

A Cleanse For All Seasons

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Welcome to the Cleanse For All Seasons



Congratulations!!!

You are on your way to create a healthier body and a healthier life!

Please take the following approach when following this cleanse:

ANYTHING IS BETTER THAN NOTHING!

You don't have to follow this cleanse perfectly.

You don't have to start over, just keep going.

You can't ruin it, the way you are doing it is just fine.

It is ok to follow it 80% or 60% or just as much as you can.

The more you follow it, the more benefits you will notice.

Seasonal Cleanse



I love Cleanses. I believe in cleanses. The cleanses I teach are:

Gentle yet powerful.

Easy yet effective.

Gradual yet deliver great results.

Most women start a cleanse in January, when they make New Year resolutions. They fast, or go on a juice cleanse or eat a lot of salads and they don't understand why their body does not cooperate and why it feels out of tune. That is because most cleanses are designed to work as a Spring cleanse and don't take into consideration that our body's needs change with the seasons.

~ As the seasons change our needs change. ~

If you have frozen smoothies and lots of raw salads during the cold freezing winter they will not work with your body's needs. In the winter you need warmer and heartier foods.

If you have heavy and rich stews and casseroles in the middle of a hot steamy summer they will not work with your body's needs. You need cooling and light foods in the summer.

Spring and autumn are transitional seasons and cleanses are especially beneficial then. In the spring we shed the weight of the winter and prepare to be lighter and more extroverted. In the fall we transition into a season that is more nourishing and introverted.

Every season has its beauty and its self-care practices. When we live in harmony with the forces of nature and tune-in to the the cyclical rhythms of the seasons, we thrive!

That is why I developed the Cleanse For All Seasons. Every season, the food recommendations, food choices and cooking methods are adjusted so our body will work in harmony with nature.

BEFORE YOU START

Take some time to prepare.

- ~ Read Through the cleanse.
- ~ Read through the FAQ even if you don't think you have questions, it will highlight many helpful steps and insights.
- ~ Decide on a start date.
- ~ Decide which recommendations you will follow (it's okay not to follow all of them).
- ~ Decide which meals you will prepare, you can make your own from the recommended food list or follow the recipes. Feel free to switch meals! I often have a bigger meal for lunch and a lighter meal for dinner.
- ~ Make a shopping list and go shopping.
- ~ Schedule time in your calendar to do daily food prep and cooking. It doesn't have to take long, all the meals I included are easy to prepare, simple, quick and delicious.
- ~ Schedule time each day to notice how your body feels on the cleanse. Journaling is helpful.
- ~ Have fun! This is a joyous experience.

Spring Cleanse



In the spring our energy is moving, flowing and ascending.

Think of snows melting, rivers flowing and spring flowers sprouting, growing and blooming.

Spring is the season when we get more active, it's a great time to start an exercise class or start walking in nature.

In the spring we transition into eating more raw foods, more baby greens, more sprouts. The cooking methods for this season are light and we use less oil and salt than in the winter. Emphasize spring salads, cooked grains, easy to digest proteins, steamed vegetables and light soups.

DAILY RECOMMENDATIONS FOR SPRING



~**Warm lemonade:** Drink first thing in the morning and wait 15-20 minutes before eating.

~**To make:** Mix the juice of 1 lemon, 1 teaspoon of honey and 1 cup of warm water. Optional: add sliced ginger.

~**Health benefits:** This drink flushes the digestive system, detoxifies the liver, alkalizes your body, reduces inflammation, fights infections and strengthens the immune system.



~**Nettle tea:** Drink 1-2 cups throughout the day.

~**To Make:** You can find nettle teas, loose or teabags, in healthful stores.

~**Health Benefits:** Nettle tea improves the immune system, kidney function, hormonal health and allergies.



~Green smoothie: Drink in the morning as part of breakfast.

~To make: put in blender any fruit combination you like (apple, banana, strawberries...), add a handful of green leafy vegetables

(spinach, kale, broccoli...), add other vegetables like carrots or beets, add one cup of liquids (water, soy milk...), add ice and blend. You can also add superfoods like spirulina and flax seeds.

~Health benefits: A boost of super nutrients.



~Rest: It is important to get a good night sleep and extra rest while your body cleanses.

Your might be eliminating or reducing addictive foods and experience withdrawal symptoms. Plenty of rest will

help alleviate those symptoms.

~ Your body heals in rest mode. ~



~The hot towel scrub: Morning and evening ritual.

~To do: fill your sink with hot tap water, add some essential oil if you like. Dip a wash cloth in the hot water and wring it out. Scrub your skin from head to toe, re-dipping the towel in the hot water as it cools.

~Health Benefits:

This ritual is amazingly healing as well as cleansing. The skin is our biggest organ of elimination and this tool helps get rid of waste, toxins and dead skin cells.

It is also very balancing, it will energize you in the morning and calm you down in the evening.

The hot towel scrub is a great way to practice a loving relationship with your body by paying attention to every part of it. Please spend more time and attention on parts of your body that you do not like and “scrub away” any feelings and thoughts of dislike.

Summer Cleanse



In the summer our energy is relaxing, outgoing and expansive.

Think of trees and plants growing and long, hot sunny days.

Summer is the season of balance between activity and leisure. It is no wonder that summer is traditionally vacation time so make sure to schedule plenty of relaxing and fun activities during this season.

In the summer our body needs cooling and hydrating foods and less quantity of food. Summer is bursting with fresh produce, lots of fruits and vegetables and quick cooking methods. Emphasize plenty of salads, more fruit, grilling and high flame stir frying.

DAILY RECOMMENDATIONS FOR SUMMER



~ Apple cider vinegar drink: Drink first thing in the morning and wait 15-20 minutes before eating.

~To make: Mix 2 Tbs of organic ACV with warm water and a teaspoon of honey.

~ Health Benefits: This drink detoxifies your liver, improves your digestion, alkalizes your body, prevents inflammation, regulates your blood sugar levels and promotes healthy bones.



~Mint Tea: Drink 1-2 cups throughout the day.

~To Make: Use fresh mint leaves in hot water or use teabags.

~Health Benefits: Mint tea aids the digestion, relieves nausea, helps fight fatigue and freshens breath.



~**Alternate between juices and smoothies:** Drink in the morning as part of your breakfast.

~**To make:** Smoothies- see spring recommendations, Juices- press with a juicer.

Make sure to include dark leafy greens in both.

~**Health benefits:** Juices are a “bomb” of nutrients that our body absorbs fast and smoothies contain fiber that makes us feel fuller.



~**Skin brushing:** Morning and evening ritual.

~**To do:** Use a soft brush and brush your whole body in circular motions.

~**Health benefits:** This ritual boosts circulation, sweep away dead skin cells, stimulate the lymph nodes, improve digestion and helps

your body remove toxins.



~Leisure time: Take time to luxuriantly relax this summer, take a vacation to a far-away location or enjoy a fun-filled stay-cation.

Summer is an important time to have time off. The days are long, there is a lot of light and heat and our bodies naturally expand and relax.

If you can go on a long vacation, that is wonderful. If you cannot, use some of your time every week to include mini vacations by going on day or weekend trips nearby, going to the beach for a few hours, visiting local gardens, picnicking in the park, exploring your own city/town and getting lost in a delightful summer read.

Make sure to slow down. Even when you work and perform tasks, do them in a slower and more languid pace.

~Give yourself permission to do less and enjoy more.~

Autumn Cleanse



In the fall our energy is releasing and active.

Think of the trees shedding their leaves and animals collecting food in preparation for a long winter.

Autumn is a great time to get rid of clutter and of practices and patterns that do not serve us. We are transitioning from practices that are light into practices that are nourishing.

In the fall we add more cooked foods and increase the amount of healthy fats in our food choices. Fall is a transition season, so we start decreasing cooling summer foods like raw salads, smoothies, and juices and increasing cold weather foods like root vegetables and nourishing broths.

DAILY RECOMMENDATIONS FOR FALL



~ **Dandelion root tea:** Drink 1-2 cups throughout the day.

~**To make:** Use dandelion root tea bags, preferably organic. They can be found in health food stores or ordered online.

~**Health benefits:** Dandelion root tea is excellent for boosting the immune system, reducing inflammation and cleansing the kidneys and liver from toxins.



~**Vegetable broths:** As the weather gets colder have less smoothies/juices and more broths.

~**To make:** See 'recipes'.

~**Health benefits:** Full of nutrients that are easily absorbed, healing to the digestive system, warming and nourishing.



~ **Hot water bottle:** In the evenings.

~**To use:** Fill with hot tap water and put on your stomach. Breathe deeply and relax.

~**Health benefits:** Warming, soothing, relaxing, helps diminish unhealthy food cravings, aids digestion.



~**Spend time in nature:** Daily.

~**To do:** Unplug every day and take a walk in the park, sit in a garden, do yoga on the lawn, watch the sunrise/sunset, take in the fall foliage, watch the rain from your window and connect with nature.

~**Health benefits:** Helps relax the nervous system, decreases depression, promotes positive attitude, increases motivation and just makes you feel good.



~**Declutter:** Let go of

- things
- patterns
- habits
- thoughts

that no longer serve you.

~**Health benefits:** There is a strong connection between clutter and health. When we accumulate a lot of stuff that we do not need, it create stagnant energy that affects our body. The same is true for accumulated patterns and thoughts.

This fall, commit to clearing physical clutter from your environment by decluttering one area at a time.

Make a list of all the patterns, habits and thoughts that you are willing to let go off. Write them a goodbye letter and then burn or bury the list. Write an invitation letter to the patterns, habits and thoughts you would like to bring in.

Winter Cleanse



In the winter our energy is inward and reflective.

Think of short days, cold temperatures, nature gathering into itself and animals hibernating.

Winter is the season to focus of our inner lives. It's a wonderful time to engage with nesting, domestic, restorative and nurturing practices like meditation, restorative yoga, journaling, reading, creative crafts and learning.

In the winter we eat grounding, warming and nourishing foods like soups, stews and root vegetables and add more good quality salt and fats to our meals.

DAILY RECOMMENDATIONS FOR WINTER



~Ginger tea: Drink 1-2 cups throughout the day.

~To make: Add slices of fresh ginger to boiling water or use tea bags.

~Health benefits: Ginger tea is great for digestion, reducing inflammation and regulating blood sugar.



~Nourishing broths: Drink 1-2 cups a day.

~To make: See 'recipes'.

~Health benefits: Nourishing broths like bone broths and seaweed broths heal our digestive system, provide

many minerals and vitamins that promote healthy bones, teeth, hair, nails and skin, reduce inflammation, alleviate allergies and fight colds and flu.



~Meditation and restorative yoga: Practice daily.

~To do: Dedicate daily time, even a few minutes, to practice meditation by quieting down and focusing on your breath. You can find great videos on YouTube for guided meditations and restorative

yoga poses.

~Health Benefits: Reduces stress and illness.



~Aromatherapy baths: Daily.

~To do: Fill your bath with hot water.

- Add your favorite essential oils.

- Add epsom salt.

- Burn incense and light a candle
- Soak and relax for 20-30 minutes.

~Health Benefits: Hot baths with epsom salt and essential oils soothe the body, mind and soul and relieve pain.



~Hot oil massage: Get it done at a spa or do a self-massage at home.

~To do: Warm a massage oil bottle by running it under hot water and placing it in a container with hot water. Place some oil in your hands and

starting at your feet and working up to the rest of your body, rub it into your skin in circular motions. Add oil as needed and linger in areas that feel tender.

~Health benefits: Hot oil massage has been long used by Ayurvedic practitioner to improve health.

- It is relaxing.
- It helps strengthen muscles and bones.
- It improve blood circulation.
- It improves sleep.
- It strengthens the immune system.

~It is a wonderful self-care practice and a loving way to connect with your body. Breathe deeply as you massage every part of your body and send it love.~

A note about feelings:



You might experience:

~ crabbiness

~fatigue

~irritation

~sadness

~anger

and other negative emotions during the first couple of days of the cleanse. This is good! As your body is cleansing and releasing toxins, negative emotions come up to the surface to be released as well. Be extra gentle with yourself, get extra rest and as you go deeper into the cleanse you will experience increased energy, vitality and mood.

A note about coffee:



If you are used to drinking coffee every day and then cut it out, you will probably experience withdrawal symptoms like headaches and fatigue. They will not last. You will feel better after 2-3 days without coffee.

You can try grain and chicory coffee substitutes. I love Bambu coffee substitute and you can get it at Amazon here: <http://amzn.to/2oAlHf2>

If you choose to not give up caffeine, try switching to green tea which is gentler.

A note about sugar:



Refined sugar is very seductive. It gives you the illusion of sweetness in your life when in fact it robs you of important nutrients and vital energy. When you try to cut it out, it can come back with a vengeance. If you consume sugar every day, trick your sweet tooth. Have your sweets, but in a healthier version like sweetening your drinks with stevia, baking with healthier sweeteners like maple syrup and raw honey in moderation and using dry fruits like dates or figs as treats. I included some great sweet treats to help you kick the refined sugar habit in the 'recipes' section.

Please do not use artificial sweeteners. They are toxic and harmful.

Frequently Asked Questions



~ Why a seasonal cleanse? What if I want to eat a summer recipe in the winter? Or crave more hearty food in the summer?

Eating foods that are seasonal, local, whole and fresh is one of the best ways to nourish your body. Seasonal foods harmonize the body with nature and with the environment. When you eat seasonally you will feel more energized, more relaxed, stronger and better.

But please remember that this cleanse is flexible and so are the recommendations and recipes. You do not have to follow them 100%. If you crave a crisp salad in the winter, have it! If you crave a hearty chili in the summer, have it! As long as you follow most of the recommendations, it is ok to make exceptions.

It is also important to understand that your body has internal conditions. It might need to feel cooler even if the weather is cold or it might need to get warmer even if the weather is warm. Listen to your body's signals and needs and follow them as best you can with the seasonal recommendations as a general guide.

~ How often can I do this cleanse?

I recommend to do the cleanse once a season. I and many of my clients and the women in my health groups do. I also recommend to do a shorter version of it, 1-3 days, once a month.

~ *Will I lose weight following the cleanse?*

Very likely. However, the purpose of this cleanse is not to lose weight but to cleanse, repair and nourish your digestive system, to identify and change eating patterns that no longer serve you and create new and nurturing ways to eat and live. The only way to achieve a healthy and permanent weight loss is by transforming your eating habits and lifestyle.

~ *I am vegan, will the cleanse work for me?*

Yes. This cleanse does not follow any dietary agenda. You can follow it and modify it as needed to fit your food preferences. So whether you are vegan, vegetarian, gluten free, lactose intolerant, keep kosher or follow any other dietary system, you can do this cleanse. In the food recommendation and recipes I always include a few options, including a vegan option, to fit a variety of needs. Feel free to modify them even more to make it work for you.

~ *Is it a liquid only cleanse?*

No. This cleanse includes plenty of food. You will not starve. It emphasizes foods that will naturally support your digestive system and help your body cleanse, get rid of toxins, rejuvenate and heal.

~ Do I have to know how to cook?

Every day you will be given a list of foods to focus on and suggested meals and recipes. It is easy to follow and anybody can do it. It is best if you prepare your own food but you can also eat out and get prepared foods.

~ I am a compulsive overeater/emotional eater/binge eater, how will this cleanse affect me?

This cleanse is a wonderful and gentle opportunity to start transforming your relationship with food. It will clearly show you how certain addictive foods are affecting you and help you start breaking the bonds that those foods have over you.

Let your experience be your guide. If you are not ready to give up a certain food, that is ok, continue with the rest of the cleanse. If 7 days are too long, that is ok, do 3 days, or 1, or start with a cleansing meal. You can go back to this cleanse a few weeks later and do a little more.

There is no wrong way of doing this cleanse and anything is better than nothing. I highly recommend to get plenty of support and not embark on a health journey alone. Please contact me to schedule a consultation and/or join one of my women health groups.

~ Does this cleanse address food sensitivities?

This cleanse gradually moves you away from foods that many of us are sensitive to and towards foods that your body digests well. If you want to take a closer look at your food sensitivities I recommend to schedule a private consultation and/or join one of my women health groups.

~ Is the cleanse sugar free? Grain free? Gluten free?

I do recommend to get off refined sugar for the entire cleanse and use it as an opportunity to avoid it or at least reduce it afterwards. The cleanse includes healthier and more natural sugars that you can use in moderation. If you feel ready for more you can certainly avoid those as well. The recipes include a variety of natural sweets and treats that you can choose from.

This cleanse is not gluten free or grain free, it includes a variety of whole grains and grain products. I do recommend to focus more on whole grains and less on processed grain products. You can easily follow the cleanse with a gluten free version by focusing on gluten-free and/or higher protein grains like quinoa, buckwheat, millet, teff, amaranth and gluten free oats.

~ *What if I want to follow the cleanse for a shorter or a longer time?*

This cleanse is designed as a 7 day cleanse but you can follow it for 5 days, 3 days or even one day. You can follow it for 10, 14 or 21 days. Just make sure to follow the gradual progression of the cleanse and do not stay on day 4 for more than one day without a health coach's personal guidance.

So for example, if you want to do the cleanse for 5 days follow day 1, day 2, day 3, day 6 and day 7. If you want to follow the cleanse for 10 days follow day 1, day 2, day 3, day 3, day 4, day 5, day 5, day 6, day 6, day 7.

Please feel free to contact me if you need me to structure it for you.

~ Should I eat smaller more frequent meals or bigger less frequent meals? Should I have snacks?

The menu plan is structured as a 3 meal plan but you don't have to follow it that way. You might find that at different seasons your preferences change. I often prefer to eat a bigger lunch and a lighter dinner, so feel free to switch meals around.

I find that when I am following my hunger signals and when my body is happy and balanced I tend to eat 2 meals a day and sometimes have a snack.

Listen to your body and follow your own hunger signals. This cleanse will help you to do that.

~ I do not have time to prepare smoothies and juices in the morning. Can I make them anytime?

Absolutely. The daily recommendations are flexible, so make and drink your smoothies and juices any time of the day. You can also prepare them the night before and drink them in the morning. Do it in whatever way it works for you.

If you would like me to structure the cleanse to your personal needs, please feel free to e-mail me at support@healthnutgirl.com

I am also happy to support you as you go through the cleanse so please e-mail me with any issues or questions that come up as you go through it.

The Cleanse - Day One



Today we will start with avoiding white flour, white sugar, caffeine, alcohol, artificial sweeteners, artificial flavors and colors. Please read food labels and ingredient lists as those are present in many packaged foods.

Foods you can have:

- ~Vegetables.
- ~Fruits.
- ~Whole grains like brown rice, barley, quinoa.
- ~Whole grain products like whole grain breads, pastas, crackers, rice cakes.
- ~Legumes like beans, lentils, chickpeas, split peas.
- ~Soy products like edamame, tofu, tempeh, soy burgers.
- ~Unsweetened dairy substitutes like soy milk, almond milk, soy yogurt.
- ~Nuts, seeds, nut and seed butter like peanut butter, almond butter, sesame seed butter.
- ~All-fruit jams, natural sweeteners like honey, maple syrup, stevia.

If you eat animal proteins you can continue to have them. That includes meat, poultry, fish, eggs and dairy products.

Suggested Spring Meals:

B - Quinoa with sautéed baby spinach and tahini sauce

L - Salad with goat cheese and grilled chicken or (v) - Salad with quinoa and aduki bean burgers

D - Grilled fish or (v) - Saucy beans, steamed broccoli, grated carrot and daikon salad

Suggested Summer Meals:

B - Quinoa with stir fried kale

L - Salad with grilled chicken and walnuts or (v) - Salad with chickpeas and walnuts

D - Grilled fish or (v) - Grilled tempeh, broccoli-cauliflower crudités with tahini dip, carrot apple salad

Suggested Fall Meals:

B - Oatmeal with apples and sesame seeds

L - Warm salad with grilled chicken or (v) - Grilled tempeh

D - Baked fish or (v) Baked tofu, sautéed broccoli, steamed moroccan carrots

Suggested Winter Meals:

B - Maple cinnamon oatmeal with pears

L - Roasted vegetable salad with grilled chicken or (v) Grilled tempeh

D - Baked fish or (v) - Baked tofu, sautéed broccoli, roasted carrots

The Cleanse - Day Two



Today, continue to avoid foods from the previous day. In addition, avoid all animal flesh. That includes meat, poultry, fish, sea food.

Foods you can have:

- ~Vegetables.
- ~Fruits.
- ~Whole grains like brown rice, barley, quinoa.
- ~Whole grain products like whole grain breads, pastas, crackers, rice cakes.
- ~Legumes like beans, lentils, chickpeas, split peas.
- ~Soy products like edamame, tofu, tempeh, soy burgers.
- ~Unsweetened dairy substitutes like soy milk, almond milk, soy yogurt.
- ~Nuts, seeds, nut and seed butter like peanut butter, almond butter, sesame seed butter.
- ~All-fruit jams, natural sweeteners like honey, maple syrup, stevia.

You can continue to have eggs and dairy products.

Suggested Spring Meals:

B - Whole grain toast with almond butter and sliced banana

L - Barley salad with sprouted beans

D - Lemony cannelloni beans with escarole, beet salad, 3 color slaw

Suggested Summer Meals:

B - Whole grain toast with almond butter and sliced banana

L - Barley salad with diced egg or (v) - Diced baked tofu

D - Lemony cannelloni beans with crispy romaine, beet salad, 3 color slaw

Suggested Fall Meals:

B - Whole grain toast with almond butter and sliced banana

L - Warm barley salad with lentils

D - Lemony cannelloni beans with chard, beet salad, sautéed cabbage

Suggested Winter Meals:

B - Whole grain toast with almond butter and sliced banana

L - Barley and chickpea pilaf

D - Lemony cannelloni beans with kale, roasted beets, sautéed cabbage

The Cleanse - Day Three



Today, continue to avoid foods from the previous days. In addition avoid all animal products as well. That includes eggs and dairy products like milk, yogurt and cheese.

Foods you can have:

- ~Vegetables.
- ~Fruits.
- ~Whole grains like brown rice, barley, quinoa.
- ~Whole grain products like whole grain breads, pastas, crackers, rice cakes.
- ~Legumes like beans, lentils, chickpeas, split peas.
- ~Soy products like edamame, tofu, tempeh, soy burgers.
- ~Unsweetened dairy substitutes like soy milk, almond milk, soy yogurt.
- ~Nuts, seeds, nut and seed butter like peanut butter, almond butter, sesame seed butter.
- ~All-fruit jams, natural sweeteners like honey, maple syrup, stevia.

Suggested Spring Meals:

B - Scrambled tofu with seasonal vegetables

L - Sprouted lentil soup, avocado and tomato sandwich

D - Barley pilaf with edamame and corn, kale salad

Suggested Summer Meals:

B - Scrambled tofu with seasonal vegetables

L - Chickpea and zucchini soup, avocado and tomato sandwich

D - Quinoa salad, kale salad

Suggested Fall Meals:

B - Scrambled tofu with seasonal vegetables

L - Aduki bean soup, avocado and tomato sandwich

D - Vegetable and tofu fried rice, sautéed kale

Suggested Winter Meals:

B - Scrambled tofu with seasonal vegetables

L - Bean chili, avocado and tomato sandwich

D - Baked brown rice, sautéed kale

The Cleanse - Day Four



Today, continue to avoid foods from the previous days. In addition avoid all nuts and seeds like almonds, cashews, sunflower seeds and all nut and seed butters like peanut butter, almond butter, tahini, hummus that includes tahini.

Foods you can have:

- ~Vegetables.
- ~Fruits.
- ~Whole grains like brown rice, barley, quinoa.
- ~Whole grain products like whole grain breads, pastas, crackers, rice cakes.
- ~Legumes like beans, lentils, chickpeas, split peas.
- ~Soy products like edamame, tofu, tempeh, soy burgers.
- ~Unsweetened dairy substitutes like soy milk, almond milk, soy yogurt.
- ~All-fruit jams, natural sweeteners like honey, maple syrup, stevia.

Suggested Spring Meals:

B - Rice porridge with figs

L - Salad with baby greens, sprouts, asparagus and chickpeas

D - Carrot ginger soup, steamed veggies with carrot ginger dressing, quinoa and sprouted lentils salad

Suggested Summer Meals:

B - Rice porridge with strawberries

L - Salad with mixed mesclun green, string beans and chickpeas

D - Carrot ginger soup, steamed veggies with carrot ginger dressing, quinoa and aduki beans salad

Suggested Fall Meals:

B - Rice porridge with apples

L - Salad with mixed green, roasted kabocha and chickpeas

D - Carrot ginger soup, steamed veggies with carrot ginger dressing, quinoa and tempeh pilaf salad

Suggested Winter Meals:

B - Rice porridge with pears

L - Salad with mixed power greens, roasted sweet potatoes and kidney beans

D - Carrot ginger soup, steamed veggies with carrot ginger dressing, quinoa and seitan salad

The Cleanse - Day Five



Today, we will start adding back, in reverse order, the foods we avoided. Start adding back all nuts and seeds like almonds, cashews, sunflower seeds and all nut and seed butter like peanut butter, almond butter, tahini, hummus that includes tahini.

Foods you can have:

- ~Vegetables.
- ~Fruits.
- ~Whole grains like brown rice, barley, quinoa.
- ~Whole grain products like whole grain breads, pastas, crackers, rice cakes.
- ~Legumes like beans, lentils, chickpeas, split peas.
- ~Soy products like edamame, tofu, tempeh, soy burgers.
- ~Unsweetened dairy substitutes like soy milk, almond milk, soy yogurt.
- ~Nuts, seeds, nut and seed butter like peanut butter, almond butter, sesame seed butter.
- ~All-fruit jams, natural sweeteners like honey, maple syrup, stevia.

Suggested Spring Meals:

B - Millet burgers

L - Lentil soup for all seasons, whole grain crackers with guacamole

D - Tofu and broccoli in garlic sauce, baked sweet potato fries

Suggested Summer Meals:

B - Millet burgers

L - Lentil soup for all seasons, whole grain crackers with guacamole

D - Tofu and spinach salad in garlic lemon dressing, steamed sweet potatoes

Suggested Fall Meals:

B - Millet burgers

L - Lentil soup for all seasons, whole grain crackers with guacamole

D - Sautéed tofu and nappa cabbage with garlic and ginger, mashed sweet potatoes

Suggested Winter Meals:

B - Millet burgers

L - Lentil soup for all seasons, whole grain crackers with guacamole

D - Sautéed tofu and chard with garlic and ginger, roasted sweet potatoes

The Cleanse - Day Six



Today we are continuing to add back, in reverse order, the foods we avoided. Add back eggs and dairy products like milk, yogurt and cheese. If you are following a vegan diet, continue with previous day recommendations.

Foods you can have:

- ~Vegetables.
- ~Fruits.
- ~Whole grains like brown rice, barley, quinoa.
- ~Whole grain products like whole grain breads, pastas, crackers, rice cakes.
- ~Legumes like beans, lentils, chickpeas, split peas.
- ~Soy products like edamame, tofu, tempeh, soy burgers.
- ~Unsweetened dairy substitutes like soy milk, almond milk, soy yogurt.
- ~Nuts, seeds, nut and seed butter like peanut butter, almond butter, sesame seed butter.
- ~All-fruit jams, natural sweeteners like honey, maple syrup, stevia.

If you eat animal proteins you can have eggs and dairy products.

Suggested Spring Meals:

B - Soft boiled egg or (v) cauliflower and tofu scramble, sliced radishes and cucumbers

L - French lentils, barley, garlic collard greens

D - Vegetable soup for all seasons with leftover grains from lunch

Suggested Summer Meals:

B - Hard boiled egg or (v) corn and tofu scramble, sliced tomatoes and peppers

L - French lentils, polenta, garlic zucchini

D - Vegetable soup for all seasons with leftover grains from lunch

Suggested Fall Meals:

B - Herbed omelet or (v) herbed tofu scramble, steamed butternut

L - French lentils, millet, garlic brussel sprouts

D - Vegetable soup for all seasons with leftover grains from lunch

Suggested Winter Meals:

B - Scrambled eggs with onions and cheese or (v) onions and tofu scramble, sautéed carrots

L - French lentils, kasha, garlic kale

D - Vegetable soup for all seasons with leftover grains from lunch

The Cleanse - Day Seven



Today we are continuing to add back, in reverse order, the foods we avoided. Add back all animal proteins. If you are vegan continue to follow day 5 recommendations. If you are vegetarian continue to follow previous day recommendations.

Foods you can have:

- ~Vegetables.
- ~Fruits.
- ~Whole grains like brown rice, barley, quinoa.
- ~Whole grain products like whole grain breads, pastas, crackers, rice cakes.
- ~Legumes like beans, lentils, chickpeas, split peas.
- ~Soy products like edamame, tofu, tempeh, soy burgers.
- ~Unsweetened dairy substitutes like soy milk, almond milk, soy yogurt.
- ~Nuts, seeds, nut and seed butter like peanut butter, almond butter, sesame seed butter.
- ~All-fruit jams, natural sweeteners like honey, maple syrup, stevia.

If you eat animal proteins you can have meat, poultry, fish, eggs and dairy products.

Suggested Spring Meals:

B - Whole grain rice cake with cashew butter and jam

L - Salad Niçoise for all seasons, socca bread

D - Black bean salad, barley with peas and carrots, garlic greens

Suggested Summer Meals:

B - Whole grain crackers with cashew butter and jam

L - Salad Niçoise for all seasons, socca bread

D - Black bean salad, festive rice, garlic greens

Suggested Fall Meals:

B - Whole grain sourdough toast with cashew butter and jam

L - Salad Niçoise for all seasons, socca bread

D - Black bean salad, millet mashed potatoes, garlic greens

Suggested Winter Meals:

B - Whole spelt toast with cashew butter and jam

L - Salad Niçoise for all seasons, socca bread

D - Black bean salad, rice-coconut pilaf, garlic greens

Beyond The Cleanse - Day Eight



YOU DID IT!!!

It does not matter how “perfectly” you followed the cleanse.

Whatever you did:

Your body is humming with joy!

Your cells are smiling!

Your organs are thanking you!

This cleanse is an amazing opportunity to create more wholesome eating habits.

- You can take a permanent vacation from chemicals and additives.
- You can say good bye to refined and overly processed foods.
- You can visit sugar and caffeine occasionally. Or hardly ever.
- You can examine how much and what kind of animal protein to have.
- You can repeat this cleanse anytime you feel you need to return to healthier eating.

I recommend to spend some time to write down:

- ~ What you have learned about your body and your health.
- ~ How you felt with or without certain foods.
- ~ What positive changes you noticed.
- ~ What foods would you like to continue to avoid or reduce.
- ~ What foods would you like to eat more of.
- ~ What recipes you loved and would like to eat more often.

All the recipes in this cleanse can be eaten at any time!

The Recipes



All the meal suggestions on the 7 day cleanse are designed to be simple, easy to prepare and quick. They follow my method of creative cooking. Feel free to alter them according to your taste and preference. Or skip them all together and create your own recipe from the recommended food list.

Quantities:

Many of the recipes don't have exact quantities for each ingredient. It does not matter if you use more carrots or less carrots in a recipe. Feel free to exchange an ingredient you don't like for one you do.

Many of those meals can make multiple servings, so feel free to make more or less according to the number of people that will share the meal.

The foods on this cleanse are extremely healing, filling and satisfying. Listen to your body and eat until you're full.

If you struggle with portion control here are a few guidelines:

- ~Read labels and follow the serving size.
- ~Use vegetables to bulk up your meals and make you feel fuller.
- ~Serving size for cooked grains: between 1/2 a cup to one cup per meal.
- ~Serving size for cooked beans: between 1/2 a cup to one cup per meal.
- ~Serving size for cooked proteins like fish, chicken or tofu: about 3-4 oz per meal.
- ~Serving size for oils: about one to two tablespoon daily (decrease slightly in spring and summer, increase slightly in fall and winter).

Don't be afraid of oils. It is important to have healthy oils every day. They help move foods in the digestive system and help our bodies absorb important nutrients. They help you feel full and satisfied and help you have less cravings for unhealthy processed foods. Some of the recipes have measured quantity of oil. Please adjust the quantities as needed to get the recommended daily amount.

Basic bone broth

Put in a large pot leftover bones from organic chickens (cooked or roasted). You can also use grass fed beef bones. Add a large onion, peeled and chopped, 2-3 carrots, chopped, broccoli and cauliflower, washed and cut into florets, a bunch of parsley, washed, 5-6 cloves of garlic, any other vegetables like celery, zucchini, winter squash, parsnips, turnips... Add plenty of water to fill the pot and a splash of vinegar, that will help the minerals leech out of the bones and into the broth. Bring to a boil, cover and simmer for 8 hours. Strain the broth, discard the bones and vegetables, all the nutrients will be in the broth. Flavor the broth with salt and pepper and any spices you like. Store in the fridge for a few days or freeze.

Basic vegetable broth



Put in a large pot 1 piece of kombu seaweed and 1 piece of wakame seaweed. Add a large onion, peeled and chopped, 2-3 carrots, chopped, broccoli and cauliflower, washed and cut into florets, a bunch of parsley, washed, 5-6 cloves of garlic, any other vegetables like celery, zucchini, winter squash, parsnips, turnips... Add plenty of water to fill the pot, bring to a boil, cover and simmer for 2-3 hours. Strain the broth, discard the seaweed and vegetables, all the nutrients will be in the broth. Flavor the broth with salt and pepper and any spices you like. Store in the fridge for a few days or freeze.

Basic quinoa

Rinse one cup of quinoa in a fine strainer under running water. Put it in a pot and add 2 cups of water and a pinch of salt. Bring to a boil and lower heat to simmer, covered, until all the water is absorbed about 15 minutes.

Sautéed baby spinach

Heat up one tablespoon of coconut oil in frying pan. Add one bag of washed baby spinach. Sauté for 3 minutes and flavor with salt and pepper to taste.

Tahini sauce/dip



Mix 1/4 cup of raw tahini with 1/4 cup of water. Add the juice of 1/2 lemon, 1 crushed garlic clove, salt and pepper to taste. Mix until smooth and drizzle on your food. For a dip, add less water.

Salad with goat cheese

Combine mixed greens, grated carrots, chopped peppers and sliced radishes, drizzle with a teaspoon of olive oil and fresh lemon juice. Top with goat cheese.

Grilled chicken

Marinate chicken (any part of it you like) in olive oil, lemon juice, salt, pepper, oregano and garlic for 30 minutes or more. Grill in an electric or stove top grill pan, on both sides, until completely done and when pierced, juices run clear.

Quinoa and aduki bean burgers

Put 1 and 1/2 cups of cooked aduki beans (you can soak and cook them yourself or use canned) in a bowl and mash them. Add 1/2 a cup of cooked quinoa and 2-3 tablespoons of whole wheat bread crumbs (or ground-up oatmeal). In a frying pan sauté 1 diced onion, 2 cloves of crushed garlic, 1 jalapeño pepper, 1/4 cup of fresh chopped cilantro and season with 1/2 teaspoon of cumin, salt and paper to taste. Cook until onions are browning. Mix into beans and quinoa. Form into burgers, coat with bread crumbs on both sides and pan fry on each side for 3-4 minutes until burger browns. You can also bake them in the oven on a baking sheet lined with parchment.

Grilled fish

Drizzle a piece of fresh fish with olive oil and sprinkle with salt, pepper and sweet paprika. Put on grill or stove top grill pan for about 10 minutes, depending on the fish you are using, until done. Serve with fresh lemon juice and chopped dill.

Saucy beans

Sauté 1 chopped onion and 2 chopped cloves of garlic in 1 tablespoon of olive oil for 2-3 minutes. Add salt, pepper, paprika and cumin and sauté for a few more seconds. Add 1 and 1/2 cups of cooked beans (or 1 can of rinsed beans). Cover and cook on low flame for about 20 minutes. Add a little water to create desired sauce consistency.

Steamed broccoli



Use fresh or frozen broccoli florets and steam for 5 minutes.

Grated carrot and daikon salad

In a food processor grate 2 large carrots and one small daikon. Mix together juice of one orange, 2 teaspoons balsamic vinegar, 1/2 teaspoon cinnamon, 1 teaspoon toasted sesame oil and a pinch of salt. Pour over salad and toss.

Stir fried Kale

Wash and chop a bunch of kale (or use bagged washed kale). Heat up 1 tablespoon of coconut oil in a frying pan and sauté the kale for 5 minutes. Season with salt, pepper, red pepper flakes and garlic.

Grilled tempeh

Cut up tempeh into strips, marinate in 1 tablespoon of soy sauce, 1 teaspoon of toasted sesame oil, 1 crushed clove of garlic, 1 teaspoon of hot chili sauce and 1/2 a teaspoon of honey. Grill on stove top grill pan until browned on both sides.

Carrot apple salad

In a food processor grate 2 large carrots and 1 apple. Mix together juice of one orange, 2 teaspoons balsamic vinegar, 1/2 teaspoon cinnamon, 1 teaspoon toasted sesame oil, a pinch of salt. Pour over salad and toss.

Oatmeal with apples and sesame seeds

Cook 1/2 cup of oatmeal and 1 chopped apple in 1 cup of water, covered, on low heat, until done. You can add a little milk or almond milk for a richer flavor. Serve with a sprinkle of sesame seeds and drizzle with honey.

Warm salad

Steam carrots, broccoli, cauliflower and kabocha squash and put on top of mixed salad greens. Drizzle with tahini dressing or toss with oil and vinegar.

Baked fish

Prepare marinade: 1 clove of crushed garlic, 1 tablespoon of soy sauce, 1 tablespoon of olive oil, juice of 1/2 lemon, 2-3 chopped sage leaves. Mix all ingredients and pour on top of fresh fish. Bake at 350°F, 175°C for about 15-20 minutes until the fish is done.

Baked tofu



Prepare marinade: 1 clove of crushed garlic, 1 tablespoon of soy sauce, 1 tablespoon of olive oil, juice of 1/2 lemon, 2-3 chopped sage leaves. Mix all ingredients and pour on top of sliced tofu. Bake at 350°F/175°C for about 15-20 minutes until tofu browns.

Sautéed broccoli

In a frying pan heat up 1 tablespoon of coconut oil, add broccoli florets and chopped garlic. Season with salt, pepper and red pepper flakes. Sauté for 5 minutes.

Steamed moroccan carrots

Steam 1 large sliced carrot or baby carrots for 5 minutes. Toss with 1 tablespoon of olive oil, salt, pepper, cumin and garlic.

Maple cinnamon oatmeal with pears

Cook 1/2 cup of oatmeal, 1 chopped pear, a sprinkle of cinnamon and 1 teaspoon of maple syrup in 1 cup of water, covered, on low heat, until done. You can add a little milk or almond milk for a richer flavor.

Roasted vegetable salad

Cut up sweet potatoes, turnips, parsnips, celery root and/or other root vegetable into bite size pieces. Toss with melted coconut oil, salt, pepper, rosemary and thyme. Arrange in a single layer on a parchment covered baking sheet and bake at 400° F/200°C for 30-40 minutes, tossing the vegetables half way through, until they are done.

Roasted carrots

Slice carrots or use baby carrots, toss with melted coconut oil, salt, pepper and rosemary and bake on a parchment covered baking sheet at 400° F, 200°C for 20-30 minutes, tossing the carrots half way through, until done.

Barley salad with sprouted beans

Cook 1 cup of barley in 1 and 1/2 cups of water and a pinch of salt, bring to a boil and simmer, covered, until all the water is absorbed. Let barley cool and add diced carrots, diced celery, diced apples, and toasted almonds. Dress with olive oil, lemon juice, salt, pepper and fresh parsley. Serve sprinkled with sprouted beans.

Lemony cannelloni beans with escarole

Heat up a little olive oil in frying pan. Add washed and chopped escarole and sauce for a minute. Add chopped garlic, salt and pepper. Add 1 and 1/2 cups of cooked cannelloni beans (or use canned, rinsed). Sauté for another 2-3 minutes, sprinkle with a little cayenne pepper if you like it a little spicy and serve with fresh lemon squeeze.

Beet salad



Cook beets, whole, until they are soft about 30-60 minutes depending on the size of the beets. Rinse with cold water and peel. Slice, dice or grate the beets, Toss with salt, pepper, cumin, balsamic vinegar and a little maple syrup.

3 color slaw

Mix thinly sliced red cabbage, thinly sliced green cabbage and grated carrots. Toss with olive oil, lemon juice, salt and pepper.

Barley salad with diced egg or (v) - Diced baked tofu

Cook 1 cup of barley in 1 and 1/2 cups of water and a pinch of salt, bring to a boil and simmer, covered, until all the water is absorbed. Let barley cool and add diced cucumber, peppers, raisins and toasted almonds. Dress with olive oil, lemon juice, salt, pepper and fresh parsley. Serve with diced egg or diced baked tofu.

Lemony cannelloni beans with crispy romaine

Toss cooked cannelloni beans (or canned, rinsed) with lemon juice, olive oil, salt, pepper and fresh parsley. Serve on top of chopped romaine lettuce.

Warm barley salad with lentils

Cook 1 cup of barley in 1 and 1/2 cups of water and a pinch of salt, bring to a boil and simmer, covered, until all the water is absorbed. While barley is hot add diced carrots, diced celery, diced apples and toasted almonds. Mix in cooked or canned lentils. Dress with olive oil, lemon juice, salt, pepper and fresh parsley. Serve warm.

Lemony cannelloni beans with chard

Heat up a little olive oil in frying pan. Add washed and chopped chard and sauce for a minute. Add chopped garlic, salt and pepper. Add 1 and 1/2 cups of cooked cannelloni beans (or use canned, rinsed). Sauté for another 2-3 minutes, sprinkle with a little cayenne pepper if you like it a little spicy and serve with fresh lemon squeeze.

Sautéed cabbage

Heat up a little olive oil in a frying pan. Add thinly sliced onions and sauté until they start to brown. Add thinly sliced cabbage and sauté until it starts to soften. Add 1 tablespoon of tomato paste, salt, pepper and curry powder. Add a little water to keep it from drying. Cover and cook on low flame, stirring frequently, until the cabbage is soft.

Barley and chickpea pilaf

Cook 1 cup of barley in 1 and 1/2 cups of water and a pinch of salt, bring to a boil and simmer, covered, until all the water is absorbed. Add cooked or canned chickpeas for the last 5 minutes of cooking. While barley is hot add diced carrots, diced celery, diced apples and toasted almonds. Toss with olive oil, lemon juice, salt, pepper and fresh parsley. Serve warm.

Lemony cannelloni beans with kale

Heat up a little olive oil in frying pan. Add washed and chopped kale and sauce for a minute. Add chopped garlic, salt and pepper. Add 1 and 1/2 cups of cooked cannelloni beans (or use canned, rinsed). Sauté for another 2-3 minutes, sprinkle with a little cayenne pepper if you like it a little spicy and serve with fresh lemon squeeze.

Roasted beets

Wash and peel beets. Cut them into bite size pieces. Toss with melted coconut oil, salt, pepper and rosemary and bake on a parchment covered baking sheet at 400° F/200°C for about 30 minutes, tossing the beets half way through, until done.

Scrambled tofu with seasonal vegetables

Heat 1 teaspoon of olive oil in pan. Add mixed chopped vegetables (whatever is in season like: peppers, onions, mushrooms, peas, carrots, celery, tomatoes, zucchini, cauliflower, cabbage, broccoli...) and stir fry. Mash firm tofu with a fork and add to vegetables. Add salt, turmeric and chopped fresh cilantro. Continue to stir fry until all vegetables are cooked, about 7 minutes.

Sprouted lentil soup

Sauté onion and garlic in a little coconut oil until turning golden. Add a package of sprouted lentils and sauté for another minute. Add spices: 1/2 teaspoon turmeric, 1/2 teaspoon cumin, 1/4 teaspoon cinnamon, 1/2 teaspoon paprika, pepper to taste and sauté for a few more seconds. Add water to cover and cook until lentils are soft. Add salt to taste. Puree the soup in a hand held blender or regular blender and serve with fresh cilantro/coriander.

Barley pilaf with edamame and corn

Cook 1 cup of barley in 1 and 1/2 cups of water and a pinch of salt, add 1 cup of frozen edamame and 1/2 a cup of fresh or frozen corn, bring to a boil and simmer, covered, until all the water is absorbed. Toss with olive oil, lemon juice, salt, pepper and fresh dill. Serve warm.

Kale salad

Wash a bunch of kale and remove the stems. Slice the kale into chiffonade (Very thin strips). Add 1/2 a teaspoons of sea salt and massage the kale with the salt for a minute. Add shredded carrots, 1 tablespoon of olive oil, 1 tablespoon of raw tahini, juice of 1/2 a lemon and toss well.

Chickpea and zucchini soup

Dice a large onion and sauté in 1 tablespoon of coconut oil until golden. Add 2 diced zucchinis and 2 cups of cooked chickpeas. Season with salt and pepper. Add vegetable broth to cover and cook for 10-15 minutes, until the zucchini is cooked through. Turn heat off and add the juice of one lemon and 2 tablespoons of fresh chopped dill.

Quinoa salad

Mix cooked quinoa with grated carrots, grated raw beets, sliced radishes, chopped scallions and chopped fresh dill. Dress with olive oil, lemon juice and salt and pepper to taste.

Aduki bean soup

Sauté onion and garlic in a little coconut oil until turning golden. Add 1 cup of rinsed aduki beans and sauté for another minute. Add 1 cup of diced kabocha squash. Add spices: 1/2 teaspoon turmeric, 1/2 teaspoon cumin, 1/4 teaspoon cinnamon, 1/2 teaspoon paprika, pepper to taste and sauté for a few more seconds. Add water to cover and cook until aduki beans are soft about 40 minutes. Serve with fresh cilantro/coriander.

Vegetable and tofu fried rice

Sauté onion and garlic in a little coconut oil until turning golden. Add 2 cups of mixed vegetables (any seasonal vegetables you have or you can use a frozen blend) and sauté for 2-3 minutes. Add one package of firm tofu, diced and sauté for another minute. Add 1 cup of cooked brown rice, 2 tablespoons of soy sauce, 1 tablespoons of toasted sesame oil, 1 tablespoon of apple cider vinegar, 1 teaspoon of honey and a dash of chili sauce. Sauté until rice is heated through and serve with chopped scallions.

Sautéed kale

In a frying pan heat up 1 tablespoon of coconut oil, add chopped and washed kale and chopped garlic. Season with salt, pepper and red pepper flakes. Sauté for 5 minutes.

Bean chili



Soak 1 cup of beans in plenty of water for 8 hours. Rinse and cook in 3 cups of water, adding 2 bay leaves and a piece of comb seaweed until done. (alternately, you can use canned beans). Sauté 1 chopped onion and 2 chopped garlic cloves in 2 tablespoons of coconut oil until golden. Add chopped peppers, mushrooms and 2-3 chopped tomatoes (or canned), paprika, chili, cumin, salt and pepper to taste. Add the beans and cook, covered, on low flame for about an hour. Serve with fresh lemon squeeze and chopped cilantro.

Baked brown rice

Sauté 1 chopped onion, 2 chopped celery stalks and 1 diced carrot in 1 tablespoon of olive oil. Season with salt and pepper to taste and any dry herbs you like, oregano, rosemary, thyme... Add 1/2 cup of sunflower or pumpkin seeds and transfer to a casserole dish. Add 1 cup of brown rice (uncooked), cover with 1 and 1/2 cups of boiling water and cover. Bake at 350° F/175° C until all the water is absorbed, about 30-40 minutes. Toss with fresh dill and serve.

Rice porridge with figs

Put one cup of cooked brown rice in a sauce pan, add one cup of soy (or almond, or coconut) milk, 2-3 chopped dates (optional), 1/2 teaspoon cinnamon and a pinch of salt. Bring to a boil, cover and simmer for 10 minutes. Serve with fresh figs and a drizzle of honey.

Salad with baby greens, sprouts, asparagus and chickpeas

In a large bowl mix baby greens, sprouts, the 2/3 top parts of asparagus, sliced and cooked chickpeas. Serve with carrot-ginger dressing.

Carrot-ginger dressing

Put the following ingredients in a blender and blend well: 2 carrots, washed and peeled, 1 inch piece of fresh peeled ginger, 1/8 peeled onion, 1/4 apple, 1 teaspoon of mustard, 2 teaspoons of soy sauce, 4 tablespoons of apple cider vinegar, 2 tablespoons of olive oil, 1 teaspoon of toasted sesame oil, 2 tablespoons of water.

Carrot ginger soup



In a large pot place 4-5 chopped carrots and 1 chopped onion, cover with water and bring to a boil. Add a piece of peeled ginger (to taste, about one inch). Cover and simmer until all vegetables are soft. Flavor with salt and a dash of nutmeg. Purée in blender.

Quinoa and sprouted lentils salad

Mix chilled cooked quinoa with grated carrots, grated raw beets, sliced radishes, chopped scallions, sprouted lentils and chopped fresh dill. Dress with olive oil, lemon juice and salt and pepper to taste.

Rice porridge with strawberries

Put one cup of cooked brown rice in a sauce pan, add one cup of soy (or almond, or coconut) milk, 2-3 chopped dates (optional), 1/2 teaspoon cinnamon and a pinch of salt. Bring to a boil, cover and simmer for 10 minutes. Serve with fresh strawberries and a drizzle of honey.

Salad with mixed mesclun green, string beans and chickpeas

In a large bowl mix mesclun greens, lightly steamed string beans and cooked chickpeas. Serve with carrot-ginger dressing.

Quinoa and aduki beans salad

Mix chilled cooked quinoa with cooked aduki beans, grated carrots, grated raw beets, sliced radishes, chopped scallions and chopped fresh dill. Dress with olive oil, lemon juice and salt and pepper to taste.

Rice porridge with apples

Put one cup of cooked brown rice in a sauce pan, add one cup of soy (or almond, or coconut) milk, 2-3 chopped dates (optional), 1 chopped apple, 1/2 teaspoon cinnamon and a pinch of salt. Bring to a boil, cover and simmer for 10 minutes. Serve with a drizzle of honey.

Salad with mixed greens, roasted kabocha and chickpeas

In a large bowl mix mixed greens, roasted kabocha (follow roasted carrots and beets recipe) and cooked chickpeas. Serve with carrot-ginger dressing.

Quinoa and tempeh pilaf salad

Mix warm cooked quinoa with grated carrots, grated raw beets, sliced radishes, chopped scallions, grilled tempeh and chopped fresh dill. Toss with olive oil, lemon juice and salt and pepper to taste.

Rice porridge with pears

Put one cup of cooked brown rice in a sauce pan, add one cup of soy (or almond, or coconut) milk, 2-3 chopped dates (optional), 1 chopped pear, 1/2 teaspoon cinnamon and a pinch of salt. Bring to a boil, cover and simmer for 10 minutes. Serve with a drizzle of honey.

Salad with power greens, roasted sweet potatoes and chickpeas

In a large bowl mix power greens, roasted sweet potatoes (follow roasted carrots and beets recipe) and cooked chickpeas. Serve with carrot-ginger dressing.

Quinoa and seitan salad

Mix warm cooked quinoa with grated carrots, grated raw beets, sliced radishes, chopped scallions, grilled seitan (follow grilled tempeh recipe) and chopped fresh dill. Toss with olive oil, lemon juice and salt and pepper to taste.

Millet burgers

Bring one cup of millet and 3 cups of water to a boil. Simmer covered until almost done and add finely chopped celery, finely diced onion, green peas and parsley. Season with salt, pepper and curry powder. Add 1/2 a cup of cornmeal and mix well. Form into burgers, dredge in additional cornmeal and fry in a little coconut oil until browned on both sides.

Lentil soup for all seasons



Sauté diced onion, carrots and celery in 1 tablespoon of coconut oil until vegetables are soft. Add one cup of rinsed dry lentils and additional seasonal vegetables. Add 1 tablespoon of tomato paste, salt, pepper, sweet paprika and Italian seasoning. Add plenty of water (or vegetable broth, or both) and cook on low flame until lentils are cooked, about an hour. Serve with chopped fresh parsley and a squeeze of lemon juice.

Tofu and broccoli in garlic sauce

Make a sauce by mixing 2 tablespoons of soy sauce, 1 tablespoon of mirin (or 1 teaspoon of maple syrup), 1 tablespoon of rice vinegar, 2 crushed cloves of garlic and red pepper flakes. Sauté broccoli florets, thin slices of red pepper and sliced tofu in a little coconut oil for a minute. Add sauce and sauté the broccoli and tofu for a few minutes, until broccoli is bright green and still crunchy.

Baked sweet potato fries

Peel and cut sweet potatoes into fries shape, drizzle with a little olive oil, paprika, salt and thyme. Put on single layer on baking sheet and bake at 400° F/200° C until crispy, about 25-30 minutes.

Tofu and spinach salad in garlic lemon dressing

Steam and cool sliced tofu. Toss with spinach and grated carrots. Make a dressing by mixing together: 2 tablespoons of olive oil, juice of 1 lemon, 1 teaspoon of mustard, 1 crushed clove of garlic, salt and pepper to taste. Pour dressing on top of salad and mix well.

Sautéed tofu and nappa cabbage with garlic and ginger

Sauté sliced nappa cabbage and sliced tofu in a little coconut oil. Add chopped garlic and ginger, soy sauce and toasted sesame oil and sauté for 5-7 minutes. Serve with toasted sesame seeds.

Mashed sweet potatoes

Peel and slice sweet potato. Steam until soft. Mash and add a little coconut oil, crushed garlic, salt and a dash of nutmeg.

Sautéed tofu and chard with garlic and ginger

Sauté washed and chopped chard and sliced tofu in a little coconut oil. Add chopped garlic and ginger, soy sauce and toasted sesame oil and sauté for 5-7 minutes. Serve with toasted sesame seeds.

Roasted sweet potatoes

Follow roasted carrots and beets recipe.

Cauliflower and tofu scramble

Heat 1 teaspoon of olive oil in pan. Add chopped cauliflower and stir fry. Mash firm tofu with a fork and add to the cauliflower. Add salt, turmeric and chopped fresh cilantro. Continue to stir fry until cooked, about 7 minutes.

French lentils

Sauté 1 finely diced onion in 1 tablespoon of coconut oil until translucent, lower flame and continue to cook until onion is caramelized and brown, stirring frequently. Add 1 cup of rinsed french lentils and sauté with the onions. Add 1 teaspoon of cumin, a dash of cinnamon and salt and pepper to taste. Add water or broth to cover (or more for soup consistency) and cook on low flame, covered for about an hour, until the lentils are soft, adding more liquids if necessary. Turn heat off and sprinkle with lots of chopped fresh cilantro. Serve on top of grain.

Garlic collard greens

In a frying pan heat up 1 tablespoon of coconut oil, add washed and chopped collard greens and chopped garlic. Season with salt, pepper and red pepper flakes. Sauté for 5 minutes.

Basic barley



Wash 1 cup of barley and place in a sauce pan with 1 and 1/2 cups of water and a pinch of salt. Bring to a boil, cover and simmer on low flame until all the water is absorbed, about 30 minutes.

Vegetable soup for all seasons

Mince 3 cloves of garlic and a 1 inch piece of peeled ginger and sauté in a soup pot with 2 tablespoons of coconut oil for 1 minute. Add seasonal vegetables cut into chunky, bite size pieces. Add plenty of broth or water, 1 tablespoon of tomato paste, salt and pepper to taste, 1 teaspoon of turmeric and a touch of cumin. Bring to a boil and simmer, covered for 20-30 minutes, until the vegetables are soft. Add 2 cups of seasonal greens and 1/4 cup of chopped parsley. Cook for another 2 minutes and turn off the heat, keeping the pot covered for another 3 minutes.

Corn and tofu scramble

Heat 1 teaspoon of olive oil in pan. Add fresh corn cut off the cob (or frozen) and stir fry. Mash firm tofu with a fork and add to the corn. Add salt, turmeric and chopped fresh cilantro. Continue to stir fry until cooked, about 7 minutes.

Basic Polenta

Put 1 cup of cornmeal in a sauce pan, add 4 cups of water and a pinch of salt. Bring to a boil, lower flame and simmer for 20-25 minutes, stirring frequently. Turn heat off and stir in one teaspoon of coconut oil.

Herbed tofu scramble

Heat 1 teaspoon of olive oil in pan. Add fresh chopped herbs like chives, parsley, basil... and stir fry. Mash firm tofu with a fork and add to the herbs. Add salt and turmeric. Continue to stir fry until cooked, about 7 minutes.

Basic millet

Rinse 1 cup of millet and put in a saucepan with 3 cups of water and a pinch of salt. Bring to a boil, cover and simmer for 15-20 minutes, until all the water is absorbed.

Garlic brussel sprouts

In a frying pan heat up 1 tablespoon of coconut oil, add washed and halved brussels sprouts and cook until caramelized and brown on both sides. Add chopped garlic, salt, pepper and red pepper flakes and sauté for 2 more minutes.

Onions and tofu scramble

Heat 1 teaspoon of olive oil in pan. Add chopped onion and stir fry until golden. Mash firm tofu with a fork and add to the onions. Add salt, turmeric and chopped fresh cilantro. Continue to stir fry until cooked, about 7 minutes.

Sautéed carrots

Peel carrots and thinly slice. Sauté in 1 tablespoon of coconut oil for 3-4 minutes. Add salt and pepper to taste and a dash of cinnamon.

Basic kasha

Bring 2 cups of water to a boil. Add one cup of toasted kasha and a pinch of salt. Cover and simmer until all the water is absorbed, about 20 minutes.

Garlic kale

In a frying pan heat up 1 tablespoon of coconut oil, add washed and chopped kale and chopped garlic. Season with salt, pepper and red pepper flakes. Sauté for 5 minutes.

Socca bread

Mix 1 cup of chickpea flour, 1 cup of water, 2 tablespoons of olive oil and salt and pepper to taste in a bowl. Optional: add chopped fresh herbs or spices (parsley, rosemary, cumin...). Put in the fridge for 30 minutes or more to thicken up. Heat a frying pan and add a little coconut oil. Cook the chickpea mixture by the ladleful. You can make them thin like crepes, medium like pancakes or thicker. Cook on each side for 2-3 minutes depending on thickness until golden brown, flip and cook on the other side.

Salad Niçoise for all seasons

(pictured: salad niçoise and socca bread)



Top seasonal greens with steamed seasonal vegetables, cubed boiled red potatoes, halved cherrie tomatoes, sliced red onions, olives and quartered hard boil egg or (v) cubed steam tofu. Top with a drained can of tuna or (v) drained canned chickpeas. Dress with juice of 1 lemon, 1-2 tablespoons of olive oil, 1/2 teaspoon of mustard, a pinch of dry thyme, salt and pepper to taste.

Black bean salad

Mix in bowl canned black beans, rinsed, corn kernels (canned or fresh), chopped red pepper, chopped scallions, chopped cilantro. Dress with olive oil, fresh squeezed lemon juice, salt and pepper.

Barley with peas and carrots

Follow basic barley recipe and add 1 cup of frozen peas and carrots for the last 10 minutes.

Garlic greens

Follow Garlic kale recipe with seasonal greens.

Festive rice

Mix 4 cups of cooked brown rice with 1/2 a cup of each: grated carrots, chopped celery, diced red pepper, diced granny smith apple, tamari roasted almonds. Make dressing: 2 tablespoons toasted sesame oil, 2 tablespoons water, juice of one lemon, 1 tablespoon soy sauce, 1 teaspoon of dry herbs, 1-2 crushed cloves of garlic. Pour dressing on top of rice and vegetables and toss well.

Millet “mashed potatoes”

Sauté 1 diced onion in 1 tablespoon of olive oil until golden. Add 1/2 a head of cauliflower, diced into small pieces and sauté another 2 minutes. Add 1 cup of rinsed millet, salt, pepper, Italian seasoning and 3 cups of water. Bring to a boil, cover and simmer for 20 minutes. Mix with a fork to resemble “mashed potatoes”. Serve sprinkled with fresh parsley and basil.

Rice-coconut pilaf

In a sauce pan put one cup of basmati rice with 1 and 1/2 cups of water and 1/2 cup of coconut milk. Bring to a boil and simmer, covered until all the liquids are absorbed. In a frying pan sauté 1/2 cup raisins, 1 teaspoon of cumin seeds, 1 tablespoon of sesame seeds and 1/4 cup of chopped cashews in a little coconut oil for 3-4 minutes. Add the nuts and seeds and add 1/4 cup of unsweetened shredded coconut to the rice and mix well.

Sweets Treats

Rice Crispy Treat

Mix in bowl 6 cups of unsweetened crispy brown rice cereal and 1/4 cup ground flax seeds. In a small pot put 1/2 cup brown rice syrup, 1/2 cup apple sauce, and 1/2 cup cashew butter. Heat up until all liquified and add 1 teaspoon of coconut extract (you can also use vanilla). Pour liquid over cereal and mix well. Put mixture into a square pan that's been lightly coated with coconut oil. Press firmly and refrigerate for at least one hour. Cut into squares and store in fridge.

Chocolate-coconut truffles



Put the following ingredients in your food processor: 15 pitted Medjool dates, 1 cup of raw cashews, 2 tablespoons of raw cacao, 1 teaspoon of vanilla extract and (Optional): 1-2 tablespoons of flax seeds. Blend to a smooth paste, use a teaspoon to scoop up the paste and form into balls, roll in shredded, unsweetened coconut and keep refrigerated.

Cashew cookies



Put the following ingredients in a blender or food processor and grind to a flour consistency: 1 cup cashews, 1 cup rolled oats (not instant oats), 1 cup whole spelt flour (lower in gluten and more digestible than whole wheat flour but you can use whole wheat instead). Whisk together, 1/2 cup of coconut oil, 1/2 cup of maple syrup and 1 teaspoon of vanilla extract until well blended. Mix dry and wet ingredients. With wet hands form into balls and flatten on parchment lined baking sheet. Make a thumb print in the middle of each cookie and fill with a cashew, almond or whole fruit jam. Bake at 350° F/180° C for 15-20 minutes. The cookies will come out soft and warm but will get crispy as they cool.

Baked Apple

Core an apple and put in oven proof dish. Drizzle into the core a drop of sesame or coconut oil, a little honey, cinnamon and a teaspoon of raisins. Bake on 350 degrees to desired softness about 20-30 minutes

Dry Fruits

Have a few dates, figs, apricots, mango... with no sugar added.