



 lisa
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SUMMER RECIPE GUIDE

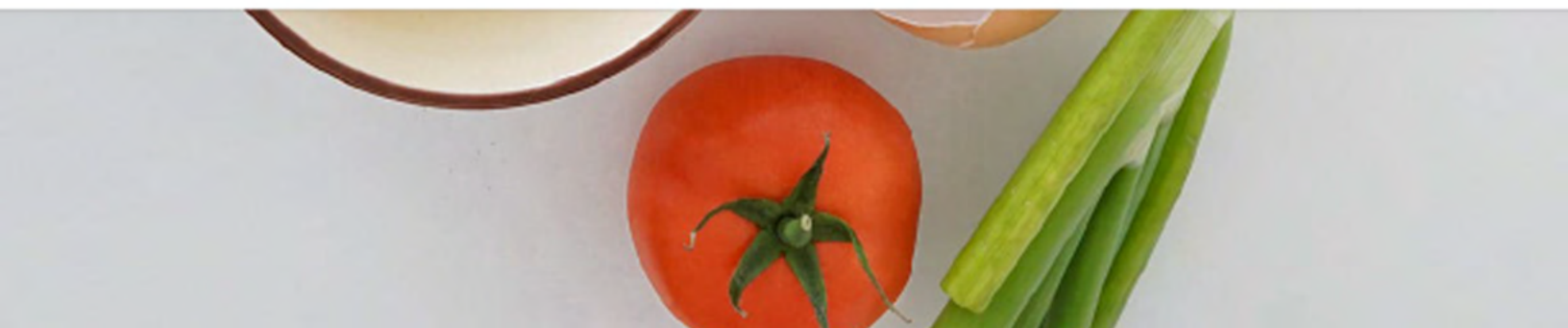




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JUICES

1. Directions: Juice all of the ingredients through a juicer; add a dash of cinnamon or cayenne if you want to warm up your digestion.
2. All juices are made for 1-2 servings
3. All juices must be made in a juicer unless you use a Vitamix to blend; if so, use a cheesecloth to strain the juice.
4. If you have thyroid issues or sensitivity to foods that contain goitrogens, any of these greens can be substituted with parsley or lettuce, or you can lightly steam the dark leafy greens before using (applicable to Liquid Assets and Smoothie Mayhem).

SWEET LOVE

Makes 1 to 2 servings

1 pear

6 kale leaves

1 cucumber

juice from 1 lemon

GREEN GLORY

Makes 1 to 2 servings

1 green apple

1 bunch Swiss chard

1/2 cup strawberries

1 bunch parsley

1 lemon, juiced

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COOL CUCUMBER

Makes 1 to 2 servings

1 handful of spinach

1/2 head of romaine lettuce

1 cucumber

1 handful of parsley

1/2 green apple

1 lemon, juiced

CITRUS KISS

Makes 1 to 2 servings

4 leaves of kale

4 leaves of romaine

4 leaves of dandelion

1 orange

1 cucumber

1 lemon, juiced

CARROT BLAST

Makes 1 to 2 servings

2 carrots

6 stalks celery

1 cucumber

2 inch piece of ginger

APPLE ZING

Makes 1 to 2 servings

1 apple

1 cucumber

1 lemon, juiced

1 inch piece of ginger

dash of cayenne

2 ounces of coconut water

DETOX ELIXIR

1 cucumber

3 celery stalks

handful of watercress

or 3 dandelion leaves

2 carrots

1 lemon, juiced

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FLUSH ME

Makes 1 to 2 servings
1 cup spinach
1 cucumber
2 cups of watermelon

juice of one lemon
5 mint leaves

COOL DOWN

Makes 1 to 2 servings
2 grapefruits, juiced
1 handful fresh parsley

1 handful fresh mint
2 ounces of coconut water

LOVE THE LIVER

Makes 1 to 2 servings
2 cucumbers
4 stalks celery
1 handful of parsley

1 handful of cilantro
3 lemons, juiced
Aloe Vera Juice

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SMOOTHIE MAYHEM

For each smoothie, simply blend all the ingredients in a Vitamix, other high-speed blender, or normal standup blender. If needed, add water to reach your desired thickness. Use organic produce whenever possible. Each smoothie recipe serves two people or can be used as a substitute for one large meal.

Protein is important in the morning. You can add extra protein to any smoothie by including either a scoop of your favorite protein powder, such as Nutiva hemp protein or 3 tablespoons of hemp seeds. Feel free to add ice to your smoothie, such as 3-5 ice cubes.

ALL SMOOTHIES SERVE 1-2 PEOPLE.

Smoothies Optional Add-ons:

Hemp Seeds
Flax Seeds
Chia seeds
Spirulina
Bee Pollen
Shredded Coconut
Raw Cacao
Honey
Stevia
Superfoods {maca, lucuma, wheatgrass powder}

GREEN MAGIC

2 cups spinach	1 banana
1 handful of parsley	1/2 cup berries
1 1/2 cups water or non-dairy milk (coconut, hemp, or almond milk)	1 tablespoon flax meal

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GREEN GODDESS

2 cups spinach
handful dandelion greens
1 1/2 cup water or non-dairy milk
(coconut, hemp, or almond milk)

2 tablespoons tahini
1/2 cup frozen grapes
1 tablespoon flax meal

BERRY BEAUTY

1 cup romaine
1 cup kale
1 1/2 cup water or non-dairy milk
(coconut, hemp, or almond milk)

1/2 cup strawberries
1/2 avocado
1 tablespoon flax meal

FRUIT GREEN MACHINE

2 cups spinach
1 1/2 cups coconut water or
coconut water kefir

1 cup chopped pineapple
1 avocado

SWEET SUNSHINE

1 cup spinach or kale
1 handful of cilantro
1 1/2 cups water or non-dairy milk
(coconut, hemp, or almond milk)

1/2 cup frozen berries
1 tablespoon coconut oil
1 tablespoon raw cacao
1/2 frozen banana

SUPERFOOD ENERGY

2 cups spinach
1 1/2 cups water or non-dairy milk
(coconut, hemp, or almond milk)
1/2 cup frozen mango

1 tablespoon flax meal
2 tablespoons bee pollen (optional)
1 teaspoon chia seeds (optional)

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KALE IS KING

2 cups kale
1 1/2 cups water or non-dairy milk
(coconut, hemp or almond milk)
1 cup frozen berries

1 teaspoon honey or 1-2 drops liquid
stevia
1 teaspoon flax meal

CHOCOLATE CHERRY BOMB

1/2 cup frozen cherries (fresh
optional)
1 1/2 cups water or coconut, hemp
or almond milk
2 cups spinach
1 handful of parsley
1 teaspoon raw cacao

1/2 teaspoon cinnamon
1 teaspoon honey or 1-2 drops liquid
stevia
1 tablespoon unsweetened
shredded coconut (optional
topping)

THE ORANGE BLITZER

1 cup spinach
1 orange, peel removed
1 1/2 cups coconut water or
coconut water kefir
1/2 banana

1 handful of parsley
5 mint leaves
1/2 teaspoon vanilla extract
(optional)

SUMMER LOVE

2 cups kale
1 cups frozen berries
1 1/2 cups water or non-dairy milk
(coconut, hemp or almond milk)
1/2 banana

1 tablespoon coconut oil
1 tablespoon shredded coconut
flakes
3 Brazil nuts

*This is a great smoothie for transition. Brazil nuts are a fabulous source of selenium, which is good for the thyroid.

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BEAUTY VITAMIN WATERS

Support your Digestion, Lymphatic System, Your Liver + Lose Weight

DIGESTIVE AID

8 ounces coconut water kefir or sparkling water
2 tablespoons raw apple cider vinegar
2 inch piece of ginger
juice from one lemon

COOL CALM

20 ounces water
1 cup fresh berries
1 handful fresh mint
2 tablespoons honey OR 3 drops stevia (optional)

LYMPH WEIGHT LOSS FLUSH

20 ounces water
1/2 grapefruit slices (ruby red is preferred)
2 tablespoons vitamin C powder OR camu camu powder
2 tablespoons honey or 3 drops stevia (optional)

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MILKS

Note: Almond milk is acceptable in this clean eating program (during all phases) because in liquid form, the almond milk is easy to digest.

ALMOND MILK

Makes 4 cups

1 cup raw almonds, soaked
for 8 hours

4 cups water
liquid sweetener to taste (optional)

BLEND THE ALMONDS. Take your soaked almonds (throw away the soaking water), and place them in a blender. Add the 4 cups of fresh water. Blend for 1 to 2 minutes until the almonds are ground down.

SEPARATE THE ALMONDS FROM THE MILK. Pour your almond milk into a nut milk bag* over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The almond pulp should be left inside the bag.

REFRIGERATE YOUR MILK. Sweeten your milk if desired. Place your milk into a container, and place it in the coldest part of the refrigerator. The milk should last 2 to 3 days before spoiling.

***NOTE:** Don't have a nut milk bag? Try a clean, white T-shirt or the leg of a pair of nude pantyhose instead.

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SUNFLOWER SEED MILK

Makes 4 cups

1 cup raw sunflower seeds, soaked
for 8 hours

4 cups water
liquid sweetener to taste (optional)

BLEND THE SUNFLOWER SEEDS. Take your soaked sunflower seeds (throw away the soaking water), and place them in a blender. Add the 4 cups of fresh water. Blend for 1 to 2 minutes until the sunflower seeds are ground down.

SEPARATE THE SUNFLOWER SEEDS FROM THE MILK. Pour your almond milk into a nut milk bag* over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The sunflower seed pulp should be left inside the bag.

REFRIGERATE YOUR MILK. Sweeten your milk if desired. Place your milk into a container, and place it in the coldest part of the refrigerator. The milk should last 2 to 3 days before spoiling.

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HEMP SEED MILK

Makes 2 cups

1/3 cup hemp seeds

2 cups water

1/8 teaspoon cinnamon

1/4 teaspoon pure vanilla

BLEND THE HEMP SEEDS. Take your hemp seeds, and place them in a blender. Add the 2 cups of water. Blend for 1 to 2 minutes.

SEPARATE THE HEMP SEEDS FROM THE MILK (OPTIONAL). Pour your hemp milk into a nut milk bag* over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The hemp seed pulp should be left inside the bag and discarded.

REFRIGERATE YOUR MILK. Sweeten your milk, if desired. Place your milk into a container and place it in the coldest part of the refrigerator. The milk should last 2 to 3 days before spoiling.

**NOTE: Don't have a nut milk bag? Try a clean, white T-shirt or the leg of a pair of nude pantyhose instead.*

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BREAKFASTS

GRAIN & NUT-FREE MUESLI

Makes 4 servings

3 cups mixed seeds (hemp, chia, sunflower, pumpkin, etc.)

1/2 cup mixed dried fruit (apricot, cranberry, apple, etc.)

1/2 cup unsweetened coconut flakes

1/2 cup fresh berries (strawberry, blueberry, raspberry, etc.)

1 banana, sliced

non-dairy milk (almond, coconut, or hemp)

Add the dry ingredients to a large mixing bowl, and mix thoroughly. Take the amount you would like for your cereal bowl, and store the remainder in an air-tight container. Top your dry cereal with fresh berries, sliced banana, and milk. Can be served warm or cold.

NOTE: During your transition period, feel free to add in walnuts, almonds, bee pollen, or your favorite protein powder.

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SNACKS & PROTEIN BALLS

BAKED APPLE CHIPS

Makes 4 to 5 servings

4 apples

1 lemon, juiced

2 cups cold water

sprinkle of cinnamon

sprinkle of ground ginger

PREHEAT YOUR OVEN. Set your oven to 200 degrees Fahrenheit while preparing your apples. Line a baking sheet with parchment paper.

PREP THE APPLES. Add lemon juice to a bowl of cold water and set to the side. Wash and slice your apples as thin as you can, core and all. Add apple slices in the cold water and lemon juice mixture for a few seconds as this will prevent browning. Remove apple slices from the water, and place in a single layer on your lined baking sheet. Sprinkle the chips with cinnamon and ginger powder.

BAKE THE APPLE SLICES. Bake the apple slices for 1 hour, then flip to the other side. Bake for another hour. If the slices are not dry enough, you can bake for another 10 to 15 minutes. Once the apple slices are done to your liking, remove from heat and set to the side to cool. Once the apple slices are cool, place them in a air-tight container for storage.

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BAKED RADISH CHIPS

Makes 5 to 6 servings

1 bunch radishes

sea salt to taste

1 tablespoon coconut oil

PREHEAT YOUR OVEN. Preheat your oven to 300 degrees Fahrenheit. Line your baking sheet with parchment paper.

PREP YOUR RADISHES. Remove the greens and tails of the radishes. Wash thoroughly (you may need to scrub them to remove the dirt completely). Thinly slice your radishes then place in a mixing bowl. Drizzle coconut oil on top, then mix well to coat. Place each chip on the lined baking sheet in a single layer.

BAKE THE CHIPS. Bake the radish chips for 1 hour. If the chips are not as dry as you would like them to be, bake for another 10 to 15 minutes. Once the radish chips are done, sprinkle with sea salt.

SUGAR-FREE CHOCOLATE POWER

Makes 10 balls

1/4 cup unsweetened sunflower
seed butter or tahini

1/3 cup hemp protein powder
(Nutiva or Living Harvest
recommended)

2 tablespoons coconut oil

1/4 cup chia seeds

1/4 teaspoon cinnamon

25 drops plain liquid stevia

3 tablespoons dark cocoa powder
or cacao powder

Pour all ingredients into a bowl. Mix until well combined. Let cool in the fridge for 5 minutes, then roll into 1-inch thick balls. Serve as is or rolled in shredded coconut.

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TROPICAL BALLS

Makes 12 balls

1/2 cup golden raisins
7 dried apricots (sulfite-free)
4 dried pineapple rings (just pineapple, no sulfites or sugar)
1 tablespoon coconut oil
2 tablespoons unsweetened shredded coconut

1 heaping tablespoon hemp protein powder (Nutiva or Living Harvest recommended)
1/8 teaspoon vanilla extract
1/4 teaspoon cinnamon
1/8-1/4 teaspoon ground ginger (optional)

Pour ingredients into a food processor. Process for about 2 minutes until well-combined. Roll into 1-inch thick balls.

CITRUS SUNSHINE

Makes 6 balls

1/4 cup golden raisins
1/4 cup currants
4 small Medjool dates
1 teaspoon orange peel

1/4 cup pumpkin seeds
1 heaping tablespoon hemp protein powder (Nutiva or Living Harvest recommended)

Pour ingredients into a food processor. Process for about 2 minutes until well-combined. Roll into 1-inch thick balls.

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DIPS

CREAMY ZUCCHINI AND RED PEPPER DIP

- | | |
|----------------------|--|
| 1/2 red pepper | 2 tablespoons nutritional yeast (optional) |
| 1 zucchini | 1/8 teaspoon cayenne |
| 2 tablespoons tahini | 1/8 teaspoon sea salt |
| 4 sundried tomatoes | |
| 1 lime, juiced | |

BLEND. Combine in a high-speed blender. Serve with cooked veggies, raw veggies, in a lettuce wrap with some avocado, or eat straight as a raw soup! Add a dash of spirulina for an extra boost of energy.

SWEET PEA DIP WITH MINT

- | | |
|--|---------------------------------|
| 2 cups green peas (shelled fresh or frozen) | 1 teaspoon coriander |
| 2 tablespoons tahini | 1 large garlic clove |
| 1 to 2 tablespoons of extra virgin olive oil | 1/4 cup fresh mint leaves |
| | 1 teaspoon sea salt |
| | 1/4 teaspoon cayenne (optional) |

BLEND. Place all your ingredients in a food processor or high speed blender. Blend until smooth. Taste and adjust seasonings accordingly.

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DELICIOUSLY DETOXING PESTO

1 cup fresh basil leaves, loosely packed
1/2 cup fresh parsley leaves, cilantro, or mint
2 sundried tomatoes

2 cloves fresh garlic, peeled
1 lemon, juiced
1/4 to 1/2 cup extra virgin olive oil, as needed
1 teaspoon sea salt

PULSE. Combine the basil, fresh herbs (parsley, cilantro, OR mint), sun dried tomatoes and garlic in a food processor until it is finely chopped. Slowly add extra virgin olive oil in a steady drizzle as you pulse the processor on and off. Process until it becomes a smooth, light paste.

Add enough olive oil to keep it moist and spreadable. Season with sea salt. Cover tightly and chill in the refrigerator for at least 1 hour to saturate the flavors. If storing overnight, pour a thin layer of extra virgin olive oil over the top of the pesto to help keep it bright green.

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SALADS

All salads make 2 servings with 2 cups of salad per person. The dressings can be made in large batches and kept refrigerated for up to 7 days unless otherwise noted.

GREEN HOUSE WITH EASY VINAIGRETTE

Makes 2 servings

4 cups mixed greens
2 green apples, chopped

1/2 cup fresh strawberries, sliced
1/4 cup sunflower seeds

Easy Vinaigrette

3 tablespoons raw apple cider vinegar
1 teaspoon Dijon mustard
1 large garlic clove, minced

1/2 cup extra virgin olive oil
1/4 tablespoon sea salt
1/4 tablespoon black pepper

Add all the ingredients to a jar with a lid. Shake vigorously until well incorporated (about 1 minute). If possible, allow the dressing to sit for 30 minutes before eating to allow the flavors to come together.

Add your salad ingredients in a salad bowl. Top with Easy Vinaigrette.

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CHOPPED BEAUTY SALAD WITH TAHINI DRESSING

Makes 2 servings

2 cups spinach
2 cups thinly sliced purple cabbage
1/2 bunch flat leaf parsley, chopped
1/2 cup shredded carrots

1 large cucumber, chopped into 1
inch pieces
5 to 6 mint leaves, minced

TAHINI DRESSING

1/2 cup tahini
2 lemons, juiced
3/4 to 1 cup of water

1 large garlic clove, minced
1/4 tablespoon sea salt
1/4 tablespoon black pepper

Add your dressing ingredients to a jar with a lid. Shake vigorously, and allow the flavors to marinate while you prepare the salad.

Add your salad ingredients to a large serving bowl. Toss with the Tahini Dressing.

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SPINACH DREAMS WITH TARRAGON MUSTARD DRESSING

Makes 2 servings

4 cups spinach	1 avocado, diced
1/2 cup red bell pepper, chopped	2 tablespoons pumpkin seeds
1/2 cup yellow bell pepper, chopped	

Tarragon Mustard Dressing

1/2 cup extra virgin olive oil	1 tablespoon dried tarragon
1 tablespoon Dijon mustard	1/4 tablespoon sea salt
1 lemon, juiced	1/4 tablespoon black pepper
1 large garlic clove, minced	

Add your dressing ingredients to a jar with a lid. Close, and shake vigorously until well incorporated.

Add your salad ingredients to a separate serving bowl. Coat the salad with your dressing, and serve.

WATERMELON FRESH

Makes 2 servings

4 cups chopped watermelon	2 tablespoons pumpkin seeds
1 cup baby spinach	1 lime, juiced
4 to 6 basil leaves, chopped	

Add the watermelon, spinach, basil, and pumpkin seeds to your salad bowl. Top with fresh lime juice. Mix thoroughly.

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ANTIOXIDANT SUPREME WITH NUTRITIONAL YEAST DRESSING

Makes 2 servings

2 cups kale, thinly sliced
2 cups Swiss chard, thinly sliced
1/2 bunch flat leaf parsley, chopped

1 green apple, chopped
2 tablespoons hemp seeds

Nutritional Yeast Dressing

1/2 cup extra virgin olive oil
1/2 cup raw apple cider vinegar
3 heaping tablespoons of nutritional yeast (optional)

2 large garlic cloves, minced
1/4 tablespoon sea salt
1/4 tablespoon black pepper

Add your salad dressing ingredients to a jar with a lid. Close, and shake vigorously until well incorporated.

In a separate bowl, add your salad ingredients. Top with the Nutritional Yeast Dressing, and toss until well coated.

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DETOXVILLE WITH SUNFLOWER SEED PATE

Makes 2 servings

Feel free to use romaine lettuce, a collard leaf, a nori sheet, or thinly sliced zucchini as a wrap for this recipe.

Sunflower Seed Pate

1 cup sunflower seeds, soaked overnight	3 tablespoons extra virgin olive oil
1 large tomato	2 tablespoons tahini
1/4 bunch cilantro	2 lemons, juiced
2 to 3 sundried tomatoes	1/4 tablespoon sea salt
	1/4 tablespoon black pepper

Drain the water from the sunflower seeds, and place the seeds in a food processor or blender. Add the remaining ingredients, and blend until smooth. Add 1 to 2 tablespoons of water to get desired consistency, if needed.

Pate Toppings

1/4 cup cultured vegetables
sprouts of your choice
shredded carrots

To assemble your wrap, add 2 to 3 tablespoons of pate to your chosen wrap. Add desired toppings. Roll it up, and enjoy.

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ROMAINE MOMMA WITH MANGO-BASIL DRESSING

Makes 2 servings

2 heads romaine lettuce, chopped
1 cup cherry tomatoes
1/2 cup cilantro, chopped
1 cup chopped red pepper

1/4 cup chopped purple cabbage
1/2 cup chopped cucumbers
2 tablespoons pumpkin seeds

Mango-Basil Dressing

1 cup fresh mango, chopped
1 lime, juiced
5 to 6 basil leaves

1/2 cup extra virgin olive oil
pinch of sea salt
pinch of black pepper

Add your dressing ingredients to a blender. Blend until smooth. Add to your salad.

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SUPERFOOD MIRACLE WITH CARROT-GINGER DRESSING

Makes 2 servings

4 cups spinach
1/4 cup goji berries
1/4 cup hemp seeds

2 tablespoons dulse flakes
1 tablespoon sesame seeds

Carrot-Ginger Dressing

1 lemon, juiced
1/2 cup extra virgin olive oil
1/2 cup raw apple cider vinegar
1 inch piece of fresh ginger

1 carrot, chopped
1/4 tablespoon sea salt
1/4 tablespoon black pepper
1 tablespoon honey (optional)

Add your dressing ingredients to a blender. Blend until well incorporated. Add water for desired consistency.

Add your salad ingredients to a bowl. Top with your Carrot Ginger Dressing.

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SOUPS

EASY MISO SOUP

Make 3 to 4 servings

1 tablespoon extra virgin olive oil
2 celery ribs, chopped
3 scallions, chopped
4 cups water

1/3 cup miso
Sea salt, to taste
Black pepper, to taste

SAUTÉ THE VEGETABLES. In a large pot over medium high heat, add the olive oil. When the oil is hot, add the celery and green onions, and sauté for 2 minutes. Allow the vegetables to soften.

PREPARE THE SOUP. Add the water to the pot along with sea salt and black pepper. Cover and bring the soup to a boil. When the soup is boiling, remove from heat. Add miso, and mix until it's dissolved. Top with chopped scallion, and serve.

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LIGHT VEGETABLE SOUP

Makes 3 to 4 servings

2 tablespoons coconut oil	1 inch piece of ginger, finely grated
1 large onion, chopped	2 large zucchini
2 cups chopped yellow peppers	6 cups organic vegetable broth
5 to 6 cloves of garlic, minced	3 cups spinach

SAUTÉ THE VEGETABLES. Add coconut oil to a hot stock pot. Add chopped onion and yellow peppers. Sauté until soft. Add the garlic and ginger, and sauté for about 1 minute until fragrant. Add the zucchini, and toss for 3 to 5 minutes.

ADD THE BROTH. Once the vegetables have softened, add the vegetable broth, and warm through. Add the spinach once the broth is hot. Allow it to wilt before serving.

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CURRIED PURPLE CABBAGE AND SWEET POTATO SOUP

Makes 3 to 4 servings

2 tablespoons of coconut oil	2 cups sweet potato, chopped
2 ribs of celery, chopped	1 can coconut milk
1 cup onion, chopped	2 cups vegetable broth
1 medium to large head of purple cabbage, chopped	2 tablespoons curry powder
5 to 6 cloves of garlic	1 teaspoon thyme
	1 teaspoon cayenne (optional)

SAUTÉ THE VEGETABLES. In a large stock pot, add your coconut oil. Add the celery and onion. Allow it to cook down for 3 to 5 minutes. Next add the cabbage and garlic, and sauté for another 3 to 5 minutes.

COOK THE SOUP. Next, add the chopped sweet potato, coconut milk, vegetable broth, curry, thyme, and cayenne (optional). Put the heat on medium, and allow the soup to cook for 25 to 30 minutes, until the sweet potato is soft.

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FENNEL PEAR SOUP

Makes 4 servings

2 tablespoons coconut oil
1 onion, chopped
2 medium to large fennel bulbs,
chopped

2 large pears peeled, cored, and
chopped
1 quart vegetable stock or chicken
stock (look for organic & yeast-free)
2-3 sprigs thyme

COOK THE SOUP BASE. Heat olive oil in a large pot on a low heat. Sauté onion over low or medium heat for 10-15 minutes until soft and almost browned. Add fennel and pears, and cook for 5-10 minutes, until they start to soften or brown. Add vegetable or chicken stock and thyme.

PUREE THE SOUP. Puree the soup in a high speed blender or use an immersion blender until the soup is smooth and creamy.

RAW BEAUTY SOUP

Makes 2 servings

2 large cucumbers
1 avocado
1 lime, juiced
1 teaspoon sea salt

3/4 teaspoon ground cumin
dash of cayenne
fresh cilantro, minced

Blend the cucumbers, avocado, lime juice, sea salt, and cumin. Add a dash of cayenne and garnish with fresh cilantro.

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RAW HYDRATING PEA & AVOCADO SOUP

2 cups green peas (shelled fresh or
thaw out frozen peas)
1 avocado
1 1/2 cups coconut water

1 1/2 teaspoons sea salt
1 tablespoon fresh basil
1 teaspoon black pepper
1 lemon, juiced

Garnish

dash of paprika
1 tablespoon fresh basil

drizzle of extra virgin olive oil

Blend all ingredients, and top with fresh basil. Drizzle olive oil. Add a dash of paprika to each serving.

RAW SUMMER AVOCADO GAZPACHO

3 large tomatoes
1 red pepper
handful parsley
1/2 avocado
2 garlic cloves
1 cucumber

1/2 onion
2 tablespoons apple cider vinegar
1 teaspoon paprika
1 teaspoon sea salt
1/4 cup extra virgin olive oil

Garnish

1/2 avocado, chopped
1/4 cup fresh cilantro

Blend all ingredients. Garnish with chopped avocado and fresh cilantro.

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MAIN COURSES

KELP IT UP! WITH GINGER LIME DRESSING

Makes 2 servings

1-16 ounce package of kelp noodles
1/4 cup shredded carrots
1/4 cup chopped purple cabbage

1 large scallion, chopped
1 avocado, diced

Ginger Lime Dressing

1 inch piece of ginger, finely grated
1/4 cup extra virgin olive oil
2 limes, juiced

2 teaspoons honey
Pinch of sea salt
Pinch of black pepper

Open your package of kelp noodles. Submerge your noodles in warm water for about 5 minutes to soften them. After 5 minutes, drain the water. Use kitchen shears or a knife to make the noodles shorter and easier to eat. Add them to your salad bowl. Top with carrots, purple cabbage, a scallion, and avocado.

To make your dressing, add the ingredients to a jar with a lid. Shake until well incorporated. Serve on top of your salad. Mix until coated.

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SLAW BURRITO

Makes 2 servings

1 cup shredded carrots

1 cup shredded purple cabbage

1 small red onion, thinly sliced

Burrito Dressing

1 avocado, chopped

1 lemon, juiced

2 teaspoons raw apple cider vinegar

2 tablespoons flax seed oil

1 large garlic clove, minced

1 tablespoon honey (optional)

Start making your Burrito Dressing by adding your avocado to a mixing bowl. Use a fork to mash it until chunky. Add the remaining ingredients, and mix until it's as smooth as you can get it.

In your salad bowl, add the carrots, cabbage, and red onion. Mix with the Burrito Dressing, and toss until well coated. Serve your slaw in a collard or lettuce leaf.

The slaw dressing can be kept in the refrigerator for no longer than 1 to 2 days.

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SAUTÉED BROCCOLI AND CAULIFLOWER

Makes 3 to 4 servings

1 tablespoon coconut oil (add more as needed)

1 pound broccoli, cut into florets

1 pound cauliflower, cut into florets

1/2 tablespoon sea salt (add 1/4 tablespoon at a time)

1/2 cup chopped red bell pepper

1/2 cup chopped onion

4 to 5 cloves garlic, minced

1 inch ginger, grated

1/2 lemon, juiced

1 teaspoon red chili flakes (optional)

SAUTÉ BROCCOLI AND CAULIFLOWER. In a large sauté pan, add coconut oil. When the pan is hot, add broccoli and 1/4 tablespoon of sea salt. Sauté for 3 to 5 minutes until the broccoli turns a bright green. When the broccoli is done, remove from heat, and transfer to a serving bowl. Repeat the process with the cauliflower.

SAUTÉ PEPPERS, ONION, GINGER, AND GARLIC. Once the broccoli and cauliflower have finished cooking, add a tablespoon of coconut oil to the pan. Toss in your red bell pepper and onion. Sauté until soft (about 3 minutes). Add the minced garlic and grated ginger for about 2 minutes. Remove from heat, and pour the mixture over the broccoli and garlic. Toss in a bowl to mix the flavors. Top with lemon juice and red chili flakes (optional).

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ROASTED SUMMER VEGETABLES

Makes 3 to 4 servings

2 large red onions, roughly chopped
into 1 inch pieces

1 cup chopped zucchini

1 cup chopped yellow squash

1 cup chopped carrot

1 cup chopped red bell pepper

2 cups chopped Italian eggplant

1 tablespoon dried rosemary

1 tablespoon thyme

2 tablespoons coconut oil

1/2 tablespoon sea salt

PREHEAT YOUR OVEN. Preheat your oven to 350 degrees Fahrenheit.

ROAST YOUR VEGETABLES. Add your chopped vegetables, rosemary, thyme, and coconut oil to a large mixing bowl. Toss until well coated. Spread your vegetables onto a roasting pan into a single layer. Roast the vegetables for 30 to 35 minutes. The vegetables should be browned and tender. Add sea salt and mix thoroughly.

ROASTED CAULIFLOWER

1 pound of cauliflower, chopped
into florets

1 teaspoon garlic powder

2 tablespoons coconut oil

1/2 bunch flat leaf parsley, minced
squeeze of lemon juice

1 teaspoon sea salt

1 teaspoon red chili flakes (optional)

PREHEAT YOUR OVEN. Preheat your oven to 350 degrees Fahrenheit.

ROAST THE CAULIFLOWER. In a large bowl, add chopped cauliflower, garlic powder, and coconut oil. Toss until the cauliflower is well coated. Place the cauliflower into a roasting pan in a single layer. Roast in the oven for 30 to 35 minutes. When the cauliflower is tender, remove from the pan, and place it in a serving bowl. Top with minced parsley, lemon juice, sea salt, and red chili flakes (optional).

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SAUTÉED BABY BOK CHOY WITH LEEKS AND FRESH TOMATOES

Makes 4 servings

2 tablespoons coconut oil

1 large leek, washed and thinly sliced

8 heads of baby bok choy, washed and chopped

1 teaspoon sea salt

1/2 teaspoon black pepper

1/2 cup grape tomatoes, halved (to be eaten raw)

In a large sauté pan, add your coconut oil. When the pan is warm, add the thinly sliced leeks and sauté on medium heat until soft and lightly browned (about 8 to 10 minutes). When the leeks are browned, add the bok choy along with salt and pepper. Toss the mixture until the bok choy is wilted and bright green (about 2 to 3 minutes). Remove from heat, and add to a serving bowl. Top your bok choy with fresh grape tomatoes.

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STEAMED OKRA

Makes 4 servings

When buying okra, it is best to choose pods that are bright green and small (about 2 inches or less). Larger okra tends to be more fibrous and difficult to eat.

1 pound fresh okra, tops removed
1 cup chopped red pepper
1 tablespoon flax oil

squeeze of lemon juice
5 to 6 basil leaves, minced
sea salt to taste

Fill a pot with 1 to 2 inches of water. Place your steam basket inside the pot. Add the fresh okra, and cover. Steam for 3 minutes. Remove the okra, and add it to a serving bowl. Next, steam the chopped red pepper for 1 to 2 minutes. Remove the red pepper, and add it to the bowl with okra. Top with flax oil, lemon juice, basil, and sea salt.

NOTE: If you cannot find okra, or don't like the taste, you can use other vegetables, like thinly sliced collard greens or carrots.

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TRANSITION

SCRAMBLED EGGS WITH SPINACH AND PEPPERS

Makes 2 servings

1 tablespoon coconut oil
1/2 cup chopped red bell pepper
1 cup baby spinach
pinch of oregano

sea salt to taste
black pepper to taste
2 eggs, beaten

Add your coconut oil to a hot skillet, and allow it to melt. Add chopped red bell pepper, and allow it to soften. After about 2 to 3 minutes, add baby spinach. The spinach should quickly wilt. Season with oregano, sea salt, and black pepper. Next, add the beaten eggs to the vegetables. Tilt the pan so the eggs spread out evenly. Use a rubber scraper or spatula to turn the eggs over so that they don't harden and burn. Scramble the eggs for 2 to 3 minutes to your desired consistency.

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RAW CORN SALAD WITH SAUTÉED SALMON

Corn Salad Makes 4 to 5 servings

6 ears of corn

1 cup chopped red pepper

1 jalapeño, diced (optional)

1 scallion, minced

1/2 bunch cilantro, minced

1 teaspoon oregano

2 tablespoons extra virgin olive oil

sea salt to taste

REMOVE THE CORN FROM THE EARS. Pull away the green from each ear of corn. Make sure to remove the silks as well. Next, get a shallow bowl and place one ear of corn inside the bowl while holding the opposite end. Using a very sharp chef's knife, gently glide the knife down the ear of corn from the top to the end. Repeat until you can get as many kernels off the ear as possible.

MIX THE SALAD. Add the remaining ingredients to the corn kernels and mix thoroughly.

Sautéed Salmon Makes 4 servings

1-15 ounce can of salmon

1 tablespoon ground cumin

1 teaspoon paprika

1/2 teaspoon cayenne (optional)

1 teaspoon sea salt

1 to 2 tablespoons of coconut oil

1 onion, minced

1/2 cup red pepper

3 cloves of garlic, minced

PREP THE SALMON. Open the can of salmon, and dump out the water. Place the salmon in a mixing bowl, and remove the large bone in the center of the fish. Use a fork to break up the fish into small pieces (as you may do with tuna fish salad). Add the cumin powder, paprika, cayenne (optional), and sea salt. Mix well.

SAUTÉ THE SALMON. Take a large sauté pan, and add the coconut oil. When the pan is hot, add the onion and red pepper. Sauté until soft. Next, add the minced garlic and sauté until fragrant but not burned (about 2 minutes). Finally, add the salmon and sauté until warmed through (about 3 to 5 minutes).

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SUMMER BROWN RICE STIR FRY

Makes 4 servings

3 tablespoons coconut oil	1 cup green peas
1/2 cup chopped yellow bell pepper	1/2 cup coconut aminos
1/2 cup chopped red bell pepper	1/2 cup chopped pineapple
2 eggs, beaten	2 scallions, chopped
3 cups cooked brown rice	1/2 bunch cilantro, chopped

SAUTÉ. Add coconut oil to a large pot. When the pot is hot, add yellow and red pepper. Sauté until soft. Add beaten eggs, and scramble in the pot. When the eggs are firm add brown rice, and green peas. Sauté until warm. Add coconut aminos, and allow the rice to slightly brown. When the rice is slightly brown, add pineapple, scallions and cilantro.

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CULTURED FOODS AND DRINKS

HOMEMADE COCONUT WATER KEFIR

Makes 1-4 Servings

ITEMS YOU WILL NEED:

4-cup glass jar with wide opening and strong screw cap or swing-away lid

1/2 cup water kefir grains (available at <http://www.culturesforhealth.com/water-kefir-grains.html>)

2 to 4 cups fresh young coconut water

FILL JAR WITH YOUNG COCONUT WATER, and add your water kefir grains. Stir with a non-metal spatula as the metal will damage the grains.

Make sure the jar is airtight and let it stand for 24 to 48 hours (the longer the brew, the more healthy bacteria you have cultured).

STRAIN THROUGH A PLASTIC SIEVE and fill bottles with the cultured coconut water. Make sure the bottles are airtight.

Refrigerate for 1-2 days, and serve chilled.

Variations:

To make lemon or lime coconut water kefir, add 1/4 cup lemon or lime juice to 1 quart of coconut water kefir.

To make cherry coconut water kefir, add 1/2 cup cherry concentrate to 1 quart of coconut water kefir.

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HOMEMADE CULTURED VEGETABLES

You can purchase the starter culture at www.bodyecology.com or www.culturesforhealth.com.

TOOLS FOR MAKING CULTURED FOODS:

- | | |
|----------------------|-------------------------|
| 1 large mixing bowl | 1 cabbage leaf |
| 1 Mason jar with lid | 1/4 cup starter culture |
| 1 wooden spoon | |

INGREDIENTS:

- | | |
|--|-------------------------------|
| 1 large cabbage leaf (set to the side) | 1 small peeled, organic lemon |
| 1 large head of cabbage, shredded | 2 carrots, shredded |
| 1 bunch kale, chopped | 1 clove garlic |
| | 1/4 cup starter culture |

TOSS. Toss chopped vegetables and starter culture together in a large mixing bowl. Remember to set your large cabbage leaf to the side.

COMBINE THE MIXTURE. Combine the mixture thoroughly by hand, making sure the vegetables are thoroughly combined. Layer this mixture of vegetables into a mason jar, and pound it down with a wooden spoon so the vegetables are tightly compacted.

Continue to layer, and pound until your vegetables are thoroughly packed within the jar and the level of brine exceeds the level of the solids.

Layer the top of your vegetables with a cabbage leaf, and pack the leaf down with your fist.

FERMENT. Allow your vegetables to ferment at room temperature for 5 days before tasting them or longer until desired sour taste. Then place it in your refrigerator.

NOTE: Cultured Vegetables will keep for one year, as long as you properly store them.

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DESSERTS

RAW AVOCADO PUDDING

1 avocado	2 tablespoons raw honey
1/2 cup almond, coconut, or hemp milk	or 5 drops of stevia
3 tablespoons raw cacao powder	1 teaspoon vanilla extract
	3 drops mint extract (optional)

BLEND. Using a food processor or high speed blender, combine all ingredients until smooth. Put in refrigerator until it is cold, and then enjoy!

STRAWBERRY SORBET WITH MINT

Makes 3 to 4 servings

3 cups frozen strawberries	OR coconut water
1 cup organic apple juice	4 to 5 mint leaves

BLEND. In a high speed blender add all the ingredients. Blend until well incorporated.

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COCONUT WATER POPSICLES

1 popsicle mold
1 to 2 cups in season, fresh fruits
(berries, kiwi, mango, etc.)
coconut water

SLICE THE FRUIT. Slice your fresh fruits into bite sized pieces that fit inside the popsicle mold. Once the fruit is sliced, place it inside the mold, leaving about 1 inch of space at the top.

POUR. Next, fill the mold with coconut water, and place in the freezer for several hours. Once the popsicles are frozen, they are ready to eat.

COCONUT MILK ICE CUBES

1 can organic coconut milk
1 ice cube tray

SHAKE THE CAN. Shake the can of coconut milk vigorously before opening. Then open the can, and pour into an ice cube tray. Place the tray into a freezer for several hours until frozen.

You can use your coconut ice cubes in smoothies or in iced herbal teas.



WARMED PINEAPPLE WITH COCONUT

- 1 fresh pineapple, sliced into rings
- 1 tablespoon unsweetened shredded coconut

You can use several techniques to warm your pineapple:

- in a non-stick skillet
- on a barbecue grill
- in a broiler

Simply place your sliced pineapple rings onto the heat for 2 to 3 minutes on each side. When it's warm, transfer to a plate, and top with shredded coconut. Enjoy as a topping on your strawberry sorbet, or enjoy it as a snack.

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