GET THYROID HEALTHY

CULTIVATING CONSCIOUSNESS

Recipes

GET THYROID HEALTHY© 2021

Contents

Look for these symbols throughout the guide to quickly find the recipe that meets your needs.

B - Batch Prep: Recipe can be batch prepared.

FF - Fat Free: Recipe can be made fat-free.

R - Raw: Recipe can be made raw.

T- Transition: Recipe has option to include nuts, beans, or lentils.

W - Weight Loss: Recipe promotes weight loss.

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JUICES

Directions: Juice all ingredients through a juicer. You can add a dash of cinnamon or ginger to enhance digestion.

Notes: All juice recipes make 1 - 2 servings. Recipes require a juicer. If you do not have a juicer, you can use a high-speed blender and strain the juice through a cheesecloth or a nut milk bag.

LIVER HEALER – **FF R W**

2 bunches celery

1 bunch coriander or parsley

NOTE: This juice can be done INSTEAD of your plain celery juice. Alternate adding coriander and parsley while on the cleanse. Adding coriander or parsley to celery juice helps with liver and lymphatic clearing as well as weight loss.

YUMMY JUICE – **FF R W**

1 medium fennel bulb

6 kale leaves

1 cucumber

1 green apple

1 pear

juice of 1 lemon

GREEN JUICE – **FF R W**

1 green apple

1 bunch Swiss chard

5 celery stalks

1 bunch parsley

dash of cayenne

juice of 1 lemon

HEALTHY JUICE – **FF R W**

3 kale leaves

1 cup spinach

1 cucumber

1 handful of parsley

1 handful of coriander

1 apple

1 pear

juice of 1 lemon

BOOST JUICE – **FF R W**

4 kale leaves

1 orange

1 cucumber

4 celery stalks

juice of 1 lemon

¼-inch piece fresh ginger

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FRESH JUICE – **FF R W**

1 cup spinach

1 handful parsley

1 cup blueberries

1-inch piece fresh ginger

juice of 1 lemon

MANDARIN JUICE – **FF R W**

8 mandarins

4 stalks celery

TANGERINE JUICE – **FF R W**

8 tangerines

½ cucumber

WATERMELON COOLER – **FF R W**

¼ large or ½ small watermelon

½ cucumber

APPLE A DAY – **FF R W**

4 red apples

6 stalks celery

1 cucumber

MIGRAINE BUSTER JUICE – **FF R W**

4 pears

6 stalks celery

½ cucumber

2 cups arugula

WEIGHT LOSS JUICE – **FF R W**

4 cups pineapple, cubed

1 cucumber

1 bunch coriander

SMOOTHIES

Directions: In a blender, add all ingredients in the order listed. Blend until smooth.

Notes:

- All smoothies make 1 - 2 servings.
- Feel free to add water to reach your desired consistency.
- Use organic produce whenever possible.
- Each recipe serves two or may be used as a substitute for one large meal.

GREEN SMOOTHIE -R

1 ½ cups coconut water

2 bananas

1 mango

1 orange, juiced

½ avocado

1 cup spinach

1 cup wild blueberries

½ lemon, juiced

MANGO MANIA – **FF R W**

4 mangoes

2 cups celery, juiced

CHIA SMOOTHIE - **R**

1 ½ cups coconut water

2 bananas

1 cup strawberries

½ cup kale

2 tablespoons chia seeds

PAPAYA SMOOTHIE – **FF R W**

1 ½ cups coconut water

1 cup spinach

½ ripe papaya

4 mint leaves

1 banana

1 cup raspberries

BERRY SMOOTHIE - **R**

1 ½ cups coconut milk

1 cup kale

½ cup raspberries

3 bananas

1 teaspoon barley grass juice powder

2 mint leaves

FRESH SMOOTHIE - **R**

1 ½ cups non-dairy milk

1 cucumber

1 cup spinach

½ grapefruit

4 mint leaves

1 green apple

1 lemon, juiced

JACKFRUIT SMOOTHIE – **FF R W**

1 cup frozen jackfruit

2 bananas

2 teaspoons barley grass juice powder

2 cups mango, chopped (frozen mango works too)

6 medjool dates

2 cups coconut water

2 cups filtered water

CHERRY SMOOTHIE – **FF R W**

2 cups frozen dark cherries

2 bananas

½ cup wild blueberries

6 medjool dates

2 cups coconut water

B- Batch Prep | **FF** - Fat Free | **R** - Raw | **T** -Transition |**W**- Weight Loss

2 cups filtered water

MANGO-CORIANDER SMOOTHIE – **FF R W**

2 cups mangos, cubed (frozen mango works too)

1 banana

1 cup pineapple, cubed

2 inches aloe gel

2 cups coconut water

1 cup coriander

NON – DAIRY MILKS

PISTA (PISTACHIO) MYLK – **B R**

Makes about 4 cups

1 cup raw shelled pistachios

2 ½ cups water

½ cup coconut water

2 teaspoons raw honey (or to taste, you can sweeten more)

1 teaspoon cardamom powder

1/2 teaspoon saffron

1 teaspoon rose petals

BLEND. Put the pistachios, raw honey, cardamom, water, and coconut water in a high-speed blender and blend until smooth.

GARNISH. Garnish each glass of mylk with saffron and rose petals.

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FRESH COCONUT MILK – **B R**

Makes 3 - 4 servings

4 young Thai coconuts

OPEN COCONUTS. I recommend purchasing a Coco Jack to make this job easier. If you don't have or are not able to get a Coco Jack, you can always use a large knife to open your coconuts.

BLEND. Once you have the coconut open, pour the water into your blender. Scoop out the coconut fruit. (Many call it meat, but I call it fruit, because that is what it is.)

Blend 2 cups of coconut water with 1 cup of coconut fruit and let it blend until you achieve a thoroughly smooth consistency. Voila! Fresh coconut milk is ready to drink.

MAKE AHEAD AND FREEZE. You can make this ahead of time and freeze for later. This way you don't have to make it fresh each time you desire some.

ALMOND MYLK – **B R** Makes 4 cups

1 cup raw almonds, soaked for 8 hours

4 cups water raw honey or maple syrup, to taste (optional)

Drain the almonds from the soaking water and rinse. Place almonds and fresh water in a blender. Blend for 1 to 2 minutes until the almonds are ground down.

STRAIN THE MYLK. Slowly pour almond mylk into a nut milk bag over a large bowl. As the bag fills up, squeeze it so that the mylk flows through the bag and into the bowl. The almond pulp will remain inside the bag and be discarded.

CHILL THE MYLK. Sweeten your mylk, if desired. (You can return the mylk to the blender to fully incorporate the sweetener.) Place mylk in a container and put it in the coldest part of the refrigerator. The mylk should last 2 to 3 days

HEMP SEED MYLK – **B R**

Makes 2 cups

⅓ cup hemp seeds

⅛ teaspoon cinnamon

¼ teaspoon pure vanilla

2 cups water raw honey or maple syrup, to taste (optional)

Place hemp seeds and water in blender and blend for 1 to 2 minutes.

STRAIN THE MYLK (OPTIONAL). Pour the hemp seed mylk into a nut milk bag over a large bowl. Squeeze the bag so that the mylk flows through the bag and into the bowl. The hemp seed pulp will remain inside the bag and be discarded.

SEASON AND SWEETEN THE MYLK. Return the mylk to the blender and add in cinnamon, pure vanilla and sweetener, if desired. Blend until ingredients are mixed well.

CHILL THE MYLK. Place mylk in a container and put it in the coldest part of the refrigerator. The mylk should last 2 to 3 days.

BANANA-DATE MYLK – **B FF R W**

Makes about 5 cups

2 bananas

2 dates, soaked

½ teaspoon cinnamon

½ teaspoon pure vanilla

4 cups coconut water or filtered water

BLEND. Place all ingredients in high-speed blender and blend until smooth and creamy. Refrigerate unused portion for up to 3 days

BREAKFAST

CHAGA CHIA PUDDING – **B R**

Makes 1 serving

1 cup non-dairy milk

⅓ cup chia seeds

¼ teaspoon chaga powder

1 - 2 teaspoons honey or maple syrup

1 cup fresh berries

COMBINE. Mix milk, chia seeds and chaga powder in a serving bowl. Let sit for about 5 minutes. Stir in sweetener and top with fresh fruit before serving.

SPICED "CHOCOLATE" BREAKFAST BARS – **B R**

Makes 10 bars

1 cup pitted dates

1 cup pumpkin seeds

½ cup unsweetened coconut flakes

2 tablespoons carob powder

½ teaspoon pure vanilla

1 teaspoon cinnamon powder

1 teaspoon ginger powder

COMBINE ALL INGREDIENTS. In a high-speed blender or food processor, blend ingredients until mixture forms a ball. Scrape downsides with a spatula so that all ingredients are distributed as evenly as possible.

FORM BARS. Line a cookie sheet with parchment paper. Scoop the mixture onto the parchment paper. Grease your fingers with coconut oil and press the mixture to about ¼-inch thickness. Wrap up the mixture and refrigerate for about 1 hour. Slice the rectangle into 10 bars. Store the bars in an airtight container in the refrigerator.

FRUIT AND SEED YOGURT PARFAIT

Makes 1 serving

1 cup non-dairy yogurt

1 teaspoon cinnamon powder

1 cup frozen wild blueberries

¼ cup sunflower seeds

COMBINE. Layer ingredients in a small bowl and enjoy.

FRUIT CEREAL WITH BANANA-DATE MYLK – **FF R W**

Makes 1 - 2 servings

2 bananas, chopped

6 strawberries, chopped

½ cup wild blueberries

½ cup pomegranates

1 mango, chopped

½ cup Banana-Date Mylk

COMBINE. Mix all ingredients and cover with Banana-Date Mylk

SOUPS

BUTTERNUT SQUASH SOUP - **B**

Makes 3 - 4 servings

1 butternut squash, oven-roasted

1 onion, chopped

2 stalks celery, cut in half

8 garlic cloves

1 inch piece ginger, chopped

8 cups filtered water

2 cups coconut milk

sea salt to taste

PREHEAT YOUR OVEN. Set your oven to 400 degrees Fahrenheit.

ROAST THE SQUASH. Quarter the butternut squash. Add ½ inch of water into the roasting pan. Place the butternut squash in the pan and oven roast for about 45 minutes.

SIMMER. Once done roasting, cut the butternut squash into cubes. Place in a soup pot. Add celery stalks (that are cut in half, so 4 pieces total) and 8 cups of filtered water. Let soup simmer for 20 minutes on medium heat.

BLEND. After 20 minutes of simmering, remove the celery stalks and add coconut milk. Using a hand blender, purée the squash and coconut milk. If you do not have a hand blender, you can transfer the ingredients of the pot into your regular blender. Be careful when blending hot liquids. After blending, your soup is ready to drink.

CREAMY PORTOBELLO MUSHROOM SOUP - **B**

Makes 3 - 4 servings

1 large sweet onion, chopped

7 cloves garlic, chopped

4 stalks celery, chopped

1 tablespoon coconut oil

6 cloves garlic, whole

1 head broccoli, roughly chopped

3 potatoes, peeled & diced

1 sweet potato, diced

8 cups filtered water (or 8 cups Healing Broth)

2 large or 4 medium portobello mushrooms, chopped

1½ cans organic coconut milk sea salt to taste

black pepper to taste.

SAUTÉ AND SIMMER. Sauté the onions, chopped garlic, and celery in coconut oil until translucent. Add in the whole garlic cloves, broccoli, potato, and sweet potato. Sauté gently a few minutes. Then, add 8 cups of filtered water or Healing Broth and let it simmer. Once gently simmering, add in the portobello mushrooms and allow to simmer some more.

BLEND. After about 30 minutes, use a hand blender to puree all the vegetables in the soup. If you do not have a hand blender, you can transfer ingredients to your regular blender. Be careful when blending hot liquids. STIR. Once blended, stir in coconut milk and seasoning.

HEALTHY BROTH - **B FF**

Makes 8 cups

4 carrots, chopped OR 1 sweet potato, cubed

2 stalks of celery, roughly chopped

2 onions, sliced

1 cup parsley, finely chopped

1 cup of shiitake mushrooms, fresh or dried (optional)

2 tomatoes, chopped (optional)

1 bulb of garlic (about 6 - 8 cloves), minced

1 inch of fresh ginger root

1 inch of fresh turmeric root

8 cups of water

chili peppers or red pepper flakes, to taste (optional)

SIMMER. Place all the ingredients in a pot and bring to a gentle boil. Turn heat down to low and allow to simmer for about an hour. Strain and sip for a mineral-rich, healing and restorative broth or leave the veggies in to enjoy as a light healing soup.

POTATO ASPARAGUS SOUP (FAT-FREE OPTION) – **B FF**

Makes 6 servings

6 medium potatoes, peeled and cubed

1 sweet potato, peeled and cubed

1 bunch asparagus shoots

1 tablespoon coconut oil (optional)

1 red onion, chopped

6 garlic cloves, chopped

8 cups filtered water

sea salt to taste

PREP VEGGIES. Prep all the veggies needed for the soup. Chop about an inch off the thickest part of the bottom of the asparagus stalks and discard.

FAT-FREE OPTION: To make this recipe fat-free, use water or vegetable broth in place of the coconut oil. Start with 3 tablespoons and add more as needed.

SAUTÉ. Sauté onions and garlic in coconut oil, in a stock pot, until the onions are translucent. Add a little water to prevent them from sticking.

SIMMER. Add in the potatoes, sweet potatoes, asparagus, and water. Let this simmer until the sweet potatoes are soft. Add sea salt and puree with a hand blender. Serve hot!

RAW AVOCADO-COCONUT SOUP – **B R**

Makes 2 servings

1 avocado

1 cup frozen coconut fruit

2 stalks celery

1 cup filtered water

1 lime, juiced

½ cup coriander

1 stalk green onion, finely chopped

BLEND. Blend the avocado, coconut fruit, celery, lime, and filtered water together.

GARNISH. Top with cilantro and green onions.

OPTIONAL: Top with a variety of fruits, like mango, banana or pineapple to serve. Otherwise, it is great as a savory soup as well.

RAW GREEN PEA SOUP – **B R W**

Makes 2 servings

2 cups frozen peas, thawed (if you want truly raw, peeled peas are best)

½ cup mint leaves

1 inch slice aloe gel

1 garlic clove

1 shallot

1 cup raw almond mylk

½ teaspoon red chili flakes (optional)

½ teaspoon lemon juice

sea salt and black pepper to taste

BLEND. Place all ingredients in a high-speed blender and blend until creamy.

SALADS

STRAWBERRY SPINACH SALAD - **R**

Makes 2 servings

4 cups baby spinach

¼ cup raw pumpkin seeds

1 avocado, sliced

1 small red onion, chopped

1 cup fresh strawberries, sliced in half

½ cup Lemon Coriander Dressing

COMBINE. Place spinach in a large mixing bowl. Top with pumpkin seeds, avocado, onion, and sliced strawberries. Pour the dressing over the top. Mix well and serve.

ASIAN SWEET & SPICY SALAD – **R T**

Makes 2 - 3 servings

½ white cabbage, chopped

½ purple cabbage, chopped

1 bunch green onions, chopped

1 red pepper, chopped

1 yellow pepper, chopped

½ bunch coriander, chopped

1 cup bean sprouts or any other kind of sprout

1 mango, chopped

1 cup grated carrot

½ cup Asian Sweet & Spicy Dressing

1 tablespoon white sesame seeds

1 tablespoon black sesame seeds

COMBINE. Place all ingredients in a large bowl, toss with dressing, and top with white and black sesame seeds.

NOTE: To keep salad raw, use raw sesame seeds or omit.

ARUGULA SALAD WITH ROASTED BEETS AND SWEET POTATO

Makes 2 servings

1 large beet, peeled and chopped into cubes

1 large sweet potato, chopped into cubes

4 cups arugula

1 small cucumber, chopped

¼ cup pumpkin seeds

1 avocado, sliced

½ cup Creamy Zucchini Dressing

PREHEAT YOUR OVEN. Set your oven to 400 degrees Fahrenheit.

ROAST BEETS AND SWEET POTATO. Toss chopped beet and sweet potato together. Spread in a single layer on a baking sheet and bake for about 30 to 40 minutes. The vegetables are done when the centre is soft. Set to the side to cool while preparing the rest of the salad.

COMBINE. Mix arugula, cucumber, pumpkin seeds and avocado in a large mixing bowl. Top with Creamy Zucchini Dressing and toss. Top with chopped beets and sweet potato and serve.

CREAMY KALE SALAD - **R**

Makes 2 servings

1 bunch kale, chopped (any variety)

½ cup Creamy Zucchini Dressing (SEE DRESSINGS)

1 apple, cored and chopped

¼ cup sliced radishes

1 small carrot, chopped

COMBINE. Place chopped kale in a large mixing bowl. Add Creamy Zucchini Dressing and massage into the kale. Top with apple, radishes and carrot. Mix well and serve.

ROASTED CAULIFLOWER SALAD BOWL

Makes 2 servings

1 large head of cauliflower, chopped

1 tablespoon coconut oil

1 tablespoon turmeric

sea salt and black pepper to taste

2 cups mixed greens

½ cup Lemon Coriander Dressing (SEE DRESSINGS)

PREHEAT YOUR OVEN. Set your oven to 400 degrees Fahrenheit.

ROAST THE CAULIFLOWER. Place chopped cauliflower in a large mixing bowl. Coat with coconut oil. Season with turmeric, sea salt, and black pepper. Spread in a single layer on a baking sheet and roast for about 40 minutes. The edges of the cauliflower should be golden brown. Remove from the oven and set to the side to cool.

COMBINE. While the cauliflower cools, place mixed greens in a large serving bowl. Top with Lemon Coriander Dressing and roasted cauliflower. Mix well and serve.

SPRING SALAD BOWL (FAT-FREE OPTION) – **FF R W**

Makes 2 servings

4 cups spinach

½ bunch dandelion, chopped

1 cup sprouts (any variety)

1 small cucumber, chopped

1 cup fresh blueberries

1 avocado, diced (optional)

½ cup Lemon Coriander Dressing (SEE DRESSINGS) OR Lemon Honey Dressing

COMBINE ALL INGREDIENTS. Mix well in a large bowl and serve.

FAT-FREE OPTION: To make this salad fat-free, omit the avocado and substitute Lemon Coriander Dressing for Lemon Honey Dressing - Option 2: Fat-Free.

SEAWEED SALAD – **FF R W**

Makes 1 - 2 servings

10 strips of dulse

½ cup hijiki or Kelp

½ cup wakame

15-20 cherry tomatoes, halved

½ avocado, cubed (optional, will add fat)

3 teaspoons coconut aminos

1 teaspoon raw honey

½ lemon, juiced

½ orange, juiced

SOAK SEAWEEDS. Soak all seaweeds together in one bowl filled with warm, filtered water until soft. Strain to remove the water.

NOTE: If you choose to include the avocado, this recipe will still be low fat, but no longer considered fat free.

COMBINE. Add the cherry tomatoes and avocado to seaweeds. In a separate bowl, mix the coconut aminos, raw honey, lemon juice, and orange juice together. Pour the liquid mixture over the salad and stir to combine.

SPICED CAULIFLOWER RICE SALAD – **B FF R W**

Makes 1 serving

2 cups cauliflower rice

2 cups coriander, chopped

2 tomatoes, chopped

1 medium red onion, chopped

2 cloves garlic, minced

1 lime, juiced

1 teaspoon sumac

sea salt to taste

COMBINE. Put the cauliflower rice, chopped coriander, tomatoes, red onion and garlic into a bowl and mix to combine. Top with lime juice and sumac.

CUCUMBER NOODLE SALAD – **R W**

Makes 2 - 3 servings

1 cucumber, spiralized

3 mangoes, cubed

1 red bell pepper, julienned

½ red onion, julienned

1 cup cherry tomatoes, halved

¼ cup Coriander Tahini Dressing

COMBINE. Mix all ingredients together in a bowl.

CUCUMBER MINT SALAD - R Makes 2 servings

3 English cucumbers, peeled and cubed

1 cup mint leaves

1 red onion, finely chopped

4 radishes, sliced

½ cup Coconut Yogurt Dressing

COMBINE. Mix all ingredients together in a bowl.

ASIAN KALE SALAD

Makes 4 servings

1 bunch kale, leaves torn

2 avocados, cubed

1 red onion, sliced

1 cucumber, cubed

2 stalks green onion, chopped

1 cup pomegranate seeds

½ cup coriander tahini dressing

1 teaspoon toasted sesame oil

¼ teaspoon cayenne pepper (or more to taste)

ASSEMBLE THE SALAD. Place kale, avocados, red onion, cucumber, green onions, and pomegranate seeds in a large bowl.

MIX THE DRESSING. Whisk toasted sesame oil and cayenne pepper into

Coriander Tahini Dressing.

TOSS THE SALAD. Pour dressing over salad and toss to combine.

BELUGA LENTIL SALAD – **B FF T**

Makes 1 serving

½ cup beluga lentils, boiled

2 cups coriander, chopped

2 tomatoes, chopped

1 medium red onion, chopped

2 cloves garlic, minced

1 lime, juiced

1 teaspoon sumac

sea salt to taste

COMBINE. Place chopped coriander, tomatoes, red onion, and garlic in bowl and add cooled beluga lentils. Top with lime juice and sumac.

NOTE: If you are avoiding lentils, you can choose to make the raw version of this recipe, Spiced Cauliflower Rice Salad, which leaves out the lentils and uses cauliflower rice instead.

DRESSINGS

CREAMY ZUCCHINI DRESSING – **B R**

Makes about 1 cup

1 large zucchini, roughly chopped

¼ cup tahini

2 tablespoons extra virgin olive oil

1 lemon, juiced

1 garlic clove

½ bunch fresh dill, roughly chopped

sea salt and black pepper to taste

COMBINE. Place all ingredients in a high-speed blender and blend until smooth. Add a few tablespoons of water, if the dressing is too thick. Store in an airtight container in the refrigerator.

ASIAN SWEET & SPICY DRESSING – **B R T**

Makes about 1 cup

1 orange, juiced

1 lemon, juiced

3 tablespoons raw, sprouted tahini

½ cup raw cashews, soaked for 1 hour (optional)

1 tablespoon coconut aminos (optional)

¼ cup raw sesame oil

3 tablespoons raw honey

1 pinch cayenne

salt, to taste

NOTE: If you choose to include the cashews, this recipe should be reserved for the transition week only. Omitting the nuts keeps this recipe cleanse-friendly.

COMBINE. Place all ingredients in a high-speed blender and blend until smooth.

LEMON CORIANDER DRESSING – B R

Makes about ½ cup

1 lemon, juiced

½ bunch coriander chopped

1 garlic clove

½ cup raw sunflower seeds, soaked and drained

2 tablespoons extra virgin olive oil

sea salt and black pepper to taste

COMBINE. Place all ingredients in a high-speed blender and blend until smooth.

CORIANDER CHUTNEY (SPICY OPTION) – **B R**

Makes about 2 - 3 cups

1 whole bunch coriander

2 green chilies (optional)

1 whole bunch mint

1 cup dried unsweetened coconut flakes

4 tablespoons coconut sugar (maple syrup will work well too)

1 lemon, juiced

1 teaspoon ground cumin

1 teaspoon ground garam masala

1 teaspoon sea salt

½ teaspoon ground pepper

pinch cayenne pepper

2 cups coconut water

2 tablespoons aloe vera gel or liquid (optional)

COMBINE. Place all ingredients in a high-speed blender and blend until smooth.

SPICY OPTION: You can opt to make this recipe spicy by adding in the green chilies or not by leaving them out. It's up to you! Adjust the heat level by adding in more or fewer green chilies. (Please do not use jalapenos. They flavour this recipe differently.) If you cannot find small green chilies in the market, look for them at an Indian grocery store.

SERVE OR STORE IN REFRIGERATOR. Serve this chutney on pizzas, sandwiches, lightly sautéed chickpeas, salads, etc. Keep the amazing ingredients in this chutney raw and add to cooked meals after cooking is completed. The coriander is an excellent detoxifier and the spices provide warmth and balance to your dish. This recipe fills a whole mason jar and keeps in the refrigerator for up to 3 weeks.

SWEET-SALTY TAHINI SAUCE – **B R**

Makes about 1 cup

½ cup tahini

3 dates, pitted

½ teaspoon raw honey

2 stalks celery, chopped

2 garlic cloves

¼ - ½ teaspoon red pepper flakes

BLEND ALL INGREDIENTS. This recipe makes a delicious tahini sauce that you can make once and use for up to one week on the cleanse. If you want to make it saltier, try adding some dulse flakes. The salt is omitted here on purpose.

CORIANDER TAHINI DRESSING – **B R**

Makes 2 cups

1 orange, juiced

1 lemon, juiced

3 tablespoons raw, sprouted tahini

3 garlic cloves

1 ½ cups coriander

1 ½ tablespoons raw honey

1 pinch cayenne sea salt to taste

COMBINE. Place all ingredients in a high-speed blender and blend until creamy.

LEMON HONEY DRESSING (TWO WAYS) – **B FF R W**

Makes about ½ cup

Option 1

1 lemon, juiced

1 teaspoon raw honey

1 garlic clove

2 tablespoons olive oil

Option 2: Fat-Free

1 lemon, juiced

1 teaspoon raw honey

1 garlic clove

½ inch piece ginger

coconut water, as needed for blending

BLEND ALL INGREDIENTS. Makes a delicious dipping sauce for artichokes or dressing for a salad.

COCONUT YOGURT DRESSING – **B R**

Makes 1 cup

1 cup coconut milk

1 lime, juiced

1 teaspoon cumin

½ teaspoon sea salt

BLEND INGREDIENTS TOGETHER.

CHERRY LIME DRESSING – **B FF R W**

Makes about 1 cup

1 cup frozen red cherries, thawed

½ lime, juiced

1 tablespoon raw honey

½ inch piece ginger

BLEND ALL INGREDIENTS. Use this beautiful dressing to top salads or fruit.

SUNDRIED TOMATO DRESSING – **B FF R W T**

Makes 1 - 2 cups

1 cup sundried tomatoes, soaked

½ red bell pepper

2 dates, pitted

¼ cup raw cashews, soaked (optional)

⅓ cup raw macadamia nuts (optional)

1 stalk celery, chopped

2 garlic cloves

1 lime, juiced

NOTE: You can make this raw recipe fat-free or include the nuts and use it as a transition recipe only.

SOAK. Soak the sun-dried tomatoes in hot water for about 10-15 minutes until soft.

BLEND TO CHUNKY CONSISTENCY. Transfer sun-dried tomatoes and soak water to blender. Add in all other ingredients and blend. (Omit nuts, if you want to keep recipe fat-free.) Don't over blend; the mixture should be a little chunky.

SAUCES

MARINARA SAUCE - **B**

Makes about 2 cups

6 cloves garlic, coarsely chopped

16 ounces strained tomato sauce

2 tablespoons olive oil

2 teaspoons maple syrup

½ lemon, juiced (plus more to taste)

¾ teaspoon sea salt

BLEND. Place all ingredients in blender and blend until smooth. You can use this ubiquitous sauce to top pizzas, over roasted veggies, and in other recipes too! It also freezes well, if you have extra.

PINE NUT PESTO – **B R**

Makes about ½ cup

2 cups basil leaves

½ cup coriander

2 garlic cloves

½ cup pine nuts

½ teaspoon sea salt

2 tablespoons extra virgin olive oil

water to blend

BLEND. Place all ingredients in high-speed blender and blend until smooth, adding water as needed.

RAW SRIRACHA – **B FF R W**

Makes 2 - 4 servings

1 red bell pepper, stem removed

1 jalapeño

1 small tomato

4 dates

¾ cup sun-dried tomatoes

4 cloves garlic

½ lemon, juiced

1 tablespoon honey

¼ teaspoon red pepper flakes (adjust to taste)

COMBINE. Combine all ingredients in a food processor and process until well combined. If using sun-dried tomatoes that are very dry, soak for 30 minutes prior in cool water. Adjust red pepper to reflect desired heat.

NOTE: Stores well in the fridge for approximately 5 days.

TOMATO SAUCE (KETCHUP) – **B FF**

Makes about 2 cups

6 ounces tomato paste

⅓ cup apple juice

2 tablespoons lemon juice

2 teaspoons raw honey

¼ teaspoon dried onion powder

¼ teaspoon garlic powder

¼ teaspoon dried oregano

pinch cayenne pepper or chili flakes (optional)

sea salt to taste (optional)

COMBINE. Blend or whisk the ketchup ingredients together until smooth. Taste and adjust seasonings as desired.

GUACAMOLE – **R**

Makes 2 servings

2 avocados

¼ bunch coriander, chopped

2 tablespoons onion, chopped

1 small tomato, chopped

1 lime, juiced (lemon can be used in place of lime)

dash of cayenne pepper (optional)

pepper, to taste

MIX THE GUACAMOLE. Split the avocado in half and twist apart. Remove the pit. Scoop out the avocado flesh into a bowl. Add coriander, onion, tomato, lime cayenne, and sea salt. Mash mixture with a fork and serve immediately.

COCONUT MUSHROOM CREAM SAUCE - **B**

Makes 3 cups

2 cups coconut milk

2 tablespoons coconut cream (thick part of the milk)

4 garlic cloves

1-inch piece ginger

1 lemon, juiced

1 tablespoon coconut oil

2 cups shiitake mushrooms

SAUTÉ. Sauté mushrooms and 2 cloves of garlic in coconut oil. Add sea salt to taste.

BLEND INGREDIENTS. Blend the coconut milk, cream, garlic, ginger, lemon, and the cooked mushrooms. This makes a delicious mushroom sauce.

CASHEW-HORSERADISH CREAM SAUCE – **B T**

Makes about 2 cups

2 cup cashews, soaked

3 garlic cloves

1 lime, juiced

2 teaspoons Brown's mustard (optional)

½ inch fresh horseradish

1 cup filtered water

1 teaspoon raw honey

½ - 1 teaspoon sea salt

BLEND ALL INGREDIENTS.

ENTRÉES

ROASTED ASPARAGUS WITH SWEET POTATOES - **B**

Makes 2 servings

2 large sweet potatoes

1 bunch asparagus

1 garlic bulb (entire head, peeled & separated)

1 large onion, chopped

1 tablespoon coconut oil

sea salt and black pepper

½ cup Lemon Coriander Dressing (SEE DRESSINGS)

PREHEAT YOUR OVEN. Set your oven to 400 degrees Fahrenheit.

ROAST SWEET POTATOES. Place 2 sweet potatoes on a baking tray and pierce several times with a fork or knife. Bake for about 30 minutes to 1 hour. The larger the sweet potato, the more time it takes to cook. You know the sweet potato is done when you can easily pierce the centre with a knife or fork.

ROAST ASPARAGUS. While the sweet potatoes are baking, prepare the remainder of the meal. Trim the bottom 1 inch of the asparagus and discard. Chop remaining asparagus into 1-inch pieces and place in a mixing bowl. Add garlic cloves and chopped onion. Massage with coconut oil, sea salt, and black pepper. Spread mixture in an even layer on a baking sheet and roast for about 20 minutes until the vegetables are light brown.

COMBINE. Serve vegetable mixture over roasted sweet potatoes. Top with Lemon Coriander Dressing and serve.

ROASTED BUTTERNUT SQUASH WITH KALE – **B**

Makes 2 servings

1 medium-sized butternut squash

sea salt and black pepper to taste

1 tablespoon coconut oil

1 small onion, chopped

1 bunch kale, chopped (any variety)

1 cup frozen peas

½ cup Creamy Zucchini Dressing (SEE DRESSINGS)

PREHEAT YOUR OVEN. Set your oven to 400 degrees Fahrenheit.

ROAST SQUASH. Split squash in half lengthwise. Scoop out seeds with a spoon. Place the squash on a baking tray, flesh side up, and season with sea salt and black pepper. Roast for about 1 hour until the flesh and skin are tender.

SAUTÉ. While the squash is roasting, melt coconut oil in a medium sized frying pan over medium heat. Add chopped onion. Sauté for about 3 minutes, then add chopped kale. Sauté for another 5 minutes, then add frozen peas. Continue to sauté for another 5 minutes until the kale is wilted and tender.

ASSEMBLE. When you are ready to serve, take each half of the squash and top with the kale mixture. Serve with Creamy Zucchini Dressing.

VEGETABLE STIR FRY (FAT-FREE OPTION) - **B FF**

Makes 1 serving

1 tablespoon coconut oil (optional)

1 small onion, chopped

1 fennel bulb, sliced

1 cup sliced carrot

1 medium-sized head bok choy (full-sized)

1 cup sliced purple cabbage

1-inch piece ginger, grated

sea salt and black pepper to taste

1 bunch coriander, chopped

1 lime, juiced

FAT-FREE OPTION: To make this recipe fat-free, use water or vegetable broth in place of the coconut oil. Start with 3 tablespoons and add more as needed.

SAUTÉ. Melt coconut oil in a large sauté pan over medium heat. Add onion and sliced fennel. Sauté for about 5 minutes, then add sliced carrot. Sauté for another 3 minutes, then add chopped bok choy and cabbage. Season with ginger, sea salt, and black pepper. Mix well and cover. Let the mixture cook down for about 5 minutes. Toss with chopped coriander and lime juice before serving.

SPICY CABBAGE MASALA (FAT-FREE OPTION) – **B FF**

Makes 2 servings

1 tablespoon mustard seeds

1 tablespoon cumin seeds

6 curry leaves (can be found in a health food store or Indian grocery store)

1 green chilli (jalapeno or serrano - optional)

1 teaspoon turmeric powder

1 onion, chopped

6 garlic cloves, minced

1 tomato, chopped

1 cabbage, finely chopped

1-inch piece ginger, finely chopped

1 tablespoon coconut oil (optional)

sea salt to taste

CHOP CABBAGE. Cut the cabbage in half. Finely chop by hand or in a food processor. Be careful not to over process and cause the cabbage to release a lot of liquid.

FAT-FREE OPTION: To make this recipe fat-free, use water or vegetable broth in place of the coconut oil. Start with 3 tablespoons and add more as needed.

SAUTÉ. Once the cabbage is ready, sauté the onions and garlic together in coconut oil. Add in the mustard seeds, cumin seeds, and curry leaves. Sauté for about 2 - 3 minutes, then add in the chopped tomatoes. Sauté tomatoes until mushy. Add the chopped cabbage, turmeric, green chilli, and sea salt. Sauté for 15 minutes more.

POTATO MASALA (FAT-FREE) – **B FF**

Makes 3 - 4 servings

4 dried guajillo red chillies (substitute another type of dried chilli pepper, if necessary)

10 potatoes, cubed and steamed

1 teaspoon cumin seeds

1 teaspoon mustard seeds

2 teaspoons tamarind paste

1 cup coriander, chopped

1 lime, juiced

1 tablespoon olive oil (optional)

sea salt to taste

STEAM POTATOES. Cube and steam the potatoes. While they are steaming, you can start to prepare the sauce.

NOTE ABOUT SPICE: If you do not like a lot of spice, you are welcome to either a) use fewer peppers to soak or b) make the recipe as is and use less sauce on your potatoes.

BLEND. Transfer soft chillies, tamarind paste, and soak water to blender. Add the cumin seeds and sea salt. Blend at high speed, adding more water, if needed, to make a smooth sauce.

SAUTÉ MUSTARD SEEDS. Sauté the mustard seeds in olive oil for about 2 minutes.

FAT-FREE OPTION: Eliminate the oil and dry-roast the mustard seeds in the pan for about 2 - 3 minutes until they start to pop. Remove from heat as soon as they start to pop.

COMBINE. Add the blended sauce to the mustard seeds in the pan. Add the steamed potatoes and mix the sauce evenly. Top with coriander and lime juice. Serve!

SOAK CHILLIES. Soak the dried guajillo chillies and the tamarind paste for 15 minutes with enough hot water to cover the chilies.

POTATO-CRUST PIZZA (LOW-FAT)

Makes 1 pizza

FOR THE CRUST

8 medium potatoes, steamed

6 garlic cloves, minced

3 teaspoons arrowroot powder

1 sprig rosemary

1 teaspoon sea salt

FOR THE SAUCE

½ cup Marinara Sauce

¼ cup Pine Nut Pesto

FOR THE VEGGIES

6 swiss brown or button mushrooms, sliced

½ red onion, finely sliced

1 red bell pepper, julienned

PREHEAT YOUR OVEN. Set your oven to 350 degrees Fahrenheit.

MASH POTATOES. Once potatoes are steamed, add the minced garlic, fresh rosemary (use the whole sprig) and sea salt. Then, mash the potatoes. At the very end, add the arrowroot powder. Mix in thoroughly.

BAKE CRUST. Line a pizza dish with parchment paper. Spread mashed potatoes evenly in dish. Bake in the oven until crisp. Then, flip the crust (easy to do with the parchment paper on the bottom) and bake the other side until crisp.

NOTE ABOUT CRUST: The crust will not hold a lot of veggies but will hold some light veggies. Either way, it tastes great.

TOP YOUR PIZZA AND BAKE. Once the crust is done, spoon the marinara sauce onto the potato crust. Add the chopped veggies and bake again. Once the veggies are slightly cooked. Take the pizza out of the oven.

ADD PESTO. Spoon the raw pesto on top and enjoy! This recipe is uber-delish and satisfying.

OPTIONS: You can bake the pizza with the pesto on top, if you prefer. Also, when you are done cleansing, you can add cashew cream on top as a cheese. However, if you want to keep this meal low fat, do it without the cheese sauce.

CAULIFLOWER STEAK WITH CORIANDER CHUTNEY

Makes 2 - 4 servings

1 - 2 large cauliflower heads (easiest to cut into steaks)

1 tablespoon coconut oil (optional, omit for oil-free)

1 tablespoon maple syrup

8 garlic cloves, halved

1 red onion, finely sliced

1 teaspoon smoked paprika

½ cup Coriander Chutney

NOTE: Choose the largest cauliflower you can find; they're much easier to cut into steaks.

PREHEAT YOUR OVEN. Set your oven to 450 degrees Fahrenheit.

CUT STEAKS. Remove the outer leaves and trim the stem end. Hold cauliflower with its base on a cutting board. Make one cut through the centre of the cauliflower to divide it in half. Then cut each half into 3/4-inch thick slices.

BAKE. Coat the cauliflower, garlic, and onions in the coconut oil (if using) and maple syrup. Spread out on a baking tray lined with parchment paper. Bake in the preheated oven until crisp.

SEASON AND SERVE. Once done, sprinkle smoked paprika on top. Serve with a dollop of coriander chutney on each steak.

SPAGHETTI SQUASH NOODLES WITH MUSHROOM SAUCE - **B**

Makes 4 servings

1 spaghetti squash, cut in half

1 cup Coconut Mushroom Cream Sauce

4 cups button or swiss brown mushrooms

6 garlic cloves

1 tablespoon coconut oil (optional, omit for oil-free)

3 stalks green onions, chopped

½ teaspoon smoked paprika

PREHEAT YOUR OVEN. Set your oven to 400 degrees Fahrenheit.

BAKE THE SQUASH. In a baking tray, pour in a half-inch of water and place the spaghetti squash flat side down. Bake in oven for 35 to 45 minutes.

SAUTÉ. Sauté the mushrooms with the garlic in coconut oil or water and set aside.

PREPARE THE COCONUT MUSHROOM CREAM SAUCE.

ASSEMBLE. Once the spaghetti squash is cooked through, fork out the spaghetti squash noodles in a bowl. Pour the Coconut Mushroom Cream Sauce onto the noodles. And top with the mushrooms and green onions.

SPICED CAULIFLOWER AND BROCCOLI WITH MIXED GREENS - **T**

Makes 2 servings

1 head cauliflower, chopped

1 bunch broccoli, chopped

1 tablespoon coconut oil

1 teaspoon curry powder

sea salt and black pepper to taste

4 cups mixed greens

¼ cup raw walnuts OR raw pumpkin seeds (optional)

½ cup Lemon Coriander Dressing

PREHEAT YOUR OVEN. Set your oven to 400 degrees Fahrenheit.

COMBINE. Place chopped cauliflower and broccoli in a large mixing bowl. Massage with coconut oil, curry powder, sea salt, and black pepper.

ROAST CAULIFLOWER AND BROCCOLI. Spread mixture in a single layer on baking sheet and roast for 20 to 25 minutes until vegetables are golden brown along the edges. When done, set aside to cool.

ASSEMBLE. Divide mixed greens between 2 serving bowls. Top with roasted vegetables (warm or cold) and walnuts or pumpkin seeds, if desired. Serve with Lemon Coriander Dressing.

NOTE: By using the pumpkin seeds over the walnuts or omitting altogether, you keep this recipe a cleanse recipe rather than a transition recipe.

VEG TACOS – **R** Makes 2 servings

1 cup raw sunflower seeds, soaked and drained

1 lime, juiced

1 heaping teaspoon taco seasoning

4 romaine lettuce leaves or collard green leaves

1 avocado, chopped

1 small red onion, finely chopped

½ cup Creamy Zucchini Dressing

COMBINE. Place sunflower seeds, lime juice, and taco seasoning in a high-speed blender or food processor. Pulse until well mixed, but not smooth like peanut butter. Spoon the taco mixture into romaine or collard leaves. Top with avocado, red onion, and Creamy Zucchini Dressing.

SESAME-GINGER VEGETABLE AND NOODLE STIR FRY – **T**

Makes 2 servings

8 ounces noodles (chickpea noodles, like Banza OR veggie noodles, like sweet potato or butternut squash)

1 tablespoon toasted sesame oil

1 small onion, chopped

1 fennel bulb, sliced

1 cup carrot, sliced

1 medium-sized head bok choy (full-sized)

1 cup purple cabbage, sliced

1 inch piece ginger, grated

sea salt and black pepper to taste

1 bunch coriander, chopped

1 lime, juiced

2 teaspoons sesame seeds

COOK OR CREATE NOODLES. If using chickpea noodles, cook according to package instructions, drain and set aside. If using vegetable noodles, create the noodles using a spiralizer.

NOTE: You can purchase spiralized veggie noodles from most grocery stores. This can be helpful, if you want to save time OR you don't have a spiralizer. By using the veggie noodles, you also keep this recipe a cleanse recipe rather than a transition recipe.

SAUTÉ. Melt coconut oil in a large sauté pan over medium heat. Add onion and sliced fennel. Sauté for about 5 minutes, then add sliced carrot. Sauté for another 3 minutes, then add chopped bok choy and cabbage. Season with ginger, sea salt, and black pepper. Mix well and cover. Let the mixture cook down for about 5 minutes.

COMBINE. Toss mixture with chopped cilantro, lime juice, and noodles. Top with sesame seeds before serving.

SNACKS

TAHINI DATE BALLS – **B R**

Makes about 12 balls

1 cup sunflower seeds

1 cup pitted dates

¼ cup tahini

¼ cup maple syrup

1 cup unsweetened shredded coconut (plus extra for rolling balls)

BLEND. Pour sunflower seeds into a high-speed blender or food processor. Quickly pulse until seeds are ground into powder, but not a seed butter. Add remaining ingredients. Continue to pulse until it forms a dough.

FORM AND ROLL BALLS. Scoop balls and roll in shredded coconut to coat. Store in an airtight container in the refrigerator.

FRUIT ENERGY BALLS – **B R**

Makes about 12 balls

1 cup pitted dates

½ cup dried apricots

¼ cup raw pumpkin seeds

¼ cup chia seeds

2 teaspoons cinnamon

1 teaspoon turmeric

¼ cup hemp seeds

BLEND. Place dates and apricots in a high-speed blender or food processor. Blend into a sticky paste. Add pumpkin seeds, chia seeds, cinnamon, and turmeric. Pulse mixture into a dough.

FORM AND ROLL BALLS. Scoop mixture into balls and roll in hemp seeds to coat. Store in an airtight container in the refrigerator.

TOASTED PUMPKIN SEEDS - **B**

Makes 2 cups

2 cups raw pumpkin seeds

1 tablespoon coconut oil

sea salt to taste

PREHEAT YOUR OVEN. Set oven to 375 degrees Fahrenheit

COMBINE. Place pumpkin seeds in a mixing bowl and add coconut oil and sea salt. Mix until all seeds are coated with oil.

BAKE. Spread seeds in an even layer on baking sheet. Bake for about 20 minutes until seeds are golden brown in colour. Let seeds cool, then store in an airtight container.

KALE CHIPS - **B**

Makes 1 - 2 cups

1 bunch kale

1 tablespoon coconut oil

sea salt to taste

PREHEAT YOUR OVEN. Set your oven to 275 degrees Fahrenheit.

PREP KALE. Wash and dry kale completely. Remove stalks and tear leaves into bite-sized pieces. Place in a mixing bowl and lightly coat with coconut oil and sea salt.

BAKE. Spread kale on a baking sheet and bake for 10 minutes. Flip each leaf and bake for another 10 minutes until edges are crisp.

STEAMED ARTICHOKES WITH COCONUT DIP - **B**

Makes 3 - 6 servings

6 artichokes, steamed

½ cup coconut milk (from a can or use fresh coconut milk)

⅓ cup dried unsweetened coconut flakes

1 lemon, juiced

3 garlic cloves

1 teaspoon sweet paprika

sea salt to taste

STEAM THE ARTICHOKES.

BLEND REMAINING INGREDIENTS. Put coconut milk, coconut flakes, lemon juice, garlic, and paprika in a blender and blend until smooth.

SWEET POTATO TOAST - **FF**

Makes 3 - 4 servings

2 sweet potatoes, sliced lengthways

¼ cup Guacamole (optional)

¼ cup pumpkin seed butter (optional)

raw honey, to taste (option)

2 tablespoons Raw Sriracha, to taste (optional)

2 - 4 leaves butter leaf lettuce (optional)

2 stalks celery, julienned into 3-inch sticks (optional)

TOAST SWEET POTATOES. Place the sweet potato slices in a toaster on high for about 5 minutes or until cooked through. You may need to toast multiple times depending on the length of your toaster settings.

TOP SWEET POTATOES. Top sweet potatoes with toppings of choice. See option combinations below.

TOPPING 1: Easy Guacamole - Spread guacamole over sweet potato toast.

TOPPING 2: Pumpkin seed butter - Spread a little pumpkin seed butter on the sweet potato toast. Drizzle with raw honey.

TOPPING 3 (FAT-FREE): Raw Sriracha, butter leaf lettuce, and celery sticks - Top the sweet potato toast with sriracha, butter leaf lettuce, and finely sliced celery sticks.

TOPPING 2: Pumpkin seed butter - Spread a little pumpkin seed butter on the sweet potato toast. Drizzle with raw honey.

TOPPING 3 (FAT-FREE): Raw Sriracha, butter leaf lettuce, and celery sticks - Top the sweet potato toast with sriracha, butter leaf lettuce, and finely sliced celery sticks.

DEHYDRATED TOMATOES – **B R**

Makes about ½ cup

6 tomatoes, thinly sliced

3 tablespoon olive oil

1 cup basil

sea salt to taste

COMBINE THE DRESSING INGREDIENTS. Blend the olive oil, basil, and sea salt together.

DEHYDRATE THE TOMATOES. Cover the tomatoes with the dressing, lay flat on the dehydrator trays and dehydrate at 105 degrees Fahrenheit until chewy.

DEHYDRATED CARAMELIZED ONIONS – **B FF R W**

Makes about ¼ cup

1 red onion, thinly sliced

4 tablespoons raw honey

2 tablespoons filtered water

sea salt to taste

COMBINE THE DRESSING INGREDIENTS. Mix the raw honey, water and sea salt together.

DEHYDRATE THE ONIONS. Cover the onions in the dressing, lay flat on dehydrator sheets and dehydrate at 105 degrees Fahrenheit until crisp.

VEGGIE SPRING ROLLS WITH ALMOND DIPPING SAUCE – **FF R W T**

Makes 2 servings

FOR DIPPING SAUCE (OPTIONAL - DURING TRANSITION) 2 tablespoons almond butter

1inch piece ginger, grated

2 limes, juiced

1 tablespoon honey

1 teaspoon toasted sesame oil sea salt and black pepper to taste

FOR SPRING ROLLS

4 romaine lettuce leaves or collard green leaves

1 cup chopped purple cabbage

1 large carrot, grated

1 small cucumber, cut into 1-inch sticks

1 handful fresh mint leaves

1 bunch coriander, chopped

½ cup Lemon Honey Dressing

RAW, FAT-FREE, WEIGHT-LOSS OPTION: Instead of using Almond Dipping Sauce, substitute with Lemon Honey Dressing

Option 2: Fat Free. To proceed with this option, skip the COMBINE step and move straight to ASSEMBLE.

COMBINE. Place almond butter, ginger, lime juice, honey, sesame oil, sea salt, and black pepper in a mixing bowl. Mix well and set aside.

ASSEMBLE. Place romaine or collard leaves on a serving plate. Fill each leaf with cabbage, carrot, cucumber, mint, and coriander. Roll like a burrito and serve with dressing or dipping sauce choice.

SWEET & SPICY MUSHROOMS - **B**

Makes 2 servings

1 sweet or yellow onion, sliced

4 cups of swiss brown or button mushrooms, sliced

6 garlic cloves, minced

2 tablespoons ginger, minced

1 tablespoon coconut oil

1 tomato chopped

1 teaspoon raw honey

½ teaspoon cayenne

1 teaspoon cumin powder

sea salt to taste

1 cup coriander

1 green chilli, chopped (optional)

SAUTÉ. Sauté onion, garlic and ginger in coconut oil. Add in the tomatoes, cayenne, cumin, honey and sea salt. Then add the mushrooms. Cook for just a few minutes until the mushrooms soften.

GARNISH. Remove from heat. Top with coriander and green chillies (if you can handle them) and serve.

GARLIC PEAS **B FF W**

Makes 3 - 6 servings

2 10-ounce bags of frozen peas

½ teaspoon coconut oil (optional)

8 garlic cloves, chopped

½ lemon, juiced

¼ teaspoon cayenne

½ teaspoon chaat masala (optional)

sea salt to taste

FAT-FREE OPTION: To make this recipe fat-free, use water or vegetable broth in place of the coconut oil. Start with 3 tablespoons and add more as needed.

SAUTE GARLIC. Sauté the chopped garlic cloves in coconut oil at medium heat until they start to turn colour. Add in the frozen peas. Cook until soft.

DESSERTS

FROZEN BERRY YOGURT BITES - **B**

Makes 15 - 20 bites

2 cups non-dairy yogurt

1 cup frozen berries

1 teaspoon vanilla extract

1 tablespoon honey

COMBINE. Place all ingredients in a mixing bowl and mix well.

FREEZE. Pour mixture into an ice cube tray and freeze for several hours.

SPICED CANTALOUPE – **FF R W**

Makes 1 serving

2 cups chopped cantaloupe melon

1 teaspoon pumpkin pie spice

COMBINE. Place chopped cantaloupe in a bowl. Mix with pumpkin pie spice and enjoy.

COCONUT WHIPPED CREAM - **R**

Makes about 1 - 2 cups

1 can coconut milk, refrigerated

1 teaspoon raw vanilla bean powder

1 teaspoon lime juice

2 tablespoons maple syrup

REFRIGERATE COCONUT MILK CAN AND BOWL. It is really important for the coconut milk can be refrigerated for a minimum of 8 hours, or overnight. Also, refrigerate the bowl you plan to use.

WHIP CREAM. Open the coconut milk can and scoop out the SOLID part of the coconut cream into the cold bowl. Save the remaining liquid for another use. Whip the cream using an electric beater until it stiffens and produces a few peaks. Add maple syrup, lime juice, and vanilla to bowl. Beat for a couple more minutes and serve.

FRUIT WITH COCONUT WHIPPED CREAM - **R**

Makes 2 - 4 servings

1 banana sliced

1 cup pomegranate seeds

3 mandarins, peeled & segmented

1 cup raspberries

½ cup Coconut Whipped Cream

COMBINE. Put all fruit in a bowl and top with coconut whipped cream.

CHERRY GOODNESS – **FF R W**

Makes 1 - 2 servings

2 cups sweet dark red cherries (frozen and thawed work great too)

1 orange, juiced

1 lime, juiced

2 tablespoons raw honey

¼ cup Coconut Whipped Cream (optional)

BLEND. Place orange juice, lime juice, and honey in a blender and blend to combine.

SERVE. Pour over the cherries and enjoy!

CARDAMOM-HONEY PEARS – **FF R W**

Makes 2 - 3 servings

6 ripe pears, quartered and cored

2 limes, juiced

2 tablespoons raw honey

1 teaspoon cardamom

PREPARE THE PEARS. Quarter and de-core the pears.

COMBINE. Mix together the raw honey, lime juice and cardamom. Drizzle the dressing on top of pears and serve!

OPTIONAL: Top with coconut whipped cream. This option will add fat to the recipe.

WILD BLUEBERRY BANANA NICE CREAM WITH RASPBERRY SAUCE – **B FF R W**

Makes 2 servings

4 frozen bananas

1 cup frozen wild blueberries

2 tablespoons raw honey

1 cup raspberries (fresh)

3 tablespoons maple syrup

BLEND FROZEN BANANAS. Blend the frozen bananas in your highspeed blender to make banana nice cream. Pour into a bowl.

BLEND FROZEN WILD BLUEBERRIES. Rinse out blender. Then, blend the wild blueberries with raw honey. Pour into a separate bowl.

BLEND RASPBERRIES. Rinse out blender. Then, blend the raspberries with maple syrup to make the raspberry sauce.

SWIRL NICE CREAM. Quickly swirl the wild blueberry and honey mixture into the banana nice cream with a spoon, until evenly swirled.

SCOOP NICE CREAM. Scoop out the nice cream you wish to eat. Drizzle with raspberry sauce.

STORE LEFTOVERS. Put the rest of the nice cream in the freezer for later. You can use the raspberry sauce for about 4-6 days.

KIWI-MANGO POPSICLES – **B FF R W**

Makes 6 popsicles

2 cups mango, cubed

¾ cup coconut water

2 tablespoons raw honey

2 kiwis, peeled and sliced in rounds

PREPARE IN ADVANCE. These are a great dessert to prepare during the pre-cleanse days so that you have it ready throughout the rest of the cleanse. It is a great way to batch prep food.

BLEND. Make sure your popsicle mould and sticks are ready. Blend the mango, honey and coconut water together. Fill your popsicle moulds ⅔ of the way full.

ADD KIWI. Place the sliced kiwi into the moulds. Fit 2-3 slices per mould. The liquid is thick enough that the kiwi slices will not sink to the bottom.

FREEZE. Freeze for about 1 ½ hours before inserting popsicle sticks (this is so you don't end up just pushing the kiwi down when you insert the sticks). Then, freeze until solid, about another 3 – 4 hours.

Disclaimer

Drawing on my background, training, skills, and life experiences, I support my clients— spiritually, mentally, emotionally and physically. I am not a medical doctor, dietitian, or nutritionist. I do not hold a degree in medicine, dietetics, or nutrition. I make no claims to any specialized medical training, nor do I dispense medical advice or prescriptions.
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