

FOOD GUIDE AND RECIPES

FOODS ON YOUR MEAL PLAN

1. FOODS EATEN CLOSEST TO THEIR RAW STATE HAVE THE BEST DIGESTIVE ENZYME ABILITY
2. TAKE FLUIDS AT LEAST ONE HOUR BEFORE MEALS OR 2 HOURS AFTER MEALS.
3. LIMIT FLUID INTAKE WITH MEALS TO NO MORE THAN 4 OZ.

<p><i>VEGETABLES</i> Acorn Squash Asparagus Avocado Bamboo Shoots Beets Beet Greens Bell Peppers Bok Choy Broccoli Brussels Sprouts Butternut Squash Cabbages Carrots Cauliflower Celery Chards Collard Greens Cucumber Eggplant Garlic Greens Green Beans Green Onions Jicama</p>	<p>Kale Leeks Lettuce, spring mix Mushrooms Okra Olives Onion Parsley Pickles Pumpkin Radishes Salad Greens Sauerkraut Spinach String Beans Summer Squashes Sweet Potatoes Tomatoes Turnip Turnips Watercress Winter Squashes Yams Yellow Squash Zucchini Squash</p>	<p><i>PLANTS</i> <i>PROTEINS</i> Black Beans Red beans White Beans Black-Eyed Peas Chickpeas Grains, Sprouted Kidney Beans Lima Beans Lentils Parsnips Peas Popcorn Potatoes Pumpkin Seeds Seeds, Sprouted Sunflower Seeds</p> <p><i>NUTS</i> Walnuts Almonds Cashews Pecans</p>	<p><i>FRUITS</i> Apples Bananas Berries, (Straw, Blue, Black, Rasp) Grapes Mango Papaya Pineapple Pears Plum, Prunes</p> <p><i>ANIMALS</i> <i>PROTEINS</i> Organic Chicken Cold Water Fish Salmon Sardines Tilapia</p> <p><i>BEVERAGES</i> Water Herbal Teas Vegetable Juices</p>
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The above list of foods is to be use in the following Meal Plans.

DAILY MEAL PLANS

	I	II	III
Breakfast	Mixed Berries Strawberries Blueberries Raspberries OR Fruit Smoothie	Spring Mix with Salmon Croquet and Black beans OR Sliced Apples with Cashew or Almond Butter	Omelet (organic) with veggies (Spinach,Cabbage Kale,Green Peppers) Mango, Pineapple, Berries fruit cup
Lunch	Jicama Salad Red beans & Brown rice Black beans	Mixed Greens with Tomatoes Grilled fish Brown rice Lentils beans	Mixed Greens with Balsamic Vinegar Baked Chicken Tomato/Cucumber Red beans Salad
Dinner	Spinach Salad with Strawberries Cabbage Slaw Lentils with Brown rice	Marinated Kale Salad Tilapia with Mango Salsa Sauteed Broccoli Baked Yam	Grilled Salmon Brown Rice Black or Red beans Mixed Greens with Kiwi or Blueberries
Dessert		Smoothies Frozen Smoothie Frozen Fruit Puree	

Salad Dressings

Real "Dill" Dressing

1/3 cup minced fresh dill
1/4 cup cider vinegar or lemon juice
1-1/2 Tbsp Dijon mustard
1/2 tsp. Therasweet or Stevia
1/2 cup grapeseed oil

In a bowl or blender mix everything except the grapeseed oil. Trickle the oil in slowly while blending or whisking vigorously, until the dressing is thick and smooth. Keep extra dressing refrigerated in a dark bottle for later use. Try it over salad, grains, vegetables, fish, etc.

Citrus Express Dressing

1/4 cup extra virgin olive
1/4 cup freshly squeezed orange juice
2 Tbsp Bragg's Liquid Aminos
1 Tbsp Agave nectar or Stevia
2 to 3 Tbsp apple cider vinegar
1 to 3 cloves garlic, minced
1 Tbsp organic Italian seasoning

Mix all ingredients in a large jar and shake well. Adjust the proportions to taste. For a more unique flavor add a few pinches of one or more of the following: onion powder or curry powder. Be creative!

Balsamic Ginger Dressing

1/4 cup Balsamic vinegar
1/4 cup olive oil
1 Tbsp Ginger root
1 Tbsp Agave nectar
1 Tbsp Bragg's Liquid Aminos
1/2 tsp Oregano
1/2 tsp Thyme
1/4 tsp Nutmeg

Add all ingredients in a blender and mix well. Pour lightly over fresh mixed field greens.

Curry-Ginger Dressing

4 tbsp apple cider vinegar
1 tbsp Agave nectar
1 1/2 teaspoon curry powder
1 tbsp grated ginger root
1/2 cup olive oil

Combine all ingredients in a blender. Bottle and chill up to 24 hours in advance. Adjust ingredients to taste.

Salads

APPLE-MIXED GREEN SALAD

1 bunch torn fresh organic spinach
6 oz organic Spring Mix
1 Fuji or tart red apple, unpeeled, thinly sliced
1 diced medium cucumber
¼ cup walnut pieces

In a large bowl combine the spinach, mixed greens, cucumber and apple slices. Pour a dressing over the salad and toss lightly. Divide among 4 to 6 individual salad plates and sprinkle with walnuts.

AVOCADO MANGO SALAD

Salad:	Dressing:
2 avocados, large, diced	6 tbsp lime juice
2 mangoes, large, diced	2-3 dates
4 cups clover sprouts	
4 tangerines, peeled, sectioned	

Combine lime juice and dates in a blender. Mix avocado and mango and place over beds of clover sprouts on 4 salad plates. Top evenly with tangerines slices, pour lime dressing over salad and serve.

BEEF AND KALE SALAD

Salad:
4 large beets
¼ cup raw pumpkin seeds
1 bunch kale
3 scallions
1 med. carrot

Dressing:
3 tablespoons extra-virgin olive oil
2 tablespoons balsamic vinegar
¾ teaspoon Dijon mustard
¼ teaspoon freshly ground pepper
1 tablespoon chopped fresh basil
1 teaspoon finely diced garlic

Peel beets and then grate them in a food processor or by hand. Wash and drain Kale then chop finely into bite size pieces. Finely dice the green onions and grate carrot.

Place all dressing ingredients in a bowl and mix well.

In a large bowl place chopped beets, chopped kale, diced green onions, sliced carrots and pumpkin seeds. Add dressing and toss gently. Serve chilled.

Makes approximately six servings.

MARINATED KALE SALAD

Salad:

2 bunches curly kale, finely chopped
1 red bell pepper, large, finely chopped
1 yellow bell pepper, finely chopped
½ cup red onion, finely chopped

Marinate:

½ cup extra virgin olive oil
½ cup fresh squeezed lemon juice
1 tbsp organic Italian seasoning
2 tsp Bragg's Liquid Aminos

Mix kale, peppers, and onions in a casserole dish. In a jar, combine dressing ingredients and shake well. Pour over kale and mix well. Cover and place over in the refrigerator.

Serve cool or at room temperature.

CRISPY JICAMA SALAD

Salad:

1 jicama diced (2 cups)
1 carrot in 1-inch strips
1 bell pepper in strips
1 small sweet onion in slices
2 tbsp cilantro chopped
4-6 sliced radishes

Dressing:

3 tbsp vegetable broth (homemade)
2 tbsp lime juice
1 tbsp orange juice
1 tsp Dijon mustard (optional)

Toss vegetables, mix dressing and pour over salad.

AZTEC SALAD

Salad:

2 cups black beans
½ cup chopped red onion
1 green pepper diced
2 tomatoes diced
2 cups non-GMO corn
¾ cup chopped cilantro

Dressing:

1 lime or lemon juiced
2 garlic cloves minced
2 tbsp apple cider vinegar
1 tsp coriander
2 tsp cumin
pinch of cayenne

Drain and rinse beans, add vegetables, mix dressing and pour over salad and toss gently to mix.

RED CABBAGE SLAW

- ½ medium red cabbage
- ½ medium green cabbage
- 3 tbsp Grapeseed oil Vegenaise
- 2 carrots, large grated
- 2 tbsp sweet pickle relish

Mix all ingredients in a large bowl. In a jar, chill and serve.

QUACAMOLE

- 4 ripe avocados
- 2 Roma tomatoes, diced fine
- 2 T. red onion, minced
- 3 T. cilantro, minced
- 1/2 tsp. garlic
- Juice of 1 lime
- 1/4 tsp. sea salt
- 1/2 - 1 jalapeno, seeded and minced fine (optional)

Preparation:

Place all ingredients in a bowl with a flat bottom and mash it with a potato masher. Stir well and keep refrigerated. This dish will brown on the areas exposed to air within a few hours, so serve it shortly after making it or just stir again before serving.

MANGO SALSA

- 2 cups diced ripe mango
- 1 cucumber, peeled seeded, and diced
- 1 clove garlic, finely minced
- ¼ cup finely minced red or Vidalia onion
- 1 tablespoon finely minced jalapeno pepper
- 2 tablespoons finely minced fresh basil
- 1 teaspoon Agave Nectar or 100% Maple Syrup
- 2 tablespoons lime juice
- Pinch of sea salt

Combine ingredients in a small bowl. Cover and refrigerate 2 to 3 hours before serving.

Dishes for Everyday

Lentil Burger

Ingredients:

3 cups dry green lentil peas
2 cups organic brown rice
2 tbsp Spike vegetable seasoning
¼ cups organic whole wheat flour
¼ cup finely chopped onions
1 tbsp Tony's Charare
1 Tbsp Bragg's Liquid Aminos

Boil lentils peas in 4 cups water and 1 tbsp Spike (approx. 30 mins.)

Boil rice in 3 cups water; add 1 tbsp Spike (approx. 30 mins.)

In a large bowl, thoroughly mix lentils and rice.

Mix in Bragg's, whole wheat flour, onions and by hand.

Form mixture into patties and brown in saucepan in Olive oil approximately 2 minutes each side.

Build a burger using lettuce, tomatoes, mustard and ketchup as desired.

Sauteed Green Beans

- 4 Tablespoons of Olive oil
- 1 pound fresh whole green beans, trimmed
- 2-4 medium cloves garlic, chopped
- ¼ cup chopped red onion
- 1 cup slivered almonds
- 2 tablespoons minced fresh rosemary
- 1 tablespoons Bragg's Liquid Aminos
- 1 teaspoon Spike or Ms Dash veggie seasoning

Preheat stainless steel or ceramic saucepan to 325 degrees. In olive oil, saute garlic.

Add the green beans, red onions, almonds, rosemary, Bragg's and seasonings. Cover dish and turn off heat stirring once a minute for the next 3-4 minutes.

Transfer the beans to a serving dish. Serve warm.

Cajun Turkey Burgers

- 1 pound ground turkey
- 1 cup organic rolled oats
- 2 tablespoons Bragg's Liquid Aminos
- 3 tablespoons of Tony Charere's Cajun seasoning (Low sodium)
- 1 organic egg

Combine all the ingredients in a mixing bowl. Shape into patties.

Pour approximately 3 tablespoons coconut or olive oil into skillet..

Fry the turkey burgers over medium heat, turning once, until done, about 8 to 10 minutes total. Serve hot on a toasted bun.

Spicy Black Bean Turkey Chili with Winter Squash

- 1 teaspoon cumin seeds
- 2-3 jalapeno peppers, peeled and chopped
- 1 red bell pepper, peeled and chopped
- 2 tablespoons olive oil
- 6-8 cloves garlic, finely minced
- 1 large Spanish onion, chopped
- 1 pound ground turkey
- 1 ½ cups vegetable stock
- 6 cups peeled and cubed butternut squash
- 1 dried chipotle chili (optional)
- 1 tablespoon minced fresh sage
- 1 can black beans, rinsed and drained
- 4 tablespoons red wine vinegar, such as Opal Basil-Garlic-Black Pepper Vinegar (optional)

Toast the cumin seeds over low heat in a small cast-iron skillet. Grind them with mortar and pestle and reserve.

Roast and peel the peppers. Reserve.

Heat the oil in a large saucepan over medium-low heat. Add the garlic, sauté for 1 minute, then add the onion and continue to sauté until the onion begins to stiffen.

Stir in the turkey and sauté until lightly browned.

Add stock, cubed squash, roasted peppers, and the optional chipotle chili. Cover and cook for 30 minutes.

Add the sage and drained beans. Cook 15 minutes more, or until the squash is tender.

Add a splash of vinegar (about ½ tablespoon) to each bowl before serving if desired.

VEGETABLE JUICE RECIPES

Bok Choy/Cabbage/Beet Juice

3 stalks bok choy
1/2 head of cabbage
4 beets
Juice in the order listed. Makes 1 serving.

Carrot Celery-bration

4 carrots
1 stalk celery
1 sprig parsley
1/2 head broccoli
Juice in the order listed. Makes 1 serving.

Cool Cucumber Juice

1 tomato
1 cucumber
2 celery ribs
Juice in the order listed. Serve over ice.
Makes 1 serving.

Hot 'n' Spicy Veggie Juice

2 radishes
2 tomatoes
1 green bell pepper
1 sweet red pepper
A dash of cayenne pepper
Juice in the order listed. Makes 1 serving.

Cabb-Apple Juice

1/2 head red cabbage
2 kale leaves
1 red bell pepper
2 red apples
Juice in the order listed. Makes 1 serving.
This juice is a good source of calcium and antioxidants.

All Veggie Juice

1 small tomato
1 celery stalk
1/2 medium cucumber
1 small carrot
1 small beet
4 sprigs parsley
Juice in the order listed. Makes 1 serving.

FRUIT JUICE RECIPES

Berries in the watermelon patch

1/4 small watermelon
4 large strawberries
1/4 pint raspberries
1/4 pint blackberries
Trim the strawberries by removing the green tops. Remove the rind from the watermelon.
Juice in the order listed. Makes 1 serving.
This drink is full of antioxidants, vitamin C, and energizing electrolytes.

Cherry Tangerines

1 pint of cherries
2 tangerines
1 red apple
Juice in the order listed. Makes 1 serving.

Summertime Watermelon

1/2 watermelon
4 medium pears
1/2 cup strawberries
Juice in the order listed. Makes 1 serving.

Citrus-Pineapple Splash

3 lemons
4 limes
5 oranges
1/4 pineapple
Juice in the order listed. Add sparkling mineral if desired--or just enjoy as is! Makes 2 servings.

Citrus Pick-me-up

1 cup green grapes
1/2 lemon
2 oranges
4 ounces sparkling mineral water
Juice the fruit in the order listed. Mix with water and stir. Makes 1 serving.

Mango Citrus Cooler

1 mango
1/2 lime
Juice in the order listed. Add sparkling mineral water and crushed ice. Garnish with a slice of lime.