



CLEAN EATING  
— PROGRAM —  
RECIPE GUIDE



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# TONICS

## LEMON WATER ELIXIR

1 cup room-temperature water  
1 tablespoon of raw apple cider vinegar  
Juice of 1 lemon  
dash of sea salt  
1 teaspoon raw honey, maple syrup, or a few drops stevia to taste (optional)

**NOTE:** If you feel nauseous or experience tightness in the chest after drinking the morning elixir, omit the raw apple cider vinegar. This reaction can occur when the body releases bacteria and toxins during clean eating. Continue to drink the Lemon Water Elixir without the apple cider vinegar (or use only ½ teaspoon) for at least three days, and then gradually reintroduce the raw apple cider vinegar. If the reactions continue upon reintroduction, continue to drink only the lemon water.

## ANTI AGING TEA

1 bag of dandelion  
1 bag of nettle  
2 tablespoons cranberry juice concentrate  
Juice of 1 lemon  
1 teaspoon of raw honey, maple syrup, or stevia to taste (optional)

**To Make:** Steep the tea bags in hot water for 15 minutes. Remove the tea bags, then add ice with cranberry juice concentrate and lemon. Chill the tea in your refrigerator.

**NOTE:** If you cannot find cranberry juice concentrate, you can use pomegranate or cherry juice concentrate instead.

# JUICES

**Directions:** Juice all ingredients through a juicer.

**Here are a few reminders:**

- All juices make 1-2 servings
- All juices must be made in a juicer unless you are using a high-speed blender; if so, use a cheesecloth to strain the juice.
- If you have thyroid issues or sensitivity to foods that contain goitrogens, any of the greens can be substituted with parsley or lettuce. You can lightly steam the dark leafy greens before using (applicable for both juices and smoothies).

## WATERMELON JUICE

3 cups watermelon  
1 cup strawberries  
1 handful mint leaves  
5 basil leaves

## HYDRATE JUICE

2 cucumbers  
2 green apples  
5 strawberries  
4 ounces of coconut water  
5 mint leaves  
Juice of 1 lemon

## GODDESS JUICE

1 cup spinach  
1 cup blueberries  
1 cup coconut water  
Juice of 1 lemon

Mix the spinach, blueberry, and lemon juice together into a glass. Then add in 1 cup of coconut water and stir.

## TROPICAL JUICE

2 oranges  
1 head of romaine lettuce  
1 bunch of mint  
3 kale leaves  
Juice of 1 lemon

## REBOOT JUICE

3 celery stalks  
1 cucumber  
2 handfuls romaine lettuce  
1 cup spinach  
1 pear  
1 handful parsley  
½ cup coconut water  
Juice of 1 lemon

## DIVINE JUICE

2 cups chopped pineapple  
4 kale leaves  
1 cucumber  
¼ inch of fresh ginger root  
Juice of 1 lemon

## BEAUTY 101 JUICE

1 apple  
3 kale leaves  
5 celery stalks  
1 cucumber  
½ teaspoon spirulina  
½ cup coconut water  
Juice of 1 lemon

# DAIRY-FREE MILKS

## ALMOND MILK

### **Makes 4 cups**

1 cup raw almonds, soaked for 8 hours  
4 cups water  
liquid sweetener to taste (optional)

Place soaked almonds in blender (discard soaking water). Add 4 cups of fresh water. Blend for 1 to 2 minutes until the almonds are finely ground. Pour almond milk into a nut milk bag\* over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The almond pulp should be left inside the bag; discard.

Sweeten milk if desired. Store milk in a container in the coldest part of the refrigerator. The milk should last 2 to 3 days before spoiling.

**NOTE:** Don't have a nut milk bag? Try a clean, white T-shirt or the leg of a pair of nude pantyhose instead.

## SUNFLOWER SEED MILK

### **Makes 4 cups**

1 cup raw sunflower seeds, soaked for 8 hours  
4 cups water  
liquid sweetener to taste (optional)

Place soaked sunflower seeds in blender (discard soaking water). Add 4 cups of fresh water. Blend for 1 to 2 minutes until the sunflower seeds are finely ground.

Pour sunflower seed milk into a nut milk bag\* over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The sunflower seed pulp should be left inside the bag; discard.

Sweeten milk if desired. Store milk in a container in the coldest part of the refrigerator. The milk should last 2 to 3 days before spoiling.

**NOTE:** Don't have a nut milk bag? Try a clean, white T-shirt or the leg of a pair of nude pantyhose instead.

## HEMP SEED MILK

### **Makes 2 cups**

1/3 cup hemp seeds

2 cups water

1/2 teaspoon cinnamon

1/2 teaspoon pure vanilla extract

Place hemp seeds in blender. Add 2 cups of water. Blend for 1 to 2 minutes. Pour hemp seed milk into a nut milk bag\* over a large bowl. Squeeze the bag so the milk flows through the bag and into the bowl. The hemp seed pulp should be left inside the bag and discarded. Add remaining ingredients.

Sweeten milk, if desired. Store milk in a container in the coldest part of the refrigerator. The milk should last 2 to 3 days before spoiling.

**NOTE:** Don't have a nut milk bag? Try a clean, white T-shirt or the leg of a pair of nude pantyhose instead.

# SMOOTHIES

If you have a high-speed blender, Combine all ingredients in your blender. Blend until smooth. For a colder smoothie, add ice and blend. Feel free to add water to reach your desired consistency.

Looking for a few ideas to add to your smoothie? Add in a teaspoon of any one of the following:

- hemp seeds
- spirulina
- bee pollen
- shredded coconut
- raw cacao
- superfoods (maca, lucuma, wheatgrass powder)
- matcha powder
- camu camu (for vitamin C)
- protein powder
- goji berries
- coconut oil
- chia seeds

## GREEN SMOOTHIE

1 ½ cups dairy free milk  
3 kale leaves  
½ avocado  
½ cup blueberries  
Juice from ½ lemon

## SIMPLE SMOOTHIE

1 ½ cups dairy free milk  
2 cups frozen blueberries  
1 cup spinach  
5 mint leaves  
1 tablespoon raw cacao

## ENERGY SMOOTHIE

1 ½ cups coconut water  
1 scoop protein powder  
1 orange, without peel  
2 tablespoons chia seeds  
½ avocado  
dash of turmeric

## PEACH SMOOTHIE

1 ½ cups dairy free milk  
1 cucumber  
4 kales leaves  
2 peaches, without pit  
½ avocado  
dash of ginger powder

## BERRY SMOOTHIE

1 ½ cups dairy free milk  
1 cup kale  
½ cup mixed frozen berries  
2 tablespoons tahini  
2 tablespoons chia seeds  
dash of cinnamon

# BREAKFASTS

## RASPBERRY CHOCOLATE CHIA PUDDING

### Serves 2

- 1 cup dairy-free milk
- 2 tablespoons raw honey OR 2 to 3 drops stevia
- ½ teaspoon vanilla extract
- dash of cinnamon
- dash of ground ginger
- 1 teaspoon cacao powder
- ⅓ cup chia seeds
- 1 cup fresh raspberries

Mix the milk, sweetener of choice, vanilla, cinnamon, ginger, and cacao powder together in a bowl. Once it is well mixed, add chia seeds and mix again. Allow the mixture to set for about 10 minutes to allow the chia seeds to absorb the liquid. Once the pudding is set, top with fresh raspberries.

For warm pudding, heat the dairy-free milk over a stove for several minutes until warm, not boiling (about 3 minutes). Mix in the sweetener, vanilla, cinnamon, ginger, cacao, and chia seeds. Mix well, then leave the pudding to set. Serve with fresh raspberries.

## CHOPPED MELON WITH MINT

### Serves 2

- 2 cups fresh chopped melon (cantaloupe, honeydew, watermelon, etc.)
- handful of fresh mint leaves
- 3 tablespoons hemp seeds

Combine all ingredients in a bowl and enjoy.



## PROTEIN OATMEAL

### Serves 2

2 cups water  
1 cup rolled oats  
1 heaping tablespoon vanilla hemp protein powder  
1 teaspoon cinnamon  
1 teaspoon ginger powder  
pinch of sea salt

Combine water and oats in a medium pot over medium heat. Allow the mixture to come to a light boil. Add protein powder, cinnamon, ginger, and sea salt. Mix well to desired consistency.

# RAW SOUPS

## CUCUMBER MANGO SOUP

### Serves 2

2 cucumbers, peeled and roughly chopped  
2 cups chopped mango  
Juice of 1 lime  
pinch of sea salt  
5 to 6 mint leaves

Combine all ingredients in a blender. Blend until smooth. Serve immediately.

## SPICED CANTALOUPE SOUP

### Serves 2

1 cantaloupe, peeled and chopped  
1 carrot, roughly chopped  
½ cup sunflower seeds  
1-inch piece of fresh ginger  
handful mint leaves  
Juice of 1 lemon

Combine all ingredients in a blender. Blend until smooth. Serve immediately.

## SAVORY GREEN SOUP

### Serves 2



½ bunch kale  
1 garlic clove  
1 cucumber  
2 celery ribs  
1 avocado  
½ bunch parsley  
1 cup coconut water  
Juice of 1 lemon  
sea salt to taste

Combine all ingredients in a blender. Blend until smooth. Serve immediately.

## WARM SOUPS

### MINESTRONE

#### Serves 4

1 tablespoon coconut oil  
1 large onion, chopped  
2 carrots, chopped  
1 celery rib, chopped  
2 garlic cloves, chopped  
2 large zucchini, chopped  
1 15-ounce can cannellini beans, drained and rinsed  
½ pound fresh green beans, chopped  
1 bay leaf  
2 teaspoons dried thyme  
1 teaspoon dried basil  
1 32-ounce container of vegetable broth  
sea salt and black pepper to taste  
½ bunch parsley, chopped

Place coconut oil in a large soup pot and melt over medium heat. Add onions, carrots, and celery. Cook until fragrant (about 3 minutes). Add garlic, zucchini, canned beans, green beans, bay leaf, thyme, basil, and vegetable broth. Mix well and cover. Simmer for about 20 minutes or until the vegetables are cooked through. Season with sea salt and pepper as needed. Add chopped parsley and serve.

### RED LENTIL STEW WITH FRESH GREEN BEANS

#### Serves 4



1 tablespoon coconut oil  
1 onion, chopped  
2 garlic cloves, chopped  
1 32-ounce container of vegetable broth  
1 cup dried red lentils  
2 teaspoons ground cumin  
1 teaspoon ground turmeric  
1 inch piece of fresh ginger, grated  
½ pound fresh green beans  
sea salt and black pepper to taste  
Juice of 1 lemon

Melt coconut oil in a large soup pot over medium heat. Once the oil has melted, add chopped onion and garlic. Cook until fragrant (about 3 minutes). Add broth, lentils, cumin, turmeric, ginger and green beans. Stir well and cover. Simmer for about 20 minutes. The lentils should have fallen apart and the green beans should be soft. Season with sea salt and black pepper as needed. Serve topped with lemon juice.

## SPLIT PEA SOUP

### Serves 4

1 tablespoon coconut oil  
2 leeks, thinly sliced  
1 onion, chopped  
2 garlic cloves, chopped  
1 bay leaf  
2 large carrots, chopped  
2 celery ribs, chopped  
1 teaspoon rosemary  
1 16-ounce bag split peas (yellow or green)  
1 32-ounce container of vegetable broth  
sea salt and black pepper to taste  
Juice of 1 lemon

Melt coconut oil in a large pot over medium heat. Once the oil has melted, add leeks, chopped onion, and garlic. Cook until fragrant (about 3 minutes). Add bay leaf, carrots, celery, rosemary, split peas, and vegetable broth. Mix well. Cover and simmer for about 45 minutes. Stir occasionally to ensure the soup doesn't burn on the bottom. Once the split peas are soft, season with sea salt and black pepper as needed. Stir in lemon juice and serve.



# PROTEIN BALLS

## PINEAPPLE COCONUT CHIA BALLS

1 cup unsweetened shredded coconut  
½ cup dried pineapple  
1 scoop vanilla protein powder  
6 dates  
1 tablespoon water  
2 tablespoons chia seeds  
pinch of sea salt

Combine all ingredients in a high-speed blender. Mix well. Scoop and roll into balls and store in airtight container.

## GOJI BERRY PROTEIN BALLS

1 cup rolled oats  
¾ cup sunflower seed butter  
¼ cup ground flax seed  
2 tablespoons dried goji berries  
3 pitted dates  
1 teaspoon cinnamon

Mix all the ingredients in a high-speed blender. Mix well. Scoop and roll into balls and store in an airtight container.

## SWEET OATMEAL TAHINI BALLS

1 ½ cups rolled oats  
2 scoops vanilla protein powder  
1 teaspoon cinnamon  
2 tablespoons chia seeds  
½ cup tahini  
5 dates  
¼ cup water OR dairy-free milk

Combine all ingredients in a high-speed blender. Mix well. Scoop and roll into balls and store in airtight container.

# DRESSINGS

## LEMON TURMERIC GINGER DRESSING

½ cup extra virgin olive oil  
Juice of 2 lemons  
1 teaspoon turmeric  
½ teaspoon ground ginger  
sea salt and black pepper to taste  
1 teaspoon honey (optional)

Combine all ingredients in a bowl or mason jar with a lid. Mix well and serve over salad. Store remaining dressing in refrigerator for up to 2 weeks.

## TAHINI DRESSING

⅓ cup tahini  
½ cup water  
Juice of 1 lemon  
1 garlic clove, chopped  
sea salt and black pepper to taste

Combine all ingredients in a bowl or mason jar with a lid. Mix well and serve over salad. Store remaining dressing in refrigerator for up to 2 weeks.

## APPLE CIDER VINEGAR DRESSING

¼ cup raw apple cider vinegar  
Juice of 1 lemon  
1 garlic clove, chopped  
½ cup extra virgin olive oil  
1 teaspoon honey (optional)  
sea salt and black pepper to taste

Combine all ingredients in a bowl or mason jar with a lid. Mix well and serve over salad. Store remaining dressing in refrigerator for up to 2 weeks.



# SNACKS

## ROASTED CHICKPEAS

- 1 15.5 ounce can chickpeas, drained and rinsed
- 1 tablespoon coconut oil
- 1 tablespoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- sea salt and black pepper to taste

Preheat oven to 350 degrees Fahrenheit.

Combine all ingredients in a mixing bowl. Mix until chickpeas are well coated. Spread the chickpeas onto a baking sheet. Roast until slightly crisp, about 45 minutes.

## SALT AND PEPPER FLAX CRACKERS

- 1 cup ground flax seeds
- 2 tablespoons chia seeds
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- ½ cup water

Preheat the oven to 375 degrees Fahrenheit.

Combine dry ingredients in a bowl and mix well. Stir in water. Allow the mixture to set for about 10 minutes. Mix again and pour onto a greased baking sheet. Bake for about 35 to 40 minutes until the center is dry. Remove from the oven and let it cool. Break into crackers and store in airtight container for up to 2 weeks.



## STRAWBERRY OATMEAL COOKIES

- 1 cup sliced strawberries
- 2 tablespoons ground flax seed
- ¼ cup dairy-free milk
- 1 tablespoon coconut oil
- 1 teaspoon vanilla extract
- 3 tablespoons honey
- 1 teaspoon cinnamon
- 1-inch piece of ginger, grated
- 1 ½ cups rolled oats
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon sea salt

Preheat the oven to 350 degrees Fahrenheit.

Combine all ingredients except strawberries in a mixing bowl. Mix well. Fold in strawberries. Drop dough by the spoonful onto greased baking sheet. Bake for about 15 minutes.

## DIPS

### CLEAN EATING PESTO

- 2 garlic cloves, chopped
- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- 1 bunch cilantro
- 1 bunch parsley
- ½ bunch mint
- ½ cup extra virgin olive oil (add more if needed)
- Juice of 1 lemon
- sea salt and black pepper to taste

Add all ingredients to a blender and blend until smooth.

## GARLIC PEA DIP

2 cups frozen peas  
1 garlic clove, chopped  
2 tablespoons tahini  
¼ cup extra virgin olive oil  
Juice of 1 lemon  
½ bunch mint  
sea salt and black pepper to taste

Boil peas for about 1 to 2 minutes until tender. Drain and add to a blender with remaining ingredients. Blend until smooth.

## CUCUMBER MINT DIP

2 cups plain dairy-free yogurt  
2 cucumbers, peeled and finely chopped  
2 garlic cloves, chopped  
Juice of 1 lemon  
sea salt and black pepper to taste  
handful of mint leaves, chopped

Combine all ingredients in a bowl and mix well. Serve chilled.

## GUACAMOLE

2 avocados  
1 cup chopped cilantro  
1 teaspoon cumin powder  
1 teaspoon garlic powder  
Juice of 1 lemon or lime  
sea salt and black pepper to taste

Combine all ingredients in a bowl and mash with a fork to desired consistency.

# BASIC RECIPES

## QUINOA

### **Serves 3 to 4**

1 cup uncooked quinoa  
2 cups water OR vegetable broth  
sea salt to taste

Combine quinoa, liquid and sea salt in a medium sized pot. Cover and bring to a boil. Once the pot is boiling, reduce the heat and allow the quinoa to simmer until the liquid is absorbed (about 15 minutes). Fluff with a fork before serving.

## BROWN RICE

### **Serves 3 to 4**

1 cup long grain brown rice  
1 ¼ cups water OR vegetable broth  
sea salt to taste

Combine rice, liquid and salt in a medium sized pot. Cover and bring to a boil. Once the pot is boiling, reduce the heat and allow the rice to simmer until the liquid is absorbed (about 30 minutes). Fluff with a fork before serving.

## EASY LENTILS

### **Serves 3 to 4**

1 cup dry lentils (brown or green)  
2 cups water OR vegetable broth  
1 bay leaf  
1 garlic clove, chopped  
sea salt and black pepper to taste

Combine all the ingredients in a medium pot. Simmer, uncovered, for about 20 minutes until most of the liquid is absorbed. The lentils should be tender when done. Add more liquid if necessary to complete the cooking process.

# LUNCH

## SIDE GREEN SALAD

### Serves 2

4 cups mixed greens

Add mixed greens to a bowl. Serve with your favorite salad dressing.

## MIXED GREENS WITH FRUIT AND SEEDS

### Serves 2

4 cups mixed greens  
1 cup fresh strawberries, chopped  
1 cup blueberries  
½ cup chopped red onion  
½ cup pumpkin seeds  
1 avocado

Combine all ingredients in a large bowl. Serve with your favorite salad dressing.

## CABBAGE SALAD

### Serves 2

2 cups thinly sliced red cabbage  
2 cups mixed greens  
2 celery ribs, chopped  
1 cucumber, sliced  
1 cup olives  
½ cup chopped red onion  
1 cup cooked quinoa

Combine all ingredients in a large bowl and mix well. Serve with your favorite salad dressing.



## GREEN LEAF SALAD

### Serves 2

- 2 green leaf lettuce, chopped
- 1 cup cooked chickpeas
- 1 cup snow peas
- 1 zucchini, chopped
- 1 avocado

Combine all ingredients in a large bowl. Serve with your favorite salad dressing.

## JICAMA PAPAYA SALAD

### Serves 2

- 2 cups mixed greens
- ½ bunch cilantro, chopped
- 1 cup peeled and chopped jicama
- 1 cup chopped papaya
- ½ cup chopped red onion
- Juice of 1 lime

Combine all ingredients in a large bowl and mix well. Serve with your favorite salad dressing.

# LENTIL BURGER WITH GRILLED PINEAPPLE AND MIXED GREENS

## Serves 4

- 2 cups cooked brown lentils
- 1 onion, chopped
- 1 garlic clove, chopped
- 3 tablespoons ground flax
- 1 teaspoon sea salt
- 1 teaspoon thyme
- 1 teaspoon curry powder
- 1 tablespoon of water or vegetable broth
- 1 tablespoon coconut oil (for frying)
- 4 pineapple slices
- 4 cups mixed greens

Combine lentils, onion, garlic, flax, sea salt, thyme, and curry powder in a large mixing bowl. Mash the ingredients well with a fork and form into burger patties. Add water or vegetable broth if the mixture is dry. Melt coconut oil in pan over high heat. Fry each burger until brown on both sides (about 3 to 5 minutes per side). Once the burgers are done, set to the side. Briefly fry the pineapple slices for about 2 minutes per side and place on top of the burgers. Serve with mixed greens and your favorite salad dressing.

# DINNER

## ZUCCHINI NOODLES WITH CURRY COCONUT SAUCE

### Serves 2

- 2 large zucchini, spiralized
- 1 13.5-ounce can coconut milk
- ½ cup sunflower seeds
- 2 teaspoons curry powder
- 1 teaspoon thyme
- 1 garlic clove, chopped
- 1 large carrot, chopped
- 2 cups baby spinach

Add spiralized zucchini to a large bowl. You can use a spiralizer at home, or you can buy a bag of spiralized zucchini at some grocery stores. If you can't find pre-spiralized zucchini in a store near you, simply use a vegetable peeler and peel the zucchini down to the seeds. Blend the seeds with the curry sauce.

To make curry sauce, add the remaining ingredients to a blender. Blend well. If you have a high-speed blender, blend until warm. If you have a conventional blender, blend the sauce until smooth. Transfer to a small pot over medium heat. Heat until warm. Serve the curry sauce on top of the zucchini noodles.

## CLEAN EATING SPINACH BOWL

### Serves 2

1 teaspoon coconut oil  
2 garlic cloves, chopped  
6 cups spinach  
sea salt and black pepper to taste  
1 cup canned chickpeas, drained and rinsed  
1 cup sprouts  
2 tablespoons hemp seeds  
1 avocado  
Juice of 1 lemon

Melt coconut oil in large pan. Add chopped garlic. Sauté for about 2 minutes. Add the spinach. Let the spinach wilt for about 3 to 5 minutes. Season with sea salt and black pepper. Serve in a bowl with chickpeas, sprouts, hemp seeds, avocado, and lemon juice. Top with your favorite salad dressing.

## CHICKPEA CHILI OVER GREENS AND GUACAMOLE

### Serves 4

1 tablespoon coconut oil  
1 large onion, chopped  
2 garlic cloves, chopped  
1 yellow squash, chopped  
1 zucchini, chopped  
2 15.5-ounce cans chickpeas, drained and rinsed  
2 tablespoons chili powder  
1 tablespoon oregano  
1 tablespoon cumin  
1 cup vegetable broth  
1 bunch cilantro, chopped  
4 cups mixed greens  
1 cup guacamole  
1 small red onion, chopped

Melt coconut oil in large pan. Add the onion and garlic. Sauté until fragrant (about 3 to 5 minutes). Add yellow squash, zucchini, chickpeas, chili powder, oregano, cumin, vegetable broth, and cilantro. Cover and simmer until the vegetables are soft (about 15 minutes). Serve over mixed greens with guacamole and chopped red onion.



## ZEN BOWL

### Serves 2

- 1 tablespoon coconut oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 bunch collard greens, thinly sliced (OR 1 16-ounce bag of chopped collard greens)
- ½ cup water
- 2-inch piece of ginger, grated
- 1 tablespoon tamari
- sea salt and black pepper to taste
- 1 teaspoon toasted sesame oil
- 1 cup cooked lentils
- 1 avocado
- 2 tablespoons tahini dressing

Melt coconut oil in a large pot over medium heat. Add chopped onion and garlic. Cook until fragrant (about 3 to 5 minutes). Add collard greens and water. Cover and allow the greens to steam for about 20 to 25 minutes. Stir occasionally so they do not burn. Add ginger and tamari. Season with sea salt and black pepper as needed. Sauté for another 5 to 10 minutes until the greens are tender. Top with sesame oil, lentils, avocado and tahini dressing.

# CURRY ROASTED CAULIFLOWER WITH MIXED GREENS

## Serves 2

1 head cauliflower, chopped  
1 fennel, thinly sliced  
1 heaping tablespoon coconut oil  
1 tablespoon garlic powder  
1 tablespoon curry powder  
1 teaspoon thyme  
sea salt and black pepper to taste  
4 cups mixed greens

Preheat oven to 450 degrees Fahrenheit.

Combine chopped cauliflower and sliced fennel in a large mixing bowl. Coat with coconut oil, garlic powder, curry powder, thyme, sea salt, and black pepper to taste. Mix well and layer onto a baking sheet. Roast for about 20 minutes until the cauliflower is golden brown. Serve with mixed greens and top with your favorite salad dressing.



# TRANSITION

## EGG SALAD

### Serves 2

2 cups mixed greens  
1 cup quinoa  
4 boiled eggs, chopped  
2 heaping tablespoons of vegan mayonnaise OR plain dairy-free yogurt  
1 cup purple cabbage, thinly sliced  
2 celery ribs, chopped,  
½ cup chopped olives  
½ cup sliced red onion  
1 teaspoon dried basil  
sea salt and black pepper to taste

Place mixed greens in a serving bowl and set to the side. In a separate bowl, mix the remaining ingredients. Stir well and serve on top of the mixed greens

## SCRAMBLED EGGS WITH CILANTRO

### Serves 2

1 teaspoon coconut oil  
4 eggs  
1 teaspoon oregano  
sea salt and black pepper to taste  
1 cup chopped cilantro

Add coconut oil to a large sauté pan over medium/low heat. While the oil is melting, crack 4 eggs into a bowl and whisk with a fork. Season with oregano, sea salt and black pepper. Add the eggs to the hot pan along with the cilantro. Mix well using a rubber scraper to desired consistency.

## STRAWBERRY SALAD WITH ALMONDS

### Serves 2

4 cups mixed greens  
handful of strawberries, sliced  
½ cup almonds  
1 cucumber, chopped

Combine all ingredients in a large salad bowl. Serve with your favorite salad dressing.

## ALMOND BUTTER CHIA PUDDING

### Serves 2

½ cup almond butter  
1 tablespoon honey  
1 teaspoon vanilla extract  
1 cup dairy-free milk  
⅓ cup chia seeds  
1 banana, sliced

Combine almond butter, honey, vanilla extract, and dairy-free milk in a mixing bowl. Stir well, then add chia seeds. Mix well again then set to the side to allow the chia seeds to absorb the liquid. Serve topped with sliced banana.

## CURRIED VEGGIE AND BROWN RICE SALAD BOWL

### Serves 2

1 tablespoon coconut oil  
1 onion, chopped  
2 garlic cloves, chopped  
1 cup chopped carrots  
1 cup frozen peas  
1 teaspoon curry powder  
sea salt and black pepper to taste  
1 cup cooked brown rice  
2 cups mixed greens

Melt coconut oil in sauté pan over high heat. Add onions, garlic, carrots, peas, curry powder, sea salt, and black pepper. Sauté until the vegetables are soft (about 10 minutes). Serve with warm brown rice and mixed greens. Top with your favorite salad dressing.



## LEMON BASIL ZUCCHINI GRAIN BOWL

### Serves 2

1 tablespoon coconut oil  
1 onion, chopped  
2 zucchinis, chopped  
1 teaspoon dried basil  
sea salt and black pepper to taste  
1 cup cooked brown rice  
2 cups mixed greens  
Juice of 1 lemon

Melt coconut oil in hot sauté pan. Add onion and zucchini. Sauté until soft (about 10 minutes). Season with basil, sea salt, and black pepper. Serve over warm brown rice and mixed greens. Top with a squeeze of lemon juice and your favorite salad dressing.

## LENTIL BURGER ON RYE BREAD

### Serves 2

2 cups cooked brown lentils  
1 onion, chopped  
1 garlic clove, chopped  
3 tablespoons ground flax  
1 teaspoon sea salt  
1 teaspoon thyme  
1 teaspoon curry powder  
1 tablespoon coconut oil (for frying)  
2 slices rye bread

Combine lentils, onion, garlic, flax, sea salt, thyme and curry powder in a large mixing bowl. Mash well with a fork and form into burger patties. Melt coconut oil in frying pan over high heat. Add the burgers and cook until brown (about 5 minutes on both sides). Serve on top of rye bread and a side salad with your favorite salad dressing.



# DESSERTS

## COCONUT AND BERRIES IN A BOWL

### Serves 2

- 2 cups mixed berries
- 1 cup coconut milk
- 8 basil leaves, chopped
- Juice of 1 lime
- 2 teaspoons honey

Place mixed berries in a bowl. Top with remaining ingredients and stir.

## GRILLED SPICED PINEAPPLE

### Serves 2

- 1 teaspoon coconut oil
- 6 pineapple rings
- 1 teaspoon cinnamon

Melt coconut oil in pan over high heat. Add sliced pineapple and cook until brown (about 3 minutes on both sides). Remove from heat and top with cinnamon.

## PINEAPPLE COCONUT WATER SPRITZER

### Serves 4 to 6

- 2 cups pineapple juice
- 2 cups coconut water
- Juice of 2 limes
- 2 cups sparkling water

Combine all the ingredients in a pitcher. Cover and refrigerate until cold. Serve with ice.

# CULTURED FOODS FOR HEALTHY DIGESTION



# ORANGE-GINGER CARROT KVASS

FROM: CULTURESFORHEALTH.COM

Kvass is commonly made from either bread or beets and while some really enjoy it, others find it not particularly tasty. This recipe changes things up with sweet carrots, spicy ginger, and fragrant orange. It is tangy, fragrant, and pleasant to drink, especially after a second fermentation done with a bit of sweetener added.

6 carrots, sliced into approximately 1/8-inch coins  
2 tablespoons roughly chopped ginger  
6 large strips of organic orange peel (peeled with a vegetable peeler)  
2 teaspoons sea salt (4 teaspoons if omitting whey)  
¼ cup whey (optional)  
Water as needed

Put carrots, ginger, and orange peel into a half-gallon jar. Add salt and whey and fill the remainder of the jar with water, leaving a 1-inch headspace.

Cover tightly with a lid, and shake well to dissolve the salt in the whey and water.

Remove canning lid and cover with a clean towel or coffee filter. Secure with a rubber band or canning ring. Place in a warm spot to ferment for 2 to 4 days, depending on temperature. The longer it ferments, the more sour it will get.

Begin to taste after the first two days and allow to ferment to your liking.

Strain the liquid from the carrots, leaving about 1 cup of liquid in the jar for another round of kvass. To make a second, weaker batch of kvass simply add water and repeat fermentation instructions as above.

If you prefer a more carbonated beverage, a second fermentation can be done. Ferment the kvass for only 2 to 3 days, then strain off the liquid, leaving 1 cup behind for a second batch. Place the kvass in airtight bottles with a pinch of sugar or honey for a little bit of sweetness and added carbonation.

Allow this to ferment for 1 to 3 days, or until carbonated to your liking, depending on the temperature.

# SAUERKRAUT

FROM CULTURESFORHEALTH.COM

**Makes approximately 1 quart**



Basic sauerkraut may be one of the most popular ferments, and it is a great, simple recipe for beginners.

1 medium head of cabbage  
1-3 tablespoons sea salt

Chop or shred cabbage. Sprinkle with salt.

Knead the cabbage with clean hands, or pound with a potato masher or Cabbage Crusher about 10 minutes, until there is enough liquid to cover.

Stuff the cabbage into a quart jar, pressing the cabbage underneath the liquid. If necessary, add a bit of water to completely cover cabbage.

Cover the jar with a tight lid, airlock lid, or coffee filter secured with a rubber band.

Culture at room temperature (60-70°F is preferred) until desired flavor and texture are achieved. If using a tight lid, burp daily to release excess pressure. Once the sauerkraut is finished, put a tight lid on the jar and move to cold storage. The flavor will continue to develop as it ages.

**Optional:** Prior to culturing, mix 1 part shredded carrots, apple, or other vegetable to 5 parts cabbage, for a more complex flavor. Add caraway seeds, if desired.





# THE PLANT BASED TRANSFORMATION

Feel free to contact us for more information.

Website: [www.theplantbasedtransformation.com](http://www.theplantbasedtransformation.com)

Email: [info@theplantbasedtransformation.com](mailto:info@theplantbasedtransformation.com)

Facebook: [www.facebook.com/theplantbasedtrasformation](https://www.facebook.com/theplantbasedtrasformation)

Instagram: [www.instagram.com/theplantbasedtrasformation](https://www.instagram.com/theplantbasedtrasformation)