

Revitalize your Body



Fabulous Fall Detox

RECIPES

Table of Contents

Smoothie Mayhem (7) 5

- Green Machine Madness 5
- Cranberry Bliss Detox Smoothie..... 5
- Pumpkin Pie Smoothie 5
- Healthy Chocolate Smoothie..... 5
- Autumn Cleansing Smoothie..... 5
- Apple Pie Smoothie 6
- Rawkin Love..... 6

Juices (7) Liquid Assets 6

- Apple Pick Me Up 6
- De-Bloat + Love the Liver 6
- Ground Me 6
- Alkaline Special..... 7
- Sweet Lovin Liver + Detox Juice 7
- Beautiful Beauty Green Juice 7
- Celery Cleanser..... 7

Home Made Milks (2)..... 7

- Hemp Milk 7
- Almond Milk 8

Warm Breakfast's (4) 8

- Sweet Potato Hash 8
- Coconut Flour Pancakes: 8
- Chai Spiced No-Oat-Meal 9
- Pumpkin No Oat-Oatmeal 9

Raw Soups (5) 9

- Garden Blend Soup..... 9
- Cream of Zucchini Soup..... 10
- Gazpacho 10
- Spinach Apple Soup..... 11
- Avocado Bliss (makes 2 servings) 11

Cooked Soups (9) 11

Thai Butternut Squash Soup..... 11

Kale Soup and White Bean Soup..... 12

Roasted Pumpkin Soup 12

Carrot Ginger Soup..... 13

Sweet Potato Cauliflower Soup..... 13

Minestrone Soup (beans optional) 14

 Vegetable Broth:..... 14

Miso Soup with Sea Vegetables 14

Detox Soup 101 (adapted from The Gluten Free Goddess; serves 4)..... 15

Raw Meals (9) 15

Detox Lettuce Wraps..... 15

Spinach Salad with Pumpkin Seeds & Cranberries 15

Kale, Apple & Sunflower Seed Salad 16

Fall Detox Salad 16

Colorful Goddess Salad 17

Falling Pear Salad 17

Chili Dipped Wraps..... 18

Mediterranean Kale Salad..... 18

Apple Spinach Cabbage Slaw 19

Cooked Meals (7) 19

Vegetable Curry..... 19

Stuffed Acorn Squash 19

Roasted Root Veggie Salad..... 20

Zucchini Noodles with Roasted Red Pepper Sauce..... 20

Vegetable Skewers 21

Kale with Gomasio..... 21

Spaghetti Squash with Tomatoes..... 21

Dips (6) 22

Tahini Dip..... 22

Sweet Potato Chutney..... 22

Bean-less Hummus..... 22

Cilantro Pea Dip..... 23

Baba Ghanoush 23

Deliciously Detoxing Pesto 23

Dressings (3) 22

- Tahini Dressing 24
- Honey Lemon Dressing..... 24
- Oil and Vinegar with a Kick..... 24

Snacks (9)..... 25

- Energy Super Food Balls 25
- Trail Mix..... 25
- Apple Banana Sandwich 25
- Celery with Sun butter & Cinnamon 25
- Fruit with Honey-Tahini Dip 26
- Digestion Pick Me UP 26
- Kale Chips 26
- The Sweet Sensation 26
- On the Go Pick Me Up..... 26

Desserts (5) 26

- Raw Avocado Pudding..... 26
- Chia Dessert..... 27
- Banana Split Sundae..... 27
- Strawberry Sorbet..... 27
- Raspberry Mousse..... 27

Transition Diet Recipes (4) 28

- Egg & Spinach Frittata 28
- Vegetable Quinoa..... 28
- Quinoa Breakfast Bowl..... 29
- Eggs & Tortillas 29

****To maximize the benefits of a Detox experience, always choose organic produce whenever possible.***

*****Unless otherwise noted, all Recipes in this Guide are for large single servings.***

SMOOTHIE MAYHEM

For each Smoothie recipe, add all ingredients into a Vitamix or other high-speed blender and blend until smooth. Add ice cubes (optional) to blender for slushier smoothie; adjust the water measurements to reach your desired thickness. Add extra protein to any recipe with a scoop of your favorite protein powder or 2 to 3 tablespoons of shelled hemp seeds.

Green Machine Madness

- 1 cup coconut milk, rice milk, almond milk or hemp milk
- 1 banana
- 1 handful of kale
- 3 Tbs hemp seeds or 1 scoop hemp protein powder

Cranberry Bliss Detox Smoothie

- 1 cup coconut milk, rice milk, almond milk or hemp milk
- 1 cup mixed berries
- ¼ cup unsweetened Cranberry juice concentrate
- ¼ avocado, peeled and pitted
- 1-2 Tbs ground flax seeds or chia seeds
- 1 tsp ginger

Pumpkin Pie Smoothie

- 2 cups coconut milk, rice milk, almond milk or hemp milk
- 1 cup pumpkin puree (home-made or canned)
- 2 Tbs raw honey, pure maple syrup, or 5 drops stevia
- 1 tsp pumpkin pie spice
- 1 tsp pure vanilla extract

Healthy Chocolate Smoothie

- 1 cup coconut milk, rice milk, almond milk or hemp milk
- 1 ½ cups baby spinach
- 1 banana
- 1 avocado, peeled and pitted
- 3 Tbs cacao powder
- 2 Tbs chia seeds
- ½ cup frozen berries

Autumn Cleansing Smoothie

- 1 cup coconut milk, rice milk, almond milk or hemp milk
- 1 pear
- ½ avocado, peeled and pitted
- ½ cup parsley
- 1 Tbs cacao powder
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice

Apple Pie Smoothie

1 cup coconut milk, rice milk, almond milk or hemp milk
 1 apple, cored and chopped
 2 Tbs of flax seeds
 1 tsp pure vanilla extract
 ½ tsp cinnamon
 ½ inch slice of ginger (optional)
 Pinch of nutmeg

Rawkin Love

1 cup coconut milk, rice milk, almond milk or hemp milk
 1 banana
 1 cup spinach or kale
 1 cup frozen berries
 1 Tbs ground flax seed
 ½ tsp pure vanilla extract
 ¼ tsp cinnamon

JUICES ~LIQUID ASSETS

For each Juice recipe, you can blend the ingredients and strain thru a nut milk bag or a fine mesh strainer if you don't have a juicer. To sweeten, add vanilla extract, raw honey, pure maple syrup, or fresh lemon or lime juice. For a bit of spice, add hot sauce, cayenne, nutmeg or cinnamon. Always wash fresh produce thoroughly, especially if you plan to use the rind or peel in your Juice.

Apple Pick Me Up

2 apples
 2 carrots
 Thumb size piece of fresh ginger
 Handful of kale (or any greens you like)

De-Bloat + Love the Liver

10 asparagus stalks
 4 celery stalks
 3 cucumbers
 Juice of 1 lemon

Ground Me

3 carrots
 3 celery stalks
 1 beet (you can also add the beet greens if they're attached)
 ½ inch of ginger
 Juice of 1 lemon

Alkaline Special

6 celery stalks
2 cucumbers
1 cup kale
1 cup parsley
Juice of 2 lemons

Sweet Lovin Liver + Detox Juice

5 celery stalks
3 carrots
1 cucumber
½ bunch kale
½ bunch parsley
½ bunch cilantro
Juice of 1 lemon

Beautiful Beauty Green Juice

3 celery stalks
1 cucumber
1 pear
1 cup spinach
Juice of 1 lime

Celery Cleanser

3 celery stalks
1 cucumber
1 apple
1 cup mixed greens or spinach
1 cup parsley
Juice of 1 Lemon

HOME MADE MILKS

Nut and seed milks are delicious alternatives to dairy and so easy to make. Blend in a Vitamix, Blendtec or other high powered blender, and strain through a nut milk bag, cheesecloth or fine mesh strainer. After straining, sweeten with raw honey, pure maple syrup or stevia, if desired.

Hemp Milk

2 cups filtered water
½ cup hemp seeds
¼ tsp pure vanilla extract
Dash of cinnamon

Almond Milk

- 2 ½ cups filtered water
- 1 cup whole raw almonds (soak, drain and rinse - yields 1 ½ cups)
- ½ tsp pure vanilla extract

WARM BREAKFASTS**Sweet Potato Hash**

- 1 large sweet potato
- 1 large beet
- 2 turnips
- 1 onion
- 1 Tbs rosemary, minced
- 1 Tbs garlic, minced
- 1 Tbs coconut oil

Preheat oven to 400°. Wash, peel and chop vegetables into half-inch chunks. Coat with coconut oil. Line a baking sheet with parchment paper and spread evenly. Sprinkle with salt, pepper and rosemary. Roast veggies for 25 minutes, add garlic, stir, and roast for an additional 10 minutes.

Coconut Flour Pancakes

- 2 chia eggs (2 Tbs of chia seeds blended with 6 Tbs of water)
- ½ cup hemp milk
- ¼ cup coconut flour
- 1 tsp pure vanilla extract
- ½ tsp baking powder
- Dash of sea salt
- Dash of cinnamon

OR:

- 3 bananas
- 2 chia eggs (2 Tbs of chia seeds blended with 6 Tbs of water)
- 1 ½ cups coconut milk
- ½ cup of coconut flour
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 cup frozen mixed berries

Blend bananas and chia egg together. Add milk and blend again until smooth and set aside. In a large bowl mix the coconut flour with baking powder and cinnamon. Combine with wet mixture and let sit for a few minutes. Heat pan with coconut oil. Place batter into pan to create silver dollar sized pancakes. Heat the mixed berries in a saucepan and pour on top of pancakes.

Chai Spiced No-OatMeal

1 medium acorn squash
 1 cup coconut milk
 ¼ cup unsweetened coconut flakes
 1 Tbs hemp seeds
 2 tsp cinnamon
 ½ tsp nutmeg
 ½ tsp cardamom
 1 diced apple
 Raw honey or pure maple syrup

Pre-heat oven to 350°. Cut acorn squash in half. Fill a roasting pan with 1 inch of water and place squash flesh-side down. Roast 45 minutes to an hour or until very soft. Scrape out seeds and discard. Spoon squash into blender. Add coconut milk, coconut flakes, hemp seeds and spices. Blend until warm or pour into saucepan to heat. Top with diced apple, sweeten with raw honey or pure maple syrup.

Pumpkin No-OatMeal

½ cup pumpkin puree
 ½ cup coconut milk or almond milk
 ½ cup water
 1 Tbs coconut flour
 1 Tbs chia seeds
 1 tsp pure vanilla extract
 ¼ tsp cinnamon
 ¼ tsp nutmeg
 ¼ tsp ginger
 Optional toppings: raisins, coconut flakes, sunflower or pumpkin seeds

Bring milk and water to a boil. Add pumpkin and stir until smooth, bring to a boil again, whisk in coconut flour and bring to a boil again. Cook until desired consistency, turn off heat, add chia seeds, vanilla and spices. Top with raisins, coconut flakes, sunflower and/or pumpkin seeds.

RAW SOUPS

You can add chopped avocado to any soup after blending for texture, or blend with ingredients with for a cream-soup consistency. If you prefer a thinner soup, just add a little extra water to the blender. For a warmer soup, heat water to desired temperature on stove before blending.

Garden Blend Soup

1 ½ cups filtered water
 ½ cup orange juice OR 1 apple, cored
 2 Tbs lemon juice
 2 Tbs of mellow white miso

- 1 avocado, peeled and pitted
- 1 cucumber
- 1 garlic clove
- 1 - 2 green onions OR 1 Tbs chopped red onion (optional)
- ½ bunch romaine lettuce or other leafy greens
- ¼ bunch fresh cilantro, basil or dill
- ¼ bunch parsley, washed well
- ½ red jalapeño pepper or dash cayenne pepper
- ½ tsp sea salt, or to taste

Combine ingredients in Vitamix and puree until smooth.

Cream of Zucchini Soup

- 1 cup filtered water, plus additional water to thin
- 2 medium zucchinis, peeled and chopped
- 2 celery stalks, chopped
- 2 garlic cloves, crushed
- 2 Tbs mellow white miso
- 2 Tbs freshly squeezed lemon juice
- 2 Tbs extra virgin olive oil
- ½ tsp sea salt, or to taste
- 1/8 tsp cayenne pepper
- 1 avocado, peeled, pitted and mashed
- 2 Tbs minced fresh dill (or 2 tsp dried)

Combine water, zucchini, celery, garlic, miso, lemon juice, olive oil, salt and cayenne in a Vitamix; process until smooth. Add the avocado and dill; blend briefly. Add additional water to thin soup to desired consistency.

Gazpacho

- 3 pounds organic heirloom or Roma tomatoes
- 4 radishes, thinly sliced
- 1 celery stalk, coarsely chopped
- 1 small cucumber, seeded and coarsely chopped
- 1 small bell pepper, coarsely chopped
- 1 green onion, chopped
- ¼ bunch parsley, minced
- 1 ½ Tbs lemon juice, freshly squeezed
- ¼ cup extra virgin olive oil
- 1 Tbs ground cumin
- 1 tsp sea salt
- 1/8 tsp freshly ground black pepper
- 1 avocado, peeled, pitted and coarsely chopped
- 1/2 tsp chili oil

Coarsely chop tomatoes. Combine remaining ingredients, *except* for the avocado and chili oil, in a Vitamix until well-blended. Stir in chopped avocado and chill in refrigerator; drizzle with chili oil before serving.

Spinach Apple Soup

1 cup filtered water
 1 cup spinach leaves
 1 apple, peeled, cored and chopped
 1 zucchini, chopped
 1 tsp freshly squeezed lemon juice
 1 avocado, peeled, pitted and chopped
 ¼ tsp sea salt, or to taste

Combine all ingredients in a Vitamix and blend until smooth.

Avocado Bliss

1 cup filtered water
 1 avocado, peeled and pitted
 1 small cucumber
 1 celery stalk
 Juice of 1 small lime
 Handful of fresh cilantro
 2 tsp cumin
 1 tsp ground coriander
 ½ tsp sea salt, or to taste
 Chives and pumpkin seeds to garnish

Blend all ingredients except chopped chives and pumpkin seeds, until smooth. Garnish with chives and pumpkin seeds. *Optional: blend 1 tsp wheat free tamari.

COOKED SOUPS

When blending hot soup, start slowly and work in batches if necessary. You do not want to burn yourself or risk having the steam blow the lid off of the blender.

Thai Squash Soup

1 acorn squash OR butternut squash
 1 carrot
 1 onion
 2 garlic cloves
 2 Tbs coconut oil
 3 cups vegetable broth OR filtered water
 1 cup coconut milk
 ½ -1 tsp red curry paste

1/3 cup cilantro
3 lime leaves
2 stalks lemon grass

Wash squash, cut in half and bake at 350° for 45-50 minutes. Meanwhile, in a large pot, sauté chopped carrot, onion and garlic in coconut oil until fragrant. Add vegetable broth and coconut milk. Mix in red curry paste, heat to almost boiling. Add cooked, peeled and cubed squash, along with cilantro and blend well. Simmer with lime leaves and lemon grass for 20 minutes or more.

Kale Soup and White Bean Soup

2 leeks, thinly sliced (white and light green parts only)
1 Tbs olive oil
6 cups fresh kale, rinsed, chopped, stems removed
4 cups vegetable broth OR filtered water
1 bay leaf
1tsp fresh thyme
Sea salt and pepper, to taste
1 cup cooked white beans (optional)

Sauté leeks in olive oil until soft. Add kale and cook until wilted. Add broth, bay leaf and thyme and simmer for 30 minutes on low heat; salt and pepper to taste. Add beans if desired.

Roasted Pumpkin Soup

2 Tbs coconut oil
3/4 cup chopped onion
1/2 cup chopped carrot
1/4 cup chopped celery
2 Tbs fresh ginger, minced
1 Tbs garlic, minced
2 tsp ground cinnamon
2 cups roasted pumpkin, puree or cubes
4 cups vegetable stock OR filtered water
2 Tbs toasted pumpkin seeds

In a medium saucepan, heat coconut oil over medium-high heat. Add chopped onions, carrots, celery, ginger, garlic and cinnamon. Sauté, stirring occasionally, until lightly caramelized. Stir pumpkin into vegetables, add stock, and bring to a boil. Reduce heat and simmer for 15 to 20 minutes, or until the vegetables are soft. Remove from the heat and process in blender. Add salt and pepper, to taste; serve garnished with toasted pumpkin seeds.

Carrot Ginger Soup

4 cups vegetable broth OR filtered water
 2 pounds carrots
 1 Tbs coconut oil
 1 cup chopped onion
 ½ cup fennel, chopped
 2 garlic cloves, minced
 2 Tbs grated ginger
 1 tsp sea salt
 ¼ tsp cumin
 ¼ tsp cinnamon
 ¼ tsp dried mint
 3 Tbs fresh lemon juice

Cook carrots in vegetable broth for 10 to 15 minutes. Sauté onions, fennel and garlic in a pan until fragrant. Add ginger, salt and spices. Turn heat to low, and continue to sauté for another 10 minutes. Stir in lemon juice. Combine in blender and puree.

Sweet Potato Cauliflower Soup

6 cups vegetable broth OR filtered water
 1 large cauliflower
 3 sweet potatoes, peeled and cut into 1 inch cubes
 1 sweet onion, diced
 2 garlic cloves
 1 tsp sea salt
 Garam masala

Preheat oven to 400°. Wash and cut cauliflower in bite size pieces; sprinkle lightly with garam masala. Spread cauliflower onto parchment covered baking sheet and lightly drizzle with olive oil. Roast for 20 to 30 minutes. In large stockpot, bring sweet potatoes, onion, garlic, salt and broth to a boil. Reduce heat and simmer until sweet potatoes are tender. Add roasted cauliflower. Scoop out half the vegetables and blend; stir pureed mixture back into soup until combined.

*Optional: add a few dashes of garam masala.

Minestrone Soup (beans optional)

2 Tbs coconut oil
 2 garlic cloves, chopped
 ½ onion, chopped
 1 Tbs tomato paste
 1 tomato (diced)
 2 celery stalks, chopped
 4 carrots, chopped
 1 fennel bulb, chopped

- 3 cups vegetable broth
- 1 bay leaf
- ¼ tsp crushed red pepper
- 1 cup of kale, chopped
- 1 cup cabbage, chopped

In a large stockpot, sauté onion and garlic in coconut oil, add tomato paste and stir. Add tomato, celery, carrots and fennel. Add vegetable broth, bay leaf and crushed red pepper. Simmer on low for 30 minutes. Add chopped kale and cabbage; simmer for 10 or more minutes. Add salt and pepper to taste. Serve with a drizzle of olive oil.

Vegetable Broth:

- 10 cups cold filtered water
- 1 large onion, roughly chopped
- 2 carrots, peeled and roughly chopped
- 3 celery stalks with leaves, roughly chopped
- 2 zucchini
- 5 cloves garlic, roughly chopped
- 2 Tbs apple cider vinegar
- 1 bunch parsley

Place vegetables (except parsley) in a large stockpot, cover with cold water, add vinegar and let stand 30 minutes. Bring to a boil, reduce heat and simmer for about 3 hours. The longer you can simmer the stock, the more flavorful it will be. About 10 minutes before you're ready to turn it off, add the parsley. Parsley adds more minerals to the broth. Strain the broth into a large bowl, cover and store in the refrigerator for use as needed.

Miso Soup with Sea Vegetables

- 5 cups filtered water
- 1 strip kombu, hijiki or other sea vegetable
- 1 cup chopped chard, kale or other greens
- 1/2 cup sliced carrots
- 2 Tbs miso of your choice

Rinse sea vegetable in cold water for 10 minutes (if using arame, do not soak). Wipe with a towel to remove excess sodium. Fill pot with 5 cups of water. Cut the sea vegetable into small strips and add to the pot. Bring to a boil, add the carrots, cover and turn heat to medium-low. Simmer for 10 minutes. Add the greens and simmer for 2 more minutes more. Remove from heat. Take a little broth out of the pot and blend with miso paste to form a puree. Stir miso puree back into soup pot and let sit for 2 or 3 minutes. Stir before serving. **IMPORTANT: Miso should never be heated to boiling because the high temperature destroys its beneficial bacteria.*

Detox Soup 101 (adapted from The Gluten Free Goddess)

1 Tbs coconut oil
 2 garlic cloves, chopped
 2 Tbs diced onion
 1 inch of fresh ginger, peeled and chopped
 4 cups fresh broccoli/cauliflower, chopped
 3 parsnips, peeled, cored and chopped
 2 celery ribs, trimmed and chopped
 ½ pound of fresh spinach leaves
 A handful of fresh parsley, roughly chopped
 ½ cup coconut milk
 Fresh water, as needed
 Sea salt and ground pepper, to taste
 Lemon or lime juice

In a large pot, warm the coconut oil over medium heat. Stir in garlic, onion and ginger to season the oil. Add broccoli/cauliflower, parsnips, celery, spinach and parsley, and stir until the spinach wilts. Add ½ cup coconut milk and just enough water to cover the vegetables (go easy with the water, you can always thin the soup later if you need to). Bring to a high simmer, cover pot, and reduce heat. Simmer 15 minutes or until the veggies are softened. Use an immersion blender, or stand-up blender, to puree the soup.

RAW MEALS**Detox Lettuce Wraps**

6 sheets nori or lettuce leaves
 1 avocado, peeled and pitted
 1 tomato, diced
 1 cup sprouts (of choice)
 ¼ cup sauerkraut or kimchee
 1 Tbs hemp seeds (optional)
 1-2 Tbs tahini (optional)

Place all the ingredients on each leaf and roll up. Add 1 to 2 Tbs of tahini for extra flavoring or a dash of cayenne pepper for some heat.

Spinach Salad with Pumpkin Seeds & Cranberries

3 cups baby spinach
 ½ cucumber chopped
 ½ cup cherry tomatoes
 ½ cup pumpkin seeds
 ¼ cup dried cranberries
 Raw onion slivers - about ¼ cup

Chop all your vegetables and mix into a large bowl. Top with pumpkin seeds and cranberries.

Kale, Apple & Sunflower Seed Salad

2 bunches of kale, small chiffonade
 1 Fuji apple, sliced
 1 cup sunflower seeds
 ½ cup raisins
 ½ cup organic olive oil
 ½ lemon, juiced
 2 Tbs raw honey or pure maple syrup
 1 Tbs Dijon mustard
 Splash of apple cider vinegar (or your favorite vinegar)
 Sea salt to taste

In a large bowl, massage kale with lemon juice for three minutes to break it down. In a smaller bowl, combine honey, mustard, vinegar and sea salt. While whisking mixture vigorously, add the organic olive oil slowly in a thin stream. Mix dressing with kale and top with sunflower seeds, raisins and then garnish with apple. Add some thyroid boosting minerals such as dulse sprinkles,

Fall Detox Salad

3 carrots, grated
 2 cups broccoli, chopped
 2 cups cauliflower, chopped
 1 cup dried cranberries
 ¾ cups chopped parsley
 ½ cup chopped apple
 ½ cup sunflower seeds
 ¼ cup raw pumpkin seeds
 ¼ tsp sea salt

Dressing:

2 Tbs olive oil
 Juice of 1 lime
 Pinch of turmeric
 Pinch of cumin

Place the broccoli, cauliflower and parsley in the food processor. Chop until you get nice even bite-sized florets. Grate the carrots. Combine apples, cranberries, sunflower seeds and pumpkin seeds in a large bowl and toss in the vegetables. Blend the olive oil, lime juice, cumin, turmeric and add salt and pepper to taste.

Colorful Goddess Salad

- 2 cups green cabbage
- 2 cups red cabbage
- 1 stalk of celery
- 1 cucumber
- 1 raw striped beet
- 1 yellow beet
- 1 radish
- 1 zucchini

Dressing:

- ½ cup filtered water
- ½ cup tahini
- 2 cloves garlic
- 2 Tbs fresh parsley, chopped
- 2 Tbs chives, chopped
- 2 Tbs fresh lemon juice
- 2 Tbs apple cider vinegar
- 1 tsp coconut aminos
- ½ tsp sea salt

Thinly slice the cabbages, cucumber and celery. Use a cheese grater to shred the beets, radish and zucchini. Toss the vegetables into a large bowl. Separately, blend the ingredients for the dressing in a food processor until smooth and pour over mixed veggies.

Falling Pear Salad

- 1 bunch kale
- 2 avocados, peeled, pitted and cubed
- 2 pears, diced
- ½ cup dried cranberries
- ¼ cup pumpkin seeds
- 2 Tbs olive oil
- Juice of 1 lemon
- Sea salt to taste

Rinse kale well and chop into bite size pieces. In large bowl, combine kale with avocados and pears, add the cranberries and pumpkin seeds, drizzle with olive oil, squeeze of lemon and pinch of sea salt to taste. Toss enthusiastically.

Chili Dipped Wraps

Filling:

- 1 avocado, peeled, pitted and sliced
- 1 beet
- 1 bell pepper
- 1 zucchini
- ½ jicama

Dip:

- 3 Tbs sun butter
- 2 Tbs filtered water
- 2 Tbs extra virgin olive oil
- 1 Tbs lemon juice
- 1 tsp raw honey or maple syrup
- ¾ tsp grated ginger
- ¾ tsp garlic
- ¾ tsp dried chipotle chili powder

Wrap:

Choose your favorite leafy greens such as collards, romaine lettuce, Napa cabbage or kale. Boost your thyroid by using Nori sheets instead. Slice the vegetables into thin strips. Blend the dip ingredients until smooth. Use the leaves to wrap up this delicious mixture.

Mediterranean Kale Salad

- 2 bunches dinosaur kale (any organic kale), stems removed
- ¼ cup sunflower seeds
- ¼ cup raisins, soaked 10 minutes, drained, and rinsed
- 2 Tbs extra virgin olive oil
- 2 Tbs lemon juice
- 1 Tbs hemp seeds
- 1 tsp sea salt
- ¼ tsp fresh ground black pepper

Stack two of the kale leaves with the stem end facing you. Fold in half lengthwise and roll tightly like a cigar. Slice crosswise into thin strips. Repeat with the remaining kale leaves. Chop the kale strips crosswise a few times, so they aren't too long.

Place the kale in a mixing bowl along with olive oil, lemon juice, and salt. Toss well with your hands, working the dressing into the greens. Add the sunflower seeds, hemp seeds and raisins and toss gently. Season to taste with black pepper.

Apple Spinach Cabbage Slaw

- 1 Granny Smith apple, sliced
- 1 Pink Lady apple, julienne
- 1 bunch baby spinach
- 1 small cabbage, shredded
- 1 Roma tomato, diced
- ½ cup leeks or green onion, thinly sliced

Toss all the ingredients in a large bowl. Add any dressing from the **Dressings Section** to this amazing salad, or just use a squeeze of lemon and drizzle olive oil to keep it simple.

COOKED MEALS**Vegetable Curry**

- 1 pound cauliflower, cabbage, zucchini
- 1 red onion, diced
- 1 garlic clove
- 2 Tbs coconut oil
- 6 oz. can tomato paste (look for a BPA FREE can)
- 1 cup coconut milk
- 1 tsp sea salt
- 1 tsp fenugreek powder
- ½ tsp cardamom powder
- ½ tsp coriander powder
- ½ tsp ginger
- ½ tsp chili powder (optional)

Wash and chop vegetables. Sauté onions and garlic in coconut oil. Add seasonings, tomato paste and coconut milk and stir until smooth. Add vegetables and simmer for 15 minutes.

Stuffed Acorn Squash

- 1 Tbs coconut oil
- 1 acorn squash
- 1 small onion, chopped
- 3 celery stalks, finely chopped
- 1 carrot, diced
- ½ cup mushrooms, chopped
- 1 tsp sage
- 1 tsp thyme
- Dried cranberries
- Salt and pepper to taste

Pre-heat oven to 350°. Cut acorn squash in half. Fill a roasting pan with 1 inch of water, and place squash flesh-side down. Roast 45 minutes to an hour, or until very soft. Scrape out seeds and discard. Sauté onion, celery, carrots, mushrooms, sage and thyme. Remove from heat. Stir in dried cranberries, salt and pepper, mixing well to combine. Divide the stuffing among the acorn squash halves. *Optional: add cooked lentils to stuffing.

Roasted Root Veggie Salad

1 pound root vegetables (beets, carrots, turnips, parsnips), diced
 2 medium shallots
 1 Tbs coconut oil
 ½ tsp sea salt
 ½ tsp fresh rosemary, chopped

Salad:

3 cups arugula
 2 Tbs olive oil
 1 Tbs apple cider vinegar
 1 Tbs Dijon mustard
 Dash of sea salt and pepper to taste

Preheat oven to 450°. Line a baking sheet with parchment paper. In medium bowl, toss diced vegetables and shallots with coconut oil and ½ tsp sea salt. Spread veggies out in a single layer on baking sheet. Roast until tender (about 20 minutes). Drizzle 1 Tbs of olive oil, add fresh rosemary and toss. Wisk remaining 2 Tbs of olive oil, vinegar and mustard in a large mixing bowl, add arugula and toss to coat. Top with roasted vegetables.

Zucchini Noodles with Roasted Red Pepper Sauce

2 zucchinis - grated, julienned, or use a spiral slicer (a Spirooli) to make “noodles”

Sauce:

1 cup coconut milk
 1 cup sweet potato chunks, steamed
 1 red bell pepper, roasted
 2 garlic cloves
 1 Tbs lemon juice
 1 tsp dried basil
 ½ tsp of sea salt

Place all the sauce ingredients in high-powered blender and blend until smooth and creamy. Adjust seasonings to taste. Lightly sauté zucchini noodles, or serve raw, and top with sauce.

Vegetable Skewers

- 1 red onion
- 2 Japanese eggplants
- 2 zucchini
- 1 fennel bulb
- 12 cherry tomatoes

Chop vegetables into medium size chunks and slide pieces onto skewers. Brush generously with olive oil, season with sea salt and pepper. Broil 6 inches from heat for approximately 10 minutes, turning kabobs after 5 minutes. *Tip - If using bamboo skewers, soak them in water for 2 hours before using to reduce charring in the oven.

Kale with Gomasio

- 1 bunch kale
- Gomasio (store bought or home-made)

Rinse kale, stack the leaves, roll 'em up, and slice into ribbons, *chiffonade* style. Steam ribbons until bright green, about 3 to 5 minutes. Transfer to bowl and sprinkle with Gomasio to taste.

Home Made Gomasio:

- 2 cups sesame seeds
- 1 Tbs sea salt

Roast sesame seeds in a cast iron skillet over medium heat for 10 minutes, stirring constantly until seeds turn golden brown. Grind the seeds and salt into a coarse meal using a mortar and pestle. When cooled, transfer to a glass container for storage.

Spaghetti Squash with Tomatoes

- 1 spaghetti squash
- 3 tomatoes or cherry tomatoes
- 2 cloves garlic
- ¼ cup basil, chiffonade

Pre-heat oven to 350°. Cut spaghetti squash in half and scrape out seeds and discard. Fill a roasting pan with 1 inch of water and place squash flesh-side down. Roast 45 minutes to an hour, or until very soft. Sauté tomatoes and garlic and remove from heat. Stir in salt and pepper. Using a fork, scrape out the spaghetti squash into a bowl, tomato garlic sauce, fresh basil and serve.

DIPS

If you can't find nutritional yeast, simply omit it from the recipe. If you are intolerant to soy and/or miso, just omit those as well.

Tahini Dip

- ¼ cup filtered water
- ¼ cup tahini (sesame paste)
- 1 clove garlic, minced
- Juice of 1 lemon
- 1-2 Tbs wheat free Tamari (optional)

Whisk or blend all ingredients until creamy. Slowly add more water to obtain desired consistency. This dip will thicken in the refrigerator and can be stored for up to 3 days.

Sweet Potato Chutney

- 1 medium sweet potato, peeled and coarsely chopped
- 2 shallots, finely chopped
- 2 Tbs dried cranberries
- 2 Tbs raw honey or pure maple syrup
- ¼ cup apple cider vinegar
- ½ tsp fresh ginger, grated
- ¼ tsp red pepper flakes

Combine shallots, cranberries, honey or syrup, vinegar, grated ginger and pepper flakes in a medium saucepan. Stir in sweet potato and bring to boil. Reduce heat, cover and simmer for 10 minutes, stirring occasionally.

Bean-less Hummus

- 3 sundried tomatoes
- 1 zucchini
- 1 garlic clove, minced
- ½ cup tahini (sesame paste)
- ¼ cup fresh basil or 2 Tbs dried basil
- 1 Tbs apple cider vinegar
- ½ tsp sea salt
- Juice of 1 lemon
- Up to ½ cup filtered water

Blend all ingredients well, adding more water until desired consistency is reached.

Cilantro Pea Dip

3 cups frozen peas
1 garlic clove
¼ cup fresh cilantro
2 Tbs olive oil, plus more for drizzling
1 Tbs tahini (sesame paste)
Juice and zest of 1 lemon
Sea salt and pepper

Cook peas in salted, boiling water for about 1 minute, then transfer to an ice-water bath; drain. Pulse peas in a food processor with garlic, cilantro, lemon juice and zest, olive oil and tahini. Season with salt and pepper; drizzle with oil.

Baba Ghanoush

1 eggplant
1 garlic clove
¼ cup tahini (sesame paste)
2 Tbs olive oil
1 Tbs hemp seeds
Juice of 1 lemon

Pre-heat oven to 400° and roast eggplant for 30 minutes, then place in a bowl of cold water for 5 minutes. Peel skin and discard. Chop eggplant into pieces and pulse all ingredients in blender.

Deliciously Detoxing Pesto

1 cup washed, loosely packed fresh basil leaves
½ cup fresh sorrel leaves, cilantro, or mint
2 sun dried tomatoes
2 garlic cloves, peeled
Juice of 1 lemon
¼ to ½ cup extra virgin olive oil, as needed
dash of sea salt, to taste

Combine the basil, sorrel, sun dried tomatoes, lemon juice and garlic in a food processor bowl; pulse and process the mixture until it is finely chopped. Slowly add extra virgin olive oil in a steady drizzle as you pulse the processor on and off. Process until it becomes a smooth, light paste. Add enough olive oil to keep it moist and spreadable. Season with sea salt. Cover tightly and chill in the refrigerator for at least 1 hour to saturate the flavors. If storing overnight, pour a thin layer of extra virgin olive oil over the top of the pesto to help keep it bright green.

DRESSINGS

Store dressings in the refrigerator in air-tight containers for up to 3 days.

Tahini Dressing

½ cup tahini
½ cup cilantro
1 clove garlic, minced
1 Tbs tamari
juice of 1 lemon
¼ - ½ cup water

Whisk or blend all ingredients together. Add more water until desired consistency is reached.

Honey Lemon Dressing

2 tsp fresh lemon juice
1 tsp finely grated lemon zest
1 Tbs raw honey or pure maple syrup
½ tsp chopped basil
¼ cup extra virgin olive oil
sea salt and pepper, to taste

In small bowl, whisk lemon juice with zest, honey or syrup, and basil. Whisk in olive oil and season with sea salt and pepper.

Oil & Vinegar with a Kick

2 - 3 Tbs apple cider vinegar
1 Tbs Dijon mustard
¾ tsp cumin
pinch of cayenne
¼ - ½ cup extra virgin olive oil
sea salt and pepper, to taste

Whisk all of ingredients together in a small bowl, except the oil. Then, slowly incorporate the oil as needed until it reaches the desired dressing consistency.

SNACKS

Energy Super Food Balls

- ¾ cup pumpkin seeds
- ¾ cup sunflower seeds
- 3 Tbs flax meal
- 4 dates
- 2 Tbs coconut oil
- 1 Tbs raw honey or pure maple syrup (optional)
- 1 cup blueberries
- ½ cup unsweetened, shredded coconut

Combine seeds, flax meal, dates, coconut oil and honey or syrup in a food processor. Taste batter and adjust for added sweetness. Stir in blueberries and form mixture balls about the size of a golf ball. Roll each ball in the shredded coconut to coat and then refrigerate until chilled. *Optional: add your favorite fresh berries.

Trail Mix

- ½ cup dried cranberries
- ½ cup chopped, toasted sunflower seeds
- ½ cup toasted pumpkin seeds
- ¼ cup raisins (omit if you are on a candida diet or need to be on a low sugar diet)
- 1/8 cup unsweetened, shredded coconut

Combine all ingredients and enjoy.

Apple Banana Sandwich

- 1 apple, unpeeled, granny smith or Fuji
- 1 banana, sliced thin
- 2 Tbs pumpkin seed or sunbutter

Slice the apple thinly crosswise; remove the seeds and core with a paring knife. Spread 1 apple slice with a bit of the seed butter and top with the banana slices. Top with another apple slice, seed butter spread, and banana slices. Keep repeating with remaining fruit slices and seed butter.

Celery with Sun-Butter & Cinnamon

- 3 celery ribs, strings removed and cut in thirds
- Spread sun butter in each crevice
- Sprinkle with cinnamon

Fruit with Sweet-Tahini Dip

- 1 Tbs raw honey or pure maple syrup (or to taste)
- 1/3 cup Tahini (sesame seed paste)
- 1 cup cut up fruit (apples, pears, berries)

Digestion Pick Me Up

- ½ cup of cultured vegetables
- 1 cucumber or celery, chopped
- 2 Tbs sunflower seeds
- Dash of cayenne or cumin

Kale Chips

- 1 bunch kale, stems removed and leaves torn into 2-inch pieces
- 2 Tbs extra-virgin olive oil
- 1 Tbs fresh lemon juice
- ¼ cup sesame seeds
- Sea salt

Preheat oven to 200°. Place kale in a large bowl, drizzle with oil, lemon juice, sesame seeds and season with salt. Toss until evenly coated, transfer to a rimmed baking sheet, and bake for 30 minutes. Remove from oven, and using a spatula, flip kale leaves over. Return to oven and continue cooking until kale is dry and crisp, 20 to 25 minutes longer. Cool completely and store in an airtight container for up to 3 days.

The Sweet Sensation

- 2 Tbs unsweetened coconut
- 2 Tbs raw cacao nibs
- 2 Tbs dried cranberries

Mix all ingredients together for an afternoon pick me up.

On the Go Pick Me Up

- A handful of seeds
- 1 apple or 1 pear

DESSERTS**Raw Avocado Pudding**

- 1 cup almond milk, rice milk or hemp milk
- 1 avocado, peeled and pitted
- 1 zucchini, chopped
- 1 Tbs raw cacao powder
- 1 Tbs raw honey, pure maple syrup or 1 tsp stevia

Using a food processor or blender, combine all ingredients until smooth. Transfer to container, refrigerate until cold and then enjoy!

Chia Dessert

1 cup chia seeds
 1 ½ cups coconut milk, almond milk, rice milk or hemp milk
 ½ apple
 Pinch of cinnamon

Put chia seeds into bowl, add liquid of choice, and stir. Let sit 5 to 10 minutes. Chop apple into small pieces and place on top of pudding. Sprinkle with cinnamon and enjoy!

Banana Split Sundae

½ cup coconut milk, almond milk, rice milk or hemp milk
 ½ cup frozen banana slices (peeled before freezing)
 ½ cup strawberries, frozen
 1 Tbs raw cacao
 3 Tbs raw honey or pure maple syrup

Combine ingredients in blender or food processor until creamy (may need to use tamper if using Vitamix).

Strawberry Sorbet

2 cups frozen strawberries
 ¼ cup raw honey or pure maple syrup
 1 tsp lemon juice, freshly squeezed
 ¼ tsp pure vanilla extract

Combine ingredients in a blender or food processor until creamy (may have to use tamper if using Vitamix).

Raspberry Mousse

2/3 cup almond milk or coconut milk
 1 ½ cups frozen Raspberries, thawed
 3 Tbs raw honey or pure maple syrup
 ¼ tsp pure vanilla
 ¼ cup virgin coconut oil

Add all of the ingredients to blender or food processor, except the coconut oil, and process until completely smooth. Then add the coconut oil and process 30 seconds more.

TRANSITION DIET RECIPES

Day 1: Egg & Spinach Frittata

- 1 lb. spinach leaves (about 2 bunches), cleaned and chopped
- 3 large eggs
- 2 Tbs coconut milk, rice milk, almond milk or hemp milk
- 2 Tbs sun-dried tomatoes, chopped
- 1 Tbs olive oil
- 1 medium onion, chopped (about 1 cup)
- 1 large clove garlic, minced
- Sea salt and freshly ground pepper

Preheat oven to 400°. Cook spinach in 1/4 cup of water in a covered saucepan until just wilted, a couple minutes; drain water and set aside. In a mixing bowl, whisk together eggs and milk; add in chopped sun-dried tomatoes; sprinkle with salt and pepper and set aside.

Sauté onions in olive oil in an oven-proof skillet, until translucent, about 4 to 5 minutes on medium heat; add garlic and cook another minute; add spinach and stir together with onions and garlic. Spread out spinach mixture evenly on bottom of skillet and pour egg mixture over spinach mixture. Use a spatula to lift up the spinach mixture along the sides of the pan to let egg mixture flow underneath. When the mixture is about half set, put the whole pan in the oven and bake for 13 to 15 minutes, until frittata is puffy and golden.

Note, if you are on the go and morning is hectic, then you can make scrambled eggs with spinach, a hard-boiled egg, or prepare the frittata the night before.

Day 2: Vegetable Quinoa

- 2 cups vegetable broth
- 1 cup organic quinoa, rinsed
- 1/3 cup yellow onion, diced
- 1/3 cup carrots, diced
- 1/3 cup corn
- 1/3 cup sweet peas
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp sea salt
- 1 tsp freshly ground black pepper

Add all ingredients, except peas, to a sauté pan and bring to a boil. Decrease heat, cover pan with a lid, and simmer until quinoa is tender but chewy, and white spiral threads appear around each grain, about 15 minutes. Add the green peas. Stir, fluff, and serve.

Day 3: Quinoa Breakfast Bowl

½ cup cooked quinoa (follow package directions ahead of time)
4 Tbs flax meal
½ cup almond milk
1/8 cup pumpkin seeds
raw honey or pure maple syrup, to taste

Combine all ingredients in a bowl. Serve warm.

You have added in two new foods, eggs and quinoa, during Transition Phase. Now add in 1/8 cup nuts to salad or snack. Choose almonds, walnuts, pecans or even pine nuts.

Day 4: Eggs & Tortillas

3 Tbs coconut oil
2 eggs, scrambled
¼ cup onion, diced
¼ cup red bell pepper, chopped
½ cup spinach
2 brown rice tortillas

Sauté onion and red bell pepper in 2 Tbs coconut oil; add the remaining coconut oil, eggs and spinach. Meanwhile, warm the tortillas if you like before filling with cooked egg mixture.