

Premier Health & Wellness Recipes



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GETTING STARTED

The following menu is provided to assist you in the healing of your intestinal tract. Food will be used to heal your body from its current health condition. It is also intended as a basic guide in planning meals to ensure that you are eating enough. This is an opportunity to be creative in developing your own meal plans and to use the ingredients in the Action Guide.

Preparation is the key in determining success. For the next 45-90 days, plan your meals and snacks in advance. Create your meals and prepare your grocery list for the next 5-7 days. This will keep you focused on what you will be purchasing and eating. Also, you may find it easier to make a few meals over the weekend and place them in air tight containers in the refrigerator. Stock your refrigerator at home and at work with permissible foods. A refrigerator not stocked with permissible foods makes it more of a challenge to stay on track.

You may experience a diminished appetite and find it difficult eating throughout the day. This usually occurs because the nutrient dense food satisfies your appetite and you will not be as hungry. You may notice some snacks and meals have been repeated. This is because of the limited food choices during this initial Phase I period.

Some of the following recipes have been prepared and submitted by you, our clients. Many of them serve 3-6 people. If you are the only one eating the meals, leftovers are expected. It is important to eat left over salads and fish within 48 hours of preparation.

Some helpful suggestions:

- Salad dressing: use olive oil, grape seed oil, lemon juice, sea salt, pepper, dill, and apple cider vinegar
- Sautéed cooking: use grape seed, avocado, or coconut oil, and light seasonings
- Applegate Farms: for thin sliced lunchmeats (turkey, roast beef, chicken) found at Mother's Market & Kitchen, Whole Foods and Sprouts. *Do not buy pre-packaged meats and cold cuts loaded with nitrates, sulfites, chemicals and antibiotics.*
- Small amounts of sugar (less than 2%) are permissible if already added to the packaged food. Don't add any additional sweeteners.
- Cucumbers and celery are a great snack. Dip them in Majestic Garlic Paste. Be careful with the Sun Dried Tomato-Jalapeno because of the nightshades.
- Low-glycemic fruits in moderation (remember eat 1 cup of vegetables for every 1/3 cup of fruit).
- Unsweetened coconut milk is a refreshing drink. Sweeten it with Stevia, add vanilla and cinnamon for a tasty drink.
- Specialty items such as Kombucha, brown shirataki yam noodles and pickled ginger can be found at Mother's Market & Kitchen, Whole Foods, and Sprouts.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Sausage with Spinach & Fennel Berries	Thin sliced sirloin steak Mashed cauliflower Grapefruit	Sliced lunchmeats Steamed broccoli Apple	Turkey Bacon Sautéed zucchini and fresh basil Blueberries	Leftover kale and Roasted Vegetable soup	Sausage with Spinach & Fennel Berries	Turkey Bacon Sautéed zucchini and fresh basil Blueberries
Snack	Olive, cucumber Herbal Tea	Celery sticks Herbal Tea	Kim Chi cabbage Kombucha Tea	Dill pickles Sliced lunchmeat Kombucha tea Apple	Picked ginger Celery sticks Herbal Tea	Cucumbers with olive oil, lemon juice, salt & pepper dressing Herbal Tea	Kim Chi cabbage Kombucha Tea
Lunch	Roasted turkey Cucumber slices Guacamole	Leftover Coconut Curry Fish or Chicken	Chicken Celery sticks Grapefruit	Salad with chicken, avocado slices, olive oil-lemon dressing	Salad with Turkey Apple slices	Leftover Coconut Thai Delight	Lemon Chicken (13) olive oil, lemon juice, sea salt & pepper dressing Herbal Tea
Snack	Lunchmeat slices Picked ginger Kombucha Tea	Chicken cubes Dill pickles Kombucha tea	Lunchmeat Picked ginger Herbal tea	Celery sticks Herbal Tea Pear	Carrot & Celery sticks Kombucha Tea Dill pickles Peach	Lunchmeat Picked ginger Herbal Tea	Cucumbers with olive oil, lemon juice, sea salt & pepper dressing Herbal Tea
Dinner	Coconut curry Fish or Chicken	Vegetable Soup with Sweet Basil Salad, olive oil-lemon dressing	2-3 DL's Veggie Wraps Honeydew melon	Kale and Roasted Vegetable Soup	Coconut Thai Delight	Stir fry with coconut oil and chicken or beef	Chicken & Veggie Delight

Breakfast	Carrot Juice (1/2 Water) Turkey sausage Sautéed zucchini & basil Strawberries	Sliced lunchmeats Sautéed Yellow Squash & Onions Apple	Thin sliced sirloin steak Warm sauerkraut Steamed broccoli Nectarine	Ground turkey & vegetables (4) Plum	Turkey Bacon Sautéed zucchini and fresh basil Blueberries	Sautéed ground chicken Strawberries	Turkey Bacon Sautéed Yellow Squash & Onions Grapefruit
Snack	Cucumber with sea salt Herbal tea	Carrot sticks Kombucha Tea	Kim Chi cabbage Herbal Tea	Cucumbers with olive oil, lemon juice, salt & pepper dressing Herbal Tea	Dill pickles Sliced lunch meat Kombucha tea Apple	Pickled cucumbers Herbal Tea	Cucumbers with olive oil, lemon juice, sea salt & pepper dressing Herbal tea
Lunch	Salad with chicken Avocado slices Olive oil-lemon dressing	Chicken Curry Salad Celery sticks Grapefruit	Leftover Fish Soup (2) Plum Cumber slices	Salad with cubed turkey Lemon Juice, olive oil, sea salt and pepper dressing Orange	Ground turkey patty Steamed Artichoke Mixed Berries	Spinach salad with cold salmon cubes, olive oil, lemon juice, sea salt & pepper dressing Kombucha tea	Pan fried trout Steamed asparagus Orange
Snack	Pickled ginger Celery Sticks Kombucha tea	Chicken cubes Dill pickles Herbal tea	Carrot & Celery Sticks Herbal Tea	Celery stick Kombucha Tea Dill Pickles Peach	Cucumber with sea salt Herbal Tea	Celery sticks Kombucha tea Pear	Lightly steamed broccoli & cauliflower w/ sea salt Herbal Tea
Dinner	Grilled lamb chops Steamed mix vegetables Sauerkraut	Fish soup Salad Olive oil-lemon dressings	Lettuce Wraps (3)	Fried Tilapia Salad with black olives, olive oil, salt & pepper	Grilled Salmon\ Guacamole Steamed veggies	Carrot Soup (Salad- Kalamata olives, lemon juice, olive oil, sea salt & pepper dressing	Leftover Carrot soup Mixed berries

**The following recipes are permissible during The Phase I Eating Plan
(while taking neuroceuticals such as RepairVite, Strengthia and others)**

Chicken Curry Salad

Ingredients:

2 tbsp coconut oil	1 apple peeled, cored, and diced
1 yellow onion, chopped	½ cup lightly packed cilantro, chopped
1-2 tbsp yellow curry powder to taste	½ cup lightly packed cilantro, chopped
1½ lbs cooked chicken, cut into pieces	2 green onions, finely sliced

Directions:

1. Heat coconut oil in a large skillet over medium heat.
2. Add onion and cook until almost translucent.
3. Add curry powder. Lower heat and cook a few minutes more, stirring constantly.
4. If the curry sticks to the bottom or the mixture gets dry, add a bit more coconut oil to the pan, scraping up the stuck curry bits.
5. Remove from heat.
6. Add onion mixture to chicken and mix well, coating completely.
7. Refrigerate until cool.
8. Mix in the apple, green onions, and cilantro. Serve.

Lettuce Wraps

Ingredients:

1 lb ground turkey	½ cup water chestnuts, chopped
3 garlic cloves, pressed	4 carrots, shredded
1 inch ginger, peeled, grated	¾ cup chicken broth, use less if desired
¼ cup of A. Vogel Herbamare Organic Herb Seasoning Salt OR Braggs Organic Sea Kelp Delight Seasoning	
Head of iceberg lettuce, ripped into large pieces	

Directions:

1. Add ground turkey to a large skillet. Brown over medium heat.
2. Add ginger and pressed garlic halfway into browning turkey
3. Reduce heat to low when fully browned
4. Gently stir in chestnuts, carrots, broth and seasoning.
5. Cook until broth boils and is absorbed
6. Remove from heat
7. Spoon into lettuce pieces and fold like a burrito to eat

Dr. Linda's Veggie Wraps

Ingredients:

- 4-6 collard greens
- 1 pkg Applegate cold cuts—your choice
- 1-2 avocados
- 1 container of Majestic Garlic Paste—your choice of flavor

Directions:

1. Fold the stems of the collard greens a few times to break them so they fold easily.
2. Add a couple of cold cut slices.
3. Add a tablespoon of garlic paste. Add a few slices of avocado or guacamole.
4. Fold the collard green like a taco or burrito so contents don't fall out. Enjoy!

Guacamole

Ingredients:

- | | |
|--------------------------|---------------------------------------|
| 4 avocados | ½ tsp coriander |
| 3 garlic cloves, pressed | 1 tsp Herbamare or Bragg's seasonings |
| ½ onion, diced | Juice of 1 lime |
| ½ tsp cumin | Juice of ½ lemon |

Directions:

1. Cut avocados in half. Remove peel and pits.
2. Scoop out avocado into a mixing bowl. Mash well.
3. Add onion, garlic and dry seasonings to avocado. Mix well.
4. Add lime and lemon juices to prevent browning. Put pits in the mixture to preserve it.
5. Place in an airtight container in the refrigerator until ready to consume.

Yummy yams

Ingredients:

- 3-4 yams
- 1 tsp coconut oil per yam
- 1 tsp cinnamon per yam
- Optional: ½ tsp vanilla extract

Directions:

1. Heat oven to 400°F
2. Cut the ends off of the yams. Pierce them several times with a fork.
3. Place the yams in a baking dish lined with foil. Bake for about 45minutes.
4. Rotate baking dish halfway through baking process.
5. Remove from the oven. If they are not tender, return to oven for a few more minutes.
5. Cool 5 minutes. Remove the skins from the yams.
6. Place the yams in a medium size bowl. Mash them with a fork.
7. Stir in coconut oil, cinnamon and vanilla. Enjoy!!

Carrot Soup

Ingredients:

2 cups carrot juice	¼ cup mint, chopped
2-14 oz cans low sodium veg/ckn broth	1 tbsp lemon juice
1 lb carrots, cut in ½ in rounds	1 tsp lemon zest
2 tbsp coconut oil	¼ tsp ground cinnamon
2 green onions, chopped	½ tsp ground cumin
1 garlic clove, minced	½ tsp ground turmeric

Directions:

1. Heat oil in a large pot over medium heat
2. Add carrots, onion, garlic, cinnamon, turmeric and cumin. Stir 3 min.
3. Add broth. Leave uncovered. Bring to a boil. Reduce heat to medium.
4. Cover. Simmer for 30 minutes until carrots are tender.
5. In a blender, puree carrot mixture, carrot juice, and mint.
6. Stir in lemon juice and zest.
7. Return soup to pot to warm, if desired.
8. Serve hot or cold.

Fish Soup

Ingredients:

2 tbsp coconut oil	2 boxes Pacific Low Sodium Chicken Broth
2 leek onions, sliced	6 carrots, peeled, sliced
4 garlic cloves, pressed	2 yellow squash, diced
1 inch ginger, peeled, grated	2 boxes water
3 celery stalks, sliced	1½ lbs of cubed fish: cod, tilapia, mahhi mahi, or orange roughly

Directions:

1. Heat oil in a large stockpot over medium heat. Add onion and garlic.
2. Cook until onion is translucent and garlic golden.
3. Add ginger and celery. Stir and cook for 1 minute.
4. Turn up heat to high. Add 1 cup of broth and carrots.
5. Cover pot and let broth come to a boil.
6. Reduce heat to medium. Boil carrots for 5 minutes.
7. Wait until the broth begins to boil then add cubed fish.
8. Reduce heat to medium and cover for 5-10 minutes until fish is bright white and flakes easily.
9. Serve hot and enjoy!

Vegetable Soup

Ingredients:

6 tbsp coconut oil	2 quarts chicken stock
3 tbsp water	4 garlic cloves
2 small leeks, white part, ¼ inch diced cubes	20-30 fresh basil leaves, washed and dried
1 small onion, ¼ inch diced cubes	½ tsp freshly ground black pepper
2 stalks celery, ¼ inch diced cubes	Sea Salt to taste
1 medium carrot, peeled, ¼ inch diced cubes	

Directions:

1. In a 6-quart stockpot, combine 3 tbsp coconut oil with the water.
2. Add vegetables. Sauté over medium-low heat until all the water evaporates.
3. Be careful not to brown the veggies.
4. Add the stock and bring to a boil. Gently boil 30 minutes.
5. In a food processor add basil, garlic, and remaining 3 tbsp of coconut oil. Pulse until pureed.
6. If you don't have a food processor, mince the ingredients. Add to soup.
7. Warm through, but do not boil.
8. Season to taste with sea salt, pepper and other desired seasonings. Serve hot.

Kale and Roasted Vegetable Soup

Ingredients:

1 tbsp coconut oil
3 medium carrots, peeled, cut into bite-size pieces
1 large onion, cut into 8 pieces
½ small butternut squash, seeded, peeled, cut lengthwise into ½ inch thick wedges
6 garlic cloves
5½ cups vegetable broth
6 cups kale, finely chopped
3 large fresh thyme sprigs
1 bay leaf
Sea salt, pepper to taste

Directions:

1. Preheat oven to 400F. Brush baking sheet with coconut oil.
2. Arrange carrots, onion, squash, and garlic on sheet. Drizzle with more coconut oil.
3. Sprinkle with sea salt and pepper, coating completely.
4. Roast vegetables until brown and tender, stirring occasionally, about 45 minutes.
5. Cut cooked squash and carrots into ½ inch pieces. Set aside.
6. In a food processor, puree garlic cloves then add onion until almost smooth.
7. Transfer puree to a large stockpot. Add broth, kale, thyme and bay leaf to pot. Bring to boil.
8. Reduce heat. Simmer uncovered until kale is tender, about 30 minutes.
9. Add carrots and squash to soup. Simmer 8-10 minutes.
10. Add more broth to soup mixture if necessary.
11. Season with sea salt, pepper and other seasonings of your choice.

12. Discard thyme sprigs and bay leaf before serving.

Asparagus Soup

Ingredients:

2 tbsp coconut oil	8 cups chicken broth
4 large onions, chopped	Herbamare or Bragg's Seasonings
3-4 lbs fresh asparagus	Sea salt, fresh ground pepper to taste

Directions:

1. Cut off tops of asparagus and set aside
2. Heat coconut oil in a large stockpot over medium heat. Add onions. Sauté 5 minutes.
3. Add asparagus bottoms to stockpot.
4. Add chicken broth. Cook over low heat until asparagus is soft.
5. Add salt, pepper and other seasonings to taste
6. Puree the soup mixture in a blender
7. Pour the pureed soup into stockpot. Add asparagus tops. Cook 10 minutes. Enjoy!

Ground Turkey and Vegetables

Ingredients:

1 lb ground turkey	1½ cup baby carrots
3 garlic cloves, pressed	1 cup green beans, trimmed, halved
½ onion, diced	2 zucchini, sliced
2 tbsp seasoning	

Directions:

1. Add ground turkey to a large skillet. Brown over medium heat.
2. Add garlic, onion, and seasoning halfway into the browning process
3. Reduce heat to low when fully browned
4. In a large double boiler, boil water
5. Add and steam carrots 3-5 minutes.
6. Add in green beans. Steam for 5 more minutes.
7. Add zucchini. Turn off heat. Remove from stove.
8. Leave veggies for an additional 5 minutes. Scoop onto plate. Top with veggies.

Chicken & Veggie Delight

Ingredients:

¼ cup coconut oil	5 tbsp parsley, chopped	1 fennel bulb, quartered
1 onion, chopped	2-3 tsp dill, chopped	3 celery stalks, chopped
4 garlic cloves, chopped	2-3 tsp mint, chopped	4 carrots, cut into 1 in slices
1 tbsp lemon zest	2 lbs boneless chicken thighs	1 yellow squash, diced
1 tsp ground coriander	Sea salt, pepper as needed	1 butternut squash, cubed
1 tsp ground cumin	2 tbsp coconut oil	1 lemon
1 tsp cinnamon	2 cups low salt chicken broth	½ to ¾ tsp saffron

½ to ¾ tsp ground ginger

Directions:

1. Heat ¼ cup coconut oil in a large skillet over medium heat.
2. Add onions. Sauté 5 minutes or until translucent.
3. Add garlic cloves, lemon zest, coriander, cumin, ginger, cinnamon, parsley, dill and mint.
4. Sauté 3 minutes.
5. Add to large stockpot.
6. In same skillet, heat 2 tablespoons coconut oil over medium heat.
7. Sprinkle chicken with sea salt and pepper.
8. Add 1/3 chicken to skillet. Sauté until golden, about 3 minutes per side.
9. Transfer chicken to stockpot with onion mixture.
10. Sauté remaining chicken in 2 batches, adding more oil by tablespoonfuls if needed.
11. Add broth to skillet. Bring to a boil, scrapping skillet bottom. Transfer broth to pot.
12. Add fennel, celery, carrots, and squash to pot. Bring to a boil. Cover.
13. Reduce heat. Simmer 20 minutes until chicken is almost tender.
14. Uncover pot. Simmer 15 minutes more until chicken and vegetables are tender.
15. Using a slotted spoon, transfer chicken and vegetables to large bowl.
16. Boil sauce 10 minutes or until it is reduced enough to coat spoon.
17. Season sauce with sea salt and pepper.
18. Return chicken and vegetables to sauce. Reheat over medium heat.
19. Transfer to large bowl. Sprinkle with a tablespoon of parsley.
20. Sauce can be kept separately for 1 day. Cool slightly.
21. Chill uncovered until cold. Cover and keep refrigerated.
22. Add chicken and heat through the next day.

Tasty Lemon Chicken

Ingredients:

3-4 pounds boneless chicken thighs with skin	1 tbsp chopped rosemary (or 1 tsp dried)
1/3 cup lemon juice	1 tsp sea salt
2 tbsp lemon zest	1 tsp black pepper
2 -3 cloves garlic, crushed	2-3 tbsp coconut oil
2 tbsp chopped thyme (or 2 tsp dried)	Optional: Lemon slices for garnish

Directions:

1. Place lemon juice, lemon peel, garlic, thyme, rosemary, salt, and pepper in a small bowl.
2. Whisk to mix completely.
3. With the tip of a sharp knife, cut into each chicken thigh twice, about ½ inch, to allow the chicken to absorb the marinade.
4. Place chicken pieces and marinade in a gallon-sized freezer bag. Seal and shake to coat.
5. Place bag with chicken in a bowl or on a plate. Refrigerate and marinate chicken 2 hours.
6. Preheat oven to 425F.
7. Remove chicken from marinade. Place in a single layer in a large baking dish, skin side up.
8. Reserve the marinade.
9. Brush each chicken piece with coconut oil using a pastry brush.

10. Bake uncovered 50-55 minutes, until the skins are crispy brown, the chicken is cooked through, and juices running clear.
11. At 25 minutes of baking, generously baste the chicken pieces with the reserved marinade.
12. Pour the juices from the pan into a serving bowl.
13. Cover the baking dish with chicken with foil. Let sit 10 minutes before serving.
14. Skim the fat off the juices.
15. Serve the chicken with the juices on the side or poured over the top.
16. Makes 4-6 servings.

Coconut Curry Fish or Chicken

Ingredients:

- | | |
|--|--|
| 1 lb. cubed chicken OR white fish | ½ tsp green curry paste |
| 2 tbsp. coconut oil | 1 box Pacific Low Sodium Chicken Broth |
| 3 celery stalks, sliced | 3 small zucchini, sliced |
| 4 garlic cloves, pressed | 1 cup green beans, trimmed, halved |
| 4 carrots, shredded | 1 can Thai Kitchen Coconut Milk |
| 1 inch ginger, peeled, grated | |

Directions:

1. Heat oil in a large skillet over medium heat.
2. Add garlic and celery. Sauté 5 minutes or until tender
3. Add carrots and ginger. Sauté 5 minutes.
4. Add curry, 1 cup of broth, zucchini and green beans.
5. Cover and cook 5 minutes.
6. Shake coconut milk can. Add to mixture.
7. Add remaining broth.
8. Bring to low boil then add meat.
9. Reduce heat to low.
10. Cover and cook 10 minutes for fish **OR** 20 minutes for chicken
11. Spoon into a bowl

Fried Tilapia

Ingredients:

- 1 lb fresh, wild caught tilapia, rinsed, patted dry
- 2 tbsp coconut oil
- 1 tbsp seasoning of choice
- 1 tsp dill

Directions:

1. Heat oil in a skillet over medium heat
2. Add fish and ½ the seasonings
3. Cook 5-6 minutes.
4. Flip the fish over. Add the balance of the seasonings
5. Fish is ready to eat once it flakes

Coconut Thai Delight

Ingredients:

4 filets of cod or white fish of choice	Veggies of choice (use some or all):
1 quart broth (4-5 cups)	1 cup green beans
1 tsp fish sauce	1 yellow squash
1 tsp Thai Kitchen Green Curry	1 Bok Choy
1 can Thai Kitchen Coconut Milk	3 carrots, shredded
1 leak	1 zucchini
3 garlic cloves	1 cup broccoli
1 inch fresh ginger, peeled, finely grated	2 cups bean sprouts
6 leaves fresh basil (optional)	

Directions:

1. Prep your choice of veggies, chopping into bite-size pieces
2. Heat coconut oil in a large skillet over medium heat.
3. Add leak, garlic cloves and ginger. Sauté 5 min adding ¼ cup broth.
4. Add 1 cup broth, fish sauce, green curry and coconut milk. Stir.
5. Add veggies to liquid. Add enough liquid to cover completely. Heat to almost boiling
6. Add cod/fish of choice when the broth is hot but not boiling.
7. Cover and cook for 5-10 minutes or until fish easily flakes apart.
8. Optional: Add thinly sliced fresh basil for garnish

Sausage with Wilted Spinach and Fennel

Ingredients:

1 pkg Trader Joe's raw Sweet Italian Chicken Sausage	3 garlic cloves, sliced
2 tbsp almond oil	½ cup chicken broth
1 bulb fennel, thinly sliced	1 bag baby spinach, washed

Directions:

1. Preheat oven to broil. Place sausage on a baking sheet.
2. Heat oil in a large skillet over medium heat.
3. Add garlic and fennel. Cook 5 min
4. When broiler is ready, place sausage under broiler per pkg instructions
5. Turn sausage over to finish browning
6. Add broth and spinach to skillet. Stir until spinach is wilted.
7. Spoon spinach mixture onto plate and top with sausage.

Meat Loaf

Ingredients

1/4 tsp dried sage	1 small yellow onion, finely chopped
1 tsp sea salt	1 cup red cabbage, chopped
1 tsp dry mustard	2 tbsp coconut milk
½ tsp ground pepper	1/3 cup coconut flour

1 tsp granulated garlic
1 tsp chipotle chili powder
4 cloves garlic, minced

1½ lbs lean ground beef
½ cup unsweetened BBQ sauce

Directions:

1. Preheat oven to 350°F.
2. Combine all ingredients except ground beef and BBQ sauce in a large bowl. Mix well.
3. Add ground beef. Combine together with a fork.
4. Place mixture into an ungreased loaf pan or shape into a loaf in an ungreased baking pan.
5. Pour BBQ sauce over the top of the meatloaf
6. Bake uncovered for 1¼ to 1½ hours, or until an internal temperature of 160° F is reached (or until there is no pink in the center).
7. Let stand for 5 minutes. Slice and serve.



The following recipes are permissible only during The Phase II Eating Plan

Walnut Chicken

Ingredients:

1½ cup walnuts (germinated, if possible)	1 tsp crumbled saffron threads
5 cloves garlic, finely chopped	¾ tsp ground coriander
¾ cup boiling water	¼ tsp paprika (preferably Hungarian)
2 tsp apple cider vinegar	Dash cayenne pepper
½ tsp sea salt	6 boneless, skinless chicken breasts
Coconut oil as needed	

Directions: Prepare sauce beforehand:

1. Pulse nuts coarsely in a food processor.
2. Add garlic and continue pulsing until the mixture is a paste. Transfer to a bowl.
3. Gradually stir in the boiling water to the paste mixture, stirring constantly until smooth.
4. Stir in the vinegar and spices.
5. Allow to stand several hours for the flavors to blend. DO NOT refrigerate.

Preparing the chicken:

6. Preheat oven to 450F.
7. Rub chicken breasts with coconut oil.
8. Place in a single layer in a shallow pan.
9. Roast for 20-25 minutes or until there is no pink remaining.
10. Remove from oven and cover. Allow to rest 10 minutes before slicing.
11. Spoon the sauce over the sliced chicken and serve.

Curry Chicken Salad

Ingredients: for Curry Mayonnaise

1 large egg	¼ tsp freshly ground white pepper
1 tbsp curry powder	1 tbsp lemon juice
½ sea salt	1 cup safflower oil

Directions: for Curry Mayonnaise

1. Place all ingredients, except oil, in a blender or food processor.
2. Blend 5 seconds in the blender or 15 seconds in the processor.
3. With the motor running, add the oil, first in a drizzle, then in a thin, steady stream.
4. When all the oil has been added, stop the motor and test for consistency.
5. If the sauce is too thick, thin with a small amount of hot water or lemon juice.
6. If the sauce is too thin, process longer.

Ingredients: for Chicken Salad

4 cups poached chicken cut in chunks	½ tsp sea salt
3 cups celery, sliced	½ cup almonds, sliced
2 cups apples, chopped	2 tbsp lemon juice
1 cup fresh pineapple chunks	Curry mayo (recipe above)

Directions: for Chicken Salad

Combine all ingredients. Chill. Enjoy!

(Note: This recipe does not adhere to the food combining guidelines. Take digestive enzymes when consuming this meal.)

Chicken Paprika

Ingredients:

4 boneless, skinless chicken breast halves	1 yellow pepper, halved and sliced
1 medium onion, finely chopped	1 tomato, halved and sliced
2 tbsp safflower oil OR coconut oil ONLY	Sea salt to taste
1 tsp Hungarian paprika	Optional: 2 tbsp parsley, chopped

Directions:

1. Cut chicken breasts into large pieces
2. In a large skillet, sauté onion in oil over medium heat until translucent
3. Remove from heat. Sprinkle with paprika.
4. Stir in chicken, pepper, tomato, and salt.
5. Cover and cook gently over medium-low heat until chicken is cooked through.
6. Remove from heat. Serve. Sprinkle with parsley if desired.

Chicken with Asparagus

Ingredients:

4 boneless, skinless, organic chicken breast halves	20 asparagus spears
8 tbsp of safflower oil or coconut oil	1 cup organic chicken stock
Sea salt to taste	1 tbsp lemon juice
Freshly ground black pepper	1 tbsp cold butter
1 tsp ground coriander per breast	1 tbsp chopped parsley
20 asparagus spears	

Directions:

1. Slice each chicken breasts into ¼ inch strips. Sprinkle with salt, pepper and coriander.
2. Heat 2 tbsp oil in a heavy skillet. Sauté strips of one breast in oil 3 to 4 minutes until lightly browned
3. Repeat step 2 until all breast strips have been sautéed. Keep chicken warm.
4. Add the stock and asparagus to the pan. Bring to a boil. Lower the heat.
5. Simmer 5-6 minutes until the asparagus is nearly tender.
6. Remove asparagus from pan. Keep warm with chicken.
7. Add lemon juice and butter to pan juices to thicken.
8. Pour over chicken and asparagus. Sprinkle with parsley.

Garlic Walnut Chicken

Ingredients:

4 boneless, organic breast halves	1tbsp butter
Sea salt	4 garlic cloves
Freshly ground black pepper	1 cup raw walnuts
2 tbsp coconut oil	1 cup water

Directions:

1. Season the chicken breasts with salt and pepper to taste.
2. In a large skillet, heat the butter and oil.
3. Saute chicken breasts on each side over medium heat 3-4 minutes.
4. Cover the pan and continue cooking until chicken is done.
5. In a food processor, grind the walnuts and garlic until fine, but not a paste.
6. When chicken is done, remove from pan and keep warm.
7. Add ground garlic and walnuts to pan and sauté on medium heat for 2 minutes
8. Add water. Simmer for 5 minutes.
9. Return chicken to pan. Coat both sides with sauce. Heat through before serving.

Almond Fried Chicken

Ingredients:

4 boneless, organic, chicken breasts	2 tbsp Coconut oil
1 cup Almond Meal	Black pepper
Garlic powder	Sea salt

Directions:

1. Heat coconut oil in a frying pan over medium heat.
2. Wet chicken in a bowl of water.
3. Place almond meal in a bowl or plate.
4. Dip a wet breast in the almond meal. Cover completely with meal. Repeat for each breast.
5. Place all 4 breasts into frying pan. Season with sea salt, pepper and garlic powder.
6. Reduce heat to low. Cover frying pan and simmer for 10 minutes.
7. Turn the breasts over and season the other side. Simmer another 5 minutes before serving.

(Note: The almond meal can be purchased at any health food store. It can also be made by placing raw almonds in a blender or food processor until it is a fine powder.)

Spicy Meatloaf

Ingredients:

2 lbs extra lean ground beef or turkey	½ cup medium-hot salsa
6 - 8 oz Portobello mushroom caps	1½ tsp sea salt
2 eggs	1 tsp black pepper

Directions:

1. Preheat oven to 375 degrees.
2. Chop mushroom caps in a food processor until very fine.
3. Stir together minced mushrooms, eggs, salsa, salt and pepper.
4. Blend salsa if too chunky in a blender for a few seconds.
5. Thoroughly mix ground beef or turkey with mushroom mixture manually.
6. Place in a meatloaf pan or form meat mixture into a loaf in a shallow baking pan.
7. Bake for 1 hour or until internal temperature reaches 160 degrees.

Spaghetti Squash with Tahini

Ingredients:

- | | |
|-----------------------------|------------------------|
| 1 medium spaghetti squash | 1 tsp lemon juice |
| 1/3 cup chicken stock | 2 tbsp chives, chopped |
| 4 tbsp tahini | Sea salt to taste |
| 1 tsp garlic, finely minced | |

Directions:

1. Preheat oven to 350 F
2. Roast the squash until the shell can be pierced easily with a fork.
3. Cut the squash in half lengthwise. Carefully scoop out seeds.
4. With a fork, gently scrape out the flesh in strands to resemble spaghetti. Keep warm.
5. In a sauce pan, bring chicken stock to a simmer. Stir in tahini, garlic and lemon juice.
6. Pour tahini mixture onto squash. Lightly toss with a fork. Add chives and sea salt to taste.

Raw Spinach Soup

Ingredients:

- | | |
|---|---|
| 4 oz organic baby spinach, washed, drained, dried | 1 ripe avocado, halved and pitted |
| 1 cup water | 2 tbsp roasted hazel or pine nuts |
| 2-3 cloves roasted garlic or 1 clove raw garlic | Optional to add: 2 dates without pits; |
| 1-2 tsp lemon juice or juice from 1 lemon | ¼ cup cashews; basil; parsley; |
| Pinch of sea salt | Tocomere Seasoning |

Directions:

1. Puree spinach, garlic, lemon juice and salt. Add water slowly, careful not to have it too thick.
2. Spoon avocado into blender/food processor and process until smooth.
3. Taste for seasoning. Add any optional recommendations noted if desired.
4. Divide into 4 equal portions. Garnish with toasted nuts.

Gazpacho

Ingredients:

- | | |
|------------------------------|--|
| ¼ cup extra virgin olive oil | 1 bunch fresh basil |
| ¼ cup lemon juice | 1 large avocado, cut into ¼ inch cubes |
| 5 large ripe tomatoes | 1 med bell pepper, cut into ¼ inch cubes |

2 cloves garlic
1 tbsp raw honey or agave nectar
½ cup water
½ tsp sea salt

4 stalks celery, cut into ¼ inch cubes
1 small onion, cut into ¼ inch cubes
chopped parsley
Optional: spicy pepper to taste

Directions:

1. In a blender or food processor, blend the olive oil, lemon juice, tomatoes, garlic cloves, honey/nectar and water
2. Pour the soup into a large bowl, and add the chopped avocado, bell pepper, celery, onion
3. Mix all the ingredients together and sprinkle with chopped parsley.

Creamy Bell Pepper Soup

Ingredients:

2 med red or yellow bell peppers, chopped
2 med cucumbers, chopped
½ med red onion, chopped
¼ cup cold pressed olive or coconut oil
1 tsp sea salt
1 tsp caraway seeds
2 med garlic cloves
3 cups filtered water

Directions:

Combine all the ingredients in a high speed blender and blend until creamy and smooth.

Borscht

Ingredients:

2 cups water
3 beets, peeled
1 inch ginger root, peeled
6-7 bay leaves
2 cups water
2 carrots, chopped
2 stalks celery, chopped
2 tbsp apple cider vinegar
1 tbsp honey
3-4 oranges, peeled
1 cup olive oil
Sea salt to taste
½ cup walnuts
¼ head cabbage, diced or grated
1-2 carrots, diced or grated
1 bunch parsley, diced or grated

Directions:

1. In a blender or food processor, blend beets, ginger, garlic and bay leaves with 2 cups water until smooth.
2. Pour into a large bowl
3. In a blender or food processor, blend the carrots, celery, apple cider vinegar, oranges, honey, olive oil, and sea salt with 2 cups water about 30 seconds. Stop the blender.
4. Add the walnuts.
5. Blend on low speed very quickly so they break into small pieces but do not blend.
6. Pour into the same bowl. Allow to sit.
7. Prepare cabbage, carrots and parsley.
6. Add the cabbage, carrots and parsley to the blended mixture. Stir. Serve.

Creamy Avocado Gazpacho

Ingredients:

1 cup water
1 medium avocado, reserve 1 tbsp for garnish
2 cups chopped cucumber
1½ cups chopped tomatoes
1 garlic clove, minced
½ to 1 whole, seeded Serrano chile, sliced (optional)
1 sprig mint leaves
Juice of 2 lemons or limes
½ tsp salt
1 tsp maple syrup (or dates or honey to sweeten)
2 small mint leaves
Paprika (optional)

Directions:

1. Combine all ingredients in a blender in the order listed.
2. Blend on low speed for a few seconds.
3. Blend on high until creamy and smooth, about 1½ minutes.
4. Pour into 2 soup bowls.
5. Dice reserved avocado and gently drop them into the center of the bowl.
6. Add a mint leaf and sprinkle diced avocado with paprika if desired.

South of the Border Soup

Ingredients:

6-8 Roma tomatoes	1 tsp taco seasoning
¼ onion	1 cup water (optional)
2 carrots	¼ Jalapeno pepper
Handful of cilantro	3 celery stalks

Directions:

1. Combine all ingredients in a blender in the order listed.
2. Blend on low speed for a few seconds.
3. Blend on high until creamy and smooth, about 1½ minutes.

Spicy Rainbow & Garlic Soup

Ingredients:

For the base:

½ to ¾ cup pine nuts
2 tablespoons olive oil
Juice of ½ lemon
8 small tomatoes (cherry or other)
6 garlic cloves
2 dried cayenne peppers

For the soup bowl:

1 avocado cut into small chunks
1 cucumber cut into small chunks
½ red pepper cut into small chunks
½ yellow pepper cut into small chunks
Reserve a few pieces for garnish

Sea salt to taste

Directions:

1. Place all base ingredients into blender. Blend until smooth.
2. Pour soup into 4 bowls.
3. Into soup base, mix the avocado, cucumber and the red and yellow peppers.
4. Garnish soup with reserved pieces.

Watercress Pear Soup

Ingredients:

½ cup soaked pecans	½ bunch water cress
2 pears	Sea salt to taste
1 tbsp allspice	¼ cup olive oil
2 tbsp pumpkin seed oil	1 cup filtered water (more if desired)

Directions:

1. Soak pecans for 2 hours
2. Blend all the ingredients together in a high speed blender, except water.
3. Add 1 cup water and blend until smooth and creamy.
4. Continue adding water slowly and blending until desired consistency.

Express Soup

Ingredients:

For the Base:

5 carrots, juiced
4 celery stalks, juiced
1 small beet, juiced
1 apple, juiced
1 garlic clove, pressed
1 tsp curry powder (more, if desired)
1 tsp salt (or to taste)

For the soup bowl:

2 avocados, peeled, stoned, chopped
1 red bell pepper, seeded and chopped
¼ onion, finely diced (for garnish)
2 tbsp cilantro, finely diced (for garnish)

Directions:

1. Juice the carrots, celery, beet and apple.
2. Pour juice into blender and add the other base ingredients.
3. Blend until smooth.
4. Chop avocados and bell pepper. Divide and place into 4 soup bowls.
5. Pour soup from blender into bowls.
6. Garnish with cilantro and finely diced onion.

Carrot Soup

Ingredients:

6 carrots, chopped	1 small lemon, peeled
1½ avocados, peeled and stoned	2 tsp curry powder
2 cups water	½ tsp cumin

3 garlic cloves
1 tsp powdered ginger

Pinch of cayenne pepper
Sea salt and pepper to taste

Directions:

1. Combine all ingredients in a blender. Blend on low for a few seconds.
2. Blend on high until smooth, about 1½ minutes.
3. Pour into 4 soup bowls. Sprinkle with curry powder if desired.

Green Spinach Soup

Ingredients:

3 small avocados (or one extra large)
2 red bell peppers
½ bunch cilantro
½ bunch organic spinach
2 small lemons, peeled and seeded

1 small Jalapeno pepper
3 cups spring water
½ tsp sea salt (optional)
Napa or red cabbage, thinly sliced
Dulse leaves or flakes

Directions:

1. Combine all ingredients in a blender. Blend on low for a few seconds.
2. Blend on high until smooth, about 1½ minutes.
3. Pour into 6 soup bowls.
4. Garnish with Napa or red cabbage and dulse leaves or flakes

Broccoli Soup

Ingredients:

3 cups water
1 cup unsalted raw cashews
1 tsp honey
1/8 tsp cumin
½ -1 garlic clove
1 tsp sea salt

1 tbsp olive oil
1 tsp onion, finely diced
1/8 tsp black pepper
2 cups broccoli
1 avocado

Directions:

1. Combine water, cashews and honey in a blender. Blend until smooth.
2. Add and blend rest of the ingredients until creamy.
3. Pour into 4 soup bowls.

Eggplant & Avocado Salad

Ingredients:

1 large eggplant
2 or 3 ripe but firm avocados
2 garlic cloves, finely chopped

3 lemons
4 tbsp extra virgin olive oil
Dulse flakes and pepper to taste

½ red onion, finely chopped

2 tsp raw honey

Directions:

1. Pare and dice eggplant. Place in a deep bowl.
2. Immediately cover with cold water acidulated with juice of 1 lemon.
3. Whisk together olive oil, garlic, dulse flakes, pepper and juice of 1 lemon. Set aside.
4. Peel and dice avocados. Place in bowl and toss immediately with juice of 1 lemon.
5. Drain eggplant and combine with avocados. Add chopped onion. Mix together.
6. Whisk dressing again and add to mixture. Toss gently.
7. Set aside for about 15 minutes. Chill if desired.
8. Before serving, toss gently again and sprinkle with honey.

Avocado and Apple Salad with Wakame

Ingredients:

1 tbsp olive oil

1 tsp lemon juice

Sea salt and pepper to taste

1 small avocado, thinly sliced

1 Fuji apple, peeled, cored, julienned

1 oz wakame, rehydrated, drained, julienned

Directions:

1. Whisk together the olive oil and lemon juice in a bowl. Season with sea salt and pepper.
2. Add the avocado, apple and wakame. Gently toss.

TC's Super Salad

Ingredients:

2-3 lbs tomatoes

4 avocados (or 1lb chopped or ground nuts or seeds)

4 celery stalks

2 red or green bell peppers

2 lbs bok choy

1 grapefruit (optional)

Directions:

1. Dice the tomatoes, celery and the bell peppers.
2. Peel and dice the avocados
3. Cut up the bok choy
4. Place all ingredients in a bowl and mix together
5. Optional: Squeeze the juice from the grapefruit and use for dressing

Coconut Lemon Broccoli

Ingredients:

3-4 cups broccoli

½ large lemon, peeled, sliced into wedges

1-2 tbsp coconut oil

Sea salt &/or garlic powder or garlic salt &/ or cayenne pepper

Optional: juice from remaining half of lemon

Directions:

1. Sautee broccoli for 3-5 minutes in coconut oil
2. Place in serving dish with sliced lemon wedges
3. Season to taste sea salt &/or garlic powder or garlic salt &/or cayenne pepper
4. Optional: Squeeze the juice from the remaining half of lemon onto the salad

Power Salad!**Ingredients:**

½ head romaine lettuce	½ avocado, cubed
¼ bunch cilantro, basil, or parsley	1 tbsp olive oil
2 celery stalks	Juice from ½ orange or tangerine

Directions:

1. Slice 1/2 head of lettuce along short axis in ½ inch sections.
2. Place in food processor and pulse chop to achieve pea size uniform pieces. Place in bowl.
3. Chop cilantro using same technique. Place in the bowl.
4. Slice celery in 1/2 inch pieces and pulse chop in the same manner. Place in the same bowl.
5. Add avocado, olive oil, juice from orange or tangerine. Toss and serve!

Apple and Raw Beet Slaw**Ingredients:**

1 tsp grated ginger	½ tsp coarse sea salt
1 lb beets, peeled	1/8 tsp cracked black pepper
1 large Granny Smith apple	1 - 2 tbsp extra virgin olive oil
3 tablespoons sherry vinegar (use apple cider vinegar if on Phase I & III)	

Directions:

1. Grate ginger using the smallest holes of a cheese grater, into a salad bowl
2. Grate beets and apples using large holes of grater. Add to ginger
3. Toss until ginger is evenly distributed
4. Add vinegar, salt and pepper. Toss to coat evenly.
5. Add olive oil. Stir to combine. Taste and adjust seasonings to personal liking.
6. Serve immediately or chill and serve later.

Marinated Greens**Ingredients:**

1 bunch kale	1 red bell pepper
1 bunch spinach	1 yellow bell pepper
¾ cup olive oil	1 inch ginger
1 lemon	1/2 red onion
	½ cup olive oil
	Sea salt & Cayenne pepper to taste

Directions:

1. Strip the kale leaves off the stems. Chop into bite-size pieces.
2. Chop the spinach into bite-sized pieces.
3. Pour $\frac{3}{4}$ cup olive oil and squeeze lemon juice onto greens. Mix with hands.
4. In food processor, puree balance of ingredients until liquefied
5. Pour marinade over greens and mix with hands.
6. Marinate for a few hours or enjoy immediately if desired.

Lettuce Wraps**Ingredients:**

2 very ripe avocados	$\frac{1}{4}$ cup fresh cilantro, chopped
3 tomatoes, diced	kernels from one raw ear of corn
$\frac{1}{2}$ Jalapeno pepper, diced	2 tsp fresh lime juice
2 tbsp yellow onion, diced	6-8 large Romaine lettuce leaves
3 garlic cloves, minced	

Directions:

1. Mash avocados in a medium sized bowl
2. Add remaining ingredients. Stir until well mixed.
3. Spread 2-3 tablespoons of mixture onto lettuce leaves and wrap. Enjoy!

Ginger Sesame Kale Slaw**Ingredients:****For the dressing:**

$\frac{1}{3}$ cup rice vinegar
 2 tbsp soy sauce
 1 tbsp Dijon mustard
 1 tbsp raw honey
 1 tbsp chopped garlic
 2 tbsp minced or grated ginger
 Sea salt to taste
 $\frac{1}{4}$ cup sesame oil
 $\frac{1}{4}$ cup safflower oil
 2 tbsp sesame seeds

For the slaw:

1 bunch of kale, torn
 2 carrots, shredded
 $\frac{1}{4}$ onion, thinly sliced
 $\frac{1}{2}$ cup walnuts, chopped

Directions:

1. In a blender, add the vinegar, soy sauce, mustard, honey, garlic, ginger and sea salt. Blend.
2. As the blender is operating, drizzle in the oils. Blend completely.
3. Stop the blender. Stir in the sesame seeds.
4. Place into another container and refrigerate until chilled.
5. Mix all ingredients for the slaw in a bowl.
5. Add the dressing. Toss well before serving.

Tuna Delight

Ingredients:

1 can of white meat tuna in water	2 tbsp seasoning (Spike or Braggs)
1 ripe avocado	2 Romaine lettuce leaves
2 tbsp dill	

Directions:

1. Mix all ingredients together
2. Add more or less dill and seasonings as per personal preference
3. Serve on lettuce leaves and enjoy!

Creamy Nut Dressing

Ingredients:

2 cups Macadamia nuts	2 tbsp fresh thyme or 1 tbsp dried
½ cups pine nuts	1-3 tsp sea salt to personal taste
2 tbsp fresh lemon juice	½ small red chili pepper or
2-3 garlic cloves	½ tsp chipotle habanero sauce
*2 cups filtered water	Fresh basil (optional)

Directions:

1. Blend all ingredients in a blender.
2. *Add water for desired consistency. Less water for thicker dressing; more water for thinner

Cilantro Dressing/Dip

Ingredients:

1 cup Macadamia Nuts	2 garlic cloves
½ cup pumpkin seeds	1 cup extra virgin olive oil
½ cup sunflower seeds	¼ cup Braggs Liquid Aminos
1 large lime, juiced	1 bunch cilantro
1 large lemon, juiced	½ to ¾ cup filtered or distilled water

Directions:

1. In a blender, blend all ingredients except water.
2. Add water as needed for desired consistency.
3. Add any additional seasoning of choice to personal taste.
4. *Soak seeds for 24 hours and drain. Soaking and draining is not necessary if prepared for immediate consumption.

Note: This is an exquisite dressing. It may also be used as a veggie dip.

Super Dressing

Ingredients:

½ cup apple cider vinegar	3 tbsp honey
½ lemon, juiced	½ tsp sea salt
¼ cup olive oil	

Directions:

Blend all ingredients in a blender until smooth.

Raspberry Vinaigrette

Ingredients:

1¼ cups raspberries	½ tbsp lemon juice
¼ cup orange juice	Sea salt and pepper to taste
2 tablespoons olive oil	

Directions:

Blend all ingredients in a blender until smooth.

Red Pepper Dressing

Ingredients:

½ cup olive oil	2 tbsp apple cider vinegar
1/3 cup onion, chopped	1 tbsp honey
¼ cup red bell pepper, chopped	½ tsp sea salt
1 carrot	Dash pepper

Directions:

Blend all ingredients in a blender until smooth.

Mayonnaise

Ingredients:

¾ cup almond milk	¾ tsp sea salt
2 tbsp avocado	¾ cup olive oil
1½ tbsp apple cider vinegar	

Directions:

1. Blend the milk, avocado, vinegar and sea salt in a blender.
2. Slowly add the oil.
3. Continue to blend until smooth.
4. To thicken, chill for a few hours.

Note: Although thinner than actual mayonnaise, it tastes like the genuine article. Enjoy!

Sour Cream

Ingredients:

1½ cups cashews	½ cup water
1 tbsp apple cider vinegar	½ tsp sea salt
1 tsp white miso	

Directions:

Combine all ingredients in a blender until smooth and creamy.

Note: This is a little sweeter than actual sour cream.

Ricotta Cheese

Ingredients:

½ cup macadamia nuts	¼ cup orange juice
1 cup almonds	¼ cup water
½ lemon, juiced	

Directions:

Blend all ingredients in a food processor until creamy.

Note: This is milder in flavor allowing the other flavors in a recipe to come through.

Hummus

Ingredients:

1 cup cooked chickpeas	2-3 garlic cloves
¼ cup sesame tahini	½ cup lemon juice
¼ cup olive oil or coconut oil	1 tsp sea salt

Directions:

1. Blend chickpeas, garlic, tahini and salt in a blender.
2. Gradually add the lemon juice and oil.

Note: Hummus can be used as a dip or as a spread. Refrigerate any leftovers.

Raw Hummus

Ingredients:

1 cup sprouted chickpeas	1 garlic clove
2 tbsp raw sesame tahini	1 lemon or lime, juiced
2 tbsp fresh orange juice	

Optional seasonings: Spike, sea salt to taste, ground cumin, chives, paprika, cayenne pepper

Directions:

1. Blend all of the ingredients.
2. Add water to thin to desired consistency.

Raw Salsa

Ingredients:

For the salsa:

6 med tomatoes, chopped
½ cup onion, chopped
1 small banana pepper
4 celery stalks, minced

For the seasoning:

½ cup safflower oil
1-2 garlic cloves, minced
½ cup sweet basil leaves
Optional: chopped nuts or seeds to taste
Juice of 1 lemon and 1 lime

Directions:

1. Mix chopped vegetables in a bowl. Allow to sit for an hour.
2. Add the seasonings. Allow to sit for another hour to blend the flavors.
3. For added zest add the juice of one lemon and one lime.

Apple Jicama Salsa

Ingredients:

4 cups Granny Smith apples, diced
4 cups jicama, peeled and diced
1 jalapeno, seeded, minced
1 red onion, minced
1 red bell pepper, diced

½ bunch fresh cilantro, chopped
Whole dulse leaf to taste, diced
Juice of 3 lemons
Optional: ¼ cup olive oil

Directions:

Mix all ingredients together.

Pesto Sauce

Ingredients:

¼ lb fresh basil
2/3 cup lemon juice
1 cup pumpkin seeds, soaked

3 garlic cloves
Cayenne pepper, pinch
Filtered water as needed

Directions:

1. Blend all of the ingredients in a blender.
2. Add water to thin to desired consistency.

Chimichurri (an Argentinean sauce similar to pesto)

Ingredients:

1 cup flat-leaf parsley, w/o thick stems
3-4 garlic cloves
2 Tbsp oregano (or 2 tsp dried)
½ cup olive oil

2 tbsp of apple cider vinegar
1 tsp sea salt
¼ tsp red pepper flakes
¼ tsp ground black pepper

Directions:

1. Finely chop the parsley, oregano, and garlic or process in a food processor.
2. Place in a small bowl.
3. Stir in the olive oil, vinegar, salt, pepper and red pepper flakes. Adjust seasonings.
4. Serve immediately or refrigerate.
5. If chilled, return to room temperature before serving.

Note: Will keep for a day or two. Serves 4

DAIRY ALTERNATIVES

Homemade Coconut Milk

Ingredients:

- 1½ cups filtered or distilled water
- 1 cup dry, unsweetened, shredded coconut

Directions:

1. In a medium-size pot, heat the water, but do not bring to a boil.
2. Place the coconut in a blender. Add 1 cup hot water.
3. Blend 2-3 minutes.
4. Place a colander in a bowl.
5. Line the colander with 4 thicknesses of cheesecloth.
6. Pour the blended coconut mixture into the cheesecloth.
7. Twist to extract the milk into the bowl through the colander.
8. Return the coconut pulp to the blender.
9. Add the remaining 1/2 cup of hot water.
10. Blend 1-2 minutes.
11. Repeat steps 6 and 7.

Note: Makes about 1 cup

Almond Milk

Ingredients:

- 2 cups raw almonds
- 2-4 cups filtered or distilled water
- 1 tbsp vanilla
- Optional: Sea Salt

Directions:

1. Soak the almonds in water overnight or at minimum, 4 hours
2. Rinse and drain them just prior to usage
3. Place the almonds in a blender
4. Cover with water 1-2 times above the level of the nuts
(Less water makes a thicker milk, more water makes a thinner milk)
5. Blend 2-3 minutes

6. Place a colander in a bowl
7. Line the colander with plain muslin cloth
8. Pour the slurry into the cloth
9. Twist to extract the milk into the bowl through the colander.
10. Add sea salt to create a taste like cow's milk.

Note: Makes 2-4 cups. Use within 4 days. Can be frozen in ice trays.

Half and Half

Ingredients:

1½ cups distilled or filtered water	¼ teaspoon salt
½ cup raw cashews	Optional: ½ teaspoon vanilla
½ cup blanched almonds	2 ½ cups water
2 tbsp honey or agave nectar (or stevia to taste)	

Directions:

1. Blend 1 ½ cups water, cashews, almonds sweetener, salt and vanilla (if desired)
2. Blend 1-2 minutes on high until creamy.
3. Stop blending. Add 2 ½ cups water. Blend for a few more seconds.
4. Strain using a cheese cloth for a creamier consistency.
5. Pour into a pitcher and serve immediately or chill

Note: Makes 4 ¾ cups

Mild Mocha Milk

Ingredients:

1 ½ cups water	3 tbsp coffee substitute
1 cup cashew pieces	¼ tsp sea salt
8 pitted dates	½ tsp maple flavoring or stevia to taste
2 tsp. raw carob powder	2 ½ cup distilled or filtered water

Directions:

1. Blend 1½ cups water, cashews, dates, carob powder, coffee substitute, salt and sweetener
2. Blend 1-2 minutes on high until creamy.
3. Stop blending. Add 2 ½ cups water. Blend for a few more seconds.
4. Strain using a cheese cloth for a creamier consistency.
5. Pour into a pitcher and serve immediately or chill

Note: Makes 4 2/3 cups

BLENDED DRINKS AND ALTERNATIVE DRINKS

Berry Protein Smoothie

Ingredients:

1 scoop Paradise Protein & Greens Powder ¼ frozen banana
¾ cup coconut or almond milk 1 tsp raw honey **or** coconut sugar **or**
¼ cup frozen berries of choice Just Like Sugar, **or** Stevia to taste

Directions:

Place all ingredients in a blender and blend until smooth. Enjoy!

Chocolate Almond Butter Protein Smoothie

Ingredients:

1 scoop Paradise Protein & Greens Powder ¼ frozen banana
¾ cup almond or coconut milk 1 tsp raw honey, **or** coconut sugar **or**
1 tbsp almond butter Just Like Sugar **or** Stevia to taste
2 tbsp unsweetened cocoa powder

Directions:

Place all ingredients in a blender and blend until smooth. Enjoy!

Cucumber Delight Juice (A morning juice)

Ingredients:

3 cucumbers 1 red pepper
2 celery stalks ½ lemon, peeled
¼ onion

Directions:

1. Place all ingredients in a blender and blend until smooth.
2. Makes 2 servings. Drink half and chill the second half for the next morning.

Natural Colon Cleanse Juice

Ingredients:

1 medium to large cactus ½ slice pineapple
Juice of 2 lemons 2 pieces parsley
1 celery stalk 1 small aloe vera piece
1 garlic clove ½ cup distilled or purified water (or 4
ice cubes)

Directions:

Place all ingredients in a blender and blend until smooth. Enjoy!

Note: This special blend will help your skin and also revitalize you.

Dr. Linda's Colonade**Ingredients:**

1 celery stalk
 1 bunch of parsley
 ½ tsp olive oil
 Juice of 1 medium to large lemon

Directions:

1. Blend all the ingredients together and drink immediately.
2. Drink juice twice a day (upon rising; before dinner) for 2 weeks.
3. After the first 2 weeks, drink every other day.

Green Tea Lemon Aid**Ingredients:**

6 cups water	Juice from 4 limes
5 green tea bags (decaf/reg)	Maple syrup to taste
2 cups water	

Directions:

1. In 6 cups water, brew 5 green tea bags
2. Add 2 cups water to cool tea
3. Add juice from 4 limes
4. Add maple syrup to taste
5. Sip throughout the day every 15-20 minutes

Supreme Green Optimizer Drink**Ingredients:**

3 cups water	Optional: 1-2 tbsp coconut sugar or
3 green tea bags	dash of Stevia
2 cups spinach	1-2 scoops Paradise Protein & Greens
2 lemons, peeled	
1 apple	

Directions:

1. In 3 cups water, brew 3 green tea bags.
2. Cool completely.
3. In blender, add brewed tea, spinach, lemons, and apple. Blend completely

4. Add sweetener of choice if you wish. Blend again.
5. Add 1-2 scoops Paradise Protein and Greens if you wish. Blend again.
6. Add more water to desired consistency if you wish. Blend again.
7. Sip throughout the day every 15-20 minutes

Cranberry Cocktail

Ingredients:

1 cup water	Juice of ½ lemon
¼ cup unsweetened cranberry juice	¼ tsp stevia
1-2 tsp apple cider vinegar	

Directions:

Mix all ingredients in a drinking cup. Enjoy!

JUICING RECIPES

Green Lemonade

Ingredients:

1 head romaine lettuce or celery	1 lemon with peel
5 - 6 stalks kale (any type)	Optional: 1 inch fresh ginger
1 - 2 apples	

Directions:

1. Process the vegetables one at a time in the juicer.
2. The fiber will shoot out of the juicer into one container.
3. The spout will eject the juice into another container.
4. Pour into a large glass and drink!
5. The lemon cuts out the “green” taste of the drink.

Dr. Linda’s Anti-Aging Beauty Juice

Ingredients:

2 apples	*substitute chard, collards or
3 carrots	spinach in place of kale as long
1 cucumber	as it’s green
*2 kale leaves	

Directions:

1. Process the vegetables one at a time in the juicer.
2. The fiber will shoot out of the juicer into one container.
3. The spout will eject the juice into another container.

4. Pour into a large glass and drink!
5. It is best to drink this in the morning on an empty stomach.
6. Wait 30 minutes before you consume your breakfast.
7. You may drink this 30 minutes prior to lunch.