



1° of Change

The Standard Process 21-Day Purification Program Cookbook

Georgia Nab, DC, ACN

Use this cookbook in conjunction with the 21-day Standard Process Purification Program.

Visit standardprocess.com for more information.

Acknowledgments

This book is a product of my love for cooking, healthy food, and nutrition. The help and encouragement of others was vital in making the book possible.

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—*Georgia Nab, DC, ACN*



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Clearer. Brighter. Lighter.

Chapter 1 1° of Change

Picture an airplane on a flight from one city to another. If the airplane is off course by just one degree, that airplane will never make it to its destination. In fact, the airplane could end up hundreds of miles from its intended goal! The one-degree difference is true for your health as well. When you make one degree of change, positive or negative, in your food intake, your health can take a profoundly different path. Make the choice now to begin each day with one degree of positive change in what you put into your body.

What would this one degree of change look like? Maybe you're not into eating fruits and vegetables on a daily basis. Your one degree of change would begin by adding a whole food at breakfast, like a banana or an apple. Let this be the first thing that you eat. The next day start again with a whole food for breakfast, but add a whole food at lunch, say carrots, and let that be the first thing you eat. Each day, add a whole food of some type to each meal and have this be the first thing that you eat. Keep it simple the first week. During the second week add a vegetable or fruit that you've never eaten before. The recipes in this book will give you ideas on new foods and a variety of ways to prepare them. Remember that your goal is to make one degree of change for a healthier you.

Maybe you don't exercise at all. One degree of positive change would be to begin with as little as a minute of burst/surge training first thing in the morning for a minimum of five minutes. Burst or surge training is exercising to 80 percent of your maximum heart rate for up to one minute. You can do exercises like jumping rope, running in place, or jumping jacks.

Do the exercise for one minute as hard as you can. Make sure to do it first thing in the morning on an empty stomach. Take another minute and walk around to get your heart rate back down. Those starting out can build up to repeating this sequence three times, for a total of five to six minutes. Those already exercising can start at three sequences. This is an effective, quick, and simple way to add exercise into your routine without special equipment or club memberships, and it won't upset your daily schedule.

My hope is that you'll take this book and adopt much of it, developing new lifestyle habits that have an impact on your quality of life and, potentially, your longevity. Don't let everything recommended in the book overwhelm you. Remember work to make one degree of positive change. One small degree of change each day will help you develop new habits. Hopefully you'll share these positive changes with your family and friends, and this will have an impact on many more lives.

Enjoy the journey, my friends!



The Standard Process Health Pyramid

This food pyramid is ideal for nutritional support. Filled with greens, vegetables, and other plant-based foods and quality proteins, this plan supplies your body with nutrients, vitamins, and minerals in their natural form. Water, so vital to keeping our bodies functioning well, is also a key element in this pyramid. Following this plan along with getting proper exercise and enough sleep will have a positive impact on your overall health and well-being.

Making Positive Changes to Your Diet

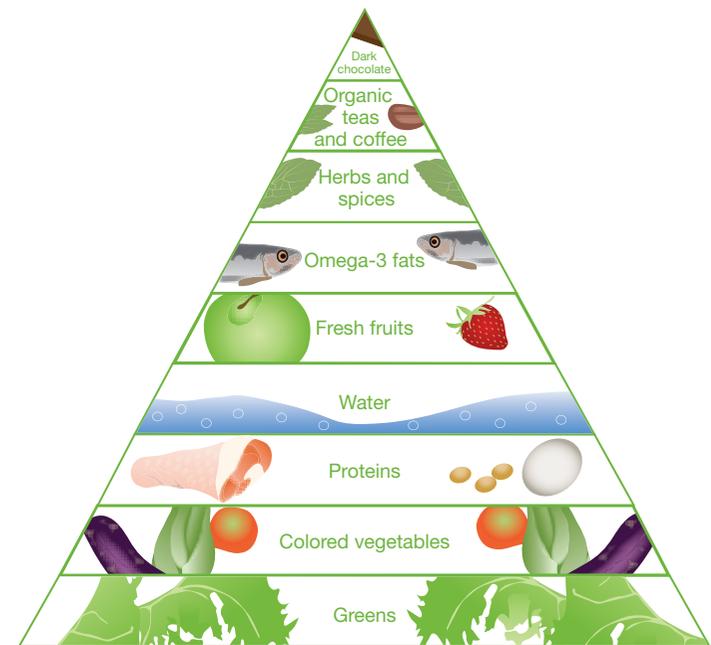
There are five key changes you can take to start eating in a healthier way. Just choosing one will get you moving in the right direction. Do the one change until you are comfortable with it and then choose one more. Keep up the two changes and continue until you are doing all five. You'll feel the difference.

5 Key Changes

1. Remove bad fats, and replace them with good fats.
2. Change the meat you eat.
3. Replace and reduce refined sugars in your diet.
4. Replace grains with pseudo-grains.
5. Drink more water.

3 Basic Rules of Food Purchases

- Food should ideally have five ingredients or less.
- Buy food whole or as close to its original form as possible.
- Avoid packaged foods, which are usually highly refined with multiple additives.



1

Remove the bad fats and replace with good fats.

Did you know your brain is about 60 percent fat? Fats are essential for proper brain function; building healthy cell membranes; proper blood clotting; absorbing essential vitamins like A, D, E, and K; and protecting vital organs. Fat is necessary for healthy skin and plays a central role in promoting healthy eyesight and brain development—especially in babies and children.

The low-fat food myth tells us that low-fat, processed foods are healthier, when in fact the normal fat in foods has been replaced with sugar (oftentimes with high-fructose corn syrup) to add flavor to the food. This is detrimental to your health! More sugar or carbohydrates can lead to more calories and weight gain. When you see nonfat or low-fat processed foods, think higher sugar and the potential for weight gain.

Eating healthy fat does not make you fat. What matters is not so much the amount of fat you eat but the type of fat. Avoid any type of processed fat and trans fats. Instead learn our acronym below and begin focusing your use of healthy oils in your daily diet.

Healthy fats like fish oils offer the omega-3s docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). The best sources are fatty cold-water fish such as salmon, sardines, and tuna. The American Heart Association recommends eating two servings of fish per week. Additional sources of healthy fats include flaxseed, flax oil, and hemp oil.

“BACON” is a simple acronym to use to remember which fats are best for you:

B = Butter/ghee (clarified butter)

A = Avocado and avocado oil

C = Coconut oil/cream/milk (unrefined, full fat, unsweetened, guar gum acceptable)

O = Olive oil (extra virgin) and olives (packed in water or plain vinegar, preservative-free)

N = Nut oils (unrefined, expeller pressed)

Grape seed oil is another option for healthy fats. Look for raw, unrefined oils from a reputable source. Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

When cooking with fats it’s important to not overheat the fat, as this can turn a good fat into a rancid fat. Also important is the difference between mechanically pressed or chemically extracted oil. Chemical extraction uses toxic solvents during the extraction process, which is a risk for residues that you wouldn’t want to eat. Harsh treatments must be used to remove the solvents, causing further damage. This process is used with most commercial oils. Look for oils that list the degree of heat the oil can withstand.

Here are some guidelines for cooking with fats:

Very high-heat oils
= 400 degrees and higher, can be used for frying, naturally refined only

Avocado Oil

Coconut Oil

Grapeseed Oil (Expeller Pressed)

Peanut Oil (High Oleic)

Sesame Oil

Medium-heat oils
= 350 to 400 degrees, quick fry in pan, naturally refined only

Almond Oil

Butter or Ghee

Olive Oil (Extra Virgin)

Peanut Oil (Expeller Pressed)

Walnut Oil (Naturally Refined Only)

Raw to low heat
= under 350 degrees, most unrefined oils

Hemp Oil

Fish Oil

Flaxseed Oil

Olive Oil (Extra Virgin)

Sesame Oil

Any Nut Oil

2

Change the meat you eat.

We're starting to realize that the ratio of fatty acids could be as important as a single type of fatty acid. Grass-fed meat and free-range poultry have healthy fats in healthier ratios. The ratio of omega-6 to omega-3 in grass-fed cows is between 2-to-1 to 4-to-1. In grain-fed cows, that ratio jumps to around 18-to-1.¹ Similar effects occur in exclusively grain-fed chickens and their eggs. It's best to stick with grass-fed animals when choosing meats.

Keep in mind that current agricultural practices use many compounds that it's best to avoid. Grain-fed animals accumulate commercial pesticides, herbicides, antibiotics, and hormones that are far higher than what you receive in hormone-free animals or in organic vegetables. Consuming animals from these sources puts us at risk for exposure and places a burden on the metabolism. It's best to minimize or eliminate meat from places like this.

Grass-fed and free-range meats offer many fatty acids that are missing in the standard American diet (SAD), like: arachidonic acid, conjugated linoleic acid (CLA), and the proper ratio of omega-6 and omega-3 fatty acids.

Ideal Protein Choices

- Raw foods: Including nonroasted nuts and minimally processed cheese. Meat from grass-fed, free-range, and cage-free sources without added hormones. Avoid farm-raised and Atlantic fish when possible. Choose cold-water fish like salmon, sardines, mahi-mahi, mackerel, etc.
- Organic eggs from free-range chickens
- Grass-fed beef
- Grass-fed, free-range, organic poultry
- Grass-fed lamb
- Wild game birds (pheasant, duck, goose, grouse)
- Venison
- Wild game (elk, bear, beaver, etc.)
- Whey protein



1. <http://www.ncbi.nlm.nih.gov/pubmed/15023647>



3

Replace and reduce refined sugars in your diet.

The overconsumption of sugar has been linked to numerous health issues, including diabetes, obesity, and numerous other diseases. Reducing these sugars should become a priority for every individual. High-fructose corn syrup is associated with highly processed, devitalized foods. Many holistic health care practitioners don't encourage the use of high-fructose corn syrup. Please read labels, and if a food contains high-fructose corn syrup, don't purchase that food! The American Heart Association has stated that most American women should eat or drink no more than 100 calories per day from added sugars, and most American men should eat or drink no more than 150 calories per day from added sugars. That's roughly six teaspoons a day for women and nine teaspoons a day for men.²



Here are four natural alternatives to help you break the sugar habit while still enjoying a treat now and then:

Stevia: Derived from the leaves of a South American shrub, *Stevia rebaudiana* is about 300 times sweeter than cane sugar or sucrose. Though stevia can be an acquired taste, it's not absorbed through the digestive tract, so it has zero calories. You can find it in several forms, from liquid extract to dried leaf, to powdered extract. Check the label and only buy the whole-leaf stevia. Some brands will have dextrose and are processed with harsh chemicals.

Medjool dates: These dates are from the fruit of the date palm tree and are among the sweetest fruits in the world, with a flavor very similar to brown sugar. Medjool dates have a long shelf life. When choosing fresh dates, look for the plump ones. It's all right if they're slightly wrinkled, but they shouldn't feel hard. Be sure to remove the seed from the center before using. Dates can be used in almost any recipe to add sweetness.

Bananas: All-natural, preferably organic bananas can be used to sweeten many dishes.

Minimally processed honey: Look for minimally processed honey, preferably from the area you live in.

2. <http://circ.ahajournals.org/content/120/11/1011>

4

Replace grains with pseudo-grains.

Pseudo-grains are seeds and grasses we commonly classify as grains but truly are not. These are superfoods known to be high in protein and fiber and lower on the glycemic scale than your typical grains. Here are some pseudo-grains you can add into your diet:

- Quinoa
- Buckwheat
- Teff
- Millet
- Amaranth
- Wild rice

6 Reasons You Should Dump the Grains

1. Many grains are now processed, which reduces their nutritional value and often removes many phytonutrients.
2. Grains may be associated with a variety of digestive issues in some people.
3. Many people have an intolerance to gluten, a protein found in some processed grains.
4. The majority of grains are associated with inflammation in the body.
5. Many corn and soy grains have become genetically modified in the United States.
6. Eating or overeating grains on a regular basis can lead to elevated insulin levels and insulin insensitivity.

The infographic is divided into two vertical columns. The left column, titled 'Grains to avoid:' in a teal circle, lists eight items: Wheat, Corn, popcorn, Rye, Barley, Oat, Rice, and Bulgur (cracked wheat). Each item is accompanied by a small illustration of the grain. The right column, titled 'Pseudo-grains to use:' in an orange circle, lists seven items: Quinoa, Buckwheat, Teff, Millet, Amaranth, and Wild rice. Each item is accompanied by a small illustration of the pseudo-grain.

| Grains to avoid: | Pseudo-grains to use: |
|------------------------|-----------------------|
| Wheat | Quinoa |
| Corn, popcorn | Buckwheat |
| Rye | Teff |
| Barley | Millet |
| Oat | Amaranth |
| Rice | Wild rice |
| Sorghum | |
| Bulgur (cracked wheat) | |



5

Drink more water.

One of the most common symptoms of dehydration is feeling tired. When that tired feeling hits you in the middle of the afternoon and you begin to reach for a sugary drink, try drinking more water instead. You might discover that a healthy glass of water eliminates fatigue, makes you feel better, and helps you focus more sharply. The benefits of water are numerous—from cleansing the kidneys and supporting healthy skin to increasing concentration. Water keeps cells hydrated, helps maintain a healthy balance of body fluids, and supports healthy digestion and bowel movements. Ideally you should drink a minimum of half your body weight in ounces of water every day.





Understanding Organic Labels

Here are four of the most common organic labels and what their claims mean:

100 Percent Organic

This product must be made with 100 percent organic ingredients, have an ingredient list, and list the name of the certifying agency.

Organic

A product labeled organic must be made with 95 percent organic ingredients, list each ingredient on the label, identify which ingredients are organic, and list the certifying agency.

Made With Organic Ingredients

The food product must be made with at least 70 percent organic ingredients, have an ingredient list that identifies which ingredients are organic, and list the certifying agency.

Some Organic Ingredients

This is a food product that has less than 70 percent organic ingredients, has no certifying agency, and may only list certified organic ingredients as being organic.

“Natural,” “100 percent natural,” and “all natural” have no set definition or regulation from the Food and Drug Administration (FDA). The official policy from the FDA is that, “The agency has not objected to the use of the term if the food does not contain added color, artificial flavors, or synthetic substances.” This leaves the interpretation of “natural” largely up to the food industry. So until the FDA offers a stricter definition of “natural,” be wary of this food label, and pay close attention to ingredient lists. Better yet, choose organic foods that have been produced through a closely regulated process.

For more information: <http://www.ams.usda.gov/AMSv1.0/getfile?dDocName=STELDEV3004446&acct=nopgeninfo>



Understanding Eggs

Deciphering which carton of eggs is best for you and your family can be quite challenging. With labels ranging from “organic” to “cage-free” to “animal welfare approved,” it’s hard to know what’s best. Below is a guide to help you understand what the label means according to the United States Department of Agriculture (USDA) guidelines.

Organic

Chickens labeled organic must be cage-free with the ability to go outdoors (though the amount of time outdoors is not defined). Chickens cannot have had any antibiotics and must be fed organic, vegetarian food. It’s important to know that the USDA organic seal is the only official egg label claim that is backed by federal regulations. These are the best eggs to buy in stores.

Free-Range

There is no regulation about the amount of time or quality of time spent outdoors or the quality of the outdoor access. Chickens are out of cages and can roam freely around the farmyard at least part of the day. There is no regulation on what the chickens can be fed.

Cage-Free

Chickens are out of cages but not necessarily with access to the outdoors. Chickens do have access to a continuous supply of food and water, but there is no regulation on the type of food being fed. Chickens may be tightly packed into a shed with no access to the outdoors.

Certified Humane

Chickens may not have access to the outdoors but are out of cages inside a barn or a warehouse. The density of the birds in the barn or warehouse is limited, and there are regulations to make sure chickens can perform natural behaviors.

Animal Welfare Approved

Chickens are free to spend unlimited time outside on pesticide-free pasture and cannot have their beaks cut. (Beak cutting is allowed in all of the above definitions and is common.) Flocks are up to 500 chickens. Eggs from these farms are found in specialty or health food stores and at farmers markets.

Egg Alternatives

Eggless baking is easy, with many available substitutes. Some of the most common include the following:

Egg substitute with flaxseed or chia seeds: Grind 1 tablespoon of either seed in a clean coffee grinder and mix with 3 tablespoons of water. Stir together until the mixture gels, or allow the mixture to sit for about 10-15 minutes until it gels. When the mixture gels, use it right away to get the best flavor. This recipe is equal to 1 egg.

The following terms are unregulated and must be examined for substantiation through careful assessment of available information.

- Natural
- No hormones
- Naturally raised
- No antibiotics





Legumes and Lentils

Legumes are a class of versatile and nutritious vegetables. They're low in fat, high in fiber (soluble and insoluble), and high in protein with many vitamins and minerals. A few types of legumes include: adzuki beans, Anasazi beans, black beans, black-eyed peas, chickpeas, edamame, fava beans, lentils, lima beans, peas (green and yellow), red kidney beans, and soybean.

With few exceptions, such as black-eyed peas and lentils, dried beans and legumes require soaking in room-temperature water to rehydrate them and to help neutralize the anti-nutrient phytic acid in them. These anti-nutrients can interfere with the body's ability to absorb nutrients from the legumes. Soaking legumes activates enzymes within the seeds that will break these anti-nutrients down, decrease cooking time, and reduce potential flatulence.

Gas-reducing soak: Place rinsed beans in a large stockpot and cover so water is at least 2 inches over the beans. Bring to a rapid boil. Turn off heat, cover, and set aside overnight (around 8 hours). The next day, 75-90 percent of the indigestible sugars associated with flatulence will have dissolved into the soaking water. Rinse thoroughly with cool water, and the beans are ready to be cooked.

There are four main types of lentils. Lentils don't require soaking, but they can be soaked to reduce cooking time by about half. Before cooking, be sure to rinse lentils thoroughly in cold water. Pick out any debris or shriveled lentils, and drain. Boil lentils in three times more water than lentils. Don't add anything acidic such as vinegar, tomatoes, lemon, or salt when cooking, as this will toughen the lentils and slow the cooking process.

Green and brown lentils: Great for warm salads, casseroles, or stuffing, these lentils hold their shape well after cooking. General cooking time is 35-45 minutes.

Puy (grey and green) lentils: Thought to be superior in texture and taste, these lentils are great with fish or game meat. General cooking time is 20-25 minutes.

Red split lentils: These form a rich purée when cooked and are great for soups. Red split lentils are often mixed with spices to make the Indian dish dhal. General cooking time is 15-20 minutes.

Yellow lentils: Similar to red split lentils, yellow lentils also form a rich purée that is perfect in soups. General cooking time is 15-20 minutes.

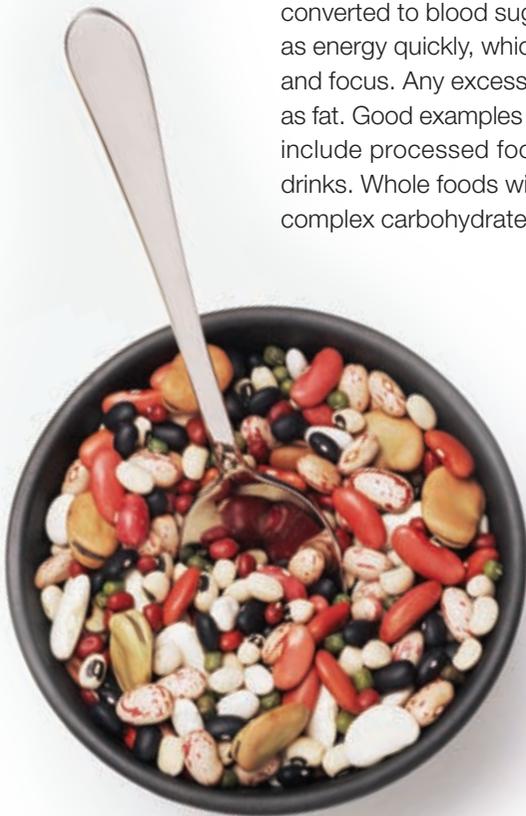


Understanding Simple Versus Complex Carbohydrates

The topic of carbohydrates is not an easy one to explain. At the core of any description of their impact or role in the body is the number of sugar molecules in the chain. Simple carbohydrates have relatively few sugars linked in sequence. The more links in the sugars chain and the more types of sugars and branches in the chain, the more complex the carbohydrate.

Simple carbohydrates are easily and generally rapidly converted to blood sugar (glucose). Your body will burn these as energy quickly, which can lead to drops in mood, energy, and focus. Any excess that is not used right away is stored as fat. Good examples of foods containing simple carbohydrates include processed foods like pasta, white rice, and sugary drinks. Whole foods will contain a mixture of both simple and complex carbohydrates.

Complex carbohydrates tend to be more slowly digested because of their length, branching, and other sugar types. In fact, some of these can't be digested by our digestive enzymes and represent fiber. Good examples of foods containing complex carbohydrates are sweet potatoes, carrots, and apples, along with a wide assortment of other fruits and vegetables. A healthy range of complex carbohydrates is less than 75 grams a day.



Understanding Insoluble Versus Soluble Fiber

Fiber is a very important part of our diet as it supports a healthy digestive system and healthy bowel movements. You should have one to three bowel movements a day. Less than one bowel movement a day may be a sign of constipation. It's vital to your health to make sure you're having daily bowel movements to remove toxins from the body. The average recommended intake of total fiber is around 30 grams a day, and most of this should come from vegetables.³ There are two types of fiber: insoluble fiber and soluble fiber.

Insoluble fiber moves all the solid waste material out of the gut and adds bulk to the diet. These fibers do not dissolve in water, so they pass through the gut relatively intact. They also speed up the passage of food and waste through your gut. Good examples of food sources of insoluble fiber include zucchini, celery, broccoli, cabbage, dark leafy vegetables, and root-vegetable skins.

Soluble fiber helps support normal insulin levels already in a normal range, supports satiety (the feeling of being full after eating), and absorbs toxins from the gut. These fibers attract water and form a gel, which slows down digestion. Good examples include apples, oranges, pears, strawberries, nuts, flaxseeds, blueberries, and carrots. Soluble fiber from foods such as these, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.



Understanding Flours

An important note about switching from wheat or gluten flours to gluten-free flours is that there are three different weights of flours. Knowing this will make substitution a little easier. Estimate about 1¼ cup of gluten-free flour to 1 cup of all-purpose wheat flour. Guar gum is typically added for an ideal texture, but you can also use additional binding agents like chia meal, flax meal, banana, or applesauce instead of the guar gum. It's best to substitute by staying within the same weight of flour.



Heavy Flours

Almond: There is almond flour and almond meal, the only difference being that almond meal is coarser. Almond flour is easily made at home. Simply use a high-powered blender or food processor to grind whole almonds into fine flour. Almond flour is high in protein and healthy fats and is a great substitute for wheat flour. Since almond flour has high oil content, use it immediately and store any extra in the refrigerator or freezer.

Chestnut: This flour functions just like any nut or seed flour and has a nice nutty flavor. Chestnut flour is similar to almond flour in cooking use and nutritious benefits.

Coconut: This is a great flour to work with, is loaded with fiber, and is very low in carbohydrates. For some, the coconut is a strong flavor and can overpower the recipe. Coconut flour does absorb liquids, so be aware you may need more eggs when using it.

Garbanzo bean: High in fiber and protein, this flour is an ideal flour to use for pizza crust or tortillas and is good for foods that can handle the bean flavor.

Medium Flours

Medium flours include amaranth, brown rice, buckwheat, millet, oat, quinoa, sorghum, and teff.

Amaranth: This nutritious flour tends to lend a bitter taste to food, so using amaranth will depend on your personal taste. Amaranth is best in foods that have a strong flavor, like chocolate, so the bitterness is hidden.

Brown rice: A great basic flour and easy to use, brown rice flour is high in carbohydrates but is also high in vitamins and minerals, if you're using the whole-grain brown rice flour.

Buckwheat: High in nutrition, buckwheat flour is easy to use, especially with pancakes.

Millet: This flour is also high in nutrition and has a mild nutty flavor.

Oat (essential to use gluten-free): The taste of oat flour is very similar to wheat flour. It's easy to make your own oat flour by buying gluten-free oats and grinding them in a high-powered blender or food processor. Oat flour is higher in carbohydrates than nut flours but is also high in nutrients when using the whole, unprocessed oat.

Quinoa: This very nutritious seed (not a grain) can leave a bitter taste from the tannins, but toasting the flour will break the tannins down and get rid of the bitter taste. Toast the flour by simply filling a cookie sheet and toasting in the oven at 300 F for about 30 minutes, stirring occasionally. When the flour begins to have a golden color and smells toasted, it's done. Quinoa has a near-perfect balance of protein, carbohydrates, and dietary fiber as well as many vitamins and minerals.

Sorghum: This flour is very similar to millet, with a mild, slightly sweet flavor.

Teff: Providing a nice nutty flavor, teff flour is also high in nutrition.

Light Flours

Arrowroot: With no detectable taste, arrowroot flour can be used interchangeably with potato starch, cornstarch, and tapioca in most instances. If you're using arrowroot as a thickener in a sauce, don't keep it on the heat too long as this will break down the starch and cause the sauce to become thin again.

Potato: This flour also has no detectable taste and can be used interchangeably with other starches.

Sweet rice: When a recipe calls for all-purpose flour in breading or a thickener in sauces, sweet rice flour can be used.

Unique Flours and Gums

Guar gum: This complex carbohydrate helps to thicken and bind gluten-free baked goods. With no gluten, the guar gum improves the texture and can help minimize crumbling of baked goods. Guar gum is generally better tolerated by the digestive system than xanthum gum.

Xanthan gum: Derived from corn, this complex carbohydrate is a thickener and binder like guar gum. For some people xanthan gum may cause upset stomach and digestive issues.



Nondairy Milk Alternatives

Nondairy milks are a delicious option for all of us whether it's for cooking, baking, or drinking straight up. They're frequently offered in a variety of flavors, but the best option is plain, unsweetened when substituting for dairy milk. Recipes for making your own are included in the pre-/post-purification recipe section of this book. Your best options include:

Almond milk: It's made from almonds and water and is a great substitute for dairy milk. Almond milk can be purchased in most grocery stores (but watch out for added sugar) and is also very easy to make fresh at home. The recipe is in the pre-/post-purification section.

Rice milk: This milk is made from brown rice, water, sea salt, and a little oil. Rice milk is a very light, sweet beverage and is also easy to make fresh at home. Store-bought is often sweetened, so be sure to purchase the unsweetened version.

Hemp milk: This great source of omega-3 fatty acids, protein, and essential vitamins and minerals is made from hemp seeds, water, and a bit of brown rice syrup. Hemp milk is a thick, rich milk with a neutral taste and is a great substitute for dairy milk.

Coconut milk: With several varieties, this milk made from coconuts and water can be found in a can. It's thick and great for curry dishes. It also comes in powder form so you can add water to make just the amount needed. Coconut milk can also be found in a thinner consistency that is often used as a beverage. However you prefer, coconut milk is very nutritious, affordable, and versatile.



Some Final Notes

Chemical leaveners lighten dough, causing it to rise. Baking soda or baking powder is commonly used as leaveners. Be sure to purchase aluminum-free products.

Baking powder is made from a blend of alkali, such as sodium bicarbonate, and acid, such as calcium acid phosphate or cream of tartar. Some form of starch is included to absorb any moisture and to prevent a reaction prior to adding a liquid. Typically baking powder is gluten-free, but sometimes the starch that is added contains gluten. Here is a simple homemade substitute equal to 1 teaspoon of baking powder:

- ¼ teaspoon baking soda
- ½ teaspoon cream of tartar
- ¼ teaspoon cornstarch or arrowroot powder

Baking soda consists of bicarbonate of soda, which is alkaline in nature. Baking soda is a naturally gluten-free product and also works as a great household cleaner.

Citrus zest: Zest is the name for the colored outer layer of citrus peel. The oils in zest are intense in flavor and full of nutrients. Use a zester, a microplane-style grater, or the small holes of a box grater to grate zest. Avoid grating the white layer (pith), as this is very bitter.

Liquid aminos: Look for liquid amino products made from non-GMO soybeans and purified water. Liquid aminos are a healthy replacement for tamari and soy sauce, which contain liquid amino acids but have strong flavors and a high salt content. Choose a brand that is gluten-free and contains essential and nonessential amino acids in naturally occurring amounts. Make sure it is not fermented or heated.

Thai curry paste is a blend of Thai chilies, garlic, lemongrass, and other seasonings and is a quick and easy way to add flavor to foods. Yellow curry tends to be mild in flavor, red curry tends to have medium-hot spice, and green curry paste is typically the hottest. Be sure to read the label to assure that no dairy or sugar has been added.

Dijon mustard: This adds depth of flavor to many dishes and is typically gluten- and sugar-free. Dijon mustard is often found in salad dressings because it facilitates the emulsification of oil and vinegar.



Vinegars

There are so many ways to utilize vinegars, whether in cooking or for cleaning around the house. Below is a detailed list of many variations of vinegar that you'll find at the grocery store. You can also go to <http://www.versatilevinegar.org/todaysvinegar.html> for detailed information on many different types of vinegars.

Apple cider vinegar: Look for unpasteurized or organic apple cider vinegar containing mother of vinegar that has a cobweb-like appearance, making the vinegar look slightly congealed.

Balsamic vinegar: There are three types of balsamic vinegar, the best being balsamic vinegar of Modena. Fermentation can last from six months to 25 years depending on the type of balsamic vinegar.

Red wine vinegar: This is made by the fermentation of red wine in wooden barrels and produces acetic acid, giving red wine vinegar its distinctive flavor.

White wine vinegar: Similar to red wine vinegar, white wine vinegar is made from a blend of white wines that are fermented, aged, and filtered to produce a vinegar with a slightly lower acidity than red wine vinegar.



Foods for Good Health

Shopping

Alert: Avoid the center food aisles! Purification and pre-/post-purification pantry lists have been included in this book to make it easy for you to know what to keep in stock to be successful in reaching your health goals. Stick to these lists, stay on the outside of the aisles, and when you do have to go into the center to get nuts, quinoa, beans, seeds, etc., get in and get out quickly! These middle aisles can be attractive and lure you into buying sugary processed foods with added chemicals.

Some people feel that eating this way costs more. I would say yes, in the short term, it could cost more to eat healthy. But long term it will be cost-effective and health-effective for you. Also realize that once you start eating this way, cravings begin to disappear, you begin to feel satisfied quicker when eating, and overall you will eat less. When you give your body nutritious whole food, it can work more effectively and is more easily satisfied. Watch for local farmers' markets to purchase some foods as this can save on costs.

Plan to be hungry! If you plan to be hungry, you can avoid bingeing and poor choices. Be aware of the times when you typically feel cravings come on (like the middle of the afternoon or in the evening), and have healthy food and snacks nearby to grab. It's also important to plan your meals for the week. The 21-day menu and pantry lists are geared to support you in making a menu and planning your week.

As you shop, read every label. Seemingly innocent foods can actually contain sugar or high-fructose corn syrup. Make it your goal to avoid purchasing foods that have added sugar—especially high-fructose corn syrup. Once I almost purchased a sea salt and pepper mixture. That is, until I read the label. The second ingredient was sugar! Since I expected sea salt and ground pepper to be the only ingredients, I was surprised. Needless to say, I put it back. I encourage you to read your labels, including herbs. You may need to go through your cupboards and discard a few things in there as well.

Ingredients to Avoid When Shopping

- High-fructose corn syrup
- Trans fats (These are often labeled as shortening, partially hydrogenated, or hydrogenated.)
- Artificial flavors (There are more than 100 possible chemical additives to watch out for).
- Monosodium glutamate (MSG)
- Artificial colors/food colorings
- Artificial sweeteners
 - Aspartame
 - Sucralose
 - Neotame
 - Acesulfame potassium (AceK)
 - Saccharin
- Preservatives
 - Tert-butylhydroquinone (TBHQ)
 - Polysorbates
 - Butylated hydroxytoluene (BHT), butylated hydroxyanisole (BHA)
 - Sodium benzoate, benzoic acid
 - Nitrates and nitrites
 - Propyl gallate
 - Potassium bromate
- Phosphoric acid
- Hydrolyzed vegetable protein





Why do I need purification?

Purification, also known as detoxification, can help you remove natural toxins from your body and help maintain a healthy weight. We are exposed to external toxins continually, including pollutants, pesticides, and chemicals. Internally our bodies produce waste by-products as a result of normal metabolic function. Although your body is designed to rid itself of these toxins naturally, it can become overburdened. Purification offers your body additional support to expel natural toxins and minimize your weight, which is important to maintaining your health and vitality.

Toxins can contribute to a wide range of conditions:

- Stuffy head
- Fatigue or difficulty sleeping
- Digestion and other gastrointestinal problems
- Food cravings and weight gain
- Reduced mental clarity
- Low libido
- Skin not looking its best
- Joint and tendon issues

What Is Your Chemical and Environmental Exposure?

Lifestyle Evaluation: Chemical and Environmental Exposure Questionnaire

Fill out this questionnaire to see how you score.

Rate each of the following from 0 to 3. If it does not apply, put a 0.
few times a month = 1 weekly = 2 daily or almost daily = 3

A. Home/Work Environment

- | | |
|---|---|
| <input type="checkbox"/> 1. How often do you eat out in a restaurant? | <input type="checkbox"/> 19. How often do you color, perm, or straighten your hair? |
| <input type="checkbox"/> 2. How often do you eat fast food? | <input type="checkbox"/> 20. How often do you burn candles in your home or office? |
| <input type="checkbox"/> 3. How often do you cook with vegetable oils? | <input type="checkbox"/> 21. How often do you use air fresheners? |
| <input type="checkbox"/> 4. How often do you prepare/eat boxed meals? | <input type="checkbox"/> 22. How often do you use wood cleaners or polishes? |
| <input type="checkbox"/> 5. How often do you eat frozen meals? | <input type="checkbox"/> 23. How often do you use mothballs in your home? |
| <input type="checkbox"/> 6. How often do you use margarine or other types of processed spreads? | <input type="checkbox"/> 24. How often do you use ammonia for cleaning? |
| <input type="checkbox"/> 7. How often do you use artificial sweeteners? | <input type="checkbox"/> 25. How often do you use bleach (chlorine) in your laundry or for cleaning? |
| <input type="checkbox"/> 8. How often do you drink flavored drinks with food colorings? | <input type="checkbox"/> 26. How often do you use scented laundry detergent, softeners, or dryer sheets? |
| <input type="checkbox"/> 9. How often do you drink carbonated drinks? | <input type="checkbox"/> 27. How often do you use powdered, liquid, or foam scrubbing solutions or cleansers in your household? |
| <input type="checkbox"/> 10. How often do you drink diet drinks? | <input type="checkbox"/> 28. How often do you use wood to heat your home? |
| <input type="checkbox"/> 11. How often do you eat candy with food colorings? | <input type="checkbox"/> 29. How often are you exposed to smog? |
| <input type="checkbox"/> 12. How often do you eat canned soups? | <input type="checkbox"/> 30. How often do you park your vehicle in a garage attached to the home you live in? |
| <input type="checkbox"/> 13. How often do you eat microwaved popcorn? | <input type="checkbox"/> Section A Total |
| <input type="checkbox"/> 14. How often do you use plastic containers to store your food? | |
| <input type="checkbox"/> 15. How often do you use perfume or cologne? | |
| <input type="checkbox"/> 16. How often do you use antibacterial soaps? | |
| <input type="checkbox"/> 17. How often do you take any prescription medications? | |
| <input type="checkbox"/> 18. How often do you wear cosmetics? | |



B. What has your exposure been to any of the following?

Rate each of the following from 0 to 3.

If it does not apply, put a 0.

few times a month = 1

weekly = 2

daily or almost daily = 3

- _____ 1. Fertilizers
- _____ 2. Pesticides
- _____ 3. Rodenticides
- _____ 4. Herbicides
- _____ 5. Fungicides
- _____ 6. Paints and paint thinners
- _____ 7. Wood preservatives or stains
- _____ 8. Alloys (e.g., jewelry making)
- _____ 9. Dyes (e.g., textiles)
- _____ 10. Other:

_____ **Section B Total**

C. Have you ever worked in any of the following areas?

(yes = 3, no = 0)

- _____ 1. Chemical processing
- _____ 2. Electroplating
- _____ 3. Soldering
- _____ 4. Welding
- _____ 5. Metal cutting
- _____ 6. Leather tanning
- _____ 7. Fireworks
- _____ 8. Metal smelting
- _____ 9. Photographic darkroom
- _____ 10. Hair salon
- _____ 11. Nail salon
- _____ 12. Other:

_____ **Section C Total**

D. General Miscellaneous Exposures

- _____ 1. Have you ever worked in a mine? (yes = 3, no = 0)
- _____ 2. Have you ever had silver amalgam fillings in your teeth? (yes = 3, no = 0)
- _____ 3. Do you have any tattoos with colored ink? (yes = 3, no = 0)
If yes, please circle which:
red yellow green white blue black
- _____ 4. Do you receive flu shots or other vaccinations? (yes = 3, no = 0)
- _____ 5. Do you have any other type of metal in your mouth? (yes = 3, no = 0)
- _____ 6. Do you currently smoke cigarettes? (yes = 3, no = 0)
If not, have you smoked cigarettes in the past? (yes = 2, no = 0)
- _____ 7. Do you currently use any other type of tobacco products? (yes = 3, no = 0)
If not, have you used any other type of tobacco product in the past? (yes = 2, no = 0)
- _____ 8. Are you exposed to secondhand smoke? (yes = 3, no = 0)
- _____ 9. Does your home, work, school, or car have a damp or mildew smell? (yes = 3, no = 0)
- _____ 10. Have you ever had water damage in your home, work, or school? (yes = 3, no = 0)
- _____ 11. Does spending time in your basement cause or worsen your symptoms? (yes = 3, no = 0)
- _____ 12. Does spending time in a different location change your symptoms? If so, are they better or worse? (yes = 3, no = 0)
- _____ 13. Do you develop symptoms when you smell perfume, cologne, or strong odors? (yes = 3, no = 0)

_____ **Section D Total**

E. Water

- 1. Where does your primary water source come from? (please circle)
municipal well home filtering system bottled other:
- 2. What is your approximate daily water intake in ounces? (1 cup water = 8 ounces)

_____ **Total A**

_____ **Total B**

_____ **Total C**

_____ **Total D**

_____ **Grand total**

Score Between 0 and 15

Good job. Recommendations: 21-day Standard Process Purification Program once a year and continued vigilance to avoid chemical exposure

Score Between 16 and 30

Room for improvement. Recommendations: 21-day Standard Process Purification Program once a year, possible lifestyle changes, and increasing awareness to avoid chemical exposure

Score Above 30

Need to rethink habits. Recommendations: 21-day Standard Process Purification Program twice a year, possible lifestyle changes, and a serious plan to avoid chemical exposure

Home Environment

The goal of the Lifestyle Evaluation is to identify potential toxins you might be coming in contact with, sometimes without being aware. It has been said that the most toxic place we come in contact with is our home! Our homes should be a sanctuary—a safe environment where we can thrive, grow, and heal. Below is a general description of each area and what you should be aware of to decrease potential exposures. If you have any questions, please speak to your health care professional. You can also go to the U.S. Consumer Product Safety Commission website at www.cpsc.gov for specific information.

Due to processing, packaged foods have become devitalized (a loss in vitamins, minerals, and enzymes). The closer a food is to its original form, the better. Some common additives and preservatives that have a negative effect on the body include monosodium glutamate (MSG), sodium nitrate, sodium benzoate, sodium sulfite, artificial sweeteners (sucralose, saccharin, or sorbitol), high-fructose corn syrup, trans fats, butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT), sulfur dioxide, and potassium bromate. Artificial food colorings are another issue, and some have been banned due to their potential negative health effects. It is best to avoid any product that has any artificial food coloring added to it.

Plastic containers should be avoided. Use glass instead, especially if you are heating your food or putting hot food into a container for storage. Plastics contain phthalates and bisphenol A (BPA) that when heated can seep into your food. If you are heating your food in a glass container, instead of putting plastic over your food, use a paper towel.

Candles and scented room fresheners are another area of concern. If you burn the wick of a candle and see a black center, this is a lead-centered wick. The U.S. Consumer Product Safety Commission banned the use of lead wicks in 2003, but they can still be found in candles, specifically candles from other countries. The commission has found that lead-core wicks release around **five times the amount of lead** considered hazardous for children. Make sure your candle label states the wick is lead-free, and use high-quality candles. Also be aware that paraffin candles release soot in the air, and aromatherapy candles may contain synthetic oils that release toxic particles. The best candles to look for include those that are made of soy, vegetable-based waxes, or 100 percent beeswax and have cotton wicks. For aromatherapy, look for candles that use only natural essential oils.

Many cleaning agents contain various harsh and toxic chemicals. Effective all-natural cleaners include vinegar, lemons, hydrogen peroxide, baking soda, and coarse salt. Olive oil can be used to clean wood and lends a nice glow to the wood.

Unless a scented product is labeled as having essential oils, it most likely contains synthetic oils and is something you do not want to be inhaling on a daily basis.

Fertilizers, pesticides, and the like contain harsh chemicals and are marked as being very toxic. Breathing in the fumes from these products when using them can expose you to toxins. It is best to check the Environmental Protection Agency (EPA) website for safety and recommendations on the use of any of these products.

Work exposures can come in many forms. For example, you might have heard of mad hatter's disease or Danbury shakes. This was seen up until the 20th century in hat makers whose felting work involved exposure to mercury vapors. Due to exposure to the fumes from mercury, hat makers were known to develop mental, neurological, and other health issues. Be aware of your exposures, and wear protective masks if you are in a questionable environment.

General exposures include any metals used in dentistry, metals used in tattoos, smoking, and the potential for molds in the home due to water exposure. Speak with your health care provider if you have any concerns in this area.



Chapter 2 Purification Pantry List

This list includes only foods allowed during purification. See Page 97 for a list of suggested foods that can be part of a healthy diet in preparation for and following purification.

Broths Ready-Made, Organic

- Beef
- Chicken
- Vegetable

Dairy-Free Milk

- Coconut milk, unsweetened
- Hemp milk, unsweetened

Flours

- Coconut

Fruits Organic When Possible

- Apples*
- Apricots*
- Avocados
- Bananas
- Blackberries
- Black currants*
- Blueberries
- Boysenberries
- Cherimoya* (custard apple)
- Cherries*
- Clementines
- Coconut
- Cranberries, any variety
- Dates*
- Elderberries
- Figs
- Gooseberries
- Grapefruit
- Grapes, any variety*
- Guava*
- Huckleberries
- Jackfruit
- Jujube
- Kiwi fruit
- Kumquats
- Lemons
- Limes
- Loquat*
- Lychee*
- Mango*
- Melon, any variety*
- Mulberries*
- Nectarines*
- Olives
- Oranges
- Papayas*
- Passion fruit
- Peaches, any variety*
- Pears, any variety*
- Persimmons*
- Pineapple
- Plums*
- Pomegranate*
- Raspberries
- Red currants*
- Rhubarb
- Sapodillas
- Sharon fruit
- Strawberries
- Tangerines
- Tomatoes
- Watermelon*

Legumes

- Green beans
- Lentils
- Peas

Miscellaneous

- Baking powder
- Baking soda
- Curry paste
- Mustard, Dijon
- Seaweeds such as arame, nori, or kelp
- Vanilla extract

Oils and Fats

- Avocado
- Butter, organic, unsalted
- Coconut oil, organic, unrefined, raw
- Flaxseed oil
- Ghee (clarified butter)
- Grape seed oil
- Olive oil, extra virgin
- Pumpkin seed butter
- Sesame seed oil
- Tahini (ground sesame seed)

*Fresh fruit can be a healthy and nutritious food with vitamins, minerals, phytochemicals, and fiber. Typically the recommendation to eat fresh fruit as your appetite dictates holds true for many people. But if you are above your ideal weight, eliminating higher-sugar fruits may be necessary. It is best to try to use vegetables instead of high-sugar fruits. Also, be aware that for some people, fructose consumption may be a problem. Fruits that have a high fructose-to-glucose ratio should ideally be avoided. For these individuals, fruits with the * by them should be avoided or minimized.



Pseudo-Grains

- Quinoa

Protein

- Fish: deep-sea (e.g., salmon, cod, or sea bass), not farm raised
- Lean red meats: beef (grass-fed), venison, or other
- Poultry (organic, free-range)
- Wild game, any variety

Raw Seeds

- Chia seeds
- Flaxseeds
- Hemp seeds
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds



Spices

- Basil
- Bay leaves
- Cardamom
- Cayenne
- Chili powder
- Chives
- Cilantro (fresh coriander)
- Cinnamon
- Cloves
- Cumin
- Dill
- Garlic
- Garam masala
- Ginger
- Lemon grass
- Mint
- Mustard
- Nutmeg
- Oregano
- Paprika
- Parsley
- Pepper, black
- Rosemary
- Sage
- Sea salt
- Tarragon
- Thyme
- Turmeric

Sugars and Sweeteners

- Bananas
- Dates
- Whole-leaf stevia, powder or liquid

Vegetables Organic When Possible

- Artichokes
- Arugula
- Asparagus
- Bamboo shoots
- Bean sprouts and any type of sprouts
- Belgian endive
- Beets and beet greens
- Bell peppers, any variety
- Black radish
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chicory/radicchio
- Chives
- Collard greens
- Cucumbers
- Dandelion greens
- Eggplant
- Endive/escarole
- Fennel
- Hearts of palm
- Jalapeño peppers
- Kale
- Kohlrabi
- Leeks
- Lettuce, any variety
- Mushrooms
- Mustard greens
- Okra
- Onions
- Oyster plant
- Parsnips
- Pearl onions
- Pumpkin
- Radishes
- Rutabagas
- Shallots
- Spinach
- Squash, any variety
- Sweet potatoes
- Swiss chard
- Turnips and turnip greens
- Wasabi root
- Water chestnuts
- Watercress
- Yucca root
- Zucchini

Vinegars

- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- White wine vinegar



Chapter 3 The 21 Days of Purification



Standard Process Purification Program

The Standard Process Purification Program is a structured program that helps your body purify and rebuild itself from the inside out. This 21-day program purifies, nourishes, and helps maintain a healthy body weight.

The program is based on eating whole, organic (when possible), and unprocessed foods, taking supplements with whole food ingredients, and drinking plenty of water. The program's structured plan calls for eating a variety of vegetables, fruits, legumes, pseudo-grains, and healthy oils and fats for the first 10 days, with select proteins added on day 11. Program kits come with a helpful guide to keep you on track.

A 21-Day Body Cleanse to Create Healthy Habits

Your life can be clearer, brighter, and lighter with the Standard Process Purification Program. You'll learn how to live a healthier life while purifying and nourishing your body. The program brings healthy lifestyle habits into focus and makes them seem like second nature.

The 21 menus on the pages that follow are sample menus that could be used during the purification program. For details about the program and purification product kits, see standardprocess.com or contact your health care professional.





Try it! Keep it fresh.

Day 1: Beets

Beets are an important dietary source of betaine, which supports healthy blood vessels and healthy liver function. Beets also contain the important nutrients folate and potassium. They can be baked, boiled, steamed, or shredded raw and loaded on fresh salads. Beet leaves are also very high in nutrients and great for fresh salads, added to shakes, or juiced. The leaves are higher in nutrients than the root and contain nutrients like calcium, iron, vitamin A, and vitamin C. Diets low in saturated fat and cholesterol that include 2 g per day of phytosterols like beets, eaten with meals or snacks, may reduce the risk of heart disease.

Beet Shake Option

- 1 beet with leaves, chopped
- 2 carrots, chopped
- 1 apple, chopped

See the basic shake recipe on Page 50.

Lunch

Warm Beet Salad

- 2 beets, scrubbed clean, chopped
- 10 ounces mixed salad greens, rinsed
- 1 avocado, peeled, pitted, diced
- 1 carrot, shredded
- 1 small cucumber, chopped
- 1 tablespoon Dijon mustard
- 2 tablespoons balsamic vinegar
- ¼ cup olive oil
- Sea salt and pepper

Boil beets until just soft. Drain and set aside. Meanwhile, in a medium salad bowl, mix greens, carrot and cucumber together. In a small bowl, combine mustard, vinegar, sea salt, and pepper, and whisk together. Slowly pour in olive oil while whisking until dressing is smooth. Place beets over greens and drizzle with vinaigrette. Toss to coat and top with fresh avocado. Serves 2-4.

Dinner

Roasted Root Vegetables

- 1 bunch (1 pound) beets, red or golden, trimmed, scrubbed, and chopped
- 1 butternut squash, peeled and seeded, chopped
- 1 large yam, peeled, chopped
- 1 large parsnip, peeled, chopped
- 1 large carrot, peeled, chopped
- ½ red onion, chopped
- 6 cloves garlic, chopped or whole
- 3 tablespoons fresh thyme leaves
- 3 tablespoons extra-virgin olive oil
- Sea salt and pepper

Preheat oven to 425 F. Place all chopped vegetables into a large bowl with garlic, thyme leaves, and olive oil. Toss to coat evenly. Spread vegetables out evenly on a cookie sheet in a single layer. Sprinkle with sea salt and pepper. Place vegetables in the oven and bake for about 45 minutes, stirring once halfway through baking, until vegetables are tender and starting to turn golden. Serves 2-4.

Day 2: Broccoli

Broccoli is a nutritional powerhouse. One cup contains more than 2 grams of protein, 2 grams of fiber, 288 mg of potassium, 43 mg of calcium, and 81 mg of vitamin C, plus folate, magnesium, phosphorus, beta carotene, vitamin A, lutein, and zeaxanthin. Broccoli also contains indole-3-carbinaol, a strong antioxidant. Low-fat diets rich in fruits and vegetables (foods that are low in fat and may contain dietary fiber, vitamin A, and vitamin C) may reduce the risk of some types of cancer, a disease associated with many factors. Broccoli is high in vitamins A and C and is a good source of dietary fiber.

Broccoli Shake Option

- ½ cup fresh broccoli
- 1 kale leaf
- 1 Swiss chard leaf
- 1 celery stalk, chopped
- 1 apple, chopped

See the basic shake recipe on Page 50.

Lunch

Cruciferous Salad

- 1 bunch kale, stems removed, chopped
- 1 leaf Swiss chard, chopped
- ½ cup broccoli, chopped
- 1 celery stalk, chopped
- 2 green onions, chopped
- 1 red bell pepper, stem and seeds removed, chopped
- ¼ cup dried cranberries
- ¼ cup olive oil
- 2 tablespoons balsamic vinegar

Put kale and Swiss chard into a large salad bowl. Pour olive oil over, and massage oil into the kale and Swiss chard for 1-2 minutes until limp. Add remaining ingredients and toss. Serves 4.

Dinner

Stir-Fried Veggies With Quinoa

- 1 cup quinoa, cooked
- ½ cup broccoli, chopped
- 2 carrots, chopped
- 1 medium onion, chopped
- ½ cup bok choy leaf and stem, chopped
- 1 red bell pepper, stem and seeds removed, chopped
- 4-6 ounces of mushrooms, any variety
- 2 tablespoons coconut oil
- 2 tablespoons balsamic vinegar
- Sea salt and pepper

Cook quinoa according to package directions. In a large sauté pan, melt coconut oil. Add all vegetables and cook over medium-high heat for 3-5 minutes until vegetables are slightly softened. Add vinegar and any preferred seasonings to taste. Serve immediately on top of quinoa. Serves 4.



Day 3: Brussels Sprouts

Brussels sprouts are members of the cabbage family and are cruciferous vegetables. Being part of this family they're loaded with nutrients like folate, vitamin B₆, potassium, and carotenoids as well as soluble fiber. Brussels sprouts are an important source of many phytochemicals, supporting health throughout the body. Using these tasty vegetables in your weekly menu is essential.

Brussels Sprouts Shake Option

- ¼-½ cup fresh spinach, chopped
- ¼-½ cup fresh Brussels sprouts, shredded
- 1 apple, chopped
- 1 cup hemp or coconut milk, unsweetened

See the basic shake recipe on Page 50. Using a food processor, shred the greens thoroughly. Put in blender and add remaining ingredients. Blend thoroughly.

Lunch

Garlicky Brussels Sprouts

- 1 pound Brussels sprouts, ends trimmed
- 10 cloves garlic, peeled and quartered
- 2 tablespoons coconut oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon whole-leaf stevia powder
- 1½ cups water
- Sea salt and pepper

Place Brussels sprouts in food processor and pulse 12-15 times, until shredded. In a large sauté pan, heat oil over medium-high heat. Add garlic and cook 5-7 minutes, until lightly browned. Add shredded Brussels sprouts, stevia, sea salt, and pepper. Cook for about 5 minutes until lightly browned. Add water and cook another 5 minutes, until most of the liquid has evaporated. Stir in vinegar and any additional seasonings to taste. Serves 4-6.

Dinner

Roasted Cauliflower and Brussels Sprouts

- 1 medium cauliflower, cut into 1-inch florets
- 2 cups Brussels sprouts, ends trimmed, halved
- 4 tablespoons olive oil
- 3 cloves garlic, minced
- 1½ teaspoons fresh rosemary, chopped (or ½ teaspoon dried rosemary)
- Sea salt and pepper

Preheat oven to 450 F. In a large bowl, combine all ingredients. Mix well. Spread vegetables in single layer on large baking sheet. Roast until vegetables are crisp-tender and beginning to brown at the edges, about 20 minutes. Serves 4-6.



Day 4: Carrots

Carrots are known for their high amounts of carotenoids, including lutein and zeaxanthin, which have been shown to support eye health. Other nutrients found in carrots are vitamin A, calcium, potassium magnesium, phosphorus, vitamin C, and fiber.⁴ Cooking carrots helps to make the nutrients more bioavailable, and eating the carrots with a little bit of fat will also help with absorption of these vital nutrients. (Just don't overcook!)

Carrot Shake Option

Carrot Ginger

- ½ cup fresh carrot juice
- ½ inch fresh ginger, peeled, chopped
- ½ teaspoon fresh lemon juice

See the basic shake recipe on Page 50.

Lunch

Warm Carrots

- 1 pound mini carrots
- Water
- 2 teaspoons whole-leaf stevia powder
- 4 teaspoons plus 1 tablespoon butter, divided
- Sea salt and pepper

Place carrots into a large saucepan and cover with water. Bring this to a boil. Add butter and stevia. Boil uncovered, skimming frequently until liquid is reduced to almost nothing and carrots are well coated. Add remaining butter and season to taste. Serves 2-4.



Dinner

Carrot Curry

- 1 pound mini carrots
- 4 tablespoons coconut oil
- 1 teaspoon mustard seeds
- 2 teaspoons cumin
- 2 teaspoons coriander
- 2 teaspoons turmeric
- 1 teaspoon fenugreek seeds
- 1 teaspoon dried dill
- 2 medium onions, peeled, sliced
- 2 red bell peppers, stems and seeds removed, sliced
- 3-4 cups vegetable stock
- Zest from 1 orange
- 1 tablespoon fresh ginger, grated
- 2 tablespoons coconut flour mixed with 2 tablespoons water
- 2 cups fresh spinach leaves, chopped
- Sea salt and pepper

In a large sauté pan, melt coconut oil. Sauté all the spices for 3-5 minutes, stirring constantly. Add onion and sauté until soft. Add peppers and carrots and sauté for another 3 minutes. Add stock, ginger, and orange zest and bring to a boil. Reduce heat to simmer until carrots are tender, about 15 minutes. Slowly add coconut mixture until mixture is of desired thickness. Add spinach and season to taste. Serves 4.

4. <http://ndb.nal.usda.gov/ndb/foods>



Day 5: Celery

Do you have a sugar craving? Try using celery to stem carb cravings and for appetite control. About four stalks a day seem to support a healthier blood pressure. Celery also contains silicon, which is known to support bone, joint, and artery health.

Celery Shake Option

Celery Green Glory

- ½ cucumber, chopped
- Handful of kale, stems removed, chopped
- Handful of romaine lettuce
- 3 celery stalks, chopped
- 1 apple, chopped
- ½ lemon, peeled

See the basic shake recipe on Page 50.

Lunch

Veggie Herb Flax Crackers

- 1 cup sunflower seeds, soaked
- ½ cup sun-dried tomatoes, soaked
- 2 cups flaxseeds
- 1 cup tomatoes, chopped
- 4 tablespoons fresh basil, chopped
- ½ cup celery, chopped
- ¼ cup carrots, chopped
- ¼ cup dates, pitted and chopped
- 1 tablespoon jalapeño pepper, seeded, minced
- 2 tablespoons olive oil
- 2 teaspoons sea salt

Preheat oven to 225 F. Soak the sunflower seeds in water for 4 hours. Soak the sun-dried tomatoes for 3 hours. Grind the flaxseeds in a clean coffee grinder until you have a fine powder. In a food processor, place sunflower seeds, celery, carrots, sun-dried tomatoes, dates, jalapeño pepper, olive oil, and sea salt, and process well. Add the tomato, basil, and ground flaxseeds and pulse until well combined. Spread in a thin layer on a cookie sheet and place in oven for 1 hour. Turn over and continue to slowly bake until the crackers reach desired consistency, about 2 hours. Serves 2-4.

Dinner

Mock Tuna Salad

- 1 cup sunflower seeds, soaked
 - ½ teaspoon ground mustard
 - ¼ cup celery, chopped
 - ¼ cup carrots, chopped
 - 2 tablespoons onion, chopped
 - 1 clove garlic, minced
 - 2 tablespoons fresh lemon juice
 - 1 tablespoon dulse (seaweed) flakes
- Place all ingredients in a food processor and pulse to the point of having small chunks. Serve with crackers above or on top of a fresh green salad. Serves 2-4.



Day 6: Collard Greens

Collard greens also belong to the cruciferous vegetable family. One cup of collard greens provides almost the same amount of calcium as 8 ounces of milk and 5 grams of fiber. Collard greens contain magnesium, potassium, and vitamins A, C, and K. Collard greens also contain a number of carotenoids such as beta carotene, lutein, and zeaxanthin.⁵

Lunch

Spiced Collard Greens Salad

- 3 cups collard greens, stems removed, chopped
- 1 teaspoon sea salt
- 3 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- ½ teaspoon garlic powder
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- 2 cups fresh tomatoes, diced
- ¼ cup scallions, diced
- 1 cup red bell pepper, diced

Place collard greens in a large bowl. Sprinkle with sea salt and massage into the collard greens until they begin to wilt. Pour lemon juice onto greens and mix. Add tomatoes, scallions, and bell pepper. In another bowl, combine olive oil, garlic, and remaining lemon juice. Mix until smooth. Add basil and oregano and mix. Pour onto salad and toss well. Serves 2-4.



Collard Greens Shake Option

- ½ cup kale, stems removed, chopped
- ¼ cup fresh parsley
- 1 small beet, scrubbed, cubed
- 1 apple, chopped
- 1 lemon, peeled
- ½ inch fresh ginger, peeled, chopped
- 1 tablespoon chia seeds

See the basic shake recipe on Page 50.

Dinner

Warm Collard Green Salad

- 4 leaves kale, any variety, stems removed, chopped
- 2 leaves collard greens, stems removed, chopped
- 4 leaves fresh basil, chopped
- 2 teaspoons fresh lemon juice
- 1 teaspoon olive oil
- 1 clove garlic, crushed
- Sea salt, ground pepper, and cayenne to taste

In medium bowl, combine all ingredients. Massage greens gently for 1-2 minutes until they begin to wilt. In a medium saucepan over low heat, gently warm greens for 2-3 minutes. Serve immediately. Serves 2-4.

5. <http://ndb.nal.usda.gov/ndb/search/list>



Day 7: Kale

Superfood kale has the highest oxygen radical absorbance capacity (ORAC) value of any vegetable at 1,700. (The next best is spinach at 1,260, according to the USDA).⁶ The ORAC reflects the antioxidant value of a food. Kale, like other cruciferous vegetables, is a great source of calcium; iron; and vitamins A, C, and K and contains seven times the beta carotene of broccoli and 10 times as much lutein and zeaxanthin. Kale also contains protein and fiber.

Kale Shake Option

Super Green

- ¾ cups kale, stems removed, chopped
- 2 medium celery stalks, chopped
- ½ cup frozen mango
- ⅛ cup fresh parsley, chopped
- ⅛ cup fresh mint, chopped

See the basic shake recipe on Page 50.

Lunch

Kale and Brussels Sprouts Salad

- 4 leaves kale, any variety, stems removed, chopped
- 5-8 fresh Brussels sprouts, stem removed, chopped into small pieces
- ½ tablespoon olive oil
- Sea salt and ground pepper to taste
- 2 teaspoons ground mustard
- 1 apple, cored, chopped

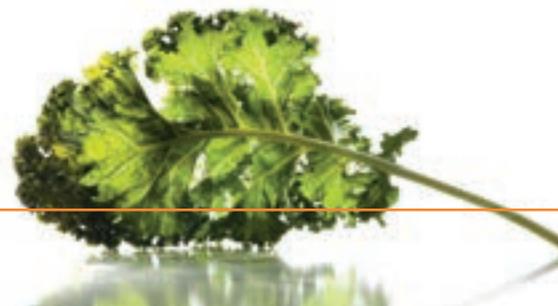
In a medium bowl, combine kale, Brussels sprouts, olive oil, mustard, ground pepper, and sea salt. Massage for about 1 minute until kale begins to wilt. Add apple pieces and toss well. Serves 2-4.

Dinner

Kale Soup

- 1 bunch kale, any variety, stems removed, chopped
- 3 tablespoons olive oil
- 1 medium onion, diced
- 6 cloves garlic, minced
- 1 small dried red chili, seeds removed, chopped
- 1 bay leaf
- Sea salt and pepper
- 4 leeks, chopped
- 7 cups water or vegetable stock

In a large soup pan, combine olive oil, onions, garlic, red chili, bay leaf, sea salt, and pepper. Cook over medium heat for 3-5 minutes until onions are translucent. Add leeks and 1 cup of water or stock. Stir together, cover, and cook slowly for about 5 minutes. Add kale and allow to steam until kale is wilted. Add the remaining water or stock and bring to a boil. Lower heat and allow to simmer for 30 minutes. You may serve the soup immediately, but if you allow it to sit for about an hour the flavors will further develop. Serves 4-6.



Day 8: Mushrooms

Many types of mushrooms have tremendous nutritional benefits, including: maitake, shiitake, reishi, portobello, and cremini (white button) mushrooms. Mushrooms have historically been used for medicinal properties. If you've never tried some of these varieties, now is a great time to experiment with them!

Lunch

Stuffed Mushroom

- ½ cup sunflower seeds, soaked 4 hours
- 1 tablespoon water
- 1 tablespoon fresh lemon juice
- ¼ teaspoon garlic, minced
- ½ tablespoon onion, minced
- ¼ teaspoon dried basil, parsley, or dill
- Sea salt and ground pepper
- 1 portobello mushroom, stem removed
- 1 tablespoon olive oil

Place all ingredients except portobello mushroom and olive oil into a food processor. Process into a paste. In a medium saucepan over low heat, warm olive oil. Place portobello mushroom into saucepan, and gently warm both sides of the mushroom, about 1-2 minutes. Remove from pan, put on plate, and fill the center with the mushroom paste. Serves 1.

Dinner

Seasoned Mushrooms and Asparagus

- 4 cloves garlic, minced
- 4 teaspoons dried rosemary, crushed
- 2 tablespoons olive oil
- 1 small onion, chopped
- 1 pound mushrooms, any variety, sliced
- 1 pound asparagus, tough ends removed, chopped into 2-inch pieces
- 2 teaspoons lemon zest
- Sea salt and ground pepper

In a large sauté pan, warm oil over medium heat. Add onions and garlic and cook until onions are translucent, stirring often. Add asparagus and mushrooms and cook until asparagus is crisp-tender and most of the liquid has evaporated, about 5 minutes. Stir in lemon zest and remaining seasonings. Allow to simmer about 1 minute, stirring often. Serve warm. Serves 2-4.



Day 9: Spinach

Yummy spinach—it's one of the most nutritious vegetables you can eat! Spinach is a great source of calcium; magnesium; and vitamins A, D, C, and K, as well as carotenoids, iron, lutein, and fiber. Spinach is worth enjoying every day!

Spinach Shake Option

- ½ pear
- ¼ avocado
- 1 cup fresh spinach, chopped
- ¼ cup coconut water
- 1 teaspoon chia seeds

See the basic shake recipe on Page 50.

Lunch

Warm Spinach Salad With Mushrooms

- 1 shallot, minced
- 1 teaspoon red wine vinegar
- 12 ounces fresh baby spinach
- 2 tablespoons olive oil
- 8 ounces mushrooms, sliced
- Sea salt and ground pepper

Heat olive oil in large sauté pan over medium heat. Add mushrooms and cook until softened, about 3-5 minutes. Put spinach into a large bowl. Place cooked mushrooms on top of spinach. Add shallot, red wine vinegar, sea salt, and pepper, and toss all thoroughly. Serve immediately. Serves 2-4.

Dinner

Spinach Vegetable Soup

- 1 tablespoon olive oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 4 cups vegetable broth
- 1 medium sweet potato, peeled, chopped into cubes
- 4 ounces fresh baby spinach
- 2 stalks celery, chopped
- 2 carrots, chopped

Heat oil in a medium saucepan over medium heat. Add onion and garlic, stir often, and cook until softened, about 5 minutes. Be careful not to brown. Add broth and bring to a boil. Then add sweet potatoes, celery, and carrots. Cook until vegetables are tender, about 10 minutes. Reduce heat, add spinach, and heat until wilted. Season with sea salt and pepper to taste. Serves 2-4.



Day 10: Swiss Chard

Another powerhouse of a food, Swiss chard is a great source of fiber, calcium, potassium, vitamins A and C, beta carotene, lutein, and zeaxanthin. Swiss chard is a member of the goosefoot family, a relative of beets, and comes in red and white varieties. Similar to spinach, Swiss chard is very quick to cook, so be careful not to overcook it.

Swiss Chard Shake Option

- 1 banana
- 1 papaya or mango
- 2 leaves Swiss chard, stems removed, chopped

See the basic shake recipe on Page 50.

Lunch

Swiss Chard and Apple Soup

- 2 cups Swiss chard, stems removed, chopped
- ½ apple, seeds removed, peeled and chopped
- ¾ cup water, as needed
- 1 teaspoon fresh lemon juice
- Sea salt
- ½ avocado, seed removed, peeled, chopped

Put Swiss chard, apple, ½ cup of water, lemon juice, and salt in a blender and process on medium speed until smooth. Add avocado and process until smooth. Add any additional water to reach the consistency you desire. Serve cool or warm gently and then serve. Serves 2-4.

Dinner

Mediterranean Chard With Quinoa

- 2 cups cooked quinoa, cooked according to directions
- 1 tablespoon olive oil
- 4 cloves garlic, minced
- 2 bunches Swiss chard, stems removed, chopped
- Juice from 1 lemon
- ¼ cup olives, any variety, pitted, chopped
- Sea salt and ground pepper

In a large sauté pan, warm olive oil. Add garlic and cook for 2-3 minutes. Add greens and sauté until wilted, about 3-4 minutes. Remove from heat and add remaining ingredients. Place ½ cup quinoa on plate and top with greens mixture. Serve immediately. Serves 2-4.



Day 11: Quinoa

Quinoa is a highly nutritious seed that is often confused for a grain. Quinoa is truly a seed, and a high protein one to boot. As a matter of fact, the amino acid content of quinoa seeds in general is considered well balanced. Quinoa has a lower sodium content and is higher in calcium, phosphorus, magnesium, potassium, copper, manganese, and zinc than wheat, barley, or corn. Quinoa also contains 5 grams of fiber in just a half cup.

Lunch

Quinoa Pilaf

- 1¾ cup water
- ¾ cup quinoa
- 1 tablespoon plus 1 teaspoon olive oil, divided
- 1 red bell pepper, seeds removed, chopped
- 2 scallions, sliced thin
- 2 teaspoons white wine vinegar
- Sea salt and ground pepper

Combine water and quinoa in a medium saucepan, bring to a boil. Reduce heat, cover, and simmer until tender, about 15 minutes. Drain and place in a mixing bowl. Heat 1 teaspoon of the olive oil in a small skillet over medium heat. Add bell pepper and scallions and cook until softened, about 3 minutes. Add to quinoa, along with the white wine vinegar and remaining oil. Stir to combine. Season with sea salt and pepper to taste. Serves 2-4.

Dinner

Coconut Quinoa Pilaf

- 2 cups quinoa
- 1 cup coconut milk
- 2 cups water
- 1 bunch green onions, sliced
- 1 red bell pepper, seeds removed, diced small
- 3-4 cloves garlic, minced
- ½ teaspoon crushed red chili flakes
- ½ cup fresh cilantro, chopped
- Sea salt and ground pepper

Place all ingredients except the fresh cilantro in a large saucepan over medium-high heat. Cover and bring to a boil, then turn down and allow to simmer for 15-20 minutes. Remove from heat and allow to sit for about 5 minutes. Add chopped cilantro and gently fluff with a fork. Serve hot. Serves 2-4.

Optional for Day 11:

Begin to add in lean meats, poultry, or fish to your meals. Keep protein servings to around 4 ounces, which is about the size of the palm of your hand.



Day 12: Avocado

With high healthy fat content, avocados are an amazing food. They contain primarily oleic acid, an omega-9 fatty acid that's found in olive oil, macadamia nut oils, and other nuts. This is a monounsaturated fat that is known to lower cholesterol. Avocados are also very high in fiber. One whole avocado contains between 11 and 17 grams of fiber. So maybe we should say an avocado a day keeps the doctor away!

Avocado Shake Option

- ½ pear
- ¼ avocado
- ½ cucumber, chopped
- ½ lemon
- Handful of cilantro
- 1 cup kale, stems removed, chopped
- ½ inch fresh ginger, skin removed
- ½ cup coconut water

See the basic shake recipe on Page 50.

Lunch

Lettuce, Avocado, and Apple Salad

- 2 tablespoons olive oil
- 2 teaspoons fresh lemon juice
- ½ teaspoon Dijon mustard
- 1 pound lettuce, any variety, chopped
- 1 avocado, pitted, peeled, sliced thin
- 1 apple, seeds removed, sliced thin
- 1 pinch each of sea salt and ground pepper

Combine oil, lemon juice, and mustard in a jar. Add a pinch of salt and pepper, close tightly, and shake vigorously to combine. Place lettuce in a large bowl and toss lettuce with the dressings. Top with avocado and apple slices. Serves 2-4.

Dinner

Chicken and Avocado Salad

- ¼ cup fresh cilantro, stems removed, chopped
- 2 tablespoons olive oil
- 1 tablespoon roasted red pepper, chopped
- 1 tablespoon fresh lime juice
- ⅛ teaspoon cayenne pepper
- 2 boneless chicken breasts, chopped
- 1 avocado, pitted, peeled, chopped into small cubes
- Sea salt and ground pepper

Combine all ingredients except avocado in medium bowl and mix well. Gently fold in avocado and serve. Serves 2-4.



Day 13: Blueberries

Research from Dr. James Joseph at Tufts University reports that blueberries may have a memory-supporting effect. Blueberries are also known to support healthy cholesterol levels already within a normal range and to promote urinary system health. Bilberries, a close relative of blueberries, have been shown to promote eye health. Best of all, you can get all the benefits and antioxidant support from just a half cup per day (fresh or frozen).

Blueberry Shake Option

Green and Blue Shake

- ½ avocado
- 1 banana
- ½ cup blueberries
- ½ cucumber
- Handful of spinach or kale
- Whole-leaf stevia powder or cinnamon

See the basic shake recipe on Page 50.

Lunch

Fresh Berry Lettuce Salad

- 8 cups mixed greens, chopped
- 2 cups mixed fresh berries
- 3-4 green onions, chopped
- 3-4 stalks celery, chopped

Place all ingredients into a medium bowl and toss with dressing below.

Dressing:

- ¼ cup olive oil
- 3 tablespoons red wine vinegar
- 1 tablespoon poppy seeds
- Sea salt and ground pepper

Place all dressing ingredients into a glass jar with a lid and shake vigorously. Serves 2-4.

Dinner

Baked Chicken With Blueberry Vinaigrette

- 4 tablespoons coconut oil, divided
- 4-6 skinless, boneless chicken breasts
- ¼ cup shallots, sliced thin
- 2 cups blueberries
- ½ cup balsamic vinegar
- ⅛ cup water
- 1 tablespoon rosemary, chopped
- Sea salt and ground pepper

Preheat oven to 350 F. Heat 2 tablespoons coconut oil in a large sauté pan over medium-high heat. When hot, place chicken breasts into hot pan and sear both sides until golden-brown, about 1 minute. Place in a baking dish and set aside. Add remaining coconut oil into pan along with shallots. Stir shallots over medium heat until shallots are soft and lightly caramelized, about 4 minutes. Add blueberries and cook 1 minute. Add vinegar, water, rosemary, and salt and pepper to taste. Simmer for about 10 minutes or until the blueberries have collapsed. Pour the blueberry balsamic mixture over chicken and place in the oven for about 15 minutes, or until chicken has cooked fully. Serves 2-4.



Day 14: Coconut

Coconut (and its oil) is truly another superfood to add to your daily intake. The saturated fat in coconut oil is very beneficial as this medium-chain fatty acid is easy for our body to metabolize. About half of the fat in coconut oil is lauric acid. When in the body, lauric acid becomes monolaurin, an anti-viral and anti-bacterial substance. A great book for learning about good and bad fats is “Know Your Fats” by Mary Enig, PhD.

Lunch

Coconut Vegetable Curry

- 2 tablespoons coconut oil
- 1 tablespoon fresh ginger, skin removed, chopped
- 1½ teaspoons cumin seeds
- 1 teaspoon mustard seeds
- 3 medium carrots, chopped
- ½ teaspoon turmeric
- 2 teaspoons coriander
- 1 teaspoon curry powder
- 1 tablespoon tomato paste
- 1 cup coconut milk
- ¼-½ cup water
- 1 medium zucchini, diced
- 1 medium yellow squash, diced
- ½ cup fresh cilantro, chopped
- Sea salt and ground pepper

In a large saucepan, heat coconut oil over medium heat. Add ginger, cumin, and mustard. Cook for 1-2 minutes or until the seeds begin to “pop.” Add carrots, turmeric, coriander, and curry powder. Stir well and cook for about 1 minute. Add tomato paste, coconut milk, and water. Stir well. Simmer and allow to cook for 5-10 minutes, until carrots are almost done but still a little crisp. Add zucchini and squash. Cover and allow to simmer for another 5-7 minutes, then remove from heat and add fresh cilantro and salt and pepper to taste. Serve warm. Serves 2-4.

Coconut Shake Option

- 1 banana
- 1 handful of fresh spinach
- ¼ teaspoon cinnamon
- ½ teaspoon vanilla
- 1 tablespoon coconut oil

See the basic shake recipe on Page 50.

Dinner

Coconut Lime Chicken

- 2 large boneless chicken breasts, preferably organic
- Coconut oil for sautéing
- 2 tablespoons coconut milk
- 2 tablespoons fresh lime juice
- Zest from one lime

Blend coconut milk, lime juice, and zest, and allow chicken to marinate in the mixture for 30 minutes. In a medium skillet over medium-high heat, warm coconut oil, then add the marinated chicken. Sauté for 3-5 minutes on each side or until chicken is cooked thoroughly. (Cooking times will vary depending on thickness of the chicken.) Serve with vegetables. Serves 2-4.



Day 15: Kiwi

Did you know that one kiwi has twice the amount of vitamin C of oranges? As a matter of fact, kiwi fruit is the most nutrient-dense of all fruits. (In second place is papaya.) Two medium kiwis have almost 5 grams of fiber, and kiwi is a low-sodium, high-potassium food. Kiwi is also high in antioxidants. I recommend you eat the whole kiwi—skin and all! It's truly delicious, and you don't want to miss out on the added nutrients found in the skin of the kiwi fruit.

Kiwi Shake Option

- 3 whole kiwis
- 1 banana

See the basic shake recipe on Page 50.

Lunch

Cucumber, Tomato, Basil Salad

- 2 medium cucumbers, cut into thin slices
- 3-4 tomatoes, quartered then sliced
- ½ cup fresh basil, chopped
- 1 clove garlic, minced
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- Sea salt and ground pepper

Combine all ingredients in a medium bowl and gently toss. Serve immediately. Serves 2-4.



Dinner

Steamed Salmon, Spinach, and Fennel Salad

Salad:

- 1 large fennel bulb
- ½-1 pound salmon fillet
- 1 bunch spinach, washed, chopped
- ½ red onion, cut into thin rounds
- ½ cup fresh basil, chopped

Dressing:

- ¼ cup olive oil
- 2-3 tablespoons apple cider vinegar
- 2-3 tablespoons fresh orange juice
- Zest from 1 orange
- ½ teaspoon cinnamon
- Sea salt

Cut the green stalks from the fennel bulb and place them into a large skillet. Fill the pan with water until it reaches the tops of the fennel, about ½-1 inch of water, and place the salmon fillet over the top of the fennel. Cover the skillet and steam fish over medium heat for about 10-15 minutes, until salmon is cooked through. Meanwhile, trim the ends off of the fennel bulb and thinly slice it into small strips. Place the sliced fennel, spinach, red onion, and basil into a large bowl and toss. In another small bowl, combine the ingredients for the dressing and whisk well. Once the salmon is done cooking, remove the skin and discard along with the used fennel tops. Break the flesh into small pieces and place in the salad. Top with dressing and toss gently. Serve immediately. Serves 2-4.

Day 16: Raspberries



One cup of raspberries contains a mere 64 calories with 8 grams of fiber and a net carbohydrate content of only 7 grams. With this you get calcium, magnesium, phosphorus, potassium, vitamin C, and vitamin K. High in antioxidants, raspberries should enjoy a place in your daily shake!

Raspberry Shake Option

- ¼ cup each of blueberries, raspberries, and blackberries
- 1 tablespoon coconut oil
- 1 tablespoon flaxseed, ground

See the basic shake recipe on Page 50.

Lunch

Spring Greens With Raspberries

- 1 jalapeño pepper, seeds removed, chopped fine
- 4 tablespoons lime juice
- 4 tablespoons olive oil
- ¼ teaspoon cumin
- 4 cups fresh mixed greens
- 1 cup fresh raspberries
- ¼ cup onion, cut thin
- ¼ cup cucumber, chopped
- 1-2 tablespoons raw seeds, any variety

Place lime juice, olive oil, cumin, and 2 teaspoons of the jalapeño pepper into a blender and blend thoroughly. Toss together in a medium bowl the greens, onion, berries, seeds, and cucumber. Top with dressing and toss thoroughly. Serves 2-4.

Dinner

Pan-Seared Fish With Raspberry Vinaigrette

Dressing:

- ½ cup raspberries
- 1½ tablespoons red wine vinegar
- 2 teaspoons whole-leaf stevia powder
- ½ teaspoon Dijon mustard
- 4 tablespoons olive oil

Place all dressing ingredients into a blender and mix thoroughly. Set aside.

Fish:

- Salt and ground pepper
- 2 fish fillets, any variety
- 2 sprigs rosemary
- 1 clove garlic, chopped
- 2 tablespoons olive oil
- Sea salt and ground pepper

Salt and pepper the fillets to taste. In a medium sauté pan, warm olive oil over medium heat. Add rosemary and garlic to flavor the oil. Remove the rosemary sprigs and sear fillets on both sides until done or fish flakes easily. (Time will vary depending on type of fish and thickness of fish). Place fish on plate and top with raspberry vinaigrette. Serve with fresh salad. Serves 2-4.



Day 17: Sprouts

Yes, people have made fun of sprouts for years, but sprouts are a complete and nutritional food. Sprouts are rich in enzymes, vitamins, and amino acids. There are many varieties to try: alfalfa, broccoli, clover, radish, and more. Sprouts are also easy to make at home, and kids really enjoy watching them grow in just a week. Whether you buy them in the store or enjoy making them at home, try adding them to a shake or salad.

Sprouts Shake Option

- 1 banana
- ½ cup mixed berries
- ½ cup sprouts, any variety
- 1 celery stalk, chopped
- 1 small handful fresh parsley, chopped

See the basic shake recipe on Page 50.

Lunch

Quinoa Salad

- 2 cups cooked quinoa, cooled
- 1 cup fresh pomegranate seeds or ½ cup dried cranberries
- 1 cups broccoli sprouts
- 1 cucumber, finely diced
- ¼ cup fresh cilantro, chopped
- 3 tablespoons raw sunflower seeds
- 2 tablespoons olive oil
- Juice from 1 lemon
- Sea salt and ground pepper

In a small bowl, whisk together the olive oil, lemon, sea salt, and pepper. In a large bowl, combine quinoa, pomegranate seeds, broccoli sprouts, cucumber, cilantro, and sunflower seeds. Drizzle with the dressing and gently toss together. Serve immediately. Serves 2-4.

Dinner

Sprouted Vegetable Soup

- 2 tablespoons coconut oil
- 2 cloves garlic, chopped
- 2 tablespoons paprika
- ¼ teaspoon marjoram
- 2 carrots, chopped into rounds
- 2 cups cabbage, sliced thin
- 1 bell pepper, seeds removed, chopped
- 2 cups mushrooms, sliced
- 2 cups sprouts, any variety
- 4 cups fresh tomatoes, chopped or crushed
- 5 cups vegetable broth
- 2 tablespoons balsamic vinegar
- 1 tablespoon dill
- Sea salt and ground pepper

In a large pot, heat oil over medium heat. Add onions and garlic and sauté until onions are translucent. Add paprika, marjoram, carrots, and cabbage and cook for 5 minutes, stirring often. Add the mushrooms, sprouts, and tomatoes, cooking an additional 5 minutes. Add broth, vinegar, and dill and bring to a boil. Season with sea salt and pepper to taste. Reduce heat and allow to simmer for about 30 minutes, or until vegetables are tender. Serve warm. Serves 2-4.

Day 18: Seeds

Healthy seeds come in many different varieties: chia, hemp, flax, pumpkin, sesame, and sunflower are some of the many seeds you can add to shakes or salads to easily add a little flavor and a variety of extra nutrients. Both chia seeds and flaxseeds can be ground and added to water to act as a perfect egg substitute when baking. Use a clean coffee grinder to grind a tablespoon of either chia or golden flaxseed with 3 tablespoons of water. Allow the mixture to sit for about 10-15 minutes until it develops a gelatinous texture similar to a raw egg. Warm water will speed up this gelling process. Exchange the mixture for 1 egg.

Lunch

Apple Salad With Chia Dressing

- 2 cups apple, chopped
- 1 cup celery, chopped
- 1/3 cup dried cranberries
- 3 cups romaine lettuce, chopped
- Juice of one lemon
- 1 tablespoon whole-leaf stevia powder (optional)
- 2 teaspoon chia seed
- 1/2 cup water

Soak chia seeds in water for about 2 hours until the mixture gels. Whisk together stevia, lemon juice, and chia gel. In a medium bowl, combine apples, celery, cranberries, and lettuce. Drizzle with dressing and blend. Serves 2-4.

Dinner

Sprouts, Broccoli, and Seed Salad

- 3 tablespoons raw pumpkin seeds
- 1 cup broccoli, trimmed
- 1 cucumber, halved, seeds removed, sliced
- 10 radishes, sliced
- 1 small onion, diced
- 2 handfuls mixed sprouts, any variety

Dressing:

- 4 teaspoons balsamic vinegar
- 2 tablespoons sesame oil
- 1/2-3/4 inch fresh ginger, peeled, grated
- Juice from 1/2 lime

In a medium dry sauté pan, toast pumpkin seeds over medium heat for about 3 minutes, stirring often, until seeds begin to change color and pop. Remove from pan and allow to cool. Combine all dressing ingredients in a glass shaker bottle and shake vigorously. In a large salad bowl, combine broccoli, cucumber, radishes, sprouts, and onion. Pour dressing over and toss. Top with toasted pumpkin seeds. Serves 2-4.



Day 19: Salmon

Salmon is an easy protein to digest, easy to prepare, and highly nutritious. Wild Atlantic salmon is best; it's high in omega-3 fatty acids. Salmon also contains vitamin D, which research shows many people are deficient in. Other fatty fish that you should consider eating include mackerel and sardines.

Lunch

Basil Balsamic Salmon

- 1-2 pounds salmon fillets

Marinade:

- Juice from 1 lemon
- Zest from 1 lemon
- ¼ cup olive oil
- ¼ cup balsamic vinegar
- 1 cup fresh basil leaves
- 3 cloves garlic, whole

Topping:

- 1 cup fresh tomatoes, chopped
- ½ cup olives, any variety, chopped
- 1 tablespoon olive oil
- 3 tablespoons fresh basil, chopped

Rinse salmon fillets under cool water and place skin side up in baking dish. In a blender, place all marinade ingredients together and blend thoroughly, until smooth. Pour marinade over fillet, cover, and allow to marinate in the refrigerator for 1-4 hours. Preheat oven to 400 F. Drain off marinade and place salmon fillets skin side down in baking dish. Bake the salmon 10 minutes per inch of thickness. Drizzle marinade over the salmon halfway through baking. While salmon is baking, place all ingredients for the topping in a bowl and mix. Serve salmon with topping and fresh salad. Serves 2-4.

Dinner

Citrus Salmon

- 1-2 pounds salmon fillets

Marinade:

- ½ cup fresh squeezed orange juice
- ¼ cup fresh lime juice
- ¼ cup fresh lemon juice
- ¼ cup olive oil
- 2 tablespoons shallots, chopped fine
- 2 cloves garlic, minced
- Sea salt and ground pepper

Rinse salmon fillets under cool water and place skin side up in a baking dish. In a separate bowl, whisk together marinade ingredients. Pour marinade over the salmon, cover, and allow to marinate in the refrigerator for 2-4 hours. Preheat oven to 400 F. Drain off marinade and place salmon fillets skin side down in baking dish. Bake the salmon 10 minutes per inch of thickness. Season with sea salt and pepper to taste. This recipe goes great with roasted vegetables. Serves 2-4.



Day 20: Pumpkin

Many people need to increase their intake of potassium, and pumpkin is a great way to do this (and low in calories). One cup has 564 grams of potassium, numerous carotenoids, vitamin A, and 2½ grams of fiber. Remember—carotenoids and vitamin A are best absorbed with a fat, so add a little butter or olive oil when you eat pumpkin. Mashed pumpkin is a great substitute for white potatoes and is much healthier for you.

Lunch

Pumpkin Chili

- 1 pound ground beef, preferably organic, grass-fed
- 1 tablespoon coconut oil
- 1 can pumpkin puree
- 3½ cups fresh tomatoes, diced
- 1 cup water
- 1 can tomato paste
- 1 teaspoon ground cloves
- 1½ teaspoon paprika (smoked is best)
- 2 cloves garlic, minced
- 1 teaspoon ginger
- 1 tablespoon chili powder
- 1 teaspoon balsamic vinegar
- Sea salt and ground pepper

In a large soup pan, melt coconut oil over medium heat. Add ground beef and brown thoroughly. Add spices and mix well. Add remaining ingredients and bring to a gentle boil. Cover and allow to simmer for about 30 minutes, stirring few times. If you prefer thicker chili, allow to simmer with lid off until preferred consistency. Serve hot. Serves 2-4.

Dinner

Raw Pumpkin Pie Pudding

- 2 cups diced pie pumpkins (Small pumpkins are best.)
- ¾ cup dates, pits removed
- 5 tablespoons coconut milk
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- ½ teaspoon pumpkin pie spice
- 4 tablespoons coconut oil, melted

In a food processor, combine pumpkin, milk, spices, and vanilla. Blend thoroughly. Add the dates and continue to blend until smooth. Add coconut oil last, once the mixture is warm from blending. Put into small serving bowls and chill for about 6 hours. (More time allows the flavors to meld.) For those not completing purification, this pudding can be put into a nut crust to make an excellent pumpkin pie dessert. Top with cashew butter for added yum! Serves 2-4.



Day 21: Cauliflower and Eggplant

Often overlooked, these two vegetables are a great addition to any meal. Cauliflower can be riced and made into a crust for a dairy-free, gluten-free pizza crust.

Cauliflower is a great source of numerous B vitamins, vitamin C, and fiber. Eggplant is a good source for iron, vitamins, and bioflavonoids. Both cauliflower and eggplant are low in calories and a good source of fiber. Try a new recipe with these delicious vegetables.

Lunch

- 1 cauliflower, cut into small florets
- 2 bunches beet greens, chopped, with stems
- 2 tablespoons olive oil
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- ½ teaspoon red chili powder
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon turmeric powder
- Sea salt and ground pepper

Heat the olive oil in a large sauté pan over medium heat. Add mustard and cumin seeds and allow to cook until seeds begin to pop. Add beet greens and sauté for 2 minutes, sprinkling with turmeric powder as you stir the greens. Add cauliflower and cover, allowing to sauté for 2 minutes. Uncover and continue to cook until cauliflower begins to soften. Add remaining seasonings and stir thoroughly. Serve immediately. Serves 2-4.

Dinner

- 1 medium eggplant, cubed
- 1 red bell pepper, seeds removed, chopped
- 8 cherry tomatoes, halved
- 4 cloves garlic, whole
- 4 tablespoons olive oil, divided
- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder
- ½ teaspoon cumin powder
- 1 tablespoon green onion, chopped
- 1 tablespoon fresh cilantro, chopped

Preheat oven to 425 F. In a large bowl, combine eggplant, pepper, tomatoes, and garlic. Drizzle with 2 tablespoons olive oil and then season to taste with sea salt and pepper. Spread the vegetables on a large baking sheet and bake for 15-20 minutes until golden-brown. Remove the garlic and place into a separate bowl. Mash the garlic. Place the remaining vegetables into a large serving bowl. Season the vegetables with the mashed garlic and remaining seasonings. Serve immediately. Serves 2-4.



Congratulations!

Congratulations! You made it! Now you can begin to add a few foods back in that were omitted during purification. Keep these suggestions in mind when reintroducing foods:

- Some foods are known for their high reactivity/allergy so try to add these one at a time, and watch for any type of reaction such as a runny nose, congestion, a need to clear the throat, headaches, stomach upset, bloating, bowel changes, fatigue, weight gain, and other changes. If any symptoms develop, they may be caused by a food your body is reacting to.
- The top foods that cause reactions are wheat and any food containing gluten, eggs, dairy, soy, corn, peanuts, citrus, and yeast.
- Coffee has some research-proven benefits. It's best to use organic coffee and avoid decaffeinated as many harsh chemicals are used to remove the caffeine.
- Chocolate also has many benefits—just keep it dark. The darker the chocolate, the higher the antioxidants (and lower sugar), and more health benefits.
- The pre-/post-purification section contains many recipes as well as an expanded pantry list to help you continue on your healthy journey.





Chapter 4:

Ultimate Purification Shake Recipes

How to Make the Ultimate Standard Process Shake

In a blender, combine:

- 1 cup water, unsweetened coconut milk, and/or unsweetened hemp milk (almond or rice milk only if not on purification)
- 3-4 cubes of ice, more for a thicker shake

Option: Freeze coconut/hemp milk for ice.

+ Fat

- 1 tablespoon flaxseed oil and/or 1 teaspoon Calamari Omega-3 Liquid

+ Protein

- 2 scoops SP Complete® (any variety)
- 2 scoops Whey Pro Complete
- Handful of any variety of nuts (unless on purification)

+ For Added Nutrition

- 1 tablespoon Cyrofood® powder
- 1 tablespoon Whole Food Fiber
- 1 tablespoon Calcifood® powder

Combine with any of the following recipes for a delicious and nutritious shake or smoothie.



Pumpkin Pie Protein Shake

- ½ cup canned pumpkin
- 1 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract
- ½ cup coconut milk
- ¼ cup water

Blend all ingredients until smooth.

Strawberry Chamomile Shake

- ½ cup frozen strawberries
- ¼ cup dried mulberries
- ¾ cup brewed chamomile tea, chilled
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon chia seeds
- Whole-leaf stevia powder to taste (optional)

Blend all ingredients except chia seeds and stevia together until smooth. Stop the blender, taste, and add stevia if needed. Add the chia seeds and give the blender a second quick whirl, just enough to mix the ingredients.

Cranberry Orange Shake

- ¾ cup fresh or frozen whole cranberries
- ¼ cup dried goji berries
- 1 pear, chopped
- 2 oranges

Blend all ingredients except the ice until smooth. Add the ice and blend again until frosty.



See the basic shake recipe on Page 50.

Blueberry Goji Shake

- 2 tablespoons dried goji berries
- 1-2 dates
- 1½ cups prepared green tea, chilled
- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 1 teaspoon vanilla extract
- 1 tablespoon chia seeds

Blend goji berries, dates, and green tea together until smooth. Add the remaining ingredients and blend until frosty.

Raspberry Peach Shake

- 1 cup fresh peaches, pitted and chopped
- ½ cup frozen raspberries
- 1 tablespoon chia seeds
- ¼ teaspoon vanilla extract

Blend all ingredients except the ice until smooth. Add the ice and blend again until frosty.

Rhubarb Mint Shake

- ¾ cup frozen rhubarb
- ¼ cup dried goji berries
- 3-4 medjool dates, pitted
- ⅛ cup hemp or chia seeds
- 1 tablespoon minced fresh mint
- 2 oranges, peeled

Blend all ingredients except the ice until smooth. Add the ice and blend again until frosty.

Peaches and Cream Shake

- 1½ cups fresh or frozen peaches
 - 1 frozen banana
 - 1 tablespoon chia seeds
 - 1 tablespoon goji berries
 - 1 tablespoon freshly squeezed lemon juice
 - ½ teaspoon vanilla extract
- Blend all ingredients until smooth.

Strawberry Cucumber Shake

- 1 cup frozen strawberries
 - 1 cup peeled and chopped cucumber
 - ¼ cup chopped celery
 - ¼ cup cashews (optional)
 - 1 tablespoon freshly squeezed lemon juice
 - ½ teaspoon minced fresh mint
- Blend all ingredients until smooth.

Banana Romaine Shake

- 1 frozen banana
 - 1½ cups (packed) romaine lettuce leaves, chopped
 - ½ teaspoon vanilla extract
- Blend all ingredients until smooth.

Spinach Ginger Pear Shake

- 1 pear, chopped
 - ¼ cup dried goji berries
 - 1 teaspoon freshly minced peeled ginger
 - 1 cup frozen spinach
- Blend all ingredients until smooth.

Cucumber Mint Shake

- 1½ cups diced cucumber
 - ¼ cup raw cashews (optional)
 - ¼ cup (packed) freshly chopped mint leaves
 - 1 cup packed spinach
 - 1 tablespoon freshly squeezed lemon juice
 - 2 cups coconut ice (made from coconut water or milk)
- Blend all ingredients except ice until smooth. Add the coconut ice and blend well.

Apple Arugula Shake

- 1 ripe pear, chopped
 - 2 tablespoons hemp or chia seeds
 - 1 cup (packed) arugula leaves
 - 3 tablespoons freshly squeezed lemon juice
 - 1 apple, chopped
- Blend all ingredients until smooth.

See the basic shake recipe on Page 50.



Chocolate Kale Shake

(not for purification)

- 1 frozen banana
 - 1 cup chopped kale
 - 2 tablespoons cacao nibs
 - 1 tablespoon cacao powder
- Blend all ingredients until smooth.

Mint Chip Shake

(not for purification)

- 1 cup frozen spinach
 - 1 cup frozen bananas
 - ¼ cup raw cashews (optional)
 - 2 tablespoons cacao nibs
 - 1 tablespoon (packed) chopped fresh mint leaves
 - 1 teaspoon vanilla extract
 - 1 cup unsweetened rice milk
 - ¼ cup coconut water
- Blend all ingredients until smooth.

Rosemary Orange Shake

- ¼ cup dried berries (any)
- ¼ cup cashews (optional, not on purification)
- 1½ cups spinach, fresh
- ½ avocado, mashed
- 1 teaspoon orange zest
- ½ teaspoon minced fresh rosemary
- 1 orange

Blend all ingredients except the ice until smooth. Add ice and blend until frosty.

Green Shake

- 2 handfuls of spinach
 - 1 stalk celery
 - 1 large kale leaf, rinsed and torn
 - ¼ cup grapes
 - 1 apple, chopped
 - 1 banana
- Put in blender and purée thoroughly.

Vibrant Green Drink

- 1 apple, cored, cut into chunks
 - 1 pear cored, cut into chunks
 - Juice from 1 lemon
 - ½ inch fresh ginger, peeled and sliced
 - 1 large kale leaf, rinsed and torn
 - 1 large romaine lettuce leaf, rinsed
 - ⅓ cup cabbage, chopped
- Put in blender and purée thoroughly.

Apple Cinnamon Shake

- 2 apples, chopped
 - ⅛ teaspoon vanilla extract
 - ¼ teaspoon cinnamon
- Put in blender and purée thoroughly.



See the basic shake recipe on Page 50.

Piña Colada Shake

- 1 tablespoon coconut oil
 - 1 cup fresh pineapple
 - ¼ cup unsweetened shredded coconut
- Put in blender and purée thoroughly.

Creamy Strawberry Shake

- 1 cup frozen strawberries
 - ½ ripe avocado
 - ⅛ teaspoon vanilla extract
- Put in blender and purée thoroughly.

Fresh Veggie Shake

- 1 cup diced tomato
 - 1 cup sliced carrot
 - 1 stalk sliced celery
 - ½ ripe avocado
- Put in blender and purée thoroughly.

Carrot Ginger Shake

- ½ cup fresh carrot juice
 - 1 stalk celery
 - 1 apple, cored
 - ½ inch fresh ginger root (peeled and chopped)
 - Juice from ½ lemon
- Put in blender and purée thoroughly.

Beet and Green Shake

- 1 cup fresh beet juice
 - ½ cup spinach
 - 1 celery stalk
 - ½ bell pepper, stem removed
 - ½ cup cucumber, peeled and chopped
- Put in blender and purée thoroughly.

Strawberry Mango Shake

- 1 banana
 - 1 mango, skinned and chopped
 - 5 large strawberries
- Put in blender and purée thoroughly.



See the basic shake recipe on Page 50.





Winter Greens Shake

- ¼ cup carrot juice
- ½ cup orange juice
- 1 cup fresh spinach
- 1 cup fresh kale, chopped, ribs removed
- 4 small broccoli florets
- 1 banana
- 1 apple, cored

Put in blender and purée thoroughly.

Refreshing Kale Energy Shake

- 2 cups chopped kale
- 1 kiwi, chopped
- 1 inch fresh ginger, peeled, chopped

Blend all ingredients until smooth.

Creamy Coconut Shake

- 1 cup coconut meat
- 1½ cups coconut water
- ½ teaspoon whole-leaf stevia powder
- ½ tablespoon lime juice
- 1 teaspoon vanilla extract
- Pinch sea salt

Blend all ingredients until smooth.

See the basic shake recipe on Page 50.

Avocado Colada Shake

- 1 ripe avocado, peeled and pitted
- 1 cup diced pineapple
- 1 cup coconut water
- ½ teaspoon whole-leaf stevia powder
- 2 tablespoons fresh lime juice
- 1 tablespoon coconut oil (optional)
- 1 teaspoon vanilla extract
- Pinch sea salt

Blend all ingredients until smooth.

Carrot Spice Shake

- 1 cup carrot ginger juice (run carrots through juicer with ½ inch fresh ginger root)
- 1 cup frozen banana
- Pinch ground cinnamon

In a blender, purée all ingredients until smooth.

Chocolate Banana Shake

(not for purification)

- 1 cup frozen banana
- 1 teaspoon vanilla extract
- 1 heaping tablespoon organic cocoa powder or carob powder
- Almond milk (preferred)
- Pinch sea salt

In a blender, purée all ingredients until smooth.

Red Shake

- 1 apple, chopped
- ½ cup fresh parsley
- ½ cup fresh cilantro
- 5 beet leaves, with stems

Blend all ingredients until smooth.

Spinach and Fig Shake

- 6 figs
- 2 cups fresh spinach
- 1 sprig of mint or 4-6 mint leaves

Blend all ingredients until smooth.

Kale and Ginger Shake

- 3-6 kale leaves, any variety
- 1 banana
- 1 apple, chopped
- ½ inch fresh ginger root

Blend all ingredients until smooth.

Veggie Shake

- 1 bunch kale, any variety
- 1 bunch Swiss chard
- 3 red bell peppers, seeds and stem removed

Blend all ingredients until smooth.

See the basic shake recipe on Page 50.



Chapter 5: Purification Recipes

Appetizers

Kale Chips

- 1 bunch kale, washed
- 1 tablespoon olive oil
- 1 teaspoon sea salt

Preheat oven to 350 F. With your fingers, carefully remove the leaves from the thick stems and tear into bite-size pieces. Drizzle kale with olive oil and massage oil into the kale. Spread out evenly on cookie sheet and sprinkle with sea salt. Place in oven for 10 minutes or until crispy. Serves 2.

Kale Kiwi Gazpacho

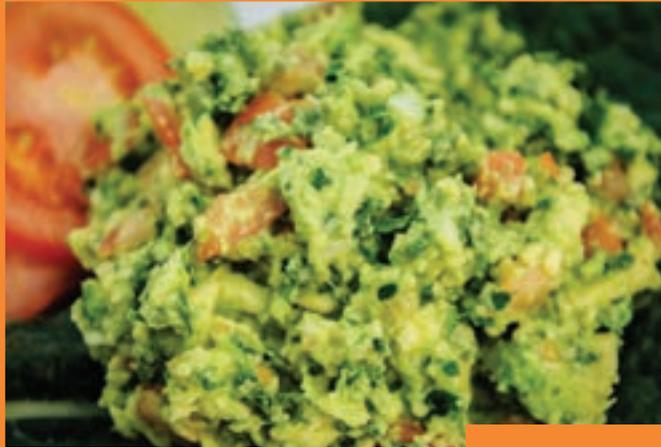
- 5 cups kale, stemmed and chopped
- 2 kiwis, peeled and quartered
- 1 bell pepper, any color, cored, seeded, and chopped
- 1 small jalapeño (optional)
- 2 garlic cloves, chopped
- 2 tablespoons olive oil
- 2 tablespoons sherry vinegar
- Sea salt

Place all ingredients in a food processor and process until smooth. Cover and chill for 1 hour before serving. Serves 4.

Homemade Tahini

- 2 cups raw sesame seeds
- $\frac{1}{8}$ - $\frac{1}{4}$ cup olive oil

Preheat oven to 350 F. Spread sesame seeds in a large, shallow baking sheet, spreading as thin a layer as possible. Place in oven and gently roast seeds for 7-10 minutes, shaking the sheet a few times to stir the seeds. Do not let them brown. Seeds will become fragrant. Remove from oven and allow to cool for a few minutes. Place seeds in a food processor and begin to blend. Slowly add olive oil to seeds while blending until a smooth consistency, similar to peanut butter, is achieved. Keep leftover tahini in an airtight container in refrigerator for up to several months.



Kale Guacamole

Kale Guacamole

- 2 cups torn kale leaves
- 4 ripe avocados
- ½ teaspoon sea salt
- 3 tomatoes, seeded and chopped
- ¼ cup minced red onion
- 2 jalapeño chillies, seeded and finely chopped
- Juice of 1 lime
- ¼ cup fresh cilantro, chopped

Place the kale leaves in a food processor and pulse until they are finely chopped. Cut the avocados in half and remove the pits. Scoop out the flesh and place it in a large bowl. Add the salt and mash until desired texture is reached. Stir in the kale leaves and the remaining ingredients. Taste and adjust the seasonings with salt. Serve immediately. Cover remainder and store in refrigerator. Serves 2-4.



Zucchini Hummus

Zucchini Hummus

- 2 medium zucchini
- ⅛-¼ cup olive oil
- 4-6 cloves garlic, minced
- ½ cup lemon or lime juice
- ¾ cup sesame seeds
- ¾ cup tahini (recipe on Page 57)
- ¼ teaspoon cayenne
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- Sea salt

Place all ingredients in a food processor and process until smooth. Serves 4-6.





Summer Squash Soup

Soups

Summer Squash Soup

- 2 tablespoons olive oil
- 2 medium onions, peeled, sliced
- 1 pound summer squash, sliced or cubed
- 1 head garlic, peeled, chopped
- 5 cups vegetable or chicken broth
- 1 teaspoon fresh lemon
- Ground pepper

Sauté onion, squash, and garlic in olive oil until golden. Add broth and season to taste. Simmer 10-15 minutes until tender. Place in blender and blend 30-45 seconds until smooth. Serve warm. Serves 2-4.

Vegetable and Quinoa Soup

- 2 tablespoons olive oil or coconut oil
- 2 garlic cloves, peeled and crushed
- 2 onions, peeled and chopped
- 3 leeks, washed, trimmed, and sliced
- 5 celery stalks, chopped
- 1 cauliflower, trimmed and cut into small florets
- 4 cups water
- 1 cup quinoa, cooked
- 1 teaspoon cumin
- 3 tablespoons parsley

Heat oil in pan with garlic, onions, leeks, and celery. Cook over low heat for 20 minutes, stirring occasionally. Add water and bring to boil. Reduce heat and add the quinoa and seasonings. Simmer for 10 minutes or until vegetables are tender. Serves 4.

Roasted Garlic and Sweet Potato Soup

- 6 medium sweet potatoes, sliced
- 1 medium onion, chopped
- 2 tablespoons olive oil, divided
- 1 head garlic, roasted
- 6 cups chicken broth
- 1 cup water

Preheat oven to 350 F. Rub potatoes with 1 tablespoon olive oil and place on baking sheet. Add the head of garlic cloves. Bake for 30 minutes or until potatoes are soft. Heat remaining oil in a medium sauté pan with the onion until onion is translucent, about 3 minutes. In a blender or food processor, add onion, garlic, and about half of the potatoes. Purée mix thoroughly. Transfer to a large soup pan and add all remaining ingredients. Heat to a boil, then lower heat and allow to simmer for about 15 minutes. Serve hot. Serves 4.



Carrot and Lentil Soup

- 1¼ cups red lentils
- 3 tablespoons butter or ghee
- 1 red onion, chopped
- 1 garlic clove, chopped
- 2 tablespoons sun-dried tomato purée
- 1 pound carrots, grated
- 3 quarts chicken or vegetable stock
- Fresh cilantro, chopped

Rinse and drain the lentils, then set aside. Heat the butter with the onion and garlic, cooking for 4-5 minutes. Add the sun-dried tomato purée and cook for 1 minute. Add carrots, lentils, and stock and bring to a boil. Cook at a rapid simmer for 40 minutes, until the lentils are soft.

Spoon the soup, in batches, into a food processor/blender and process until smooth. Return the soup to a clean pan and cook over a low heat for a few minutes, until heated through. Serve in bowls topped with fresh cilantro. Serves 4.

Creamy Broccoli Soup

- 2 tablespoons coconut oil
- 2 scallions, chopped
- 1 large red bell pepper, seeds removed, chopped
- 3 cloves garlic, chopped
- 1 large head fresh broccoli, washed and puréed
- 1 tablespoon dried basil leaves
- 2 cups chopped spinach, kale, turnip greens, collards, or Swiss chard
- 2 quarts vegetable or chicken broth
- 1 cup coconut milk
- 1 teaspoon sea salt
- 1 tablespoon curry powder

In large soup pan, melt coconut oil. Add scallions, red pepper, and garlic. Cover and cook over medium heat for 3-4 minutes. Add broccoli to soup. Continue to cook over medium heat until broccoli turns a bright green. Remove ¼ of the cooked broccoli and set aside. Add basil and other greens, cooking for another 3-4 minutes. Transfer vegetables (except ¼ cup broccoli that was set aside) into a food processor or blender. Add about ⅓ cup of the coconut milk and purée contents. Transfer all ingredients back into soup pan. Reheat gently and serve. Serves 4.

Basic Vegetable Soup

- 1 tablespoon olive oil or coconut oil
- 4 garlic cloves, minced
- 1 onion, chopped
- 4 celery stalks, chopped
- 1 medium zucchini, diced
- ½ head small green cabbage, chopped
- 2-3 carrots, chopped
- ¾ cup fresh parsley, chopped
- 1 tablespoon dried dill weed
- 6 cups vegetable broth
- 1 28-ounce can diced or crushed tomatoes
- 1 bunch kale leaves, cut
- Sea salt and ground pepper

Over medium heat, in a large pot add oil and sauté garlic, onions, and celery. When onions are translucent, add zucchini, carrots, and cabbage. Stir and heat for another 4-5 minutes. Add broth, tomatoes, parsley, sea salt, pepper, and dill weed. Let simmer for at least 30 minutes. About 5 minutes before serving, add kale and allow to simmer for few minutes until kale wilts. Serves 8.

Country Quinoa Soup

- 1 tablespoon olive oil
- 2 cups chopped onions
- 1 red bell pepper, seeds removed, chopped
- 4 cloves garlic, chopped
- 1½ tablespoons mild curry powder
- 2 teaspoons ground ginger
- ¼ teaspoon cayenne
- 1 apple, peeled and chopped (Granny Smith are best.)
- 1 cup quinoa, rinsed
- 3 tablespoons dried currants or chopped raisins
- 2 cups tomatoes, chopped
- 6 cups vegetable broth
- ½ cup fresh cilantro, chopped
- Sea salt and pepper

In a large pot, heat oil over medium-high heat. Add onions and red pepper. Cook, stirring, for 6-8 minutes or until softened. Add garlic, curry powder, ginger, and cayenne. Cook an additional 30 seconds. Stir in apple, quinoa, currants, tomatoes, and broth. Bring to a boil. Reduce heat to low, cover, and simmer for 15-20 minutes or until quinoa is tender. Stir in cilantro. Season to taste. Serves 6.

Indian Yellow Lentil Soup With Spicy Mustard Seeds

- 1½ cups yellow lentils
- ½ teaspoon ground turmeric
- ½ teaspoon cumin
- 1 small dried red chili, seeded
- 2-4 cups vegetable stock (depending on thickness of soup)

Spicy mustard seeds:

- 3 tablespoons mustard oil, ghee or butter
- 1 tablespoon mustard seeds
- 1 tablespoon cardamom seeds
- 1 onion, finely sliced
- 2 garlic cloves, crushed
- 1 red chili, cored and finely sliced (optional)

Put the yellow lentils, turmeric, cumin and chili in a pan and cover with 1 quart cold water. Bring to a boil. Simmer, covered, until lentils are tender. Purée in a blender, in batches if necessary. Transfer to a clean pan and stir in enough boiling stock to make a thick, soupy consistency. Reheat to just below boiling point, then taste and adjust seasoning to preference.

Heat oil in pan, adding mustard and cardamom seeds. Fry until they pop. Add the onion and cook until lightly browned. Add garlic and chili (if using) and stir-fry for about 1 minute to release the aromas. Serve topped with a spoonful of spicy mustard seeds. Serves 4.

Basic Tortilla Soup

Soup base:

- 3 cups vegetable broth
- 1 tomato, halved
- 1 carrot, halved
- 1 stalk celery, halved
- 1 thin slice onion, peeled
- 1 clove garlic, peeled
- 1 thin slice yellow squash
- 1 thin slice red bell pepper
- 1 thin slice cabbage
- 1 mushroom
- Sea salt and ground pepper
- 1 teaspoon taco seasoning
- Dash of cumin

Optional:

- ½ cup cooked chicken breast, finely chopped
- ½ fresh jalapeño, finely chopped
- ¼ cup pitted olives, chopped

Place all soup base ingredients into the blender and secure lid. Blend for about 2 minutes until well processed. Pour ingredients into a large pan and add optional ingredients. Heat to boil, then allow to simmer for 5 minutes. Serve immediately. Serves 2-4.





Basic Lentil Soup

- 1 pound lentils
- 2 tablespoons olive oil or coconut oil
- ½ cup shredded carrots
- ¼ cup onions, chopped
- ½ cup celery, chopped
- 2 tomatoes, diced
- 2 quarts organic chicken broth
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- Sea salt and ground pepper

Properly prepare lentils. (See Page 10 for instructions.) In a large saucepan, sauté onions, carrots, and celery in oil until onions caramelize, about 10 minutes. Add the remaining ingredients and cook over stove 30-45 minutes or until tender. Serves 6-8.

Gazpacho

- 3 cups fresh tomato juice
- ⅓ cup red wine vinegar
- ¼ cup olive oil
- 2 large ripe tomatoes, quartered
- 1 cucumber, peeled and cut into chunks
- 1 small onion, peeled, quartered
- 1 bell pepper, seeds removed, quartered
- Dash hot sauce
- Sea salt and ground pepper

Place all ingredients in blender and secure lid tightly. Blend for 30-45 seconds. Season and serve immediately. Serves 4.

Thai Pumpkin Soup

- 2 tablespoons olive oil
- 1 large onion, peeled, chopped
- 1 tablespoon tomato paste
- 2½ cups canned pumpkin
- 2 tablespoons fresh ginger
- 1 clove garlic, peeled, chopped
- 3 cups chicken or vegetable broth
- 1 tablespoon chopped green chilies
- ¾ cup coconut cream
- ¾ cup coconut milk
- 1 tablespoon lemon juice
- Sea salt and ground pepper

Sauté onion in olive oil until soft. Add tomato paste, pumpkin, ginger, garlic, and broth. Combine until thoroughly heated and place in blender. Add chilies, coconut cream, coconut milk, and lemon juice. Secure lid firmly and blend for 30 seconds. Season with sea salt and pepper to taste. Serve immediately. Note: If a less sweet soup is desired, omit coconut cream and increase coconut milk to 1½ cups. Serves 2-4.

Avocado Tortilla Soup

Soup base:

- 2 cups vegetable broth
- 5 tomatoes, quartered
- ⅓ bunch cilantro, stems removed
- 1 clove garlic, peeled
- ½ teaspoon ground pepper
- ½ avocado, peeled, pit removed
- ½ lime, peeled

Optional:

- ½ chicken breast, finely chopped
- ½ jalapeño, chopped

Place all soup base ingredients in blender and secure lid firmly. Blend for about 1 minute until nice consistency. Pour into saucepan and add any optional ingredients. Bring to a boil, then reduce heat and allow to simmer for 5 minutes. Serve warm. Serves 2-4.





Mediterranean Salmon

Fish and Seafood Main Dishes

Mediterranean Salmon

- 2 tomatoes, chopped
- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- ½ cup olives, pitted, chopped
- ¼ cup red onions, chopped
- 2 tablespoons capers, drained
- Sea salt and ground pepper
- 4 (6-ounce) salmon fillets
- 1 tablespoon coconut oil
- ⅓ cup fresh basil, chopped

In a medium bowl combine tomatoes, olive oil, vinegar, olives, onion, capers, salt, and pepper. Set aside. Heat sauté pan with coconut oil over medium-high heat. Sauté salmon 3-4 minutes per side or until cooked through. Add basil to reserved tomato mixture. Serve with salmon. Serves 4.

Cajun Salmon

- 2 medium-sized salmon fillets
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 clove garlic, minced
- 1 teaspoon paprika
- ½ teaspoon cayenne pepper
- ½ teaspoon dried thyme
- 2 teaspoons oregano
- Sea salt and ground pepper
- Olive oil or coconut oil

Over medium-high heat, melt oil in a medium sauté pan. Combine the spices for the salmon in a small bowl. Turn the salmon fillets in the spices, covering all sides. Place the salmon fillets (skin side under) in pan. Cook for 3-5 minutes before turning over. Cook another 3-4 minutes or until done. Serves 2.



Baked Flounder

- 1 pound flounder fillets
- 3 tablespoons olive oil or coconut oil
- 2 tablespoons water
- 2 tablespoons lemon juice, freshly squeezed
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh cilantro, chopped
- Sea salt and ground pepper

Preheat oven to 450 F. Put oil, water, lemon juice, salt, and pepper in shallow baking dish. Coat both sides of the fish and allow to marinate for at least 15 minutes in refrigerator. Bake in oven 10 minutes per side or until fish flakes easily with fork. Remove fish from pan. Sprinkle parsley and cilantro over fish and serve immediately. Serves 4.

Sea Bass With Garlic and Thyme

- 4 medium sea bass fillets
- 4 cloves garlic, chopped
- 3 tablespoons olive oil or coconut oil
- $\frac{1}{4}$ teaspoon thyme
- Sea salt and ground pepper
- 1 lemon, sliced, and freshly squeezed lemon juice (if desired)

Season sea bass fillets with sea salt, pepper, and thyme. Heat oil and garlic in sauté pan over medium heat. Add fillets and continue cooking for 3-4 minutes. Flip and cook the other side for another 3-4 minutes or until cooked through and fish flakes easily with a fork. Serve with lemon slices and freshly squeezed lemon juice. Serves 4.



Baked Sea Bass With Vegetables

- 4 sea bass fillets
- 2 garlic cloves, chopped
- 1 onion, sliced
- 4 cups spinach leaves
- 10 baby carrots
- 1/8 cup green onions, chopped
- 1/8 cup green peppers, diced
- 1 zucchini, sliced
- 1 teaspoon dried dill weed
- 1 tablespoon olive oil or coconut oil
- 1 yam, sliced in 1/4-inch slices, precooked
- Sea salt and pepper

Preheat oven to 350 F. Massage oil into the fillets then place fillets on baking dish. Lay all remaining ingredients over fillets. Sprinkle with dill weed and salt and pepper to taste. Cover dish with aluminum foil and bake for approximately 30 minutes until vegetables are soft and fillets flake easily. Serves 4.

Salmon With Tomatoes and Rosemary

- 4 salmon fillets
- Sea salt and pepper
- 4 teaspoons olive oil, divided
- 1 teaspoon lemon juice, divided
- 2 lemons, sliced
- 4 sprigs rosemary
- 3 medium tomatoes, chopped

Preheat the oven to 475. Cut 4 pieces of nonstick aluminum foil, each 12 inches long. Rub each fillet with salt, pepper, 1 teaspoon oil, and 1/4 teaspoon lemon juice. For each packet, put 2 lemon slices in the center of the foil, top with salmon, a rosemary sprig, and 2 more lemon slices, then surround with chopped tomatoes. Draw up the sides of the foil and seal the packets well, leaving room around the ingredients so they can steam. Put packets on a baking sheet and bake 12-15 minutes, or until the salmon is cooked. Spoon into soup plates and serve immediately. Serves 4.





Stuffed Bell Peppers

Beef Main Dishes

Stuffed Bell Peppers

- 6-8 medium bell peppers, washed, top cut off, seeds removed
- 1 pound ground beef (preferably grass-fed)
- 4-5 small mushrooms, washed, chopped
- 2 tablespoons olive oil or coconut oil
- 1 small onion, chopped
- 1 clove garlic, chopped
- Sea salt and ground pepper
- 4 medium to large fresh tomatoes, chopped
- 1 teaspoon dried thyme or Italian seasoning
- 1½ cups cooked quinoa (optional)

Preheat oven to 350 F. Sauté mushrooms and onion over medium heat and add ground beef and seasonings. Brown the ground beef. Add tomatoes and cook until the tomatoes are tender. Add quinoa if using. Place bell peppers in an oven-safe pan. Spoon mixture into bell peppers. Cover and bake for 30 minutes or until bell peppers are soft. Serve immediately. Serves 6-8.

Gluten-Free Veggie Meat Loaf

- 1 pound ground turkey or ground beef
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 medium bell pepper, any color, finely chopped, seeds removed
- 3-4 small mushrooms, chopped
- 1 garlic clove, chopped
- ½ cup shredded zucchini
- 2 eggs using flaxseed or chia seed egg replacer (Page 94)
- ¼ cup tomato paste
- ½ cup coconut flour
- Sea salt and ground pepper
- ¼ cup fresh parsley, chopped (or 1 tablespoon dried)
- 1 tablespoon fresh thyme, minced (or 1 teaspoon dried)

Preheat oven to 350 F. Lightly grease loaf pan. In a large bowl lightly knead the ground meat and create a well in the center. Place all other ingredients into the well. With your hands, knead all ingredients together well. Put mixture into the loaf pan. Bake for 45-60 minutes until lightly browned and cooked through. Remove from the oven and let sit for about 5 minutes. Slice and serve. Serves 4.



Taco Veggie Salad

- 1 pound ground beef (preferably grass-fed)
- 2 red or green peppers, washed, seeds removed, chopped
- 4-5 small mushrooms, washed, chopped
- 2 tablespoons olive oil or coconut oil
- 1 small onion, chopped
- 1 clove garlic, chopped
- Sea salt and ground pepper
- 4 medium to large fresh tomatoes, chopped
- 1 teaspoon dried thyme or Italian seasoning
- Romaine lettuce, washed and chopped
- 2 tomatoes, chopped

Sauté bell peppers, mushrooms, and onion over medium heat. Add ground beef and cook ground beef until brown. Add the tomatoes and cook until the tomatoes are tender. Season to taste with sea salt and pepper. Let meat cool for few minutes then put on top of romaine lettuce along with the tomatoes. Serves 4.

Quick Homemade Beef Soup

- Leftover pot roast (or any cut of precooked meat)
- 6 cups beef broth
- 1 tablespoon olive oil or coconut oil
- 3 stalks celery, chopped
- 1 cup shredded carrots
- ¼ cup chopped onion
- 1 garlic clove, minced
- Fresh or dried parsley, as desired
- Sea salt and ground pepper
- Chopped kale, Swiss chard, or spinach

Sauté onion, garlic, and celery until tender in oil. Add beef, broth, and seasonings to pot. Slow cook for at least 30 minutes. Just before finished cooking, add kale, Swiss chard, or spinach. Serves 4.

Steak With Caramelized Onions and Squash

- 3 tablespoons olive oil or coconut oil (separated)
- 2 large red onions, sliced
- 2 tablespoons balsamic vinegar
- 1 teaspoon whole-leaf stevia powder
- 1 heaping tablespoon fresh thyme
- 4 filets mignon, about 6 ounces each
- 3 pounds diced butternut squash
- 2 garlic cloves, peeled and halved
- 2 tablespoons butter
- 1 pinch sea salt plus pepper

Put 2 tablespoons of oil and onions in a pan and cook over medium heat for 5 minutes until onions begin to soften. Reduce the heat, partially cover the pan, and allow to cook for 15 minutes until very soft. Add the balsamic vinegar, stevia, and thyme to the onions, then stir in 3 tablespoons of water and a pinch of salt. Cook uncovered for 2-3 minutes until sticky and caramelized. Set aside but keep warm. Cook the squash and garlic in boiling water for 10-15 minutes until tender. Drain, add butter, and mash until smooth. Salt and pepper to taste. Set aside but keep warm. Brush the steaks with the remaining oil and season. Heat the griddle pan until very hot, and cook the steaks for 2 minutes on each side or until cooked to your liking. To serve, divide the squash on four plates, and top with a steak and a large spoonful of onions. Serves 4.



Beef Pot Roast With Sauerkraut

- 4-pound beef rump roast, bottom round or brisket
- Sea salt and pepper
- 2 tablespoons coconut oil
- $\frac{3}{4}$ cup onions, chopped
- 1 teaspoon thyme leaves
- $\frac{1}{2}$ teaspoon oregano
- 2 pounds sauerkraut
- 2 bay leaves
- 2 cups boiling water
- 4 medium kohlrabi, peeled and quartered
- 2 cups chopped tomatoes
- 4 stalks celery, chopped
- 4 medium carrots, chopped

Season the meat with salt and pepper to taste. In slow cooker or large Dutch oven or heavy pot over medium-high heat, melt coconut oil. Brown the beef on both sides with the onions. Add thyme leaves. Cover beef with remaining ingredients and simmer several hours until very tender. Serves 6-8.

Spiced Moroccan Meatballs

- 1 pound grass-fed ground beef or turkey
 - $1\frac{1}{3}$ cups cooked quinoa, cooled
 - 1 cup packed fresh cilantro leaves, chopped
 - 2 teaspoons cumin
 - Sea salt and ground pepper
 - 1 egg using flaxseed or chia seed egg replacer (Page 94)
- Preheat oven to 400 F. In a large bowl, combine all ingredients thoroughly. Form into 20 balls of about $1\frac{1}{2}$ inches in diameter. Place on a baking sheet and bake in oven for 14-18 minutes or until no longer pink inside. Serve in marinara sauce or alongside salad. Serves 4.

Stir-Fry Beef and Veggies

- 5 tablespoons balsamic vinegar
- 1 tablespoon whole-leaf stevia powder
- 1 tablespoon coconut oil
- 1 tablespoon fresh ginger, minced
- 3 cloves garlic, minced
- 1 pound beef round steak, cut into thin strips
- 1 cup broccoli, chopped
- 1 red bell pepper, seeds removed, chopped
- $\frac{1}{2}$ cup mushrooms, chopped

In a large skillet, heat oil. Add all ingredients and cook for 8-10 minutes, until softened to desired tenderness. Serve over quinoa. Serves 2-4.

Skillet Quinoa and Beef

- 6 ounces flank steak, trimmed of all visible fat
- 1 cup quinoa
- 2 cups water
- 1 bay leaf
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 carrots, thinly sliced or shredded
- 12 ounces mushrooms, cleaned and sliced
- 1½ cups beef stock
- 1½ teaspoons dried thyme
- ½ teaspoon dried rosemary

Cut the flank steak lengthwise into 2-inch strips, then slice meat paper thin across the grain. In a 2-quart saucepan, combine quinoa, water, and bay leaf. Bring to a boil, lower heat, and simmer for about 15 minutes. In a large frying pan over medium heat, stir-fry the beef in the olive oil until cooked, about 3 minutes. Remove from the pan and keep warm. Add onions and garlic to the pan. Cook until onions are translucent, about 5 minutes. Add carrots and mushrooms and cook another 2 minutes.

Add the quinoa to the frying pan. Stir in beef stock, thyme, and rosemary. Cover and simmer for about 10 minutes. Add beef and warm through. Discard the bay leaf. Serves 4.

Spicy Beef With Orange Vinaigrette

Vinaigrette:

- ⅓ cup freshly squeezed orange juice
 - 1 tablespoon apple cider vinegar
 - 1 tablespoon olive oil
 - 1 tablespoon chives
 - 1 teaspoon Dijon mustard (no sugar added)
 - 1 teaspoon fresh ginger, peeled and minced
- Put all ingredients into a cup and whisk thoroughly. Set aside.

Beef:

- 1 teaspoon paprika
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- ½ teaspoon ground pepper
- 12 ounces beef tenderloin, trimmed of all visible fat
- 1 cup orange sections
- 1 bell pepper, seeds removed, chopped
- 1 head red lettuce

In a cup, combine paprika, oregano, thyme, and ground pepper. Rub the mixture into the beef on all sides. Heat large frying pan over medium-high heat. Add the beef and sear all sides until meat is cooked. Add bell pepper and lightly cook.

Remove from heat and add orange slices. Divide the lettuce among 4 serving plates. Place beef mixture over the lettuce and toss with the vinaigrette. Serves 4.





Herbed Carrot and Beet Salad

Vegetarian Main Dishes

Oriental Seaweed Salad

- 1 ounce arame seaweed
- 8 ounces radishes, thinly sliced into rounds
- 1 small cucumber, halved, seeded and cut into half moons
- 3½ ounces sugar snap peas, thinly sliced
- 1 scallion, shredded
- 2 teaspoons toasted sesame seeds

Dressing:

- 2 tablespoons olive oil
- 2 teaspoons sesame oil
- 4 teaspoons white wine vinegar
- 2 teaspoons tahini (ground sesame seeds)

Put the arame in a sieve and rinse under cold water. Put in a bowl and cover with more cold water. Leave to soak for 5 minutes. The arame should double in volume. Drain and put in a pan.

Cover the arame with cold water and bring to boil. Reduce the heat and simmer for 20 minutes until tender. Drain. Mix the dressing ingredients together. Combine arame, radishes, cucumber, and sugar snap peas in a serving bowl. Spoon the dressing over and sprinkle with the spring onion and sesame seeds. Serves 4.

Arugula Spinach Salad

- 3 cups fresh spinach
- 1½ cups fresh arugula
- ½ cup sun-dried tomatoes, chopped
- ¼ cup red bell pepper, chopped

Mix all ingredients together. Use balsamic vinaigrette dressing.

Warm Kale With Beets and Ginger

- 2 tablespoons olive oil or coconut oil
- 2 tablespoons fresh ginger, peeled and chopped
- 2 oranges, zested, cut into segments
- 10 cups kale, stemmed and chopped
- 2 garlic cloves, chopped
- 4 beets, steamed and sliced
- ¼ cup chopped pistachios or walnuts (optional)

Heat a large skillet over medium heat. Add oil, ginger, garlic, and orange zest. Cook, stirring often, until the mixture becomes fragrant and the orange zest begins to brown, about 1 minute. Add the kale, press it down, and cook for 2-3 minutes, stirring occasionally and continuing to press down until the kale wilts. Transfer to a large platter and top with the beets, orange segments, and pistachios. Serve immediately. Serves 4.



Turkish Quinoa Pilaf

- ⅔ cup quinoa, rinsed, any flavor
- 2 cups vegetable stock
- 2 tablespoons olive oil or coconut oil
- 1 large onion, chopped
- 1 red bell pepper, seeded and diced
- ¾ cup chickpeas, drained and rinsed
- 2 garlic cloves, finely chopped
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- Seeds from 3 cardamom pods, crushed
- 2 handfuls fresh cilantro, chopped
- 10 dried apricots, roughly chopped
- Handful fresh mint, chopped
- Sea salt and ground black pepper
- 2 teaspoons ground coriander
- Handful fresh mint, chopped

Put the quinoa in a pan and cover with the stock. Bring to boil, then cover and allow to simmer for 10-15 minutes until tender. Drain and set aside.

In another pan, add oil and onion and cook over medium heat for 5 minutes, stirring occasionally. Add garlic, red bell pepper, and chickpeas, and cook for another 3 minutes. Add cloves, turmeric, cumin, cardamom, cilantro, and apricots.

Continue to cook for 1 minute before adding the cooked quinoa. Stir until combined and heated through. Season with salt, pepper, coriander, and mint. Serves 4.

Sweet Potato and Spinach Curry With Quinoa

- 1 cup quinoa, rinsed in cold water
- 3½ cups vegetable broth, divided
- 2 teaspoons olive oil
- 1 large onion, thinly sliced
- 2 tablespoons mild curry powder
- ⅛ teaspoon cayenne pepper
- 2 pounds sweet potatoes, peeled and cut into 1-inch chunks
- 1½ cups coconut milk
- 8 cups (packed) fresh spinach
- 1 tablespoon freshly squeezed lime juice
- Sea salt and pepper

In a medium saucepan, combine quinoa and 2 cups of the broth. Bring to a boil over medium-high heat. Reduce heat to low, cover, and simmer for 12-15 minutes or until liquid is absorbed. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork.

Meanwhile, in a large saucepan, heat oil over medium-high heat. Add onion and cook, stirring, for 6-8 minutes or until softened. Add curry powder and cayenne; cook, stirring for 30 seconds.

Stir in sweet potatoes and the remaining broth. Bring to a boil. Reduce heat and boil for 12 minutes. Add coconut milk, reduce heat, and simmer. Cook an additional 3-7 minutes until sweet potatoes are tender. Stir in spinach and lime juice; simmer for 1-2 minutes or until spinach is wilted. Season to taste. Serve over quinoa. Serves 6.

Quinoa-Stuffed Peppers

- 6 red or green bell peppers
- 1 teaspoon olive oil
- 1 pound cremini or button mushrooms, chopped
- 1 cup (packed) fresh parsley, chopped
- 2 teaspoons oregano
- 2½ cups hot, cooked quinoa
- 1 cup fire-roasted diced tomatoes
- Sea salt and pepper

Cut tops off bell peppers and set aside. Pull out and discard seeds and membranes. In a large skillet, heat oil over medium-high heat. Add mushrooms and cook, stirring for 4-5 minutes or until tender. Add parsley and oregano and cook, stirring for 1 minute. Add quinoa and tomatoes and cook, stirring for 3 minutes. Season to taste with salt and pepper.

Spoon about $\frac{3}{4}$ cup quinoa mixture into each bell pepper. Place stuffed peppers in a baking dish, tucking the tops beside each pepper.

Bake in preheated oven at 350 F for 25-30 minutes or until peppers are soft. Serve, placing pepper tops on stuffed peppers. Serves 6.

Mushroom Salad

- 2 pounds medium-sized mushrooms
- 4 teaspoons chopped parsley
- ½ teaspoon sea salt
- ¼ teaspoon ground pepper
- 1 teaspoon dried oregano
- ½ teaspoon dried basil
- 4 tablespoons grated onion with its juice
- 3 cloves garlic, chopped
- $\frac{2}{3}$ cup olives, chopped
- 2 teaspoons whole-leaf stevia powder
- ½ cup olive oil
- ½ cup apple cider vinegar
- 2 cups black pitted olives, drained
- 2 cups cherry tomatoes

Wash and dry mushrooms. Trim stem ends. Boil 4 cups of water in a large saucepan. Put in mushrooms and simmer for about 5 minutes. Drain and arrange in a large shallow baking dish. Combine remaining ingredients except for olives and tomatoes. Add to the mushrooms, cover, and refrigerate for at least 12 hours, stirring occasionally. Before serving, stir in olives and tomatoes. Serves 4-6.



Lemon Pepper Asparagus

- 3 pounds fresh asparagus, washed and chopped, tough ends discarded
- 2 tablespoons coconut oil
- 2 cloves garlic, chopped
- ¼ cup freshly squeezed lemon juice
- Zest from lemon
- Salt and pepper

In a large skillet over high heat, stir-fry asparagus and garlic in coconut oil until crisp tender. Reduce heat to medium. Add lemon juice, zest, salt, and pepper. Cover and let steam for 2-3 minutes. You may steam up to 10 minutes to yield a soft, delicate flavor. Serve immediately. Serves 4.



Faux-Tatoes

- 1 medium head fresh cauliflower (about 1½ pounds)
- ½ cup butter
- 1 clove garlic, minced
- Pinch dried thyme
- 1 teaspoon sea salt
- Pepper

Steam cauliflower in steamer basket or small amount of water in saucepan until tender. Drain.

In food processor or blender, blend cauliflower, butter, garlic, thyme, sea salt, and pepper to taste until smooth. Serve immediately. Serves 4.

Quick Sauerkraut

- 1 head green cabbage, outer leaves removed, thinly sliced
- ½ cup distilled white vinegar
- 1 tablespoon sea salt
- 1¼ cups water

In a medium saucepan, combine all ingredients. Cover and cook over medium heat until cabbage is tender, about 30 minutes. Add more water if necessary. Store in the refrigerator up to 2 weeks. Makes 6 cups.

Quinoa and Greens

- 1 cup quinoa, rinsed under cold water
- 1 tablespoon olive oil or coconut oil
- 10 cups (packed) kale, stemmed and chopped
- 3 cloves garlic, chopped
- ½ teaspoon red chili flakes
- 2 cups vegetable broth
- Zest and juice of 1 lemon
- ½ teaspoon nutmeg
- Sea salt

Cook the quinoa according to the package directions. Set aside.

Heat a large skillet over high heat and add the oil. Add the kale, garlic, and red chili flakes and cook for 3-4 minutes, until the kale wilts. Add broth and cook for another minute. Add the quinoa and cook for another minute, stirring once or twice until the quinoa is well mixed in. Simmer until ⅓ of the liquid is evaporated. Stir in lemon, nutmeg, and salt to taste. Serve immediately. Serves 4.

Herbed Carrot and Beet Salad

- 8 carrots, peeled and shredded
- 3 beets, peeled and shredded
- 2 cloves garlic, minced
- ⅓ cup fresh cilantro, chopped
- ⅓ cup white wine vinegar

In a bowl, combine the carrots, beets, garlic, and cilantro. Add the rice vinegar and toss to mix thoroughly. Cover and refrigerate for at least 1 hour to allow the flavors to marinate thoroughly. Serves 4.

Moroccan 7-Vegetable Dish With Quinoa

- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- Pinch saffron threads
- ½ teaspoon ground cinnamon
- 2 garlic cloves, crushed
- 1 tablespoon grated fresh root ginger
- 1 onion, sliced thinly
- Zest and juice of 1 lemon
- 2 carrots, diced
- 3-4 ounces sweet potato, cubed
- 2½ cups boiling water
- 1 pound peeled and diced butternut squash
- 1 cup dried apricots
- 1 eggplant, diced
- 1 teaspoon olive oil
- 2 zucchinis, sliced thickly
- 2 tomatoes, quartered
- Sea salt and pepper
- 1½ cups cooked quinoa

Put the dried spices in a large pan and mix with the garlic, ginger, onion, and the juice and zest of lemon. Add carrots, sweet potatoes, and boiling water. Stir well and bring to a simmer. Cover and cook for 5 minutes. Add butternut squash and apricots, cover, and cook another 10 minutes. Add the zucchini and tomatoes, cover, and cook for another 5 minutes.

Toss the eggplant with the olive oil. Spread on a baking sheet and roast at 400 F for 15 minutes or until softened and golden-brown. Mix the roasted eggplant with the cooked vegetables.

Cook quinoa according to directions and serve alongside vegetables. Serves 4.



Oven-Roasted Okra

- 1 pound whole okra, washed (less than 3 inches is best)
- ¼ cup olive oil
- 2 tablespoons cumin
- Sea salt and ground pepper
- ¼ teaspoon cayenne pepper

Preheat oven to 400 F. Toss okra in olive oil to coat and place onto a baking sheet. Combine all dry spices and sprinkle over okra, mixing well. Bake for 5-7 minutes, then turn onto other side. Bake for another 3-5 minutes or until pods are softened.

Okra Stew

- 1¼ pounds fresh okra, washed (less than 3 inches is best)
- 1 teaspoon ground pepper
- ½ teaspoon cumin
- ¼ teaspoon sea salt
- ½ teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 tablespoon olive oil
- 2 cloves garlic, peeled, minced
- ½ red bell pepper, seeds removed, chopped
- 1 large onion, chopped
- 1½ pounds fresh tomatoes
- 1 cup vegetable or chicken stock
- 1-2 chicken breasts, cooked, chopped (optional)

Trim stems off the okra and cut crosswise into halves. In a small bowl, combine pepper, cumin, sea salt, oregano, and thyme, and mix well. Over medium heat, sauté garlic, red peppers, and onion in olive oil until softened, about 5 minutes. Add the okra, tomatoes, broth, spices, and optional chicken. Stir. Keep on medium heat for 20-25 minutes or until okra is tender. Serve immediately. Serves 2-4.



Spinach, Quinoa, and Broccoli Bisque

- 1 tablespoon olive oil
- 1½ onion, chopped
- 2 cloves garlic, peeled, minced
- 2½ teaspoons dried basil
- Sea salt and ground pepper
- 1½ pounds broccoli, coarsely chopped
- ½ cup cooked quinoa
- 6 cups vegetable or chicken broth
- 6 cups packed fresh spinach

In a large pot, heat oil over medium heat. Add onions and cook for 5-6 minutes until softened. Add garlic, basil, sea salt, and pepper. Cook for an additional 30 seconds. Stir in broccoli, quinoa, and broth. Bring to a boil. Reduce heat and simmer, stirring occasionally, for 15 minutes. Stir in spinach and simmer for 3-4 minutes or until broccoli is tender. Working in batches, transfer soup to a food processor and purée until smooth. Return to pot and warm to desired temperature. Serve immediately. Serves 6.

Swiss Chard, Sweet Potato, and Quinoa Soup

- 2 teaspoons olive oil
- 2 cups onion, chopped
- 2 pounds sweet potatoes, peeled, chopped into cubes
- ¾ cup quinoa, rinsed
- 5 cups vegetable or chicken broth
- 6 cups packed Swiss chard, tough stems removed, chopped
- 2 tablespoons freshly squeezed lemon juice
- Sea salt and ground pepper
- ½ cup basil pesto

In a large pot, heat olive oil over medium heat. Add onions and cook for 5-6 minutes, until softened. Stir in sweet potatoes, quinoa, and broth and bring to a boil. Reduce heat to low and add cover but leave it ajar, for 20-25 minutes until sweet potatoes are very tender but not falling apart. Stir in Swiss chard, cover, and simmer for 5 minutes until greens are wilted. Stir in lemon juice and season to taste. Serve in bowl topped with a dollop of pesto. Serves 6.

Lemony Brussels Sprouts Quinoa Salad

- 1 pound Brussels sprouts, trimmed, outer leaves removed
- Ice water
- 1 teaspoon lemon zest
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 1 tablespoon whole-leaf stevia powder
- 1 tablespoon Dijon mustard
- 2 cups cooked quinoa
- Sea salt and ground pepper

Place Brussels sprouts in a steamer basket set over a large saucepan of boiling water. Cover and steam for 5-6 minutes or until tender-crisp but still bright green. Transfer to a large bowl of ice water to stop the cooking. Drain and pat dry with towel. Using a very sharp knife or a mandolin, thinly slice Brussels sprouts lengthwise. In a small bowl, whisk together lemon zest, lemon juice, olive oil, stevia, and mustard. In a large bowl, combine Brussels sprouts and quinoa. Add dressing gently to coat. Season to taste. Cover and refrigerate for 30 minutes until chilled. Serves 3-4.



Quinoa Tabbouleh

- 4 cups cooked quinoa
 - 1 large cucumber, peeled, seeds removed, diced
 - 2 cups fresh tomatoes, chopped
 - 1 cup packed fresh parsley, chopped
 - $\frac{3}{4}$ cup packed fresh mint leaves, chopped
 - $\frac{3}{4}$ cup onion, chopped
 - 2 teaspoons cumin
 - $\frac{1}{4}$ cup fresh lemon juice
 - 3 tablespoons olive oil
 - Sea salt and ground pepper
- In a large bowl, combine all ingredients. Cover and chill for 30 minutes. Serves 4-6.

Avocado Chimichurri on Cucumber Slices

- 2 tablespoons fresh lemon juice
 - 2 tablespoons red wine vinegar
 - 3 cloves garlic, minced
 - $\frac{1}{2}$ teaspoon sea salt
 - $\frac{1}{2}$ teaspoon dried oregano
 - $\frac{1}{4}$ teaspoon ground pepper
 - $\frac{1}{4}$ cup olive oil
 - $\frac{1}{4}$ cup freshly chopped, packed cilantro
 - $\frac{1}{4}$ cup freshly chopped, packed parsley
 - 2 avocados, peeled, pitted, and cubed
 - Fresh cucumber slices
- Combine lemon juice, vinegar, garlic, sea salt, oregano, and pepper in a small bowl. Whisk in olive oil, then stir in cilantro and parsley. Gently fold in avocado cubes. Spoon onto cucumber slices and enjoy. Can also be put on a bed of spinach or fresh lettuce as a nice salad. Serves 2.

Asian Slaw With Warm Ginger Lime Dressing

- 6 cups thinly sliced cabbage, any variety
 - 2 medium carrots, peeled and cut into very thin matchsticks
 - 1 apple, peeled, cored, and cut into thin matchsticks
 - $\frac{1}{2}$ teaspoon sea salt
 - 3 tablespoons apple cider vinegar
 - 2 tablespoons plus 1 teaspoon fresh lime juice
 - 1 tablespoon whole-leaf stevia powder
 - 2 tablespoons olive oil
 - 1 large red onion, peeled, sliced thinly
 - Sea salt
 - 1 tablespoon plus 2 teaspoons fresh ginger, minced
 - $\frac{1}{2}$ cup fresh cilantro, stems removed, packed
- Combine cabbage, carrots, and apple in a large bowl. Sprinkle with salt to taste. Whisk together vinegar, lime juice, 2 tablespoons water, and stevia in a small bowl. In a skillet, heat oil over medium heat. Add onion and salt and cook 6-8 minutes until onion is browned. Add vinegar mixture and ginger, then cook for another 30 seconds. Remove from heat. Add onion mixture to cabbage mixture. Toss until well combined and cabbage begins to wilt. Add half of the cilantro leaves and toss to combine. Let this stand for about 5 minutes, then serve, garnished with remaining cilantro. Serves 6.

Raw Kale Salad With Root Vegetables

- 2 (12-ounce) bunches kale, stems removed, leaves cut into thin strips
- 2 tablespoons olive oil or nut oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon sea salt
- 1 cup raw pecans, whole (optional, not while on purification)
- 1 medium turnip, peeled, grated
- 1 medium beet (red or golden), peeled, grated
- ½ medium rutabaga, peeled, grated
- 1 medium carrot, grated
- 2 green onions cut thin on diagonal

Dressing:

- 2 tablespoons fresh lemon juice
- 1 tablespoon fresh lemon zest
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon whole-leaf stevia powder

Place kale in a large bowl and pour olive oil, vinegar, and sea salt over top. Gently massage mixture into kale about 2-3 minutes by hand or until kale starts to wilt. Let rest 30 minutes. Stir turnip, rutabaga, beet, carrot, and green onions into kale mixture.

Prepare dressing by whisking together all dressing ingredients. Season with salt and pepper if desired. Toss dressing into kale salad thoroughly. Garnish with pecans if desired. Serves 6.

Spicy Sun-Dried Tomato Soup With Swiss Chard

- 2 tablespoons olive oil
- 3 cloves garlic, minced
- ½ teaspoon red pepper flakes
- 1 medium onion, chopped
- 2 medium carrots, sliced
- 2 stalks celery, chopped
- 1 small zucchini, sliced
- 1 pound fresh portabello mushrooms, rinsed, chopped
- ½ teaspoon fresh rosemary, chopped
- 2 cups vegetable broth
- 2 pounds fresh tomatoes, diced
- ½ cup sun-dried tomatoes, chopped (reserve oil)
- ½ bunch Swiss chard, chopped
- ½ teaspoon fresh thyme, chopped
- 1 cup fresh basil, chopped
- Sea salt and pepper

Heat oil in large saucepan over medium heat. Add garlic and red pepper flakes, and cook for 1 minute until garlic is fragrant. Stir in onion carrots, celery, zucchini, mushrooms, and rosemary. Cook for 10-15 minutes until onions are soft. Add broth and tomatoes and stir. Take 1 cup of the mixture and put into a blender along with sun-dried tomatoes and the reserved oil. Purée until smooth, then add back into the soup. Season to taste with sea salt and pepper. Simmer 10 minutes. Add Swiss chard and thyme. Simmer for about 5 minutes until chard is wilted. Remove from heat and stir in basil. Serves 8.





Herbed Chicken and Pomegranate Salad

Poultry Main Dishes

Herbed Chicken and Pomegranate Salad

- 3 cups cooked quinoa, cooled
- 2 cups shredded chicken
- 1 cup pomegranate seeds (or dried cranberry)
- 2 teaspoons lime zest
- 2 tablespoons fresh lime juice
- 2 tablespoons olive oil
- Sea salt and ground pepper
- ¼ cup packed fresh mint leaves, chopped
- ¼ cup packed fresh cilantro leaves, chopped

In a large bowl, combine quinoa, chicken, and pomegranate seeds. In a small bowl, whisk together lime zest, lime juice, and olive oil. Add to quinoa mixture and gently mix to coat. Season to taste, then cover and refrigerate for at least 30 minutes or until chilled. Just before serving, add mint and cilantro, gently mixing to combine. Serves 4.

Chicken Coconut Curry

- 2 pounds chicken breast
- 1 cup coconut milk
- 2 cups broccoli, chopped
- 1 cup mushrooms, washed, chopped
- 1 onion, skin removed, chopped
- 1 tablespoon curry powder
- 1 clove garlic, chopped
- 1 teaspoon fresh ginger, skin removed, minced

In a large skillet, add coconut milk, chicken, broccoli, mushrooms, and onion. Cook on medium high for 15 minutes. Add in curry powder, garlic, and ginger. Turn heat down to medium-low and cook for another 15 minutes. Serve immediately. Serves 4.

Roasted Chicken and Kale

- 1 (3½-pound) free-range, organic roasting chicken
- 1 teaspoon sea salt, divided
- 3 lemons cut into wedges
- 1 sprig fresh rosemary
- 1 tablespoon butter, softened
- ¼ teaspoon black pepper
- 1 tablespoon fresh thyme leaves
- ½ cup water
- 10 cups (packed) kale, stemmed and chopped
- 1 tablespoon olive oil
- ½ teaspoon sea salt

Preheat oven to 400 F.

Roasting chicken: Season the inside cavity with ½ teaspoon sea salt, half of the lemon wedges, and the rosemary sprig. Place in roasting pan. Rub the chicken with the butter, and squeeze the remaining lemon wedges over the surface of the chicken. Sprinkle with black pepper and thyme leaves. Add water to the bottom of the roasting pan. Roast the chicken uncovered for 1½-2 hours, until the meat reaches an internal temperature of 170 F and the meat surrounding the thigh joint is no longer pink. Remove the chicken from the oven, and wait 5 minutes before carving.

While the chicken is resting, prepare the kale. Place the kale in a large bowl along with the olive oil and toss well. Spread the kale out on an ungreased baking sheet and sprinkle with ½ teaspoon sea salt. Transfer to the oven and bake for 10 minutes or until the kale begins to brown around the edges and is cooked through. Serves 4.



Turkey Chili

- 1 tablespoon olive oil or coconut oil
- 1½ pounds ground turkey
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 medium red bell pepper, seeds removed, chopped
- 1 (16-ounce) can canned pumpkin purée
- 1 (28-ounce) can diced tomatoes
- 3 tablespoons apple cider vinegar
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika
- ½ teaspoon ground cinnamon

Heat the oil in a large skillet over medium-high heat. Add turkey and cook thoroughly. Transfer to a large soup pan and add remaining ingredients. Stir thoroughly and bring to a boil. Lower heat and allow to simmer for about 1 hour. Serve hot. Serves 4-6.

Turkey, Apple, and Quinoa Salad

- 3 cups cooked quinoa, cooled
- 1½ cups diced turkey
- 1 large apple, peeled, diced (Granny Smith is best.)
- 1 cup celery, thinly sliced
- ½ cup packed celery leaves, chopped
- 3 tablespoons olive oil
- 2 tablespoons white wine vinegar
- 1½ tablespoons Dijon mustard (unsweetened)
- Sea salt and ground pepper

In a large bowl, combine quinoa, turkey, apple, celery, and celery leaves. In a small bowl, whisk together olive oil, vinegar, and mustard. Add to quinoa mixture and gently mix to coat. Season to taste. Refrigerate for 30 minutes until chilled. Serves 4.

Dijon Roasted Turkey

- 2 tablespoons Dijon mustard
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon fresh rosemary leaves, chopped
- 1 teaspoon dried thyme
- Sea salt and ground pepper
- 3 pounds turkey breast

Preheat oven to 375 F. In a small bowl, whisk together mustard, garlic, oil, rosemary, thyme, and sea salt and pepper to taste. Rub this over the turkey breast thoroughly. Place breast into a roasting pan and bake for about 2 hours or until meat thermometer reads 165-170 F. Serves 4.

Chicken Piccata Purification Style

- 4 boneless, skinless chicken breasts
- 2 tablespoons coconut oil
- Sea salt and ground pepper
- 3 tablespoons olive oil
- 6 cloves garlic, minced
- 3 green onions, chopped
- ¾ cup chicken broth
- Juice from 1 lemon
- 3 tablespoons capers

Cut the chicken breast in half lengthwise. With the flat side of a meat mallet, gently pound the chicken breast down to approximately ¼-inch thickness. Season the chicken with sea salt and pepper to taste. In a large sauté pan, heat the coconut oil over medium-high heat. Place the chicken into the hot skillet and cook on both sides for 3-5 minutes, until the chicken is no longer pink in the middle but is still tender. Remove the chicken from the pan. Add olive oil, garlic, and onions to pan. Sauté for 2 minutes, scraping any of the chicken drippings off the bottom of the pan. Whisk in the chicken broth, lemon juice, and capers and allow mixture to simmer for 3-5 minutes. Pour the sauce over the chicken and serve immediately. Serves 4.

Chicken Breast Stuffed With Asparagus and Spinach

- 16 asparagus stalks, tough ends removed
- 2 cups fresh spinach
- 2 cloves garlic, minced
- 1 teaspoon coconut oil
- 4 boneless, skinless chicken breasts
- 4 tablespoons coconut oil
- Sea salt and pepper

Preheat oven to 350 F. Blanch the asparagus for 1 minute in boiling water, remove and set aside. In a medium sauté pan, over medium-high heat, melt coconut oil. Add garlic and sauté for 2-3 minutes. Add spinach and cook until slightly wilted, about 1 minute. Set aside. Cut the chicken breast in half lengthwise. With the flat side of a meat mallet, gently pound the chicken breast down to approximately ¼-inch thickness. Season the chicken with sea salt and pepper to taste. Open each breast and inside place 1 tablespoon of coconut oil, 4 spears of asparagus, and ¼ of the spinach/garlic mixture. Pull the two sides of the chicken breast together to enclose your stuffing, and then secure with a toothpick. Do this for each chicken breast. Place the breasts in a 9-by-13 baking dish. Bake for 20 minutes or until chicken is cooked all the way through and the juices run clear. Serves 4.

Slow Cooker Chicken

- 2-pound whole chicken
- 1 small onion cut into rings
- 1 cup mushrooms, washed, chopped
- 3 large celery stalks, washed, chopped
- 3 cloves garlic, chopped
- 1 teaspoon dried basil
- Sea salt and pepper
- 2 tablespoons coconut flour
- 2 tablespoons butter
- ½ cup coconut milk

In slow cooker, place chicken, onion, celery, garlic, mushrooms, basil, salt, and pepper. Cook on low for 5-6 hours. Remove chicken from slow cooker, transfer to colander and set in large bowl. Let cool slightly, then remove chicken from bones. Discard the bones. Take liquid from slow cooker and put in medium saucepan. Add 2 tablespoons coconut flour and bring to a boil. Cook until mixture thickens slightly. Reduce heat and add coconut milk, chicken, and butter. Simmer for 10 minutes. Serve with any combination of fresh vegetables. Serves 4.

Chicken Stir-Fry

- 3 tablespoons coconut oil, divided
- 3 cups broccoli, chopped
- 1 cup mushrooms, washed, chopped
- 3 celery stalks, chopped
- 1 cup snap peas
- ½ cup water chestnuts
- 3 scallions, chopped
- 2 teaspoons sesame oil

For the marinade:

- 3 tablespoons balsamic vinegar
 - ¼ cup coconut milk
 - Salt and pepper
 - 3 cloves garlic, chopped
 - 2 tablespoons fresh ginger, skin removed, minced
 - 1 tablespoon olive oil
 - 2 pounds chicken, cut into strips
- Marinate the chicken for 15-30 minutes. Heat large skillet with 1 tablespoon of coconut oil. Cook the broccoli over medium heat for 3-4 minutes, then remove from pan and set aside. Add remaining coconut oil and stir-fry the mushrooms, celery, and snap peas for 2-3 minutes. Remove and set aside. Remove chicken from marinade and add to the skillet along with sesame oil. Cook the chicken over medium heat until completely white, about 5-7 minutes. Add remaining vegetables, chestnuts, scallions, and mix well. Season with salt and pepper to taste. Serve immediately. Serves 4.





Dressings and Sauces

Caesar Salad Dressing

- 1 egg using flaxseed or chia seed egg replacer (Page 94)
- 1 capful anchovy paste
- 1 tablespoon Dijon mustard (no sugar)
- Olive oil to desired consistency
- 1 clove garlic, minced
- Sea salt and pepper

In mixer bowl, beat egg until fluffy. Add anchovy paste and mix. Add mustard, olive oil, garlic, salt, and pepper to taste. Beat at low speed until desired consistency is reached. Store in refrigerator. Makes 1 cup.

Greek Dressing

- 4 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons water
- 1 tablespoon fresh onion
- 1 teaspoon sea salt
- ½ teaspoon Dijon mustard (no sugar)
- 3 large basil leaves

Blend all ingredients until smooth. Keeps about 3 days in an airtight container in the refrigerator. Makes ½ cup.

Italian Vinaigrette Dressing

- ¼ cup red wine vinegar
- 1 teaspoon grated onion
- 2 cloves garlic, chopped
- 1 teaspoon Dijon mustard (no sugar)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ¾ cup olive oil
- Sea salt and pepper

Combine the vinegar, garlic, mustard, basil, and oregano in a small bowl. Add the olive oil in a slow, steady stream while whisking constantly, until all the oil is mixed thoroughly. Season with sea salt and pepper to taste. Keeps in an airtight container in the refrigerator for 1 week. Makes 1 cup.

Balsamic Vinaigrette Dressing

- 1 teaspoon Dijon mustard
- 2 tablespoons plus 1 teaspoon balsamic vinegar
- ½ cup olive oil

Whisk ingredients together thoroughly. Makes ½ cup.





Baba Ganoush (Eggplant Dip)

- 2 eggplant globes (about 2 pounds)
- 3 tablespoons olive oil
- 2 tablespoons tahini (sesame seed paste)
- 1 clove garlic, minced
- ½ teaspoon ground cumin
- 2½ tablespoons fresh lemon juice
- ¾ teaspoon sea salt
- Cayenne pepper
- 1 tablespoon fresh cilantro, chopped

Preheat the oven to 375 F. Cut the eggplant in half lengthwise and brush with olive oil. Place on a baking sheet, cut side down, and roast until very tender, about 35 minutes. Place the eggplant in a colander to drain and cool for 15 minutes, then scoop the flesh out of the skin. Combine the eggplant with all the remaining ingredients except the cilantro. Pulse in a food processor until the eggplant is smooth but retains some of its texture.

Allow the baba ganoush to sit for 1 hour at room temperature, then season it to taste with additional lemon juice, salt, and cayenne. Toss in cilantro and serve with raw vegetables. Serves 2-4.

Sesame Milk

- 2 cups water
 - ¾ cup sesame seeds (best if toasted to improve flavor)
- Place in blender and blend for 2 minutes or until desired consistency is reached. Store in refrigerator. Shake well before using. Makes 2 cups.

Coconut Milk

- 2 cups water
 - 1 cup shredded coconut, unsweetened
- Place in blender and blend for 3 minutes or until desired consistency is reached. Store in refrigerator. Makes 2 cups.

Avocado Mango Salsa

- 2 avocados, peeled, pit removed
 - 1 cup mango chunks
 - ¼ cup onion, peeled, chopped
 - ¼ cup fresh cilantro, stems removed
 - ½ medium orange, peeled
 - 1 teaspoon sea salt
- Place all ingredients into blender and blend for 10-20 seconds or until desired consistency. Serve chilled. Serves 4.

Thai Eye Opener

- ¼ cup coconut milk
 - ¼ cup pineapple chunks
 - 2 carrots, halved
 - 1 medium apple, quartered
 - ¼ teaspoon fresh ginger
 - 2 heaping scoops SP Complete
 - 1-2 scoops Whey Pro Complete
 - 1 cup ice cubes
- Place all ingredients into blender and secure lid firmly. Blend for 1 minute or until desired consistency is reached. Serves 1.

Lime Cilantro Marinade

- ¼ cup olive oil
- 3 small limes, peeled and halved
- ½ cup fresh cilantro leaves
- ½ teaspoon sea salt
- 1 clove garlic
- ¼ teaspoon ground pepper
- ¼ teaspoon dried oregano

Place all ingredients into blender and secure lid firmly. Blend for about 1 minute until thoroughly mixed. This marinade is great for vegetables or fajitas. Makes ⅓ cup.

Tahini Marinade

- ½ cup chicken broth
- 1 tablespoon fresh lemon juice
- 2 teaspoons diced onion
- 2 teaspoons raw sesame seeds
- ½ teaspoon cumin
- ¼ teaspoon black pepper
- ½ teaspoon sea salt
- ½ clove garlic

Place all ingredients into blender and secure lid firmly. Blend for 1 minute. This marinade is excellent for lamb or chicken. Makes ¾ cup.

Lemon Garlic Dressing

- 1 lemon, peeled, halved, seeds removed
- ½ teaspoon hot sauce
- 2 cloves garlic, peeled
- ½ teaspoon paprika
- ¼ teaspoon cumin
- 1 teaspoon sea salt
- ⅓ cup olive oil

Place all ingredients except olive oil into blender. Secure lid firmly. Blend for 1 minute. Remove lid; while machine is still running, slowly pour olive oil into mixture. Serve immediately. Makes 1 cup.

Zesty Salad Dressing

- ¼ cup olive oil
- ½ cup apple cider vinegar
- 2 tomatoes, quartered
- 1 tablespoon whole-leaf stevia powder
- 1½ teaspoons sea salt
- 1 teaspoon tomato paste
- ¼ teaspoon paprika
- 1 clove garlic, peeled

Place all ingredients into blender and secure lid firmly. Blend for about 1 minute until smooth. Makes 1 cup.



Ginger Citrus Marinade or Dip Sauce

- ¼ cup white wine vinegar
- 2 teaspoons whole-leaf stevia powder
- 1 medium orange, peeled, halved
- 1 lemon, peeled halved, seeds removed
- 1 lime, peeled, halved
- 1 tablespoon chopped green onion
- 1 tablespoon fresh ginger
- ¾ cup olive oil
- 2 teaspoons sesame oil
- ¼ cup fresh parsley
- ¼ cup fresh cilantro leaves

Place first 7 ingredients into blender and secure lid firmly. Blend for 30 seconds. Remove lid. While machine continues to run, slowly add oils in a thin stream. Reduce speed and add parsley and cilantro. Blend for another 15 seconds. Makes 1 cup.

Balsamic Mustard Sauce

- 1 tablespoon olive oil
- Sea salt and pepper
- ½ cup balsamic vinegar
- ¼ cup Dijon mustard (no sugar)

Heat oil in a large skillet over medium heat. Add vinegar to skillet and boil until syrupy—about 1-2 minutes. Remove from heat. Whisk in mustard and any accumulated juices from meat you have prepared. Serves about 4. Makes ½ cup.

Simple Homemade Tomato Sauce

- 2 tablespoons olive oil
- Ground pepper
- ½ cup onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- 1 pound fresh tomatoes, chopped
- Sea salt and herbs of your choice

Place olive oil, pepper to taste, onion, oregano, garlic, and basil in a medium saucepan over medium heat. Cook for 5 minutes or until fragrant. Add chopped tomatoes and bring to a boil. Reduce heat and let simmer for 10 minutes. Season with salt and any additional herbs of your choice. Serves 4.

Taco Seasoning Mix

- 2 tablespoons chili powder
- ½ teaspoon sea salt
- 2 teaspoons cumin
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 2 teaspoons dried oregano
- ½ teaspoon cayenne pepper

Combine all ingredients into a sealed plastic bag and shake until mixed thoroughly. Add to 1 pound of ground beef or ground turkey along with ½-¾ cup of water. Cook to desired consistency.

Tomato Basil Dressing

- 1 medium tomato, chopped
- 2-4 tablespoons apple cider vinegar
- ½ cup olive oil
- ¼ cup fresh basil leaves
- 1 clove garlic, chopped
- Sea salt and pepper

Blend all ingredients in a food processor thoroughly. This dressing keeps in an airtight container in the refrigerator for 3 days. Makes 1 cup.

Mixed-Fruit Spread

- ½ cup dried prunes, roughly chopped
- ½ cup dried apricots, roughly chopped
- 1 teaspoon vanilla extract

Put the prunes, apricots, and vanilla in a pan and pour over 1¾ cups water. Bring to a boil. Turn down heat, cover, and simmer for 40 minutes or until the fruit is very tender. Transfer fruit to a blender and process with 5 tablespoons water to make a thick, spreadable paste. Set aside to cool. Store in an airtight container in the refrigerator. Makes 1 cup.

Curry Vinaigrette

- 2 tablespoons vinegar
- 1 teaspoon Dijon mustard (no sugar added)
- 1 teaspoon coarse mustard
- 1 teaspoon curry powder
- 2 cloves garlic, minced
- 1 teaspoon rinsed capers
- ¼ teaspoon ground pepper

In a small bowl, whisk together all ingredients. Serve over salad. Makes 1 serving.

Lemon Dill Dressing

- 3 tablespoons lemon juice
- 1 teaspoon Dijon mustard (no sugar)
- ½ teaspoon dill weed
- ¼ teaspoon hot pepper sauce

In a small bowl, whisk together all ingredients thoroughly. Makes 1 serving.

Caesar Dressing With Roasted Garlic

- 1 whole bulb garlic
- ¼ cup white wine vinegar
- ¼ teaspoon ground pepper
- 4 anchovies, mashed
- ¾ cup olive oil

Preheat oven to 375 F. Cut off the top of the garlic bulb, and wrap the bulb in foil. Bake for 45 minutes, or until fragrant and soft when pressed. Cool the garlic enough to handle, then squeeze the garlic cloves out of their peels and mash them. In a blender or food processor, blend together garlic, vinegar, pepper, and anchovies. Gradually add the oil. Store in the refrigerator in a sealed container. Bring to room temperature before using and whisk gently before serving. Makes 1 cup.

Flax or Chia Seed Egg Replacer

- 1 tablespoon chia seeds or flaxseed
- 3 tablespoons cold water

Grind 1 tablespoon of either seed in a clean coffee grinder. In a small bowl, mix the seeds with water. Soak for 10-15 minutes until gel-like. When the mixture gels, use it right away to get the best flavor. Replaces 1 egg. Makes ¼ cup.





Breakfast

Gluten-Free Blueberry Muffins

- 3 eggs using flaxseed or chia seed egg replacer (Page 94)
- 2 tablespoons butter, melted
- ¼ cup coconut milk
- ¼ teaspoon whole-leaf stevia powder
- ¼ teaspoon sea salt
- ¼ teaspoon vanilla
- ¼ cup coconut flour
- ¼ teaspoon baking powder
- ½ cup fresh blueberries
- Olive oil

Preheat oven to 350 F. Blend together eggs, butter, coconut milk, stevia, salt, and vanilla. Combine coconut flour with baking powder and thoroughly mix into batter until there are no lumps. Gently fold in blueberries. Pour into baking cup liners lightly sprayed with olive oil. Bake for about 25-30 minutes until toothpick inserted in the center comes out clean. Makes 8 muffins.

Grain-Free Blueberry Pancakes

- 2 scoops Whey Pro Complete
- 2 tablespoons flaxseed meal
- 6 tablespoons coconut flour
- ¼ teaspoon baking powder
- ½ teaspoon sea salt
- ½ teaspoon whole-leaf stevia powder
- 4 eggs using flaxseed or chia seed egg replacer (Page 94)
- 1 cup hemp or coconut milk
- 4 tablespoons butter
- ½ teaspoon vanilla
- 1 cup blueberries
- Cinnamon to taste
- Coconut oil

Mix together all ingredients except coconut oil. Preheat pan over medium heat. Melt a small amount of coconut oil just to lightly grease pan. Use a small ladle and drop pancake batter on pan. Drop blueberries throughout. Once side is lightly browned, flip and brown other side. Serve immediately. Makes 6-8 pancakes.



Chapter 6: Pre- and Post-Purification Pantry List

This list includes suggested foods that can be part of a healthy diet in preparation for and following purification. See Page 23 for foods allowed during purification.

Flours

- Almond
- Arrowroot
- Brown rice
- Coconut
- Quinoa

Dairy-Free Milks

- Almond milk, unsweetened
- Coconut milk, unsweetened
- Hemp milk, unsweetened
- Rice milk, unsweetened

Fluids

- Coffee, organic, avoid decaffeinated
- Teas, any variety
- Water, regular or carbonated

Sugars and Sweeteners

- Bananas
- Dates
- Honey, minimally processed
- Whole-leaf stevia, powder or liquid

Nuts and Seeds

- Almond
- Beech
- Black walnut
- Brazil nut

- Butternut
- Cashew
- Chestnuts
- Chia seeds
- Country walnut
- English walnuts
- Filbert
- Flaxseed
- Hazelnut
- Hemp seeds
- Macadamia
- Oak acorns
- Pecan
- Pine nut
- Pistachio nut
- Poppy seeds
- Pumpkin seeds
- Sesame seed
- Walnut

Oils and Fats

- Any nut oil
- Avocado
- Butter, organic, unsalted
- Coconut oil, organic, unrefined, raw
- Flaxseed oil
- Ghee
- Grape seed oil
- Olive oil, extra virgin

- Pumpkin seed butter
- Sesame seed oil
- Tahini

Pseudo-Grains, Gluten-Free

- Amaranth
- Buckwheat
- Millet
- Quinoa

Grains, Gluten-Free

- Rice: basmati, brown long-grain, jasmine
- Wild rice

Herbs and Spices

- Basil
- Bay leaves
- Cardamom
- Cayenne
- Chili powder
- Chives
- Cilantro (fresh coriander)
- Cinnamon
- Cloves
- Cumin
- Dill
- Garlic

- Garam masala
- Ginger
- Lemon grass
- Mint
- Mustard
- Nutmeg
- Oregano
- Paprika
- Parsley
- Pepper, black
- Rosemary
- Sage
- Sea salt such as Himalayan
- Tarragon
- Thyme
- Turmeric

Vinegars

- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- Rice vinegar
- White wine vinegar

Broths

Ready-Made, Organic

- Beef
- Chicken
- Vegetable

Protein

- Eggs, organic, free-range
- Fish/seafood/shellfish, any variety
- Lean red meats: beef (grass-fed), venison, or other
- Poultry (organic, free-range)
- Wild game, any variety

Legumes

- Black beans
- Black-eyed peas
- Garbanzo beans (chickpeas)
- Green beans
- Kidney beans
- Lentils
- Lima beans
- Peas
- Pinto beans
- Split peas

Vegetables

- Artichokes
- Asparagus
- Beets
- Belgian endive
- Bell peppers
- Black-eyed peas
- Black radish
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots

- Cauliflower
- Celery
- Chinese eggplants
- Chives
- Collard greens
- Cucumbers
- Eggplant
- Endive
- Fennel
- Jalapeño peppers
- Kale
- Kohlrabi
- Leeks
- Lettuce, any variety
- Mushrooms
- Mustard greens
- Okra
- Onions
- Parsnips
- Pearl onions
- Pumpkin
- Radishes
- Rhubarb
- Rutabagas
- Shallots
- Spinach
- Squash, any variety
- Sweet potatoes
- Swiss chard
- Turnips
- Wasabi root
- Watercress
- Yucca root
- Zucchini

Fruits

- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Black currants
- Blueberries
- Boysenberries
- Cactus pear
- Cherimoya
- Cherries, sweet or sour
- Clementines
- Coconut
- Cranberries, any variety
- Dates
- Elderberries
- Figs
- Grapefruit
- Grapes, any variety
- Gooseberries
- Guava
- Huckleberries
- Jackfruit
- Jujube
- Kiwi fruit
- Kumquats
- Lemons
- Limes
- Loquat
- Lychee
- Mango
- Melon, any variety
- Mulberries

- Nectarines
- Olives, any variety
- Oranges
- Papayas
- Passion fruit
- Peaches, any variety
- Pears, any variety
- Persimmons
- Pineapple
- Plums
- Pomegranate
- Raspberries
- Red currants
- Sapodillas
- Sharon fruit
- Strawberries
- Tangerines
- Tomatoes, any variety
- Watermelon

Miscellaneous

- Almond extract
- Baking powder
- Baking soda
- Chocolate, dark more than 60 percent
- Cocoa powder, unsweetened, dark
- Curry paste
- Liquid amino acids
- Mustard, Dijon
- Seaweed, any variety
- Vanilla extract



Chapter 7: Pre- and Post-Purification Recipes

Red-Velvet Cake Shake

- ½ cup roasted beets
- ¼ cup medjool dates
- 2 heaping scoops SP Complete
- 3 tablespoons cacao powder
- 1 cup unsweetened almond milk
- 2 cups coconut ice

Blend all ingredients together except ice until smooth. Add the ice and blend until frosty. Serves 2, 16 ounces.

Strawberry Basil Shake

- 2 cups frozen strawberries
- 1½ cups cherry tomatoes
- ¼ cup dried goji berries
- 2 medjool dates, pitted
- ½ avocado, mashed
- 2 tablespoons freshly squeezed lime juice
- 1 tablespoon (packed) minced fresh basil
- 1 cup coconut water

Blend all ingredients together until smooth. Serves 2, 16 ounces.

Banana Nutmeg Shake

- 2 frozen bananas
- 1 cup frozen Brussels sprouts
- 3 tablespoons almond butter
- 1½ cups apple juice
- 1½ cups unsweetened almond milk
- 1 tablespoon maqui berry powder
- ¼ teaspoon nutmeg powder
- ¼ teaspoon cinnamon powder

Blend all ingredients until smooth. Serves 2, 16 ounces.

Pumpkin Pie Shake

- 1 cup canned pumpkin purée
- 3-4 medjool dates, pitted
- 1 tablespoon almond butter
- 2 heaping scoops SP Complete
- 2 tablespoons hemp or chia seeds
- 2 tablespoons flaxseeds
- 1 teaspoon pumpkin pie spice powder
- 1½ cups unsweetened almond milk
- 3 cups ice

Blend all ingredients except ice until creamy. Add the ice and blend until frosty. Serves 2, 16 ounces.

Chocolate Hazelnut Shake

- ¼ cup hazelnuts
- 1 ripe pear, chopped
- 2 large medjool dates, pitted
- 2 heaping scoops SP Complete
- 2 tablespoons cacao nibs
- 2 tablespoons cacao powder
- 1½ teaspoons vanilla extract
- ⅛ teaspoon almond extract (optional)
- 1½ cups coconut water
- 2 cups ice

Blend all ingredients except the ice until smooth. Add the ice and blend until frosty. Serves 2, 16 ounces.

See the basic shake recipe on Page 50.

Shrimp and Avocado Omelet

- 4 ounces shrimp, peeled
- 1 medium tomato, diced
- 1 avocado, seed removed, diced
- 1 tablespoon fresh cilantro, chopped
- Sea salt and ground pepper
- 1 tablespoon coconut oil
- 4 large eggs, beaten

In a small bowl, toss tomato, avocado, cilantro, sea salt, and pepper together. In medium sauté pan, cook shrimp over medium-heat until pink. Chop and set aside. Beat eggs in a separate bowl. Add coconut oil to sauté pan and melt over medium heat. Pour half of the beat eggs into the hot skillet, tilting the pan gently to cover the bottom with eggs. Tilt pan and lift edges of omelet to allow uncooked eggs to spread to the hot part of the pan. When eggs are almost fully firm, add half of the chopped shrimp pieces. Fold omelet in half and cook for 1 minute more. Top with half of tomato-avocado mixture. Repeat for remaining ingredients. Serve immediately. Serves 2.

Curry Eggs

- 2 tablespoons coconut oil
- 1 onion, sliced thin
- 3 cups marinara sauce (24 ounces)
- 1 tablespoon curry powder
- 4 cloves garlic, chopped
- 2 tablespoons fresh ginger, skin removed, chopped
- 8 hard-boiled eggs
- Sea salt and pepper to

Heat oil in a large skillet over medium-high heat. Add onion, garlic, and ginger. Cook, stirring occasionally until onions begin to soften, about 4-5 minutes. Add curry powder and cook while stirring, about 30 seconds. Add marinara sauce and eggs. Cook just to heat through, about 2-3 minutes, stirring gently to avoid breaking up eggs. Season with sea salt and pepper to taste. Serve immediately. Serves 6.



Gluten-Free Bread

- ¾ cup creamy or crunchy almond butter, at room temperature
- 4 eggs
- ¼ cup almond flour (meal)
- ¼ cup arrowroot powder
- ½ teaspoon sea salt
- ½ teaspoon baking soda
- 1 heaping tablespoon flax meal

Preheat oven to 350 F. Lightly grease loaf pan. In a mixing bowl, add almond butter and eggs, and mix thoroughly. Add all remaining ingredients. Blend thoroughly. Pour the batter into the loaf pan and bake 25-40 minutes (depending on oven type), until a knife inserted into the center of the loaf comes out clean. Makes 1 medium loaf. (This bread makes awesome French toast!)

Gluten-Free Pancakes

- 2 eggs
- ⅛ cup whole-leaf stevia powder
- 1 tablespoon vanilla extract
- ¼ cup water
- 1½ cups almond flour (meal)
- ½ teaspoon sea salt
- ½ teaspoon baking soda
- 1 tablespoon arrowroot powder
- 2 tablespoons olive oil

Blend eggs, stevia, vanilla extract, and water thoroughly in a large bowl. Add remaining ingredients and blend thoroughly. Heat olive oil in a large skillet over medium heat. Measure out 1 heaping tablespoon of batter into the skillet for each pancake. Cook until small bubbles form on the top of each pancake. Flip and cook the other side. Transfer fully cooked pancakes onto a plate. Makes 12 pancakes.

Gluten-Free Biscuits

- 2½ cups almond flour (meal)
- ½ teaspoon sea salt
- ½ teaspoon baking soda
- ¼ cup olive oil
- ⅛ cup whole-leaf stevia powder
- 2 eggs
- 1 teaspoon fresh lemon juice

Preheat oven to 350 F. Lightly grease baking sheet. In a large bowl, combine almond flour, salt, and baking soda. In a medium bowl, whisk together oil, stevia, eggs, and lemon juice. Stir wet ingredients with dry, and mix thoroughly. Drop the batter in about ¼-cup amounts onto the baking sheet. Bake 15-20 minutes until lightly browned. Serve warm. Makes 8 biscuits.

Grain-Free Dill and Sesame Crackers

- 1¾ cup almond flour
- ½ teaspoon sea salt
- 2 tablespoons fresh dill, finely chopped
- 1 tablespoon olive oil
- 1 egg

Preheat oven to 350 F. In a small bowl, combine almond flour, sea salt, and dill. In a separate bowl, whisk together olive oil and egg. Combine all ingredients and mix thoroughly. Roll dough into a ball and press between 2 sheets of parchment paper to about ¼-inch thickness. Remove top parchment paper and transfer dough onto baking sheet. Cut dough into 2-inch squares with a knife or pizza cutter. Bake for 12-15 minutes until lightly golden-brown. Cool for 30 minutes then serve. Makes about 24 crackers.

Gluten-Free Bread Loaf

- 1½ cups almond flour (meal)
- ¾ cup arrowroot powder
- ¼ cup flaxseed meal
- ½ teaspoon sea salt
- ½ teaspoon baking soda
- 4 eggs
- 1 teaspoon apple cider vinegar
- ¼ teaspoon whole-leaf stevia powder
- 1 tablespoon baker's yeast

Preheat oven to 350 F. Lightly grease loaf pan. In a mixing bowl, blend eggs until frothy. Mix in vinegar. In a separate bowl, combine almond flour, flaxseed meal, arrowroot, salt, baking soda, stevia, and yeast. Thoroughly mix dry ingredients with wet ingredients. Pour batter into loaf pan and bake 25-35 minutes or until a toothpick inserted in the center comes out clean. Cool. Makes 1 medium loaf.

Gluten-Free Blueberry Banana Muffins

- 3 cups almond flour (meal)
- ¼ teaspoon sea salt
- 1½ teaspoons baking soda
- 2 tablespoons olive oil
- 3 eggs
- 2 cups (4-5) mashed bananas
- 1 cup frozen blueberries

Preheat oven to 350 F. Line muffin pan with baking cup liners. In a large bowl, combine the almond flour, salt, and baking soda. In a medium bowl, whisk together oil and eggs. Combine and thoroughly mix wet ingredients with dry ingredients. Stir in the bananas to the batter, then fold in blueberries. Spoon the batter into the prepared pan. Bake for 30-40 minutes until the muffin tops are lightly brown and a toothpick inserted in the center comes out clean. Serve warm. Makes 12 muffins.

Quinoa Tortillas

- 2 cups quinoa flour
- ⅓ cup brown rice flour
- ½ teaspoon sea salt
- ⅔ cup hot water
- 2 teaspoons olive oil

In a large bowl, whisk together dry ingredients. Stir in hot water and oil until mixture comes together into a smooth dough. Turn dough out onto a work surface lightly floured with either the quinoa or rice flour. Knead for about 1 minute. Cut dough into 9 equal pieces and shape each into a ball. Using a rolling pin, roll each piece out into a flat circle, about ⅛ inch thick, forming a 6-inch round. Heat cast-iron skillet over medium-high heat. Cook tortilla, turning once, for about 45 seconds per side until it looks slightly dry at the edges. It should start to release from the surface of the skillet and be lightly browned in spots. Transfer to plate. Repeat cooking for each of the remaining balls. Makes 9 tortillas.

Quinoa Pizza Dough

- 1½ cups quinoa flour
- 1 tablespoon baking powder
- ½ teaspoon sea salt
- ⅔ cup water
- 2 tablespoons olive oil

In a large bowl, whisk dry ingredients together. Using a wooden spoon, stir in water and oil until a dough begins to form. Turn dough out onto a work surface lightly floured with quinoa flour. Knead for 1-2 minutes or until smooth and cohesive. Place ball onto pan being used for pizza and pat to flatten and fill pan. Add any toppings desired for pizza. Bake in preheated oven at 400 F for 19-24 minutes or until crust is golden. Cool, slice, and serve. Makes 10 slices.



Gluten-Free Olive and Rosemary Bread or Crackers

- ¾ cup creamy or crunchy almond butter (room temperature)
 - 2 tablespoons olive oil
 - 3 eggs
 - 1 tablespoon whole-leaf stevia powder
 - ¼ cup almond flour (meal)
 - ¼ cup arrowroot
 - ½ teaspoon sea salt
 - ½ teaspoon baking soda
 - ¼ cup kalamata olives, pitted, finely chopped
 - 1 tablespoon finely chopped fresh rosemary
- Preheat oven to 350 F. Grease loaf pan lightly. In a large bowl, mix the almond butter and olive oil with a mixer until smooth. Add eggs and stevia, and blend thoroughly. Combine almond flour, arrowroot powder, salt, and baking soda in another bowl. Thoroughly blend dry ingredients with wet. Fold in olives and rosemary. Pour batter into loaf pan and bake 45 minutes or until knife inserted in the center comes out clean. Let the bread cool in the loaf pan for 1 hour, then remove.

Crackers:

Cut loaf into thin slices. Spread on a baking sheet and toast in the oven at 350 F for 5-10 minutes. Cool and serve. Makes 1 loaf or about 12 crackers.

Gluten-Free Zucchini Bread

- 2 cups almond flour (meal)
- ½ teaspoon sea salt
- ½ teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ cup olive oil or melted butter
- ¼ cup whole-leaf stevia powder
- 2 eggs
- 1 cup grated zucchini
- ½ cup pecans, chopped
- ¼ cup dried currants (optional)

Preheat oven to 350 F. Lightly grease loaf pan or line muffin pan with baking cup liners. In a large bowl, combine almond flour, salt, baking soda, and cinnamon. In a medium bowl, mix oil, stevia, and eggs. Thoroughly blend wet ingredients with dry ingredients. Fold in zucchini, pecans, and currants, if using. Scoop batter into pan. Bake for 30-50 minutes until toothpick inserted in center comes out clean. Makes 1 loaf or 12 muffins.

Gluten-Free Sesame Crackers

- 3 cups almond flour (meal)
- 1½ teaspoons sea salt
- 1 cup sesame seeds
- 2 tablespoons olive oil
- 2 eggs

Preheat oven to 350 F. In a large bowl, combine almond flour, salt, and sesame seeds. In a medium bowl, mix oil and eggs thoroughly. Combine wet ingredients with dry ingredients and mix thoroughly. Divide dough into two pieces. Place dough between 2 sheets of parchment paper. Roll to about ¼¹⁶-inch thickness. Remove the top piece of parchment paper and transfer the bottom piece onto a baking sheet. Repeat this for the remaining piece of dough. Cut the dough into small squares no bigger than 2 inches with a knife or pizza cutter. Bake 12-5 minutes until lightly golden-brown. Cool and serve. Makes about 60 crackers.

Gluten-Free Coconut Banana Bread

- 6 eggs
- 2 tablespoons melted butter
- 1 tablespoon melted coconut oil
- 2 tablespoons almond or rice milk
- 3 tablespoons whole-leaf stevia powder
- 2 tablespoons lime juice, freshly squeezed
- 1 teaspoon vanilla extract
- 2 ripe bananas, mashed
- 1 cup coconut flour
- 1 teaspoon baking powder
- ¼ teaspoon sea salt

Preheat oven to 350 F. Lightly grease loaf pan or line muffin pan with baking cup liners. In a medium bowl, mix together coconut flour, baking powder, and sea salt. In a separate large bowl, beat eggs, butter, oil, milk, stevia, lime juice, and vanilla until well combined. Add bananas to wet mixture and blend well. Add the dry ingredients and blend well. Fill the pan with batter. Bake for 30-40 minutes until a toothpick inserted into the center comes out clean. Serves 10.

Gluten-Free Carrot Cake Muffins

- ½ cup butter, softened
- ⅓ cup whole-leaf stevia powder or ¾ cup honey
- 10 eggs
- ¾ cup coconut milk
- 1 teaspoon vanilla extract
- 1 cup coconut flour
- 1 teaspoon baking powder
- 1 tablespoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- 2 cups carrots, grated
- ½ cup fresh pineapple, crushed

Preheat oven to 350 F. Line muffin pan with baking cup liners. Lightly grease paper cups. In a large mixing bowl, combine butter and stevia, beating until creamy. Slowly add eggs, coconut milk, and vanilla while continuing to beat. In a separate bowl, combine the coconut flour, baking powder, and spices. Mix into the wet ingredients thoroughly. Fold in the carrots and pineapple until equally distributed. Spoon the batter into the pan and bake for 15-20 minutes or until toothpick inserted in the center comes out clean. Cool. Makes 12 muffins.

Focaccia-Style Flax Bread

- 2 cups flaxseed meal
- 1 tablespoon baking powder
- 1 teaspoon sea salt
- 1-2 tablespoons whole-leaf stevia powder
- 5 eggs, beaten well
- ½ cup water
- ⅓ cup olive oil

Preheat oven to 350 F. Lightly grease baking sheet. Whisk dry ingredients thoroughly. Add wet ingredients to dry ingredients and combine well. Let batter sit for 1-2 minutes to thicken. (Do not leave it too long as it will get past the point where it's easy to spread!) Pour batter into pan and spread to a thickness of about ¼-½ inch; dough will not fill baking sheet. Spread evenly as it will tend to mound up in the middle. Bake for 17-20 minutes until it springs back when you touch the top and/or is visibly browned even more than the flax already is. Cool and cut into slices of desired thickness. Serves 12.

Gluten-Free Lemon Coconut Muffins

- ¼ cup melted coconut oil
- 2 tablespoons whole-leaf stevia powder or ⅓ cup minimally processed honey
- 2 eggs
- ½ cup chia seed egg replacer (Page 94)
- 1 lemon, zested and juiced
- 1 teaspoon vanilla extract
- ½ cup, plus 2 tablespoons coconut flour
- ¼ teaspoon sea salt
- ½ teaspoon baking soda

Preheat oven to 350 F. Place baking cup liners into muffin pan and lightly grease baking cup liners. In a large bowl, combine oil and honey or stevia. Beat for about 5 minutes on medium-high speed until light and fluffy, scraping bowl occasionally. Slowly add eggs, chia seed egg replacer, lemon juice, lemon zest, and vanilla. Mix thoroughly. In a separate bowl, combine coconut flour, sea salt, and baking soda. Add to the wet mixture and mix thoroughly. Spoon the batter into the pan and bake for 20 minutes or until a toothpick inserted in the center comes out clean. Cool. Makes 12 muffins.



Garden Pea Soup

- 5½ cups vegetable broth, divided
- 4 small potatoes, scrubbed quartered
- 1 cup fresh or frozen sweet peas
- ½ shallot or small onion, peeled
- Zest from ½ lemon

Cook potatoes, peas, and shallot with 4 cups broth in saucepan until potatoes are tender. Place all ingredients, including remaining broth and lemon zest, into blender and blend for 30-45 seconds until smooth. Serve warm. Serves 2-4.

French Onion Soup

- 2 tablespoons coconut oil
- 3 cloves garlic, chopped
- 2-3 onions, peeled and sliced into rings
- 1 scallion, chopped
- 1 pound mushrooms, washed and diced
- 1 tablespoon dried thyme leaves
- 2 teaspoons dried marjoram leaves
- ¼ cup liquid amino acids
- 2 quarts vegetable or chicken broth

In medium soup pan, heat coconut oil over medium heat. Add garlic and onions and cook until onions are translucent. Add mushrooms and scallions. Cook, stirring frequently, until mushrooms are tender, then for another 2-3 minutes. Stir in spices and liquid amino acids. Add broth and bring soup to a boil. Reduce heat and simmer for 5-10 minutes. Serves 4.

Wild Rice With Sun-Dried Tomato Salad

- 1 pound wild rice
- 4 cups vegetable or chicken broth
- 1 jar sun-dried tomatoes, reserve oil
- 1 jar artichoke hearts, reserve oil
- 6 green onions, diced
- 1½ yellow onions, diced
- 2 green peppers, cored, seeded, and diced
- 2 sweet red peppers, cored, seeded, and diced
- ¼ cup capers
- Sea salt ground pepper, and herbs of your choice
- ¼ cup raw pecans (optional)
- Large handful sprouted sunflower seeds
- Large handful sprouted pumpkin seeds
- Balsamic vinegar

Combine wild rice and broth. Bring to a rapid boil, then turn down to a simmer and cook for about 45 minutes, until rice is cooked through. Allow the rice to cool. In a large bowl combine cooled rice, tomatoes, artichoke hearts, onions, peppers, capers, and spices. Mix in nuts and seeds; pour all of the reserved oil over mixture. Drizzle with balsamic vinegar to taste, and add sea salt, pepper, and herbs to taste. Serves 8.





Summer Pasta

- 1 cup peas
- 1 pound brown rice pasta, cooked
- 6 tablespoons olive oil or coconut oil
- 4 garlic cloves, thinly sliced
- 20 cherry tomatoes
- 1 cup small black olives (optional)
- 6 ounces chargrilled artichokes, halved
- Fresh basil
- Sea salt and pepper

Cook the rice pasta in a large pan of boiling water according to the pack directions. Reserve 6 tablespoons of the cooking water. Drain and rinse the pasta thoroughly. In a large pan, add oil and garlic, and cook over medium heat for 30 seconds. Add tomatoes. Cook, turning the tomatoes occasionally until they begin to soften and blister. Add olives, artichokes, and peas and warm through. Add pasta, reserve of water and basil. Toss to combine. Serves 4.

Kale Pesto With Toasted Walnuts

- 2 cups (packed) kale, stemmed and chopped
- 1 cup (packed) fresh basil leaves
- 1 teaspoon sea salt
- ¼ cup olive oil
- ¼ cup toasted walnuts
- 4 cloves garlic, chopped
- ½ cup grated Parmesan cheese (optional)

In a food processor, combine the kale, basil, and salt. Pulse 10-12 times, until the kale leaves are finely chopped. With the motor running, drizzle in the olive oil. Scrape down the sides of the processor. Add the walnuts and garlic and process again. Serves 4-8.



Asian Salmon With Rice Noodles

- 4 salmon steaks (about 4 ounces each)
- 2 teaspoons Chinese five-spice powder (equal mix of star anise, cinnamon, fennel, cloves, and pepper)
- 10 ounces rice vermicelli noodles
- 2 tablespoons liquid amino acids
- 1 teaspoon whole-leaf stevia powder
- 1-inch piece fresh ginger, peeled and grated
- 2 garlic cloves, crushed
- 1 large carrot, sliced thin
- 1 large leek, sliced
- 5 cups sliced mushrooms
- 1 tablespoon chopped fresh cilantro
- Ground black pepper

Rub the Chinese five-spice powder onto both sides of the salmon and season with black pepper. Set this aside for 30 minutes.

Put the noodles in a bowl, cover with boiling water, and soak for 15 minutes. Drain, then add the noodles to a pan of boiling water and cook for 1 minute. Drain and keep the noodles warm.

Cook the salmon steaks under a boiler for 7-10 minutes until thoroughly cooked. In a pan over medium heat, add liquid amino acids, stevia, ginger, garlic, carrot, and the leek. Sauté for 3-4 minutes until softened. Add the mushrooms to the pan and sauté for 2 more minutes. Divide the noodles into 4 bowls. Spoon the vegetables and their juices over the noodles and put the grilled salmon on top. Sprinkle with cilantro and serve. Serves 4.

Gluten-Free Fish Sticks

- 1½ pounds cod fillets
- 1½ cups almond flour (meal)
- 1 teaspoon sea salt
- 1 teaspoon mixed herbs
- 2 eggs
- 2 teaspoons water
- ¼ cup coconut oil

Slice cod fillets into 1½-inch-wide strips. In a medium bowl combine almond flour, salt, and herbs. In a separate medium bowl, whisk together egg and water. Dip each cod strip into the egg, then coat with the almond flour mixture. Heat the coconut oil in a large skillet over medium-high heat. Sauté the cod in the oil for 3-5 minutes on each side, until golden-brown. Transfer to plate and serve. Serves 4.

Garlic Shrimp

- 12 cloves garlic, minced
- 4 tablespoons olive oil or coconut oil
- ½ teaspoon cayenne pepper
- 1½ pounds jumbo shrimp, peeled and deveined
- Sea salt and ground pepper

Heat sauté pan over medium heat. Add oil, garlic, and cayenne pepper. Season shrimp with salt and pepper to taste and toss to coat. Add shrimp to the pan and cook, stirring frequently. Shrimp should turn pink and curl when cooked through. Serve immediately. This shrimp is great for topping fresh salad. Serves 4.

Salmon Burgers

- 1 pound skinless salmon fillet, chopped into small cubes
- ½ cup almond flour (meal)
- 2 eggs
- 1 tablespoon lemon zest
- 1 tablespoon fresh dill, chopped
- ½ teaspoon sea salt
- 2 tablespoons coconut oil

Combine all ingredients except the coconut oil into a large bowl. Form the mixture into four patties. Heat the coconut oil in a large skillet over medium-high heat. Cook the patties 4-6 minutes on each side, until golden-brown. Transfer patties onto plate and serve. Serves 4.

Southwestern-Style Salmon Burgers

- 1 pound skinless salmon fillet, chopped into small cubes
- ¾ cup almond flour (meal)
- 2 eggs
- 1 bell pepper, any color, seeds removed, chopped
- 1 tablespoon fresh cilantro, minced
- 1 tablespoon whole scallions, chopped
- 1 teaspoon sea salt
- 1 teaspoon ground cumin
- 1 teaspoon ground cayenne
- 1 tablespoon lime juice, fresh squeezed
- 2 tablespoons coconut oil

Combine all ingredients except the coconut oil into a large bowl. Form the mixture into 4 patties. Heat the coconut oil in a large skillet over medium-high heat. Cook the patties 4-6 minutes on each side, until golden-brown. Transfer patties onto plate and serve. Serves 4.





Chicken-Salad Lettuce Wraps

- 2 cups cooked chicken
- 1 cup celery, chopped
- ½ cup grapes, sliced
- 1 tablespoon lemon juice
- ⅓ cup aioli (garlic mayonnaise, see recipe)
- ¼ cup walnuts, chopped
- Sea salt and ground pepper
- Large lettuce leaves for 4 wraps

Place all ingredients in a medium bowl and mix together. Wrap in lettuce leaves and serve. Serves 4.

Gluten-Free Chicken Fingers

- 1 pound chicken (preferably organic), cut into strips
- 1 cup almond flour (meal)
- ½ teaspoon sea salt
- ½ teaspoon ground pepper
- 1 teaspoon mixed herbs
- 2 eggs
- 2 teaspoons water
- 3-4 tablespoons coconut oil

In a medium bowl, mix almond flour and seasonings together. In a separate medium bowl, whisk the eggs with 2 teaspoons water. Dip each chicken strip into the egg then coat in the almond flour-herb mixture. Heat the coconut oil in a large skillet over medium-high heat. Sauté the chicken in the oil for 3-6 minutes per side until golden-brown. Transfer the chicken to a plate and serve hot. Serves 4.

Apple Turkey Burgers

- 3 tablespoons olive oil or coconut oil
- ¼ cup whole scallions, sliced
- ¼ cup celery, chopped
- 1 apple, peeled, cored, and diced into ¼-inch cubes
- 1 pound ground turkey (preferably organic)
- ¼ cup finely chopped fresh parsley
- 1 tablespoon lemon juice, fresh squeezed
- 1 teaspoon zest from lemon
- 1 egg
- ½ cup almond flour (meal)
- 1 teaspoon sea salt
- 1 teaspoon ground pepper
- 1 teaspoon mixed herbs
- 4 large pieces of romaine lettuce

Heat one tablespoon of oil in large skillet over medium heat. Sauté scallions, celery, and apple for 5-10 minutes until tender. Remove from heat and let cool. In a large bowl, combine the ground turkey and the sautéed ingredients. Add the remaining ingredients except the oil and mix in thoroughly. Form mixture into 4 patties. Heat the remaining oil in a large skillet over medium-high heat. Cook the patties for 4-6 minutes on each side until golden-brown. Wrap each patty in a romaine lettuce leaf and roll. Add any condiments such as fresh tomato or onion as you like. Serves 4.

Almond or Cashew Milk

- 3 cups water
- 1 cup raw almonds or cashews

Place in blender and blend for 2 minutes or until desired consistency is reached. Store in refrigerator. Shake well before using. Makes 3 cups.

Worcestershire Sauce

- ½ cup apple cider vinegar
- 2 tablespoons liquid amino acids
- 2 tablespoons water
- ¼ teaspoon ground ginger
- 1 or 2 anchovy fillets, chopped
- ¼ teaspoon dried mustard
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- ⅛ teaspoon cinnamon
- ⅛ teaspoon ground pepper
- 1 jalapeño, chopped (optional)

Put all ingredients into a medium saucepan and stir thoroughly. Bring to a boil, stirring constantly. Simmer 1 minute. Cool and store in the refrigerator. Makes ⅓ cup.



Aioli (Garlic Mayonnaise)

- 3 large egg yolks
- ¼ cup lemon juice
- 1 teaspoon sea salt
- ¼ teaspoon white ground pepper
- 3 large cloves garlic, peeled
- 1 cup olive oil

Place egg yolks, lemon juice, salt, and pepper into blender. Secure lid firmly. While mixture is blending, remove lid and add garlic cloves, one at a time. Slowly pour olive oil in a thin, steady stream until emulsified. Refrigerate in an airtight container. Makes 1 cup.

Asian Buffalo Sauce

- ¼ cup liquid amino acids
- 1 teaspoon sesame oil
- 1 teaspoon hot sauce
- 1 tablespoon liquid whole-leaf stevia
- Zest from 1 orange
- 1 orange, peeled, halved
- Thumb-size piece of fresh ginger, peeled
- 1 clove garlic, peeled

Place all ingredients into blender. Secure lid firmly and blend for about 1 minute until smooth. Toss cooked chicken or ribs into sauce. Makes ⅓ cup.





Tomato and Basil Pesto

- ½ cup olive oil
- 4 ripe tomatoes, quartered
- ½ cup fresh basil leaves
- ½ cup fresh spinach, stems removed
- 6 cloves garlic, peeled
- 1 teaspoon sea salt
- 1 cup blanched almonds
- Ground pepper

Place all ingredients into blender and secure lid firmly. Blend for 30-45 seconds until desired consistency. Makes about 1 cup.

Faux Cheese Sauce

- 1 cup water
 - 2 tablespoons lemon juice
 - 1 large roasted red pepper, peeled, seeds removed
 - ½ cup raw cashews or almonds
 - 1 teaspoon onion powder
 - ¼ cup nutritional yeast or 2 tablespoons baking yeast
 - 2 teaspoons sea salt
 - 1½ cups boiling water
 - 2 tablespoons arrowroot mixed with ¼ cup cold water
- Place all ingredients into blender except boiling water and arrowroot mixture. Secure lid firmly and blend for about 2 minutes. Pour into saucepan over medium heat. Add boiling water and arrowroot. Continue to stir until mixture thickens to your desired consistency. Makes about 2 cups.

Enchilada Sauce

- 4 cups chicken broth
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 2 tomatoes, halved
- 1 clove garlic, peeled
- ½ teaspoon dried oregano
- ½ teaspoon cumin
- ⅓ cup chili powder
- 1 teaspoon sea salt
- ½ cup almond flour

Place all ingredients into blender. Secure lid firmly and blend thoroughly, about 2 minutes. Put into saucepan and warm. Serve immediately. Makes about 4 cups.

Chocolate-Sweet Potato Torte

- 1 cup cooked, mashed sweet potatoes
- $\frac{1}{3}$ cup whole-leaf stevia powder or $\frac{3}{4}$ cup honey
- 1 cup almond flour
- $\frac{1}{2}$ cup unsweetened, dark cocoa powder
- $\frac{1}{8}$ teaspoon sea salt
- 4 large eggs
- 2 ounces bittersweet chocolate
- 2 tablespoons almond milk

Preheat oven to 375 F. Coat 9-inch springform pan with olive oil. Blend sweet potato, stevia or honey, almond flour, cocoa, and sea salt in food processor for 30 seconds, or until smooth. In mixing bowl, separate 3 eggs, placing whites in mixing bowl. Add the 3 yolks to the sweet potato mixture and combine well. Beat egg whites with electric mixer at high speed until soft peaks form. Fold $\frac{1}{3}$ of the egg-white mixture into sweet potato mixture with a spatula. Gently fold in remaining egg-white mixture. Pour batter into pan. Bake for about 45 minutes or until toothpick inserted in center comes out clean. Cool for 10 minutes, then remove from pan. Cool completely. Melt bittersweet chocolate in small saucepan over medium-high heat. Stir in almond milk. Spread chocolate mixture over cake. Let stand until chocolate sets. Serves 4.

Chocolate Mousse (Nondairy)

- $\frac{1}{2}$ cup medjool dates, seed removed
- 1 teaspoon vanilla extract
- 3 avocados, seed removed, mashed
- $\frac{3}{4}$ cup cocoa powder
- $\frac{1}{2}$ cup water

Place dates and vanilla extract into food processor and process until smooth. Add the mashed avocado and cocoa powder and process until creamy. Be sure to scrape down the sides to thoroughly mix in the ingredients. Add water and process until smooth. Serve at room temperature or cooled. This is a rich and smooth dairy-free mousse that keeps up to 3 days in an airtight container in the refrigerator. For chocolate sauce or fondue, increase the water to 1 cup. Serves 2-4.

Coconut Macaroons

- 6 egg whites
- $\frac{1}{4}$ teaspoon sea salt
- $\frac{1}{2}$ cup minimally processed honey
- 1 tablespoon vanilla extract
- 3 cups unsweetened coconut flakes

Preheat oven to 350 F. In a mixing bowl, blend all ingredients together thoroughly. Spoon batter onto a piece of parchment paper on a cookie sheet. Bake for 10-15 minutes until lightly browned. Let cool on pan about 5 minutes. Makes about 20 cookies.



Warm Sweet Potato Pudding

- 1 pound sweet potatoes, peeled, chopped
- 1 pear, chopped
- $\frac{3}{4}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon nutmeg
- $\frac{1}{3}$ cup whole-leaf stevia powder or minimally processed honey
- $\frac{1}{4}$ cup macadamia nuts
- 2 tablespoons coconut oil
- 1 tablespoon coconut flakes

Fill a large pan about halfway with water. Add sweet potatoes and cook over medium-high heat until potatoes are softened, about 15 minutes. In a small sauté pan over low heat, add pear with 1 teaspoon of water and allow to soften, about 3-5 minutes. In a food processor, add macadamia nuts and pulse until a fine consistency. Add all ingredients to the food processor and blend until smooth. Place in bowls and sprinkle with coconut flakes. Serve warm. Serves 4.

Chocolate Over Poached Pears

Pears:

- 4 pears, peeled, seeds removed
- 4 cups water
- 2 tablespoons whole-leaf stevia powder or $\frac{1}{3}$ cup minimally processed honey
- 3 whole cloves
- 1 vanilla bean, split and scraped

In a medium saucepan, combine water, honey, cloves, and vanilla bean. Bring to a boil then reduce heat and allow to simmer for 5 more minutes. Add pears to the hot liquid, cover, and simmer for 15-20 minutes until very tender. Remove pears and allow to cool.

Chocolate sauce:

- 2 tablespoons coconut oil
- 1 cup cacao powder
- $\frac{1}{2}$ cup unsweetened almond milk
- 4 tablespoons whole-leaf stevia powder

In a small sauté pan, melt coconut oil. Add all ingredients into a blender and mix until smooth and creamy.

Place pears into individual bowls. Pour chocolate sauce over and serve. Serves 4.



Georgia Nab, DC, ACN

Georgia Nab, DC, ACN, is a Standard Process wellness chiropractor who treats nearly 150 patients a week in her practice at the corporate headquarters, located in Palmyra, Wis. A member of the Standard Process wellness team, Dr. Nab provides chiropractic care, nutritional counseling, and dietary education training to more than 300 employees at the company. Certified in applied kinesiology and nutrition, she gives presentations on healthy food and lifestyle choices and nutritional supplements. Dr. Nab also presents webinars for health care professionals on a variety of topics.

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This book is dedicated to all who wish to take control of their health and live life to the fullest.

—Georgia Nab DC, ACN





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