

Spring Cleanse

restore & replenish



Wendy Patrucco

SPRING CLEANSE

I'm so glad you're here. I want you know that I respect where you've been and where you want to go.

Before we dive deep, let's figure out the differences between a cleanse and detox.

Here's the scoop.

A detox removes foods that are slowing you down, making you feel sick, clogging up your sinuses, causing gas and bloat and leaving you feeling tired and unfocused. These common foods are muddying the waters.

Sometimes the things we're removing are foods and sometimes they're behaviors, beliefs, and habits that are contributing to feeling of dis-ease.

A cleanse is the same thing but different! A cleanse goes deeper.

During the Spring Cleanse, you'll go to the organs of detoxification to help them do a better job. You'll love your liver. You'll nourish your skin. You'll expand those lungs!

You'll give those organs and more a much deserved rest so they can catch up with their task of removing toxins from the body.

We'll also explore foods that are suspected triggers for inflammation like wheat, dairy, eggs, caffeine, sugar, alcohol, soy, nuts.

You'll be empowered to make sustainable changes because you'll understand how those foods act on your body. You'll cultivate a mindset that respects how your body works and what it needs to feel fantastic.

Let's Cleanse!

Wendy

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Look after your liver and it will look after you.

Your liver performs over 500 functions! It removes toxins, fights infections, makes enzymes and regulates hormones...to name just a few.

It is your body's factory, processing everything you eat and drink.

If you look after your liver then your liver will look after you.

BASIC PROTOCOL

Every minute your body is making 60 million chemical reactions as it responds to your inner terrain. Your body is looking for balance, and the new buzz word in functional medicine to describe this quest is homeodynamic. We're living in the waves of information the body perceives.

This daily basic protocol honors your homeodynamic self with gentle movement, self-love, hydration, and nourishment.

WAKE UP:

*brush teeth/scrape tongue
oil pulling
dry brush your skin before you shower
8-12 oz. of the morning elixir, water with
lemon or cranberry cleanser
morning meditation &/or set intentions*

BREAKFAST:

*make a yummy smoothie or a chia
breakfast pudding. I'm a big fan of the
chocolate breakfast bar!
Morning supplements*

MID-MORNING:

*(one or two hours later)
Tea or water with lemon
Snack, if needed*

LUNCH:

*8-12 oz. water with lemon juice
Salad or leftovers.*

MID-AFTERNOON:

*(one to two hours later)
Tea or Elixir
Snack, if needed*

DINNER:

*(Ideally, before 8 pm)
8-12 oz. water with lemon
Enjoy a dinner entree'
10-15 minute walk or gentle movement
Evening Supplements*

MID EVENING:

castor oil pack or Epsom Salt Bath

BEDTIME:

*(Ideally, 10 PM or earlier)
Tea or elixir
Snack, if needed
Journal
Express gratitude*

SAMPLE MENU

days 1-7

Take a deep breath and let this sample menu be your guide. It could be beneficial to know that you have a plan for your meals this week.

Never let yourself get too hungry! Enjoy snacks, protein balls, dips, green juice or a cup of tea in between meals, if needed.

Day	Breakfast	Lunch	Dinner
1	Fresh Smoothie	Spring Salad Bowl	Roasted Asparagus with Sweet Potato
2	Matcha Chia Pudding	Creamy Kale Salad	Vegan Taco Night
3	Berry Smoothie	Roasted Cauliflower Salad Bowl	Vegetable Stir Fry
4	Spiced Chocolate Breakfast Bar	Strawberry Spinach Salad	Spiced Cauliflower & Broccoli w/ Greens
5	Papaya Smoothie	Spring Salad Bowl	Roasted Asparagus with Sweet Potato
6	Fruit and Seed Yogurt Parfait	Arugula Salad with Roasted Beets	Roasted Cauliflower with Kale
7	Green Smoothie	Garlic Miso Soup with Spring Salad	Vegetable Stir Fry

JUST IN CASE YOU WANT TO CHANGE IT UP!

Day	Breakfast	Lunch	Dinner
1			
2			
3			
4			
5			
6			
7			

SUGGESTED SHOPPING LIST

days 1-7

VEGETABLES

Cucumber, 5
Spinach, 14 cups
Baby Spinach, 8 cups
Kale, 2 bunches + 1 cup
Spinach, 1 cup
Sprouts, 3 cups
Radishes, ¼ cup
Carrot, 5
Cauliflower, 3 heads
Mixed Greens, 6 cups
Red Onion, 2
Onion, 5
Beet, 1
Sweet Potato, 5
Arugula, 4 cups
Scallions, 3
Asparagus, 2 bunches
Romain Leaves, 4
Fennel Bulb, 2
Bok Choy, 2
Purple Cabbage, 2 cups
Broccoli, 1 bunch
Frozen Peas, 1 cup
Zucchini, 2

FRUITS

Grapefruit, 1
Green Apple, 1
Apple, 1
Lemon, 14
Fresh Berries, 1 cup
Raspberries, ½ cup
Dates, 1 cup
Papaya, ½ cup
Avocado, 7
Blueberries, 5 cups
Strawberries, 1 cup
Lime, 3

NUTS & SEEDS

Chia Seeds
Pumpkin Seeds
Sunflower Seeds

CONDIMENTS/MISC.

Matcha Powder
Protein Powder
Honey
Raw Cacao Powder
Coconut Flakes
Vanilla Extract
Coconut Oil
Miso Paste
Tahini
Extra Virgin Olive Oil

BEVERAGES & DIARY

Non-dairy Milk, 7 cups
Vanilla Non-dairy Yogurt, 1 cup

HERBS/SPICES

Mint Leaves, 10
Cinnamon
Ginger Powder
Dandelion, 1 ½ bunches
Turmeric
Sea Salt
Black Pepper
Garlic Cloves, 13
Garlic Bulb, 2
Taco Seasoning
Ginger, 2 inches
Cilantro, 6 bunches
Curry Powder
Dill, 1 bunch

SNACKS

TRANSITION MENU

days 8-14

Take a deep breath and let this sample menu be your guide. It could be beneficial to know that you have a plan for your meals this week.

Never let yourself get too hungry! Enjoy snacks, protein balls, dips, green juice or a cup of tea in between meals, if needed.

Day	Breakfast	Lunch	Dinner
1	Matcha Chia Pudding	Strawberry Spinach Salad	Veggie Spring Rolls w/ Almond Sauce
2	Fresh Smoothie	Creamy Kale Salad	Spiced Cauliflower & Broccoli w/ Walnuts
3	Spiced Chocolate Breakfast Bar	Arugula Salad w/ Beets and Sweet Potato	Vegetable Stir Fry with Soba Noodles
4	Berry Smoothie	Spring Salad Bowl	Vegan Taco Night with Brown Rice
5	Spinach and Onion Omelette	Roasted Cauliflower Salad Bowl	Vegetable Stir Fry
6	Chia Smoothie	Strawberry Spinach Salad w/ Eggs	Roasted Cauliflower Squash with Kale
7	Cinnamon Toast with Apple	Creamy Kale Salad	Spiced Cauliflower & Broccoli w/ Greens

JUST IN CASE YOU WANT TO CHANGE IT UP!

Day	Breakfast	Lunch	Dinner
1			
2			
3			
4			
5			
6			
7			

SUGGESTED SHOPPING LIST

days 8-14

VEGETABLES

Cucumber, 3
Spinach, 11 cups
Baby Spinach, 4 cups
Onion, 4
Red Onion, 3
Kale, 1 bunch
Radishes, ½ cup
Carrot, 6
Beet, 1
Sweet Potato, 1
Arugula, 4 cups
Sprouts, 1 cup
Cauliflower, 4 heads
Mixed Greens, 10 cups
Purple Cabbage, 3 cups
Broccoli, 2 bunches
Fennel, 2
Bok Choy, 2
Cauliflower 1
Frozen Peas, 1 cup
Kale, 2 bunches + 1½ cups
Romain Leaves, 4 + 2 cups
Zucchini, 3

FRUITS

Fresh Berries, 1 cup
Grapefruit, 1
Green Apple, 1
Apple, 3
Lemon, 10
Dates, 1 cup
Raspberries, ½ cup
Strawberries, 2 cups
Avocado, 5
Blueberries, 1 cup
Lime, 5

NUTS & SEEDS

Chia Seeds
Pumpkin Seeds
Walnuts
Sunflower Seeds

BEVERAGES & DAIRY

Non-dairy Milk, 5 ½ cups
Eggs, 6

SNACKS

CONDIMENTS/MISC

Matcha Powder
Honey
Coconut Flakes
Raw Cacao Powder
Vanilla Extract
Protein Powder
Coconut Oil
Ezekiel Bread,
Sunlower Seed Butter
Almond butter
Toasted Sesame Oil
Soba Noodles
Brown Rice

HERBS/SPICES

Mint Leaves, 16
Cinnamon
Ginger Powder
Sea Salt
Black Pepper
Dandelion, ½ bunch
Turmeric
Ginger, 3 inches
Cilantro, 6 bunches
Curry Powder
Taco Seasoning
Garlic Clove, 9
Dill, 2 bunches

*Know the importance of staying hydrated.
Your body is seventy percent water.
Aging is the result of your cells drying out.*

*But water does more than hydrate you.
Water also flushes your system, sends
oxygen throughout your blood and carries
away toxins.*

*During your cleanse, water will fill you
and heal you.*

*Be sure to drink at least 64 ounces of
water each day.*

Lemon Water Elixir

1 cup room-temperature water

1 tablespoon of raw apple cider vinegar

Juice of 1 lemon

dash of sea salt

1 teaspoon raw honey, maple syrup, or a few drops stevia to taste (optional)

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

Cranberry Cleanser

Makes 1 serving

2 tablespoons cranberry juice concentrate

1 cup room-temperature water

Juice from 1 lemon

Dash of cinnamon

1 teaspoon raw honey, maple syrup, or stevia to taste (optional)

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

Directions: Juice all ingredients through a juicer; add a dash of cinnamon, ginger or cayenne to enhance digestion. This is also known as warming digestion.

Here are a few reminders:

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

Yummy Juice

Makes 1 to 2 servings
 1 medium fennel bulb
 6 kale leaves
 1 cucumber
 1 green apple
 juice of 1 lemon

Green Juice

Makes 1 to 2 servings
 1 green apple
 1 bunch Swiss chard
 5 celery stalks
 1 bunch parsley
 dash of cayenne
 juice of 1 lemon

HEALTHY JUICE

Makes 1 to 2 servings

3 kale leaves

1 cup spinach

1 cucumber

1 handful of parsley

1 handful of cilantro

1 apple

juice of 1 lemon

BOOST JUICE

Makes 1 to 2 servings

4 kale leaves

1 orange

1 cucumber

4 celery stalks

juice of 1 lemon

¼ inch piece of fresh ginger

FRESH JUICE

Makes 1 to 2 servings

1 cup spinach

1 handful parsley

1 cup blueberries

1-inch piece of fresh ginger

juice of 1 lemon

All smoothies serve 1-2

In a blender, add all ingredients in the order they are listed. Blend until smooth. If you want your smoothie to be colder, add 3-4 ice cubes, then blend. Please only add ice cubes if you have a high-speed blender that can handle crushing ice.

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.

If you prefer not to use protein powder, 1-2 tablespoons of hemp seeds are an excellent alternative.

Green Smoothie

1 ½ cups non-dairy milk
½ avocado
1 scoop protein powder
1 cup spinach
1 cup blueberries
juice of ½ lemon

Chia Smoothie

1 ½ cups non-dairy milk
1 cup strawberries
1 scoop protein powder
½ cup kale
2 tablespoons chia seeds
2 tablespoons raw cacao

Papaya Smoothie

1 ½ cups non-dairy milk
1 cup spinach
1 scoop protein powder
½ cup papaya
4 mint leaves
½ avocado

Berry Smoothie

1 ½ cups non-dairy milk
1 scoop protein powder
1 cup kale
½ cup raspberries
2 tablespoons raw cacao
2 mint leaves

Fresh Smoothie

1 ½ cups non-dairy milk
1 cucumber
1 cup spinach
½ grapefruit
4 mint leaves
1 green apple
juice of 1 lemon

ALMOND MILK

Makes 4 cups

1 cup raw almonds, soaked for 8 hours

4 cups water

liquid sweetener to taste (optional)

Drain almonds and discard soaking liquid. Place in blender and add the 4 cups of fresh water. Blend for 1 to 2 minutes until the almonds are finely ground.

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

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

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

SUNFLOWER SEED MILK

Makes 4 cups

1 cup raw sunflower seeds, soaked for 8 hours

4 cups water

liquid sweetener to taste (optional)

Drain sunflower seeds and discard soaking liquid. Place in blender and add the 4 cups of fresh water. Blend for 1 to 2 minutes until the sunflower seeds are finely ground.

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

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

HEMP SEED MILK

Makes 2 cups

$\frac{1}{3}$ cup hemp seeds

2 cups water

$\frac{1}{8}$ teaspoon cinnamon

$\frac{1}{4}$ teaspoon pure vanilla

Place hemp seeds in blender and add the 2 cups of water. Blend for 1 to 2 minutes.

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

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

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

Matcha Chia Pudding

Serves 1

1 cup non-dairy milk
1/3 cup chia seeds
1/4 teaspoon matcha powder
honey or other sweetener to taste
1 cup fresh berries

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

Spiced Chocolate Breakfast Bar

Makes 10 bars

1 cup pitted dates
1 cup pumpkin seeds
1/2 cup unsweetened coconut flakes
2 tablespoons raw cacao powder
1/2 teaspoon vanilla extract
1 teaspoon cinnamon powder
1 teaspoon ginger powder

Combine all ingredients in a high-speed blender or food processor. Blend until mixture forms a ball. Scrape down sides with a spatula so that all ingredients are distributed as evenly as possible.

Place parchment paper on a cookie sheet. Scoop the mixture onto the parchment paper. Grease your fingers with coconut oil and press the mixture to about 1/4 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

Serves 1

1 cup vanilla non-dairy yogurt

1 teaspoon raw cacao

1 teaspoon cinnamon powder

1 cup fresh blueberries

¼ cup sunflower seeds

Combine all ingredients in a small bowl and serve.

Raisin Protein Balls

Makes about 12 balls

1 ½ cups raisins, soaked

½ cup coconut flour

1 scoop vanilla plant based protein powder

1/3 cup unsweetened coconut flakes

½ cup ground flax seed

¼ cup honey

2 teaspoons water

1 teaspoon cinnamon

1 teaspoon vanilla extract

Combine all the ingredients in a high-speed blender or food processor. Pulse until well mixed. Spoon into bite-sized balls. Store in an airtight container in the refrigerator for at least one hour before serving. This will allow the balls to stiffen. Store the balls in the airtight container for up to 7 days.

Chocolate Sunbutter Protein Balls

Makes about 12 balls

1 cup dates (about 8 dates) pitted

½ cup Sunflower Seed Butter

1 scoop protein powder

2 T. Cacao Powder

½ cup shredded coconut

Soak dates in warm water at least 10 minutes. Drain. Add dates, sunflower seed butter, protein powder and cacao powder in food processor. Pulse until well mixed. Add coconut and mix again. Should form a soft silky dough. Refrigerate dough for at least ½ hour to firm. Roll into balls. Enjoy immediately or keep in the frig for later.

Toasted Pumpkin Seeds

2 cups raw pumpkin seeds
1 tablespoon coconut oil
sea salt to taste

Preheat oven to 375 degrees F.

Add pumpkin seeds to a mixing bowl and add coconut oil and sea salt. Mix until all seeds are coated with oil. Spread seeds in an even layer on baking sheet. Bake for about 20 minutes until seeds are golden brown in color. Let seeds cool, then store in an airtight container.

Kale Chips

1 bunch kale
1 tablespoon coconut oil
sea salt to taste

Preheat oven to 275 degrees F.

Wash and dry kale completely. Remove stalks and tear leaves into bite-sized pieces. Place into a mixing bowl and lightly coat with coconut oil and sea salt. Spread on a baking sheet and bake for 10 minutes. Flip each leaf and bake for another 10 minutes until edges are crisp.

Sage Herb Pesto

1 bunch cilantro

1 bunch parsley

5 to 7 sage leaves

½ cup sunflower seeds

¼ cup extra virgin olive oil

sea salt and black pepper to taste

1 garlic clove

Combine all ingredients in a food processor or high-speed blender. Blend until smooth. Store covered in the refrigerator for up to 3 days.

Roasted Carrot Cauliflower Hummus

1 bunch large carrots, chopped
1 head cauliflower, chopped
2 tablespoons coconut oil
sea salt and black pepper to taste
½ cup tahini
¼ cup water
juice of 1 lemon
1 teaspoon cumin
1 teaspoon turmeric
¼ cup extra virgin olive oil

Preheat oven to 400 degrees F.

Coat the chopped carrots and cauliflower with coconut oil. Season with sea salt and black pepper. Roast for about 40 to 45 minutes. The vegetables should be tender and golden brown. Remove from the heat and set to the side to cool.

Place the cooled vegetables to a high-speed blender along with tahini, water, lemon juice, cumin, turmeric, and extra virgin olive oil. Blend until smooth. Season with salt and pepper if needed.

Mexican Spiced Trail Mix

½ cup dried unsulphured mango
1 cup sunflower seeds
1 cup pumpkin seeds
½ cup raisins
½ cup unsweetened coconut flakes
1 teaspoon chili powder
pinch of sea salt
juice of 1 lime

Preheat oven to 350 degrees F.

Combine all ingredients in a large mixing bowl. Layer onto a baking sheet. Bake for about 5 minutes and toss. Bake for another 3 to 5 minutes then let it cool on the counter before storing in an airtight container.

Pear Butter

3 pounds pears, cored and chopped (any variety)
1-inch piece of ginger, grated
1 teaspoon pumpkin pie spice
juice of 1 lemon
1 cup water

Combine all ingredients in a large pot over low to medium heat. Cover and simmer for about 1 hour. Be sure to stir every 10 minutes so that it does not burn. The mixture should be slightly chunky after cooking. If you want a smooth texture, blend the pear butter in a food processor or high-speed blender. If the pear butter is too runny, simply continue to cook over high heat without the cover and allow the excess water to evaporate until you get the desired

consistency. Serve Pear Butter with flax crackers. Store in a covered dish in the refrigerator for up to 5 days.

Basic Lentils

Serves 4

1 cup dried brown lentils

2 cups water

½ teaspoon sea salt

Rinse lentils and place into a medium sized pot over medium heat. Add water, salt, and cover. Bring to a boil. Reduce heat and simmer for about 15 minutes, stirring constantly to ensure that the lentils do not stick to the bottom. Cover and cook for another 15 minutes.

Please note that some lentils take longer to cook than others due to the age of the lentil – the longer the lentils have been in storage, the longer they may take to cook. After 30 minutes of cooking, taste to see if the lentils are tender. If they are still hard, add about ¼ cup of water, cover, and simmer for an additional 10 to 15 minutes.

Serve the lentils warm or cold.

Roasted Salmon

Serves 4

4 salmon fillets

1 tablespoon coconut oil

1 teaspoon garlic powder

1 teaspoon sea salt

1 teaspoon black pepper

Preheat oven to 400 degrees F.

Place salmon in a shallow baking pan, skin side up. Season with coconut oil, garlic powder, sea salt, and black pepper. Roast for about 6 minutes then remove from the oven. Let fish rest for about 5 minutes before serving.

Roasted Chicken

Serves 4 to 5

1 whole chicken (about 5 to 6 pounds), thawed

1 tablespoon coconut oil

1 tablespoon garlic powder

1 tablespoon herbes de Provence (or your favorite herb mixture)

sea salt and black pepper to taste

Preheat oven to 425 degrees F.

Remove the chicken from the package. Be sure to remove any giblets from the center of the chicken. Wash well and dry with a paper towel. Place in a roasting pan. Season the chicken with coconut oil, garlic powder, herbes de Provence, sea salt, and black pepper. Roast for 1 hour. Remove from the oven and use a fork or knife to pierce between the thigh and leg. If the meat is still tough and pink in appearance, place it back into the oven for another 15 to 20 minutes. The chicken is done when all the juices run clear after piercing the thigh and the skin is golden brown.

Place salmon in a shallow baking pan, skin side up. Season with coconut oil, garlic powder, sea salt, and black pepper. Roast for about 6 minutes then remove from the oven. Let fish rest for about 5 minutes before serving.

Quinoa

Serves 4

1 cup uncooked quinoa (any color)
2 cups water OR vegetable broth

Place quinoa and liquid of choice into a saucepan over medium heat. Cover and cook for about 15 minutes – or until all the liquid is absorbed. Keep covered and let set for about 5 minutes before fluffing with a fork.

Baked Sweet Potato

Serves 2

2 large sweet potatoes

Preheat oven to 400 degrees F.

Wash each sweet potato well and dry with a paper towel. Randomly pierce sweet potatoes with a fork 4 to 5 times. Place on a baking sheet and bake for 45 minutes to 1 hour. The sweet potatoes are done when they can be easily pierced in the middle with a fork or knife without much resistance. You can serve as is, or season with a bit of sea salt, coconut oil, and cinnamon.

Side Salad

Serves 1

1 cup chopped romaine OR mixed greens

1 small cucumber, chopped

½ cup shredded carrot

¼ cup dressing of your choice

Combine all ingredients in a small salad bowl. Mix well and serve.

Creamy Zucchini Dressing

Makes about 1 cup

1 large zucchini, roughly chopped

¼ cup tahini

2 tablespoons extra virgin olive oil

juice of 1 lemon

1 garlic clove

½ bunch fresh dill, roughly chopped

sea salt and black pepper to taste

Combine all ingredients in a high-speed blender. Blend until smooth. Add a few tablespoons of water if the dressing is too thick. Store in an airtight container in the refrigerator.

Lemon Cilantro Dressing

Makes about ½ cup

juice of 1 lemon

½ bunch cilantro, chopped

1 garlic clove

½ cup sunflower seeds, soaked and drained

2 tablespoons extra virgin olive oil

sea salt and black pepper to taste

Combine all ingredients a high-speed blender. Blend until smooth.

Strawberry Spinach Salad

Serves 2

4 cups baby spinach

¼ cup pumpkin seeds

1 avocado, sliced

1 small red onion, chopped

1 cup fresh strawberries, sliced in half

½ cup Lemon Cilantro Dressing (recipe in Dressings)

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.

Arugula Salad with Roasted Beets and Sweet Potato

Serves 2

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 (recipe in Dressings)

Preheat oven to 400 degrees F.

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 center is soft. Set to the side to cool while preparing the rest of the salad.

Combine 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

Serves 2

1 bunch kale, chopped (any variety)
½ cup Creamy Zucchini Dressing (recipe in Dressings)
1 apple, cored and chopped
¼ cup sliced radishes
1 small carrot, chopped

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

Serves 2

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 Cilantro Dressing (recipe in Dressings)

Preheat oven to 400 degrees F.

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.

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

is soft. Set to the side to cool while preparing the rest of the salad.

Spring Salad Bowl

Serves 2

4 cups spinach

½ bunch dandelion, chopped

1 cup sprouts (any variety)

1 small cucumber, chopped

1 cup fresh blueberries

1 avocado, diced

½ cup Lemon Cilantro Dressing (recipe in Dressings)

Combine all ingredients in a large serving bowl. Mix well and serve.

Garlic Spinach Miso Soup

Serves 4

5 cups water

¼ cup miso paste

3 garlic cloves, chopped

3 scallions, chopped

4 cups baby spinach

Pour water into a large soup pot. Cover and bring close to a full boil. Turn off heat and add miso. Stir well until the miso is dissolved. Add garlic, scallions, and spinach. Stir well and cover (no heat needed). Let the soup sit for about 5 minutes before serving.

Chicken Bone Broth Soup

3-5 pounds of soup bones*
Water (enough to cover the bones)

1 tablespoon raw apple cider vinegar

* Note: ask at your local butcher shop. Soup bones are usually very cheap, if not free!

Stock: Place soup bones in a stock pot and cover with water. Add apple cider vinegar. Bring to a boil, and then reduce to a simmer for at least 24 hours.

Storing the stock: After about 24 hours, strain stock into mason jars. Place in the fridge to cool. Skim off the fat that rises to the top and close tightly with a lid, or pour into ice cube trays for quick use. Store in the refrigerator for a few days, or freeze for four to six months.

Make a chicken soup: If you would like to make a chicken soup, add a quart of stock to a pot with your favorite vegetables. You can add tomatoes, celery, carrots, leeks, potatoes, sweet potatoes, yams, turnips, etc. Bring to a boil, and then simmer until the vegetables are soft. Once the harder vegetables are soft, you can add chopped leafy greens like spinach, Swiss chard, or kale, if desired. Add sea salt and pepper to taste. Top with fresh herbs like parsley, basil, dill, oregano, rosemary, etc.

Roasted Asparagus with Sweet Potatoes

Serves 2

2 large sweet potatoes

1 bunch asparagus

1 garlic bulb (entire head, peeled and separated)

1 large onion, chopped

1 tablespoon coconut oil

sea salt and black pepper

½ cup Lemon Cilantro Dressing

Preheat oven to 400 degrees F.

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 center with a knife or fork.

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.

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

Vegan Taco Night

Serves 2

1 cup raw sunflower seeds, soaked and drained
juice of 1 lime
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 (recipe in Dressings)

Combine 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.

Spiced Cauliflower and Broccoli with Mixed Greens

Serves 2

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
½ Lemon Cilantro Dressing (recipe in Dressings)

Preheat oven to 400 degrees F.

Combine chopped cauliflower and broccoli in a large mixing bowl. Massage with coconut oil, curry powder, sea salt, and black pepper. Spread mixture in an even layer on baking sheet and roast for about 20 to 25 minutes until the vegetables are golden brown along the edges. When done, set to the side to cool.

Divide mixed greens between 2 serving bowls. Top with warm or cold roasted vegetables. Serve with Lemon Cilantro Dressing.

Roasted Cauliflower with Kale

Serves 2

1 head of cauliflower
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
coconut oil for cauliflower
½ cup Creamy Zucchini Dressing (recipe in Dressings)

Preheat oven to 350 degrees F.

Chop the cauliflower and place on a lined baking sheet with coconut oil, sea salt and pepper. Roast for 20 minutes until cauliflower is golden brown.

While the cauliflower 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.

When you are ready to serve, toss the roasted cauliflower and serve with Creamy Zucchini Dressing.

Vegetable Stir Fry

Serves 2

1 tablespoon coconut oil
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 of ginger, grated
sea salt and black pepper to taste
1 bunch cilantro, chopped
juice of 1 lime

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 cilantro and lime juice before serving.

Frozen Berry Yogurt Bites

2 cups non-dairy vanilla yogurt
1 cup frozen berries
1 teaspoon vanilla extract
1 tablespoon honey

Combine all ingredients in a mixing bowl and mix well. Pour mixture into an ice tray and freeze for several hours.

Spiced Cantaloupe

2 cups chopped cantaloupe
1 teaspoon pumpkin pie spice

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

Tools for Making Cultured Vegetables:

- 1 large mixing bowl
- 1 mason jar with lid
- 1 wooden spoon

Ingredients:

- 1 large cabbage leaf (set to the side)
- 1 large head of cabbage, shredded
- 1 bunch kale, chopped
- 1 small organic lemon, peeled
- 2 carrots, shredded
- 1 clove garlic
- 1/4 cup starter culture

You can purchase the starter culture at www.bodyecology.com or www.culturesforhealth.com.

Toss chopped vegetables and starter culture together in a large mixing bowl. Remember to set your large cabbage leaf to the side.

Combine the mixture by hand, making sure the vegetables are thoroughly combined. Layer this mixture of vegetables into a mason jar, and pound it down with a wooden spoon so the vegetables are tightly compacted.

Continue to layer, and pound until your vegetables are thoroughly packed within the jar and the level of brine exceeds the level of the solids.

Layer the top of your vegetables with a cabbage leaf, and pack the leaf down with your fist.

Allow your vegetables to ferment at room temperature for 5 days before tasting them or longer until desired sour taste is reached. Then place it in your refrigerator.

NOTE: Cultured Vegetables will keep for one year, as long as you properly store them.

Veggie Spring Rolls with Almond Dipping Sauce

Serves 2

2 tablespoons almond butter
1-inch piece of ginger, grated
juice of 2 limes
1 tablespoon honey
1 teaspoon toasted sesame oil
sea salt and black pepper to taste
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 cilantro, chopped

Sauce: Combine almond butter, ginger, lime juice, honey, sesame oil, sea salt, and black pepper in a mixing bowl. Mix well and set to the side.

Rolls: Place romaine or collard leaves on a serving plate. Fill each leaf with cabbage, carrot, cucumber, mint, and cilantro. Roll like a burrito and serve with almond butter dipping sauce.

Spiced Cauliflower and Broccoli with Mixed Greens and Walnuts

Serves 2

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

½ Lemon Cilantro Dressing (recipe in Dressings)

Preheat oven to 400 degrees F.

Combine chopped cauliflower and broccoli in a large mixing bowl. Massage with coconut oil, curry powder, sea salt, and black pepper. 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 to the side to cool.

Divide mixed greens between 2 serving bowls. Top with walnuts and warm or cold roasted vegetables. Serve with Lemon Cilantro Dressing.

Vegetable Stir Fry with Soba Noodles

Serves 2

8 ounces soba noodles
1 tablespoon coconut oil
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 of ginger, grated
sea salt and black pepper to taste
1 bunch cilantro, chopped
juice of 1 lime

Cook soba noodles according to package instructions. Drain and set to the side while cooking the vegetables.

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 cilantro, lime juice, and soba noodles before serving.

Vegan Taco Night with Brown Rice

Serves 2

- 1 cup uncooked brown rice
- 1 cup raw sunflower seeds, soaked and drained*
- juice of 1 lime
- 1 heaping teaspoon taco seasoning
- 2 cups chopped romaine lettuce
- 1 avocado, chopped
- 1 small red onion, finely chopped
- ½ cup Creamy Zucchini Dressing (recipe in Dressings)

Cook brown rice according to package instructions. Set to the side to cool when done.

Combine sunflower seeds, lime juice, and taco seasoning to a high-speed blender or food processor. Pulse until well mixed, but not smooth like peanut butter. Divide rice between 2 serving bowls. Top with romaine lettuce, avocado, red onion, vegan taco meat, and Creamy Zucchini Dressing.

*Note: You have the option to make this dish with chicken by substituting the sunflower seeds with 2 chopped chicken breasts. Season with taco seasoning and cook in a pan over medium heat with about a tablespoon of coconut oil. Sauté until the meat is cooked all the way through and add to your dish.

Spinach and Onion Omelet

Serves 2

1 tablespoon coconut oil

1 small onion, chopped

2 cups spinach

4 eggs, whisked

sea salt and black pepper to taste

Melt coconut oil in a sauté pan over medium heat. Add chopped onion and sauté for about 3 minutes. Add spinach. Allow spinach to wilt for about 3 minutes, then add whisked eggs. Season with sea salt and black pepper. Stir until eggs are fully cooked and serve.

Strawberry Spinach Salad with Eggs

Serves 2

4 cups baby spinach

¼ cup pumpkin seeds

1 avocado, sliced

1 small red onion, chopped

2 hardboiled eggs, sliced

½ cup Lemon Cilantro Dressing

Place spinach in a large mixing bowl. Top with pumpkin seeds, avocado, onion, hard boiled eggs, and dressing. Mix well and serve.

Cinnamon Toast with Apple

Serves 2

4 slices whole wheat bread (recommend Ezekiel brand)

2 tablespoons sunflower seed butter

1 apple, cored and thinly sliced

2 teaspoons cinnamon

Toast bread and spread sunflower seed butter on one side. Top with sliced apple and cinnamon and serve.