



1° of Change

The Standard Process 21-Day Purification Program Cookbook

THIRD EDITION

Georgia Nab, DC, MS, CNS

Use this cookbook in conjunction with the 21-day Standard Process Purification Program. The views in this book are based on the author's clinical and personal experience.

Visit standardprocess.com/purification 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.

I would like to acknowledge and thank:

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- My loving husband, John Nab, DC, for your support and some of the beautiful photography in this book

I also want to express my deepest gratitude to Charlie DuBois for your leadership and vision. By continuing the legacy of Dr. Royal Lee, you have empowered practitioners to change people's lives for the better.

—*Georgia Nab, DC, MS, CNS*



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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.

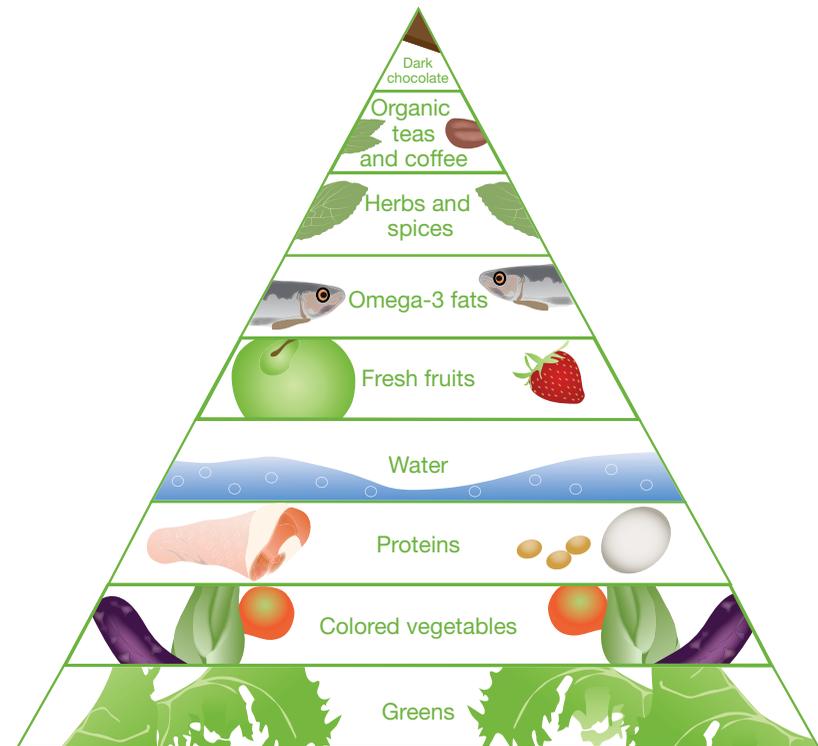
Making Positive Changes to Your Diet

There are six 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 six. You'll feel the difference.

6 Key Changes

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

Learn more on the following pages.



1

Learn about foods for good health.

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.

Alert: Avoid the center food aisles!

Purification and 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 given nutritious whole food, your body 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 binging 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

- 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
 - Added nitrates and nitrites
 - Propyl gallate
 - Potassium bromate
 - Phosphoric acid, such as in soda
 - Hydrolyzed vegetable protein

2

Remove 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 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 many 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



3

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. 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. Conventionally raised 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



4

Replace and reduce refined sugars in your diet.

The overconsumption of added 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.



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.



5

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 grains.
4. Many grains are associated with inflammation in the body.
5. Many corn and soy grains in the United States are now genetically engineered.
6. Eating or overeating grains on a regular basis can lead to elevated insulin levels and insulin insensitivity.

The infographic consists of two vertical columns. The left column, titled 'Grains to avoid:', has a light blue background and lists: Wheat, Corn, popcorn, Rye, Barley, Oat, Rice, Sorghum, and Bulgur (cracked wheat). The right column, titled 'Pseudo-grains to use:', has a light orange background and lists: Quinoa, Buckwheat, Teff, Millet, Amaranth, and Wild rice. Each item is accompanied by a small illustration of the grain or seed.

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)	

6

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 contain 100 percent organic ingredients, list the name of the certifying agency, usually consist of a single ingredient (such as a fruit or vegetable), and can display the U.S. Department of Agriculture (USDA) organic seal.

Organic

A product labeled organic must contain a minimum of 95 percent organic ingredients, identify which ingredients are organic, list the certifying agency, and can display the USDA organic seal.

Made With Organic Ingredients

The food product must be made with at least 70 percent organic ingredients, can only display three organic ingredients on the principal display panel, lists the certifying agency, and cannot use the USDA organic seal.

Some Organic Ingredients

This is a food product that has been processed with less than 70 percent organic ingredients, cannot list “organic” anywhere on the principal display panel, may list organic ingredients in the supplement facts panel, and cannot use the USDA organic seal.

“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, visit www.ams.usda.gov/rules-regulations/organic and select “Labeling Organic Products” in the Standards-Related Fact Sheets section.

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 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

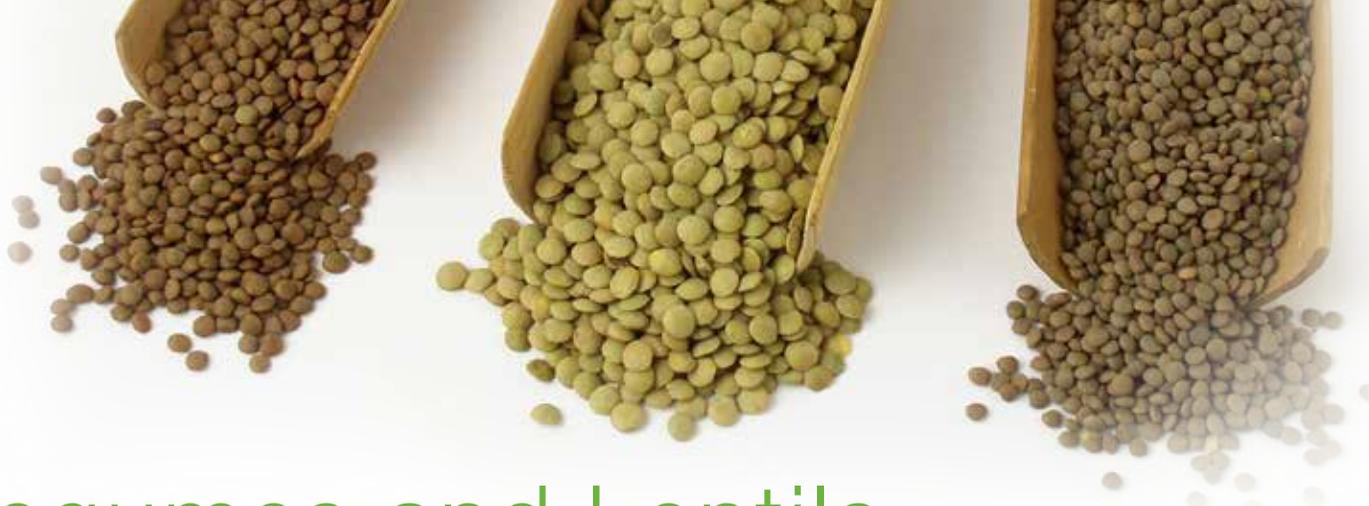
Eggless baking is easy, with many available substitutes. Some of the most common include the following:

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 amount of complex carbohydrates varies among individuals. Speak to your health care practitioner about what the best range is for you.



Understanding Dietary 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. 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

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 for 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: With 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.

Nondairy Milk Alternatives

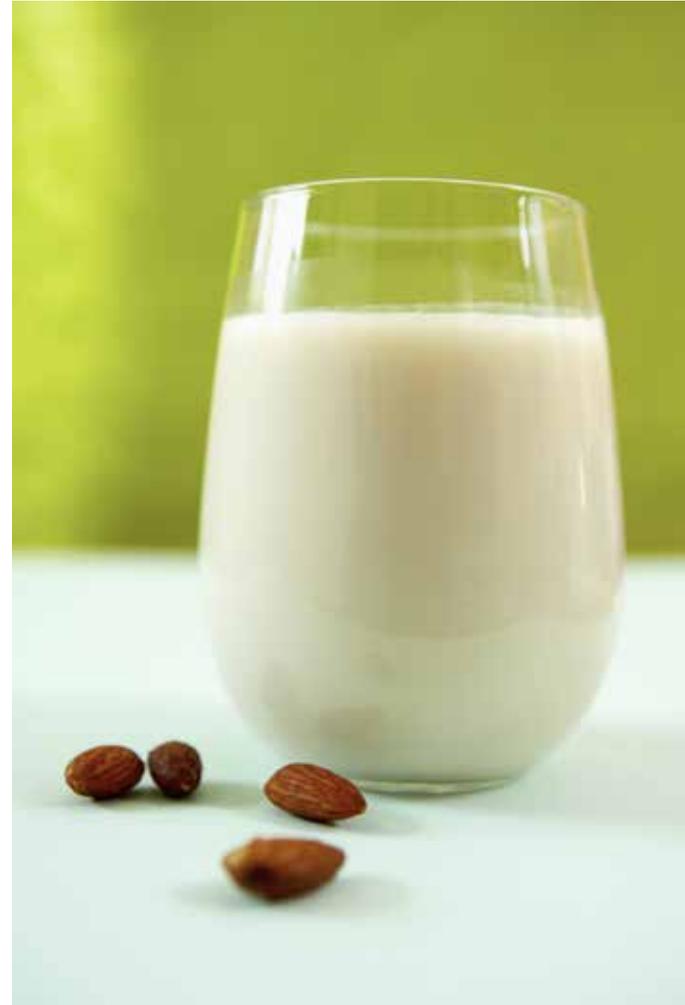
Nondairy milks are a delicious option for all of us whether it's for cooking, baking, or drinking straight up. They're frequently offered in a variety of flavors, but the best option is plain, unsweetened when substituting for dairy milk. Recipes for making your own are included in the pre-/post-purification 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 post-purification section on Page 112.

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.



Additional Ingredients

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, lemon grass, 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, with the favored type 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.





Home Environment

The goal of the Lifestyle Evaluation (Page 21) 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. At right 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, some 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 may 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. It's best to avoid products with any added artificial colorings. Some have been banned due to potential negative effects.

Plastic containers should be carefully evaluated. Use glass instead, especially when heating food or putting hot food into a storage container. Some plastics contain phthalates and bisphenol A (BPA) that can seep into food when heated. Use a paper towel instead of plastic over food when microwaving.



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 gives it a nice glow.

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.



What is your chemical and environmental exposure?

Lifestyle Evaluation: Chemical and Environmental Exposure Questionnaire

Fill out this questionnaire to see how you score. Or visit www.standardprocess.com/TQ to complete the questionnaire online. Then print a copy or email your results to your health care professional for evaluation.

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

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







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. This program jump-starts a healthy lifestyle by establishing habits and providing tools that support the body's natural detoxification mechanisms.*

Environmental toxins and naturally produced toxins in your body can contribute to:

- A stuffy feeling in the head
- Fatigue or difficulty sleeping
- Indigestion and other temporary gastrointestinal upset
- Food cravings and weight gain
- Reduced mental clarity
- Low libido
- Joint discomfort

***These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**



Chapter 2 Purification Overview



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 and other 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.*

For details about the program and purification product kits, visit standardprocess.com or contact your health care professional.



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent disease.



Purification Pantry List

This list includes only foods allowed during purification. Whenever possible, eat only fresh (or frozen) organic vegetables and fruits. Strive to avoid dried or canned ingredients; if you must use them, organic and BPA-free are preferred.

Broths Ready-Made, Organic

- Beef
- Chicken
- Vegetable

Dairy-Free Milk

- Coconut milk, unsweetened
- Hemp milk, unsweetened

Flours

- Coconut

Fruits These fruits are just a sampling. Keep in mind that you should eat twice as many vegetables as fruits. An average serving size is ½ to ¾ cup.

- Apples*
- Apricots*
- Avocados
- Bananas
- Blackberries
- Black currants*
- Blueberries
- Boysenberries
- Cherimoyas* (custard apples)
- Cherries*

- Clementines
- Coconuts
- Cranberries, any variety
- Dates*
- Elderberries
- Figs
- Goji berries
- Gooseberries
- Grapefruit
- Grapes, any variety*
- Guavas*
- Huckleberries
- Jackfruit
- Jujubes
- Kiwi fruit
- Kumquats
- Lemons
- Limes
- Loquats*
- Lychees*
- Mangoes*
- Melons, any variety*
- Mulberries*
- Nectarines*
- Olives
- Oranges
- Papayas*
- Passion fruit

- Peaches, any variety*
- Pears, any variety*
- Persimmons*
- Pineapples
- Plums*
- Pomegranates*
- Raspberries
- Red currants*
- Rhubarb
- Sapodillas
- Sharon fruit
- Strawberries
- Tangerines
- Watermelons*

Legumes and Pseudo-Grains

Average serving size = ½ cup cooked (carefully measured)
1-2 servings of lentils or quinoa per day

Legumes

- Green beans
- Lentils
- Peas

Pseudo-Grains Gluten-Free

- Quinoa

Miscellaneous

- Baking powder
- Baking soda
- Coconut butter
- Coconut cream
- Coconut water
- Curry paste
- Herbal tea, organic, noncaffeinated
- Mustard, Dijon
- Seaweeds such as arame, nori, or kelp
- Vanilla extract

Oils and Fats

Average serving size = 1 teaspoon
Servings: 4-7 teaspoons per day
Should be high-quality, cold-pressed, unprocessed oils

- Avocado oil
- 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 high-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.

Protein

Ask your health care professional about adding 2 scoops of Whey Pro Complete, a powdered protein supplement, to each SP Complete® shake for additional protein. Whey Pro Complete can be added to shakes on day 1.

Lean meat and fish can be added on day 11. Servings should be roughly the size and thickness of your palm.

Average serving size = 3-5 oz. cooked
Servings: 2-4 per day, with 1-2 being fish
Broil, bake, roast, or poach
No cured, smoked, or lunchmeats

- Fish: (e.g., salmon, cod, or sea bass), deep-sea, not farm raised
- Lean red meats: grass-fed beef, 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
- Garam masala
- Garlic
- 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

You can eat an unlimited amount of vegetables from the list below. Your vegetable intake should be **twice** the amount of fruit intake.

Average serving size = ½ cup

Fresh juices made from vegetables allowed

Can steam or stir-fry most vegetables for 4 minutes over low heat, but best to consume half total vegetable amount raw

Fresh herbs and spices optional

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

Vinegars

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



Post-Purification Pantry List

This list includes suggested foods that can be part of a healthy diet following purification. See Page 27 for foods allowed during purification.

Flours

- Almond
- Arrowroot
- Brown rice
- Coconut
- Quinoa

Dairy-Free Milk

- 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

- Almonds
- Beeches
- Black walnuts
- Brazil nuts

- Butternuts
- Cashews
- Chestnuts
- Chia seeds
- Country walnuts
- English walnuts
- Filberts
- Flaxseeds
- Hazelnuts
- Hemp seeds
- Macadamias
- Oak acorns
- Pecans
- Pine nuts
- Pistachio nuts
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Walnuts

Oils and Fats

- Any nut oil
- Avocado oil
- 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: grass-fed beef, 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 radishes
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbages
- Carrots

- Cauliflowers
- Celery
- Chinese eggplants
- Chives
- Collard greens
- Cucumbers
- Eggplants
- Endive
- Fennel
- Jalapeño peppers
- Kale
- Kohlrabies
- Leeks
- Lettuce, any variety
- Mushrooms
- Mustard greens
- Okra
- Onions
- Oyster plants
- Parsnips
- Pearl onions
- Pumpkins
- Radishes
- Rhubarb
- Rutabagas
- Shallots
- Spinach
- Squash, any variety
- Sweet potatoes
- Swiss chard
- Tomatoes
- Turnips
- Wasabi roots
- Watercress
- Yucca roots
- Zucchini

Fruits

- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Black currants
- Blueberries
- Boysenberries
- Cactus pear
- Cherimoyas
- Cherries, sweet or sour
- Clementines
- Coconuts
- Cranberries, any variety
- Dates
- Elderberries
- Figs
- Goji berries
- Grapefruit
- Grapes, any variety
- Gooseberries
- Guavas
- Huckleberries
- Jackfruit
- Jujubes
- Kiwi fruit
- Kumquats
- Lemons
- Limes
- Loquats
- Lychees
- Mangoes
- Melons, any variety
- Mulberries

- Nectarines
- Olives, any variety
- Oranges
- Papayas
- Passion fruit
- Peaches, any variety
- Pears, any variety
- Persimmons
- Pineapples
- Plums
- Pomegranates
- Raspberries
- Red currants
- Sapodillas
- Sharon fruit
- Strawberries
- Tangerines
- Watermelons

Miscellaneous

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





Chapter 3

Purification Recipes

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Shakes



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Rhubarb Mint Shake	36	Refreshing Kale Energy Shake	39
Peaches and Cream Shake	37	Winter Greens Shake	39
Strawberry Cucumber Shake	37	Creamy Coconut Shake	39
Banana Romaine Shake	37	Carrot Spice Shake	39
Spinach Ginger Pear Shake	37	Avocado Colada Shake	39
Cucumber Mint Shake	37	Spinach and Fig Shake	40
Green Shake	37	Kale and Ginger Shake	40
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See pages 90-110 for additional recipes for use during purification.



Shake recipes can travel with you!
Download the Standard Process Purification app!





Basic Shake Recipe

In a blender,† combine:

- 1 cup water, unsweetened coconut milk, and/or unsweetened hemp milk (almond or rice milk only if not doing 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®/SP Complete® Dairy Free or 4 scoops SP Complete® Chocolate/SP Complete® Vanilla
- 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

†SP Complete Chocolate and SP Complete Vanilla can simply be added to water and shaken (no need for a blender) or substituted for SP Complete as detailed in the basic shake recipe.

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 (noncaffeinated) tea, chilled
- 1 tablespoon fresh 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, peeled

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

Blueberry Goji Shake

- 2 tablespoons dried goji berries
- 1-2 medjool dates, pitted and chopped
- 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, 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 and chopped
- ⅛ cup hemp or chia seeds
- 1 tablespoon fresh mint, chopped
- 2 oranges, peeled

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



Blueberry Goji Shake

See the basic shake recipe on Page 35.



Peaches and Cream Shake

- 1½ cups peaches, chopped
- 1 banana, chopped and frozen
- 1 tablespoon chia seeds
- 1 tablespoon goji berries
- 1 tablespoon fresh lemon juice
- ½ teaspoon vanilla extract

Blend all ingredients until smooth.

Strawberry Cucumber Shake

- 1 cup frozen strawberries
- 1 cup cucumber, peeled and chopped
- ¼ cup celery, chopped
- ¼ cup raw cashews (optional but not during purification)
- 1 tablespoon fresh lemon juice
- ½ teaspoon fresh mint, chopped

Blend all ingredients until smooth.

Banana Romaine Shake

- 1 banana, chopped and frozen
- 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 fresh ginger, minced
- 1 cup frozen spinach

Blend all ingredients until smooth.

Cucumber Mint Shake

- 1½ cups cucumber, peeled and diced
- ¼ cup raw cashews (optional but not during purification)
- ¼ cup (packed) fresh mint, chopped
- 1 cup (packed) spinach
- 1 tablespoon fresh 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.

Green Shake

- 2 handfuls of spinach
- 1 stalk celery, chopped
- 1 large kale leaf, stem removed, chopped
- ¼ cup grapes
- 1 apple, chopped
- 1 banana

Put in blender and purée thoroughly.

See the basic shake recipe on Page 35.

Rosemary Orange Shake

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

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

Vibrant Green Shake

- 1 apple, chopped
- 1 pear, chopped
- Juice from 1 lemon
- ½ inch fresh ginger, peeled and sliced
- 1 large kale leaf, stem removed, chopped
- 1 large romaine lettuce leaf
- ⅓ cup cabbage, chopped

Put in blender and purée thoroughly.

Thai Eye Opener

- ¼ cup coconut milk
- ¼ cup pineapple, chopped
- 2 carrots, halved
- 1 medium apple, quartered
- ¼ teaspoon fresh ginger

Blend all ingredients until smooth.

Apple Cinnamon Shake

- 2 apples, chopped
- ⅛ teaspoon vanilla extract
- ¼ teaspoon cinnamon

Put in blender and purée thoroughly.

Apple Arugula Shake

- 1 pear, chopped
- 2 tablespoons hemp or chia seeds
- 1 cup (packed) arugula leaves, chopped
- 3 tablespoons fresh lemon juice
- 1 apple, chopped

Blend all ingredients until smooth.

Pina Colada Shake

- 1 tablespoon coconut oil
- 1 cup fresh pineapple, chopped
- ¼ cup unsweetened shredded coconut

Put in blender and purée thoroughly.

Creamy Strawberry Shake

- 1 cup frozen strawberries
- ½ avocado
- ⅛ teaspoon vanilla extract

Put in blender and purée thoroughly.

Fresh Veggie Shake

- 1 cup tomato, diced
- 1 cup carrot, sliced
- 1 stalk celery, sliced
- ½ avocado

Put in blender and purée thoroughly.



Vibrant Green Shake

See the basic shake recipe on Page 35.



Carrot Ginger Shake

- ½ cup fresh carrot juice
- 1 stalk celery, sliced
- 1 apple, chopped
- ½ inch fresh ginger, chopped
- Juice from ½ lemon

Put in blender and purée thoroughly.

Beet and Green Shake

- 1 cup fresh beet juice
- ½ cup spinach
- 1 stalk celery, sliced
- ½ bell pepper, sliced
- ½ cup cucumber, peeled and chopped

Put in blender and purée thoroughly.

Strawberry Mango Shake

- 1 banana
- 1 mango, peeled and chopped
- 5 large strawberries

Put in blender and purée thoroughly.

Refreshing Kale Energy Shake

- 2 cups kale, stems removed, chopped
- 1 kiwi, chopped
- 1 inch fresh ginger, chopped

Blend all ingredients until smooth.

Winter Greens Shake

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

Put in blender and purée thoroughly.

Creamy Coconut Shake

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

Blend all ingredients until smooth.

Carrot Spice Shake

- 1 cup fresh carrot ginger juice
(Run carrots through juicer with ½ inch fresh ginger.)
- 1 banana, chopped and frozen
- Pinch ground cinnamon

In a blender, purée all ingredients until smooth.

Avocado Colada Shake

- 1 avocado
- 1 cup pineapple, diced
- 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.



Spinach and Fig Shake

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

Blend all ingredients until smooth.

Kale and Ginger Shake

- 3-6 kale leaves, stems removed, chopped
- 1 banana
- 1 apple, chopped
- ½ inch fresh ginger, chopped

Blend all ingredients until smooth.

Cruciferous Pepper Shake

- 1 bunch kale, stems removed, chopped
- 1 bunch Swiss chard
- 3 red bell peppers, sliced

Blend all ingredients until smooth.

Red Shake

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

Blend all ingredients until smooth.

See the basic shake recipe on Page 35.





Gluten-Free Blueberry Muffins

Breakfast

Gluten-Free Blueberry Muffins

- 2 eggs using egg replacer (flax or chia) on Page 84
- 2 tablespoons butter, melted
- ¼ cup coconut milk
- ¼ cup water
- ¼ teaspoon whole-leaf stevia powder
- ¼ teaspoon sea salt
- ¼ teaspoon vanilla
- ½ cup coconut flour
- ¼ teaspoon baking powder
- ½ cup fresh blueberries
- Olive oil

Preheat oven to 350 F. Blend together egg replacer, butter, coconut milk, water, 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 egg replacer (flax or chia) on Page 84
- 1 cup hemp or coconut milk
- 4 tablespoons butter
- ½ teaspoon vanilla
- 1 cup blueberries
- Cinnamon to taste
- Coconut oil for greasing pan

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. Makes 6-8 pancakes.





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Summer Squash Soup

Kale Chips

- 1 bunch kale, stems removed, torn into bite-size pieces
- 1 tablespoon olive oil
- 1 teaspoon sea salt

Preheat oven to 350 F. 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.

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 Chips





Kale Guacamole

Kale Guacamole

- 2 cups kale leaves, chopped
- 4 avocados
- ½ teaspoon sea salt
- 3 tomatoes, seeded and chopped
- ¼ cup red onion, minced
- 2 jalapeño chilies, finely chopped (Wear rubber gloves when handling.)
- Juice of 1 lime
- ¼ cup fresh cilantro, chopped

Place the kale leaves in a food processor and pulse until they are finely chopped. Place the avocado flesh 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 salt as needed. Serve immediately. Serves 2-4.



Zucchini Hummus

Zucchini Hummus

- 2 medium zucchini
- ⅓-¼ cup olive oil
- 4-6 cloves garlic, minced
- ½ cup fresh lemon or lime juice
- ¾ cup sesame seeds
- ¾ cup tahini (recipe on Page 44)
- 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.

Baba Ganoush (Eggplant Dip)

- 2 eggplant globes (about 2 pounds)
- 3 tablespoons olive oil
- 2 tablespoons tahini (recipe on Page 44)
- 1 clove garlic, minced
- ½ teaspoon ground cumin
- 2½ tablespoons fresh lemon juice plus additional to taste
- ¾ teaspoon sea salt plus additional to taste
- Cayenne pepper to taste
- 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.

Avocado Mango Salsa

- 2 avocados
- 1 cup mango, peeled, cubed
- 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.



Summer Squash Soup

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

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

Vegetable and Quinoa Soup

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

Heat oil in pan with garlic, onions, leeks, celery, and cauliflower. 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, peeled and sliced
- 1 head garlic
- 1 medium onion, chopped
- 2 tablespoons olive oil, divided
- 6 cups chicken broth
- 1 cup water

Preheat oven to 350 F. Rub potatoes with 1 tablespoon olive oil and place on baking sheet. Wrap a head of garlic in aluminum foil and place on baking sheet with potatoes. 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. Serves 4.



Vegetable and Quinoa Soup

Carrot and Lentil Soup

- 1¼ cups red lentils
- 3 tablespoons butter or ghee
- 1 red onion, chopped
- 1 clove garlic, 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 or 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 or 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, chopped
- 3 cloves garlic, chopped
- 1 large head broccoli, cut into florets
- 1 tablespoon dried basil leaves
- 2 cups chopped spinach, kale, turnip greens, collards, or Swiss chard
- 1 cup coconut milk
- 2 quarts vegetable or chicken broth
- 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 the puree and reserved broccoli to the soup pan; add broth, sea salt, and curry powder. Stir and reheat gently until heated through. Serves 4.



Basic Vegetable Soup

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

Over medium heat, in a large pot add oil and sauté garlic, onion, and celery. When onions are translucent, add zucchini, carrots, and cabbage. Stir and heat for another 4-5 minutes. Add broth, tomatoes, parsley, dill, sea salt, and pepper. 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 onions, chopped
- 1 red bell pepper, 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)

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. Serve topped with a spoonful of spicy mustard seeds (recipe below). Serves 4.

Spicy mustard seeds:

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

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.



Tortilla-Less Soup

Tortilla-Less Soup

Soup base:

- 3 cups vegetable broth
- 1 tomato, halved
- 1 carrot, halved
- 1 stalk celery, halved
- 1 thin slice onion
- 1 clove garlic
- 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 (recipe on Page 83)
- Dash of cumin

Optional:

- ½ cup cooked chicken breast, finely chopped
- ½ fresh jalapeño, finely chopped (Wear rubber gloves when handling.)
- ¼ cup olives, pitted and chopped

Place all soup base ingredients into a 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.



Gazpacho

- 3 cups fresh tomato juice
- 1/3 cup red wine vinegar
- 1/4 cup olive oil
- 2 large ripe tomatoes, quartered
- 1 cucumber, peeled and cut into chunks
- 1 small onion, quartered
- 1 bell pepper, quartered
- Dash hot sauce
- Sea salt and ground pepper

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



Gazpacho

Basic Lentil Soup

- 1 pound lentils
- 2 tablespoons olive oil or coconut oil
- 1/4 cup onions, chopped
- 1/2 cup carrots, shredded
- 1/2 cup celery, chopped
- 2 tomatoes, diced
- 2 quarts chicken broth
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- Sea salt and ground pepper

Properly prepare lentils. (See Page 11 for instructions.) In a large saucepan, sauté onions, carrots, and celery in oil until onions are caramelized, about 10 minutes. Add the remaining ingredients and cook 30-45 minutes or until tender. Serves 6-8.

Thai Pumpkin Soup

- 2 tablespoons olive oil
- 1 large onion, chopped
- 1 tablespoon tomato paste
- 2½ cups canned pumpkin
- 2 tablespoons fresh ginger
- 1 clove garlic, chopped
- 3 cups chicken or vegetable broth
- 1 tablespoon green chilies, chopped
- ¾ cup coconut cream
- ¾ cup coconut milk
- 1 tablespoon fresh 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. 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.



Thai Pumpkin Soup

Avocado Vegetable Soup

Soup base:

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

Optional:

- ½ cooked chicken breast, finely chopped
- ½ jalapeño, chopped (Wear rubber gloves when handling.)

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



Spinach, Quinoa, and Broccoli Bisque

- 1 tablespoon olive oil
- 1½ onion, chopped
- 2 cloves garlic, minced
- 2½ teaspoons dried basil
- Sea salt and ground pepper
- 1½ pounds broccoli, coarsely chopped
- ½ cup quinoa, rinsed and cooked
- 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. Serves 6.

Swiss Chard, Sweet Potato, and Quinoa Soup

- 2 teaspoons olive oil
- 2 cups onion, chopped
- 2 pounds sweet potatoes, peeled, cubed
- ¾ cup quinoa, rinsed
- 5 cups vegetable or chicken broth
- 6 cups packed Swiss chard, tough stems removed, chopped
- 2 tablespoons fresh 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 lid ajar. Simmer 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.



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, chopped
- ½ teaspoon fresh rosemary, chopped
- 2 cups vegetable broth
- 2 pounds fresh tomatoes, diced
- ½ cup sun-dried tomatoes, chopped (oil reserved)
- Sea salt and pepper
- ½ bunch Swiss chard, chopped
- ½ teaspoon fresh thyme, chopped
- 1 cup fresh basil, chopped

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, and 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.





Mediterranean Salmon

Fish and Seafood Main Dishes

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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
- 1 tablespoon coconut oil
- 4 (6-ounce) salmon fillets
- ⅓ cup fresh basil, chopped

In a medium bowl combine tomatoes, olive oil, vinegar, olives, onion, capers, salt, and pepper. Set aside. In a sauté pan, heat oil at 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.

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 or 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.



Baked Flounder

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

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
- Sea salt and ground pepper
- ¼ teaspoon thyme
- 3 tablespoons olive oil or coconut oil
- 4 cloves garlic, chopped
- 1 lemon, sliced, and fresh 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

- 1 tablespoon olive oil or coconut oil
- 4 sea bass fillets
- 2 cloves garlic, chopped
- 1 onion, sliced
- 4 cups spinach leaves
- 10 baby carrots
- ⅛ cup green onions, chopped
- ⅛ cup green peppers, diced
- 1 zucchini, sliced
- 1 sweet potato, cooked, sliced in ¼ inch slices
- 1 teaspoon dried dill weed
- Sea salt and pepper

Preheat oven to 350 F. Massage oil into the fillets, then place fillets in baking dish. Lay all remaining ingredients except dill weed, salt, and pepper over fillets. Sprinkle with dill weed and salt and pepper to taste. Cover dish with aluminum foil and bake for approximately 30 minutes or 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 fresh lemon juice, divided
- 2 lemons, sliced
- 4 sprigs rosemary
- 3 medium tomatoes, chopped

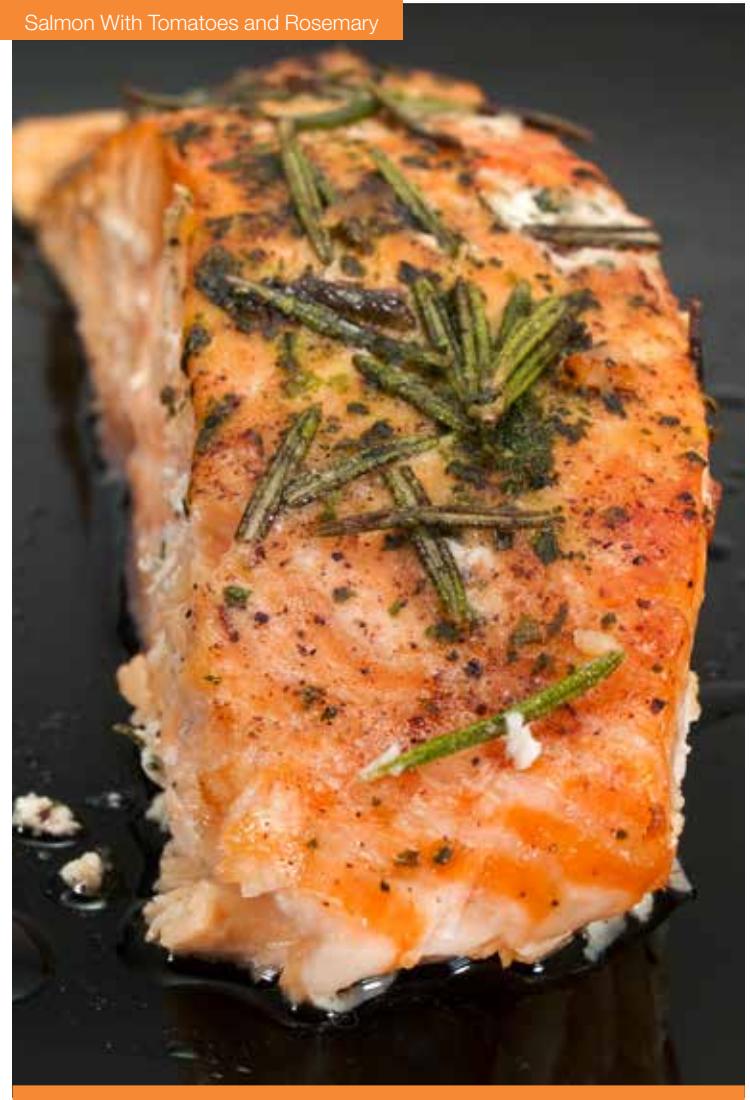
Preheat the oven to 475. Cut 4 pieces of nonstick aluminum foil, each 12 inches long. Rub each fillet with salt, pepper, 1 teaspoon oil, and ¼ teaspoon lemon juice. For each packet, put 2 lemon slices in the center of the foil, top with salmon, a rosemary sprig, and 2 more lemon slices, then surround 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.

Cajun Salmon

- Olive oil or coconut oil
- 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

In a medium sauté pan, heat oil at medium-high heat. In a small bowl, combine the spices. 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.

Salmon With Tomatoes and Rosemary





Stuffed Bell Peppers

Beef Main Dishes

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Stuffed Bell Peppers

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

Preheat oven to 350 F. In a large skillet, heat oil over medium heat. 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. Serves 6-8.

Gluten-Free Veggie Meat Loaf

- 1 tablespoon olive oil
- 1 pound ground turkey or ground beef
- 1 medium onion, chopped
- 1 medium bell pepper, finely chopped
- 3-4 small mushrooms, chopped
- 1 clove garlic, chopped
- ½ cup zucchini, shredded
- The equivalent of 2 eggs using flaxseed or chia seed egg replacer (Page 84)
- ¼ cup tomato paste
- ½ cup coconut flour
- ¼ cup fresh parsley, chopped (or 1 tablespoon dried)
- 1 tablespoon fresh thyme, minced (or 1 teaspoon dried)
- Sea salt and ground pepper

Preheat oven to 350 F. Lightly grease loaf pan with oil. 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 with oil. 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

- 2 tablespoons olive oil or coconut oil
- 2 red or green bell peppers, chopped
- 4-5 small mushrooms, chopped
- 1 small onion, chopped
- 1 clove garlic, chopped
- 1 pound ground beef
- 4 medium to large tomatoes, chopped
- 1 teaspoon dried thyme
- Sea salt and ground pepper
- Romaine lettuce, chopped

In a large skillet, heat oil at medium heat. Sauté bell peppers, mushrooms, onion, and garlic. Add ground beef and cook until brown. Add the tomatoes and thyme and cook until the tomatoes are tender. Season to taste with sea salt and pepper. Let cool for few minutes. Serve on top of romaine lettuce. Serves 4.

Quick Homemade Beef Stew

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

In a large skillet, heat oil over medium heat. Sauté onion, garlic, and celery until tender. Add all other ingredients except the greens to pot. Slowly cook for at least 30 minutes, adding greens just before end of cook time. Serves 4.

Spiced Moroccan Meatballs

- 1 pound ground beef or turkey
- 1⅓ cups cooked quinoa, rinsed, cooked, and cooled
- 1 cup packed fresh cilantro leaves, chopped
- 2 teaspoons cumin
- Sea salt and ground pepper
- The equivalent of 1 egg using flaxseed or chia seed egg replacer (Page 84)

Preheat oven to 400 F. In a large bowl, combine all ingredients thoroughly. Form into 20 balls of about 1½ 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.

Steak With Caramelized Onions and Squash

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

In a large skillet, heat oil over medium heat. Sauté onions for 5 minutes or until they 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, chopped
- 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.

Stir-Fry Beef and Veggies

- 1 tablespoon coconut oil
- 5 tablespoons balsamic vinegar
- 1 tablespoon whole-leaf stevia powder
- 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, chopped
- $\frac{1}{2}$ cup mushrooms, chopped

In a large skillet, heat oil. Add all remaining ingredients and cook for 8-10 minutes or 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, rinsed
- 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, 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 frying pan. Cook until onion is 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 fresh 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, 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 bell pepper, chopped
- 1 cup orange sections
- 1 head red leaf 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 sections. Divide the lettuce among 4 serving plates. Place beef mixture over the lettuce and toss with the vinaigrette. Serves 4.





Lemon Pepper Asparagus

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Asian 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 scallion 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. Top with balsamic vinaigrette dressing (Page 81).

Warm Kale With Beets and Ginger

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

In a large skillet, heat the oil over medium heat. Add ginger, orange zest, and garlic. 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 sections, 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
- 2 cloves garlic, finely chopped
- 1 red bell pepper, diced
- ¾ cup chickpeas, drained and rinsed
- 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
- 2 teaspoons ground coriander
- Sea salt and ground black pepper

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, 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 mint, coriander, salt, and ground pepper. Serves 4.

Sweet Potato and Spinach Curry With Quinoa

- 1 cup quinoa, rinsed
- 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 fresh 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

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

Preheat oven to 350 F. 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 ¾ cup quinoa mixture into each bell pepper. Place stuffed peppers in a baking dish, tucking the tops beside each pepper.

Bake for 25-30 minutes or until peppers are soft. Place tops on stuffed peppers before serving. Serves 6.



Mushroom Salad

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

In a large saucepan, boil 4 cups water.

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

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

In a large skillet, heat oil over high heat. Stir-fry asparagus and garlic until crisp yet 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. Serves 4.

Faux-Tatoes

- 1 medium head 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. 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 and cooked
- 1 tablespoon olive oil or coconut oil
- 10 cups (packed) kale, stems removed, 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

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

Preheat oven to 400 F. In a large saucepan, mix dried spices with garlic, ginger, onion, and the zest and juice 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 for 15 minutes or until softened and golden-brown. Mix the roasted eggplant with the cooked vegetables.

Serve with quinoa. Serves 4.



Oven-Roasted Okra

- 1 pound whole okra (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

- 1 ¼ pounds fresh okra (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, minced
- ½ red bell pepper, chopped
- 1 large onion, chopped
- 1 ½ pounds 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. In a large saucepan over medium heat, sauté garlic, red pepper, 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.

Quinoa Tabbouleh

- 4 cups quinoa, rinsed and cooked
- 1 large cucumber, peeled, seeds removed, diced
- 2 cups 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.



Lemony Brussels Sprouts Quinoa Salad

- 1 pound Brussels sprouts, trimmed, outer leaves removed
- Ice water
- 2 cups quinoa, rinsed and cooked
- Sea salt and ground pepper

Dressing:

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

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 yet crisp and 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.



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 and cut into thin matchsticks
- ½ teaspoon sea salt
- 3 tablespoons apple cider vinegar
- 2 tablespoons plus 1 teaspoon fresh lime juice
- 2 tablespoons water
- 1 tablespoon whole-leaf stevia powder
- 2 tablespoons olive oil
- 1 large red onion, thinly sliced
- Sea salt
- 1 tablespoon plus 2 teaspoons fresh ginger, minced
- ½ cup (packed) fresh cilantro, stems removed, divided

In a large bowl, combine cabbage, carrots, and apple. Sprinkle with salt to taste. In a small bowl, whisk together vinegar, lime juice, 2 tablespoons water, and stevia. 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.

Avocado Chimichurri on Cucumber Slices

- 2 tablespoons fresh lemon juice
- 2 tablespoons red wine vinegar
- 3 cloves garlic, minced
- ½ teaspoon sea salt
- ½ teaspoon dried oregano
- ¼ teaspoon ground pepper
- ¼ cup olive oil
- ¼ cup (packed) fresh, cilantro, chopped
- ¼ cup (packed) fresh, parsley, chopped
- 2 avocados, cubed
- 2 cucumbers, sliced

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.





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 medium turnip, peeled, grated
- ½ medium rutabaga, peeled, grated
- 1 medium beet (red or golden), peeled, grated
- 1 medium carrot, grated
- 2 green onions, cut thin on diagonal
- 1 cup raw pecans, whole (optional, not during purification)

Dressing:

- 2 tablespoons fresh lemon juice
- 1 tablespoon lemon zest
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon whole-leaf stevia powder
- Sea salt and ground pepper (optional)

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. Add dressing to kale salad and toss thoroughly. Garnish with pecans if desired. Serves 6.





Herbed Chicken and Pomegranate Salad

Poultry Main Dishes

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Herbed Chicken and Pomegranate Salad

- 3 cups quinoa, rinsed, cooked, and cooled
- 2 cups chicken, cooked, and shredded
- 1 cup pomegranate seeds (or dried cranberry)
- Sea salt and ground pepper
- ¼ cup (packed) fresh mint leaves, chopped
- ¼ cup (packed) fresh cilantro leaves, chopped

Dressing:

- 2 teaspoons lime zest
- 2 tablespoons fresh lime juice
- 2 tablespoons olive oil

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

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

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.

Roasted Chicken and Kale

- 1 (3½-pound) 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, stems removed, 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 or 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, chopped
- 1 (16-ounce) can canned pumpkin purée
- 3 cups tomatoes, chopped and undrained or 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. Serves 4-6.



Turkey Chili

Turkey, Apple, and Quinoa Salad

- 3 cups quinoa, rinsed, cooked, and cooled
- 1½ cups turkey, cooked and diced
- 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 tablespoon 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 or until chilled. Serves 4.

Chicken Piccata Purification Style

- 4 boneless, skinless chicken breasts
- Sea salt and ground pepper
- 2 tablespoons coconut oil
- 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 breasts in half lengthwise. With the flat side of a meat mallet, gently pound the chicken breasts 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 or 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
- 4 tablespoons plus 1 teaspoon coconut oil, divided
- 2 cloves garlic, minced
- 2 cups fresh spinach
- 4 boneless, skinless chicken breasts
- Sea salt and pepper
- Toothpicks

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 1 teaspoon 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 breasts in half lengthwise. With the flat side of a meat mallet, gently pound the chicken breasts 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 sides of the chicken breast together to enclose your stuffing, and then secure with a toothpick. Do this for each chicken breast.

Place the chicken 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, chopped
- 3 large celery stalks, chopped
- 3 cloves garlic, chopped
- 1 teaspoon dried basil
- Sea salt and pepper
- 2 tablespoons coconut flour
- ½ cup coconut milk
- 2 tablespoons butter

In slow cooker, place chicken, onion, mushrooms, celery, garlic, 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

For the marinade:

- ¼ cup coconut milk
- 3 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 2 tablespoons fresh ginger, minced
- 3 cloves garlic, chopped
- Salt and pepper
- 2 pounds chicken, cut into strips
- 3 tablespoons coconut oil, divided
- 3 cups broccoli, chopped
- 1 cup mushrooms, chopped
- 3 celery stalks, chopped
- 1 cup snap peas
- 2 teaspoons sesame oil
- ½ cup water chestnuts
- 3 scallions, chopped
- Sea salt and ground pepper

In a small bowl, mix all marinade ingredients and transfer to shallow flat dish. Add the chicken and marinate for 15-30 minutes.

In a large skillet, heat 1 tablespoon coconut oil over medium heat. Cook the broccoli 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 water chestnuts and scallions, and mix well. Season with salt and pepper to taste. Serve immediately. Serves 4.



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Caesar Salad Dressing

- The equivalent of 1 egg using flaxseed or chia seed egg replacer (Page 84)
- 1 tablespoon 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 onion
- 1 teaspoon sea salt
- ½ teaspoon Dijon mustard (no sugar)
- 3 large basil leaves, chopped

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

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.

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 basil
- 1 teaspoon dried oregano
- ¾ cup olive oil
- Sea salt and pepper

Combine the vinegar, onion, 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.

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.

Sesame Milk

- 2 cups water
- $\frac{3}{4}$ 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.

Lime Cilantro Marinade

- $\frac{1}{4}$ cup olive oil
- 3 small limes, peeled and halved
- $\frac{1}{2}$ cup fresh cilantro leaves
- $\frac{1}{2}$ teaspoon sea salt
- 1 clove garlic
- $\frac{1}{4}$ teaspoon ground pepper
- $\frac{1}{4}$ teaspoon dried oregano

Place all ingredients into blender and secure lid firmly. Blend for about 1 minute or until thoroughly mixed. This marinade is great for vegetables or fajitas. Makes $\frac{1}{3}$ cup.

Tahini Marinade

- $\frac{1}{2}$ cup chicken broth
- 1 tablespoon fresh lemon juice
- 2 teaspoons diced onion
- 2 teaspoons raw sesame seeds
- $\frac{1}{2}$ teaspoon cumin
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{2}$ clove garlic

Place all ingredients into blender and secure lid firmly. Blend for 1 minute. This marinade is excellent for lamb or chicken. Makes $\frac{3}{4}$ cup.

Lemon Garlic Dressing

- 1 lemon, peeled, halved, seeds removed
- $\frac{1}{2}$ teaspoon hot sauce
- 2 cloves garlic
- $\frac{1}{2}$ teaspoon paprika
- $\frac{1}{4}$ teaspoon cumin
- 1 teaspoon sea salt
- $\frac{1}{3}$ 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

- $\frac{1}{4}$ cup olive oil
- $\frac{1}{2}$ cup apple cider vinegar
- 2 tomatoes, quartered
- 1 tablespoon whole-leaf stevia powder
- $1\frac{1}{2}$ teaspoons sea salt
- 1 teaspoon tomato paste
- $\frac{1}{4}$ teaspoon paprika
- 1 clove garlic

Place all ingredients into blender and secure lid firmly. Blend for about 1 minute or until smooth. 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, salt, pepper. If you are also preparing meat and have accumulated juice from that, you can also mix in that juice.

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, minced
- 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.

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.

Taco Seasoning

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

Combine all ingredients into a sealed plastic bag and shake until mixed thoroughly. To make taco meat, add seasoning mix to 1 pound of ground beef or ground turkey along with ½ to ¾ cup water and cook to desired consistency.

Curry Vinaigrette

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

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

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 tomatoes, chopped
- Sea salt and herbs of your choice

Place olive oil, pepper to taste, onion, garlic, basil, and oregano 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.

Lemon Dill Dressing

- 3 tablespoons fresh 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. While the machine continues to run, 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 flaxseeds
- 3 tablespoons cold water

Grind 1 tablespoon of either type of 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.



Purification Recipe Contest Winners



The recipes featured in this section were chosen as the top 10 winners from a contest held on four of our social media channels. Follow Standard Process on social media for your chance to enter our next contest.

We hope you enjoy trying these recipes as much as we did!

Winning Recipe

Sunflower Seed Veggie Burger

- 1 small or medium onion, chopped
- 1-2 cloves garlic, chopped
- 1-2 tablespoons vegetable broth
- 8-10 ounces mushrooms, coarsely chopped
- Seasonings: salt; ground pepper; and parsley flakes, basil, oregano, and/or cilantro
- ½ cup quinoa flakes
- ¼ cup nutritional yeast
- ¼ cup raw sunflower seeds
- 1 tablespoon tahini
- 1 tablespoon olive oil

Sauté the onions and garlic in vegetable broth until translucent, approximately 5 minutes. Add the mushrooms and seasonings and cook until very tender, about 10 minutes. (You want as much water as possible to cook out of the mushrooms.) Remove mixture from heat, drain liquid, and cool about 5 minutes. Add mushroom mixture to food processor; add nutritional yeast, quinoa flakes, sunflower seeds, and tahini. In a food processor, combine mushroom mixture, quinoa, nutritional yeast, sunflower seeds, and tahini to create a firm, sticky mixture. Refrigeration isn't necessary, but it might speed the firming process. Form mix into three balls, greasing hands with a little olive oil if needed. Flatten into patties and either cook in a skillet on medium heat with olive oil about 5 minutes per side or grease pan with olive oil and bake at 350 F for approximately 30 minutes, flipping after the first 20 minutes. Serves 3.

submitted by Christine Rodriguez

3-Ingredient Frozen Pops

- 1 banana
- 1/3 of a whole pineapple, cut in chunks
- 1/3 cup unsweetened coconut milk

Blend all ingredients in a blender until smooth. Pour into 4 popsicle molds and freeze for 2-3 hours or overnight. Serves 4.

submitted by Natalya Yakirevich

Strawberry and Mango Delight

- 16 ounces fresh strawberries, diced
- 2 mangoes, peeled and diced
- 1 lime

Combine strawberries and mangoes in a medium-sized bowl. Zest lime and add the zest to strawberries and mangoes. Mix well. Juice the lime and add the juice to the fruit mixture. Mix well. Let stand for 15 minutes before serving. Serves 4-6.

submitted by Suzanne Jackson

Summer Fruit Shake

- 1-2 scoops SP Complete® Dairy Free
- 1 banana
- 1 handful strawberries
- 1 handful blueberries
- 1 handful raspberries
- 1 apple with skin, chopped
- 1 tablespoon flax oil
- 2 oz. plain kefir
- 2 oz. almond or coconut milk
- Water (optional)

Combine all ingredients in a blender and mix well.

submitted by Ceil Harrigan

Red Lentil and Squash Soup

- 1/4 cup olive oil
- 5 cloves garlic, minced
- 4 medium carrots, finely chopped
- 3 stalks celery, finely chopped
- 1 medium white onion, finely chopped
- 1 teaspoon ground cumin
- 1/2 teaspoon crushed red pepper flakes
- 1/2 small butternut squash (about 1 pound), peeled, seeded, and finely chopped
- Kosher salt and freshly ground pepper to taste
- 6 cups chicken stock
- 1 cup red lentils
- Parsley (optional)
- Paprika (optional)

Heat oil in a 6-quart saucepan over medium-high heat. Add garlic, carrots, celery, and onion. Cook, stirring occasionally until slightly caramelized, 12-14 minutes. Stir in cumin, red pepper flakes, squash, salt, and ground pepper. Cook until squash is soft, approximately 15 minutes. Add chicken stock and lentils. Bring to boil. Reduce heat to medium-low; cook, loosely covered, until lentils are very tender, approximately 20 minutes. Let soup cool slightly. Working in batches, transfer soup to a blender or food processor and purée until smooth. Ladle soups into bowls. Garnish with parsley and paprika, if desired. Serves 6.

submitted by Jenna Duvall



Sweet Potato and Quinoa Salad

- 2 medium sweet potatoes, diced
- 1 large red bell pepper, diced
- 1 teaspoon grape seed oil
- Pinch sea salt plus additional (to taste)
- 1 cup quinoa, rinsed and uncooked
- 1 clove garlic, minced
- 2 cups vegetable broth
- 2 avocados, cubed
- Fresh parsley to taste
- Ground pepper

Dressing:

- ½ cup minced red onion/shallots combo (proportion is personal preference)
- 2 teaspoons extra-virgin olive oil
- Juice of 1 lime
- Juice of 1 lemon, more if desired
- ¼ teaspoon cayenne
- ⅛ teaspoon sea salt

Preheat oven to 350 F. Toss diced sweet potato and half of the bell pepper with grape seed oil and pinch sea salt. Spread in a single layer on a cookie sheet and roast in oven about 35-40 minutes until soft and slightly caramelized. Meanwhile, in a medium saucepan combine quinoa, garlic, and broth. Bring to a boil over medium-high heat. Reduce heat to low, cover, and simmer 12-15 minutes or until liquid is absorbed. Remove from heat and let stand (covered) 5 minutes, then transfer to a bowl to cool. Combine all dressing ingredients and marinate until everything has finished cooking. When the sweet potatoes and bell pepper are done roasting, let them cool slightly, then add the sweet potatoes and red bell peppers (including the raw half) to the quinoa. Add the dressing and thoroughly toss. If more moisture is desired, add more lemon juice and olive oil to taste. Add avocado and parsley. Toss thoroughly. Add sea salt and ground pepper to taste. Serves 6-8 as side dish or serves 3-4 as main dish.

submitted by Carol Fong

Cabbage Steak

- 1 head cabbage, sliced into ½-inch “steaks”
- ½ tablespoon coconut oil or more if needed
- Sea salt, as desired
- Ground pepper, as desired
- 8-10 ounces mushrooms, sliced
- 1 medium yellow onion, chopped
- 1 clove garlic, chopped
- 1 tablespoon olive oil

Preheat oven to 350 F. Slather cabbage steaks with coconut oil and sprinkle with sea salt and pepper. Place cabbage steaks on cookie sheet and bake for 30 minutes. Turn cabbage steaks over and bake for another 20 minutes. Sauté mushrooms, onion, and garlic in olive oil. Serve over top of the cabbage steak. To make a complete purification dinner, serve with mashed cauliflower and green salad. Serves 2.

submitted by Cheri Lopez

Avocado Lemon Spaghetti Squash

- 1 spaghetti squash
- 1 tablespoon olive oil, divided
- Sea salt and ground pepper to taste
- 1 avocado
- 1 garlic clove
- ½ lemon or less if desired

Preheat oven to 350 F. Cut the spaghetti squash in half lengthwise and scoop out the center seeds. Cover the interior of each squash portion evenly with ½ tablespoon of olive oil. Add salt and pepper to your liking. Bake for 1 hour. Meanwhile, zest and juice lemon. In a food processor, combine avocado, garlic, and lemon zest and juice. Process until smooth. Scoop avocado mixture evenly into each portion of baked spaghetti squash.

submitted by Rachel Freeman

Sweet Banana Coconut Smoothie

- 4 dates, pitted
- 1½ cups unsweetened coconut milk (full fat)
- 2 scoops SP Complete or SP Complete Dairy Free
- 1 avocado
- 1 banana, chopped and frozen
- 1 cup unsweetened coconut milk (full fat), frozen
- 3 teaspoons vanilla extract
- 1½ cups ice

Blend dates and coconut milk in blender until combined and date pieces are no longer visible. Add SP Complete and blend again. Add avocado, banana, frozen coconut milk, vanilla, and ice. Blend until smooth. Serve immediately. Serves 4-6.

submitted by Shelise Irby



Stuffed Sweet Potato With Cucumber Mango Salsa

- 2 large sweet potatoes
- 2 cups chicken broth
- 1 cup uncooked quinoa, rinsed
- ½ teaspoon coconut oil or butter
- 1 cup chopped lettuce (Butter lettuce is a good option.)
- Sea salt and ground pepper to taste

Salsa:

- 1 baby cucumber, diced
- ½ mango, peeled and diced
- 8 small yellow or red cherry tomatoes, diced
- 2 teaspoons fresh cilantro, finely chopped
- ½ red pepper, chopped
- ½ lime, juiced
- Sea salt and ground pepper to taste

Preheat oven to 375 F. Wrap sweet potatoes individually in foil and place on a baking sheet in the oven for 45-60 minutes. While potatoes are baking, prepare quinoa: Bring chicken broth to a boil in a saucepan and then add quinoa. Cover with lid. Let boil for 15 seconds and then reduce heat to low. Simmer for 15-18 minutes. When most of the broth is gone, the quinoa is done. Fluff with a fork and add salt, pepper, or other spices. Place in a bowl and set aside.

For the salsa, combine in a bowl: cucumber, mango, tomatoes, cilantro, red pepper, lime juice, and salt and pepper to taste. Cut open sweet potatoes and add coconut oil or butter. Stack with a layer of quinoa and a layer of lettuce. Top with salsa.

submitted by Natalie Krans





Chapter 4

Eat the rainbow!

Are you eating a variety of fruits and vegetables? Expand your nutritional horizons with these delicious foods and recipes.

Avocados

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

See the basic shake recipe on Page 35.

Lunch

Lettuce, Avocado, and Apple Salad

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

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 bell pepper, chopped
- 1 tablespoon fresh lime juice
- ⅛ teaspoon cayenne pepper
- 2 boneless chicken breasts, cooked and chopped
- 1 avocado, chopped into small cubes
- Sea salt and ground pepper
- 4 large pieces of romaine lettuce for wraps (optional)

Combine all ingredients except avocado and lettuce in medium bowl and mix well. Gently fold in avocado and serve as a salad or wrap in lettuce leaves. Serves 2-4.



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 grams 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 35.

Lunch

Warm Beet Salad

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

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 pound beets, chopped
- 1 butternut squash, peeled and seeded, chopped
- 1 large sweet potato, peeled, chopped
- 1 large parsnip, peeled, chopped
- 1 large carrot, 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.

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, peeled and chopped
- Handful of spinach or kale with stems removed, chopped
- Whole-leaf stevia powder or cinnamon

See the basic shake recipe on Page 35.

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 fresh 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.



Broccoli

Broccoli is a nutritional powerhouse. One cup contains more than 2 grams of protein, 2 grams of fiber, 288 milligrams of potassium, 43 milligrams of calcium, and 81 milligrams 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, stem removed, chopped
- 1 Swiss chard leaf
- 1 celery stalk, chopped
- 1 apple, chopped

See the basic shake recipe on Page 35.

Lunch

Cruciferous Salad

- 1 bunch kale, stems removed, chopped
- 1 leaf Swiss chard, chopped
- ¼ cup olive oil
- ½ cup broccoli, chopped
- 1 celery stalk, chopped
- 2 green onions, chopped
- 1 red bell pepper, chopped
- ¼ cup dried cranberries
- 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, rinsed and cooked
- 2 tablespoons coconut oil
- ½ cup broccoli, chopped
- 2 carrots, chopped
- 1 medium onion, chopped
- ½ cup bok choy leaf and stem, chopped
- 1 red bell pepper, chopped
- 4-6 ounces of mushrooms, any variety, chopped
- 2 tablespoons balsamic vinegar
- Sea salt and ground 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 on top of quinoa. Serves 4.



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 35. 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
- 2 tablespoons coconut oil
- 10 cloves garlic, quartered
- 1 teaspoon whole-leaf stevia powder
- 1½ cups water
- 1 tablespoon apple cider vinegar
- Sea salt and ground pepper

Place Brussels sprouts in food processor and pulse 12-15 times or 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 ground 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.



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. 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 35.

Lunch

Warm Carrots

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

- 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 weed
- 2 medium onions, peeled, sliced
- 2 red bell peppers, sliced
- 1 pound mini carrots
- 3-4 cups vegetable stock
- 1 tablespoon fresh ginger, grated
- Zest from 1 orange
- 2 tablespoons coconut flour mixed with 2 tablespoons water
- 2 cups fresh spinach leaves, chopped
- Sea salt and ground 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 bell 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.

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

Cauliflower With Beet Greens

- 2 tablespoons olive oil
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 2 bunches beet greens, chopped, with stems
- 1 teaspoon turmeric powder
- 1 cauliflower, cut into small florets
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- ½ teaspoon red chili 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. Serves 2-4.

Dinner

Roasted Eggplant

- 1 medium eggplant, cubed
- 1 red bell pepper, chopped
- 8 cherry tomatoes, halved
- 4 cloves garlic, whole
- 4 tablespoons olive oil, divided
- Sea salt and ground pepper
- 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, bell pepper, tomatoes, and garlic. Drizzle with 2 tablespoons olive oil and then season to taste with sea salt and ground 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 rest of the roasted vegetables in a large serving bowl and season with mashed garlic and remaining seasonings. Serves 2-4.



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.

Lunch

Veggie Herb Flax Crackers

- 1 cup sunflower seeds, soaked
- ½ cup sun-dried tomatoes, soaked
- 2 cups flaxseeds
- 1 cup tomatoes, chopped
- ½ cup celery, chopped
- ¼ cup carrots, chopped
- ¼ cup dates, pitted and chopped
- 1 tablespoon jalapeño pepper, minced
(Wear rubber gloves when handling.)
- 2 tablespoons olive oil
- 2 teaspoons sea salt
- 4 tablespoons fresh basil, chopped

Soak the sunflower seeds in water for 4 hours. Soak the sun-dried tomatoes for 3 hours. Preheat oven to 225 F. Grind the flaxseeds in a clean coffee grinder until you have a fine powder. In a food processor, blend sunflower seeds, sun-dried tomatoes, celery, carrots, dates, jalapeno, olive oil, and sea salt. Add fresh tomatoes, basil, and ground flaxseeds, and pulse until well combined. Spread in a thin layer on a cookie sheet and cut into 2-inch squares with a knife or pizza cutter. 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.

Celery Shake Option

Celery Green Glory

- ½ cucumber, peeled and 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 35.

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

Soak the sunflower seeds in water for 4 hours. Place all ingredients in a food processor and pulse to the point of having small chunks. Serve with crackers at left or on top of a fresh green salad. Serves 2-4.



Coconuts

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, 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 or 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 35.

Dinner

Coconut Lime Chicken

- 2 tablespoons coconut milk
- 2 tablespoons fresh lime juice
- Zest from 1 lime
- 2 large boneless chicken breasts
- Coconut oil for sautéing

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 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.



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.

Lunch

Spiced Collard Greens Salad

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

Place collard greens in a large bowl. Sprinkle with sea salt and massage into the collard greens until they begin to wilt. Pour half the 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 collard greens, stems removed, chopped
- ¼ cup fresh parsley
- 1 small beet, chopped
- 1 apple, chopped
- 1 lemon, peeled
- ½ inch fresh ginger, peeled, chopped
- 1 tablespoon chia seeds

See the basic shake recipe on Page 35.

Dinner

Warm Collard Greens Salad

- 4 leaves kale, 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.

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). 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 mango, peeled, chopped, and frozen
- ⅛ cup fresh parsley, chopped
- ⅛ cup fresh mint, chopped

See the basic shake recipe on Page 35.

Lunch

Kale and Brussels Sprouts Salad

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

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

Dinner

Kale Soup

- 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, trimmed and chopped
- 7 cups water or vegetable stock, divided
- 1 bunch kale, stems removed, chopped

In a large soup pan, combine olive oil, onion, 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.



Kiwis

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 35.

Lunch

Cucumber, Tomato, Basil Salad

- 3-4 tomatoes, quartered then sliced
- 2 kiwis, peeled and sliced
- 2 medium cucumbers, cut into thin slices
- 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

Kale Kiwi Gazpacho

- 5 cups kale, stems removed, chopped
- 2 kiwis, peeled and quartered
- 1 bell pepper, chopped
- 2 cloves garlic, chopped
- 2 tablespoons olive oil
- 2 tablespoons sherry vinegar
- Sea salt
- Optional: 1 small jalapeño, chopped (Wear rubber gloves when handling.)

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



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

Soak the sunflower seeds in water for 4 hours. 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

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

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.



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
- 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, minced
- 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. Serves 2-4.

Dinner

Raw Pumpkin Pie Pudding

- 2 cups pie pumpkin, peeled and diced (Small pumpkins are best.)
- 5 tablespoons coconut milk
- 1 teaspoon cinnamon
- ½ teaspoon pumpkin pie spice
- 1 teaspoon vanilla
- ¾ cup dates, pitted
- 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 warmed 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 and topped with cashew butter for added yum! Serves 2-4.



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, rinsed
- 1 tablespoon plus 1 teaspoon olive oil, divided
- 1 red bell pepper, 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, rinsed
- 1 cup coconut milk
- 2 cups water
- 1 bunch green onions, sliced
- 1 red bell pepper, finely diced
- 3-4 cloves garlic, minced
- ½ teaspoon crushed red chili flakes
- Sea salt and ground pepper
- ½ cup fresh cilantro, chopped

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. Serves 2-4.



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 35.

Lunch

Spring Greens With Raspberries

- 2 teaspoons jalapeño pepper, finely chopped (Wear rubber gloves when handling.)
- 4 tablespoons lime juice
- 4 tablespoons olive oil
- ¼ teaspoon cumin
- 4 cups fresh mixed greens
- 1 cup fresh raspberries
- ¼ cup onion, thinly sliced
- 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.

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, pitted and 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
- Sea salt and ground pepper

Marinade:

- ½ cup fresh 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

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.



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

- ½ cup water
- 2 teaspoons chia seeds
- 1 tablespoon whole-leaf stevia powder (optional)
- 2 cups apple, chopped
- 1 cup celery, chopped
- ⅓ cup dried cranberries
- 3 cups romaine lettuce, chopped
- Juice of 1 lemon

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
- 2 handfuls mixed sprouts, any variety
- 1 small onion, diced

Dressing:

- 4 teaspoons balsamic vinegar
- 2 tablespoons sesame oil
- ½-¾ inch fresh ginger, grated
- Juice from ½ 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.



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 35.

Lunch

Warm Spinach Salad With Mushrooms

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

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.



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 35.

Lunch

Quinoa Salad

- 2 tablespoons olive oil
- Juice from 1 lemon
- Sea salt and ground pepper
- 2 cups quinoa, rinsed, cooked, and 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

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.

Serves 2-4.

Dinner

Sprouted Vegetable Soup

- 2 tablespoons coconut oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 2 tablespoons paprika
- ¼ teaspoon marjoram
- 2 carrots, sliced
- 2 cups cabbage, sliced thin
- 1 bell pepper, 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 weed
- Sea salt and ground pepper



In a large pot, heat oil over medium heat. Add onion and garlic and sauté until onion is translucent. Add paprika, marjoram, carrots, cabbage, and bell pepper 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. Serves 2-4.

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, peeled and chopped
- 2 leaves Swiss chard, stems removed, chopped

See the basic shake recipe on Page 35.

Lunch

Swiss Chard and Apple Soup

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

- 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
- 2 cups cooked quinoa, rinsed and cooked

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 except quinoa. Place ½ cup quinoa on plate and top with greens mixture. Serve immediately. Serves 2-4.





Chapter 5

Post-Purification Recipes

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Congratulations!

You made it! Welcome to post-purification. 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 and allergy potential 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. Remember that the darker the chocolate, the more health benefits and antioxidants it will have (along with a lower sugar level).



Shakes

Pumpkin Pie Shake

- 1 cup canned pumpkin purée
- 3-4 medjool dates, pitted
- 1 tablespoon almond butter
- 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.

Chocolate Hazelnut Shake

- 1 pear, chopped
- ¼ cup hazelnuts
- 2 medjool dates, pitted
- 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.

See the basic shake recipe on Page 35.

Banana Nutmeg Shake

- 2 bananas, chopped and frozen
- 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.

Chocolate Kale Shake

- 1 banana, chopped and frozen
- 1 cup kale, stems removed, chopped
- 2 tablespoons cacao nibs
- 1 tablespoon cacao powder

Blend all ingredients until smooth.

Mint Chip Shake

- 1 cup frozen spinach
- 1 banana, chopped and frozen
- ¼ cup cashews (optional)
- 2 tablespoons cacao nibs
- 1 tablespoon (packed) fresh mint, chopped
- 1 teaspoon vanilla extract
- 1 cup unsweetened rice milk

Blend all ingredients until smooth.

Red-Velvet Cake Shake

- ½ cup roasted beets
- ¼ cup medjool dates, pitted
- 3 tablespoons cacao powder
- 1 cup unsweetened almond milk
- 2 cups coconut ice

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

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) fresh basil, minced
- 1 cup coconut water

Blend all ingredients until smooth.

Chocolate Banana Shake

- 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.

Breakfast

Shrimp and Avocado Omelet

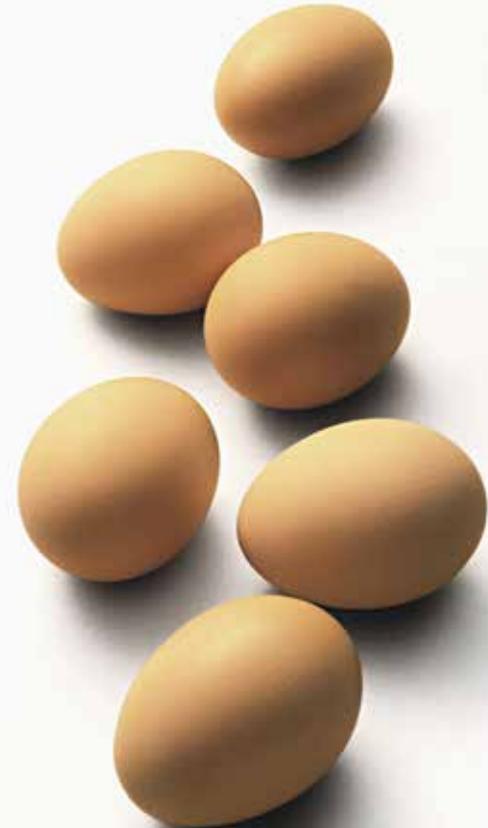
- 1 medium tomato, diced
- 1 avocado, diced
- 1 tablespoon fresh cilantro, chopped
- Sea salt and ground pepper
- 4 ounces shrimp, peeled
- 4 large eggs, beaten
- 1 tablespoon coconut oil

In a small bowl, toss tomato, avocado, cilantro, sea salt, and pepper together. In medium sauté pan, cook shrimp over medium-high 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 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, thinly sliced
- 4 cloves garlic, chopped
- 2 tablespoons fresh ginger, chopped
- 1 tablespoon curry powder
- 3 cups marinara sauce (24 ounces)
- 8 eggs, hard-boiled
- Sea salt and pepper

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. Serves 6.



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) bananas, mashed
- 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 bananas, and then fold in blueberries. Spoon the batter into the prepared pan. Bake for 30-40 minutes or until the muffin tops are lightly brown and a toothpick inserted in the center comes out clean. Serve warm. Makes 12 muffins.

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 except olive oil 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.



Bread, Crackers, and More

Gluten-Free Biscuits

- ¼ cup olive oil plus additional for greasing pan
- 2½ cups almond flour (meal)
- ½ teaspoon sea salt
- ½ teaspoon baking soda
- 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 ¼ cup 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

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

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, arrowroot, flaxseed meal, salt, baking soda, yeast, and stevia. 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 Bread

- Olive or coconut oil for greasing pan
- $\frac{3}{4}$ cup creamy or crunchy almond butter (room temperature)
- 4 eggs
- $\frac{1}{4}$ cup almond flour (meal)
- $\frac{1}{4}$ cup arrowroot powder
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{2}$ 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) or 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 Bread

Quinoa Tortillas

- 2 cups quinoa flour
- $\frac{1}{3}$ cup brown rice flour
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{2}{3}$ 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 $\frac{1}{8}$ 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 to cook each of the remaining balls. Makes 9 tortillas.

Pizza With Quinoa Crust

- $1\frac{1}{2}$ cups quinoa flour plus additional for flouring work surface
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{2}{3}$ cup water
- 2 tablespoons olive oil
- Pizza toppings as desired

Preheat oven to 400 F. 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 19-24 minutes or until crust is golden.

Gluten-Free Olive and Rosemary Bread or Crackers

- ¾ cup creamy or crunchy almond butter (room temperature)
- 2 tablespoons olive oil plus extra for greasing pan
- 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 fresh rosemary, finely chopped

Bread:

Preheat oven to 350 F. Grease loaf pan lightly. In a large bowl, mix the almond butter and 2 tablespoons 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. Makes 1 loaf.

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 about 12 crackers.

Gluten-Free Zucchini Bread

- Olive or coconut oil for greasing pan
- 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 zucchini, grated
- 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 ¼ cup olive oil or melted butter, 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 or until toothpick inserted in center comes out clean. Makes 1 loaf.

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 or until lightly golden-brown. Cool and serve. Makes about 60 crackers.



Gluten-Free Coconut Banana Bread

- Olive or coconut oil for greasing pan if making loaf
- 1 cup coconut flour
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon sea salt
- 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 fresh lime juice
- 1 teaspoon vanilla extract
- 2 ripe bananas, mashed

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 or until a toothpick inserted into the center comes out clean. Serves 10.

Gluten-Free Carrot Cake Muffins

- Olive or coconut oil for greasing cup liners
- $\frac{1}{2}$ cup butter, softened
- $\frac{1}{3}$ cup whole-leaf stevia powder or $\frac{3}{4}$ cup honey
- 10 eggs
- $\frac{3}{4}$ cup coconut milk
- 1 teaspoon vanilla extract
- 1 cup coconut flour
- 1 teaspoon baking powder
- 1 tablespoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{4}$ teaspoon ground ginger
- 2 cups carrots, grated
- $\frac{1}{2}$ cup 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

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

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 or 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.



Flaxseeds

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 84)
- 1 lemon, zested and juiced
- 1 teaspoon vanilla extract
- ½ cup plus 2 tablespoons coconut flour
- ½ teaspoon baking soda
- ¼ teaspoon sea salt

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.



Soups and Salads

Wild Rice With Sun-Dried Tomato Salad

- 1 pound wild rice
- 4 cups vegetable or chicken broth
- 1 jar sun-dried tomatoes, oil reserved
- 1 jar artichoke hearts, oil reserved
- 6 green onions, diced
- 1½ yellow onions, diced
- 2 green peppers, diced
- 2 sweet red peppers, 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 or 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.

French Onion Soup

- 2 tablespoons coconut oil
- 3 cloves garlic, chopped
- 2-3 onions, peeled and sliced into rings
- 1 pound mushrooms, diced
- 1 scallion, chopped
- 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 scallion. Cook, stirring frequently, until mushrooms are tender and 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.



Summer Pasta

- 1 pound brown rice pasta, cooked
- 6 tablespoons olive oil or coconut oil
- 4 cloves garlic, thinly sliced
- 20 cherry tomatoes
- 1 cup small black olives, pitted (optional)
- 6 ounces chargrilled artichokes, halved
- 1 cup peas
- Fresh basil
- Sea salt and ground 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, reserved water, and basil. Toss to combine. Serves 4.

Garden Pea Soup

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

To a saucepan, add 4 cups of the broth. Add potatoes, peas, and shallots and cook 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.

Garden Pea Soup



Fish and Seafood Main Dishes

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)
- Ground black pepper
- 10 ounces rice vermicelli noodles
- 2 tablespoons liquid amino acids
- 1 teaspoon whole-leaf stevia powder
- 1-inch piece fresh ginger, grated
- 2 cloves garlic, crushed
- 1 large carrot, thinly sliced
- 1 large leek, sliced
- 5 cups mushrooms, sliced
- 1 tablespoon fresh cilantro, chopped

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 or 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 or 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 eggs and water. Dip each cod strip into the diluted 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. Serves 4.

Garlic Shrimp

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

Heat sauté pan over medium heat. Add oil, garlic, and cayenne pepper. In a bowl, add cayenne pepper, salt, and ground pepper to your desired amount of spiciness. Add shrimp and toss to coat. Add shrimp to the pan and cook, stirring frequently. Shrimp should turn pink and curl when cooked through. 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 in a large bowl. Form the mixture into 4 patties. Heat the coconut oil in a large skillet over medium-high heat. To the skillet, add the patties and cook 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, 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 fresh lime juice
- 2 tablespoons coconut oil

Combine all ingredients except the coconut oil in 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.

Salmon Burgers



Poultry Main Dishes

Chicken Salad Lettuce Wraps

- 2 cups cooked chicken
- 1 cup celery, chopped
- ½ cup grapes, sliced
- ⅓ cup aioli (garlic mayonnaise, recipe on Page 126)
- ¼ cup walnuts, chopped
- 1 tablespoon fresh lemon juice
- Sea salt and ground pepper
- Large lettuce leaves for 4 wraps

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

Gluten-Free Chicken Fingers

- 1 pound chicken, cut into strips
- 1 cup almond flour (meal)
- 1 teaspoon mixed herbs
- ½ teaspoon sea salt
- ½ teaspoon ground pepper
- 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 with 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 or until golden-brown. Serves 4.

Apple Turkey Burgers

- 3 tablespoons olive oil or coconut oil, divided
- ¼ cup whole scallions, sliced
- ¼ cup celery, chopped
- 1 apple, peeled, and diced into ¼-inch cubes
- 1 pound ground turkey
- ¼ cup fresh parsley, finely chopped
- 1 teaspoon lemon zest
- 1 tablespoon fresh lemon juice
- 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 1 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 other ingredients except the remaining oil and mix in thoroughly. Form mixture into 4 patties. Heat the remaining 2 tablespoons oil in a large skillet over medium-high heat. Cook the patties for 4-6 minutes on each side or until golden-brown. Wrap each patty in a romaine lettuce leaf and roll. If desired, add tomato, onion, and condiments. Serves 4.

Dressings, Seasonings, and Other Essentials

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
- Optional: 1 jalapeño, chopped (Wear rubber gloves when handling.)

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 fresh lemon juice
- 1 teaspoon sea salt
- ¼ teaspoon ground white pepper
- 3 large cloves garlic
- 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
- 1 clove garlic

Place all ingredients into blender. Secure lid firmly and blend for about 1 minute until smooth. Chicken and ribs are excellent when tossed in this sauce. Makes ⅓ cup.

Almond or Cashew Milk

- 3 cups water
- 1 cup raw almonds or cashews

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



Kale Pesto With Toasted Walnuts

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

In a food processor, combine the kale, basil, and salt. Pulse 10-12 times or until the kale leaves are finely chopped. With the processor running, drizzle in the olive oil. After shutting the processor off, scrape the interior sides with a spatula. Add the walnuts, garlic, and parmesan (if desired) and process again. Serves 4-8.

Enchilada Sauce

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

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.

Faux Cheese Sauce

- 1 cup water
- 2 tablespoons fresh lemon juice
- 1 large roasted red pepper, peeled, seeds removed
- ½ cup raw cashews or almonds
- ¼ cup nutritional yeast or 2 tablespoons baking yeast
- 1 teaspoon onion powder
- 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.

Tomato and Basil Pesto

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

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



Desserts

Chocolate Mousse (Nondairy)

- ½ cup medjool dates, pitted
- 1 teaspoon vanilla extract
- 3 avocados, mashed
- ¾ cup cocoa powder
- ½ cup water or more for desired consistency

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

- 4 egg whites
- ½ cup minimally processed honey
- 1 teaspoon vanilla extract
- 3 cups unsweetened coconut flakes
- ¼ teaspoon sea salt

Preheat oven to 350 F. In a mixing bowl, blend all ingredients together thoroughly. On cookie sheets lined with parchment paper, drop batter in individual spoonfuls several inches apart. Bake for 10-15 minutes until lightly browned. Let cool on pan about 5 minutes. Makes about 20 cookies.



Chocolate Sweet Potato Torte

- Olive oil for greasing pan
- 1 cup sweet potatoes, cooked and mashed
- $\frac{1}{3}$ cup whole-leaf stevia powder or $\frac{3}{4}$ cup minimally processed 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 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.

Warm Sweet Potato Pudding

- 1 pound sweet potatoes, peeled, chopped
- 1 pear, chopped
- 1 teaspoon water
- $\frac{1}{4}$ cup macadamia nuts
- $\frac{1}{3}$ cup whole-leaf stevia powder or minimally processed honey
- 2 tablespoons coconut oil
- $\frac{3}{4}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon nutmeg
- 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 saucepan 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 is reached. Add all ingredients except coconut flakes 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 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
- 4 pears, peeled, seeds removed

In a medium saucepan, combine water, stevia/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. Put all sauce ingredients into a blender and mix until smooth and creamy.

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

Chocolate Over Poached Pears



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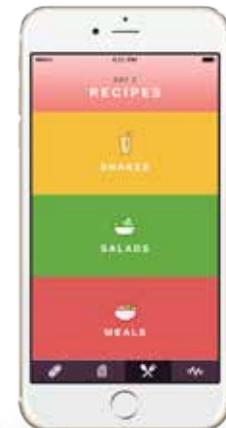
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Georgia Nab, DC, MS, CNS

Dr. Georgia Nab, is a Standard Process wellness chiropractor who treats nearly 150 patients a week in her practice at the corporate headquarters, located in Palmyra, Wisconsin. 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

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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, MS, CNS





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