



# MEAL PLAN & recipes

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You will not feel starved and deprived but feel alive on this 30 day cleanse. **Refresh. Rethink. Restore.**

With A M.A.P (Meals And Plans) to help with waste, weight and total body wellness.

If you have any questions please reach out on our Facebook support group.

\*Recipes are based off of seasonal farm fresh produce.

# PHASE ONE

## meal plan

	 BREAKFAST	LUNCH	DINNER	SNACKS & TREATS
MON	Blueberry Go Drink	Grouper/Red Snapper Francaise	Winter Quinoa and Apple & Fennel Salad	Okra Crunchies / Apple Cinnamon Hemp Pudding
TUES	Bloat Fighting Tropical Smoothie	Quinoa with Apple & Fennel Salad	Adzuki Refried Bean Butter Lettuce Cups	Sauteed Greens
WED	Blueberry Go drink	Stir-Fry with Coconut Lime Quinoa	Lentil Soup with Brussels Sprouts	Okra Crunchies / Apple Cinnamon Hemp Pudding
THU	Green & Glorious Smoothie	Quinoa with Apple Fennel Salad	Lentil Soup	Toasted Kale Chips / "Peanut Butter" Banana Fro-Yo
FRI	Raspberry & Banana Smoothie	Grouper/Red Snapper Francaise	Avocado Kale Salad with Brussels Sprouts	Sauteed Greens
SAT	Chocolate Smoothie	Stir-Fry with Coconut Lime Quinoa	Lentil Soup	Creamy Bean Dip with Squash and Fennel / Dairy Free Mayan Hot Chocolate
SUN	Bloat Fighting Tropical Smoothie	Winter Quinoa	Adzuki Refried Bean Butter Lettuce Cups	Creamy Bean Dip with Squash and Fennel / Dairy Free Mayan Hot Chocolate

# PHASE TWO

## meal plan

	BREAKFAST	LUNCH	DINNER	SNACKS & TREATS
MON	Easy Breakfast Burrito	Green Goddess Curry	Butternut Squash Soup with Persimmon Salad	Toasted Kale Chips / Okra Crunchies
TUES	Breakfast Quinoa Bowls	Stuffed Sweet Potato	Hearty Veggie Soup	Roasted Cinnamon Sweet Potatoes
WED	Cranberry Oatmeal Smoothie	Green Goddess Curry	Avocado Kale Salad with Toasted Kale Chips	Crispy Chickpeas / Dairy Free Mayan Hot Chocolate
THU	Breakfast Quinoa Bowls	Avocado Kale Salad with Toasted Kale Chips	Butternut Squash Soup with Persimmon Salad	Crispy Chickpeas / Roasted Cinnamon Sweet Potatoes
FRI	Cranberry Oatmeal Smoothie	Fish with Brown Rice	Hearty Vegetable Soup with Sautéed Greens	Apple Cinnamon Chia Pudding
SAT	Easy Breakfast Burrito	Stuffed Sweet Potato	Coconut Lime Quinoa with Brussels	Kale Chips / Apple Cinnamon Hemp Pudding
SUN	Breakfast Quinoa Bowls	Adzuki Refried Bean Lettuce Cups	Apple and Fennel Salad with Winter Quinoa	Brussels Sprouts/ Sweet Potato Dream Shake



# Shopping List

## Produce

4 cups of arugula  
6 bunches kale  
2 heads butter lettuce  
1 bunch Romaine lettuce  
1 bunch Swiss chard  
2 heads of radicchio  
1 head purple cabbage  
4 baby bok choy  
2 medium onions  
1 leek  
5 large sweet potatoes  
10 fennel bulbs  
1 handful green beans  
1 handful snow peas  
4 cups of okra  
32 large brussels sprouts  
1 package maitake or shitake mushrooms  
4-5 Sunchokes  
6 avocados  
2 cucumbers  
5 limes  
5 bananas  
2 green apples  
1 persimmons  
1 blood orange  
15 shallots  
1 bunch cilantro  
1 bunch basil leaves  
2 sprigs mint  
2 large bunches of parsley  
1 spring of rosemary  
1 ginger root  
4 cups of okra

## Grains, Beans and Canned Goods

2 lbs of quinoa  
1 lb brown lentils  
1 package kelp noodles  
3 15oz cans of adzuki beans (Eden Organics)

4 15oz cans of garbanzo beans (Eden Organics)  
1 15oz can full fat coconut milk  
16 oz vegetable broth  
1 lb. canned wild salmon (optional)

## Condiments

Sliced almonds  
Walnuts or pecans  
Shelled pistachios  
Sunflower seeds  
Coconut oil  
Apple cider vinegar  
Extra virgin olive oil  
Sea salt  
Pepper  
Curry powder  
Cumin  
Bay leaf  
Thyme  
Onion powder  
Cinnamon  
Vanilla  
Cashew butter  
Sunflower seed butter  
Coconut aminos  
Gluten-free Tamari  
Mirin (Eden Organic Brand or other brand without fructose)  
Liquid agave

## Meat / Eggs / Refrigerated Section

2 cartons of unsweetened almond milk  
1 coconut water – you may want to buy several to have as a drink

## Miscellaneous

Raw Cacao Powder  
Hemp Seeds  
Unsweetened Apple Juice



# Shopping List

## Produce

4 cups baby arugula  
4 bunches of kale  
2 heads butter lettuce  
2 heads of radicchio  
1 cup savoy cabbage  
1 cup purple cabbage  
1 bunch Swiss chard  
8 baby bok choy  
4 squash  
4 white onions  
5 leeks  
4 sweet potatoes  
1 butternut squash  
1 bunch of radishes  
4 fennel bulbs  
4 cups of okra  
3 cups green beans  
1 ½ cups snow peas  
8-10 Sunchokes, chopped  
24 large brussels sprouts  
1 package of enoki or shitake mushrooms  
5 avocados  
11 limes  
1 banana  
3 apples  
1 green apple  
1 blood orange  
3 persimmons  
1 cup strawberries (frozen)  
1 head of garlic  
8 shallots  
2 bunches of cilantro  
5 bunches of parsley  
2 sprigs rosemary  
1 ginger root  
4 cups of okra

## Meat/ Eggs

Grouper or Snapper  
Fish  
Vegan Eggs (Egg Replacer)

## Grains, Beans and Canned Goods

2 lbs of quinoa\*  
1 15oz can of adzuki beans (Eden Organics)  
4 15oz cans of garbanzo beans (Eden Organics)  
2 15oz cans of white beans (Eden Organics)  
2 15oz cans full fat coconut milk  
20 oz vegetable broth  
1 package gluten-free oats (Bob's Red Mill)  
1 gluten free vegetable stock cubes

## Condiments

Sliced almonds  
Walnuts  
Shelled pistachios  
Sunflower seeds  
Coconut oil  
Apple cider vinegar  
Extra virgin olive oil  
Whole grain mustard  
Sea salt  
Pepper  
Curry powder  
Green curry paste or powder  
Cumin  
Onion powder  
Cinnamon  
Vanilla  
Cashew butter  
Tahini butter  
Coconut aminos  
Gluten-free Tamari  
Mirin (Eden Organic Brand)  
Liquid agave

## Refrigerated Section

2 cartons of unsweetened almond milk  
1 small container unsweetened cranberry juice

## Miscellaneous

VEGA protein powder – plant based protein powder  
Raw Cacao Powder  
Hemp seeds

You may already have items from week one.  
Do a quick inventory before shopping for week two.

## Chocolate Smoothie

[Serves 1]

### INGREDIENTS

1 cup almond milk  
1 large handful arugula  
½ banana  
2 - 4 tablespoons raw cacao (adjust to your preference)  
2 tablespoons fresh parsley  
s squirt of agave  
½ cup ice (optional)

Blend and enjoy!



## Strawberry Oatmeal Smoothie

[Serves 1]

### INGREDIENTS

½ cup unsweetened apple juice  
½ cup frozen strawberries  
½ cup almond milk  
¼ cup rolled oats (Gluten Free)  
s squirt of agave  
dash of cinnamon

Blend and enjoy!



## ■ ■ ■ Blueberry Go Drink

[Serves 1]

### INGREDIENTS

½ cup mango  
1/4 cup blueberries  
1/8 cup quinoa

Blend and enjoy!



## ■ ■ ■ Green & Glorious Breakfast Smoothie

[Serves 1]

### INGREDIENTS

½ bunch kale  
1 handful arugula  
½ cucumber  
1 persimmon, sliced  
½ cup coconut water

Blend and enjoy!



## ■■■ Bloat Fighting Tropical Smoothie

[Serves 1]

### INGREDIENTS

1 cup Papaya (chopped)  
1 cup Mango (chopped)  
1 Cucumber (chopped)  
5 Ice Cubes  
½ cup parsley  
1 cup Arugula  
2 tbsp Hemp Seeds  
1 cup water  
add agave to sweeten

Blend and enjoy!



## ■■■ Raspberry & Banana Smoothie

[Serves 1]

### INGREDIENTS

½ cup mid size banana  
1/3 cup raspberries  
1/8 cup quinoa

Blend and enjoy!



## Easy Breakfast Burrito

(for phase 1 and phase 3)

[Serves 1]

### INGREDIENTS

1 tablespoon coconut oil  
4-5 kale leaves shredded or cut into ribbons  
½ cup vegan eggs  
Lettuce leaf  
4-5 basil leaves, chopped  
Half an avocado  
Sea salt and pepper

Heat coconut oil in a pan until melted, add kale and sauté until bright green and a bit wilted. Pour Vegan eggs into the kale and mix to scramble the eggs. Wrap in a lettuce leaf and top with basil and avocado. Season with salt and pepper.



## Salad-to-go

[Serves 1]

### INGREDIENTS

1/2 cup quinoa  
Handful of Grape Tomatoes  
Bunch of Kale  
2 small fennel bulbs, cored and thinly sliced  
Mixture of Red, Yellow & Orange pepper slices  
1 cup Arugula



In A 16oz size jar, layer the ingredients in this order: dressing at the bottom build up in this order: grape tomatoes, fennel, Kale, Quinoa, Red peppers yellow peppers orange peppers. Fill the rest of the jar with arugula!

## Spaghetti Squash Breakfast Casserole

[6 servings]

### INGREDIENTS

1 large spaghetti squash, halved lengthwise and seeded  
4 tbsp ghee  
sea salt and black pepper, to taste  
1 cup onion, diced  
2 cloves garlic, minced  
1/2 tsp dried Italian seasoning  
1/2 cup organic tomatoes, diced  
1/2 cup kalamata olives, halved  
2 cups Vegan Eggs



Preheat oven to 400° Place spaghetti squash halves cut side up on a rimmed baking sheet. Spread 1 tbsp of ghee over top of each half. Sprinkle generously with sea salt and black pepper. Bake for 45 minutes to an hour or until tender.

While the spaghetti squash is baking, heat an ovenproof skillet over medium-low heat. To the pan add the remaining 2 tbsp of butter. Once the butter is melted, add the onions, garlic, sea salt and pepper (to taste) to the pan. Once the onions begin to caramelize, add the tomatoes. Sauté an additional 10 minutes and then mix in the kalamata olives.

Once the spaghetti squash is finished roasting, use a fork to scrape out the flesh from both halves. Mix the spaghetti squash in with the onion and salami mixture.

Use a large spoon to create 4 deep wells in the mixture. Pour the vegan eggs into each well.

Place the pan in the oven and bake until the whites of the eggs are cooked through.

Sprinkle fresh parsley over the top before serving.

## Pears Please

[Serves 4]

### INGREDIENTS

3 pears  
1/4 cup chopped pecans  
3 tbsp Agave



3 tbsp Simply Organic cinnamon  
and Date sugar trio spice blend  
1 tsp Simply Organic ground cloves

Preheat the oven at 200C/400F.

Slice the pears in half, then scoop out about half of the pear.

Fill the pear slices with the pecans, then drizzle all other ingredients over them equally.

Bake for 25 minutes, then remove from heat and enjoy!

## ■ ■ ■ Fish with Wild Rice

(for phase 1 and phase 3)

[Serves 2]

### INGREDIENTS

3 cups wild rice  
3 Lbs. fish fillet  
Warm water  
Sea salt as needed and kelp  
Pinch of turmeric  
2 Bunches chopped green onions  
1 Cup squash  
1 Cup yellow peppers  
2 Tbs. butter  
2 Bunches chopped parsley



Rinse rice several times until water is clear. Soak in warm water with salt added. Bring large pot of water to boil (about 8 cups). Drain water from soaked rice and add rice to boiling water. Boil for about 10-15 minutes until rice is not crunchy but still quite firm, stirring occasionally to prevent grains from sticking together.

Drain rice in strainer. Add chopped onions and parsley. Pour cold water over rice, parsley, and onions. Cover bottom of pot with butter and some water. Sprinkle rice and these two vegetables into pot, a spoonful at a time. Be sure to keep them in center of pot so as not to touch sides. Cover pot's lid with paper or dish towel and place lid tightly on pot. Cook approximately 10 minutes over medium heat; then reduce heat to low. Allow rice to steam 30-40 minutes.

Cut fish into serving pieces. Sprinkle with sea salt, kelp and a bit of turmeric. In skillet, brown fish, cooking until done on both sides in butter. Serve with brown rice.

## ■ ■ ■ Pesto

[Serves 4-6]

### INGREDIENTS

2 C fresh basil  
4-5 halves sun-dried Romano tomatoes  
(soaked in water for at least 10 min.  
to soften)  
4 cloves shallots , peeled  
1/2 C extra virgin olive oil



In a blender, add the fresh basil, sun-dried tomatoes, and shallots. Blend on medium. While blending, slowly add the olive oil through the hole of the blender lid until fully incorporated. Enjoy!

## Adzuki Refried Bean Butter Lettuce Cups

[Serves 2]

### INGREDIENTS

1 15oz can of Adzuki Beans, drained and rinsed (Eden Organics are great)  
1/2 chopped onion  
small handful of cilantro, chopped  
1 teaspoon cumin  
8 butter lettuce leaves (these make really nice cups, romaine works as well)  
1 avocado  
1 lime  
Sea salt



Mash beans, onion, cilantro and cumin together in a bowl. Spoon into lettuce cups and top with diced avocado and a squeeze of lime juice. Season with salt.

# ■ ■ ■ Veggie Burger

[Serves 4]

## INGREDIENTS

1 (16 ounce) chickpeas (drained and rinsed)  
1/2 green bell pepper (diced)  
1/2 onion (diced)  
3 cloves of shallots (peeled)  
2 tbl sp Sprouted Hemp 1 tablespoon chili powder  
1 tablespoon cumin  
1 cup cooked quinoa

Preheat oven to 400°. Wrap sweet potatoes in foil and cook for 45 -60 minutes until fork tender.

In a medium bowl, mash black beans with a fork until thick and pasty.  
Finely chop bell pepper, onion, and shallots. Then stir into mashed beans.  
In a small bowl, stir together sprouted hemp, chili powder, cumin  
Stir the hemp mixture into the mashed beans. Stir in cooked quinoa until the mixture is sticky and holds together  
Divide mixture into four patties  
Place patties on baking sheet, and bake about 10 minutes on each side  
Top with your favorite veggies or try an organic ketchup



# ■ ■ ■ Quinoa Salad

[Serves 4]

## INGREDIENTS

1 1/2 cup water  
1 cup quinoa  
2 medium bell peppers  
1 small onion  
1 1/2 teaspoon chili powder  
1/4 cup cilantro  
1 key lime (Juiced)  
1/4 cup walnuts (Sliced)  
1/2 cup dates (Dried)  
1/8 teaspoon sea salt  
1/8 teaspoon ground Cayenne pepper



Bring the water to a boil over high heat in a saucepan, then pour in the quinoa, cover with a lid, and continue to simmer over low heat until the water has been absorbed for about 15 to 20 minutes

Once the quinoa is cooked, pour into a mixing bowl, and chill in the refrigerator for about 30 minutes. Once chilled, stir in the red bell pepper, yellow bell pepper, red onion, onion powder, cilantro, fresh lime juice, chopped walnuts, squash, and cranberries

Season to taste with sea salt and cayenne pepper.

# Chickpea Soup

[Serves 4]

## INGREDIENTS

1 large onion, finely chopped  
A thumb of ginger, minced  
2 lbs bell peppers, seeded and coarsely chopped  
1 cup quinoa, uncooked  
28-30 oz of cooked chickpeas,  
2 cups vegetable broth  
1 1/2 tsp sea salt\*\*\*\*  
Cayenne pepper, to taste  
3 bay leaves  
1/2 cup tahini paste  
1/2 cup fresh parsley or basil, finely chopped



chop vegetables. Preheat large Dutch oven on low heat, swirl a bit of avocado oil to coat and add onion and ginger. Cook for 5 minutes, stirring occasionally. Increase heat to medium, add bell peppers and cook for 5 more minutes, stirring occasionally.

Add cherry tomatoes, quinoa, chickpeas, broth, salt, pepper and bay leaves; stir, cover and cook on low for 20 minutes.

Turn off heat, add tahini and stir.

Cover it and let stand for 10 Add herbs, stir and serve hot.

## ■ ■ ■ Winter Quinoa

[Serves 4]

### INGREDIENTS

1 cup quinoa, rinsed and soaked for 20 minutes  
2 cups vegetable broth  
4 cloves of shallots minced  
2 shallots, chopped  
½ bunch Swiss chard, cut into ribbons  
1 15oz can of garbanzo beans (Eden Organics is a great brand)  
large bunch of parsley, chopped  
½ cup chopped walnuts or pecans  
zest and juice of one blood orange  
¼ cup extra virgin olive oil  
salt and pepper to taste



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

# ■ ■ ■ Arugula and Persimmon Salad with Parsley Mustard Dressing

[Serves 2]

## INGREDIENTS

4 cups arugula  
1 persimmon, cut into cubes  
2 baby leeks, thinly sliced  
½ cup white beans, drained and rinsed  
¼ cup sliced almonds

Mix all ingredients in a bowl and dress.

## **Dressing:**

### INGREDIENTS

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

Whisk all ingredients together and dress your salad.



## ■ ■ ■ Stuffed Bell Peppers

[Serves 4]

### INGREDIENTS

5-6 Green peppers  
1 cup mushrooms or ground lamb  
1 tbsp Bragg's liquid amino soy alternative  
1 tbsp Manuka or raw honey  
1 small sweet onion  
1 Key Lime,  
½ tsp ginger,  
½ tsp oregano,  
sprinkle of basil & parsley  
2 cups quinoa



Sauté Mushrooms (or ground lamb) in Bragg's Liquid Amino Soy Alternative with a tablespoon of Manuka or Raw Honey (optional) sweet onions, a whole lime, ginger, oregano, basil and parsley.

Prepare some quinoa (stovetop) and green peppers (oven) 350 degrees for about 15 minutes. Stuff them with the shiitake mushrooms stuffing, add the quinoa, seal it with grass-fed aged cheddar and a tomato.

## ■ ■ ■ Radicchio and Fennel Salad

[Serves 4]

### INGREDIENTS

1 large bulb of fennel, thinly sliced  
2 heads of radicchio, thinly sliced  
1 can of garbanzo beans, drained and rinsed

### Dressing

#### INGREDIENTS

3 tablespoons apple cider vinegar  
1 tablespoon Tamari  
½ cup extra virgin olive oil  
1 garlic clove, minced



Mix ingredients and toss with the salad dressing.

# ■ ■ ■ Eggplant Pizza

[Serves 4]

## INGREDIENTS

1/4 Cup avocado oil  
1 1/2 Tsp. dried basil  
2/3 Cup warm water  
1 Minced shallot clove  
2 Cups multi-grain almond  
1/2 Cup shredded goat  
cheese (from local deli)  
2 Tbsps. stone ground  
corn meal  
1/4 Cup Parmesan cheese  
1 Cup natural pasta  
sauce  
1 Cup sliced eggplant  
1 Tsp. oregano



Preheat oven to 500 degrees. Place oil and water in large mixing bowl and stir in biscuit mix. Scrape dough onto pastry board or other flat surface that has been sprinkled with additional biscuit mix. Knead for about 2 minutes, gradually add cornmeal until dough is smooth and elastic. If dough seems dry, add a few drops of olive oil. If using a cookie sheet, rub it with olive oil before rolling out dough into circle or any shape you desire. Prior to adding topping, spread sliced eggplant on another cookie sheet, lightly brush with olive oil, and broil in oven for a couple of minutes. Remove and place eggplant immediately on top of pizza dough. Next, spread on pasta sauce and sprinkle with oregano, basil and garlic. Distribute cheese evenly over entire surface. Bake for 10-15 minutes until sides and bottom of crust are golden brown and cheese is well melted.

# ■ ■ ■ Halibut with Rice Wine

[Serves 6]

## INGREDIENTS

6 (4 oz.) Fillets halibut, skin removed  
1 Tbsp. olive oil  
1 Tsp. sesame oil  
1-2 Shallot finely chopped  
1 Tbsp. black bean sauce  
1/2 Cup Mirin (Japanese sweet wine)  
2 Tbsps. of chopped fresh cilantro  
1 Tbsp. butter  
Bragg's Liquid Amino Soy Alternative (to taste)



Heat oil in a non-stick skillet over medium heat. Cook shallots gently until fragrant, but not brown. Stir in black bean sauce, rice wine and Bragg's liquid Amino Soy Alternative.

Bring to a boil and cook until reduced by half. Remove from heat and stir in rice vinegar. Set aside. Pat fish dry. Rub with sesame oil and sprinkle with pepper.

Preheat an outdoor grill for high heat and lightly oil the grate. Grill fish for about 5-6 minutes per side or until cooked through. Sprinkle with cilantro. Serve with sauce poured on top!

## ■ ■ ■ Avocado Kale Salad

[Serves 4]

### INGREDIENTS

2 large bunches of kale  
2 tbsp coconut oil  
3 tsp coconut aminos or gluten free tamari  
4 avocados, chopped

Wash and chop kale.

Melt coconut oil in a large pan over medium-high heat. Add kale and stir fry for 5 minutes. The kale should be tender and bright green. When the kale is done cooking, toss with the coconut aminos. Serve with avocado on top.

## ■ ■ ■ Stir-Fry with Coconut Lime Quinoa

[Serves 4]

### INGREDIENTS

#### Quinoa:

1 1/2 cup quinoa  
1 lime, zested  
1 15oz can of coconut milk  
1 cup water or veggie broth

#### Teriyaki Sauce:

1/2 cup Mirin (Eden Organic Brand or other brand without fructose)  
1/2 cup Gluten Free Tamari  
1 clove minced shallots  
1 teaspoon minced fresh ginger

#### Stir-Fry:

1 lb. diced boneless chicken breast (optional – for phases 1 & 3)  
2 tablespoons grape seed oil  
2 cloves of shallots minced  
2 teaspoons minced fresh ginger  
1 small white onion  
1 fennel stalk cut into chunks  
1 cup green beans  
4 baby bok choy, chopped  
1 cup of enoki or mushrooms  
1/2 cup snow peas  
1/2 bunch cilantro, chopped



Mix the quinoa, lime zest, coconut milk and broth in a pot over high heat. When the broth comes to a boil, turn heat down to a simmer and

cover. Cook until all the liquid has been soaked in the quinoa, about 30 minutes.

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

In a wok or large pan with sides, heat grape seed oil and shallots, ginger and onions. Let simmer until brown. Add a little more oil if needed. If you are including chicken in the stir fry, add the diced chicken to the pan and cook for 4-5 minutes, until lightly brown – turning once. Toss in all of your veggies (except cilantro). Give them a good mix and cover your pan so the veggies can steam. Steam for 5-10 minutes depending on how “al dente” you want your veggies.

Scoop a large spoonful of quinoa into a bowl; add a generous helping of veggies, a spoonful of teriyaki sauce and then top cilantro.



## Green Goddess Curry

[Serves 4]

### INGREDIENTS

- 2 tablespoons coconut oil
- 1 onion, peeled and diced
- 2 tbsp. green curry paste or powder
- 1 cup green beans
- ½ cup snow peas
- Small handful of brussels sprouts, halved
- 2 cups garbanzo beans, cooked or canned
- 1 15oz can of unsweetened coconut milk (I recommend Native Forest brand)
- 4 cups vegetable broth
- 2 bunches of any type of greens, washed and cut (kale, bok choy, turnip greens, etc.)
- Salt and pepper to taste
- Fresh cilantro for garnish



In a large pot heat coconut oil and sauté onions and curry spices until the onions are soft (about 6-8 minutes). Add the vegetables, beans, and coconut milk. Bring to simmer and add the vegetable broth. Simmer until the vegetables are tender (about 15 minutes). Add the greens, then season with salt and pepper.

Serve with brown rice. Garnish with cilantro.

## ■ ■ ■ Okra Crunchies

[Serves 2]

### INGREDIENTS

- 1 head of okra, chopped into bite-sized pieces.
- 1 teaspoon onion powder
- 1 tablespoon extra virgin olive oil



Preheat oven to 400°. Toss all the ingredients together on a baking sheet. Roast for 25 – 30 minutes until browned and crispy.

## ■ ■ ■ Crispy Chickpeas

### INGREDIENTS

- 1 can of chickpeas (garbanzo beans), drained and rinsed
- 2 tablespoons extra virgin olive oil
- 1 lime, juiced
- 1 tablespoon cumin

Heat oven to 400°. Toss all the ingredients together and roast for 30 minutes until golden and crispy. Careful not to burn.



## ■ ■ ■ Creamy Bean Dip with Squash and Fennel Sticks

[Serves 2]

### INGREDIENTS

1 can Aduki beans  
½ cup vegetable broth or water  
1 tablespoon ghee  
salt and pepper to taste 1  
Squash, cut into sticks  
4 fennel stalks, cut into sticks



In a sauté pan, combine the beans (with their liquid), broth and ghee. Simmer for 20 minutes, stirring and mashing the beans as they cook. (You can also blend in a food processor, if you have one.) You are looking for a creamy texture.

Season with salt and pepper and enjoy with fresh cut vegetables.

## ■ ■ ■ Toasted Kale Chips

[Serves 1]

### INGREDIENTS

1 head of kale torn into large pieces  
2 teaspoons extra virgin olive oil  
1 teaspoon curry powder (or seasoning of your choice)  
sea salt and pepper



Toss kale with olive oil and season with curry powder and sea salt. Bake for 8-10 minutes at 375° or until crispy. Careful not to burn.

# Chocolate Energy Bites

[Makes 16-20 Bites]

## INGREDIENTS

½ cup walnuts

½ cup almonds

1 cup dates (Medjool), chopped

1/3 cup + 2 teaspoons unsweetened cocoa powder

½ cup shredded coconut flakes

pinch salt

Grind the walnuts and almonds in a food processor, until a dough starts to form.

Add the dates, cocoa powder, ¼ cup shredded coconut flakes and salt and process until incorporated and the mixture begins to turn into a dough.

Roll the mixture into round balls using the help of saran wrap (wrap it around the bites to form a circle), until all the mixture is finished.

Roll the balls in the last ¼ cup shredded coconut flakes.

Place in the fridge for at least an hour, then enjoy!



## \*Recipe Notes

This recipe is raw, gluten free and vegan. If you're using regular dates, you may need to soak them a bit since they're drier than Medjool dates.



## Sweet Potato Dream Shake

[Serves 1]

### INGREDIENTS

½ cup unsweetened almond milk  
1 tablespoon cashew butter  
½ cooked sweet potato  
¼ cup raw cacao powder  
2 teaspoons cinnamon  
½ cup ice

Blend and Enjoy!



## Roasted Cinnamon Sweet Potatoes

[Serves 2]

### INGREDIENTS

2 sweet potatoes, chopped  
2 tablespoons coconut oil  
1 heaping teaspoon cinnamon

Heat oven to 400°, toss sweet potatoes in the coconut oil and cinnamon and roast for 25 – 30 minutes.



## ■ ■ ■ “Peanut Butter” Banana Fro-Yo

[Serves 2]

### INGREDIENTS

2 frozen bananas

3 tablespoons unsweetened sunflower seed butter

¼ cup unsweetened almond milk

This recipe uses sunflower seed butter, which tastes similar to peanut butter when used in recipes. Place bananas and sunflower seed butter into your blender and blend while slowly adding the almond milk until you have the consistency of frozen yogurt. You may not use all ¼ cup of almond milk.



## ■ ■ ■ Dairy Free Mayan Hot Chocolate

[Serves 2]

### INGREDIENTS

2 cups almond milk

¼ cup raw cacao

1 heaping teaspoon of cinnamon

Puree everything in a blender and then warm it on the stove.



# ■ ■ ■ Dairy Free Milk ReciPLEASE

## INGREDIENTS

2 cups home made hemp milk  
1 cup ginger tea  
1 cup soft jelly homemade coconut milk  
6 large dates, pitted  
1 cup sprouted walnuts  
1 tsp cloves  
Pinch of Celtic Sea salt  
Pinch of Cayenne Pepper  
Date sugar to taste

