



# MEAL PLAN & recipes

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## Beginner Detoxer's Sample Menu

	 BREAKFAST	LUNCH	DINNER	SNACKS & TREATS
<b>MON</b>	Autumn Greens Smoothie	Black Bean Butter Lettuce Cups – make extra filling for Wednesday	Autumn Quinoa & Spinach & Pomegranate Salad	Green Apple with Almond Butter & Cinnamon / Honeycrisp Apple with Coconut Butter & Cinnamon
<b>TUES</b>	Sautéed Veggies & Greens!	Leftover Autumn Quinoa	Fish Of Choice with Cilantro Avocado Sauce & Sautéed Greens	Creamy Energy Boosting Shake
<b>WED</b>	Quinoa Morning Porridge – Save leftovers for Friday	Black Bean Butter Lettuce Cups	Chicken Tacos with Cole Slaw	Green Apple with Almond Butter & Cinnamon / Honeycrisp Apple with Coconut Butter & Cinnamon
<b>THU</b>	Green and Gorgeous Breakfast Smoothie	Leftover Chicken Tacos & Cole Slaw – omit the tortillas and eat with a large salad.	Sprouts & Sprouted Stir Fry with Brown Rice & Cucumber Salad	Toasted Kale Chips / Chocolate Banana Fro-Yo
<b>FRI</b>	Quinoa Morning Porridge	Leftover Stir Fry & Brown Rice	Veg-Tastic Quesadilla and Sweet & Citrus Salad – make enough to have Saturday.	Toasted Kale Chips / Chocolate Banana Fro-Yo
<b>SAT</b>	Autumn Greens Smoothie	Tangy Salmon Salad	Fall Fresh Pasta Salad with Sweet & Citrus Salad	Carrots & Celery with Hummus / Spiced Pear & Apple Crumble
<b>SUN</b>	Savory Avocado Wrap	Make Your Own Yummy Salad- pick a dressing	Seasonal Vegetable Curry	Carrots & Celery with Hummus / Spiced Pear & Apple Crumble

# Intermediate Detoxer's Sample Menu



## BREAKFAST

## LUNCH

## DINNER

## SNACKS & TREATS

MON

Smoothie of Choice

Leftover Vegetable Curry

Healthy Celery Root Soup with Raw Chopped Salad

Toasted Kale Chips / Green Apple with Almond Butter & Cinnamon

TUES

Non-Dairy Apple Parfait – makes 2 save one for breakfast on Thursday

Leftover Celery Root Soup and Chopped Salad

Collard Green Banh Mi and Cucumber Salad

Steamed Artichoke (make 2)/ Creamy Energy Boosting Shake

WED

Fall Fruit Smoothie

Portobello Sandwich Cups

Black Bean Lettuce Cups – make extra for lunch tomorrow

Guacamole & Crackers / Spiced Pear & Apple Crumble

THU

Non-Dairy Apple Parfait

Leftover Black Bean Lettuce Cups

Fall Fresh Pasta Salad with Sweet & Savory Salad

Steamed Artichoke Fall Fruit Salad

FRI

Fall Fruit Smoothie

Make Your Own Yummy Salad- pick a dressing

Sprouts and Sprouted Stir Fry

Pumpkin Pie Chia Pudding

SAT

Breakfast Porridge

Collard Green Banh Mi

Autumn Quinoa with Steamed Artichokes

Kale Chips / Pumpkin Pie Chia Pudding

SUN

Quinoa Morning Porridge

Leftover Autumn Quinoa

Veg-Tastic Quesadilla with Toasted Kale Chips

Fall Fruit Salad



# breakfast



## Autumn Greens Smoothie

[Serves 1]

### INGREDIENTS

1 cup coconut water or water  
1 large handful spinach  
½ banana  
1 pear, chopped  
Handful of soaked walnuts or almonds  
1 tsp of flax or chia seeds  
dash of cinnamon

Blend and enjoy!



## Fall Fruit Smoothie

[Serves 1]

### INGREDIENTS

½ cup unsweetened cranberry juice  
½ cup fresh chopped apples  
handful of soaked raw pecans  
1 tsp of flax or chia seeds  
½ cucumber  
½ cup ice

Blend and enjoy!



## Protein Power Smoothie

[Serves 1]

### INGREDIENTS

1 cup unsweetened almond milk  
1-2 tablespoons of almond butter  
½ banana  
1 teaspoon cinnamon  
½ cup frozen blueberries  
Blend and enjoy!



## Green and Glowing Breakfast Smoothie

[Serves 1]

### INGREDIENTS

½ bunch kale  
1 handful spinach  
½ cucumber  
1 pear, sliced  
½ cup unsweetened cranberry juice  
1 tablespoon almond butter  
1 tsp of flax or chia seeds

Blend and enjoy!



## Autumn Dandy Latte

[Serves 1]

### INGREDIENTS

1 tsp. Dandy Blend  
Hot water  
Pinch sea salt  
½ tsp. cinnamon or pumpkin  
pie spice  
7–12 drops vanilla crème liquid  
stevia or ½–1 tsp. raw honey  
Coconut milk or nut milk

Place Dandy Blend powder at bottom of a tea cup and pour hot water as you would for tea. Add sea salt, spice, stevia or raw honey, and coconut or nut milk. Whisk with a small whisk or fork until frothy



## Hot Chocolate Elixir

[Serves 1]

### INGREDIENTS

1 Tbsp. cacao powder  
Pinch sea salt  
¼ tsp. cinnamon  
Pinch cayenne pepper (optional)  
Hot water  
7–12 drops vanilla crème liquid stevia or ½–1 tsp. raw honey  
coconut milk or nut milk

Place cacao powder, sea salt, cinnamon, and optional cayenne at bottom of a tea cup and pour hot water as you would for tea. Add stevia or raw honey, and coconut or nut milk. Whisk with a small whisk or fork until frothy.

## Quinoa Morning Porridge

[Serves 2]

### INGREDIENTS

½ cup rinsed quinoa  
1 15oz can of coconut milk (Native Forest, full fat)  
1 teaspoon cinnamon  
1 teaspoon chia seeds  
1 teaspoon hemp seeds  
optional: liquid stevia to taste

Combine all ingredients except hemp seeds and stevia and simmer for 10 – 15 minutes until liquid is absorbed. Sprinkle with hemp seeds. Enjoy!

## Breakfast Porridge

[Serves 1]

### INGREDIENTS

1 Tbsp. ground flaxseeds  
1 Tbsp. pumpkin seeds  
2 Tbsp. shredded coconut  
2 tsp. chia seeds  
¼ tsp. cinnamon  
7 drops liquid stevia (vanilla crème or plain) or ½ tsp. raw honey  
Hot water  
Coconut milk  
½ Bosc pear, chopped

### PREPARATION

Grind flaxseeds into a fine meal and set aside. (We usually grind about a cup and then just have it stored in the refrigerator for later.) Place all other ingredients except hot water, coconut milk, and pear in a food processor and process until finely ground. Transfer ingredients to a bowl and add hot water to cover. Mix in ground flax seeds and chopped pear. Drizzle with coconut milk.

## Sautéed Veggies and Greens!

[Serves 1]

## INGREDIENTS

1 tablespoon coconut oil  
1/4 onion chopped  
Handful of shitake mushrooms, sliced  
6 Brussels sprouts, quartered or cut even finer  
2 sprigs of fresh herbs parsley, cilantro or mint, minced (optional)  
Sea salt and pepper

Heat coconut oil in a pan until melted, add onions, mushrooms. Sauté for 2-3 minutes. Add kale and sauté until bright green and a bit wilted. Top with fresh herbs and season with salt and pepper



## Non-Dairy Apple Parfait

[Serves 2]

### INGREDIENTS

1/2 cup soaked raw cashews (soak at least 20 minutes – up to an hour)  
1/2 cup unsweetened almond or coconut milk (not canned)  
1/2 teaspoon vanilla  
1 tablespoon hemp seeds  
1 tablespoon of sunflower seeds (soaked is a bonus)  
1 cup chopped apple  
sprinkle cinnamon and/or raw cacao

Combine cashews, milk and vanilla in a blender and blend until smooth. Combine this blend with the rest of the ingredients in a cup sprinkle cinnamon and/or raw cacao and enjoy!



## Spinach Avocado Wrap

[Serves 1]

### INGREDIENTS

1 brown rice tortilla  
1/2 avocado  
hummus  
small handful of spinach  
1 teaspoon chopped basil  
sea salt and pepper

Warm tortilla in a toaster oven or on stovetop, smear the avocado and sprinkle with basil, salt and pepper, hummus and spinach. Fold in half and enjoy!



## lunch



### Black Bean Butter Lettuce Cups

[Serves 2]

#### INGREDIENTS

8 butter lettuce leaves (these make really nice cups, romaine works as well)  
1 15oz can of black beans, drained and rinsed (Eden Organics is a great brand)  
1 avocado  
½ cup fresh salsa (if available)  
1 lime  
small handful of cilantro, chopped  
Sea salt and red pepper flakes (optional)

Mash beans and salsa together in a bowl, stir in chopped cilantro. Spoon into lettuce cups and top with diced avocado and a squeeze of lime juice. Season with salt and red pepper flakes.



### Raw Chopped Salad with Lemon Tarragon Dressing

[Serves 4]

#### INGREDIENTS

1 head of kale, cut into small ribbons  
2 stalks of celery, diced  
1 cucumber, diced  
2 carrots, diced  
1 fennel, thinly sliced  
1 beet, shredded  
1 tablespoon sunflower seeds  
1 can of garbanzo beans drained and rinsed

Combine all ingredients in a large bowl. Dress only what you will eat with the dressing below.



### **Dressing:**

#### INGREDIENTS

¼ cup fresh squeezed lemon juice  
2 tablespoons apple cider vinegar  
2/3 cup olive oil  
1 small handful of tarragon leaves, chopped  
1 teaspoon pepper  
sea salt

Whisk all ingredients together and season with salt. Pour enough onto salad to coat all the veggies.



## Tangy and Tart Salmon Salad

[Serves 2]

#### INGREDIENTS

1 can of sustainably caught salmon, drained  
½ celery, diced  
¼ cucumber, diced  
½ green apple, diced  
1 tablespoon sunflower seeds  
1 tablespoon olive oil  
salt and pepper to taste.

Mix all the ingredients together and serve in a lettuce wrap or on a bed of greens.



## Create Your Own Salad - Fun Dressings

[Serves 8]

### **1 Tahini Ginger Dressing**

#### INGREDIENTS

1 cup raw tahini  
1 Tbsp. grated ginger  
¼ cup lemon juice  
1–2 Tbsp. raw honey or agave  
¼ cup wheat-free tamari  
2 cloves garlic, minced  
1 cups purified water, more to  
blend to desired thickness

Place all ingredients in a high-speed blender and blend until smooth. Store in a glass jar in refrigerator for up to 1 week.

## Easy Caesar Dressing & Dip

### INGREDIENTS

½ cup water  
½ cup olive oil  
2 ribs celery, chopped  
2 Tbsp. plus 1 tsp. lemon juice  
3 Tbsp. wheat-free tamari  
2 Tbsp. chickpea or mellow white miso  
2 tsp. raw honey or a 2-4 drops of liquid stevia  
1 Tbsp. dulse flakes  
1 clove garlic, minced  
1 Tbsp. nutritional yeast  
Romaine lettuce or other salad greens (optional)

Place all ingredients in a high-speed blender and blend until smooth. Serve on chopped Romaine or other salad greens.



## Portobello Sandwich Cup

[Serves 1]

### INGREDIENTS

1 large Portobello mushroom, brush with olive oil and grill or sauté until slightly charred. This can be done in advance  
1 – 2 tablespoons hummus  
4-5 cucumber slices  
sliced red onion  
chopped kalamata olives

Spread hummus on Portobello mushroom, top with rest of the ingredients and enjoy! Eat like an open faced sandwich or with a fork and knife.



## Spinach and Pomegranate Salad with Tarragon Mustard Dressing

[Serves 2]

### INGREDIENTS

4 cups baby spinach

1 pomegranate, seeded or 1/3 cup seeds  
2 baby leek, thinly sliced  
1 avocado, diced  
½ cup white beans, drained and rinsed  
¼ cup pine nuts or sliced almonds

Mix all ingredients in a bowl and dress.

**Dressing:**

INGREDIENTS

3 tablespoons apple cider vinegar  
½ cup olive oil  
2 cloves garlic, minced  
1 tablespoon whole grain mustard  
2 tablespoons chopped tarragon  
salt and pepper to taste

Whisk all ingredients together and dress your salad.



## Veg-Tastic Quesadilla

[Serves 2]

INGREDIENTS

2 large gluten free tortillas  
1 15oz can of black or adzuki beans (Eden Organics is a great brand)  
2 green onions, sliced  
1 lime, juiced  
2 garlic cloves, minced  
1 heaping teaspoon cumin  
small handful of cilantro, chopped  
red pepper flakes to taste  
1 avocado sliced  
1 teaspoon olive oil

Use a fork to mash the beans into the onions, lime juice, garlic, cumin, cilantro and red pepper flakes together in a bowl.

Heat a teaspoon of olive oil in a skillet. Lay down one tortilla to warm up. Layer the black bean mixture then veggies and avocado on top. Add spices and layer another tortilla on top.

If you want, you can add in “cheese”, see recipe below.

## Macademia Ricotta Cheese

[Serves 4]

### INGREDIENTS

1 1/3 cups macadamia nuts  
1/3 cup water  
2 tbsp freshly squeezed lemon juice  
1/4 clove garlic  
1/2 tsp sea salt  
1/8 tsp ground black pepper

In a food processor, reduce macadamia nuts to small pieces. Add remaining ingredients and blend for a few seconds to form an emulsion. The cheese will turn white and creamy with small crunchy pieces of nuts.

Can also be served as a dip for veggies, in a salad, on crackers, or as a sandwich wrapped in lettuce. Keeps for 2 weeks in refrigerator.

## Collard Green Banh Mi

[Serves 1]

### INGREDIENTS

1 large collard green with thick part of stem removed  
1/2 cucumber, cut into matchsticks  
1 carrot, cut into matchsticks  
1/2 avocado, sliced  
small handful of sprouts – can be found in the produce section  
2 sprigs of basil, chopped  
3-4 sprigs of mint, chopped  
small handful of cilantro, chopped

Roll all the ingredients in the collard green like you would a burrito. Serve with dipping sauce.

### **Dipping Sauce:**

#### INGREDIENTS

1 teaspoon ginger, minced (or grated with a zester)  
1 garlic clove, minced  
1 green onion, sliced  
1/4 cup gluten free tamari.

Mix all ingredients and serve with Collard Green Bah-Mi



## dinner



### Autumn Quinoa

[Serves 4]

#### INGREDIENTS

2 cups quinoa, rinsed and soaked for 20 minutes  
4 cups vegetable or chicken broth  
½ bunch swiss chard, cut into ribbons  
4 cloves of garlic minced  
2 shallots, chopped  
1 15oz can of white or garbanzo beans (Eden Organics is a great brand)  
1 sweet potato, grated  
1 beet, grated  
1 carrot, grated  
large bunch of sage, cut into ribbons  
½ cup almond slivers  
zest and juice of one lemon  
¼ cup olive oil

In a pot, combine quinoa, broth, garlic and shallots. Cook on medium heat for 15 – 20 minutes until liquid is absorbed. Stir in the rest of the ingredients and season with salt and pepper.



### Sautéed Fish with Cilantro Avocado Sauce

[Serves 4]

#### INGREDIENTS

1 ½ lbs of wild caught smaller fish (skip tuna or swordfish)  
1 bunch cilantro  
1 bunch oregano  
1 avocado  
1 tablespoon coconut oil or olive oil  
Zest and juice of one lemon and one lime  
Salt and pepper

Season the fish with salt and pepper. Heat oil in a sauté pan over medium heat. Add fish and cook, turn over after a few minutes.

Mix the rest of the ingredients in a blender or food processor and serve as a dipping sauce for the fish.

Serve along side a large salad.

## Fall Fresh Spaghetti Squash Salad

[Serves 4]

### INGREDIENTS

1 spaghetti squash  
3 cloves garlic, minced  
1 leek, thinly sliced  
1 cup of maitake or shitake mushrooms  
1 small butternut squash, cut into small .5" cubes  
1 cup of walnuts or pecans, chopped  
1 tablespoon coconut oil  
1 handful chopped sage  
2 tablespoons olive oil.

Heat oven to 400°. Toss the squash in coconut oil, salt and pepper. Roast for 20 minutes until fork tender.

Cut spaghetti squash in half, scoop out seeds, and steam until it's tender about 15 minutes or the crunch of the fibers has been softened.

While squashes cook, heat 2 tablespoons of olive oil in a sauté pan and cook leeks until melted, about 8 minutes. Add garlic and mushrooms and cook for another 7-8 minutes.

Combine the spaghetti squash, butternut squash, mushroom and leek mixture in a bowl. Add sage, salt and pepper and toss with remaining olive oil.

If you are doing the beginner cleanse or need the added protein you can add some shredded roasted chicken or a can of garbanzo beans.

## Red Lentil Dahl with Coconut Milk

[Serves 3-4]

### INGREDIENTS

1 Tbsp. olive oil  
2 cloves of garlic (1 tsp. minced)  
1 small/medium onion, chopped  
1 cup red lentils  
1-2 Tbsp. Madras curry powder  
½ tsp. sea salt  
3 cups water  
1 cup tomatoes, chopped  
¼ cup full-fat coconut milk  
½ lemon, juiced

Heat olive oil in medium-sized sauce pan or cast iron skillet. Sauté garlic and onion until soft, add lentils, curry powder, and salt. Add water and cook 30-40 minutes until lentils are soft. Add tomatoes and cook another 5-10 minutes. Stir in coconut milk and lemon juice. Add salt to taste.

## Sautéed Greens with Garlic and Parsley

[Serves 2]

### INGREDIENTS

1 bunch dark, leafy greens such as kale or collard greens  
3 cloves of finely chopped garlic  
1 tablespoon of olive oil  
1/2 cup vegetable or chicken broth  
juice and zest of one lemon  
handful of chopped parsley

Heat the oil, garlic and lemon zest in a sauté pan for about 2 minutes. Add the greens and sauté for a couple more minutes until the greens are ultra bright green. Add the broth and cover. Let steam for 3 – 5 more minutes. Season with salt, pepper and a squeeze of lemon. Toss in Parsley just before serving.



# Celery Root Soup

[Serves 4]

## INGREDIENTS

1 medium onion, chopped  
2 cloves of garlic, minced  
2 tablespoons coconut oil  
2 tablespoons olive oil  
½ cauliflower, cut into florets  
1 small celery root, peeled and cubed  
2 parsnips, peeled and cubed  
6 cups of vegetable or chicken broth (or 4 cups broth + 2 cups water)  
Cashew Cream (optional, recipe to follow)  
4 tablespoons freshly chopped parsley  
4 tablespoons freshly chopped chives  
fresh horseradish, to taste  
Salt & pepper

Melt the coconut oil in a large pan, add the olive oil and once hot add the onion and garlic with a little salt. Once the mixture starts to brown a little (about 7-10 minutes) add the cauliflower, celery root and parsnips and sauté for 3-5 minutes more.

Add the broth and lower the heat a little. Let the flavors meld and the vegetables soften – 25 - 30 minutes.

Puree mixture or mash it up with a potato masher for a thicker soup. Season to taste with salt, pepper horseradish and herbs.

## Cashew Cream

### INGREDIENTS

½ cup raw cashews, soaked overnight  
½ - ¾ cup water

Soak Cashews overnight, then drain and rinse them. Place in a high powered blender with enough water to cover a little over the top of the cashews. Puree until smooth. Add more water to create the consistency of heavy cream. You may strain the cream through a mesh strainer to remove any coarse pieces.



# Sprouts and Sprouted Stir-Fry

[Serves 4]

## INGREDIENTS

### Rice:

- 1 1/2 cup brown rice
- 3 cups water or veggie stock
- 1 garlic clove minced

### Teriyaki Sauce:

- 1/2 cup Mirin
- 1/2 cup Gluten Free Tamari
- 1 clove minced garlic
- 1 teaspoon minced fresh ginger

### Stir-Fry:

- 1 bunch of broccolini or a small head of broccoli cut into bite size pieces
- 1 celery stalk cut into chunks
- 8 brussel sprouts, halved
- 1/2 bunch kale, cut into ribbons
- 1 small white onion
- 1 bunch of Enoki or Shitake Mushrooms
- 2 cloves of garlic minced
- 2 teaspoons ginger minced
- 2 tablespoons coconut oil
- 1 handful mung bean sprouts

If you can plan ahead, soak the rice overnight in water. Discard soaking water and rinse.

Mix the rice, garlic and broth in a pot over high heat. When the broth comes to a boil, turn heat down to a simmer and cover. Cook until all the liquid has been soaked in the rice about 45 minutes.

In a small saucepan combine all the ingredients for the teriyaki sauce and simmer until reduced by half and thick and syrupy. Remove from heat.

In a wok or large pan with sides, heat coconut oil and add garlic, ginger and onions. Let simmer until brown. Add a little more oil if needed and toss in all of your veggies (except the sprouts). Give them a good mix and cover your pan so the veggies can steam. Steam for 5-10 minutes depending on how "al dente" you want your veggies.

Scoop a large spoonful of rice into a bowl; add a generous helping of veggies, a spoonful of teriyaki sauce and then top with sprouts.

## Cucumber Salad

[Serves 4]

### INGREDIENTS

1 English Cucumber sliced thinly  
1 lemon  
2 teaspoons rice wine vinegar  
Black or Traditional Sesame Seeds

Mix all the ingredients in a bowl and enjoy!

## Chicken Tacos with Cole Slaw Salad

[Makes about 6-8 tacos]

### INGREDIENTS

1 roasted chicken, shredded  
2 teaspoons Cumin  
1/2 teaspoon cayenne pepper  
1 teaspoon Garlic  
1 teaspoon Salt  
1 package of sprouted corn tortillas – Food for Life brand is great or this can be served on a bed of mixed greens.

Put the shredded chicken in a bowl and season with cumin, garlic, cayenne and salt. Mix and set aside.

### **Slaw Topping:**

#### INGREDIENTS

1/4 of a head of Green Cabbage, finely sliced  
1 Green Onion  
Handful of Cilantro, chopped  
Juice of one lime  
2-3 tablespoons of olive oil  
Salt to taste

Mix everything in a bowl and dress with the lime, olive oil and salt. Assemble the tacos by filling the tortilla with chicken and topping it with the slaw and avocado. If you are avoiding grains, you can skip the tortillas and serve this on a bed of mixed greens.

## Sweet and Savory Salad

[Serves 4]

### INGREDIENTS

1 large head of butter lettuce  
½ cucumber, sliced  
1 pomegranate, seeded or 1/3 cup seeds  
1 avocado, cubed  
¼ cup shelled pistachios, chopped

### Dressing

#### INGREDIENTS

¼ cup rice wine vinegar  
½ cup olive oil  
1 garlic clove, minced

Hand tear the butter lettuce into a salad bowl. Add the rest of the ingredients and toss with the salad dressing.

## Seasonal Vegetable Curry

[Serves 4]

You can add chicken to this dish as an option.

### INGREDIENTS

1 onion, peeled and diced  
1 tbsp. curry powder  
2 carrots, peeled and diced  
1 medium cauliflower, cut into florets  
2 medium sweet potatoes, diced  
Small handful of brussel sprouts, halved  
2 cups garbanzo beans, cooked or canned  
1 cup shredded chicken (optional)  
1 15oz can of unsweetened coconut milk (I recommend Native Forest brand)  
4 cups vegetable broth  
2 bunches of any type of greens, washed and cut (kale, bok choy, escarole, collards, turnip greens, etc.)  
Salt and pepper to taste  
Fresh basil strips for garnish  
2 tablespoons coconut oil

In a large pot heat coconut oil and sauté onions and curry spices until the onions are soft (about 6-8 minutes). Add the vegetables, beans (or chicken), and coconut milk. Bring to simmer and add the vegetable stock.

Simmer until the potatoes are tender (about 15 minutes). Add the greens, then season with salt and pepper.

Serve with brown rice or alone if avoiding grains. Garnish with basil.



## snacks



### Steamed Artichoke with Lemon and Herbs

[Serves 2]

#### INGREDIENTS

2 artichokes  
1 lemon  
1 teaspoon dried oregano  
1 teaspoon dried basil  
Sea Salt and Pepper

Snip off sharp tips on the artichoke leaves and cut off stem. Place in a steam basket and steam for 30 – 40 minutes until tender. You will know it's done when a fork easily pierces the stem. Squeeze fresh lemon, sea salt and dried oregano, basil and thyme.



### Green Apple with Almond Butter and Cinnamon

[Serves 1]

#### INGREDIENTS

1 green apple, sliced  
1 tablespoon almond butter  
sprinkle of cinnamon

Sprinkle the cinnamon on the almond butter and dip the apple slices in it.

## Carrot and Celery Sticks with Hummus

[Serves 1]

### INGREDIENTS

2 carrots, cut into sticks  
2 celery stalks, cut into sticks  
2 tablespoons hummus

Dip carrots and celery in hummus and enjoy!

## Zucchini Hummus

[Serves 4-6]

### INGREDIENTS

1 cup peeled and chopped zucchini  
3 ½ Tbsp. lemon juice  
1 Tbsp. olive oil  
4 cloves garlic  
1 tsp. paprika  
1 tsp. salt  
Pinch cayenne  
½ cup raw tahini  
¼ cup sesame seeds plus two Tbsp.,  
soaked for 4 hours, drained, and rinsed

Place zucchini, lemon juice, olive oil, garlic, paprika, salt, and cayenne in a blender and blend until smooth. Add the tahini and soaked sesame seeds and process until completely smooth. Store in refrigerator for up to 4 days

## Guacamole and Flax Crackers (recipe below)

[Serves 2-4]

### INGREDIENTS

2 avocados  
¼ red onion, chopped  
2 cloves of garlic, minced  
1 lime, juiced

¼ jalapeño, diced (optional)

Mash the avocados with ¼ chopped red onion, 2 cloves minced garlic and a squeeze of lime juice. Add chopped jalapeño for added heat.

## Flax Crackers

[Makes about 80 crackers]

### INGREDIENTS

1 cup pumpkin seeds  
2 cups ground flax seeds  
1 cup of sunflower seeds  
1/3 cup chia seeds  
3/4 tbsp sea salt  
1/2 tbsp ground black pepper  
1/16 tsp of ground cayenne pepper  
1 1/2 carrots, grated  
1/2 large beet, grated  
1/2 large onion, reduced to puree in blender or food processor  
1/8 cup of packed chopped fresh parsley (leaves and stems are fine)  
1 clove of garlic  
2 tbsp of psyllium  
1 1/3 cup of water

1. Soak pumpkin seeds in water overnight or about 8 hours. Rinse and discard water.
2. Combine ground flax seeds, ground sunflower seeds, chia seeds and spices.
3. Mix in soaked pumpkin seeds and remaining ingredients except water. Add water and knead into a violet-colored mixture, let stand 15 minutes to allow mucilage to form. If mixture is too wet when spreading, add up to 1/4 cup ground flax seeds.
4. Spread the mixture on cookie trays covered with parchment paper. Use a spatula or hands to level the mixture. A trick to make this easier is to over the whole mixture with another sheet of parchment paper and roll it out with a rolling pin over the entire sheet.
5. After the mixture is flattened out, take the top sheet off and with a butter knife or spatula lightly trace lines to form 6 inch squares, or so.
6. Repeat procedure for the rest of the mixture. If refrigerating mixture to be spread later, it is important to remove it at least 30 minutes before spreading to give it time to soften.

7. Place in over on lowest setting (typically 170F) and if you want to dry them at a slower pace and simulate a dehydrator then you can crack the oven door to lower oven temp and warm up your house.
8. Dehydrate for 5-6 hours or so. You may want to turn the crackers over part way through the drying process
9. Can be stored at room temp in an airtight container for 3-4 months!

## Probiotic Rich Foods

Add these in as much as possible!

- Raw Traditionally Fermented Sauerkraut
- Raw Traditionally Fermented Kim Chee
- Lacto-fermented Pickles
- Raw Traditionally Fermented Carrots and Ginger, etc
- Home made Kombucha is fine
- Beet Kvass





# Toasted Kale Chips

[Serves 1]

## INGREDIENTS

1 head of kale torn into large pieces

2 teaspoons of olive or sunflower oil

1 teaspoon curry powder (or seasoning of your choice)

sea salt and pepper

Toss kale with oil and season with curry powder and sea salt. Bake for an hour (or more depending on how crunchy you want them) at 200° or until crispy.



## treats



### Honeycrisp Apples with Warmed Coconut Butter and Cinnamon

[Serves 2]

#### INGREDIENTS

2 Honeycrisp apples cut into slices

¼ cup coconut butter

½ teaspoon cinnamon

Put the apples in 2 serving bowls. Warm the coconut oil by placing it in a steamer for 10 minutes. Stir and drizzle on the apples. Top with cinnamon



### Creamy Energy Boosting Shake

[Serves 1]

#### INGREDIENTS

½ cup unsweetened almond milk

1 tablespoon cashew butter

½ avocado

¼ cup raw cacao powder

2 teaspoons maca powder (optional)

2-3 drops of stevia

½ cup ice

Blend and Enjoy!



## Fall Fruit Salad

[Serves 2]

### INGREDIENTS

1 persimmon, chopped  
1 pomegranate, seeded  
Zest and juice of one lemon  
1 teaspoon mint, chopped

Mix all ingredients in a bowl and enjoy!



## Chocolate Banana Fro-Yo

[Serves 2]

### INGREDIENTS

2 frozen bananas  
3 tablespoons raw cacao  
¼ cup unsweetened almond milk

Place bananas and cacao into your blender and blend while slowly adding the almond milk until you have the consistency of frozen yogurt. You may not use all ¼ cup of almond milk.



## Pumpkin Pie Chia Pudding

[Serves 2]

### INGREDIENTS

1 ½ cups unsweetened almond or coconut milk (not canned)  
¼ cup chia seeds  
½ cup pumpkin puree  
1 teaspoon cinnamon  
½ teaspoon ground ginger  
½ teaspoon nutmeg  
dash of allspice

Mix all ingredients in a bowl and refrigerate for 3-4 hours or overnight.

## Coconut Chia Pudding

[Serves 2]

### INGREDIENTS

1 (13.5-oz.) can coconut milk  
10–13 drops vanilla crème liquid  
stevia, or to taste  
Pinch sea salt  
½ cup chia seeds  
½ pear, chopped (optional)

Place all ingredients except chia seeds and pear into a high-speed blender and blend until smooth. In a medium bowl, place chia seeds and pour mixture over the top. Mix well and let stand in refrigerator for at least one hour.

## Spiced Pear and Apple Crumble

[Serves 2]

### INGREDIENTS

1 pear, sliced  
1 apple, sliced  
¼ chopped pecans  
¼ cup almond meal/flour  
1 tablespoon coconut oil  
1 teaspoon cinnamon  
½ teaspoon nutmeg

In a sauté pan, heat coconut oil and add the sliced apples, pears, cinnamon and nutmeg and cook until fruit is tender - about five minutes.

Spoon the fruit into 2 bowls and top with almond meal, pecans and a little more cinnamon.



## basics



### Intestinal Sweeping Powder

[Use a tsp whenever you want to help get things moving]

#### INGREDIENTS

2 Tbsp. psyllium seeds  
2 Tbsp. chia seeds  
2 Tbsp. flaxseeds  
1 tsp. fenugreek seeds  
2 Tbsp. slippery elm powder  
1 tsp. marshmallow root

Using a spice grinder or coffee grinder, grind the ingredients into a fine powder. Have on hand and 1 tsp. can be added to any juice or smoothie to keep things moving. See if you can find these ingredients in bulk at your health food store or at an herb shop near you. And please know that even the extra use of flax and chia seeds will help you out this week.



### How To Cook Beans

[6 cups or 12 servings]

#### PREPARING DRIED BEANS

2 cups large dried beans (e.g. garbanzo, black, pinto, navy, kidney, lima)  
In a large bowl, soak beans in double the volume of water (2 cups beans uses 4 cups water).

Let stand for 8 hours. You could do this before going to bed and let them soak overnight.

Alternatively, you can bring the water to a boil, add beans, turn off the heat, cover, and soak for only 2 hours. Drain and rinse. Cook beans according to the recipe below.

#### INGREDIENTS

Beans (see preparation above)  
6 cups water  
3-inch piece of kombu\*, soaked 5 minutes in cold water  
1 tsp. sea salt

\*Kombu is a seaweed that contains glutamic acid which acts as a natural bean tenderizer. It also adds vitamins and minerals to any dish and helps

prevent flatulence.

Place beans, fresh water, and kombu in a pot; bring to a boil. Lower heat and let simmer, covered, until beans are quite tender (55–60 minutes). A well-cooked bean can be easily mashed in the roof of your mouth with your tongue. Add water during cooking if needed. Add salt to beans when finished cooking.

## How To Make Almond Milk

[6 cups or 12 servings]

### INGREDIENTS

1 cup almonds soaked overnight

3 cups water (or less for creamier consistency)

### Optional

1/2 teaspoon vanilla extract (I use 2 drops \*Medicine Flower Vanilla Extract)

1 - 2 Medjool dates

Soak almonds in water, 8–12 hours, or overnight and rinse well. (DO NOT SKIP SOAKING). Blend water and nuts until creamy. (Add vanilla and dates (optional))

Place a nut milk bag or cheese cloth inside a bowl or pitcher. Pour milk into the bag, and gently squeeze, slowly milking the bag, holding top closed. Be patient and think about the LOVE you want to put into this gorgeous milk. Squeeze gently, and as you get closer to the pulp, firmly squeeze out any excess liquid.

Leftover nut pulp can be frozen as is, or spread on a sheet and dehydrated. Run dried pulp through blender or food processor, and use in recipes where almond flour or pulp is called for. Store in refrigerator up to 3 days or freeze for extended shelf life.

Adding different flavor extracts and/or cacao powder gives you an amazing palette of flavors and textures to work with. Consider adding frozen fruit, hemp seed, chia seed, and greens to create fabulous smoothies!

