



Nourishing Foods Cleanse

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

eatwellenjoylife.com

Spring 2015 Restore Your Liver

“Your body is precious. It is your vehicle for awakening. Treat it with care”

— Buddha

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 **digestive system**.

Spring is the ideal time to give your body a cleanse. Early spring roots and greens like dandelion, arugula, broccoli sprouts and spring onions are loaded with **liver-cleansing, bile-moving, intestinal-scrubbing alkaloids** that cleanse all the congestion out of the liver and the thick mucus out of your intestine

One of the principles in cleansing the liver is to reduce our fat intake for 5 days which gives the liver a rest. We bring in food and herbs to restore the liver.

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 spring greens 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.



"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

Nourishing Foods Cleanse – Spring 2015

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 brings you back into your body, bringing awareness to what you are eating. When you are aware of what you are eating you have more satisfaction, more pleasure. Everything you eat is in **green** the mind and body practices are in **purple**.

Wake Up

Brush teeth, scrape tongue
12 oz water with ½-1 Tb apple cider
Vinegar (ACV)
Tapping I Love My Body (follow script)
Morning Meditation 5-15 minutes
Body brushing before shower

Pre-Breakfast

8 oz water with ½-1 lemon

Breakfast

Green Juice (optional)
Breakfast - Smoothie or chia pudding
or raw cereal with nut milk
1ml milk thistle in 4 oz water

Late Morning Snack (2 hours after morning meal)

Snack (optional)

Lunch

Before Eating Heart Coherence
8 oz water with lemon juice
5-30 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)

Rebounding 10 minutes before eating
8 oz water with ½ - 1 Tb ACV
5-30 minutes before dinner
Dinner – Soup, vegetables, main
dish or salad (grain optional)
1-4 oz fermented vegetables

1 ml milk thistle in 4 oz water
1 Tb -1/4 cup coconut kefir w/dinner

Evening Snack &

Bed Time (aim for 10pm)

Chia Pudding or a few seeds (only if needed)
2 magnesium citrate with 6 oz water
Castor oil pack
Tapping Listening To My Body (follow script)



Staying hydrated keeps
your cells young and supple.
Aging is your cells drying out.

Drink lots of water to flush toxins from
your system.

Water will heal you.

Drink half your ideal 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 ease into the cleanse with more cooked food and then taper off to more raw food the last 2 days. 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 exclude 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!

The recipes are written for 2-4 people. The food is delicious, share it with your family even if they are not doing the cleanse. I have chosen a menu that is easy to prepare. Instead of preparing main dishes I am using the vegetable dishes for dinner. Vegetables are key for cleansing in the spring. This menu combines raw and cooked vegetable dishes. The portions of the vegetable dishes are large; you can eat as much as you want. If you have left over, eat them for lunch the next day instead of a salad. If you need snacks the easiest thing to do is buy some of the recommended snacks so you have less food prep. You can also eat left over vegetables, a smoothie or soup as a snack.

Day 1

Wake up: apple cider/water drink
Pre-breakfast: liver tea
Breakfast: Wonderful Green Juice
Blueberry Chard Smoothie
Snack: (optional) handful seeds
Lunch: Watercress Avocado Salad

1 oz fermented vegetable
Snack: (optional) Chia Pudding
or crudité with dressing
Dinner: Asparagus Soup
Curried Cauliflower w/Kale
Quinoa (optional)
1 oz fermented vegetable

Day 3

Wake up: apple cider /water drink
Pre-breakfast: liver tea
Breakfast: Wonderful Green Juice
Blueberry Chard Smoothie
Snack: (optional) handful seeds
Lunch: Crunch Asparagus Salad
1 oz fermented vegetable

Snack: (optional) Chia Pudding or
Smoothie of choice
Dinner: left over Broccoli Arugula Soup
Braised Dandelion

Day 5

Wake up: apple cider /water drink
Pre-breakfast: liver tea
Breakfast: Wonderful Green Juice
Blueberry Chard Smoothie
Snack: (optional) Kale Chips
Lunch: Easy Nori Rolls
Snack: (optional) Chia Pudding
Dinner: left over Hemp Pesto with Zucchini Noodles

Day 2

Wake up: apple cider /water drink
Pre-breakfast: liver tea
Breakfast: Wonderful Green Juice
Pink Power Strawberry Smoothie
Snack: (optional) handful seeds
Lunch: Mixed Salad w/Avocado
Miso Cilantro Dressing
1 oz fermented vegetable
Snack: (optional) Chia Pudding
or crudité with dressing
Dinner: Broccoli Arugula Soup
Sautéed Spinach w/Cumin & Fennel
Seeds
Quinoa (optional)
1 oz fermented vegetable

Day 4

Wake up: apple cider /water drink
Pre-breakfast: liver tea
Breakfast: Wonderful Green Juice
Pink Power Strawberry Smoothie
Snack: (optional) handful seeds
Lunch: Mixed Green Salad w/Avocado
Miso Cilantro Dressing
1 oz fermented vegetable
Snack: (optional) Kale Chips
Dinner: left over Asparagus Soup
Hemp Pesto w Zucchini Noodles
1 oz fermented vegetables

Breakfast

When you wake up in the morning you are dehydrated and, acidic, needing fluids. You will start your morning with plenty of liquids 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.

Juices

[Wonderful Green Juice](#)

[Rainbow Vegetable Juice](#)

[Thai Green Juice](#)

Beverages

[Liver Cleanse Tea](#)

[Nettles & Peppermint Iced Tea](#)

[Matcha Green Tea Latte](#)

Green Smoothie

[Pink Power Strawberry Smoothie](#)

[Blueberry Chard Smoothie](#)

[Grapefruit Cilantro Smoothie](#)

[Spicy Liver Cleansing Green Smoothie](#)

[Just Greens Breakfast Smoothie](#)

Puddings & Porridges

[Strawberry Hemp Chia Pudding](#)

[Almond Cinnamon Chia Pudding](#)

[Matcha Green Tea Chia Pudding](#)

[Grain Free Breakfast Porridge](#)

Store Bought Breakfast Choices

Raw Gluten Free Granola (without agave) w/almond milk

Yogi Liver Cleansing Tea



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 recommend a nutrient dense salad or wrap to supply you with enough fuel to get through the afternoon. If you feel you need more cooked food you can have leftovers 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

[Watercress and Avocado Salad](#)

[Avocado Kelp Noodle & Kale Salad](#)

[Farmers Market Salad](#)

[Cucumber Wakame Salad](#)

[Greek Salad](#)

[Crunchy Asparagus Salad](#)

Dressings

[Green Goddess Dressing](#)

[Greek Salad Dressing](#)

[Miso Cilantro Dressing](#)

[Herb Sunflower Seed Dressing](#)

[Tahini Dill Dressing](#)

[Mustard Shallot Vinaigrette](#)

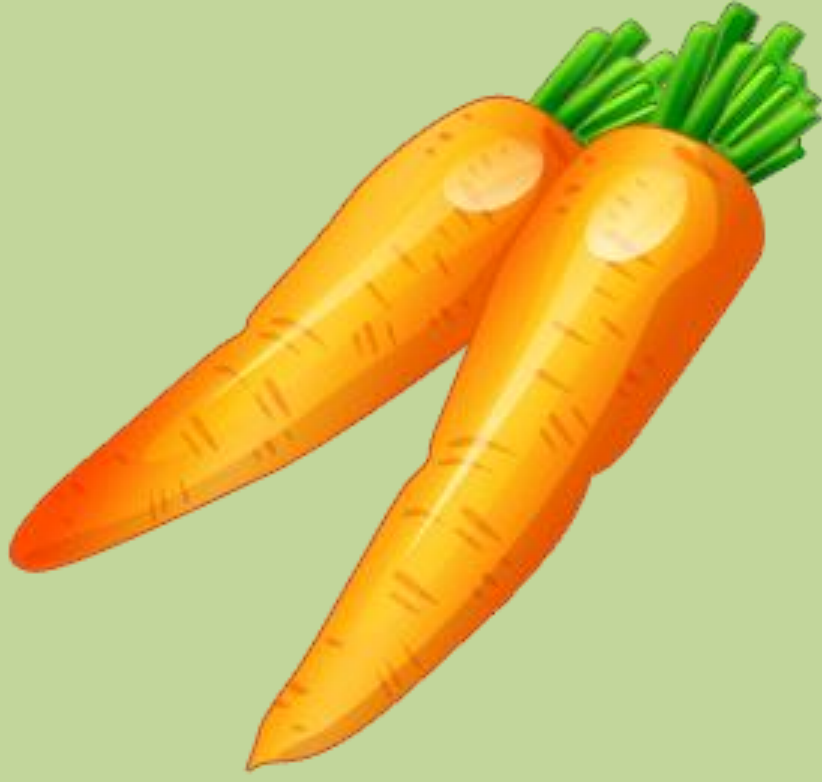
Wraps

[Raw Vegetable Burrito](#)

[Easy Nori Vegetable Rolls](#)

[Lettuce Wraps with Tuna Pate](#)

[Romaine Wraps with Zucchini Hummus](#)



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 aim to 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. 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.

Soup

[Spring Vegetable Soup with Tarragon](#)

[Cauliflower & Beet Soup](#)

[Creamy Leek and Zucchini Soup](#)

[Soothing Miso Soup](#)

[Asparagus Soup](#)

[Broccoli Arugula Soup](#)

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

[Green Goddess Soup \(raw\)](#)

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

Main Dish Cooked

[Paleotarian "Pasta" Primavera](#)

[Water Sautéed Greens with Kelp
Noodles](#)

[Spring Vegetable Stir Fry](#)

Main Dish Raw

[Living Pad Thai](#)

[Hemp Pesto w Zucchini "Noodles"](#)

Vegetables Side Dishes

[Coconut Curried Cauliflower w/Kale](#)

[Braised Dandelion](#)

[Snap Peas with Sesame Seeds](#)

[Stir Fried Romaine](#)

[Pan Steamed Broccoli with Roasted Peppers](#)

[Sautéed Spinach with Fennel and Cumin Seeds](#)

[Raw Rice](#)

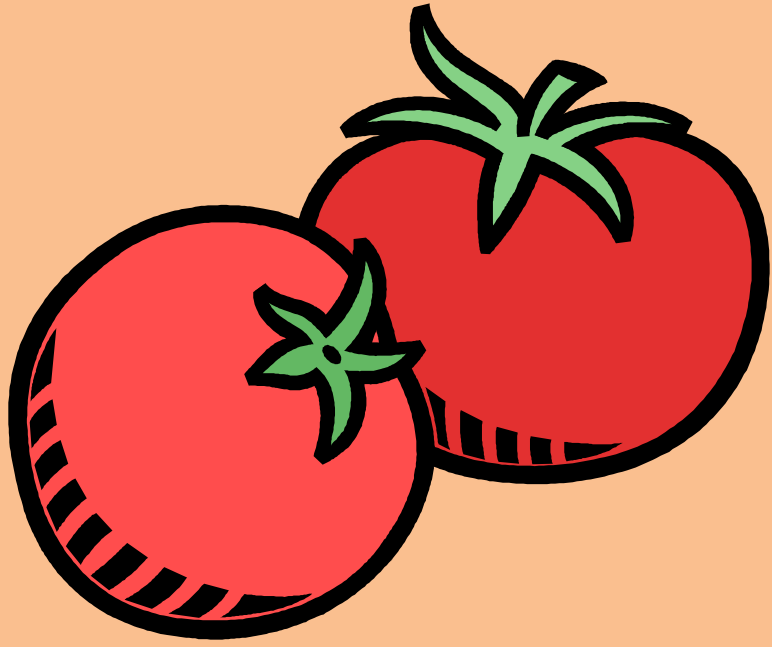
Grain Dishes

[Quinoa with Shallots and Peas](#)

[Millet Fried Rice](#)

[Quinoa](#)

[Millet](#)



Snacks

It is important to pay attention to your blood sugar and hunger in the 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 & Dips

[Raw Jicama Fries](#)

[Easy Kale Chips](#)

[Chipotle Kale Chips](#)

[Zucchini Hummus](#)

You can eat any of the chia puddings or smoothies as a snack too!

Store Bought Snacks

Sea Snax Nori Snacks

Raw Kale Chips

Raw Flax Crackers

Pumpkin or Sunflower seeds

Store Bought Beverages

Coconut water

KeVita Sparkling Probiotic Drink

Basics

Juice Anything [Vegetable Broth](#)

[Almond Milk](#) [Bone Broth](#)

[Hemp Milk](#)

Recipes

Breakfast

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!

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

Spring 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.



Matcha Green Tea Latte

Matcha green tea is a delicious beverage and the health benefits are many. Green tea aids in detoxification of your liver You can read my newsletter article about it [here](#). A word of caution it does have caffeine. This makes it a great beverage to use as you wean off coffee. If you normally don't drink caffeine drink, only limited amounts of this or leave it out.

1 serving

¼–½ tsp. matcha green tea powder

Hot water

7–12 drops liquid stevia or ½–1 tsp raw honey

4 Tb coconut milk heated

- Put matcha powder into a cup.
- Pour hot water into the cup just like regular tea
- Add stevia and coconut milk
- Whisk with a small whisk or fork until frothy.



Pink Power Strawberry Smoothie

I like this smoothie because it is bright pink. All the ingredients make this a mighty powerful way to start the day.

Beet - cleanse the liver, purifies the blood, anti-inflammatory, contains iron

Avocado - helps lower blood pressure, lubricates joints, anti-inflammatory, loads of healthy fats, high in fiber and protein

Strawberries - high in antioxidants, rich source of vitamin C, benefits digestion

Celery - acts as mild diuretic, promotes feeling of fullness, rich in B vitamins and fiber

Lemon - antibacterial properties, aids digestion, high in Vitamin C, detoxifies and alkalizes, mild diuretic

Virgin Coconut oil - fights viruses, fungi, and bacteria, metabolism booster, healthy MCT fats, increases good HDL cholesterol

2 servings

1 cup water or coconut water

¼ medium avocado, pitted

2 celery stalks, roughly chopped

4 romaine leaves, chopped

1 cup organic strawberries (frozen preferred), hulled if necessary

1/2 small organic beet, trimmed peeled and roughly chopped

1/2 lemon, juiced

2 Tb ground flax

4 drops stevia, if you like additional sweetness

- Add all ingredients into a high-speed blender and blend on high until smooth.
- Adjust sweetness if desired.



Blueberry Chard Smoothie

2 servings

2 Tb chia seeds

1 ½ cups water

2 cups chard

2 cup frozen blueberries

½ teaspoon minced fresh ginger, plus more to taste

1 Tb lemon juice

Few drops of stevia (optional if you like things sweet)

- Soak chia seeds in water for 30 minutes or overnight in the refrigerator.
- Put all ingredients into a Vitamix or blender and blend on high until smooth and creamy.

Nutrition Information

Swiss chard helps cleanse the body, and regenerate cells, blood and the respiratory system. Recent research has shown that chard leaves contain at least 13 different polyphenol antioxidants, including kaempferol, the cardio-protective flavonoid that's also found in broccoli, kale, strawberries, and other foods.

Syringic acid, one component of chard has received special attention in recent research due to its blood sugar regulating properties. When this enzyme gets inhibited, fewer carbs are broken down into simple sugars and blood sugar is able to stay more steady. Like beets, chard is a unique source of phytonutrients called betalains. In the betalain family are found reddish-purple betacyanin pigments as well as yellowish betaxanthin pigments. Both types can be found in chard! Many of the betalain pigments in chard have been shown to provide antioxidant, anti-inflammatory, and detoxification support.

Blueberries are also loaded with antioxidant and detoxification support. They are relatively low-sugar fruits full of vitamins and minerals.

Grapefruit Cilantro Smoothie

When you combine citrus fruit and cilantro they synergistically work together to alkalize the body and detoxify the liver. The coconut water provides a great source of natural electrolytes which blends with the hemp nut seeds and coconut oil for a great flavor. The hemp seeds provide fiber and protein. This recipe provides plenty of vitamin C, which boosts the immune system and builds essential collagen for beautiful skin. It is best to use organic ingredients to prevent any stress on your liver.

2 servings

1 large grapefruit peeled membranes removed
1 green apple or 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

Nutrition Information

Grapefruit is rich in natural vitamin C and antioxidants, two powerful liver cleansers. Grapefruit contains compounds that boost the production of liver detoxification enzymes. It also contains a flavonoid compound known as naringenin that causes the liver to burn fat rather than store it.



Spicy Liver Cleansing Green Smoothie

The spiciness in this smoothie comes from the garlic. Garlic contains numerous sulfur-containing compounds that activate the liver enzymes responsible for flushing out toxins from the body. Garlic also contains allicin and selenium, two powerful nutrients proven to help protect the liver from toxic damage, and aid it in the detoxification process.

2 servings

2 cups romaine lettuce
1 cup tomato (about 1 tomato)
1 cup filtered water
1 cup chopped carrot (about 1 carrot)
1 whole cucumber
1 avocado
1 whole lime peeled
1-2 garlic cloves (to taste)
¼ tsp Celtic sea salt
pinch of cayenne pepper
1 scoop protein powder (optional)
ice cubes (optional if you like things cold)

- Put all of the ingredients in your blender and puree until smooth and creamy
- Adjust salt quantities to taste.

Just Greens Breakfast Smoothie

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 parsley
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 add a little stevia if you want it to be sweeter.

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 chia will thicken the liquid creating a perfect pudding texture.
- The pudding will last about 3 days.

Hemp Milk

1 cups shelled hemp

3 cups water

1/2 tsp organic vanilla extract (optional)

- Blend for 3 minutes in a vita mix and 5 minutes in a regular blender.
- Refrigerate for up to 5 days.
- This "milk" can be used in smoothies or any beverage you like.

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!

Matcha Green Tea Chia Pudding

Green tea is full of antioxidants and supports your liver. The chia is full of protein, Omega 3's and calcium. There is a little caffeine in the matcha but it will be absorbed slowly with all the fiber in the chia.

2 servings

2 cups hemp or almond milk
12 drops stevia or 2Tb maple syrup
1 tsp vanilla extract
1 tsp matcha green tea powder
6 Tb chia seeds
2 cups berries (strawberries, blueberries, raspberries)

- Blend the milk with the stevia, vanilla and matcha
- Put the chia seeds in a medium bowl, large enough to hold all the liquid.
- Pour the blended mixture over the chia seeds. Stir. Let sit for 15 minutes stirring every few minutes until the chia begins to absorb the liquid.
- Let the mixture sit at least 1 hour at room temperature or overnight in the refrigerator, covered.
- Stir before serving. Top with berries.



Grain Free 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!

Lunch

Salads

Watercress Avocado Salad

Watercress is a nutrient dense food with more iron than spinach, more calcium than milk, and more vitamin C than oranges. It has a spicy tang to it, much like arugula, and can be used in salads and soups. This easy-to-make salad combines slightly bitter watercress with the sweetness of apple and creaminess of avocado, giving it the perfect balance of deliciousness.

2 servings

3 cups organic watercress, soak in water for 10 minutes and
rinse thoroughly

1 Granny Smith apple

1 avocado

1 Tb apple cider vinegar

1 Tb raw honey

1 Tb Dijon mustard

1 tsp wheat free tamari

Fresh pepper

Hemp seeds (optional)

- In a large bowl combine apple cider vinegar, honey, mustard and tamari, and mix well.
- Spin dry the washed watercress and trim it into large bite size pieces.
- Peel and grate the apple, using the big holes on a box grater.
- Add the apples to the bowl with the dressing, mix well.
- Add in the watercress and toss combine evenly.
- Cut the avocado into 1-inch pieces and fold gently into the salad.
- Top with fresh pepper.
- Sprinkle with hemp seeds for additional protein



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.

Farmer's Market Salad

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

2 servings

4 cups mixed greens

1 small beet grated on a box grater

1 carrot grated on a box grater

1 cup red radishes, thinly sliced (I used a mandolin)

1 handful of sprouts (alfalfa, mung, broccoli or pea sprouts)

¼- ½ cup sauerkraut squeezed almost dry

1 cup cilantro or parsley leaves chopped

Dressing of choice

Hemp seeds or sunflower seeds (optional)

- Toss greens with dressing. Put onto a 2 plates
- Place the beets, carrots, radishes and sauerkraut, in little piles forming a circle around the greens like a rainbow
- Top with sprouts and fresh herbs
- Sprinkle the rainbow of vegetables with dressing and hemp seeds if using
- Serve with extra dressing in the side



Cucumber Wakame Salad

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

2 servings

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

2 large seedless cucumber thinly sliced

2 scallions thinly sliced

1/4 cup very thinly sliced red pepper

3-4 Tb lemon juice

1 tsp raw honey or a few drops of stevia

2 Tb toasted sesame oil

Celtic sea salt

- Cover wakame with water and soak for 10-15 minutes
- Drain, rinse under cold water and pat dry.
- Remove the tough rib from the wakame and cut into 1/2" strips. You should have about 3/4 cup.
- Thinly slice the cucumber. Put them in a colander over the sink, Sprinkle with sea salt, toss and let sit 10 minutes. Rinse them and squeeze dry.
- Put wakame into a medium size bowl with the cucumber, scallions and pepper.
- In a separate small bowl combine the lemon juice, stevia and sesame oil
- Wisk together and pour over the wakame-cucumber mixture. Taste to adjust salt.
- Toss and serve on a bed of lettuce or arugula

Benefits of seaweed:

- High mineral content, especially: iodine, calcium, iron, magnesium.
- More vitamin C than oranges.
- Anti-viral, anti-bacterial, anti-inflammatory properties
- Large proportion of natural, organic iodine aiding in maintaining a healthy thyroid function. (Limited amounts of seaweed for people with autoimmune thyroid conditions)
- One of the richest plant sources of calcium.
- Contains polysaccharides: important in the prevention of degenerative diseases including cardiovascular and diabetes 2, increase the amount of feel-good chemicals in the brain, improves liver function, stabilizes blood sugar.

Greek Salad

adapted from Mark Hyman

4 servings

1 large cucumber, sliced lengthwise on the diagonal, seeds removed

1 cup cherry tomatoes, halved

1/4 cup red onion, finely diced

1 small red bell pepper, diced

5 ounces arugula or mixed baby greens

Greek Dressing

1 avocado, diced

1/2 cup kalamata olives

- Toss all vegetables except avocado and olives with dressing in a large bowl.
- Add olives and avocado mix gently
- Serve

Greek Salad Dressing

2 cloves garlic, finely minced

1 tsp oregano

1/2 tsp Dijon mustard

4 Tb apple cider vinegar

1/2 tsp Celtic sea salt

1/2 cup extra virgin olive oil

Black pepper, to taste

- Prepare dressing: mix all dressing ingredients except for oil in a small bowl.
- Stream in oil and whisk until combined.
- Season with black pepper to taste.



Crunchy Asparagus Salad

4 servings

1 Tb wheat free tamari or soy sauce
1 tsp toasted sesame oil
1 tsp apple cider vinegar or rice vinegar
1 lb thin asparagus trimmed
1 cup sweet pea sprouts (optional)
2 cups arugula or baby lettuce

Garnish (optional)

Toasted sesame seeds
Pinch of togarashi or cayenne

- In a medium bowl big enough to hold the asparagus, whisk together the tamari, sesame oil and vinegar.
- Fill a medium bowl with water and ice.
- Steam the asparagus for 2-4 minutes until crisp tender
- Transfer to the ice bath to cool
- Drain and pat dry with a kitchen towel
- Cut the asparagus into 2" lengths
- Add the asparagus to the soy dressing.
- Toss to coat
- Add the pea sprouts and arugula, toss.
- Serve garnished with sesame seeds and togarashi

Dressings

Green Goddess Dressing

(adapted from Oh She Glows)

Yield: $\frac{3}{4}$ cup

$\frac{1}{2}$ cup packed avocado flesh (1 small)
1 garlic clove, minced
3 Tb water
2 Tb apple cider vinegar
2 Tb fresh lemon juice, to taste
2 Tb extra virgin olive oil
 $\frac{1}{4}$ cup packed fresh basil leaves
 $\frac{1}{4}$ cup packed fresh parsley
 $\frac{1}{4}$ tsp Celtic sea salt
Pinch of cayenne (optional)
Stevia to taste 2-4 drops

- In a food processor, add avocado, garlic, water, herbs and onion.
- Process until smooth.
- Add in the lemon juice, apple cider vinegar and salt.
- Process to mix. Add more lemon or salt to taste.
- Store in an air tight container or jar in the fridge. Keeps for about 5 days.

Greek Salad Dressing

Yield: $\frac{3}{4}$ cup

2 cloves garlic, finely minced
1 tsp oregano
 $\frac{1}{2}$ tsp Dijon mustard
4 Tb apple cider vinegar
 $\frac{1}{2}$ tsp Celtic sea salt
 $\frac{1}{2}$ cup extra virgin olive oil
Black pepper, to taste

- Prepare dressing: mix all dressing ingredients except for oil in a small bowl.
- Stream in oil and whisk until combined.
- Season with black pepper to taste.

Miso Cilantro Dressing

This is a powerfully cleansing green dressing.

Yield: 2 cups

4 Tb white or yellow miso

1 Tb Dijon mustard

2 cups cilantro leaves, loosely packed, chopped

1/4 cup parsley leaves, loosely packed, chopped

1/4 cup apple cider vinegar

2 Tb chopped shallots

4 Tb hemp seeds

¼ tsp Celtic sea salt

3/4 cup filtered water

2/3 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.
- Taste to adjust salt. Store in a glass jar in the refrigerator for up to 5 days.

Nutrition Information

The **cilantro** detoxes heavy metals. It is also antiviral, antibacterial, helps cleanse the colon and lowers candida.

Parsley is a food that can help neutralize certain types of carcinogens (cancer causing agents) particularly from pollution and smoke. Hemp is high an easily absorbable protein.

Hemp has a protein structure of 66% edestin and 33% albumin. This structure means hemp seeds contain all 8 essential amino acids plus 2 conditionally essential amino acids. In addition to its surprising protein profile, it also contains the perfect ratio of omega fatty acids researchers recommend for good health: 3- omega-3` s to 1-omega-6.

Miso is a healthy, probiotic food that helps support digestion by adding beneficial microorganisms to your digestive tract. It contains all essential amino acids, making it a complete protein.

Herb Sunflower Seed Dressing

Makes 1 ¼ cups dressing

1/2 cup raw hulled sunflower seeds
1/2 cup water
3 Tb fresh lemon juice
2 Tb apple cider vinegar
1 Tb wheat free tamari or soy sauce
½ cup chopped fresh parsley
½ tsp thyme
¼ tsp dried oregano
1 tsp minced garlic
¼ tsp Celitc sea salt
¼ cup olive oil

Optional: soak the sunflower seed 4 hours

- Put all ingredients in a blender except the olive oil.
- Blend till creamy and smooth.
- While blender is running, slowly pour in the olive oil to emulsify.
- This will hold in the refrigerator for up to 5 days

Tahini Dill Dressing

1/4 cup tahini
2 Tb lemon juice
1/4 cup water
1 tsp garlic, minced
1 Tb wheat free tamari
¼ cup fresh dill, finely chopped

- Mix all ingredients, except dill, together in a bowl
- Whisk with a mini whisk or fork until smooth and creamy
- Stir in the dill

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

Mustard Shallot Vinaigrette

Makes about 1 ¼ cup

1 shallot, minced

2 Tb apple cider vinegar

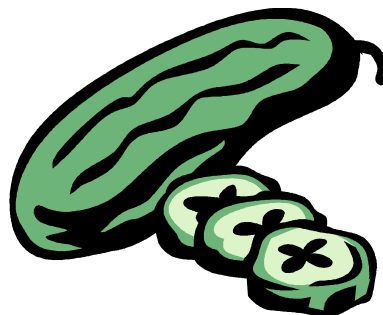
3 tsp Dijon mustard

¼ tsp Celtic sea salt

½ tsp coarse ground black pepper

1 cup extra virgin olive oil

- In a mason jar with a tight lid, combine the shallot, vinegar and mustard.
- Close the lid and shake well to mix.
- Add the salt and pepper and shake again.
- Add olive oil 1/3 cup at a time, shaking very well after each addition, until smooth and emulsified.
- Use immediately or refrigerate up to 3 weeks. Remove from the refrigerator for 30 minutes before using to allow it to liquefy. Shake well before serving.



Wraps



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
¼ 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
¼ tsp cayenne (optional)
1 small garlic clove minced
4 Tb lime juice (2 limes)
½ plum tomato chopped about ¼ cup
¼-½ 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
½ 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 ¼ 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





Easy Nori Vegetable Rolls

2 servings

2 Tb yellow or chick pea miso
½ tsp turmeric
4 sheets nori
2 cup arugula or mixed greens coarsely chopped
1 avocado peeled and cut into thin slices
1 carrot shredded
½ cucumber seeded and cut into thin strips
1 cup 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 carrots, cucumber, sprouts, avocado, 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

Lettuce Wraps with “Tuna” Pate

The kelp gives this pate a “tuna like” taste and is just as delicious.

Pumpkin seeds are especially rich in mono-unsaturated fatty acids (MUFA) like oleic acid that helps lower bad LDL cholesterol and increase good HDL cholesterol in the blood. Pumpkin seeds are excellent source of amino acids **tryptophan** and **glutamate**. Tryptophan is converted into serotonin. Serotonin is a beneficial neuro-chemical often labeled as **nature's sleeping pill**. Further, tryptophan is precursor of B-complex vitamin and niacin

4 servings

1 cup pumpkin seeds, soaked for 4–6 hours, rinsed, and drained
3 Tb fresh-squeezed lemon juice
¼ cup chopped celery
2 Tb chopped red onion
¼ cup parsley, chopped
¼ cup fresh dill, chopped
1 Tb [kelp granules](#)
½ teaspoon sea salt

1 head of Boston lettuce, about 8 large leaves from the head for wraps
Shredded carrots
Chopped tomatoes
Sprouts
Additional vegetables, if you like
Tahini Dill Dressing or [Lemon Dill Dressing](#) or dressing of choice

- Pulse pumpkin seeds in a food processor with lemon using the S-blade until you get a coarse paste. Add a little water if necessary to get an even consistency. Transfer to a bowl.
- Add chopped celery, onion, parsley, dill, kelp and salt.
- Mix thoroughly using a fork to incorporate the vegetables into the pumpkin seed pate.
- Place 2 Tb of the “tuna” onto the lettuce leaf. Add the vegetables and a few teaspoons of dressing. Fold in the sides and roll up. Serve with Tahini Dill Dressing or [Lemon Dill Dressing](#) on the side for dipping.

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

- 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!

Zucchini Hummus

2-4 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.
- Serve wrapped in romaine leaves or with celery sticks, endive or flax crackers.

Dinner

Soups

Spring Vegetable Soup with Tarragon

4 servings

6 cups vegetable stock, chicken stock or water

1 white turnip cut into ½" chunks

2 medium carrots, sliced ¼ inch thick

2 celery ribs and leaves, sliced ¼ inch thick

1 medium onion, coarsely chopped

1 large leek, white part only, sliced ¼ inch thick

1 tsp Celtic sea salt

1 ½ cups green beans, cut into 1-inch lengths,

4 Tb chopped parsley

1 Tb chopped fresh tarragon or 1 tsp dried tarragon

Freshly ground pepper

- In a large pot, combine the stock with the turnips, carrots, celery, onion, leek and sea salt. Bring to a boil.
- Turn down and simmer over moderately low heat for 30 minutes.
- Add the green beans and dried tarragon (if using or put in fresh later) simmer until tender, 3 minutes.
- Stir in the parsley and fresh tarragon. Season with pepper, taste to adjust salt and serve.



Cauliflower and Beet Soup

4 servings

3 Tb extra-virgin olive oil

1 1/2 cups chopped onion (1 medium)

1/2 cup celery chopped

2 cloves garlic minced

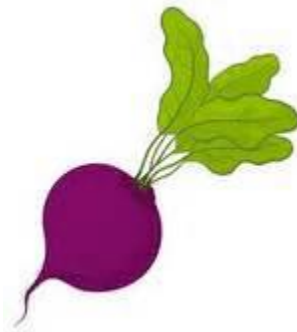
5-6 cups cauliflower, coarsely chopped (1 medium head)

2 cups red beets, peeled, chopped (2-3 beets)

4 cups vegetable or chicken stock

1/2 cup coarsely chopped fresh dill, plus sprigs for garnish

- Heat oil in a medium pot over medium-low heat, and add onion and celery. Sauté until just translucent, about 4 minutes.
 - Add garlic, sauté 1 minute.
 - Stir in cauliflower, beets, and 1/2 teaspoon salt. Add broth, and bring to a boil. Reduce heat, and simmer until beets and cauliflower are tender, about 20 minutes.
 - Remove from heat, and stir in dill. Let soup cool 10 minutes, then puree in batches until smooth.
 - Return soup to pot, and heat through.
 - Season with additional salt, to taste and serve garnish with dill sprigs.
 - The soup will stay for 2-3 days in the refrigerator.
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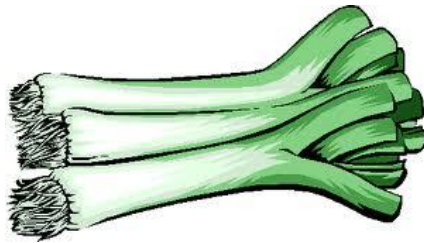


Creamy Leek and Zucchini Soup

4 servings

3 Tb olive oil, ghee, or coconut oil
2 leeks white and light green parts only, sliced
4 garlic cloves, minced
4 zucchini, grated (about 5 cups)
4 cups vegetable or chicken broth
1 1/2 tsp Italian seasoning
1/2 tsp Celtic sea salt
1 cup coconut milk

- In a large pot, sauté the leeks over medium-low heat in oil until softened about 7 minutes.
- Add the garlic cloves and sauté briefly until fragrant.
- Add the zucchini and sauté until slightly softened, about 3 minutes. Pour in the broth and Italian seasoning.
- Bring to a boil, reduce heat to low, and partially cover. Simmer for 20 minutes, until zucchini is tender.
- Puree until smooth using a blender or an immersion blender. Add in the coconut milk.
- Wonderful hot or chilled.



Soothing Miso Soup

This is a quick and easy soup to make. Double the recipe to have on hand for a few days. Miso has been eaten in Japan and China for many centuries and I like it because of its health and anti-aging benefits. It's also quite delicious.

Miso is a high protein, probiotic food that helps support digestion by adding beneficial microorganisms to your digestive tract.

2-3 servings

1 Tb coconut oil
1 large onion, chopped
2 stalks celery, chopped
2 cloves garlic, minced
1 Tb minced fresh ginger
2 carrots cut into chunks
1 cup daikon cut into chunks
4 cups water
2 Tb chick pea miso or yellow miso
2 Tb dulse flakes (optional)

- Heat a soup pot on medium. Add coconut oil. Once the oil is melted add the onions and celery.
- Sauté 5-8 minutes on medium-low until the onions are soft.
- Add garlic and ginger. Stir and sauté 1 minute until fragrant.
- Add carrots, daikon and water.
- Bring to a boil, turn down and simmer 5-10 minutes until the carrots are tender.
- Turn off the heat.
- Put miso into a medium bowl.
- Scoop out a cup of water from the soup. Add enough of the soup water to the miso to make a paste.
- Add the rest of the cup of water to dissolve the miso.
- Pour the miso back into the soup. Stir to combine.*
- Add in dulse flakes if using.
- Let sit 5 minutes for the flavors to combine.
- Serve.

***Note:** Don't boil the soup once you add the miso, it will kill the beneficial microorganisms.

Asparagus Soup

One of the first foods that signal the start of spring is the appearance of fresh asparagus at local farmers' markets and grocery stores. In addition to the fiber and minerals in asparagus it contains chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells. It is a good source of glutathione, a detoxifying compound that helps break down carcinogens and other harmful compounds like free radicals. Asparagus is listed as the vegetable with the least amount of pesticide on EWG list [Dirty Dozen / Clean 15 Fruits and Vegetables](#). It is fine to buy non-organic.

4 servings

2 Tb olive oil
3 cloves garlic, chopped
2 cups chopped onion (1 large yellow)
2 celery stalks, chopped
¼ tsp Celtic sea salt
4 cups cauliflower, chopped (1/2 large head)
2 lb asparagus, trimmed (5 cups)
¼ tsp cayenne
4 cups vegetable or chicken broth
Fresh pepper to taste
¼ cup parsley, finely chopped

- Trim the tough ends off of the asparagus. Cut tips 1 ½" long and set aside. You should have about 1 cup. Cut the remainder of the asparagus into 1" pieces. It will be about 4 cups
- In a medium soup pot heat the oil over medium-low heat.
- Add the onion, salt and celery and cook for 3 minutes until softened
- Add the garlic and cook for 1 minute more
- Add cauliflower, asparagus, except for the 1 cups of tips you saved, cayenne and broth
- Bring soup to a boil
- Reduce heat to low and simmer, covered until the cauliflower is cooked about 12 minutes.
- In the meantime boil some water in a small saucepan. Add the asparagus tips and blanch for 3 minutes or until crisp tender.
- Drain and set aside.
- Once the soup is done, let it cool for a few minutes so it is easier to work with and you don't burn yourself. Transfer the soup to a blender and blend on high until smooth. You may have to do it in 2 batches depending on the size of your blender.
- Pour back into the pot.
- Add in the cooked asparagus tips and chopped parsley. Season with additional salt to taste and fresh pepper. Heat through. Serve.

Broccoli and Arugula Soup

This is a cleansing green soup with beneficial digestive spices. The coriander is a natural carminative which prevents or relieves gas. Fennel seeds are a lymph mover and strengthen the digestive fire. Broccoli is a high protein vegetable with 4 grams in 1 cup.

4 servings

1 Tb coconut oil
2 cloves garlic, thinly sliced
1 large yellow onion, roughly diced (about 2 cups)
1 tsp ground coriander seeds
½ tsp ground fennel seeds (I chopped the whole seeds I had)
1 head broccoli (about 5 ½ cups), tops cut into florets, stems peeled and chopped (it doesn't have to be perfect, you are going to blend all but a few florets for garnish)
4 cups vegetable, chicken stock or water
¼ tsp Celtic sea salt
¼ tsp black pepper, freshly ground
1 cup chopped arugula

- Heat the oil in a soup pot over medium-low heat. Add and onion, and sauté for just 5 minutes until soft, stirring frequently to prevent browning.
- Add garlic, coriander and fennel. Sauté 1 minute until fragrant.
- Add the broccoli, stock, salt, and pepper; bring to a boil; lower the heat and cover.
- After 4 minutes take out 4 nice florets for garnish.
- Cook for 4 minutes more or until the broccoli is just tender.
- Let cool for a few minutes so you don't burn yourself. Pour the soup into a blender, and puree until smooth.
- Pour back into the soup pot. Add the chopped arugula and heat until it is just wilted, 1 minute.
- Taste to adjust salt and pepper. Serve garnished broccoli florets



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.



Green Goddess Soup

Adapted from Andrea Livingston

Yield: 2 servings

- 1 zucchini, chopped
- 2 celery stalks, chopped
- 1/2 cucumber, peeled and chopped
- 1/2 tsp Celtic sea salt
- 1/2 lemon juiced
- 1 tsp Italian seasoning
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/2 avocado
- 1 tsp chickpea miso
- 1 tsp nutritional yeast

Blend all ingredients until smooth and top with finely chopped chives.

Creamy Spinach Soup (Raw)

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 seasoning

Main Dish Cooked



Paleotarian “Pasta” Primavera

This is a kelp “pasta” dish that is surprisingly good. Not quite as comforting as wheat pasta but very satisfying while being gluten free and dairy free. Zucchini and broccoli are available year round but you can use any fresh vegetables you like.

If you can’t get the kelp noodles it is a good vegetable dish.

3-4 servings

3/4 of 12oz package of [kelp noodles](#)*
2 Tb extra-virgin olive oil
1 yellow onion, diced
1 ½ cups zucchini, cut into ¼” cubes
3 large cloves garlic, minced
¼- ½ tsp crushed red pepper flakes ((or to taste)
1/2 tsp dried oregano
½ tsp dried thyme or 1 Tb fresh thyme
1 (28-ounce) can organic diced fire roasted or plain tomatoes
2 cups broccoli florets
¼ cup kalamata olives
Celtic sea salt and fresh pepper
½ cup fresh basil, sliced into ribbons

- Soak the kelp noodles in cold water while you prepare the rest of the dish.
- Heat a large sauté pan. Add olive oil and onions. Sauté over medium-low heat until onions begin to soften, about 5 minutes, stirring frequently.
- Add zucchini, sauté 3 minutes
- Add garlic, red pepper flakes, oregano and thyme, stir.
- Add tomatoes, Sauté on medium for 5 minutes.
- Add broccoli and olives. Simmer 2 minutes until broccoli is just beginning to get tender.
- Rinse the noodles. Dry on a kitchen towel. Cut into 4" pieces, just a few cuts to separate them.
- Add to the vegetable mix, stir to combine. Simmer 2 minutes.
- Season with salt and pepper.
- Turn off the heat. Stir in the basil.

*NOTE: If you like more "noodles" use the whole package. I prefer more vegetables.





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.

Yield: 2 servings

½ package kelp noodles

2 large leeks, white part only, sliced

6 cloves garlic sliced

1 cup broth (vegetable or chicken)

6 cups hearty greens, kale, collards or swiss chard, thick stems removed, coarsely
Chopped

2 Tb ume plum vinegar or rice wine vinegar

4 Tb tahini

Celtic sea salt

- Soak the kelp noodles for 10 minutes, rinse.
- Heat a large sauté pan. Add the, stock, leeks, garlic, and broth. Bring to a boil. Turn down and to low, simmer covered for 5 minutes.
- Add greens, umeboshi vinegar and kelp noodles. Mix to wilt, cover and simmer 3-5 minutes until the greens are tender.
- Add the tahini. Stir in tahini until sauce is creamy.
- Add vinegar, mix
- Taste for salt and vinegar adjust if necessary.
- Serve.



Spring Vegetable Stir Fry

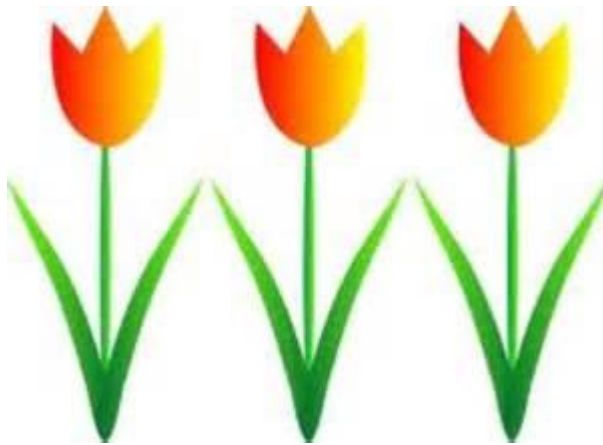
Yield: 2-4 servings

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 more things...

- 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.





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.





Hemp Pesto with Zucchini Noodles

4 servings

Pesto

½ cup hulled hemp seeds

¼ tsp Celtic sea salt

1 ¾ cup each lightly packed basil and parsley leaves

2 garlic cloves, crushed

1 Tb fresh lemon juice

1/3 cup extra virgin olive oil

“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

Celtic sea salt & fresh pepper

Prepare the Pesto

- Place hemp seeds and salt in a food processor fitted with the S blade. Grind till they're powdery.
- Add the basil, parsley, garlic, lemon juice. Pulse until minced.
- With the machine on, gradually add the olive oil until incorporated. Taste for salt.
- Use immediately or store in a glass jar for up to 5 days.

Prepare the Noodles

- Use a spiralizer to get a curly “noodle” or a julienne tool or mandolin to get a straight “noodle”. Put into a medium bowl.
- Combine the zucchini with enough of the pesto to coat the “noodles”.
- Add the tomatoes and olives. Mix thoroughly. Taste for salt and pepper.
- Put onto individual serving plates.
- Garnished with a basil sprig. Serve immediately.

Note: Only coat the zucchini “noodles” that you are eating immediately. The pesto and zucchini will hold separately for a few days.

Coconut Curried Cauliflower with Kale

Yield: 4 servings

- 1 Tb coconut oil
- 1 medium onion, thinly sliced (2 cups)
- 4 cloves garlic, minced
- 2-inch piece ginger, peeled and minced
- 2 tsp curry powder or turmeric
- ½ large head cauliflower, cut into florets, (4 cups)
- ½ cup water
- ¼ tsp Celtic sea salt
- 1 cup mushrooms, thinly sliced
- 2 cups kale, stems removed, coarsely chopped
- 1 13.5 oz can [coconut milk](#) or 1 ¼ cups homemade coconut milk
([link](#) to my recipe)

- Heat the coconut oil in the bottom of a skillet on medium heat.
- When the pan is hot add the onion and cook, stirring until onions are soft, about 8 minutes.
- Add the garlic and ginger, and cook for another minute, until fragrant.
- Add curry, stir for a minute.
- Add the cauliflower, mushrooms, water and sea salt. Cook, covered, for 5 minutes, or until the cauliflower is half done and most of the water is absorbed, stirring occasionally.
- Add the kale, and coconut milk, and turn down to a simmer to cook for another 3-5 minutes, until the vegetables are tender.
- Serve warm.

Braised Dandelion Greens

2-4 servings

2 bunches dandelion greens bottom stems cut off
1 large onion cut in half and thinly sliced
6 garlic cloves, chopped
½ tsp red pepper flakes
½ cup chicken or vegetable stock or water
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 stock in a sauté pan on medium low
- Add onions, water sauté on low 5 minutes until softened
- Add garlic and red pepper flakes sauté 1 minute
- Increase heat to medium, then add dandelion greens
- Simmer 3-5 minutes to further soften the dandelions. If they are small leaves simmer less, big leaves more.
- Taste, add salt if necessary
- Finish with a drizzle of 2 Tb extra virgin olive oil olive oil

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

Snap Peas with Sesame Seeds

2 servings

½ lb snap peas ends trimmed
1 Tb dark sesame oil
1 Tb sesame seeds
Celtic Sea Salt
Red pepper flakes

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



Stir Fried Romaine

4 servings

1 Tb coconut oil
1 tsp grated fresh ginger
3 cloves garlic thinly sliced
2 bunches washed, dried and cut into 2" segments
Celtic sea salt
¼ tsp white pepper or to taste
1 Tb rice vinegar or apple cider vinegar
1 tsp sesame oil
¼ tsp dried chili flakes

- Heat a sauté pan. Add oil, ginger and garlic. Stir fry 1 minute until fragrant
- Add the cut and dried romaine, salt and pepper, vinegar and toss quickly.
- Remove from the heat just as the romaine is beginning to wilt. The heat from the pan will continue to cook the romaine even after it is removed from the stove.
- Drizzle with sesame oil and chili flakes.
- Serve immediately

Pan Steamed Broccoli with Roasted Peppers

2 servings

2 red, yellow or orange peppers

1 head broccoli about 1 to 1 ½ lbs

¼ cup water

Pinch of Celtic sea salt

1 clove garlic finely minced

1 Tb extra virgin olive oil (optional for added flavor)

1 Tb balsamic vinegar (optional)

Roast the peppers:

- Place pepper on top of a gas burner on high.
- Char the skin by turning with tongs so most of the skin turns black.
- Put into a bowl cover, with a plate, let steam until it is cool enough to touch.
- Using a small knife scrape the skin off.
- Cut through the bottom of the pepper from bottom to top and all around the top so you can lift out the stem and most of the seeds.
- Scrap off any seeds that remain.
- Slice into strips.

Prepare the Broccoli:

- Cut the broccoli tops into small florets. Peel the stalks and cut into ¼" sticks
- Heat a medium sauté pan, add water, salt and broccoli stems.
- Bring to a boil
- Add the broccoli florets.
- Lower heat to medium, add garlic and cook for 3-5 minutes until broccoli is crisp tender and most of the water has evaporated.
- Remove from the heat.
- Add peppers
- Drizzle with extra virgin olive oil and balsamic vinegar if using
- Serve warm or at room temperature.

Sautéed Spinach with Cumin and Fennel Seeds

This is an easy variation on the usual Sautéed Spinach with Garlic. Fennel seeds and cumin seeds along with garlic and coconut oil add a surprisingly delicious flavor to spinach. The seed provide a slightly crunchy texture.

Fennel seeds can stimulate **digestion** and relieve symptoms of bloating and stomach pains They also serve as an excellent natural breath freshener. Fennel symbolizes longevity, courage, and strength.

Cumin seeds have been shown to be of benefit to the digestive system. Cumin seeds are an excellent source of iron a mineral that supports good red blood cells, providing energy.

Spinach is one of the top 5 alkaline vegetables. It is a potent alkalizer with an abundance of nutrients. It is high in Vitamin K, Vitamin A, folate, iron, vitamin C, calcium, potassium and fiber. I like it because you can buy organic spinach already washed ready to go. I always keep a pack of spinach in my refrigerator.

Gluten Free, Vegan, Paleo, Soy and Nut Free

2 servings

5 oz prewashed baby spinach
2 cloves garlic, minced
1 tsp cumin seed
½ tsp fennel seeds
¼ tsp Celtic sea salt

- Heat a large sauté pan. Add coconut oil. Once the oil is melted add cumin and fennel seeds.
- Sauté 1 minute on medium-low until seeds begin to get brown.
- Sauté on medium low 1 minute until the garlic is soft but not brown.
- Add spinach turn with tongs to wilt. Depending on the size of your pan, you may have to add the spinach in batches.
- Keep stirring the spinach with the tongs until it is completely wilted 2-3 minutes.
- Season with salt and serve

Raw Rice

Use for making Raw Sushi or serve as a side dish

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.



Quinoa with Shallots and Peas

2 servings

1 cup quinoa rinsed & drained

2 cups water

1 Tb olive oil

2 shallots finely chopped

½ lb frozen peas rinsed under hot water & drained

Celtic Sea Salt

Pinch of red pepper flakes (optional)

- Put quinoa and water into a saucepan, bring to a boil, cover.
- Turn down to low heat simmer 15 minutes.
- Put peas in a strainer, rinse under hot water to defrost
- In the meantime heat a medium sauté pan.
- Add olive oil and shallots
- Sauté on low heat 3 minutes until soft.
- Add salt and red pepper flakes.
- Add peas stir and turn off the heat.
- When quinoa is done let it sit 5 minutes
- Add quinoa to sauté pan with shallots and peas. Stir.
- Serve



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.

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.

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.

Chipotle Kale Chips

Adapted from Oh She Glows

These chips are a little smoky and a little spicy. If you don't like hot spice leave out the chipotle chili powder and use the rest of the spices. They will be delicious.

1 baking sheet 11 x 18 approximately

½ bunch kale leaves (4 cups) or prewashed baby kale

½ Tb extra virgin olive oil or melted coconut oil

Spice Mix - enough for 2 batches – USE HALF

1 Tb nutritional yeast

1 tsp garlic powder

1/2 tsp chipotle chili powder

½ tsp onion powder

1/2 tsp smoked paprika

1/4 tsp fine grain Celtic sea salt

- Preheat oven to 300F. Line 1 large rimmed baking sheet with parchment paper.
- Remove leaves from the stems of the kale and roughly tear it up into large pieces. Freeze the stems for use in a vegetable sauté.
- Wash and spin the leaves until thoroughly dry. Skip this step if using prewashed kale. Make sure the leaves are dry
- Add kale leaves into a large bowl. Using your hands, massage in the oil in until all the nooks and crannies are coated in oil. You want enough oil to coat the leaves but you don't want them to be soggy. The oil also helps the spices to stick to the kale
- Sprinkle HALF the spices and toss to combine. (save the rest for another batch)
- Spread out the kale onto the baking sheets into a single layer, being sure not to overcrowd the kale.
- Bake for 10 minutes, rotate the pan, and bake for another 10-15 minutes more until the kale begins to firm up. The kale will look shrunken, but this is normal. You want it to be firm but still green, if it gets too dark it will taste burnt.
- Cool the kale on the sheet for 3 minutes before removing from the tray. This is an important step. Place into a bowl and enjoy.
- These will keep about 3 days out of the refrigerator. Store in an air tight container.

Note: You can make these in a dehydrator if you have one.

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

½ 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.
- Serve wrapped in romaine leaves or with celery sticks, endive or flax crackers.



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

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.

Hemp Milk

1 cups shelled hemp
3 cups water
1/2 tsp organic vanilla extract (optional)

- Blend for 3 minutes in a vita mix and 5 minutes in a regular blender.
- Refrigerate for up to 5 days.
- This "milk" can be used in smoothies or any beverage you like

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 as 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 ask your butcher for necks and backs or you can use the the left over bones from a roast chicken
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.