

**KAMLOOPS NATUROPATHIC CLINIC ltd.**

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## 28 Day Healthy Eating Plan- Vegan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>UPON RISING</b>	Lemon Water or Greens Drink	Lemon Water or Greens Drink	Lemon Water or Greens Drink	Lemon Water or Greens Drink	Lemon Water or Greens Drink	Lemon Water or Greens Drink	Lemon Water or Greens Drink
<b>BREAKFAST</b>	Shake 1 or Mock Musseli	Shake 2 or Roasted Leek Ginger Soup	Shake 3 or Lemon Ginger Broth and Tera's Hearty Party	Shake 4 or Michael's Bars with Almond Rose Milk	Shake 5 or Rice Oat Pancakes	Shake 6 or Almost Apple Pie	Shake 7 or Zucchini Salad
<b>SNACK</b>	Rice Muffins With Almonds	Vegetables and Hummus	Baked Stuffed Apple	Dry Roasted Pumpkin Seeds (1 handful) with 2 plums	Seasoned Edamame and Beans	Homemade Chips and Hummus	1 bowl of blueberries with 1 serving of soy yogurt
<b>LUNCH</b>	Special Celery Soup	Mexican Salad	Shelley's Super Wraps with Hummus	Colourful Cabbage Salad	Rainbow Salad With Tofu Squares	Fresh Tomato Basil Soup	Mild Curried Ginger and Carrot Soup
<b>SNACK</b>	Shake 7	Shake 6	Shake 5	Shake 4	Shake 3	Shake 2	Shake 1
<b>DINNER</b>	Very-Veggie Barley Burgers	Balsamic Portobello Mushrooms over Grilled Vegetable Couscous	Baked Eggplant and Smashed Ginger Carrots with Sesame	Vegetarian Lasagna	Two to Ten Split Pea Soup	Roasted Vegetable Pizza	Spaghetti Squash with Spicy Braised Greens, Raisins, and Pine Nuts

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<b>BREAKFAST</b>	Shake 7 or Millet Yam Hash Browns	Shake 6 or Avocado Mint Soup	Shake 5 or Casserole de Cauliflower	Shake 4 or Zippy Breakfast	Shake 3 or Steamed Raw Buckwheat	Shake 2 or Seed Pancakes with Whipped Topping	Shake 1 or Roasted Red Pepper and Fennel Bisque and Dill Toasties
<b>SNACK</b>	Dry Roasted Pumpkin/ Sunflower Seeds (1 handful) and 1 orange	Chickpeas Chapattis	1 bowl of raspberries and 1 serving of soy yoghurt	1 Pear and almonds (1 handful)	Edamame Pate and Flatbread	Homemade Chips with Tofu Avocado Dip	Vegetables and Hummus
<b>LUNCH</b>	Vegetable Lentil Soup	Mild Indian Dahl with Brown Rice	Minestrone	Spinach Stuffed Mushrooms With Tofu Squares	Zucchini with Tomato Broth	Jerusalem Artichoke Salad	Fresh Coleslaw and Essene Bread with Almond Pate
<b>SNACK</b>	Shake 1	Shake 2	Shake 3	Shake 4	Shake 5	Shake 6	Shake 7
<b>DINNER</b>	Penne with Butternut Squash, Sage Pesto, and Almonds	Tortilla Soup	“Chicken” Square Meal with White Beans, Quinoa Pilaf, and Asparagus	Butter Bean and Tomato Casserole with Brown Rice	Hummus, Tempeh, and Cucumber Wrap	Quinoa Pilaf with Chickpeas and Almonds	Cha Cha Chile

	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
<b>BREAKFAST</b>	Shake 7 or Sprouted Cereal	Shake 6 or Pretty Ribbon Quiche	Shake 5 or Millet/ Buckwheat Oven Cakes	Shake 4 or Cream of Asparagus Soup and Savory Alkalarian Crackers	Shake 3 or Seed Pancakes with Coconut Cream	Shake 2 or Psyllium Seed Breakfast	Shake 1 or Mock Musseli
<b>SNACK</b>	“Tuna” Pate and Camper’s Bread	1 Apple and almonds (1 handful)	Carrot Cake	Spring’s Pesto with Homemade Tortilla Chips	1 bowl of blueberries with 1 serving of soy yogurt	Raw Pecan Pate and Dill Toasties	Dry Roasted Pumpkin Seeds (1 handful) with 2 plums
<b>LUNCH</b>	Fortified Green Lentil Soup	Dandelion Greens with Navy Beans Salad	Mildly Spiced Split Pea Soup	Tomato Basil Couscous Salad	Creamy Roasted Garlic Tomato Soup	Thai Noodle Salad	Kale Quinoa Wrap
<b>SNACK</b>	Shake 1	Shake 2	Shake 3	Shake 4	Shake 5	Shake 6	Shake 7
<b>DINNER</b>	Broccoli and Red Pepper Stir-Fry with Cashew Nuts	Linguini with Pesto, Pine Nuts, and Sun-dried Tomatoes	Millet Pilaf with Almonds	Quesadillas with Beans, Soy Cheese, Guacamole and Salsa	Pasta with Lentil Bolognese	Red Kidney Bean Hotpot	Lentil and Vegetable Soup

	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
<b>BREAKFAST</b>	Shake 1 or Almost Apple Pie	Shake 2 or Casserole de Cauliflower	Shake 3 or Zippy Breakfast	Shake 4 or Zucchini Salad	Shake 5 or Rice Oat Pancakes	Shake 6 or Millet/ Buckwheat Oven Cakes	Shake 7 or Cream of Asparagus Soup
<b>MID- MORNING SNACK</b>	Cherries and Almonds (1 handful)	Baked Stuffed Apple	Vegetables and Almond/ Cheese Mayo	Garbonzo Spread and Homemade Tortilla Chips	1 bowl of blueberries with 1 serving of Soy Yogurt	Rice Muffins with Pecans (1 handful)	Vegetables with Zippy Cilanto Dip
<b>LUNCH</b>	Italian Fasta Pasta Salad	Energy Boosting Veggie Wrap	Brown Rice Salad with Tahini Sauce	Purred Broccoli Soup	Chopped Vegetable Bean Salad	Creamy Vegetable Tofu Soup with Sesame Crackers	Brown Rice with Black Bean Hash
<b>MID- AFTERNOON SNACK</b>	Shake 7	Shake 6	Shake 5	Shake 4	Shake 3	Shake 2	Shake 1
<b>DINNER</b>	Pasta and Cannelini Soup	Grilled Pepper Salad with Quinoa	Flageolet Bean and Courgette Provençale with Pasta	Pasta with Tomato and Vegetable Sauce	Vegetable and Lentil Curry with Brown Rice	Rice with Grilled Vegetables	Quick Supper Salad with Pumpkin- seed Dressing

## RECIPES:

### Upon Rising

#### **Lemon Water:**

1 cup of water  
Juice of 1 lemon  
Several dashes of cayenne red pepper

\*Starting the morning with this drink is good for digestion, and detoxifies and alkalizes the body.

#### **Green Drink:**

6-8 leaves of green leafy vegetables (spinach, chard, mustard, parsley, rapini, kale, etc.)  
½ cup spring or distilled water (if possible) or regular water

Blend thoroughly and strain.

### Shake Breakfast Options

#### **Shake 1: Hemp Smoothie**

24 oz rice milk  
2 scoops of Hemp Protein  
1 cup raspberries  
1.5 cups blueberries

Blend for 5 minutes or until seeds are broken down

#### **Shake 2: AvoRado Kid Super Green Shake**

1 avocado  
½ English cucumber  
1 tomatillo  
1 lime (peeled)  
2 cups fresh spinach  
2 scoops soy sprouts powder  
1 scoop of green powder  
1 pkg stevia  
6-8 ice cubes

Place all ingredients in a blender (Vita-Mix is recommended) on high speed and blend to a thick smooth consistency. Serve immediately.

#### Variations:

- add 1 tsp almond butter for a nuttier flavor
- add coconut milk for a creamier shake
- make a parfait by layering the shake with layers of dehydrated unsweetened coconut and sprinkle some of the coconut on top
- substitute a grapefruit or a lemon for the lime for a different flavour
- add 1 tbsp fresh grated ginger (2)

#### **Shake 3: Lemon Lime Shake**

serves 1

1 avocado, peeled and seeded  
½ English cucumber  
1 lime, peeled  
2 lemons, juiced  
1 young coconut, juice and meat  
1 packet stevia  
8 oz cubes

In a blender, layer ingredients in order listed. Blend on low to start. As liquid incorporates, increase speed to high and blend until smooth and frothy. Add more ice for sorbet-type consistency. Serve immediately.

Variation:

- add 1 tsp greens powder and 2 tsps soy sprouts powder to increase nutrition in shake (2).

### **Shake 4: Avocado Margarita**

serves 6

½ small red onion, sliced  
1 garlic clove, crushed  
1 tbsp olive oil  
2 small tomatoes, diced  
4 fresh basil leaves, torn into shreds  
½ cup sprouts  
2 tsps lemon juice  
salt and pepper to taste  
3 avocados, halved and pitted

Combine all ingredients in a bowl except for the avocado. Split avocado into 2 parts and take out the pit. Using the avocado halves as bowls, spoon the mixture into the center and serve (2).

### **Shake 5: Minty Mock Malt**

serves 2

½ English cucumber  
1 lime juice  
1 grapefruit, juiced  
1 avocado  
1 cup raw spinach  
½ can of coconut milk  
1 scoop (1 tsp) greens powder  
2 scoops soy sprouts powder  
8-10 drops Prime pH drops

2-4 sprigs fresh mint leaves or use ½ tsp mint flavouring- no alcohol (Frontier brand)  
14 ice cubes

Combine all ingredients into a blender and blend into desired consistency.

Use ice cubes for refreshing morning malt or no ice cubes for making popsicles (freeze in ice cube tray) (2).

### **Shake 6: Basic Avocado Shake**

1 avocado  
1 cup spinach  
½ English cucumber  
1 tsp real salt  
1 Tbsp hemp oil

Blend avocado, spinach, cucumber and salt in blender (Vita Mix)  
(Starting on low and increasing speed)

Pour tablespoon of oil into glass  
Pour the blended shake into glass after oil  
(1)

### **Shake 7: Vanilla Nut Hemp Shake**

1 to 2 scoops of Hemp Protein Powder  
1- 1 ½ cups of pure water or rice milk  
¼ cup raw organic oatmeal  
1 tablespoon raw cashew butter  
½ tsp cinnamon  
Add ice for extra thickness  
Optional: 1 scoop of Greens Powder

### **Non-Shake Breakfast Options**

#### **Day 1: Mock Musseli**

serves 1-2

1 avocado  
1 cucumber, peeled  
1 cup spinach, chopped  
3 radishes  
10-15 almonds  
½ lime, juiced  
stevia to taste  
¼ tsp cinnamon

Cube avocado and cucumber. In food processor, puree avocado, cucumber, and spinach until smooth. Cut radishes in quarters. Add along with almonds, lime juice, stevia, and cinnamon. Briefly process to desired chunkiness (2).

### **Day 2: Roasted Leek Ginger Soup**

serves 4

1 tbsp olive oil or grapeseed oil  
1 leek, cleaned and sliced in 1/3 inch cubes  
1 tsp fresh ginger, cut in thin slices  
1 cup almond milk  
2 cups vegetable broth  
½- 1 tsp Himalayan or Sea Salt (Brown or Grey)

In a soup pan pour some olive oil or grapeseed oil. Place leek and ginger in oil and stir-fry until softened and browned on edges. Place the leek and ginger in a food processor. Pulse-chop to a diced consistency and place back in soup pan. Add almond milk, veggie broth, and salt. Warm and serve.

Variation:

- add diced roasted peppers and garlic (2).

### **Day 3: Lemon Ginger Broth**

serves 4-5

1 can Pacific Organic Vegetable Broth  
1/3 can water

4 lemons, zest and juice  
4 tsps fresh ginger, finely grated  
salt to taste

Combine broth and water. Bring to boil. Add juice and grated zest of lemons. Turn off heat, and let steep like tea. Add ginger. Strain, salt to taste (2).

### **Day 3: Tera's Hearty Party**

serves 4-6

1 head of broccoli  
1 head of cauliflower  
2 celery stalks, sliced  
3 green onions  
1 red bell pepper  
1 orange bell pepper  
1 (12 oz) bag of edamame (soy beans)  
½ cup Essential Balance Oil (or oil of choice)  
½ garlic clove, minced  
¼ cup Bragg Liquid Aminos or 1-2 tsp Himalayan or Sea Salt (Brown or Grey)  
1 tbsp Garlic Herb Bread Seasoning (Spice Hunter)  
Zip (Spice Hunter) for garnish

Chop up broccoli, cauliflower, celery, green onions, and bell peppers. Mix together. Cook edamame as directed and add to mix. Add in the Essential Oil, minced garlic, Bragg Liquid Aminos, and Garlic Herb Seasoning. Toss together and garnish with Zip (2).

### **Day 4: Michaels's Bars**

makes 2-3 dozen- requires a food dehydrator

2 cups almonds, soaked  
3 cups pecans, soaked  
4 cups freeze-dried coconut flakes  
(Wilderness Family Naturals)

1 tsp almond flavouring, non-alcohol (Frontier)  
1 tsp SlimSweet, stevia  
¾ cups flaxseeds, ground  
¼ cup flaxseeds, ground  
4 tbsps water

In a food processor, pulse chop almonds and pecans until finely ground. Place in large mixing bowl with other ingredients except ¼ cup ground flaxseeds and water. Mix ¼ cup ground flaxseeds with water and let sit to moisten several minutes, before adding to mixing bowl. Mix thoroughly. Prepare dehydrator. Pour mixture onto Teflex sheets: placing another Teflex sheet on top, use rolling pin to fatten about ¼ inch thick. Score with chopstick in shape of bars. Dehydrate at 100 degrees F for 9 hrs. Transfer to mesh sheets, turning over bars. Dehydrate until fully dry, at least several more hours. Store in airtight container (2).

#### **Day 4: Almond Rose Milk**

makes 20-24 oz

1 cup raw almonds  
3 ¼ cups pure water  
¼- ½ cup rose water (Carlo brand)  
¼ tsp stevia powder  
3 dashes nutmeg

Soak almonds in 2 cups of the pure water overnight in the refrigerator. In blender, pulse chop, then blend almonds and water. Slowly add the remaining pure water and rose water. Add stevia, blend until smooth. Use cheesecloth or panty hose to strain almond pulp from milk. Pour into glasses and add a dash of nutmeg to garnish (2).

#### **Day 5: Rice Oat Pancakes**

½ cup rice flour  
¾ cup old fashioned whole oats  
1 ½ tsp baking powder

¼ tsp baking soda  
2 tbsp unrefined olive oil  
1 ½ tsp sea salt  
3 tbsp. Apricot puree  
½ cup soy milk (sugar free)

Blend oats in blender until fine. Mix all ingredients together and drip tablespoons into oiled skillet.

Optional – Substitute ¼ cup of protein powder for the whole oats

#### **Day 6: Almost Apple Pie**

makes 1 (8 inch) pie

4 cups jicama, grated  
¼ cup almond meal, fresh or Bob's Red Mill  
¼ tsp Himalayan or Sea Salt (Brown or Grey)  
2 tsps nutmeg  
4 tsps cinnamon  
½ tsp cloves, ground  
1 cup freeze dried coconut flakes (Wilderness Family Naturals preferred)  
4 tsps psyllium flakes  
¼ cup coconut oil, melted (Wilderness Family Naturals preferred)  
2 tbsps vanilla flavouring, alcohol free (Frontier)  
2 tsps lemon flavouring, alcohol free (Frontier)  
1 ½ cups almond milk (fresh preferred)

Set aside jicama. Mix in bowl almond meal, salt, nutmeg, cinnamon, cloves, coconut flakes, and psyllium flakes. Set aside. Melt together coconut oil, flavourings, and almond milk. Mix melted ingredients with dry ingredients. Add grated jicama and fold together until thoroughly moistened. Place in pie dish, pat to flatten, and cool in refrigerator for 1 hour. Ready to serve (2).

#### **Day 7: Zucchini Salad**

serves 4-6

4 zucchinis, large  
1 cup pumpkin, sesame, and sunflower seed combination  
1 cup millet or spelt flour  
Himalayan or Sea Salt (Brown or Grey) to taste  
1 tbp olive oil

Slice zucchinis into half-inch slices. In a coffee grinder, grind the seed combination, ¼ cup at a time. Combine ground seeds, flour, and salt into a mixing bowl. Coat zucchini slices with mixture. In a skillet, heat olive oil, then brown zucchini on each side. Add a small amount of water, cover, and steam-fry 4 minutes. Layer zucchini slices in a bowl with your favourite dressing. Cover and refrigerate 24 hrs before serving (2).

### **Day 8: Millet Yam Hash Browns**

serves 4

2 ½ cups water  
½ tsp Himalayan or Sea Salt (Brown or Grey)  
1 cup millet  
1 yam (carrot or sweet potato works too), peeled and processed in Cuisinart to semifine/coarse chunks  
1 tsp dried onions  
½ tsp Deliciously Dill (Spice Hunter)  
½ tsp Garlic Bread Seasoning or Vegetable Rub (Spice Hunter)  
½ tsp dried garlic powder (could use fresh or roasted)  
Grape seed oil for brushing  
Minced fresh cilantro for garnish

Preheat oven to 400 degrees F. Bring the water and salt to boil in a medium saucepan. Add the millet, lower heat, cover, and simmer for 15 minutes. Open lid and place the processed yam on top of the millet,

return the lid, and continue to simmer for 10 more minutes. Transfer to a large bowl. Add all remaining spices and toss. Add salt to taste, but don't douse the natural sweetness of the yams. The mixture should be sticky and stiff enough to hold shape when formed into oval patties. Using a ¼ cup measuring cup, scoop out the batter and form oval patties about 1/3 to ½ inch thick. Place on an oiled cookie sheet and bake at 400 degrees for 20 minutes or until brown. Sprinkle the minced fresh cilantro.

Later they can be eaten as a snack using hummus as a spread (3).

### **Day 9: Avocado Mint Soup**

serves 6

3 tbsps grapeseed or olive oil  
6 green onions, sliced  
1 garlic clove, crushed  
4 tbsp spelt flour  
2 ½ cups vegetable broth  
2-3 tsps lemon juice  
½ tsp grated lemon zest  
2/3 cup coconut milk  
2/3 cup coconut cream  
1 ½ mint, chopped  
Himalayan or Sea Salt (Brown or Grey) and pepper to taste  
2 avocados, sliced into cubes  
1 cup spinach, minced  
mint sprigs for garnish

In a soup pot, heat grapeseed or olive oil. Add green onions, garlic and spelt flour. Stir in the remaining ingredients, mix well. Add avocados and spinach last, warm-stirring gently. Serve, garnishing with mint sprigs (2).

### **Day 10: Casserole de Cauliflower**

serves 4-6

2 tsps oil (Fish, flax, olive)  
2-4 tsps cumin  
½ tsp tumeric  
½ yellow or red onion, finely minced  
1 cup water  
florets from 1 very large or 2 small  
cauliflowers  
1 red bell pepper, finely chopped  
4 tbsps fresh parsley, minced  
½ cup raw pine nuts  
7-8 sun dried tomatoes (Melissa's brand are  
packed in olive oil)  
Bragg Liquid Aminos, to taste  
Lemon or Lime juice, to taste  
2 cloves garlic, minced

In an electric skillet, warm the oil, cumin  
and tumeric. Keeping the temperature on  
warm or low, add the onion and allow the  
flavours to blend for 2-4 minutes, then add  
water and warm.

In a food processor fitted with an S blade,  
process the cauliflower into very small  
pieces (like couscous). Also process the  
sun-dried tomatoes into fine small pieces.  
Add the cauliflower to the skillet and  
gradually warm, adding the parsley, garlic,  
sun dried tomatoes, and pine nuts. Season  
with Bragg Aminos and lemon or lime juice  
to taste (3).

### **Day 11: Zippy breakfast**

serves 1

1-2 cups cooked rice or grain of your choice  
(basmati, brown or wild rice; quinoa; millet;  
or buckwheat)  
juice of 1 lemon or lime (or both)  
1-2 tsp oil (Fish, Flax, Olive)  
1-2 tsp Bragg Liquid Aminos  
1 avocado, sliced  
1 firm tomato, chopped

Zip (Spice Hunter), to taste

Start with the warm rice in a bowl. Slice the  
avocado and tomato on top. Then drizzle  
the oil, Bragg Aminos, and lemon juice over  
the top. Sprinkle with Zip to taste.

Variation: add some chopped red bell  
pepper, sunflower seed sprouts, and soaked  
almonds over the top for extra crunch (3).

### **Day 12: Steamed Raw Buckwheat**

Follow directions on raw buckwheat  
package

### **Day 13: Seed Pancakes with Whipped Topping**

Serves 2

Flour Mix:

¼ cup raw pumpkin seeds  
¼ cup raw sunflower seeds  
¼ cup raw sesame seeds  
½ cup raw flax seeds

Pancake Mix:

1 cup seed flour  
1 cup millet or spelt flour or combination of  
quinoa, amaranth, buckwheat, bean flour  
1 ½ tsp baking soda  
1 tsp Real Salt  
Soy milk, unsweetened  
Olive oil

For flour mix:

Measure out seeds and mix together. In  
coffee grinder (or Vita Mix) grind seeds into  
flour. Measure 1 cup for seed pancakes.  
Reserve the rest for other recipes (store in  
airtight container in refrigerator).

For pancake mix:

Mix dry ingredients until blended. Add just  
enough soy milk to achieve thin batter (batter

thickens after sitting a couple of minutes). Heat skillet, oil pan and pour a thin layer of batter. Flip pancakes when bubbles rise. Serve with whipped topping or coconut cream (recipes follow) (1).

### **Whipped Topping**

1/2 carton silken (soft) tofu  
1/3 cup coconut milk (Thai Kitchen)  
1-2 tsp vanilla, non-alcohol (Frontier)  
1/8 tsp white stevia powder  
1 Tbsp lemon juice

In food processor, blend ingredients until smooth and creamy (1).

### **Day 14: Roasted Red Pepper and Fennel Bisque**

serves 8

4 large red bell peppers  
1 small bulb fennel  
2 tsps olive oil  
½ cup pure water  
1 pkg soft silken tofu  
2 tsps Himalayan or Sea Salt (Brown or Grey) or to taste

Cut peppers in half, seed, and place skin side down on a grill to blacken skins. Cut tops off fennel, reserve for garnish. Rub bulb with olive oil and place on grill. When pepper skins are blackened and fennel is lightly roasted, remove from grill to bowl, taking care not to spill juices. Cover bowl to steam until cool enough to handle. Thinly slice roasted fennel and place in pot with ½ cup pure water. Simmer gently. Peel peppers, removing all blackened bits and add to pot. Add water just to cover and gently simmer until soft. Blend in batches until smooth, adding tofu to last batch. Combine all and add salt to taste. Serve hot or cold. Snip feathery sprigs of fennel top

onto each serving to garnish. Serve with Dill Toasties (2).

### **Day 14: Dill Toasties**

serves 16-20

1 package Ezekial Sprouted Grain Tortillas  
Olive oil  
Dried dill weed (or other favourite seasonings)  
Sesame seeds  
Himalayan or Sea Salt (Brown or Grey)

Preheat the oven to 300 degrees F. Brush tortillas with olive oil. Sprinkle with herbs, seeds, and salt. Stack tortillas and slice into 8 wedges (halves, quarters, eights). Bake on cookie sheet for 12 to 15 minutes, until golden and crisp.

### **Day 15: Sprouted Cereal**

serves 2

2 cups wheat or rye grains (organic, unstored)  
½- 1 tsp cinnamon

Soak grain overnight in distilled water. Drain and set jar on its side to sprout. Rinse sprouts morning and evening, and sprout for 2 days. Add enough water to sprouts to blend in blender. Pour into saucepan and cook until toasty warm. May be served in a bowl with soy milk (3).

### **Day 16: Pretty Ribbon Quiche**

serves 6-8

Layer 1:  
2 ½ cups coarsely chopped spinach  
2 ½ cups coarsely chopped green cabbage  
½ cup fresh lemon juice  
½ tsp Himalayan or Sea Salt (Brown or Grey)  
½ cup tofu (firm)

1 tbsps red onion, finely chopped  
1 tbsps Deliciously Dill (Spice Hunter)  
½ cup raw pine nuts  
1 ½ tsp psyllium seed powder

Layer 2:

1/3 cup tofu (firm)  
4-5 carrots, chopped  
1 orange bell pepper  
½- 1 tsp psyllium seed powder

Layer 3:

1/3 cup tofu (firm)  
2-3 medium beets, peeled and chopped  
1 red bell pepper  
1 small tomato  
½-1 tsp psyllium seed powder

Layer 1: put all ingredients in food processor except psyllium seed powder. Process until well blended and somewhat smooth. With the machine still running, add the psyllium seed powder slowly. Mix well and pour into the almond crust. Place in fridge to set up while you make layer 2. Layer 2: Process tofu, carrots, and orange bell pepper until smooth. With machine still running, add psyllium seed powder and continue to process until well blended. Spread evenly over layer one and place in fridge while you make layer 3. Layer 3: Follow same directions as for layers 1 and 2 and spread onto layer 2. Place in fridge to finish chilling 4-6 hours or overnight. Cut and serve with favourite garnish or dressing on top if desired (3).

#### **Optional Crust for Quiche:**

2-3 cups almonds, soaked 8-12 hrs  
1 tbsp Bragg Liquid Aminos  
2-4 tbsps water or lemon juice  
1 tbsps psyllium powder  
1 tsp Garlic Herb Bread Seasoning (Spice Hunter)

Process the nuts in a food processor until they are uniformly fine. Add the Liquid Aminos and pulse-chop. Gradually add the water until mixture holds together. Finally, sprinkle the psyllium and seasoning while the processor is running. Press into a 9 inch pan. Add Quiche (3).

## **Day 17: Millet/Buckwheat Oven Cakes**

serves 6

3 tbsps grape seed or olive oil for frying  
1 cup millet, ground to flour  
1 ½- 2 cups raw hulled buckwheat, ground to flour  
1 small yam, peeled and shredded  
1 tbsp dried parsley (or ½ cup fresh chopped parsley)  
2 cloves garlic  
1 onion, sliced or chopped  
2 cups water, rice cream, almond milk or soy milk  
¼ tsp cinnamon (or more)  
¼ tsp nutmeg (or more)  
1 tsp Himalayan or Sea Salt (Brown or Grey)  
1 tsp Vegetable Rub (Spice Hunter)  
1 tsp Mexican Seasoning (Spice Hunter)

Grind millet and buckwheat to flour in blender (Vita-Mix is suggested). Set aside in a large bowl and mix well together. In the blender place the shredded yam, chopped onion, parsley, spices, salt, and water and blend until smooth. Pour into the dry flour mixture and mix well. Batter should be quite thick and stiff.

In an electric fry pan, heat the oil over medium heat and spoon the batter (about 3-4 tbsps per pancake) into the oiled pan. Cook until golden brown on one side and flip over to the other side and cook until done. You may need to add more oil as you continue to

cook the rest of the pancakes. Serve hot, or serve cold as a snack (3).

## Day 18: Cream of Asparagus Soup

serves 4

2 tbsps olive oil  
1/3 yellow onion, chopped  
2 garlic cloves, minced  
1 bunch of organic asparagus, chopped  
3 1/2 cups vegetable broth, organic  
6 oz coconut cream, organic  
2 tsps Himalayan or Sea Salt (Brown or Grey)  
1 1/2 tsps Deliciously Dill (Spice Hunter)  
1/2 tsp fresh lemon peel, grated  
2 tbsps lemon juice (fresh)

In soup pot, heat oil on medium. Add onion, garlic, and asparagus and sauté for 3 to 4 minutes, until veggies are tender. Add veggie broth and warm for 8 to 10 minutes, Reduce heat to low. Stir in coconut cream and seasonings. Warm for 5 more minutes. Serve warm (2).

## Day 18: Savory Alkalarian Crackers

makes 2-3 dozen- requires a food dehydrator

4 cups golden flaxseeds  
1 tbsp garlic  
1 cup parsley  
1/2 cup basil  
1 tsp cayenne powder  
1 tsp soaked caraway seeds  
1 tbsp Himalayan or Sea Salt (Brown or Grey)  
5 1/4 cups warm water  
1 tbsp Bragg Liquid Amino

In blender, on high, grind flaxseeds 1 cup at a time until most seeds are flour. Transfer to bowl. Add dry ingredients and mix. Add

water and Bragg Liquid Aminos. Stir completely. Prepare dehydrator. Spread mixture 1/4 inch thick onto Teflex sheets. Score into crackers. Dehydrate at 105 degrees F for approximately 2 days (2).

## Day 19: Seed Pancakes with Coconut Cream

Serves 2

Flour Mix:

1/4 cup raw pumpkin seeds  
1/4 cup raw sunflower seeds  
1/4 cup raw sesame seeds  
1/2 cup raw flax seeds

Pancake Mix:

1 cup seed flour  
1 cup millet or spelt flour or combination of quinoa, amaranth, buckwheat, bean flour  
1 1/2 tsp baking soda  
1 tsp Real Salt  
Soy milk, unsweetened  
Olive oil

For flour mix:

Measure out seeds and mix together. In coffee grinder (or Vita Mix) grind seeds into flour. Measure 1 cup for seed pancakes. Reserve the rest for other recipes (store in airtight container in refrigerator).

For pancake mix:

Mix dry ingredients until blended. Add just enough soy milk to achieve thin batter (batter thickens after sitting a couple of minutes). Heat skillet, oil pan and pour a thin layer of batter. Flip pancakes when bubbles rise. Serve with whipped topping or coconut cream (recipes follow) (1).

## Coconut Cream

4 Young Thai Coconut

Cut off top of coconuts  
Pour coconut milk into container  
Scoop coconut meat into a separate bowl

Put coconut meat into Vita Mix  
Add juice of 1 large or 2 small lemons  
Add ¼ tsp stevia (or 1-2 packets)  
Pour in 1 can (18.5 oz) Savoy coconut  
cream  
Blend (1)

### **Day 20: Psyllium Seed Breakfast**

2 heaping tsp ground psyllium seed  
8oz broth, liquid from steamed vegetables,  
or herb tea.

Stir psyllium seed into steaming or cold  
liquid and serve as cereal. Be sure to follow  
serving with 8oz of liquid. (water, tea, etc.)

### **Day 21: Mock Musseli**

Refer to recipe day 1 Breakfast

### **Day 22: Almost Apple Pie**

Refer to recipe day 6 Breakfast

### **Day 23: Casserole de Cauliflower**

Refer to recipe day 10 Breakfast

### **Day 24: Zippy Breakfast**

Refer to recipe day 11 Breakfast

### **Day 25: Zucchini Salad**

Refer to recipe day 7 Breakfast

### **Day 26: Rice Oat Pancakes**

Refer to recipe day 5 Breakfast

### **Day 27: Millet/Buckwheat Oven Cakes**

Refer to recipe day 17 Breakfast

### **Day 28: Cream of Asparagus Soup**

Refer to recipe day 18 Breakfast

## **Mid-Morning Snack:**

### **Day 1: Rice Muffins**

1 ½ cups rice flour  
½ tsp sea salt  
2 tsp. Baking powder  
¼ tsp baking soda  
4 tbsp olive oil  
3 tbsp. Apricot puree  
1 cup water or soy milk (sugar free)

Mix and spoon into greased muffin tins and bake at 350 degrees for 15 to 20 minutes. Makes 12 muffins.

### **Day 1: Almonds**

1 handful of organic almonds

### **Day 2: Hummus**

Beans from scratch: Soak garbanzos overnight then cook for 30 min –  
Otherwise can use beans from a can

Pour the following into a food processor (S-blade):

2 cups garbanzo beans  
Juice of ½ large or 1 small lemon  
Add ¼ tsp cumin, ½ tsp zip, ½ garlic  
bread seasoning, ½ tsp (heaping) Real  
Salt  
Add 1 clove garlic

Blend (1).

### **Day 2: Vegetables**

Serve the hummus with raw vegetables of your choice (carrots, celery, broccoli, cauliflower, etc...)

### **Day 3: Baked Stuffed Apple**

serves 2

2 large apples (preferably Macintosh)  
¼ cup tahini  
1 tbsp toasted almonds or hazelnuts, chopped  
½ tsp lemon juice  
½ tsp lemon rind, grated  
½ tsp vanilla  
¼ tsp ground cinnamon  
Pinch ground cardamom – optional

Pre heat oven to 325 °F

Pierce top of apple, holding paring knife at 45-degree angle to stem. Rotate knife around top to produce small cone-shaped tops. Set tops aside.

In small bowl, stir together tahini, almonds, lemon juice, lemon rind, vanilla, cinnamon and cardamom (if using).

Fill apple cavities almost to top with tahini mixture. Replace apple tops.

Set apples in baking tray and bake for 15-20 minutes or until apples are soft when pierced with toothpick.

### **Day 4: Dry Roasted Pumpkin Seeds**

1 cup raw pumpkin seeds  
1 tsp coriander powder  
½ tsp sea salt  
½ tsp ground cumin  
¼ tsp tumeric

Mix all ingredients in a large un-oiled skillet and cook them over low heat until the pumpkin seeds begin to pop, about ten minutes. Stir, cooking another 1-2 minutes more. Cool. Makes 2 ½ cups.

For Sunflower –Pumpkin Seed Mix, also toast 1 ½ cups raw shelled sunflower seeds

at the same time in a separate skillet. When both seeds are done, mix them together.

#### **Day 4: Plums**

Fresh plums only (no dried fruit which contain mold, sulphites, sugar). Organic is best.

#### **Day 5: Seasoned Edamame and Beans**

½ cup frozen edamame (green soybeans)  
½ cup green or yellow beans, quartered  
Juice of 1 lime  
1/8 tsp coarse sea salt  
1/8 tsp cayenne pepper  
1 tsp dried oregano

Prepare edamame as per package directions and remove soy beans from shell  
Drain and add beans, lime juice, salt, cayenne pepper and oregano  
Mix and enjoy

#### **Day 6: Homemade Chips**

Sprouted wheat tortillas  
Olive oil  
Garlic powder  
Fajita seasoning  
Real Salt

Preheat oven to 350 degrees. Rub oil onto both sides of each tortilla and sprinkle one side with spices. Use a pizza cutter to slice each tortilla into 8 triangles. Bake on a cookie sheet for 13 minutes or until crisp (1).

#### **Day 6: Hummus**

Refer to recipe day 2 Snacks

#### **Day 7: Soy Yoghurt**

eg. Soyghurt

#### **Day 7: Blueberries**

Fresh or frozen (not dried). Organic is best.

#### **Day 8: Dry Roasted Pumpkin Seeds**

Refer to recipe day 4 Snacks

#### **Day 8: Orange**

1 orange. Organic is best.

#### **Day 9: Chick Pea Chapattis (or Lentil)**

makes 8-10

1 cup chick pea flour (garbanzo flour) or lentil flour  
1/3 cup water  
½ tsp oil  
½ tsp sea salt

Mix everything together well and roll into one-inch balls and pat flat. Use a rolling to roll out pastry-like rounds of dough. Heat a lightly oiled frying pan until very hot. Then, on medium-high heat, warm each side of the round bread for 1-2 minutes on each side until warmed and slightly browned.

Serve hot or store in the refrigerator for later use, lightly toasted or cold. Chick pea flour is sometimes called chana or beans, especially in East Indian stores. These stores also sell ready-made lentil chapattis that can be heated in a moderate oven until crisp. (Approx. 350 degrees for about 1-2 minutes.)

#### **Day 10: Soy Yoghurt**

eg. Soyghurt

### **Day 10: Raspberries**

Fresh or frozen (not dried). Organic is best.

### **Day 11: Almonds**

1 handful of organic almonds

### **Day 11: Pear**

1 pear. Organic is best.

### **Day 12: Edamame Pate**

Meat of 1 young Thai coconut  
1 cup edamame raw (buy frozen and thaw)

Using a Juicer, put edamame and coconut thru – to yield pulp  
Season with Deliciously Dill and ½ tsp toasted sesame oil, Herbamare and Real Salt to taste (1).

### **Day 12: Flatbreads (A wheat or Gluten-free, Pita-like bread)**

½ cup rye, barley, buckwheat, millet, or amaranth flour  
½ cup brown rice, oat or tapioca flour  
2 tsp arrowroot powder  
½ cup water  
2 tsp oil  
1/3 - 2/3 cup extra flour for kneading

Sift the fours together and keep separate. Mix the oil and water together and add to the dry ingredients. Work it together with a fork and then with your hands. Knead a bit and roll into a ball. Divide into 8 parts. Roll each in a ball and pat flat. Use a rolling pin and extra flour and roll each bread between 2 sheets of waxed paper. Turn over frequently while rolling and use enough flour so the dough does not stick. Lightly oil a frying pan and heat fairly hot. Pre-heat the oven to 400 F.

Put one, somewhat rounded, about 1/8 inch thick, flatbread at a time in the frying pan. Heat 15-20 seconds on each side. Then put it immediately into the oven for 3 minutes on the 1<sup>st</sup> side and then turn it over 1 ½ - 2 minutes on the 2<sup>nd</sup> side. The breads should puff up a bit in the oven, though they will not completely puff up like traditional pita, because pita is yeasted. Re-oil the frying pan before heating each bread. A paper towel dipped in oil may be used for re-oiling. Cool the finished breads before storage in plastic bags. Breads taste great hot too!

**\*\* OR** you can purchase organic flatbread eg. Margaret's Artisan Flatbread

### **Day 13: Homemade Chips**

Refer to recipe day 6 Snacks

### **Day 13: Tofu-Avocado Dip**

1 package soft tofu, drained  
1 ½ tsp lemon juice  
1 tsp garlic powder  
1 Tbsp diced onion  
2 Tbs chopped fresh cilantro  
½ tsp chili powder  
1 small tomato diced or 2-3 Sun-dried Tomatoes  
1 medium avocado, mashed  
½ to 1 tsp Real Salt

In a blender or food processor, combine tofu, lemon juice, garlic powder, onion, cilantro and chili powder until well blended. Put the mixture in a bowl. Add tomato and avocado and mix well. Chill and serve with chips or fresh veggies (1).

## Day 14: Hummus

Refer to recipe day 2

## Day 15: Tuna Pate

1 stalk celery, chopped fine  
¼ red onion, chopped  
1 ½ c sunflower seeds, soaked 1-2 hours  
Meat of 1 young Thai coconut

Put coconut meat, sunflower seeds thru  
Juicer to yield pulp

Mix well

Add celery

Add onions

Add 1-2 Tbsp olive oil

Season to taste with Herbamare and sea  
salt (1).

## Day 15: Camper's Bread

serves 2

2 cups sprouted wheat flour  
4 Tbsp nonaluminum baking powder  
1 Tbsp sea salt  
2 Tbsp olive oil  
1 cup pure water

Mix dry ingredients, cut in oil, add water,  
and mix well. Grease frying pan, pour in  
batter, cook very slowly. Turn (3).

## Day 17: Carrot Cake

makes 1 (8x8 inch pan)

½ cup seed flour combination (2 Tbsp raw  
pumpkin seeds, 2 Tbsp raw sunflower seeds,  
2 Tbsp sesame seeds, 4 Tbsp flaxseed)  
1 cup spelt flour  
½ cup amaranth flour (grind from seeds)  
1 ½ tsp baking soda  
1 tsp sea salt  
¼-1/2 white stevia powder  
2 tsp cinnamon  
2 dashes nutmeg

1 cup minus 2 Tbsp soymilk, unsweetened  
1/3 cup olive oil or coconut oil  
1 tsp lemon juice  
½ tsp vanilla  
2 cups carrots, finely grated

Preheat the oven to 350 degrees F. Grind  
seed for seed flour in coffee grinder in 1/3  
cup batches. Combine dry ingredients and  
mix well. Combine liquid ingredients. Mix  
together dry and liquid ingredients until just  
blended. Fold in grated carrots. Pour into  
oiled 8x8 inch baking pan. Bake for 20  
minutes (2).

## Day 18: Spring's Pesto

6 garlic cloves  
4 cups fresh basil or 1 cup dried  
1 cup fresh parsley  
6 Tbs raw nuts (pine, almond, hazel,  
pumpkin) or combination  
1 cup or more olive oil  
½ tsp each of salt and pepper  
2 Tbs sun-dried tomatoes

In food processor, pulse chop, then blend all  
ingredients into a thick paste. Refrigerate  
(1).

## Day 18: Homemade Tortilla Chips

serves 4-8

4 large whole wheat tortillas, or tortillas of  
your choice  
4 Tbsp olive or grapeseed oil  
Seasonings of your choice such as sesame  
seeds, garlic, or Spice Hunter's Italian,  
Mexican, Barbecue, or Herbes de Provence

Lay out tortillas on 2 nonstick cookie sheets.  
With a pastry brush or napkin, wipe over  
each tortilla so that the surface is covered  
with oil. Sprinkle seasoning of your choice  
over the top of the tortillas and bake at 350  
degrees until golden or just almost crisp,

around 10 minutes. Cool and break into pieces. You can also pre-cut the tortillas with a pizza cutter before you bake them if you want a cleaner-edged cracker (3).

### **Day 19: Soy Yoghurt**

eg. Soyghurt

### **Day 19: Blueberries**

Fresh or frozen (not dried). Organic is best.

### **Day 20: Raw Pecan Pate**

serves 8

2 cups fresh raw pecans

¼-1/2 red onion

1-2 tsp Poultry Spice (eg. Spice Hunter)

4-6 fresh basil leaves

¼ cup finely grated carrots, beets, and/or raw squash

¼ cup finely minced parsley (optional)

In a food processor fitted with an S blade, blend the pecans, onions, Poultry Spice, and basil leaves. Thin with enough water (optional) to desired consistency like pate. Add the grated veggies and keep blending until well mixed and moist. Stir in the minced parsley and mix well. You can even make this into patties and warm in a good dehydrator to the desired warmth and crispiness (4 to 8 hours) if you wish. If you are in a hurry, you could warm the pate lightly in an electric skillet right before you serve it (3).

### **Day 20: Dill Toasties**

Refer to recipe day 14 Breakfast

### **Day 21: Dry Roasted Pumpkin Seeds**

Refer to recipe day 4 Snacks

### **Day 21: Plums**

Fresh plums only (no dried fruit which contain mold, sulphites, sugar). Organic is best.

### **Day 22: Almonds**

1 handful of organic almonds

### **Day 22: Cherries**

Organic is best.

### **Day 23: Baked Stuff Apple**

Refer to recipe day 3 Snacks

### **Day 24: Almond Cheese/Mayo**

2 cups soaked almonds blanched (place in boiling water for 30 seconds, cool and pinch skins off by rolling in a towel on the counter. Discard skins)

1 lemon juiced

½ tsp.-1 tsp. Real Salt (to taste)

¼ cup olive oil (or oil of choice:

Coconut, Udo's. Grapeseed)

¼ tsp. ground mustard

½ cup water

Spice Hunter Café Sole Seasoning (mix of lemon, pepper, onion and sea salt)

Place all wet ingredients into Cuisinart. With the Cuisinart running drop the blanched almonds through the top opening to blend well and emulsify to a thick fluffy consistency. Scrape sides and stir if needed. Adjust consistency with water if needed. Refrigerate mixture in an airtight container (1).

### **Day 24: Vegetables**

Serve the hummus with raw vegetables of your choice (carrots, celery, broccoli, cauliflower, etc...)

### **Day 25: Garbanzo Spread**

serves 6-8 (yields 3 cups)

2 cups sprouted or canned garbanzo beans (chickpeas)  
1 chopped medium onion  
2 Tbsp dried parsley  
1 tsp sea salt  
1 tsp coriander  
Dash cayenne or chili powder  
¼ cup water

Blend all until smooth (3).

### **Day 25: Homemade Tortilla Chips**

Refer to recipe day 18 Snacks

### **Day 26: Soy Yoghurt**

eg. Soyghurt

### **Day 26: Blueberries**

Fresh or frozen (not dried). Organic is best.

### **Day 27: Rice Muffins**

Refer to recipe day 1 Snacks

### **Day 28: Zippy Cilantro Dip**

serves 6-8

1 or 2 hot chili peppers  
½ cup chopped fresh cilantro  
2 cups frozen petite peas, thawed  
1 pkg fresh tofu, drained  
1 Tbsp lemon juice  
1 tsp ground cumin  
¼ tsp freshly ground pepper  
Sea salt to taste  
1 medium cucumber

Combine ¼ of the cilantro and all other ingredients except the cucumber in a food

processor and process into smooth, approximately 30 seconds on high. Refrigerate 1 hour. Lay overlapping thin cucumber slices and rim with the remaining cilantro (3).

### **Day 28: Vegetables**

Serve the hummus with raw vegetables of your choice (carrots, celery, broccoli, cauliflower, etc...)

## **Lunch:**

### **Day 1: Special Celery Soup (Creamy, with vegetables)**

1 Tbsp sunflower oil  
1 whole head of celery, including core and leaves, sliced  
1 leek (sliced white part)  
1Tbsp ginger, grated  
1 quart fresh almond milk  
Vegetable broth (optional)

2-4 cups of cauliflower and broccoli, cut into bite-size florets  
You can also add zucchini and asparagus

Sauté celery, leek and ginger in oil until softened. Place half in the blender with half the almond milk and blend well. Mix with remaining veggies and warm. Thin with vegetable broth if desired. (And season with cayenne if you like it spicy.) (1)

### **Day 2: Mexican Salad**

Peel and cut up jicama into “French fry” strips  
Saturate with fresh lime juice

Arrange a plate with a bed of lettuce, jicama, Pico de Gallo and avocado or guacamole.  
Serve with Pepita Seed Dressing (1).

#### **Pepita Seed Dressing**

Makes 1 ½ cups

1 cup green raw pepita seeds  
¾ cup olive oil  
¼ cup fresh lemon juice  
Real Salt and Zip

Mix oil and lemon juice thoroughly (to make lemon vinaigrette)  
Add salt and zip to taste

Toast seeds lightly in oven on dry pan  
Blend with lemon vinaigrette

Reserve 1 Tbsp whole pepita seeds to garnish each salad (1).

### **Day 3: Shelley’s Super Wraps**

Soaked Almonds  
Sun-dried Tomatoes (bottled in olive oil)  
Red, Yellow, Orange or Green Bell Peppers  
Raw Veggies: Carrots, Broccoli, Cauliflower, etc.  
Red Onions  
Roasted Garlic  
Sprouts  
Pine Nuts  
Top with Lemon or Lime Juice  
Add your favorite spices  
Sprouted wheat tortillas

Lay tortilla flat and spread with non-dairy pesto or hummus or roasted pepper macadamia sauce other spread that you like.

Lay several leaves of romaine lettuce down the center. On top of the greens, place any of the other ingredient items.

Then roll up the wrap and secure tightly with saran wrap (a couple of layers). Eat the same day as the tortilla can become soggy (1).

### **Day 4: Colorful Cabbage**

Serves 4.

2 cups Red Cabbage, thinly sliced  
2 cups Green Cabbage, thinly sliced

1 Carrot, grated  
 1 Red Pepper, slivered  
 1 Yellow Pepper, slivered  
 1 Green Pepper, slivered  
 1 Orange Pepper, slivered  
 4 Tbs. Scallions, chopped  
 4 Tbs. Parsley, minced  
 1/4 cup Lemon Juice  
 3 Tbs. water  
 1 Tbs. Oil (Extra Virgin Olive, Flax Seed, or Udo's Choice®)  
 1-2 tsp. dried Red Chili Pepper

In a bowl, combine the red and green cabbages, carrot, peppers, scallions, parsley, lemon juice, water, oil, and dried pepper. Toss thoroughly and let the flavors mix for at least a half-hour before serving (1)..

### Day 5: Rainbow Salad

Grated beets  
 Grated carrots  
 Chopped red and yellow peppers  
 Chopped purple cabbage  
 Chopped celery  
 Lettuce  
 Sugar Snap Peas  
 Cucumbers

Lay out a bed of lettuce  
 Top with a few sugar snap peas and slices of cucumber  
 Lay out additional vegetables to form brightly colored rows on the top of the salad (1).

### Day 5: Tofu Squares

Extra-firm tofu  
 Toasted sesame seed oil or grapeseed oil  
 Real Salt garlic salt

Slice tofu, coat with oil, sprinkle with seasoning.  
 Bake at 350 degrees for 20 min (1).

### Day 6: Fresh Tomato Basil Soup

Contributed by Ashley Lisonbee  
 Serves 4-6

2 lbs vine-ripe tomatoes  
 2 tsp olive oil  
 1 sweet onion, chopped finely  
 1 celery stalk, chopped finely  
 1 carrot, chopped finely  
 2 garlic cloves, minced  
 1 tsp fresh marjoram leaves or 1/4 tsp dried  
 2 cups water  
 4-5 Tbsp coconut cream plus extra for garnish  
 2 Tbsp fresh basil, chopped  
 Real Salt and fresh ground pepper to taste

Chop tomatoes in half. In food processor, pulse-chop, set aside. In large soup-pot, heat olive oil. Add onion, celery and carrot, and cook over low to medium heat for 4 minutes, stirring occasionally. Add tomatoes, minced garlic and marjoram. Cook for 2 minutes. Stir in water and simmer for 15 to 20 minutes until veggies are tender. Remove from heat, letting soup cool slightly. Using food processor, blend soup until smooth. Return soup to pot and heat on low. Add coconut cream and chopped basil. Season with salt and pepper. Ladle soup in bowls. Spoon a small dollop of coconut cream in the center of each serving (1).

### Day 7: Mild Curried Ginger and Carrot Soup

Serves 4  
 2 tsp olive oil  
 2 cloves garlic, finely chopped  
 1 medium yellow onion, chopped

2 tbsp ginger root, grated or minced  
1 tsp ground coriander  
½ tsp curry powder  
½ tsp salt  
½ tsp pepper  
4 cups carrots, chopped  
3 cups vegetable stock  
2 cups low fat milk or enriched soy milk  
½ cup chopped fresh cilantro

In a large sauce pan, heat the oil and over medium heat cook the garlic, onion, ginger root, coriander, cumin and curry powder, salt and pepper. Cook until onions are soft, 5 to 10 minutes. Stir in the carrots until well coated, add the stock and bring to a boil. Reduce heat, cover and cook until carrots are very soft, 20 to 30 minutes. Turn the heat off. Using a hand blender, carefully blend the soup until creamy. Return the pot to the heat and add milk or soymilk, reheat gently until just hot. Serve in bowls. Decorate with cilantro.

### **Day 8: Vegetable Lentil Soup**

Serves 6

2 tbsp olive oil  
2 large onions  
3 cups carrots , chopped  
1 cup red lentils, rinsed in cold water  
2 cups rutabaga  
½ tsp thyme  
½ tsp Summer savory  
1 bay leaf  
4 cups organic vegetable broth  
1 14 oz can chopped tomatoes with juice

Saute carrots, onion and rutabaga in olive oil for a few minutes. Add the lentils, seasoning and vegetable broth and bring to a boil. Reduce heat and add the tomatoes and simmer for about 1 hour or until vegetables are tender. Season to taste.

### **Day 9: Mild Indian Dahl**

Serves 8- 10

1 cup red or brown lentils or moong dahl  
4 cups water  
2 tbsp olive oil  
2 onions, chopped  
2 cloves garlic  
2 tsp cumin seeds  
1 tsp ground turmeric  
2 tsp grated root ginger  
1 tsp garam masala  
2-3 tomatoes, finely chopped  
1 tsp salt

Boil the lentils in the water until tender and mushy- about 30 minutes for red lentils. In another pan, heat the oil and the cumin seeds, ginger and turmeric over moderate heat and after 1 minute add the onion and garlic and cook until onion is tender. At least 10 minutes.

Stir in the garam masala and the salt and remove from the heat. Add the tomatoes plus the onion mixture to the lentils when they are soft, and simmer together for 5 minutes. Boil fast if mixture needs thickening or add more water if it is too thick. Taste and adjust seasonings.

*Serve immediately with 1 serving of brown rice and vegetable side dishes of choice.*

### **Day 10: Minestrone (Broth Base)**

2 leeks  
4 carrots  
½ cabbage  
½ onion  
2 cups green beans  
4 small zucchini  
1 small crookneck

Chop vegetables  
Pour 1-2 Tbsp sunflower (or grape seed or coconut) oil in pan  
Sauté onions about 10 min until browned

Add 1-2 boxes (32 oz each) of Veggie Broth  
Add 1 tsp Real Salt and Herbamare  
Add chopped vegetables and cabbage  
Can add parsley or cilantro if desired  
Cover and let simmer for 8 minutes (1).

### **Day 11: Spinach Stuffed Mushrooms**

8 servings

1 package (10 oz) frozen chopped spinach  
1/8 tsp salt  
8 large mushrooms  
1 tbsp extra virgin olive oil

In a medium saucepan, bring ½ cup water to a boil. Add the spinach and salt. Cover and cook according to package directions. Wash mushrooms, remove stems and chop, trim off the ends.

Heat the oil in a large skillet and add the chopped mushrooms stems. Saute for about 3 minutes

Add mushroom caps to a heat proof serving platter. Drain the spinach. Stir in the sauteed chopped mushrooms. Spoon the spinach mixture into the caps and serve immediately or place in the oven on low heat to keep warm.

### **Day 11: Tofu Squares**

Extra-firm tofu  
Toasted sesame seed oil or grapeseed oil  
Real Salt garlic salt

Slice tofu  
Coat with oil  
Sprinkle with seasoning  
Bake at 350 degrees for 20 min (1).

### **Day 12: Zucchini with Tomato Broth**

3 tomatoes  
1 clove garlic  
1 small zucchini  
1 small crookneck  
½ onion  
1 box of Veggie Broth

Cut tomatoes into quarters – put in Vita Mix

Add 1 clove garlic  
Chop other vegetables  
1-2 Tbsp sunflower (or grape seed or coconut) in pan  
Sauté onions and zucchini/ crookneck about 10 min until browned  
Pour blended tomatoes into pan  
Let it cook for 5 min  
Add Veggie Broth  
Add 1 tsp Real Salt and Herbamare  
Warm and Serve (1).

### **Day 13: Jerusalem Artichoke Salad**

2-3 servings

8 Jerusalem artichokes (about 2 cups sliced)  
3 tbsp olive oil  
¼ tsp sea salt  
3 tbsp fresh parsley, chopped  
1 tsp fresh savory, chopped or ½ tsp dry savory  
black pepper to taste

Wash the chokes well and place in boiling water until tender, about 15 minutes. This is a step which requires some attention, as the chokes get tough again if they are allowed to cook too long. Drain and slice or cube. Place in a mixing bowl with rest of ingredients and let marinate 15 minutes or more. Prep time 20 min.

### Day 14: Fresh Cole Slaw

½ large fresh cabbage (4 cups grated)  
2 tbsp rice vinegar or lime juice  
¼ tsp sea salt  
¼ cup sunflower oil

Garnish: 1 tbsp fresh coriander leaves, chopped

Wash and finely grate the cabbage and carrot. In a small mixing bowl, whip together the vinegar dill and salt with a fork. Add the black pepper. Stir in the oil and apple concentrate. Pour the whole dressing over the grated vegetables.

### Day 14: Essene Bread

serves 2

1 qt. sprouted grain  
2/3 cup pure water

Add water to grain and grind up in a Vita-Mix (or any blender). Form into a small loaf and bake at 275 degrees for 3 hours or until crust forms. Very moist (3).

**\*\*OR** purchase whole grain bread eg. Silver Hills “Steady Eddie”, Ezekiel bread, sprouted grain bread (“made without flour”)

### Day 14: Almond Pate

serves 8-10

3 cups soaked almonds  
1 cup lemon juice  
¼ cup Bragg Liquid Aminos  
½-1 clove garlic (could use roasted garlic too)

In the food processor, process the almonds, lemon juice, Liquid Aminos, and Braggs until smooth. Store in an airtight container in the fridge (3).

### Day 15: Fortified Green Lentil Soup

Serves 6-8

1 cup green lentils  
4 cups water  
2 tbsp olive oil  
1 onion diced  
2 stalks celery, diced  
1 large carrot, diced  
2 tbsp burdock root, chopped  
2 inch strip soaked seaweed  
6-8 cups vegetable stock  
1 crushed clove garlic  
3 bay leaves  
1 tsp salt  
½ cup chopped parsley  
Wash and drain lentils. Soak for 2-3 hours if possible. Add 4 cups water and bring to boil. Lower heat and cook 5 minutes. Drain. In soup pot, heat oil. Saute onion, celery, and carrot. Add stock and bring to boil. Add lentils, garlic, bay leaves, burdock, seaweed and salt. Cook 20 minutes. Top with parsley.

### Day 16: Dandelion Greens with Navy Beans Salad

Serves 6

8 cups vegetable stock or water  
2 lbs dandelion greens  
1 med. Onion  
3 sun dried tomatoes, packed in olive oil  
4 cloves garlic, minced  
2 cups cooked navy beans

In a large soup pot, bring the stock or water to a boil. Add the greens and onion to the pot and simmer for 10 -15 minutes. Drain and cool. Discard the onion. Toss the greens with garlic, tomatoes and beans. Serve hot.

## Day 17: Mildly Spiced Pea Soup

Serves 4

4 cups water  
1 ½ cup dry split peas  
2 large onions chopped  
4 scallions chopped  
4 garlic cloves, finely chopped  
6 sprigs of cilantro, chopped  
1 green pepper, chopped  
1 tsp ground cumin  
½ tsp curry powder  
½ tsp powdered ginger  
2 tbsp olive oil  
2 large stalks celery, chopped  
½ tsp unrefined sea salt

In a large saucepan, bring water to a boil. Add split peas, and reduce heat to low. Cook for 50 minutes or until they begin to disintegrate. Add more water, for a thinner consistency, if desired. Add the remaining ingredients, except salt and pepper. Cook over low heat for 30 minutes. Season with salt and pepper.

## Day 18: Tomato- Basil Couscous Salad

serves 1

¾ cup cooked couscous  
1 tomato, chopped  
1/3 cup canned chickpeas, drained and rinsed  
2 scallions, chopped  
1 tsp extra virgin olive oil  
1 tbsp fresh lemon juice  
1 tbsp chopped fresh basil  
Lettuce

Combine the ingredients in a bowl, toss and serve on a bed of lettuce.

## Day 19: Creamy Roasted Garlic Tomato Soup

Serves 8

20 roasted garlic cloves  
1 large onion  
3 tbsp olive oil  
2 tsp fresh basil, chopped  
1 tsp fresh oregano, chopped  
4 cups tomatoes, fresh and chopped  
4 cups water or vegetable broth  
salt and pepper to taste

In a large soup pot, saute onion in the oil over medium heat until translucent, but not brown. Add chopped tomato, basil and oregano and stir for one minute. Add the stock or water, bring to a boil and then reduce the heat to low. Simmer for about 45 minutes.

Add the roasted garlic and use a hand or immersion blender to roughly puree the soup. Season with salt and pepper and serve.

## Day 20: Thai Noodle Salad

Serves 10-12

225 g buckwheat, rice or yam noodles  
1 stalk celery, thin slices  
1 medium carrot, thin slices  
2 cups burdock root, thin slices  
1 bunch green onions, thin slices  
1 large red pepper, sliced  
1 large green pepper, sliced  
2 cups finely chopped parsley  
½ cup thinly sliced red cabbage

### Marinade:

¼ cup tamari soy sauce  
1 ½ lemons, juiced  
1 tsp ginger, grated  
1 tsp garlic, crushed  
½ cup water  
¼ tsp cayenne, optional  
½ cup natural smooth peanut butter  
200 g firm tofu, sliced in strips

Cook noodles, drain and cool. Soak hiziki in 2 cups of water for 1 hour. Drain and squeeze out excess liquid. Combine the marinade ingredients and mix. Place tofu in the mix and marinate for 1 hour. Remove tofu and drain, reserving the liquid. Combine noodles, tofu, seaweed and vegetables in a very large bowl. Place peanut butter and marinade liquid in a blender. Process until smooth. Add ginger and garlic if necessary. Pour over salad and mix.

### **Day 21: Kale Quinoa Wrap**

½ leaf of kale  
¼ avocado, cubed  
1 roma tomatoes, sliced  
½ cucumber, sliced  
½ large carrot grated  
1 strips of dulse  
½ cup quinoa, soaked or cooked  
¼ tsp tomato basil dressing (see below)

Put all ingredients on the leaf of kale. Add dressing. Roll up as though it were a sushi roll. Cut into desired length.

#### **Tomato Basil Dressing:**

2 tomatoes  
1 ½ tsp apple cider vinegar  
1 tbsp hemp oil  
1 tbsp flaxseed oil  
1 tbsp dried basil or 3 tbsp fresh basil  
1 tbsp agave nectar  
Black pepper and sea salt to taste

Preparation: Blend together

### **Day 22: Italian Fasta Pasta Salad**

Serves 4-6

250 g whole grain pasta  
½ cup kalamata olives

5 tbsp pre-made pesto  
Fresh herbs, finely chopped  
1 cup cherry tomatoes

Cook pasta. Drain and rinse. Place in a large bowl and stir the pesto through the pasta until coated. Add the tomatoes, olives and herbs. Mix well.

### **Day 23: Energy-Boosting Veggie Wrap**

serves 1

#### **Ingredients:**

1 large whole wheat tortilla  
2 tbsp hummus  
½ cup sliced avocado  
¼ cup chopped red bell pepper  
1/8 cup chopped red onion  
¼ cup mesclun or field greens mix  
1/8 cup shredded carrots

#### **Preparation:**

Warm tortilla according to package directions  
Spread hummus onto tortilla and place remaining ingredients in center and roll.

### **Day 24: Brown Rice Salad with Tahini Sauce**

Serves 2

2 cups hot cooked brown rice  
½ cup red pepper, diced  
2 cups spinach leaves, washed  
1 dozen green beans, steamed  
½ cup bean sprouts  
4 tbsp sesame seeds, lightly toasted  
½ cup carrot, grated  
½ cup tahini sauce  
½ cup raw beets, grated

Divide the ingredients into 2 bowl. On a bed of hot rice, place the spinach and other fresh

ingredients. Pour on tahini sauce and top with sesame seeds.

### **Day 25: Pureed Broccoli Soup**

¾ cup chopped red onion  
2 tsp grapeseed oil  
¼ tsp tarragon  
4 ½ cup broccoli florets  
1 tbsp whole wheat flour  
1 cup water, divided  
2 cup chicken broth  
1 tsp white wine vinegar  
½ tsp ground black pepper  
1 tbsp shredded carrot

In saucepan, mix onion, oil, tarragon, broccoli and sea salt to taste. Stir over medium heat about 3 minutes. In small bowl, whisk together flour, and 2 tbsp water until smooth; set aside.

Add broth, vinegar, pepper and remaining water, to pan. Bring almost to a boil. Reduce heat and simmer about 10 minutes. Puree soup in blender and return to pot. Whisk in flour mixture; stir over medium-high heat until slightly thickened. Sprinkle with carrot.

### **Day 26: Chopped Vegetable Bean Salad**

Serves 1

Salad Ingredients:

2 cups chopped veggies (romaine lettuce, cucumber, red bell pepper, red onion)  
5 black olives  
1 diced carrot  
1 diced tomato  
½ cup garbanzo beans

Dressing Ingredients:

2 tsp grapeseed oil  
1 tbsp red wine vinegar

Preparation: Toss Salad with dressing and serve.

### **Day 27: Creamy Vegetable Tofu**

1 cup chopped onion  
2 cloves garlic, minced  
2 large leeks, chopped  
3 celery stalks, chopped  
2 cups shredded green cabbage  
Bundle of asparagus, cut small  
1 pkg Soft tofu (blend well to make smooth)  
4 cups vegetable broth  
2 Tbsp chopped fresh parsley  
2 tsp Dried dill  
2 tsp Dried basil  
2 tsp Dried oregano  
Salt and pepper to taste.

Saute onions and garlic. Add cabbage, celery, and asparagus. transfer to a large pot and add leeks and vegetable broth. Stir in parsley and seasonings.

### **Day 27: Sunflower Crackers**

1 cup whole wheat flour  
3 tbsp sunflower seed butter  
2 tbsp cold pressed vegetable oil  
3 tbsp water  
¼ tsp sea salt

Blend sunflower seeds in food processor. Combine flour, sunflower seed butter and oil. Gradually add water, adding just enough to form a soft dough. Add salt. Knead and roll on floured surface to 1/8 inch thickness. Cut in shapes, prick with a fork and bake at 350 degrees for 10 minutes or until browned. Cool.

## **Day 28: Brown rice and Black Bean Hash**

serves 4

1 cup uncooked brown rice  
½ cup black olives, sliced  
½ cup cilantro, chopped  
1 14 oz can black beans, drained and rinsed  
2 fresh tomatoes, diced  
1 can nibblets style sweet corn

Cook rice. Add all ingredients to hot cooked rice, except the tomatoes, and stir in. Serve in bowls and top with tomatoes. Add sea salt to taste.

### **Mid-Afternoon Snack:**

Refer to shake recipes in the Shake Breakfast Option section

### **Dinner:**

#### **Day 1: Very-Veggie Barley Burgers**

These hearty burgers have a great meat like texture. Barley is higher in protein than rice or other grains, and is a great fiber additive to any diet. Try different seasonings to make these burgers the flavor you like. They are baked, not fried.

- 2 C. steamed pearled barley (cook like you do rice)
- 1 C. pHlavor nuts or any raw shelled nuts: almonds, pine nuts, walnuts, pecans, macadamias or sunflower seeds
- 1/3 cup flax seeds ground
- 2 zucchini
- 3 onions
- 2 tomatoes
- 4 carrots
- 2 cloves garlic
- 2 cups sprouted wheat tortilla crumbs (dry and grind in Vita Mix to flour)
- 1 C Veggie Broth
- 2 TB. dried herbs of choice (Spice Hunter has several good blends) OR 3 TB fresh herbs of choice
- 1 tsp. Real Salt (more if desired, if using pHlavored nuts may have to use less... salt to taste)

Directions:

1. Put barley, veggie broth and ground flax seed in a bowl, stir together
2. peel and chop veggies (can be shredded in food processor if desired)

3. Combine all ingredients, mix well, and divide into portions to make patties
4. Form into patties and arrange on an oiled cookie sheet. Bake at 375 until golden brown on both sides (turn over 1/2 way through baking). approx 15 minutes on each side. Serve hot, or crumble over a salad cold (1).

#### **Day 2: Balsamic Portobello Mushrooms over Grilled Vegetable Couscous**

serves 4

- ¾ cup coconut oil, melted, or safflower oil
- ½ cup balsamic vinegar
- 2 Tbsp chopped fresh rosemary
- ½ tsp freshly ground black pepper
- 2 ¼ tsp fine sea salt
- 1 small red onion
- 4 portobello mushrooms
- 1 medium zucchini, cut lengthwise into ½ inch slices
- 1 yellow squash, cut lengthwise into ½ inch slices
- 1 ¼ cups water
- 1 cup couscous

In a medium bowl, whisk together the oil, vinegar, rosemary, pepper, and ½ tsp of the salt. Set aside. Trim the stem end off the onion and peel. Cut the onion into 8 wedges, each with a bit of the root end holding it together. Place the onion, protobellos, zucchini, and squash in a large, resealable bag and add the balsamic mixture. Press the air out of the bag, seal, and set aside for 2 to 4 hrs, turning occasionally.

Prepare an outdoor or stovetop grill to medium heat (it's at the right temperature when you can hold your hand grate-level for 4 seconds). Remove the vegetables from the bag and reserve 2 Tbsp of the marinade (save the rest for another use). Grill the

vegetables for 8 to 10 minutes, turning once, until well marked and tender. (If you don't have a grill, use 2 to 3 skillet with a little oil on the bottom over medium-high heat. Just be sure not to crowd the veggies in there or they'll steam instead of sear).

Meanwhile in a 2 to 3 quart saucepan over medium heat, bring the water and the remaining  $\frac{3}{4}$  tsp of salt to a boil. Stir in the couscous, cover, remove from the heat, and let stand for 5 minutes. Once the vegetables have cooked, coarsely chop the onion, zucchini and squash. Stir in the chopped vegetables into the couscous, along with the reserved marinade. Arrange the couscous on plates or a platter, top with the portobellos and any accumulated juices, and serve (4).

### Day 3: Baked Eggplant

Wash, peel and slice eggplant into  $\frac{3}{8}$  inch slices (1 eggplant)  
Stack slices, salting between each slice. This removes bitterness.  
Let stand for 10-15 minutes, rinse, then coat each slice with 1 cup flour (one of the following ground to flour or combination: amaranth flour, spelt flour, sesame seeds, flax, pumpkin, and/or sunflower seeds)

1 tsp salt, oregano and garlic powder

$\frac{1}{8}$  tsp red pepper

Bake @ 350 degrees on oiled cooking sheet for 8-10 minutes of each side (1).

### Day 3: Smashed Ginger Carrots with Sesame

1  $\frac{1}{4}$  cup baby carrots  
2 tsp grapeseed oil  
 $\frac{1}{4}$  tsp minced garlic

$\frac{1}{4}$  tsp grated fresh ginger  
 $\frac{1}{4}$  cup chicken broth  
1 tsp sesame seeds, toasted

1. In a saucepan, combine carrots, oil, garlic, ginger and sea salt to taste. Cook over medium heat, stirring until sizzling, about 3 minutes. Add broth, cover and reduce heat so mixture simmers.
2. Cook until carrots are very tender, about 10 minutes. Smash with a potato masher.
3. Serve sprinkled with sesame seeds.

### Day 4: Vegetarian Lasagna

Sprouted organic noodles.

Layer with sauce and vegetables

Fresh tomato Basil Sauce: see recipe below...

To keep it simple or when in a hurry, use organic pasta sauce mixed with organic diced canned tomatoes.

1<sup>st</sup> layer: sauce and noodles

Then sliced zucchini and grated onion + garlic sprinkled with a little Herbamere seasoning

2<sup>nd</sup> layer more sauce and noodles

Then a thick layer of spinach

3<sup>rd</sup> layer more sauce and noodles

Options: add organic ground firm tofu to sauce

Bake at 375 for 45 min.

Let stand for approx. 15 min.

Serve with cucumber or coleslaw salad

### Fresh Tomato Basil Sauce:

1 teaspoon olive oil

$\frac{1}{2}$  small yellow onion, diced

2 cloves garlic, minced

5 large tomatoes, cubed

1 small red pepper, diced

$\frac{1}{2}$  teaspoon sea salt

$\frac{1}{2}$  teaspoon fresh cracked pepper

1 teaspoon dried basil leaves

In a skillet over low heat, sauté onion and garlic in the olive oil.

Place tomatoes into onion and garlic mixture. Stir in diced pepper, salt, pepper, basil and oregano. Let simmer for 20 minutes, stirring occasionally.  
1/2 teaspoon dried oregano

## **Day 5: Two to Ten Split Pea Soup**

Serves 8

2 cups of split green peas  
3 tbsp olive oil  
1 tsp Summer savory  
1 bay leaf  
10 cups of water  
3 large onions  
3 large carrots

Chop the carrots and onions and saute them in the olive oil for 3 or 4 minutes. Add the split peas, water and seasoning and bring to a boil. Reduce heat to allow the soup to simmer, stirring frequently for about 1 hour or until the peas have 'melted'. Season to taste and enjoy.

## **Day 6: Roasted Vegetable Pizza**

3 red bell peppers  
2-3 orange bell peppers  
1-2 green bell peppers  
2 sweet onions  
20-30 cloves of garlic  
4 yellow crook neck squash  
3 zucchinis  
2 large heads of broccoli, cut into flowerets  
1-2 heads of cauliflower, chopped  
3 avocados sliced  
1 package (6-8) sprouted grain tortillas  
2 cups hummus  
2 cups non-dairy pesto (or Spring's pesto)  
1 8-12 oz tube sun-dried tomato paste (or make your own by whirling 12-15 sun-dried tomatoes in a food processor)  
1 lb. bag of pine nuts or slivered almonds (optional)

Preheat broiler. Cut the veggies, except avocado into bite-sized pieces. Place on cookie sheet and lightly sprinkle/ spray with grape seed oil. Broil until lightly browned on the edges, about 15 minutes.

Meanwhile, spread a thick layer of hummus and pesto on each tortilla. Top with generous amounts of roasted veggies, as well as slices of avocado and some squirts of sun-dried tomato paste. Sprinkle with nuts if desired. Place under broiler until tortillas have crisped and veggies are sizzling hot and serve immediately (1).

## **Day 7: Spaghetti Squash with Spicy Braised Greens, Raisins, and Pine Nuts**

serves 4

½ of a 4 lbs spaghetti squash, with the seeds scraped out (A larger squash merits longer, thicker strands of spaghetti)  
Water for baking pan  
2 Tbsp refined Coconut oil  
2 cloves garlic, minced  
1 to 2 canned chipotle chiles in adobo sauce, seeded and minced  
1 ½ bunches (about 12 ounces) kale chard, mustard greens, collard greens, or a combination, cut into ½ inch strips  
1 to 1 ½ cups low sodium vegetable stock  
¾ tsp fine sea salt  
½ cup raisins  
¼ cup pine nuts  
2 Tbsp extra virgin olive oil

Preheat oven to 375 °F. Place the squash flesh down in a 13x9 inch baking pan. Add ¼ inch of water and bake until the squash is easily pierced with a fork, 50 to 60 minutes. Meanwhile, heat the coconut oil in a 4 to 6 quart stockpot over medium. Add the garlic and chipotle and cook for 1 minute. Add the greens, handfuls at a time, stirring until they're all in the pot. Add 1 cup of the

stock, ½ tsp of the salt, and the raisins. Increase heat to high and bring to a boil. Reduce the heat and simmer, cover, and cook until greens are tender, about 10 minutes, or 15 to 20 minutes for collard greens. (If the pan gets dry before the chard is cooked, add more stock, 2 Tbsp at a time). Stir in the 3 Tbsp of the pine nuts.

When the squash is done, use a fork to separate the strands into a large bowl. Add the olive oil and the remaining ¼ tsp of salt and toss gently. Transfer the “spaghetti” to plates or a platter, top with the greens mixture, garnish with the remaining 1 Tbsp of pine nuts, and serve (4).

## **Day 8: Penne with Butternut Squash, Sage Pesto, and Almonds**

serves 4

3 quarts water  
5 tsp fine sea salt  
8 ounces whole wheat or brown rice penne  
2 Tbsp refined coconut oil  
1 ½ lbs butternut squash, peeled, seeded, and cut into ¼ inch thick sticks  
2 shallots, thinly sliced  
¼ tsp pepper  
½ cup Sage Pesto (see recipe below)  
¼ cup sliced almonds, toasted (optional)

In a 4-6 quart stockpot over high heat, combine the water with 1 ½ tsp salt. Bring the water to a boil, add the penne, and cook according to the package directions. Meanwhile, heat the coconut oil in a 10-12 inch skillet over medium-high heat. Add the squash and cook, stirring occasionally, for 4 minutes. Stir in the shallots, pepper, and the remaining ½ tsp salt and cook, stirring occasionally, until the squash and shallots are tender, 1 to 2 minutes. Remove from heat and set aside.

When the pasta is done, drain it, reserving ½ cup of the pasta cooking water. Return the pasta to the pot and stir in the pesto and the squash mixture. If it seems too dry, add ¼ to ½ cup of the pasta water. Transfer the pasta to plates or a platter, and if desired, garnish with almonds. Serve immediately (4).

### **Sage Pesto:**

makes 1 cup

½ cup whole almonds  
2 cloves garlic  
1 ½ cups fresh sage leaves  
¾ cup fresh Italian parsley leaves  
3 ounces (about 1/3 cup) soy cream cheese  
½ tsp fine sea salt  
1/8 tsp pepper  
2/3 cup extra virgin olive oil, plus more for storing

In a food processor, combine the almonds and garlic and pulse to roughly chop. Add the sage and parsley and pile to chop. Add the cream cheese, salt and pepper and process into a paste. With the motor running, slowly pour in the olive oil, processing until the oil is fully combined. Use immediately or transfer to a small container, cover with a thin layer of olive oil, and store in the refrigerator for 3-4 weeks (4).

## **Day 9: Tortilla Soup**

Serves 4-6

2 cups yeast-free vegetable broth  
1 cup pureed fresh tomatoes or packaged strained tomatoes (with no preservatives or additives)  
8 oz. baked seasoned tofu, sliced or coarsely chopped  
2-3 tsp olive oil

2 Tbsp garlic, chopped  
2 jalapenos, seeded and finely chopped  
½ cup cilantro, very finely chopped  
½ onion, very finely chopped  
Real Salt to taste  
1 avocado, diced  
Sprouted grain tortillas (1/2 to each serving – optional)

Preheat oven to 200 degrees. Place tortillas directly on the baking rack until they are crisp, about 10-20 minutes. Pour broth and tomato puree into a saucepan and begin heating on very low heat while preparing vegetables and tofu. In a small skillet, brown tofu in olive oil. Add to broth. Add garlic and spices. When warmed, turn off heat, and add avocado to soup. Serve topped with broken bits of tortilla sprinkled on top for some added crunch (1).

## **Day 10: “Chicken” Square Meal with White Beans, Quinoa Pilaf, and Asparagus**

serves 6

1 ½ cups dried small white beans  
2 cloves garlic, smashed  
1 bay leaf  
2 Tbsp extra virgin olive oil  
1 ½ tsp fine sea salt  
½ Tbsp refined coconut oil  
1 cup quinoa  
2 cups low-sodium vegetable stock  
1 cup frozen mixed vegetables (no need to thaw)  
6 vegan chicken cutlets  
1 bunch (about 1 lb) asparagus, trimmed  
1 lemon, cut into wedges, for garnish

In a 3 quart saucepan, combine the beans and enough cold water to cover by 1 inch. Cover and refrigerate for at least 8 hours or overnight. (Alternatively, bring to a boil over high heat, cover, remove from heat, and

let sit for 1 hour). Drain the beans, return them to the saucepan, and cover with water by 1 inch. Add the garlic and bay leaf. Place the pot over high heat, bring to a boil, and reduce to simmer. Cover and cook until the beans are tender, about 25 minutes. Remove from the heat, drain any water left in the pot, and stir in the olive oil and ¾ tsp of the salt.

Meanwhile in a 2 to 3 quart saucepan over medium-high, melt the coconut oil. Add the quinoa and cook, stirring occasionally, until the quinoa is browned, 5 minutes. Stir in the stock, the mixed vegetables, and ¼ tsp of the salt. Bring to a boil, reduce the heat to a simmer, cover, and cook until the stock is absorbed and the quinoa is tender, about 20 minutes.

While the beans and quinoa are cooking, cook the chicken according to package directions. When everything is about 10 minutes from being done, in an 8 to 10 inch skillet over high heat, combine ½ inch of the water the remaining ½ tsp of salt and bring to a simmer. Add the asparagus and cook, turning occasionally and adjusting the heat to maintain a simmer, until crisp tender, 3 to 5 minutes, depending on the size of the asparagus. Transfer the chicken, beans, quinoa, and asparagus to 4 serving plates, dividing evenly. Garnish with lemon wedges and serve (4).

## **Day 11: Butter Bean and Tomato Casserole**

makes 4 servings

1 Tbsp water or vegetable stock  
2 leeks sliced (or any other vegetables at hand eg. onions, mushrooms)  
1 tin (400 g/14 oz) cans butter beans, drained  
150 mL (0.25 pint) vegetable stock

Saute leeks in the water for about 15 minutes until they are almost soft. Add the remaining ingredients, stir and bring to the boil. Simmer for a further 10-15 minutes or until the casserole has thickened.

**Serve with brown rice (5).**

## **Day 12: Hummus, Tempeh, and Cucumber Wrap**

serves 4

1 Tbsp refined coconut oil  
½ tsp garlic powder  
¼ tsp ground coriander  
2 Tbsp tamari or soy sauce  
1 ( 8 oz) package tempeh, cut lengthwise into ¼ inch strips  
4 (9 to 10 inch) whole wheat tortillas  
1 cup hummus  
1 cucumber, peeled and cut diagonally into ¼ inch slices  
1 romaine heart, cut into ½ inch strips  
¼ cup bottled or homemade vinaigrette dressing, whatever kind you like)

Heat the oil in a 10 to 12 inch skillet over medium heat. Stir in the garlic powder, coriander, and tamari or soy sauce. Add the tempeh and cook 1 ½ to 2 minutes per side, until browned. To serve, lay a tortilla on a work surface and spread it with ¼ of the hummus. Arrange ¼ of the tempeh in a column down the middle of the tortilla, leaving a 2 inch border on one edge. Top with a ¼ of the cucumber, ¼ of the romaine lettuce and ¼ of the dressing. Fold one side of the tortilla up and over the filling, fold in the edge with the border, and continue rolling the tortilla to the other side, making it a tight bundle. Transfer the wrap to a plate or a platter, seam down, Repeat with the remaining tortillas (4).

## **Day 13: Quinoa Pilaf with Chickpeas and Almonds**

serves 4

2 Tbsp water or vegetable stock  
1 onion, chopped  
1 stick cinnamon  
4 cardamom pods  
2 cloves of garlic, crushed  
1 red pepper, chopped  
2 courgettes, sliced  
225g (8 oz) quinoa  
600 mL vegetable stock or water  
250 g (9 oz) cooked chickpeas (or use 400g/14oz can of chickpeas, drained and rinsed)  
60 g (2 oz) toasted flaked almonds  
60 g (2 oz) pumpkinseeds  
Handful of fresh coriander or parsley, chopped

Heat the water in a large saucepan and sauté the onion with the cinnamon stick and cardamom pods for 2 minutes. Add the garlic, peppers, and courgettes and cook for a further 2 minutes. Add the quinoa, vegetable stock and cooked chickpeas. Stir and bring to the boil. Reduce heat and simmer for about 20 minutes until the liquid has been absorbed and the quinoa is cooked. Plate the pilaf on to the serving plates. Scatter over the almonds and pumpkinseeds. Sprinkle with chopped coriander or parsley (5).

## **Day 14: Cha Cha Chile**

serves 6-8

2 cups dry kidney beans  
1 Tbsp refined coconut oil  
2 onions, cut into ¼ inch dice  
2 cloves garlic, minced  
¼ cup chili powder  
½ Tbsp fine sea salt  
1 tsp pepper  
1 tsp dried oregano

½ tsp dried sage  
½ tsp ground cumin  
pinch cayenne pepper  
1 (14 ½ oz) can chopped tomatoes  
½ cup medium grain brown rice  
1 red, green, or yellow bell pepper, cut into  
¼ inch dice  
1 carrot, shredded  
chopped red onion, for serving (optional)  
shredded vegan cheddar cheese, for serving  
(optional)  
vegan sour cream, for serving (optional)

In a 4 to 6 quart stockpot, combine the beans and enough cold water to cover by 2 inches. cover and refrigerate for at least 8 hours or overnight. (Alternatively, bring to a boil over high heat, cover, remove from heat, and let sit for 1 hour). Drain the beans, return them to the stockpot with water by 1 inch. Place the pot over high heat, bring to a boil, and reduce to simmer.

Meanwhile, in a 8 to 10 inch skillet over medium, heat the oil. Add the onions and cook, stirring occasionally, for 4 minutes. Add the garlic, chili powder, salt, pepper, oregano, sage, cumin, and cayenne for 1 minute. Add the onion mixture to the beans, along with the tomatoes and rice. Cook for 30 minutes.

Add the bell pepper and cook for 15 minutes. Add the carrot and cook about 5 minutes, until the beans and rice are tender. Serve with red onions, shredded cheese, and sour cream, if desired (4).

### **Day 15: Broccoli and Red Pepper Stir-Fry with Cashew Nuts**

serves 4

2 Tbsp water  
1 garlic clove, crushed

2.5 cm (1 inch) root ginger, peeled and finely grated  
4 spring onions, chopped  
2 red peppers, sliced  
450 g (1 lb) broccoli florets  
125 g (4 oz) button mushrooms  
125 g (4 oz) cashew nuts  
1 Tbsp sesame oil

Heat the water in a wok. Add the garlic, ginger, and spring onions and stir fry for 2 minutes. Add the other vegetables to the wok. Stir fry for 3-4 minutes. Add the cashew nuts, drizzle over the sesame oil and heat through (5).

### **Day 16: Linguini with Pesto, Pine Nuts, and Sun-dried Tomatoes**

serves 3-4

3 quarts water  
1 ½ Tbsp fine sea salt  
8 ounces whole wheat or brown rice linguini  
½ cup Basil Pesto (see recipe below)  
½ cup oil-packed julienned sun-dried tomatoes, divided  
zest of 1 lemon (optional)  
¼ cup roughly chopped fresh basil leaves  
In a 4 to 6 quart stockpot over high heat, combine the water with about 1 ½ Tbsp salt. Bring water to a boil, add the linguini, and cook according to package directions. When the pasta is done, drain it, reserving ½ cup of the pasta cooking water.

Return the pasta to the pot and stir in the pesto, sun dried tomatoes, about ¾ of the pine nuts, and the lemon zest. If the pasta seems too dry, add ¼ to ½ cup of the pasta water. Transfer the pasta to plates or a platter, garnish with the basil leaves and remaining pine nuts, and serve (4).

**Basil Pesto:**  
makes about 1 ½ cups

¼ cup pine nuts  
4 cloves garlic  
3 cups fresh basil leaves  
1/3 cup vegan Parmesan cheese  
½ tsp fine sea salt  
1/8 tsp pepper  
¾ cup extra virgin olive oil, plus more for storing

In a food processor, combine the pine nuts and garlic and pulse to roughly chop. Add the basil and pulse to chop. Add the cheese, salt, pepper, and process into a paste. With the motor running, slowly pour in the olive oil, processing until the oil is fully combined. Use immediately or transfer to a small container, cover with a thin layer of olive oil, and store in the refrigerator for 3 to 4 weeks (4).

### **Day 17: Millet Pilaf with Almonds**

serves 4

2 Tbsp water  
1 large onion, chopped  
2 carrots, diced  
2 tsp ground coriander  
1 garlic clove, crushed  
175 g (6 oz) millet  
600 mL (1 pint) vegetable stock  
225 g (8 oz) broccoli florets  
60 g (2 oz) sultanas  
Freshly ground black pepper to taste  
60 g (2 oz) toasted flaked almonds

Heat the water in a saucepan and cook the onion for 5 minutes. Add the carrots, ground coriander and garlic and cook for a further 5 minutes. Add the millet and vegetable stock, bring to the boil, cover and simmer for 15-20 minutes until the water has been absorbed. Add the broccoli and cook for 5 minutes. Stir in the raisins and season with freshly ground black pepper.

Serve scattered with the toasted flaked almonds (5).

### **Day 18: Quesadillas with Beans, Soy Cheese, Guacamole and Salsa**

serves 2

½ Tbsp refined coconut oil (optional)  
2 (9 or 10 inch) whole wheat flour tortillas  
5 ounces vegan Jack or cheddar cheese (or a combination), shredded  
1/3 cup drained black or pinto beans  
½ cup prepared salsa  
¼ cup guacamole, homemade (recipe follows)

Spread the coconut oil, if using, on one side of each tortilla, dividing it evenly. Lay the tortillas, oiled side down if applicable, on a work surface. Arrange the cheese on top, dividing it evenly, covering only half of the tortilla and leaving a 1 inch border at the edge. Arrange the beans and 2 Tbsp of the salsa on top of the cheese, dividing them evenly. Fold the tortillas in half.

In a large, nonstick skillet over medium heat, cook the quesadillas, covered, until golden brown, about 4 minutes. Flip the quesadillas and cook, uncovered, until the second side is golden brown and the cheese has melted, about 2 minutes. Cut the quesadillas in wedges and transfer to serving plates or a platter. Top with guacamole and a spoonful of the remaining salsa. Pass any leftover salsa at the table (4).

#### **Guacomole:**

makes about 1 cup

1 medium avocado  
1 clove garlic, minced or pressed  
juice of ½ lime (about 1 Tbsp)  
½ tsp fine sea salt

In a small bowl, use a potato masher or fork to combine the avocado, garlic, lime, and salt, stirring to make a coarse puree. Use immediately (4).

### **Day 19: Pasta with Lentil Bolognese**

serves 4

350 g (12 oz) non-wheat pasta  
3 Tbsp water or vegetable stock  
1 onion, chopped  
2 carrots, finely chopped  
1 large courgette, finely chopped  
400 g (14 oz) can chopped tomatoes  
400 g (14 oz) can brown or green lentils  
1 tsp (5 mL) mixed herbs

Cook the pasta in plenty of boiling water according to the directions on the packet. Saute the vegetables in the water or stock for about 5 minutes until softened. Add the tomatoes, lentils, and herbs. Cook for a further 5-10 minutes until the sauce thickens slightly. Drain the pasta and place on the serving dish. Top with the lentil Bolognese (5).

### **Day 20: Red Kidney Bean Hotpot**

serves 4

2 Tbsp water  
1 onion, chopped  
1 garlic clove, chopped  
1 red pepper, chopped  
125g (4 oz) mushrooms, sliced  
400 g (14 oz) can tomatoes  
2 x 400g (2 x 14 oz) cans red kidney beans, rinsed drained  
1 tsp mixed herbs  
250 mL (8 fl oz) vegetable stock  
2 tsp cornflour

Dry-fry the onion, garlic, and red pepper in the water over a high heat for 3-4 minutes.

Add the mushrooms, tomatoes (roughly broken up), beans, herbs, and vegetable stock. Stir well and bring to the boil. Blend the cornflour with a little water to make a smooth paste then stir into the hotpot to thicken the sauce. Simmer for 10 minutes (5).

### **Day 21: Lentil and Vegetable Soup**

serves 4

225 g (8 oz) red lentils  
1.5 L (2.5 pints) vegetable stock  
2 carrots, sliced  
1 onion, chopped  
450 g (1 lb) chopped vegetables of your choice eg, swede, turnip, parsnip, courgette, cauliflower florets, leek  
Salt and freshly ground black pepper

Place the lentils in a large saucepan with vegetable stock and boil for 10 minutes. Alternatively, cook in a pressure cooker for 3 minutes then release the steam. Add the vegetables, bring back to the boil and simmer for a further 15-20 minutes until the vegetables and lentils are soft (or cook in the pressure cooker for a further 3 minutes). Season with salt and pepper (5).

### **Day 22: Pasta and Cannelini Soup**

serves 4

1 large onion, chopped  
2 celery stocks, sliced  
1 tsp paprika  
400 g (14 oz) can chopped tomatoes  
1 L (1.75 pints) vegetable stock  
2 carrots, diced  
125 g (4 oz) wheat free pasta  
1 tin (420 g) cannellini or haricot beans, drained  
1 Tbsp olive oil

Salt and freshly ground black pepper

Place the onion, celery, paprika, tomatoes, vegetable stock and carrots in a large saucepan. Bring to the boil and simmer for 10 minutes until the vegetables are soft. Add the pasta and beans and cook for a further 7-10 minutes. Stir in the olive oil. Season to taste with salt and freshly ground black pepper (5).

### **Day 23: Grilled Pepper Salad with Quinoa**

serves 4

1 red pepper  
1 yellow pepper  
1 green pepper  
1 orange pepper  
olive oil for brushing  
1 Tbsp fresh basil leaves, roughly torn  
2 Tbsp black olives  
1 Tbsp cider vinegar  
175 g mixed salad leaves

Cut the peppers into quarters and remove the seeds. Place on a grill tray and brush lightly with olive oil. Grill, skin side up, until just beginning to char. Cut into strips and place in a bowl. Add the basil leaves and black olives. In a separate bowl or screw top jar, mix the olive oil and vinegar together. Toss the peppers in the dressing, Arrange on a bed of salad leaves.

**Serve with Quinoa.**

### **Day 24: Flageolet Bean and Courgette Provençale**

serves 4

1 Tbsp olive oil  
2 onions, sliced  
2 garlic cloves, crushed  
450 g (1 lb) courgettes, sliced

2 x 400 g (2 x 14 oz) cans flageolet beans, drained  
400 g (14 oz) can tomatoes  
1 tsp dried oregano  
150 mL vegetable stock

Heat the oil in a large pan and sauté the onion for about 5 minutes until softened. Add the garlic and courgettes and cook for a further 5 minutes. Add the remaining ingredients. Cover and simmer for another 10 minutes (5).

**Serve with non-wheat, brown rice or whole wheat pasta.**

### **Day 25: Pasta with Tomato and Vegetable Sauce**

serves 4

350 g (12 oz) non-wheat pasta  
3 Tbsp water or vegetable stock  
1 onion, chopped  
2 garlic cloves, crushed  
2 or more vegetables from the list below\*  
400 g (14 oz) can chopped tomatoes  
2 Tbsp tomato puree  
1 Tbsp chopped fresh or 1 tsp dried basil

\*suitable vegetables for the sauce: 225 g (8 oz) asparagus, chopped into 4 cm lengths; 2 courgettes, sliced; 1 red, green, or yellow pepper, chopped; 225 g (8 oz) broccoli florets; 150 g (5 oz) mangetout; 1 small aubergine, finely chopped; 125 g (4 oz) mushrooms, sliced; 125 g (4 oz) peas; 125g (4 oz) French beans, chopped into 4 cm lengths.

Cook the pasta in plenty of boiling water according to the directions on the packet. Meanwhile, heat the water or stock in a large frying pan. Add the onion, garlic and prepared vegetables and cook for about 5 minutes until softened. Add the chopped tomatoes, tomato puree and basil. Cook for

5 minutes or until the vegetables are tender but still firm (5).

## **Day 26: Vegetable and Lentil Curry**

serves 4

2 Tbsp water or vegetable stock  
1 large onion, sliced  
1 tsp each of cumin, coriander, tumeric, and chili powder (alternatively use 1 Tbsp curry powder)  
2 garlic cloves, crushed  
225 g (8 oz) red lentils  
750 mL water  
900 g (2 lbs) vegetables (eg. cauliflower, courgettes, mushrooms, okra, carrots, tomatoes)

Saute the onion in the water or stock for 5 minutes. Add the spices and the garlic and continue cook for 2 minutes. Add the red lentils and water. Cover and simmer for 10 minutes. Add the vegetables and continue cooking for 20 minutes or until the vegetables are just tender (5).

**Serve with brown rice.**

## **Day 27: Rice with Grilled Vegetables**

serves 4

300 g (10 oz) brown rice  
3 peppers (red, yellow, green), de-seeded and cut into quarters  
2 medium red onions, sliced  
225 g (8 oz) mushrooms  
2 small courgettes, cut in half lengthways  
olive oil, for brushing  
2 Tbsp fresh thyme, chopped

Dressing:

3 Tbsp olive oil

2 Tbsp lemon juice  
2 cloves garlic, crushed  
Freshly ground black pepper

Put the rice in a pan of boiling water. Water level should be about 2.5 cm (1 inch) above the rice. Stir, lower the heat and simmer for 20-30 minutes until tender. To make the dressing mix together the olive oil, fresh lemon juice, garlic and black pepper. Set aside while grilling vegetables. Arrange vegetables on a grill rack. Brush with olive oil and grill for 8-10 minutes until tender and slightly brown. Turn occasionally and brush again. Drain the rice mix in half the dressing. Spoon into a serving dish, arrange the vegetables on top, then pour over the remaining dressing. Scatter over the chopped thyme (5).

## **Day 28: Quick Supper Salad with Pumpkin-seed Dressing**

serves 4

250 g cooked pinto beans, or any other variety (or use a 400 g/14 oz can)  
125 g (4 oz) bean sprouts  
2 large tomatoes, chopped  
2 sticks, celery, sliced  
2 Tbsp chopped fresh parsley  
1 Tbsp pumpkinseed oil  
1 Tbsp olive oil  
1 Tbsp cider vinegar  
2 Tbsp sunflower seeds

Drain and rinse the beans. Combine with chopped vegetables and parsley. Mix the pumpkinseed oil, olive oil, and vinegar together and drizzle over the salad. Scatter over the sunflower seeds (5).

## References:

- (1) Shelley's Simple Healing Cookbook.
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- (4) Freedman, R., Barnouin, K. Skinny Bitch in the Kitch. 2007. Running Press: Philadelphia.
- (5) Bean, Anita. Carol Vordeman's Detox for Life: The 28 Day Detox Diet and Beyond. Virgin Books.