and fiber and the coconut milk provides the fat which will slow down the absorption of the sugar from the pineapple.

2 servings

1 cup pineapple
2 cups romaine lettuce
½ cup cilantro
2 Tb chia seeds soaked in 1 cup water
¼ cup coconut milk
8 drops vanilla stevia
2 scoops protein powder (optional)

- Place pineapple, romaine lettuce, cilantro, lime juice, and coconut water in the blender.
- Blend thoroughly.
- Pour serve and enjoy

A few more things....

- You can use grapefruit instead of pineapple if you want to have less sugar.
- Substitute any other dark greens like spinach, swiss chard or kale for the romaine



Peach Smoothie

Peaches are in season this time of year. They do contain some sugar yes but you can enjoy them freely in a smoothie especially with some almond or hemp milk and chia to slow the absorption of the sugar.

2 servings

3-4 ripe peaches
3 Tb chia seeds soaked in 1 ½ cup hemp milk or almond milk
2 handfuls of kale, spinach or romaine
1 Tb kelp granules
2 ice cubes if you like cold drinks

- Blend all ingredients except ice
- Add ice and blend to desired consistency
- Enjoy!

Just Greens Detox Smoothie

The cilantro is good for detoxing the liver, especially for removing heavy metals from your body. 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
½ cucumber with skin if organic, peel if not organic
½ of a medium Haas avocado
Handful of cilantro
1 Tb ground flax seed
1 Tb protein powder (optional- 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.

High Protein Strawberry Green Smoothie

This is a low glycemic smoothie with good **protein** from the chia and protein powder, **fat** from the chia and coconut milk and **fiber** from the greens, fruit and chia. It is very satisfying.

2 servings

1 1/2 cups fresh or frozen organic strawberries

2 large handfuls of spinach, romaine or any dark leafy greens

4 stalks celery chopped

2 scoops protein powder (Sunwarrior)

¼ cup coconut milk (Native Forest is a good brand)

2 Tb chia seeds soaked in 1 cup water for 30 minutes or overnight

(To learn more about chia read this post on the [Benefits of Chia](#))

Water

- Put all ingredients except water into a blender.
- Blend until smooth add water to get desired consistency
- Enjoy!

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



Goji Berry Smoothie

2 servings

2 cups strawberries or blueberries or mixed berries

¼ cup goji berries, soaked in 1 cup water

for 30 minutes use water and goji berries

2 large handfuls spinach or romaine

1 Tb hemp seeds

3 Tb ground golden flax seed

1 scoop sunwarrior protein powder (optional)

Stevia to taste

Blend all ingredients until smooth

Nutritional Information

Goji berries are actually a complete source of protein—including 19 amino acids and all 8 essential amino acids. What this means is that consuming them is a great way to add protein to your daily snacks or morning smoothies.

- Goji berries contain 2-4 times the amount of antioxidants found in blueberries!
- The goji berry has anti-inflammatory properties.
- Goji berries are a great digestive aid—they draw the digestive juices into the stomach and intestines.

Puddings & Porridges



Strawberry Hemp Chia Pudding

4 servings

6 Tb chia seeds

1 cup frozen or fresh strawberries

1 3/4 cups hemp milk (recipe below), or any other nut milk of choice

1/2 tsp cinnamon

Stevia to taste (or 1 Tb maple syrup or 2 dates)

- Put chia seeds into a medium size bowl.
- In a blender, blend the strawberries, hemp milk and cinnamon together on high till smooth. (If you are using dates add them here) You should have about 2 1/2 cups liquid if there is more just use this amount. Drink the rest.
- Add stevia to taste.

- 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 or snack.
- The pudding will last about 3 days.

The chia will thicken the liquid creating a perfect pudding texture

Hemp Milk

1 cup shelled hemp seeds

3 cups water

½ tsp organic vanilla extract (optional)

Blend until smooth. This “milk” can be used in smoothies or any beverage you like. It is a little grainy, if you want it to be smooth, strain it through a nut milk bag or cheesecloth.

Almond Cinnamon Chia Pudding

2 servings

4 Tb Chia seeds

1 ½ cup almond milk

¼ tsp vanilla extract (optional)

5 drops stevia or 1 Tb honey or maple syrup

½ tsp cinnamon

Optional Ingredients

2 Fresh organic strawberries sliced

1 organic apple or pear diced

1 Tb goji berries

1 Tb raw cacao powder

- Put all ingredient into a bowl, mix thoroughly.
- Let sit at least 1 hour or overnight in the refrigerator.

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



Raw Pink Breakfast Bowl

(Adapted from Diet Dessert and Dogs)

1 serving

- 1 medium apple cored (no need to peel if organic)
- 2 Tb pumpkin seeds
- 1/2 tsp cinnamon
- 1/2 tsp freshly grated ginger, optional
- 1/4 cup-6 unsweetened almond or hemp, milk as needed for desired texture
- 1 Tb chia seeds, optional
- 1 small beet, peeled
- 10-12 drops plain or vanilla liquid stevia, to your taste
- 1 Tb hemp, sunflower or sesame seeds

- Cut the apple into quarters; reserve two quarters and set aside. Coarsely chop the other two quarters.
- In the bowl of a mini processor or a Magic Bullet, purée the chopped apple quarters, pumpkin seeds, cinnamon, ginger and almond milk until relatively smooth. Transfer to a bowl and stir in the chia seeds, if using.
- Grate the two unchopped apple quarters using the medium holes of a box grater. Grate the beet using the small holes of a box grater and add to the bowl with the stevia; stir to combine. Taste and adjust sweetness. Sprinkle with seeds and more cinnamon, if desired.



Summer GrainFree Breakfast Porridge

(adapted from Andrea Nakayama)

This porridge is quick and easy. You can change the ingredients for different flavors. For example you can use sunflower or hemp seeds instead of the pumpkin seeds.

1 serving

1 Tb raw flax seeds

2 tsp chia seeds

2 Tb shredded coconut

1 Tb raw pumpkin seeds

1/2 tsp cinnamon

1 Tb goji berries (must be dry)

1/2-3/4 cup very hot filtered water

4-8 drops plain or vanilla stevia liquid

2 Tb almond or coconut milk

1/2 cup chopped apple or fresh berries

- In a coffee grinder, flax seeds, chia seeds until they are a fine powder
- In a food processor, put the coconut, pumpkin seeds and goji berries. Add the ground flax and chia.

- Process until to a bread crumb like texture (I don't like it too fine but if you want to make it finer that is ok too.)
- Transfer to a bowl and cover with the hot water.
- Let sit for 5 minutes to thicken.
- Add stevia and coconut milk stir well.
- Top with fruit.

Note: You can make a large batch of this cereal in advance without the water, stevia, nut milk or fruit. Store it in single servings in the freezer so it's ready to go when you need it. Defrost overnight in the refrigerator and enjoy!

Juices

Wonderful Green Juice

2 servings

1/2 bunch celery

3 handfuls spinach or other dark green leafy vegetable like kale, swiss chard or romaine

1 cucumber

1 lemon peeled if not organic

1 green apple

1 handful parsley

Put everything in through a juicer. Enjoy immediately or store in a glass jar in the refrigerator for later. This will stay for 2 days.

If you don't have a juicer you can blend everything and put it through a nut milk bag or cheese cloth to extract the juice. Add 1 cup of water and peel the lemon first.

Rainbow Vegetable Juice

1 serving

1 cucumber

2 stalks celery

A few sprigs of parsley

4 large kale or swiss chard leaves

2 carrots

1 beet

Juice directly into a glass following the exact order written. It looks like a rainbow if you do it in the order written and don't mix it.

Thai Green Juice

2 servings

1 head romaine lettuce

1-2 handfuls spinach

2 cucumbers

1-2 limes (rind and all)

1 bunch cilantro

1 serrano pepper (if you like spicy)

2 inches ginger

Juice all the ingredients alternating the bigger vegetables with the smaller pieces like the pepper, cilantro and ginger . Enjoy!

Lunch

Salads



Persian Cucumber Salad

This salad is especially good with Persian cucumbers if you can find them. (see picture below) They have thinner skins than the Kirby's which make a good substitute.

4 Persian or Kirby cucumbers, slice very with a mandolin

2 small vine ripe tomatoes, chopped

1 1/2 teaspoon of fresh dill weed, chopped

2 Tb flax oil or olive oil

2 Tb rice vinegar

Celtic sea salt to taste

pinch red pepper flakes

1 1/2 tsp black sesame seeds

- In a medium bowl, mix cucumbers, tomatoes and dill together carefully.
- Sprinkle with oil, vinegar, salt and red pepper flakes.
- Mix to coat the vegetables with the flavorings.
- Top with black sesame seeds.
- Serve cold.





Jicama Rolls

This is a great appetizer or snack. I served them at a party to a regular crowd, not raw food people. Everyone loved them.

To make the jicama rolls, simply peel a whole jicama root. Next, cut it in half (so that you have to half-moon shapes). Lay it with the cut side facing down and slice the two narrow sides off so that the cut side takes on a rectangular shape.



Next, slice the root, cut side still down, thinly on a mandolin. The slices must be very thin. Try one slice first to see if you can roll it. If it breaks you need to make the jicama slices thinner.



Take the slices, and stuff them with veggies of your choice! For my son's engagement party I made one stuffed with julienne zucchini, carrots and basil and one with Swiss chard and red pepper.

I served them with Creamy Asian Dressing.



Farmer's Market Rainbow Salad

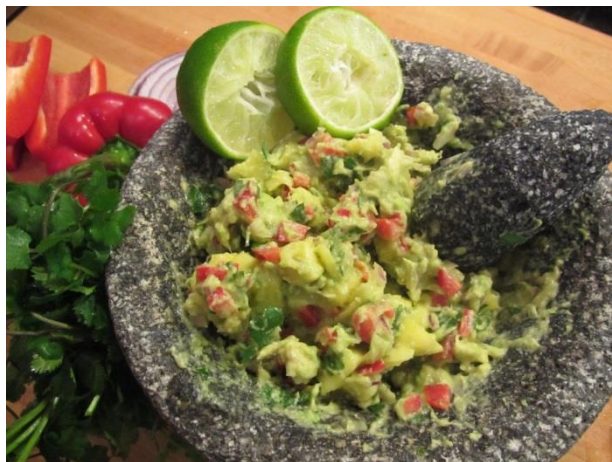
With this salad you can use all or some of the vegetables recommended. Pick what looks best in the market. You want a rainbow of colors for the nutrients they provide and the beauty of the salad.

2 servings

4 cups mixed greens

½ fennel bulb
1 small beet grated on a box grater
1/2 cup shredded red cabbage
1 carrot grated on a box grater
2 radishes sliced thin
1 handful of alfalfa or clover sprouts
¼- ½ cup sauerkraut squeezed almost dry
Chopped fresh herbs of your choice, basil, thyme, parsley
Dressing of choice

- Trim off the tops and root ends from the fennel bulbs. You want to slice the fennel paper-thin. It can be difficult to cut it with a knife so use a mandolin. Save a few feathery leaves for garnish. Pull off and discard any discolored or dehydrated outer layers
- Toss greens with dressing
- Place the beets, carrots, radishes, red cabbage, sauerkraut, sprouts and fennel in little piles forming a circle around the greens like a rainbow
- Top with chopped fennel tops and fresh herbs
- Serve with extra dressing in the side



Avocado & Mango Guacamole

4 servings

1 small shallot minced
1 medium tomatoes, diced into small pieces
¼ cup lemon juice
1 cloves garlic minced
1 jalapeno or Serrano chili pepper, minced
cayenne pepper to taste
¼ tsp Celtic sea salt
2 ripe Avocados, pitted and diced
1 mango, cut into ¼" dice
4 Tb chopped cilantro

- In a bowl combine the shallots, tomatoes, garlic, jalapeno, lemon, salt, 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 into chunks and mash to get a chunky mixture.
- Add the tomato mixture.
- Mix in cilantro. Taste to adjust seasonings.
- Serve



Alkalizing Watercress & Watermelon Salad

This colorful, refreshing salad is full of alkalizing watercress greens, watermelon and fresh lemon juice that will balance your body's pH and detoxify the digestive tract. Watermelon is also an excellent source of the potent carotene antioxidant, lycopene, which helps neutralize free radical in the body and prevent premature aging. Throw in some high fiber radish to soothe the digestive system and vitamin E rich sunflower seeds to control inflammation and you will feel light and energized.

The sunflower seeds and olive oil provide healthy plant oils necessary for the absorption of the fat soluble anti-oxidants A, C, and E.

2 servings

4 cups watercress sprigs
2 cups watermelon cubes, without rinds and seeds
2 radishes, sliced into thin rounds
3 Tb sunflower seeds
1 Tb fresh mint, chopped (optional)
1 Tb virgin olive oil
2 Tb fresh lemon juice
2 tsp fresh oregano, chopped
Celtic sea salt and fresh ground pepper to taste

- Place the watercress, watermelon, radish, 2 tablespoons sunflower seeds and mint in a salad bowl. Toss gently to combine.
- In a small bowl, combine the oil, lemon juice, oregano, salt and pepper.
- Pour the oil mixture over the salad and toss. Sprinkle with remaining sunflower seeds. Serve immediately.

Romaine Wraps with Zucchini Hummus

Serves 2-4

6 very large romaine lettuce leaves
2 ripe tomatoes chopped
Sprouts
Shredded carrots
1 recipe zucchini hummus (recipe with snacks)

- Prepare the lettuce leaves by washing them and then patting dry.
- Divide the zucchini hummus among the leaves, top with, tomatoes sprouts and carrots wrap them over and keep them secure with a toothpick!



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.

Dressings

Creamy Asian Dressing

Yield: 3/4 cup

- 1 Tb tamari
- 1 Tb minced ginger
- 2 Tb white or yellow miso
- 2 tsp dark sesame oil
- 4Tb lemon juice
- 2 Tb chopped dates (2 or 3)
- 1/3 cup water.
- 1/2 cup olive oil

- Put all ingredients into a blend except the olive oil.
- Blend until smooth
- Pour in the olive oil slowly in a stream. Blend until emulsified.

Thai Dressing

This makes a good size portion. If you are not going to use it in 1 week make half the recipe.

Yeild: 2 1/2 cups

- 1/2 cup tahini, raw is best but roasted is fine, much less expensive
- 1 tsp toasted sesame oil
- 1 Tb ginger, chopped
- 1/2 cup lemon juice
- 1 dates or 1 tsp coconut palm sugar (optional)

3 Tb tamari
2 cloves garlic about 1 Tb
½ cup shredded coconut
½ jalapeno pepper, seeded and chopped
½-1cup water
¼ cup olive oil

- Put all the ingredients except the olive oil and only ½ cup water into a blender.
- Blend until smooth adding more water as needed to get your desired consistency. You want it to be pourable.
- Add the olive oil slowly in a stream to emulsify.
- Refrigerate for up to 5 days

Miso Cilantro Dressing

Yield: 2 cups

4 tablespoons yellow miso
1 tablespoon Dijon mustard
2 cups cilantro leaves, loosely chopped
¼ cup parsley leaves, loosely chopped
¼ cup apple cider vinegar
2 Tb chopped shallots
¾ cup filtered water
⅔ cup extra virgin olive oil

- Place all ingredients except the olive oil in a high-speed blender and blend until smooth.
- While the blender is running pour in the olive oil, slowly in a stream.

Garlic & Herb Sunflower Seed Dressing

Yield: 1 ½ cups

½ cup raw hulled sunflower seeds (Optional: soak the sunflower seed 4 hours)
¾ cup water
3 Tb fresh lemon juice
2 Tb apple cider vinegar
1 Tb tamari or soy sauce

¼ cup chopped fresh parsley
1 tsp thyme
½ tsp dried oregano
1 tsp minced garlic
¼ tsp Celtic sea salt
Pinch of stevia

- Put all ingredients in a blender except the water.
- Add half the water and blend till creamy and smooth.
- Add enough water to get to your desired consistency.
- This will hold in the refrigerator for up to 4 days

Tahini Dill Dressing

¼ cup tahini
2 Tb lemon juice
¼ cup water
1 tsp garlic
¼ cup fresh dill finely chopped
1 TB wheat free tamari

- Mix all ingredients together in a bowl
- Whisk with a mini whisk or fork until smooth

If you want the plain version you can go find it on my blog [Tahini Dressing](#)

Garlic Parsley Vinaigrette

This is a light dressing you can make quickly and easily. You can make it in a small bowl. No blender required.

Yield: ½ cup

1 to 2 garlic cloves
¼ tsp Celtic sea salt
1 Tb apple cider vinegar
2 Tb lemon juice
1 tsp Dijon mustard (optional)
5 – 6 Tb extra virgin olive oil
2 Tb finely minced parsley or other fresh herbs like thyme or oregano
Black pepper to taste

- Peel the garlic and smash the clove(s) on a cutting board with the broad side of a chef's knife.
- Place the salt on the smashed clove, and finely chop salt into the garlic.
- Scrape the garlic into a small bowl, and add the vinegar and lemon juice.
- Swirl it around and let sit for several minutes. Add Dijon mustard (if using) and whisk to combine.
- Slowly drizzle in 5 Tb of the olive oil, whisking all the while. Add chopped parsley.
- Dab a little bit of the mixture onto a lettuce leaf to taste it and check for balance. Add more oil if needed.
- Taste to adjust salt. Add pepper according to taste, and whisk again before tossing with salad.
- Store extra in a glass jar in the refrigerator. Let it come to room temperature so the olive oil liquefies before using to liquefy the oil. Shake it up and pour on the salad.

A few more things...

- Use dried thyme if you don't have any fresh herbs

Easy Asian dressing

- 4 Tb apple cider vinegar
- 2 Tb wheat free tamari
- 2 tsp freshly grated ginger
- 2 tsp toasted sesame oil
- 2 tsp scallions finely chopped
- 1 clove garlic minced
- 1/2 cup extra virgin cold pressed olive oil
- 2 tsp flax oil (optional)

- In a small bowl, mix all ingredients together except the oil.
- Whisk in the oil with a fork or mini whisk.
- Store refrigerated in a jar, return to room temperature and shake vigorously before using.

Soups Cooked

Blended soups delicious and easy to prepare—they also are easily digested, giving your cells the instant nutrition that they crave!



Leek and Broccoli Soup

4 servings

6 cups broccoli 1 bunch (about 1½ lbs)

1 Tb olive oil

4 leeks, white and light green parts, washed well and sliced (4 cups)

2 cloves garlic chopped

4 cups vegetable or chicken stock

Celtic Sea Salt

Fresh Pepper

¼ tsp nutmeg

¼ cup parsley

- Cut broccoli tops off the stems. Save 1 cup of the tiniest florets and set aside. Chop remaining florets and stems coarsely. Keep stems and tops separate.

- Heat a medium soup pot. Add oil and leeks. Sauté on medium low heat for about 5 minutes until softened. Stir frequently so they don't get brown. Remove ½ cup for garnish.
- Add garlic and chopped broccoli stems. Cook for 2 minutes.
- Add stock and bring to a boil. Simmer for 10 minutes or until vegetables are tender.
- Add broccoli tops; cook for another 3 minutes
- Meanwhile bring a medium pot of water to a boil. Blanch the 1 cup of tiny florets for 60 seconds and drop into cold water to stop the cooking. Drain.
- Puree the soup in a blender. Return to the pot. Stir in salt, pepper, nutmeg and parsley. Heat through. Taste to adjust seasonings.
- Add in tiny florets and stir until hot.
- Serve, garnished with a few of the sautéed leeks.

A few more things...

- Instead of nutmeg and parsley, use 4 tsp fresh thyme.



Ginger Infused Green Soup

4-6 servings

You can either puree this soup or serve it with the vegetables in chunks like I did in the picture either way it is delicious. There is lots of ginger in this soup to support your cleanse and boost your digestion.

1 large yellow onion, chopped
1 large leek, white and light green parts, thinly sliced
2 tablespoons olive oil
1/2 tsp Celtic sea salt, plus more to taste
3 Tb chopped fresh ginger
1 large sweet potato, peeled and cut into 1/2" chunks, 2 cups
3 cups spinach, coarsely chopped
1 bunch Swiss chard, 4 cups, coarsely chopped
6 cups vegetable or chicken broth
Freshly ground black pepper
1 tsp lemon juice

- Heat a medium sauté pan, add the oil. Add the onions and leeks. Cook them slowly in the olive oil with a sprinkle of salt, stirring now and then, over low heat until they are soft and golden, about half an hour.
- Meanwhile, peel and dice the sweet potato and put it in a large soup pot along with the ginger, stock and a 1/2 tsp of Celtic sea salt. Bring to a boil, lower the heat and simmer, covered for 15 minutes.
- Coarsely chop the spinach and chard and add them to the pot with the sweet potatoes. Simmer, covered for 10 minutes more until the vegetables are tender.
- Add the caramelized onions when they are ready.
- Stir in the lemon juice and a few grinds of black pepper. Taste, and correct the seasoning with additional salt or lemon juice.

A few more things...

- Have the soup the first day in chunks like it the recipe and blend it the second day for a different experience.
- Substitute other greens for the spinach or chard; dandelion is great too!
- It is also good made with red potatoes instead of the sweet potatoes.



Spicy Summer Squash Soup

4 servings

¼ cup olive oil

1 large onion thinly sliced

1 tsp ground cumin

1 tsp ground coriander

¼ tsp turmeric

1 tsp sweet paprika

½ tsp cayenne

2 cloves garlic peeled & sliced

5 medium yellow or green squash cut into ¾" slices

Celtic sea salt

3 cups chicken or vegetable stock

2 cups water

3 mint leaves cut into ribbons (for garnish)

- In a soup pot, heat the olive oil over medium heat
- Add the onions cook stirring often, until they begin to soften
- Add the cumin, coriander, turmeric, paprika, cayenne, and garlic
- Cook until very soft, stirring often so they don't brown. If the onions or garlic start to stick, turn down the heat and add a splash of water to the pan.
- Add squash to the pot with some salt. Stir and cook for 2 minutes
- Add stock and water. Bring to a boil
- Reduce to a simmer and cook until the squash is tender about 15 minutes

- Let the soup cool a bit then blend in a blender until very smooth
- Reheat, taste, adjust the seasoning and serve hot garnished with chives or mint.

Miso Ginger Vegetable Soup

4 servings

2" piece wakame or dulse seaweed (optional)
6 cups filtered water

1 organic cold pressed sesame oil or olive oil
2 shallots 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 florets, cut into bite size pieces
2 cups kale, stems removed, chopped into bite size pieces
4 Tb yellow or red miso (I like yellow in summer and red in winter)
1 tsp dark sesame oil
Wheat free tamari to taste
2 scallions, green part only 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. Set aside.
- 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. Add the dark sesame oil.
- Stir, taste, add wheat free tamari if desired.
- Return the lid to the pot and let stand for 5 minutes.
- Serve garnished with sliced scallions

A few more things...

- Add in some kelp noodles or soba noodles for a heartier dish

Soups Raw

Creamy Spinach Soup (Raw)

This is an easy soup that is very satisfying!

2 servings

1 1/2 water
2 Tb full fat coconut milk
1 Tb apple cider vinegar
2 cups tightly packed spinach
1/2 avocado
1 stalk celery
1 1/2 tsp cumin
1/4 tsp cayenne
1 clove garlic, chopped
1/4 tsp Celtic Sea Salt

- Blend all ingredients in a blender until smooth.
- Taste to adjust seasonings



Watermelon Gazpacho

Watermelon gives this soup a gorgeous color and a sweetness that works well with onion, pepper, and lime juice.

Yield: 4 servings

1/2 small seedless watermelon (cubed) 6 cups

1/2 cup cucumber (peeled, seeded, and finely diced)
1/4 red bell pepper (finely diced)
1/4 yellow bell pepper (finely diced)
¼ jalapeno pepper seeded and minced
1 stalk celery (finely diced)
2 Tb shallots (finely diced)
2 Tb fresh basil (finely chopped)
2 Tb fresh parsley (finely chopped)
4 Tb lime juice (1 lime)
1 Tb red wine vinegar
2 Tb extra virgin olive oil
1/4 teaspoon sea salt
Pinch cayenne

- Remove rind and cut watermelon into large pieces. Do this on a plate so you catch all the juices. Purée chunks and juice in a blender until smooth. Set aside.
- In a large bowl, toss all remaining ingredients.
- Pour watermelon purée over vegetables, cover, and refrigerate until well chilled, at least 1 hour.
- Taste and season with more salt, lime and cayenne as desired. Serve very cold.



Curried Carrot Soup (Raw)

2 servings

1 cup grated carrot, about 2 carrots
1 stalk of celery chopped about ¼ cup
½ avocado, cut into cubes
¼ cup coconut milk (Native Forest)
1 scallion, sliced
¼ tsp finely chopped ginger
½ Tb lemon juice
½ tsp curry spice, or to taste*
¼ tsp Celtic sea salt
Pinch of black pepper
1 cup filtered water
1 scallion, green part only, thinly sliced for garnish

- Blend all ingredients until smooth
- Taste to adjust flavors, add more salt or lemon if necessary.
- Chill if ingredients have gotten warm.
- Serve , garnished with a few scallion slices and a sprinkle of curry powder

***Note:** Try and get curry powder without salt. If your curry powder has salt leave out the salt in the recipe until the end, you will taste first and add if necessary. Madras curry tends to be milder.

Creamy Mexican Soup (Raw)

This is great raw soup. It is so incredibly easy to make and full of nutrition. It is a good summer soup with all the tomatoes and peppers coming in from the garden in surplus.

2-4 servings

2 or 3 tomatoes, coarsely chopped
1 large red/orange/ yellow bell peppers (or mix them up), coarsely chopped
¼ cup sundried tomatoes, soaked and chopped
2 large stalks celery, coarsely chopped
½ cup fresh cilantro, packed
¾ cups water
1 Tb lime or lemon juice
1 tsp. sea salt
1 Tb cumin
1 tsp. chili powder
½ tsp paprika
2 or 3 cloves garlic, minced (depends on how much you like garlic)
Pinch of cayenne pepper
½ avocado – to thicken

- Blend all ingredients except the avocado in a high speed blender.
- Add the avocado and blend again just until smooth.
- This soup can be served chilled or served at room temperature or let the blender run several minutes to let it warm up. If you have a Vitamix you can get it hot.
- Adjust seasoning and flavors to taste.
- Pour into bowls and serve

Optional: Top with diced tomato, avocado, more chopped cilantro,

Dinner

Main Meal Cooked



Water Sautéed Greens with Kelp Noodles

This is a very simple dish to satisfy you. The kelp noodles are a raw mineral rich food with lots of nutrition and have the look and feel of Asian Rice noodles. I love them.

2 servings

½ package kelp noodles

1 cup porto bello mushrooms sliced
2 cloves garlic minced
1 cup broth (vegetable or chicken)
6 cups hearty greens, kale, collards or swiss chard, thick stems removed,
coarsely chopped
¼ tsp Celtic sea salt
4 Tb tahini
2 Tb ume plum vinegar or rice wine vinegar

- Soak the kelp noodles for 10 minutes, rinse.
- Heat a large sauté pan. Add the, stock, kelp noodles, mushrooms, garlic, and broth. Bring to a boil. Turn down and to low, simmer covered for 5 minutes.
- Add greens and salt. Mix to wilt, cover and simmer 5 minutes until the noodles are soft, not crunchy.
- Add the tahini and vinegar, mix to blend well.
- Add pepper to taste. Taste for salt and vinegar adjust if necessary.
- Serve.

Zucchini “Pasta” with Fresh Tomato Marinara

This is the cooked version of the same dish in the raw section. Some people have trouble digesting too much raw food so this is an alternative.

2 servings

“Noodles”

1 lb zucchini rinsed, dried, ends trimmed
½ - 1 tsp Celtic sea salt
2 Tb olive oil
3 Tb coarsely chopped fresh basil
1 garlic clove pounded to a puree

- Shred the zucchini using the julienne blade of a mandoline or a julienne tool.
- Layer the zucchini into a mixing bowl, salting each layer lightly (The amount of salt to use will have the zucchini taste highly seasoned but not salty)
- Let stand for 20 minutes
- Drain the zucchini in a colander, squeezing tightly to remove as much liquid as possible
- Heat olive oil on medium-high heat in a heavy bottomed sauté pan
- Add the drained zucchini and sauté, tossing frequently until lightly browned about 7 minutes
- Keep spreading the zucchini out in the pan with a spatula and pressing down to help it brown.
- When the zucchini is cooked remove the pan from the heat and stir in the chopped basil and garlic
- Serve hot or at room temperature topped with fresh marinara sauce.

Fresh Tomato Marinara

1 ½ cup grape or plum tomatoes
 date medjool date - soaked if dry
 1 tsp fresh thyme
 ½ tsp fresh oregano
 1/3 cup extra virgin olive oil
 ½ tsp Celtic sea salt
 ¼ cup dried black olives

- In a blender, blend all sauce ingredients until smooth to make the marinara sauce
- Plate the “noodles”. Top with each plate with about ¼ cup of the marinara
- Top with olives and garnish with basil.
- Serve immediately

The remaining sauce will keep for 3 days in the refrigerator. You can use it with grilled or steamed vegetables



Red Quinoa Bowl with Vegetables and Tahini

4 servings

1 cup red quinoa, rinsed
2 cups water
1/4 cup extra-virgin olive oil
1 small onion, finely diced
2 cloves garlic, chopped
1 carrot, cut in half lengthwise and sliced crosswise 1/4 inch thick on the diagonal to make half moons
1/4 pound shiitake mushrooms, stems discarded and caps thinly sliced
1 small zucchini, halved lengthwise and sliced crosswise 1/4 inch thick
Celtic sea salt
4 cups broccoli florets (save the stems for juicing)
6 cups kale, large stems removed, leaves coarsely chopped (1 bunch)

1/4 cup tahini, at room temperature
1/2 cup fresh lemon juice
2 garlic cloves, minced
2 tablespoons warm water
1/4 teaspoon crushed red pepper

Avocado and sprouts for garnish (optional)

- In a small saucepan, combine the quinoa with 2 cups of water and bring to a boil. Cover the saucepan and simmer over low heat until the quinoa is tender and all of the water has been absorbed, 20 minutes.
- In a large skillet, heat 2 tablespoons of the oil. Add the onion and cook over moderate heat until translucent, about 4 minutes. Add the carrot and cook until starting to soften, about 3 minutes. Add the shiitake, cover and

cook until tender, about 4 minutes. Add the zucchini, season with salt and cook, stirring a few times, until tender, about 3 minutes. Transfer to a bowl.

- Add the remaining 2 tablespoons of oil to the skillet. Add the broccoli, cover and cook over moderate heat, stirring a few times, until deep green, 5 minutes. Add water if it is getting dry.
- Add the kale, cover and cook, stirring a few times, until the broccoli and kale are just tender, 4 minutes. Season with salt. Stir in the other vegetables.
- In a small bowl, whisk the tahini with the lemon juice, garlic, warm water and crushed red pepper. Season with salt.
- Transfer the quinoa to bowls. Top with the cooked vegetables.
- Optional: garnish with avocado and sprouts
- Serve, passing the tahini sauce at the table.



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 Menus & Recipes)
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.

Main Dish Raw



Living Pad Thai

This is not exactly like Pad Thai in Thailand which is a hot dish made with rice noodles but it is still quite delicious. The key ingredient for the sauce is tamarind. Tamarind is indigenous to tropical Africa, but it is often produced in Southeast Asia or Mexico. You may have tasted it in Indian or Thai recipes. The best way I can think to describe it is very tart with some sweet hints as well. It is a common ingredient in many global cuisines. Best of all, it's both reasonably priced and relatively easy to find in Asian or Indian food markets. If you can't find it, the dish will be ok with a little extra tamari.

2 servings

Vegetable Ingredients

- ½ package kelp noodles
- 3 scallions sliced
- 1 cup napa cabbage, thinly sliced, use the soft upper part
- 1 large carrot julienned
- 3 cups mung bean sprouts, rinsed and dried on a kitchen towel **
- 2 cup fresh cilantro, chopped, large stems removed

Sauce Ingredients

- 2 Tb ginger, about 1 inch peeled and chopped
- 2 pitted and soaked dates
- 2 garlic cloves
- ¼ cup tamarind juice or 2 Tb tamarind paste
- ¼ cup water
- ½ cup tahini
- 1-2 thai chilies seeded and chopped or ¼ cup thai curry paste or sriracha
- 2 Tb lime juice
- 2 Tb wheat free tamari
- 1 Tb toasted sesame oil

- Blend all sauce ingredients in a blender until smooth. If you like it hot use 2 chili peppers. If not use only 1. You want it to be quite spicy. The flavor will be less hot when you put it on the noodles.
- Remove kelp noodles from package soak for 10 minutes in fresh water. Rinse very well under cold running water. Set aside and let drain. Dry on a kitchen towel.
- Prepare all the vegetables. Slice the cabbage as thinly as possible. Using a julienne peeler, julienne the carrots. Slice the scallions and chop the cilantro. Place all vegetables into a large bowl. Add the mung bean sprouts.
- Cut the kelp noodles into 3" pieces.
- Add enough sauce to coat the vegetables about 3/4 of the batch.
- Toss vegetables in the sauce.
- Serve with a little extra sauce drizzled on top

****Note:** If you can't find mung sprouts in the supermarket go into a Chinese restaurant and ask to buy some. This is where I get them.



Raw Vegetable Burritos

Vegetable "tortillas"

4 large leaves collard greens, washed and spun dry

1 lemon, juiced

¼ tsp Celtic sea salt

- Mix lemon juice and sea salt together in a bowl.
- Massage greens with the lemon juice and salt mixture
- Stack the leaves flat in a glass dish and cover.
- Allow to sit for 2 hours or overnight in the refrigerator to soften.

Raw "Re-fried" Beans

1 cup sunflower seeds soaked 4-6 hours, drained and rinsed

1/4 cup sun dried tomatoes soaked in warm water for 1/2 hour or until soft

1 Tb fresh ground flax seed

2 tsp chili powder
1/2 tsp onion powder
2 tsp cumin
1 tsp smoked paprika
1/4 tsp cayenne (optional)
1 small garlic clove minced
4 Tb lime juice (2 limes)
1/2 plum tomato chopped about 1/4 cup
1/4-1/2 tsp Celtic sea salt

- Pulse the sunflower seeds a food processor several times.
- Add the remaining ingredients except the tomato and lime juice. Pulse again.
- Slowly add the lime juice to the mixture until it has a consistency that resembles refried beans - almost smooth, but with some texture.
- Add the tomato, pulse to combine.
- Adjust seasoning and add in sea salt to suit your taste.

Putting the "burrito" together

1 plum tomato cut into thin wedges
1 avocado sliced
1 carrot shredded
1/2 cup sprouts

- Take a marinated collard leaf. Remove the largest part of the middle vein, but be sure to leave enough to keep the leaf whole.
- Using a jar or rolling pin roll the leaf to break down any of the thicker veins.
- Fill with 1/4 of the "beans" leaving room on the sides, top and bottom
- Fill with chopped tomatoes, sprouts, shredded carrots.



- Roll up folding in the sides as you go.
- Serve topped with salsa and mango guacamole



Kale Pesto with Zucchini Noodles

Pesto

3 cups kale, stems removed and roughly chopped, (1 bunch, use smaller tender leaves)

½ cup basil leaves

4 Tb full flavored extra virgin olive oil

2 cloves garlic, chopped

2 tablespoons nutritional yeast

1/2 teaspoon Celtic salt, or to taste

Pinch of black pepper

1 Tb lemon juice

Noodles

5 cup zucchini, spiralized or julienned (2-3 zucchini)
2 cups grape tomatoes, sliced in half lengthwise
¼ cup oil cured black olives, pitted and sliced
almond parmesan, for topping (optional)
Celtic sea salt & fresh pepper

Prepare the Pesto

- Place all ingredients except lemon juice in food processor and blend until desired consistency.
- Add more olive oil if desired.
Taste for seasoning and add lemon juice if desired, set aside.

Prepare the Noodles

- Use a spiralizer to get a curly "noodle" or a julienne tool which will give you a straight "noodle" which is what I did. Put into a medium bowl.
- Combine the zucchini with the pesto sauce. Mix to coat all the "noodles".
- Add the tomatoes and olives. Mix thoroughly. Taste for salt and pepper.
- Put onto individual serving plates.
- Top with some almond parmesan and garnished with a basil sprig. Serve immediately.

Almond Parmesan

1 cup raw almonds
2 tablespoons nutritional yeast
1 teaspoon garlic powder
1/2 teaspoon Celtic sea salt

- Place all ingredients in food processor and process until your desired consistency.
- You can sprinkle it on soups, pastas, salads.
- Store in an air tight container in the fridge, will last up to a couple months.

Easy Nori Vegetable Rolls

2 servings

2 Tb yellow or chick pea miso
½ tsp turmeric
4 sheets nori

1 cup arugula coarsely chopped
1 avocado peeled and cut into thin slices
1 carrot shredded
½ cucumber seeded and cut into thin strips
1 cup alfalfa sprouts
¼ cup fresh basil &/or mint
½ cup raw sauerkraut squeezed dry

Wheat free tamari

Wasabi powder dissolved in water to make a paste

- Mix the miso in 2 Tb of water with ½ tsp turmeric. Set aside.
- Place 1 sheet of nori on a sushi mat or cutting board.
- Spread ¼ of the arugula on top of the nori
- Starting on the edge closest to you place in a row ¼ of the avocado, carrots, cucumber, sprouts, herbs and sauerkraut.
- Roll the nori from the bottom up as tightly as you can.
- Spread the miso/turmeric mixture along the top edge to seal the roll.
- Slice the rolls in half
- Serve with tamari and wasabi in a small bowl for dipping



Zucchini “Pasta” with Fresh Tomato Marinara (Raw)

This is a fairly easy dish to make. Perfect for the summer when the tomatoes are grown locally and so delicious.

2 servings

Sauce

2 cups grape or plum tomatoes
½ medjool date soaked if dry and chopped
1 tsp thyme
½ tsp oregano
½ cup extra virgin olive oil
½ tsp celtic sea salt or to taste
1 clove garlic chopped
Pinch of cayenne pepper

“Noodles”

3 zucchini cut into “noodles” with a julienne tool or mandolin (about 5 cups)
¼ cup chopped black olives sliced a few reserved whole for garnish
4 sundried tomatoes soaked until soft and thinly sliced
1 cup packed fresh basil leaves cut into fine ribbons

- Blend sauce ingredients until smooth to make the Marinara sauce, taste for seasoning
- Make noodles using the julienne tool or mandolin. Set aside in a bowl.
- Stack a few basil leaves on top of one another. Roll up and finely slice to make ribbons. Continue on with the rest of the basil saving a few leaves whole for the garnish
- Add the basil ribbons, sun dried tomatoes and chopped olives to the zucchini noodles
- Pour half of the sauce onto the zucchini noodles mix and toss
- To serve pour some sauce around the outside of the plates, put zucchini “pasta” in the middle top with whole basil and a few whole olives

The sauce will keep for 2-3 days in the refrigerator.

Side Dishes



Raw “Rice” with Kale

3 cups cauliflower (1/2 head)
2-3 Tb tahini
1 ½ cups kale, stems removed, chopped (3 stalks)
½ tsp sea salt
1 tsp turmeric
½ tsp dried thyme
1 tsp rice vinegar
Celtic sea salt and pepper to taste

- Lightly chop cauliflower so they are about the same size.
- Place cauliflower into food processor with remaining ingredients and pulse to form little pieces that look like rice.
- Taste for seasonings add salt & pepper.

Marinated Swiss Chard

2 servings

1 bunch Swiss chard (about 1 lb)
2 Tb olive oil
Celtic sea salt
1 garlic clove, finely chopped
1 Tb lemon juice

Pinch of red pepper flakes

- One at a time, grasp the stems in one hand and strip the leaves off with the other. (Keep the stems for another use such as juice or a vegetable sauté).
- Cut the leaves into 2" pieces
- Heat a sauté pan on medium high
- Add 1 Tb of olive oil and the chopped greens, sprinkle with salt
- Cook, stirring often, until the greens are tender, about 5 minutes
- The water clinging to the leaves from washing is usually enough to keep them moist but if not add a little water during the cooking.
- Remove the greens from the pan and let cool.
- Squeeze out any excess moisture and transfer to a bowl.
- Dress with the remaining olive oil, garlic, lemon juice and red pepper flakes.
- Taste, adjust seasonings and serve

Sautéed Kale with Tomatoes

2 -4 servings

2 Tb extra virgin olive oil

1 red onion, thinly sliced

2-3 garlic cloves minced

1 large bunch of kale, stems removed, thinly sliced

Celtic sea salt and pepper

½ pint grape tomatoes cut into quarters

1 Tb extra virgin olive oil

- In a large sauté pan heat the olive oil on medium heat.
- Add the onion, cook over medium heat until softened about 5 minutes.
- Add the garlic sauté 30 seconds.
- Add kale, season with salt and pepper. Sauté 5-8 minutes or until the kale is tender, if the pan begins to dry out before the kale is tender add a little water so it doesn't burn.
- Add the tomatoes, cook 2 minutes more until the tomatoes just soften. Taste for salt.
- Serve drizzled with a little extra virgin olive oil



Quinoa with Zucchini and Basil

Serves 4

2 c quinoa

4 c vegetable or chicken stock

1 bay leaf

6 small zucchini (6"L), sliced lengthwise in quarters, then crosswise in 1/4" slices

1 small red onion, diced finely

2 c quinoa

4 c vegetable or chicken stock

1 bay leaf

1/4 c extra-virgin olive oil

10 basil leaves, sliced into ribbons (at the last moment)

Celtic sea salt and pepper to taste

- In a small pot, combine quinoa with broth and bay leaf. Bring to boil and simmer approximately 20 minutes. Cover and let stand for about 5 minutes.
- In a large skillet on high heat, sauté onions in half the olive oil for a minute, then add zucchini and sauté for about 4 minutes, until it begins to caramelize. Taste and add salt and pepper.

- When quinoa is cooked, fold into zucchini mixture, along with slivered basil leaves. Gently stir to combine and add remaining olive oil.

Lemony Quinoa

4 servings

1 cup quinoa

2 cup water

2 Tb extra virgin olive oil

1 medium onion finely chopped

2 jalapeno peppers or 1 poblano chili, seeded and finely chopped

1 plum tomato, cut into ¼ inch dice

¼ cup dill chopped

¼ cup parsley chopped

2 Tb fresh lemon juice

Celtic sea salt

Fresh Pepper

- Rinse quinoa, drain. Heat water in a sauce pan. Add quinoa. Bring to a boil. Cover, turn down to low, cook 15 minutes. Turn off heat, let sit 5 minutes.
- In a sauté pan, heat the olive oil. Add onion and cook over medium heat until translucent, 4 minutes.
- Add peppers and cook until softened, 5 minutes.
- Add the diced tomato and cook until sizzling 1 minute.
- Remove from the heat stir in the quinoa, herbs and lemon juice
- Season with salt & pepper

Roasted 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.

4 servings

3-4 organic sweet potatoes

Olive oil

Celtic Sea Salt & fresh pepper

START

Preheat oven to 425 degrees.

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 evenly, about 30 minutes.

Snacks

Homemade Snacks



Raw Jicama Fries

2-4 servings

This is a fun, nutritious raw snack. Great for taking to parties and picnics.

1 jicama thickly julienne sliced with a mandolin or by hand into strips

1 Tb or olive oil

3 Tb nutritional yeast

1-2 scallions sliced

1 Tb chili powder

¼ - ½ tsp Celtic sea salt, to taste

- Peel jicama and slice julienne style.
- Place in bowl and sprinkle nutritional yeast, sea salt, oil and chopped green onion on top of jicama.
- Mix thoroughly to ensure all the slices are coated. It works best if you use your hands.
- Cover and refrigerate for 30-60 minutes to enable all the flavors to blend. (You can eat them right away and they will be good)
- Enjoy with a salsa, fresh guacamole or hummus.

A few more things...

For an Indian flavor, use curry powder instead of chili powder and use coconut oil instead of the olive oil.



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.



Zucchini Hummus

4 servings

¼ cup sesame seeds ground into a powder, if you don't have a spice grinder soak the sesame seeds for 4 hours in water and drain

½ -1 tsp Celtic sea salt (start with ½ you can always add more)

2 cloves chopped garlic (2 tsp)

2 cups chopped zucchini

1/2 cup tahini

¼ cup lemon juice

1 ½ tsp ground cumin

2 Tb olive oil

Pinch cayenne

- Put sesame seeds, sea salt and garlic into a food processor.
- Process into small pieces.
- Add the rest of the ingredients and process until smooth.

Cilantro Pesto

This is great as a spread on celery, as a dip for raw vegetables you can toss it with zucchini, kelp or buckwheat noodles.

1-2 garlic cloves chopped

¼ cup raw pine nuts or raw sunflowers seeds

1 jalapeno pepper seeded and chopped

2 tablespoons lemon or lime juice

6 tablespoons olive oil, cold press, extra virgin
Celtic sea salt & ground pepper to taste
1 cup packed fresh cilantro leaves

- Add cilantro to a food process and process until chopped
- Add in nuts, garlic, jalapeno pepper, lemon juice, salt, pepper and olive oil
- Process to a paste (you may need to add a little water)
- Taste to for salt
- Serve or store in refrigerator. It will keep about 4 days

This freezes well so you can make up a double batch. It is a great way to use up extra cilantro.

Beverages

Liver Cleanse Tea

This tea is a combination of a decoction and infusion. For the week you may want to make 2x this recipe and store it in the refrigerator.

1 tsp rose hips

1 tsp burdock root

1 tsp dandelion root

1 tsp nettles

1 tsp peppermint

- In a medium pot add the rose hips, burdock root and dandelion root with **4 cups of water**
- Bring to a boil and simmer for 15-20 minutes
- Add nettles and peppermint.
- Cool and let stand overnight or for 8 hours
- Strain and store in a glass jar in the refrigerator.

Warm individual cups as needed or drink at room temperature.

About decoctions:

When using an herb that is woody (roots, rhizomes, wood, bark, nuts and seeds) it is best to make a decoction so that the soluble contents of the herbs are extracted into the water. When making a decoction, more heat is needed than for infusions and the herb has to be boiled in the water (as opposed to steeped with infusions).



Nettles & Peppermint Iced Tea

Summer makes you want to have pitchers of iced tea on hand. While a nice cold glass of black or green tea on cubes is refreshing, a nettle-peppermint infusion over ice offers a some additional healing benefits. It is rich in vitamins A, C, iron, potassium, magnesium and calcium and it can be used to treat everything from eczema to arthritis. It also supports the liver. You can read more in my article on [Nettles](#).

3 Tb dried nettles or 4 tea bags
1 Tb dried peppermint or 2 tea bags
3 c filtered water
A pitcher filled with ice
1 lemon

Method:

Put the nettle and peppermint into a mason jar. Boil the water and pour it over the nettle and peppermint. Cover and let the mixture sit overnight.

In the morning, fill your pitcher with ice and pour in the tea. Let the tea rest on the counter for 30 minutes so that some of the ice melts and dilutes the tea. Pour into glasses and garnish lemon.

This is a strong glass of tea. It is also good mixed with green or black iced teas.

Coconut Lime Splash

1 ½ coconut water
2 Tb fresh squeezed lime juice
2 slices of organic cucumber 1" thick
Mint for garnish
Stevia to taste

Mix all the ingredients together
Serve over ice



Goji Berry Tea

- Place 6 tablespoons berries in a quart jar and fill it to the top with boiling water.
- Screw lid on and let sit for thirty minutes.
- Strain off water from berries and chill.
- You can drink this by itself or the use liquid as a sweet addition to any tea, elixir or smoothie.

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 a good replacement, not exactly coffee but a tasty beverage with a similar texture.

1 serving

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

Apple Lemonade

This juice is a great liver cleanser, children really like it too!

2 apples

1 lemon

Juice and pour over ice. You don't need any sweetener as the apple is sweet enough.

Basics

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

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

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.

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

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 3 cups

Vegetable Stock

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