

# Pregnancy Miracle™

# Eating to

# Conceive™



*Eat Your Way To Pregnancy*



Super-Charge Your Fertility With  
A Unique Set of Daily Menus, Meal  
Plans, Tasty Recipes, Cooking Tips  
and Secret Dietary Guidelines

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# Eating to Conceive™

By Lisa Olson

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# Introduction

Each of the recipes in this book has been carefully designed, tested and optimized specifically for infertility sufferers. With little time and practice, you will be able to quickly pick the recipes that appeal to you or suit your requirements, and easily incorporate them into your diet. The majority of the recipes are easy to prepare.

It will take time and persistence to shift from an old diet to a new, healthier and digestion-friendly diet. However, you will be very glad that you did. Choosing low calorie foods with high nutritional value and avoiding foods that can trigger problems or exacerbate existing conditions, all while adhering to the dietary principles outlined in *Pregnancy Miracle*, will be extremely rewarding. In most cases, you may experience positive results almost immediately, including relief from unrelated health conditions.

## Important Notes

1. The meal planning advice and the daily menus and recipes presented in this book are merely guidelines. Always use your own judgment and consult your doctor prior to planning your fertility diet. It is important to carefully choose the recipes that suit your condition, while avoiding foods and ingredients that you're allergic to.
2. Choose natural methods of cooking. Avoid microwave heating or cooking at all costs. Do not overcook your food. Never fry or deep-fry your food. Aim to consume raw foods as much as possible. Approximately 70% of your daily diet should consist of raw food items.



3. Choose organic, fresh and high-quality foods whenever possible. This is especially important when it comes to red meat and chicken.
  
4. Eating at least three meals a day is the basic rule of thumb for a healthy diet. Always make sure that you adhere to the dietary principles and guidelines outlined in *Pregnancy Miracle*. Try to break your meals into small portions. Never drink while eating, and remember to chew your food slowly to optimize digestion.

Bon Appetite,

**Lisa Olson**

# Chapter 1: The 16 Rules of Planning and Preparing an Effective Fertility Diet

So, you are trying to get pregnant but not having any luck. Your doctor has run a few basic blood tests and an ultrasound, and everything looks fine – so far. Still, you go month after month without getting pregnant. Have you considered that you may be eating the wrong foods?

You may be asking yourself, What in the world could my eating habits have to do with getting pregnant? Well, the answer could be: A lot!

It takes a healthy body and a balanced hormonal system to conceive and grow another human being. Fill your body with the wrong “fuel” and it will not be able to work properly. This includes getting pregnant.

Think of it this way: if you filled a luxury sports car that demands premium fuel with regular, low-grade octane, what would happen? It would sputter and maybe even stall. That’s exactly what will happen to your body if you feed it low-grade foods. Your reproductive system, along with other bodily systems, will sputter and stall.

In order to work at peak capacity, your body needs to be fed lots of fresh fruits and vegetables, whole grains, healthy fats, protein, alkaline foods, and, yes, plenty of good old-fashioned clear water.

Now, take a look inside your refrigerator, cupboards and pantry. Are they filled with too many trans fats, refined grains and sugars? What about processed foods, heavy metals, aspartame (a.k.a. APM; an artificial sweetener) and monosodium glutamate (a.k.a. MSG; a common food additive)? Gasp! No wonder your reproductive system is stalling. It needs some fresh, healthy fuel to get its motor revved up!

If you're skeptical about the effects a poor diet can have on your fertility, consider the following facts:

- Eating a balanced diet can (and will) boost your energy and your immune system. The healthier your entire body, the more able you will be to conceive a baby.
- The right diet can be used to correct hormonal imbalances that could be inhibiting your ability to conceive.
- Some foods and drinks can actually decrease fertility, while others are known to increase fertility.

So, what does all of this mean? Will you have to go on a strict diet, filling your plate with only the best and freshest food items that you can find at the grocery store? Are your days of sneaking in a chocolate bar or cupcake gone for good? Not necessarily. No one expects you to eat perfectly all of the time. No one can do that. What we are going to do throughout this book is explain what types of foods and dietary practices can help to increase your fertility, and ask that you follow the guidelines as best as you can.

If you're a junk food junkie who rarely eats in, has no idea as to what a fresh vegetable looks like, and thinks that your daily requirement of fruit and vegetables is met by eating half a tin of canned fruit dripping with syrup, then it is going to take you a bit longer to change your dietary habits – and that's okay. The goal here is not to become perfect straightaway, but to make gradual yet definite changes that will eventually lead to a much healthier and fertility-boosting diet.

Ready to discover more about the role your diet plays in your fertility? Ready to learn what you can change about your diet to make your journey toward parenthood just a little bit easier? Great! Let's get started.

## **Rule #1: *Always Choose Fresh, Seasonal and Organic***

I don't know about you, but I love those boxed cupcakes that you can buy in the grocery store – at least, I used to. You see, I learned something about them quite by accident that made me change my opinion. Let me explain.

My husband and I own a camper, and we love to take our kids on weekend camping trips. During previous trips, we used to take a special cupcake, my son's favorite, which he would always hide from us and pull out whenever he wanted a snack. Unfortunately, about two years ago, the grocery store that we shopped at stopped selling that particular brand of cupcake, so we stopped taking them on our trips.

Imagine, then, my shock, when, while on one of our weekend camping trips a few months ago, my son emerged with a half-eaten one of his favorite cupcakes in his hand! Surprised, I said: "Where in the world did you find that?" He promptly explained that he had hidden it and forgotten where it was until a few minutes earlier. I gasped in horror as I watched him shove the last bite of the two-year-old cupcake into his mouth. Ugh!

What was more surprising at further inspection was that the cupcake was neither moldy, nor hard. It seemed to be fresh and edible. How could that be, I wondered, after two years jammed behind his mattress in the camper?

“It’s all those preservatives,” my husband answered. “That thing will probably never go off.” That’s when it hit me: I had been feeding my children that garbage for some time. What exactly was it doing to their health?

You should ask yourself the same question. What kinds of preservatives, chemicals and other “stuff” are you putting into your body? More importantly, what kind of effect could they be having on your health, not to mention your fertility?

If there is one single change that every individual who wants to increase his or her fertility should make right now, it is to eat only fresh, seasonal and organic fruits, vegetables and meats. The closer the food is to its natural state, the better.

Consider the following. In one study conducted in Europe, it was discovered that farmers who ate only organically produced foods had twice the number of healthy and active sperm compared with men who lived in the same community but who ate regular grocery store foodstuffs. Think that that’s a coincidence? Most experts say no.

Whether we want to admit it or not, there is a direct link between the amount of junk that we put into our bodies and the state of our fertility. Maybe eating foods laden with pesticides, hormones and chemicals will not keep most of us from getting pregnant, but it may make it more difficult. Even worse, it may affect the health of our babies.

Organic fruits, vegetables and meats are good for you not just because they lack dangerous hormones, pesticides and chemicals, but because they are also simply more nutritious. The more a food is processed, the less nutritious it becomes. Here are two of the main reasons as to why:

- Pesticides used to treat plants not only seep into the plants (and therefore the foods that they produce), but destroy the soils that the plants are grown in, which results in less nutritious harvests.
- Processed foods are often cooked extensively and altered in other ways in preparation for packaging and storage. All the cooking and preparatory modifications destroy much of the foods' nutritional value.

Take, for instance, canned fruits and vegetables. These have already been cooked and stored by the food company. You then come along, open a can and reheat it, thus further reducing its nutritional value.

Frozen fruits and vegetables are similar. While they are able to maintain much more of their nutritional value than their canned counterparts, they are not as healthy as fresh fruits and vegetables.

There are even differences between fresh fruits and vegetables. Why do you think that seasonal produce is advocated more than produce that is off-season? The reason is quite simple: it is very difficult to ship organic foods halfway across the world and keep them fresh. Most out-of-season fruits and vegetables are therefore treated with something in order to keep them looking and tasting great until they reach your local grocer.

Now, let's look at organic versus non-organic meats and dairy products. Most animals these days are fed a diet that is rich in hormones and chemicals in order to get them to bulk up, grow faster and produce more milk. When you consume these animals or their milk, the hormones and chemicals that they have been treated with enter your system, where they can have a dramatic effect on your health and fertility by, among other things, disrupting your normal hormone levels.

Think that I'm exaggerating? Consider this startling fact. Fifteen years ago, the average girl started her menses between the ages of thirteen and fifteen. Today, more than half of all young girls begin menstruating by the time that they are ten!



Many experts believe that this drastic change is being caused by the introduction of hormones into the general milk supply.

Another reason as to why you should only choose fresh, seasonal and organic foods is that they lack trans fats and simple carbohydrates, which we will discuss in more detail later on. For now, however, just keep in mind that eating fresh, seasonal and organic foods will ensure that your body gets exactly what it needs, not just for health and fertility, but to support a new life.

## **Rule #2: *Eat Complex Carbohydrates and Whole Grains***

### ***Complex Carbohydrates***

You may have been made to believe in recent years that carbohydrates are bad for you. While some of them are, complex carbohydrates are not. As a matter of fact, they are essential for a healthy body and reproductive system.

Carbohydrates help your body to regulate its insulin levels. Too many simple carbohydrates (like the ones found in white bread, white rice, pasta, and sugary drinks) can artificially boost your insulin production, only to cause a sudden downward shift once the sugar has passed through your body. This constant rise

and fall of sugar plays havoc with your appetite (causing you to eat more) and your insulin levels (causing you to produce more when you shouldn't). It also causes hormonal imbalance, which can mess with your ability to conceive a baby. One reason for this is that, once normal hormone levels are disturbed, some women fail to ovulate properly.

So, what's the answer? Instead of reaching for white rice, white bread and other simple carbohydrates, reach for rich complex carbohydrates. They are found in whole wheat products, brown rice, beans, vegetables, and whole fresh fruits. Choosing these healthy varieties of food can help you to better stabilize the insulin levels in your body, along with your hormones and menstrual cycle, which will boost your ability to get pregnant.

### ***Whole Grains***

The grains that most Americans eat these days have been refined, which is very bad for fertility. Grains are seeds, and seeds contain the fertilized germ cells of the plants that they came from, which hold a significant amount of nutrition that is intended for the "baby" plant. When we eat these unrefined (or whole) grains, we benefit from the baby plant nutrition, which helps to boost our fertility. Whole grains also provide us with complex carbohydrates, which, as explained above, keep us from suffering the health and fertility problems associated with imbalanced insulin production.

When grains are refined to taste better and last longer on store shelves, these important nutrients are stripped away:

- Fiber
- Protein
- Antioxidants
- B vitamins
- Phytonutrients

With all of these important nutrients being lost from refined grains, you may be wondering what benefits refined grains have. The answer is, not many. The problem is, without these nutrients in our grains, our bodies are left thirsting for the balance that they need to take care of themselves, let alone the conception and development of a healthy baby.

### **Rule #3: *Get Enough of the Right Fats***

Fat has gotten a bad rap of late, leaving many people eating little if any fats to try and keep their weight in line. The problem with this approach is that it can interfere with fertility. The truth is that your body needs a certain amount of good fats to stay healthy and energetic. Unfortunately, most of us eat too many of the

wrong fats, leaving our waistlines growing and our overall health and fertility deteriorating.

When you take in the right amount of healthy fats, you can help your body to regulate your hormones efficiently, fight inflammation, and aid ovulation.

Similarly, when you eat too many of the wrong fats, you can suffer a host of negative effects:

- Acne
- Anovulation
- Hormonal imbalance
- Insulin resistance
- Reduced sperm production
- Increase in severity of endometriosis

So, which fats are good and which fats are bad?

### ***Saturated Fats***

Some saturated fats found in meats are good for you. Of course, the keyword here is *some*. While eating an overabundance of saturated fats can clog your arteries and cause serious heart problems, eating just the right amount will give you the necessary level of cholesterol to produce the right amount of

- hormones to conceive a baby, and
- progesterone and testosterone to maintain a healthy pregnancy.

### ***Trans Fats***

When it comes to trans fats, there is no safe amount to eat – especially when you are trying to get pregnant. Even ingesting as little as 4 grams per day can, according to researchers at the Harvard School of Public Health, cause a 70% reduction in a woman's ability to conceive. Think, then, of all the foods that you eat every day that are laden with these nasty fats, including baked goods, processed foods, frozen meals, and even crackers!

Get trans fats out of your diet. When looking for trans fats to eliminate, be sure to watch out for hydrogenated vegetable oils. Whoa! One look in your refrigerator and pantry and I bet you found quite a few items with that listed in the ingredients.

### ***Unsaturated Fats***

As substitutes for both trans fats and saturated fats, be sure to use the healthier alternatives known as unsaturated fats. These can be found in olive oil, avocados, nuts and seeds.

### ***Essential Fatty Acids (EFAs)***

For optimal health and fertility, getting plenty of essential fatty acids (EFAs) is a must. EFAs are vital for the health and maintenance of your body's cells. They also offer some very important benefits with regard to getting and staying pregnant, such as

- helping to balance hormone levels, which is great for your cycle and ovulation;
- supporting the follicle that will release the egg, which helps the egg to be released properly and on time each month;
- helping to nourish a fertilized egg and embryo.

To maintain a high level of fertility, a woman needs these EFAs:

- Omega-3
- Omega-6
- Omega-9

Omega-3 fatty acids have gotten a lot of press lately with new reports being released almost daily on their wonderful health benefits. Derived mainly from flaxseed, avocados, and fish oils that come from deep sea fish, Omega-3 fatty acids can do a lot to help boost your fertility and maintain a pregnancy. Some of the main benefits of Omega-3 fatty acids include

- an increase of blood flow to the uterus. This can help to increase the chances of a fertilized egg actually becoming implanted in the uterus. It will also support the growth of the fetus.
- the capacity to reduce inflammation. This can help to increase a woman's chances of conception.

These days, most men and women get plenty (maybe too many) of Omega-6 fatty acids, because they are mostly found in processed oils. As a result, the average American's intake ratio of Omega-3 and Omega-6 is off balance, which can be detrimental to fertility. In order to achieve and maintain a balanced hormone level, it is important to consume equal amounts of Omega-3 and Omega-6.

So, what foods are best at giving you the Omega-3 and Omega-6 fatty acids that are so essential for your health and fertility? Here are just a few examples:

#### Omega-3 Foods

- Cod
- Salmon
- Mackerel
- Herring
- Anchovies
- Sardines

- Walnuts

### Omega-6 Foods

- Flaxseeds and flaxseed oils
- Olive and olive oil
- Seeds and nuts

Omega-9 fatty acids are also important for optimal health and fertility. However, they are not as essential as Omega-3 and Omega-6 fatty acids for one important reason: as long as you eat a well-balanced diet, your body can make Omega-9 fatty acids on its own. It cannot make Omega-3s and Omega-6s, which is why you have to get enough of these essential fatty acids through your diet.

## **Rule #4: *Get Enough of the Right Protein***

Protein is important for egg production and sperm maturation. If you or your partner don't get enough protein (about 2-3 ounces per day), you risk the possibility of experiencing difficulties in getting pregnant.

That said, too much protein in a diet can cause problems. It can rob your body of calcium and cause an increase in ammonia within your cells and organs.



The important thing to remember here is that *balance is the key when trying to conceive*.

The amount of protein that you get is one of the things that you should keep in mind when trying to have a baby. Another thing is the type of protein that you take in. Some studies indicate that women who consume more plant proteins than animal proteins have a better chance of successfully getting pregnant. This is due, in part, to the fact that plant proteins aid ovulation, while animal proteins apparently do not.

So, what types of foods should you eat to get the right type of protein? Here are a few tasty choices:

- Beans, nuts and seeds (These are your best choice. They are not only full of protein but iron and fiber, too.)
- Whole grains
- Lentils
- Fish
- Eggs
- Dairy
- Lean meats

On a final, important note, keep in mind that eating small amounts of protein throughout the day will help your body to absorb it more efficiently.

## **Rule #5: *Drink Enough Water***

The vast majority of people these days are dehydrated. Why? It's because they simply do not drink enough water. What's more, many of the drinks that they do take in are full of caffeine, which further dehydrates the body and its tissues and cells. Therefore, one of the best and simplest approaches to increasing your fertility (and this applies to both men and women) is to drink 6-8 full glasses of clear, filtered water every day.

Few people realize the effect poor water consumption can have on a person's ability to conceive a baby. Here are a few facts to consider:

- Water helps your body and its individual systems to work properly.
- Water helps to transport hormones throughout your body.
- Water helps the body build up cervical mucus during phases 2 and 3 of the reproductive cycle. This is especially important to help a woman's partner's sperm make it to the egg for fertilization.
- Water helps to absorb nutrients.
- Water helps to eliminate dangerous toxins from the body.

- Water can help a man produce more sperm.

As you can see, it is vitally important for both men and women to get enough water every day. One point to note here is that you should always try to drink filtered water. Tap and bottled waters often contain chlorine, which has been linked to early miscarriage.

## **Rule #6: *Get Enough Folate***

Folate (a.k.a. folacin or Vitamin B<sub>9</sub>), the synthetic form of which is known as folic acid, is essential for the health and well-being of a growing fetus. While a deficiency in folate will not inhibit your chances of getting pregnant, it may cause serious birth defects, or even increase the possibility of a miscarriage.

In order for a woman to get the recommended 400 mg of folate per day, she must include a variety of essential foods in her diet, namely citrus fruits (oranges, grapefruits, tangerines, etc.), whole grains, dark-green leafy vegetables, strawberries, legumes, beans, and fortified cereals and breads.

Most pregnant women already know the importance of getting enough folate in their diet. But do men?

Recent research has indicated that low folate consumption by men can lead to genetic problems in their progeny. The study showed that men whose folic acid intake is less than 700 mg per day have an increased chance of producing a child with a genetic defect, while men whose folic acid intake is more than 700 mg per day are 30% less likely to experience such a problem. This is especially important news for older parents, whose chances of giving birth to a baby with Down syndrome are much higher than those of younger parents.

## **Rule #7: *Get enough Zinc and Antioxidants***

### **Zinc**

While zinc is important for women, recent research shows that, when it comes to conceiving a child, it is even more important for men. Men who get less than 11 mg of zinc per day often have a lower sperm count, which results in poor seminal quality.

In order to get the right amount of zinc every day, be sure to add some of the following tasty treats to your diet:

- Mussels

- A T-bone steak
- A small bowl of Cheerios
- Clams
- Spinach
- Pumpkin seeds

### ***Antioxidants***

Many women know the importance of getting enough antioxidants in their diet to help prevent wrinkles. But most of them do not know that these cell-repairing minerals can also help to boost fertility, especially in men. Just a small handful of Brazilian nuts eaten every day can help boost a man's sperm count and motility.

In one recent study, it was found that drinking just a few ounces of pomegranate juice once or twice a week can seriously increase the number of sperm that a man produces, while eating an orange every day can increase sperm health.

When it comes to antioxidants needed to increase fertility (in both men and women), be sure to get enough of these:

- *Lycopene*. Found in red tomatoes, lycopene is essential for fertility, with some studies suggesting that it helps to rid the body of free radicals (which can inhibit conception). The body more easily absorbs lycopene

from cooked foods, so be sure to add plenty of cooked organic tomatoes to your diet.

- *Selenium*. For healthy, abundant sperm, a man trying to conceive with his partner needs to ingest at least 70 mg and no more than 200 mg of selenium each day. Selenium has been shown to help prevent the oxidation of male sperm cells, which helps to make them stronger and healthier, not to mention better swimmers, able to make it to the woman's egg for fertilization. Some good foods to eat to get enough selenium in your diet include red meats, liver, and seafood.

## **Rule #8: *Make Your Plate Look Like a Rainbow***

Eat your fruits and vegetables. Who didn't hear that phrase over and over again as a child? Well, now you are going to hear it again – and again. Fresh fruits and vegetables are not just good for you, they are essential for your fertility.

A colorful variety of fruits and vegetables are needed on your plate in order to keep your entire body (including your reproductive system) working at peak capacity. The right mixture of fruits and vegetables will give you a number of essential nutrients:

- Fiber
- Vitamins
- Minerals
- Antioxidants
- Photonutrients

We have already talked about the importance of some vitamins, minerals and antioxidants in helping you to conceive and maintain a healthy pregnancy. Now, let's talk about the importance of photonutrients.

Photonutrients are a combination of important substances that a woman's body needs to keep her hormones in balance and make ovulation and conception possible. Some of the most important photonutrients a woman needs to get pregnant include the following:

- *Beta Carotene*. Without enough beta carotene (which comes from yellow and orange fruits and vegetables like carrots, cantaloupe, and sweet potatoes), a woman's body cannot produce sufficient amounts of progesterone, a vital hormone needed to sustain pregnancy.
- *Lycopene*. Found to increase a man's sperm count, lycopene is generally present in red-colored foods like tomatoes, watermelons, strawberries, and red peppers.

- *Cruciferous Greens.* Dark-green leafy vegetables like collard greens, kale, seaweed, dandelions, spinach, arugula, and broccoli are all rich in folic acid, beta carotene, B vitamins, vitamin E, iron, zinc, magnesium, and other important vitamins that can help to boost the immune system of both men and women. Another great benefit of eating cruciferous greens is their ability to help both sexes to metabolize estrogen more efficiently.

When it comes to getting the right mixture of fruits and vegetables in your diet, most nutritional experts agree that a colorful plate is a healthy plate. The more colorful your plate, the better your chances of getting what you need for increased health and fertility.

In addition to the foods mentioned above, be sure that both you and your partner eat plenty of

- blue and purple foods like red cabbage, plums, eggplants, blueberries, grapes, and blackberries. These are all full of powerful antioxidants and anti-inflammatory compounds called anthocyanins, both of which can help to boost a woman's fertility.
- foods with a natural tone, like onions, chives and shallots. These can help to boost your immune system and strengthen every system in your body by offering natural antibacterial and antifungal protection. This is



especially important if an infection may be the underlying cause of a man's or a woman's fertility problems.

For best results, when preparing any of these important foods for your fertility diet, be sure to cook them lightly. This will help them to maintain their nutritional value.

## **Rule #9: *Take an EFA Supplement***

As we discussed earlier, EFAs are very important for a strong immune system and overall reproductive health. Without the right amounts of EFAs in your system, it will be difficult for your body to properly nourish a developing baby. That is why most doctors recommend that, approximately three months before trying to conceive, you begin taking an EFA supplement, as well as increase the amount of EFA-containing foods that you eat.

So, why are EFAs like the Omegas discussed earlier so important for conceiving a baby and maintaining a healthy pregnancy?

Put simply, EFAs are important for the growth and division of cells. They form part of every cell membrane and regulate vital cellular activities. This includes the growth of and activity within your egg cells and the cells within the embryo that will divide and grow into your baby. EFAs found in fish oil also work as natural anticoagulants, which may help to prevent miscarriage.

EFAs are similarly important for male fertility, helping to produce strong, healthy sperm in large quantities.

Here are just a few of the best foods that will increase your overall essential fatty acid intake:

- Fatty fish (preferably cold water fish)
- Walnuts
- Flaxseed
- Hempseeds
- Pumpkin seeds
- Sunflower seeds
- Olives and olive oil
- Evening primrose
- Chicken

## Rule #10: *Eat Royal Jelly*

If you want to eat like a queen and, at the same time, increase your chances of conceiving, do what the bees do: feed yourself royal jelly, the same nutritious stuff that bees feed their queens.

The queen of any beehive is responsible for giving birth to the future of the entire colony. That is why she gets the absolute best food that the hive has to offer: royal jelly. Full of amino acids, EFAs, enzymes, and vitamins, royal jelly gives the queen bee all the nutrients she needs to produce hundreds of eggs per day.

Research has shown that royal jelly from a beehive can also help to improve a woman's fertility and to increase a man's sperm count. However, one word of warning: royal jelly should never be taken by anyone with an allergy to bee stings!

## Rule #11: *Drink the Right Teas*

If you enjoy a good cup of tea, rejoice – it may help you to get pregnant!

Tea is full of polyphenols, which are believed to prevent chromosomal problems that may keep a fertilized egg from implanting in the uterus. In addition, tea contains hypoxanthine, which can assist in fertilization. Note that green tea has ten times more polyphenol than black tea.

Of course, you should be careful about the type of tea that you drink. While black tea does offer some benefits, it contains a lot of caffeine, which every woman trying to conceive should avoid. Green tea, on the other hand, contains half the level of caffeine as black tea and twice the level of ingredients beneficial to fertility. Decaffeinated teas are also a great option. Most experts agree that 2-3 cups per day is what a woman needs to boost her fertility.

## Rule #12: *Avoid Acidic Foods and Drinks*

A sperm's job is difficult. It has a long, hard journey from the cervix to the uterus, with many obstacles in its path. One way a woman can help her partner's sperm

is to create a healthy and inviting internal environment. This includes producing cervical mucus with the right pH level.

pH is the measure of a solution's acidity or basicity (alkalinity). Sperm are killed in acidic environments, so the objective of any woman trying to conceive is to make sure that she produces less acidic and more alkaline cervical mucus.

The foods that you eat can have a significant impact on the pH of your cervical mucus, and therefore whether it is beneficial or detrimental to your partner's sperm. While it can be difficult to figure out which foods are acidic or alkaline, there are a few basic rules to follow to ensure that you are on the right track:

- Stay away from coffee and alcohol. These are very acidic.
- Artificial sweeteners can also be highly acidic and should therefore be avoided.
- Eat plenty of fruits and vegetables, especially green, leafy vegetables.
- Eat plenty of sprouts and wheatgrass. They do wonders for a woman's fertility.
- Meats, dairy products, and grains can sometimes be acidic and should therefore be eaten sparingly.

## **Rule #13:** *Avoid Caffeine and Alcohol*

Most people know that caffeine and alcohol are bad for health. But they don't know that caffeine and alcohol can even stop you from getting pregnant.

Caffeine has long been known to induce miscarriage in some women, as has alcohol. Some studies have even concluded that the consumption of minimal amounts of alcohol during pregnancy may cause certain birth defects.

Few people realize that both caffeine and alcohol can adversely impact a man's ability to produce healthy sperm. One study reported that just a few cups of coffee per day could alter the DNA of a man's sperm, causing serious fetal side effects. The same holds true for alcohol, which can affect testosterone levels and create poor quality sperm. This can lead to either an inability to fertilize an egg or problems with the embryo, which could cause either a lack of implantation or a miscarriage.

While some doctors say that minimal amounts of caffeine and alcohol are okay both before and during a pregnancy, most agree that cutting both completely from your diet is best.

## **Rule #14: *Avoid Certain Fishes***

Fish oil can be a great source of Omega-3, the benefits of which have already been discussed. The problem is that it's not always safe to eat fish.

Many concerns have been raised recently about the safety of eating fish from certain waters. The best sources of Omega-3 come from fish that live in cold ocean waters, many of which are highly contaminated. Eating large quantities of fish from such waters may cause health problems.

So, why not just eat farm-raised fish like salmon? Unfortunately, farm-raised fish tend to contain lower levels of Omega-3 fatty acids, so while they may be safer to eat, you will have to consume twice as much to get the same benefits as you would from ocean-caught varieties.

This is one of the reasons why many doctors advocate the use of Omega-3 supplements for women who are trying to get pregnant. Although it is always best to get your vitamins, minerals and essential fatty acids from the foods that you eat, allowing for a quality Omega-3 supplement that has undergone molecular distillation to remove impurities (like mercury, pesticides, and other

chemicals) is justifiable, especially if you are unable to find or afford fish from clean waters.

If you do buy fish, make sure that you stay away from swordfish, shark, tilefish and king mackerel, all of which can have a high level of mercury contamination.

## **Rule #15: *Avoid Pesticides***

Pesticides are in virtually everything that we eat these days, from our milk and meat to our fruits and vegetables. Even some of the products sold as “organic” on grocery store shelves may contain filler materials, or may have been grown in soil that has at least in the past been treated with chemicals.

Farmers have been aware for years that the more chemicals they use to produce bigger and better-looking foods, the less nutritional value their produce has. Stripping the plants and the soil of their natural nutritional benefits is having a big impact on our health and fertility.

It's more than a coincidence that the more “junk” some of us put into our bodies, the less fertile we become. Different people react differently to the constant bombardment of pesticides and chemicals present in the food supply. Some



people experience allergies, others get cancer, and still others find it difficult to get pregnant.

But there is some good news. For one, an increasing number of farmers are going back to basics and feeding their animals more natural foodstuffs, as well as stopping the use of dangerous pesticides. One of the best ways to find truly organic foods is to scout out organic farmers in your area and visit their markets. Usually, the cost of buying local organic foods is much cheaper than buying organic products in the grocery or specialty store. Plus, you know exactly what your food is being raised on.

Some more good news is that, while we may not be able to get rid of all the pesticides and other toxins in our food supply, there is evidence that some foods may help to counteract the negative effects caused by such contaminants. For example, some foods have been shown to sop up dangerous toxins from your system, helping to eradicate the things your body doesn't want or need.

Antioxidants are also good at getting rid of toxins from your body. Eat plenty of antioxidant-rich foods, and you will fare much better against the bombardment of chemicals in your food supply.

In 2001, the U.S. Food and Drug Administration (FDA) and the U.S. Department of Agriculture (USDA) published a list of foods that were found to contain the most and least amounts of pesticides to help consumers make more informed

consumer decisions. The foods listed in the study are presented below. It is generally recommended that you look for organic substitutes for the items listed under the highest pesticide residue category.

***Foods with the Highest Levels of Pesticides***

- Apples
- Imported grapes
- Nectarines
- Peaches
- Pears
- Strawberries
- Red raspberries
- Bells peppers
- Carrots
- Celeries
- Green beans
- Hot peppers
- Potatoes
- Spinach

***Foods with the Lowest Levels of Pesticides***

- Apple juice
- Bananas
- Kiwi fruit
- Mangoes
- Orange juice
- Papayas
- Canned peaches
- Plums
- Tangerines
- Watermelons
- Asparagus
- Avocadoes
- Cabbages
- Cauliflowers
- Onions
- Sweet corn
- Sweet peas

***Foods with a Moderate Amount of Pesticides***

- apricots
- Blueberries
- Cantaloupe

- Grapefruit
- Domestic grapes
- Collard greens
- Cucumbers
- Kale
- Lettuce
- Mushrooms
- Sweet potatoes
- Turnip greens
- Winter squash

## **Rule #16:** *Avoid Certain Plastics*

You may have heard the word BPA thrown around in the news lately (which is the abbreviation of bisphenol A). Maybe it caught your attention because the subject of the discussion concerned the dangers of BPA and phthalates in water bottles and baby bottles. While, thanks to customer demand, many manufacturers are getting rid of BPAs and phthalates in water and baby bottles, these dangerous substances are still being used in dozens of other products that we use every day, including cold creams, shower curtains, plastic wrap, and plastic containers.

With so many reports of these substances' adverse effects (including miscarriages, hormonal imbalances, decreased semen production, poor sperm quality, and problems with ovaries), it's a wonder that BPAs and phthalates are not getting more press in the fertility news arena.

One of the biggest problems with BPAs is that they can leach into foods when plastic containers that contain BPAs are heated in the microwave. What's more, plastic wraps that contain BPAs can cling to hot foods like cheese.

To avoid contact with these dangerous compounds, follow these simple tips:

- Eat fresh or frozen foods only. Avoid canned foods.
- Use BPA-free plastic containers and bottles.
- Keep hot foods and liquids in ceramic, glass, or stainless steel containers.
- Hand-wash plastic dinnerware and utensils. The high temperatures of a dishwasher can free BPAs.
- Discard all cracked or worn plastic containers.
- Never reuse a plastic bottle.

# The Best Foods to Eat During the Different Phases of Your Cycle

When it comes to choosing foods that will benefit your fertility, be sure to consider what phase you are in of your monthly cycle, and give your body the nourishment that it needs to handle the phase effectively. Following are a few guidelines to get you started.

## ***Phase One: Menstruation***

The vast majority of American women do not get enough iron in their diet, especially during menstruation. While eating foods that are rich in iron (like meat, eggs, fish, kelp, spinach, and sunflower seeds) is important to help replenish the iron that you lose during menstruation, it is also important to eat foods that will help your body to absorb the iron. Such foods include citrus, mangoes, cherries, potatoes, tomatoes, and strawberries.

## ***Phase Two: Pre-ovulation***

Phase Two of your menstrual cycle begins on the last day of your blood flow and before your ovaries release the next egg for fertilization (ovulation). This is a great time to build up your nourishment in order to prepare your body for taking care of an embryo. Eating lots of protein is important at this stage of your cycle, as is taking in Vitamin E, which is necessary to provide the fluid that a developing egg will need to implant. Some good sources of Vitamin E include cold pressed

oils, sweet potatoes, avocados, leafy greens, nuts, seeds, and lots of whole grains.

### ***Phase Three: Ovulation***

Once your body releases that all-important egg, it will need some specific vitamins and minerals to better facilitate fertilization and implantation, and to supply any resultant embryo what it needs to survive and grow in the womb.

Here are some basics to begin with:

- *B-Vitamins*. Found in green leafy vegetables, B-vitamins are essential for proper egg release and implantation.
- *Zinc*. Found in meat, fish, poultry, wheatgrass, whole grains, and eggs, zinc is a very important mineral for cell division and progesterone production.
- *Vitamin C*. Found in most citrus fruits, including oranges and grapefruit, vitamin C helps the body to produce the right amount of progesterone.

### ***Phase Four: Potential Implantation***

Once the egg is released and fertilized, the appropriate environment is needed within your womb for implantation to take place. Eating plenty of pineapple at this stage of your cycle will give you the bromeline required to create such an environment.

During this phase of your cycle, you should also avoid cold, raw foods. Instead, opt for warm foods, which will aid implantation. If you eat a cold meal (e.g., a salad), counterbalance its effects with a corresponding warm option (e.g., a soup).

This is also a great time to limit your intake of refined sugars, caffeine, alcohol, and processed foods, and to replace them with more nourishing options.



## Chapter 2: Food Combining, Meal Planning, and Sample Menus

### **Food Combining**

Food combining is the practice of eating certain combinations of foods with the aim of aiding and optimizing the processes of digestion and assimilation. The practice can be especially beneficial during infertility treatment, since it can help the body to heal. While there are many conflicting points when it comes to proper food combining practices, let's try to separate the wheat from the chaff and outline the most important food combining principles for optimal digestion.

#### **Principle One**

Proteinaceous foods such as red meat, eggs, fish, and dairy should be taken separately from carbohydrate-rich foods. This rule does not apply to protein that comes from most vegetable sources, such as legumes (vegetarians can, for example, eat legumes such as lentils with brown rice). However, when eating animal-derived proteinaceous foods, starches such as pasta, potatoes and bread should be taken separately.

#### **Principle Two**

Neutral foods such as vegetables, butter and sprouts can be eaten with proteinaceous foods or with carbohydrate-rich foods, but not with both.

### **Principle Three**

Since it is harder to digest, eat protein first at every meal. Raw vegetables and salads should be taken first in vegetarian meals, and red meat, fish, dairy, or eggs should be eaten before salads in a non-vegetarian meal.

### **Principle Four**

While raw fruit should be strictly limited or avoided during the first stages of the program, when you do eat raw fruit, make sure that it is taken first thing in the morning before meals. Never mix fruit with your meal or take it after a meal or at night.

### **Principle Five**

Do not drink liquids while eating your meals. You can take a few sips before a meal or during your meal, but only in “emergency” situations. This will prevent you from washing down your meals with liquids.

### **Principle Six**

To assist the digestive process, chew your food well and mix it with lots of saliva. Make sure that you eat small pieces of food at a time.

### **A Brief List of Proteinaceous Foods**

- Most dairy products
- Eggs
- Red meat
- Poultry (chicken, turkey, hens)
- Fish

### **A Brief List of Carbohydrate-rich Foods**

- Brown rice
- Wild rice
- Barley
- Buckwheat
- Quinoa
- Rye
- Legumes (beans, peas and lentils)

### **A Brief List of Neutral Foods**

- All vegetables
- Avocados
- Butter
- Cooked nuts
- Sprouts
- Water chestnuts

# The Five Principles of Planning a Fertility Diet

## Principle #1: Food Ratio

The food ratio of an average fertility diet should include

- 50% vegetables,
- 20% legumes,
- 15% whole grains (no yeast and preferably no gluten), and
- 15% meat, fish, natural oils, nuts and seeds.

## Principle #2: Rotation

For optimal digestion and to prevent allergies, you must rotate your foods. No foods should be eaten more than five days a week. Even your favorite foods should not be eaten every day.

## Principle #3: Number of Meals per Day

While you can certainly avoid breakfast, make sure that you eat at least three times a day. For optimal digestion, try to break your meals into small portions.

## Principle #4: Daily Food Intake

Your daily menu should include approximately

- 4-5 servings of vegetables and green juices (focus on green, leafy, non-starchy vegetables, sprouts, orange vegetables, wheatgrass, and barley),
- 2 servings of complex carbohydrates (cooked whole, non-yeasty grains, or starchy vegetables such as winter squash, yams and turnips),
- 1 serving of legumes, and
- 1 serving of nuts, seeds and natural oils.

Optionally, you can have 1 serving of fish/red meat/chicken.

## **Principle #5 - Heavy Foods**

Avoid eating too many heavy foods in one meal, as it will worsen your digestion, make you feel sluggish and interfere with the natural healing capabilities of your body.

# Four Examples of a Daily Fertility Diet Menu

The following examples of a daily fertility diet menu constitute guidelines only. Instead of following them exactly as outlined, use them to guide you in planning the daily menus of your own, custom fertility diet, which you must pack with all the nutrients, vitamins and minerals necessary for health and fertility.

I have included four different examples so as to meet the requirements of different audiences. Each example contains a raw outline of three meals, one for breakfast, one for lunch, and one for dinner. I have also included snacks that can be had between meals.

Make sure that you consult a health specialist and food allergist before you plan your fertility diet. This will help you to choose the best food combinations that suit your requirements and specific condition.

You can also find plenty of snack ideas in the Appetizers and Desserts sections of Chapter Four.

## Easy-to-Digest Menu

<b>Breakfast</b>	Green smoothie Steamed orange yams Breakfast salad
<b>Lunch</b>	Clear celery soup Stuffed avocado halves Lemon zucchini
<b>Dinner</b>	Rice with tomatoes Steamed butternut/asparagus Turnip salad
<b>Snacks (between meals)</b>	Baked Tofu bites Acidophilus Yogurt

# Vegetarian Menu

<b>Breakfast</b>	Mediterranean Chickpea Muffins Vegetarian Omelet Winter Salad
<b>Lunch</b>	Alkaline Burger Cajun Veggie Chili Lentil Soup
<b>Dinner</b>	Green Bean Stir-Fry Cabbage & Celery Salad Steamed Broccoli Cinnamon Rice
<b>Snacks (between meals)</b>	Nut Pate Acidophilus Yogurt



## Meat Menu

<b>Breakfast</b>	Buckwheat Grits Cauliflower Pancakes Green Smoothie
<b>Lunch</b>	Baked Salmon Stakes With Ginger Gazpacho Soup Summer Salad
<b>Dinner</b>	Ginger Chicken Kebab Celery Salad Oriental Lettuce Wraps
<b>Snacks (between meals)</b>	No Bean Humus Acidophilus Yogurt

## Low Carbohydrate Menu

<b>Breakfast</b>	Zucchini Roles Asparagus W/ Sesame Seeds Chicken Broccoli Salad
<b>Lunch</b>	Garlic Shrimp Vegetable Stir-Fry
<b>Dinner</b>	Winter Salad Asian Soup Mediterranean Monk Fish
<b>Snacks (between meals)</b>	Green Bean Italian Style Acidophilus Yogurt

# Example of a 14-day Fertility Diet

## Meal Plan

### 1<sup>st</sup> Week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Sesame Pancakes	Breakfast Potatoes	Cream of Quinoa	Steamed Rice & Vegetables	Vegetarian Omelet	Cauliflower Pancakes	Cinnamon Muffins
Snack	Baked Tofu Bites	Chop Suey	Green Bean Stir-Fry	Stuffed Avocado	Hummus	Lettuce Wraps	Zucchini Rolls
Lunch	Vegetarian Pasta + Jambalaya Salad	Chicken Salad	Chicken Parm + Turnip Salad	Indian Dal + Artichoke Salad	Cajun Chili + Celery Salad	Halibut Lime + Cabbage Salad	Chicken Kebab + Asparagus Salad
Dinner	Green Soup + Lemonade Chicken	Asian Soup + Brown Rice	Cajun Chili + Vegetable Soup	Garlic Shrimp + Clear Soup	Celery Soup + Brown Rice	Pea Soup + Green Living Rolls	Spring Soup + Fish Salad

## 2<sup>nd</sup> Week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Tofu and Onions	Buckwheat Grits	Chickpea Muffins	Vegetarian Omelet	Breakfast Potatoes	Vegetable Cocktail	Cream of Quinoa
Snack	Asparagus & Garlic	White Bean Pate	Gazpacho Soup	Lemon Zucchini	Winter Vegetable Soup	No Bean Hummus	Tomato Halves
Lunch	Alkaline Burger + Winter Salad	Lentil & Spinach Stew	Garlic Shrimp + Summer Salad	Steamed Salmon + Breakfast Salad	Bean Burgers + Turnip Salad	Pad Thai + Guacamole Salad	Brown Rice + Cabbage Salad
Dinner	Spring Soup + Brown Rice	Lemonade Chicken + Spinach Soup	Asparagus Soup + Lentil Salad	Lava Soup + Buckwheat Noodles	Green Pea Soup+ Brown Rice	Indian Dal + Clear Soup	Alkaline Burger + Parsley Soup

## Chapter 3- Food Substitutions, Organic Foods, and Time, Money and Energy Saving Tips

### Food Substitutions

The following chart details possible food substitutions for common allergy-inducing foods. If you're allergic or have sensitivity to a certain type of food that is not listed in the chart below, feel free to e-mail me and I will try my best to provide a tasty alternative.

<b>Instead of</b>	<b>Use the Following</b>
Adzuki beans	Brown lentils, kidney beans
Almonds	Pine nuts and seeds
Artichokes	Water chestnuts
Asparagus	Broccoli, celery
Barley	Millet, quinoa
Basil	Oregano, dill
Beets	Orange yam, winter squash
Broccoli	Zucchini, Brussels sprouts
Buckwheat	Brown pot barley

Butter	Natural oil
Cabbage	Brussels sprouts, Broccoli
Cauliflower	Turnips
Cayenne	Garlic, wasabi
Cheese	Feta cheese, Tofu, Cooked ricotta
Chickpeas	Fava beans, pintos
Cucumbers	English cucumbers, zucchini
Eggplant	Chestnuts, mung sprouts
Eggs	Powdered egg replacers
Feta Cheese	Ricotta cheese, Tofu cheese
Flax oil	Fish oil
Garlic	Shallots, onions
Grapefruit juice	Lemon or lime juice
Kasha	Brown hot barley
Kidney beans	Adzuki, pinto beans
Legumes	Nuts, seeds
Lentils	Adzuki beans
Lettuce	Spinach, grated zucchini
Millet	Quinoa
Oats, whole	Brown rice
Onions, green	Chives
Peas	Green beans, mung beans
Pine nuts	Brazil nuts, almonds
Potatoes	Jerusalem artichokes, turnips, yams
Sea kelp	Sea weed
Sesame seeds	Sunflower seeds
Soy	Chickpeas, fava beans
Spinach	Lettuce, exotic greens, kale
Sprouts	Water chestnuts, snow peas

Cane sugar, beet sugar	Stevia, Maple syrup
Tahini	Sunflower nut butter, almond butter
Tofu	Legumes, feta cheese
Tomatoes	Red bell peppers
Turnips	Winter squash
Water chestnuts	Jerusalem artichokes, pine nuts
Yams	Turnips, winter squash
Zucchini	Cucumber, squash, celery

## Organic Foods

Organic foods are foods grown without growth hormones, pesticides, or chemicals on a clean, pure soil, where the air and water are clear. In order for foods to be labeled organic, each country has legislated different sets of rules and conditions. The basic rule of thumb when it comes to buying organic foods is to first check with your local department of agriculture to familiarize yourself with the organic food requirements of your country.

In addition to the above, prior to purchasing organic foods, it would be prudent to adhere to the following guidelines.

**Tip #1:** In most countries, organic foods will be labeled as “certified organic”. Make sure that you avoid buying foods that are labeled “transitional organic”. These are not completely organic; they have been grown in areas/soils that are working towards becoming organic.

**Tip #2:** When buying organic foods, always choose the freshest quality. Avoid items that have bruised surfaces or spotted/wrinkled skins and those that are under-ripe or overripe. The same goes for foods that are misshapen, rotten, damaged, or spoiled.

**Tip #3:** Make it a priority to buy brand name organic products. You can learn what the best brand products are from your local health food store or by asking your health specialist.



**Tip #4:** Being free from chemicals and growth hormones, organic fruits and vegetables will often carry familiar characteristics that distinguish them from their inorganic counterparts. The signs that you should look for include a stronger aroma or scent, a smaller size, a darker color, and a thicker skin. Make sure that you look for the differences between organic and regular meats as well. Organic meats and free range poultry are often less fatty, more muscular, and more flavorful than inorganic meats and intensively-farmed poultry.

## Time, Money and Energy Saving Tips

Following the guidelines below will save you loads of time, energy, and money when organizing your fertility diet, and buying and cooking your daily meals.

**Tip #1:** Make sure that you cook only as much as you can eat or store. This may sound elementary, but if you buy in large amounts to save money (as is suggested below), it can be a common mistake.

**Tip #2:** Whenever possible, buy foods in large quantities. The prices are often cheaper. What's more, large orders will often entitle you to various benefits and promotions. Don't be afraid to ask for discounts or special deals.

**Tip #3:** Make sure that you alternate between fancy dishes with expensive ingredients (e.g., artichokes, wild rice, nut butters, and rare meats) and dishes containing cheaper ingredients (such as legumes and whole grains).

**Tip #4:** If possible, try to grow your own organic fruits and vegetables. Not only will doing so save you money, but the physical activity inherent to undertaking such a task will also benefit your health.

**Tip #5:** To save time, prepare large quantities of meat dishes, sauces, whole grains and legumes for storage. Legumes and whole grains can be stored in a refrigerator for up to 8 days. Meat dishes can be kept in the fridge for up to 2-3 days. You can even cook quadruple the amount of recipes and freeze half or

more in freezing jars or plastic containers. Make sure that you label the containers with the date that the food was prepared.

Note that you do not have to double or triple the amount of salt when preparing double or triple the amount of food. This is because salt spreads further in larger batches.

**Tip #6:** Prepare herb mixtures with measured quantities for common recipes in advance. Pouring the measured herb contents into a recipe is much faster than having to repeatedly weigh out ingredients.

**Tip #7:** Plan your meals in advance. The plan should incorporate at least one week of meals. This way, you will be aware of what lies ahead and what is expected of you in terms of preparation and cooking. You can always revise your plan if necessary at a later date.

**Tip #8:** Do not cook or reheat food in a microwave. In addition to the health risks associated with microwave cooking, microwaves do not kill all of the bacteria in food.

**Tip #9:** When freezing foods, do not use plastic containers that have had household cleaning products or soap in them. Always use clean jars and plastic containers.

**Tip #10:** Add some extra seasoning to dishes that you freeze, because foods tend to lose a little flavor after being frozen.

## Chapter 4: Specialized, Fertility-boosting Recipes

By this point, your mind may be swimming from all of the information that has been given to you regarding the foods that you should (and should not) be eating to aid your quest toward parenthood. For some of you reading this report, many of the foods mentioned may be very new (or even quite foreign), and you may therefore be wondering how in the world to incorporate them into your daily diet. That's where these recipes come in. Now that you know *what* to eat, we are going to show you *how* to eat them.

Eating to conceive doesn't have to be difficult. Even if you are not much of a chef, you will find some pretty simple, not to mention tasty, recipes in the pages to follow that can help make eating for two a lot more enjoyable than you may have initially thought possible.

# Breakfast



# Mediterranean Chickpea Muffins

## Ingredients, Preparation & Cooking

3 cups cooked chickpeas  
3 large florets cooked cauliflower  
1 table spoon tahini  
3 cups chickpea flour (or whatever you prefer)  
1 cup sunflower seeds  
1 cup of your preferred oil  
tsp baking soda  
tsp cumin, ground or seeds  
tsp ground ginger  
tsp coriander, ground or seeds  
lemon juice to taste  
water

Blend all ingredients until a thick paste is formed. It should be thick enough to need a little shake to get it off the spoon.

Spoon an inch-and-a-half depth into muffin pans, and cook for 45 minutes at 120 centigrade (350°f), or until a toothpick comes out clean.

# Sesame Pancakes

## Ingredients, Preparation & Cooking

1 cup sesame meal  
½ cup arrowroot powder  
2 tsp baking powder  
stevia  
1 ½ tbl sp coconut oil  
½ cup water

Combine the first 5 ingredients. Add the oil and water. Stir gently. Cook them in the pan.

# Buckwheat Grits

## Ingredients, Preparation & Cooking

½ cup buckwheat grits  
1 cup water

Boil the water, add the grits and cook (stirring often) for about 10 minutes. You can use chicken stock instead of water and add some frozen peas at the end. You can also add some vanilla, cinnamon and Stevia.

# Cauliflower Pancakes

## Ingredients, Preparation & Cooking

1 head of cauliflower, washed

4 organic or free-range eggs

Onions

Salt and pepper to taste

In a food processor, puree cauliflower, add eggs, and blend thoroughly. Aim for a light-colored and fluffy texture. Brown for approximately 4 minutes on each side. Note: make the size small; they will be easier to flip.



# Cinnamon Muffins

## Ingredients, Preparation & Cooking

Preheat oven to 375F

Mix the following in a bowl:

- ¾ cups rice bran
- ¾ cups buckwheat flour
- 1 tsp cinnamon
- ½ tsp salt
- 1 tsp baking soda
- ¼ tsp stevia extract
- 3 tablespoons chicolin

Mix the following in a separate bowl:

- ⅓ cups melted ghee
- ⅓ cups vegetable glycerin
- 1 cups zucchini (grated)
- 1 tsp non-alcohol vanilla

Combine both in a large bowl, dropping in a few tablespoons of water to make a muffin-like consistency (about 2-3 tablespoons). Add ground nuts.

Grease your muffin pan, plop the mix in the cups, and put in the oven for around 20 minutes. Let them set for 15 minutes.

# Non Gluten Bread

## Ingredients, Preparation & Cooking

2 cups buckwheat flour (this is NOT wheat and has no gluten. If you prefer, substitute another type of non-gluten flour)

1 teaspoon baking powder

¼ teaspoon sea salt

¼ teaspoon coriander (optional, but adds a nice flavor)

2 cups cooked cabbage that has been pureed in a blender to a smooth mush  
(The 2-cup measurement is after pureeing)

3 tbl spn oil of your choice

Mix dry ingredients together in one bowl, and wet ingredients together in another. Then, begin to stir together the combination of dry ingredients and the combination of wet ingredients, adding water as you mix. Use just enough water to create thick dough.

Transfer the dough to an oiled baking pan that is large enough to spread out the dough to roughly an inch thick. Bake at 350 degrees until a fork poked into the center comes out clean.

# Breakfast Potatoes

## Ingredients, Preparation & Cooking

1 large baking potato, scrubbed and chopped medium size

½ medium yellow onions, chopped

4 or more collard green leaves, washed and chopped coarsely. Remove stems.

2 Tbsp olive oil for frying

2 tsp (or to taste) Italian Seasoning

½ tsp (or to taste) dill weed

Garlic powder

Curry powder

¼ to ½ cups water

Heat oil in a large skillet over medium heat until warm. Sauté onions and potato, stirring occasionally, for 5 minutes. Add herbs, water and greens. Increase heat, bring water to a boil, cover, decrease heat, and let simmer until potatoes are soft. Season with salt (or Bragg's seasoning) for taste.

# Cream of Quinoa

## Ingredients, Preparation & Cooking

½ cup quinoa

1 cup filtered water

½ teaspoon sea salt

3 tablespoons raw almonds

½ cup apple, chopped

¼ teaspoon pure vanilla extract

Bring quinoa and salted water to a boil. Cover and simmer for 15 minutes or until quinoa is done. Mix in the rest of the ingredients. Stir until creamy.

Garnish with apple slices and cinnamon powder.

# Steamed Brown Rice with Vegetables

## Ingredients, Preparation & Cooking

- 1 cup uncooked brown short-grain rice
- 3 bamboo shoots, sliced
- 1 Japanese short cucumber
- 1 daikon, small
- 1 teaspoon cayenne powder
- 1 tablespoon olive oil

Cook rice according to directions on the package. While rice is cooking, sauté bamboo shoots, cucumber and daikon in pan for 5 minutes. Add cayenne powder for taste. Serve over rice.

Preparation time: 5 min; cooking time: 30 min; serving: 4

# Vegetarian Omelet

## Ingredients, Preparation & Cooking

4 pieces scrambled tofu  
3-4 small onion, diced fine  
1 teaspoon chili powder  
Salt to taste  
Pinch of parsley

Mash tofu. Add onion, chili powder and salt. Mix together to make a slightly thick batter.

Grease a skillet, pour the mixture in the skillet and spread it like an omelet. Let it heat thorough.

Remove from the skillet and serve hot. Sprinkle parsley on top of the omelet and serve with tomato sauce (made with fresh tomatoes only).

Preparation time: 5 min; cooking time: 5 min; serving: 2



# Baked Tofu Bites

## Ingredients, Preparation & Cooking

- 1 package firm plain tofu, diced in small eatable pieces
- 1 cup onion, minced
- 3 clove garlic minced
- ½ cup olive oil
- 1 teaspoon ground black pepper
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander

Reheat oven to 450F. Arrange tofu bites on a large non-stick baking sheet. Combine onion, garlic, black pepper, paprika, cumin, coriander, and olive oil in a small bowl. Mix well. Pour the mixture over the tofu bites. Bake in the oven for 20 minutes or until tofu bites turn golden brown and crispy. Remove and let cool. Stick a toothpick in each tofu bite and arrange them nicely on large dinner plate.



# Tofu and Onions Stir-Fry

## Ingredients, Preparation & Cooking

- ½ package firm tofu, sliced
- 1 white onion, thinly slice
- 2 green onions cut into 2 inch strips
- 2-4 red chilies
- 3 garlic cloves diced
- Sea salt and pepper to taste
- 1 teaspoon Bragg's Liquid Aminos
- 3-4 tablespoons olive oil

Heat oil in a large frying pan. Add garlic and red chilies, and Sauté for 3 minutes. Add tofu and white onions. Season with salt and pepper. Stir and cook the mixture for 2 to 4 minutes or until all ingredients are cooked. Stir in green onions and serve.

Preparation time: 10 min; cooking time: 10 min; serving: 2

# Chop Suey

## Ingredients, Preparation & Cooking

2 cups bean sprouts

2 celery stalks, sliced

3 dry chilies break in half

2 garlic cloves diced

3 tablespoons olive oil

Sea salt to taste

Heat oil in the wok. Add garlic, dry chilies, celery, and bean sprouts. Season with salt and sauté for 3 to 5 minutes.

Preparation time: 5 min; cooking time: 5 min; serves: 2

# Stuffed Avocado Halves

## Ingredients, Preparation & Cooking

2 avocados

1 tomato, diced

1 onion, diced

1 clove garlic, minced

2 tablespoons olive oil

Juice of one lime

Pinch of coriander or oregano

Sea salt and pepper to taste

Cut the avocados in half. Remove the pits. Remove the flesh of one of the avocados and dice it. Sprinkle the other two avocado halves with the juice of the half of the lime, and set aside.

In the bowl, combine the diced avocado with the remaining ingredients and fill the two avocado halves with the mixture.

Preparation time: 15 min; cooking time: 0 min; serves: 4

# Asparagus with Garlic and Sesame Seeds

## Ingredients, Preparation & Cooking

- 1 bunch fresh asparagus, chop the bottom tips off
- 3 cloves garlic, minced
- 1 tablespoon sesame oil
- 2 teaspoons sesame seeds

Heat oil in a large pan. Toss in the asparagus and cover it with oil. Mix in the garlic and sesame seeds. Cook for 5 minutes until the asparagus starts to soften. Serve immediately.

Preparation time: 5; cooking time: 10 min; serves: 2-4

# Alkaline Vegetable Cocktail

## Ingredients, Preparation & Cooking

- ¼ small cabbage
- 1 tablespoon parsley, chopped
- 2 cucumbers
- ½ cup alkaline water

Blend all ingredients in the blender. You can add 1 teaspoon of green alkaline powder to the drink and drink it 3 times a day.

# Green Bean Stir-Fry

## Ingredients, Preparation & Cooking

- 1 lb fresh green beans, trimmed
- 1 large clove garlic, coarsely chopped
- 1/4-1/2 cup water
- 1 tablespoon olive
- 1 teaspoon toasted sesame oil
- 2 tablespoons Bragg's Liquid Aminos to taste

Heat oil in a large frying pan or wok. Add garlic and Sauté for 2 or 3 minutes until fragrant. Add green beans and toss to coat in oil. Cook for a minute or two more. Add water and cover pan to steam the green beans. Cook until water has boiled off and green beans are to desired tenderness (you may have to add more water). This'll take about 10 minutes.

Add Bragg's Liquid Aminos and toasted sesame oil, cooking a minute or so longer to blend the flavors. Serve with rice.

Preparation time: 15 min; cooking time: 15 min; serves: 4

# Rice with Tomatoes

## Ingredients, Preparation & Cooking

- 1 cup brown rice, uncooked
- 1 small tomatoes, diced
- 1 green pepper, diced
- 1 small onion, diced
- 2 green chilies, diced
- 1 teaspoon gingerroot, grated
- 2-3 clove garlic, minced
- Coriander, fresh or ground
- 2 ½ cup water or vegetable broth

In a large saucepan, combine onions, green pepper, ginger, garlic, coriander, and salt, and sauté for 10 minutes until vegetables are soft. Add tomatoes and sauté for few more minutes. Add washed and drained rice, stir and sauté for 5 minutes until rice starts to brown. Add water and bring to a boil. Reduce heat and simmer for 40 minutes or until all liquid is gone.

Preparation time: 10 min; cooking time: 40 minutes; serves: 6

# White Bean Pate

## Ingredients, Preparation & Cooking

- 1 (15oz.) can cannelloni beans, drained
- 1 large (about ½ pound) onion, finely chopped
- 2 cloves garlic, pressed or minced
- ½ cup regular strength vegetable stock
- ¼ cup lemon juice
- Salt and pepper

Chop and mince the onion and garlic. Add to a 10-12-inch frying pan and combine with ¼ cup of the broth. Stirring often, sauté over a medium-high heat until a brown film forms on the pan's bottom (takes about six minutes). Deglaze the pan by adding the lemon juice, stirring again to release the brown film. Repeat the browning and deglazing process once or twice, using 2 tablespoons of broth each time, until the vegetables are richly browned.

Add beans to onion/garlic mixture and coarsely mash while still in the pan. If needed, add a little more broth to give the beans the texture of creamy mashed potatoes. Add salt and pepper for taste. Remove from the pan and arrange on a serving plate in an attractive shape. Serve hot with buckwheat bread toast or crackers, or chill by refrigerating for 4 hours and serve cold. It's delicious either way.

## Salads & Dressings





# Cold Barley Salad

## Ingredients, Preparation & Cooking

- 1 cup raw barley
- 1 diced celery stem
- 2 cups organic chicken stock
- 2 tablespoons olive oil
- 3 small carrots sliced thinly
- 1 medium red onion, diced
- 2 tablespoons apple cider vinegar
- ½ cups water

Cook the barley in the organic chicken broth and water until the liquid is absorbed and the barley is tender. Stir the apple cider vinegar and olive oil into the mix. Chill the mixture. Stir the celery, carrot, and onion into the cooled barley mixture. Serve.

# Rice Salad

## Ingredients, Preparation & Cooking

2.5 cups cooked brown rice

1 cup cooked wild rice

¼ cup parsley, chopped

2 carrots sliced on diagonal

1 large green pepper sliced

## Dressing

2 teaspoons Dijon-style mustard

5 tablespoons apple cider vinegar

¼ teaspoon dried tarragon

Pinch of basil

Pinch of thyme

3 tablespoons olive oil

Mix the salad ingredients in a large serving bowl. Mix dressing ingredients and pour over the salad. Cool the salad for several hours before serving.

# Tomato, Avocado and Celery Salad

## Ingredients, Preparation & Cooking

- 5 tomatoes, chopped
- 1 avocado, chopped
- 3 sticks celery, chopped
- 2 cloves garlic, crushed
- Juice and rind of a lemon
- 2 tbsp olive oil

Combine all the ingredients in a bowl. Serves 2 people.

# Sliced Cucumber & Onion Salad

## Ingredients, Preparation & Cooking

This is an attractive way in which to serve sliced cucumbers and onions. A single large cucumber should be selected for this salad.

With a sharp knife, peel the skin from the cucumber in narrow strips back to the stem end, but do not cut the strips loose from the end. After the peeling has all been removed, place the cucumber on a board and cut it into thin slices. Place on a small platter, arrange slices of onion around the edge, and pour French dressing over the whole. Dust with paprika and serve. A number of slices of cucumber and one or two slices of onion should be served to each person.

# Tomato & String Bean Salad

## Ingredients, Preparation & Cooking

Besides being appetizing in flavor and appearance, tomato and string-bean salad has the advantage over some salads in that it can be made of either fresh or canned vegetables. For this salad, tomatoes and beans canned by the cold-pack method were used. If it is desired to duplicate this salad, place a canned tomato or peeled fresh tomatoes in the center of a plate garnished with lettuce and around it place several piles of three or four canned or freshly cooked beans. Serve with French dressing or any other desired salad dressing.

# Cabbage Salad

## Ingredients, Preparation & Cooking

A salad that always finds favor is made by combining cabbage with a boiled salad dressing or with an uncooked sour cream dressing. To make cabbage salad, select a firm head of cabbage, pull off the outside leaves, and wash. Cut the head in half down through the heart and root and cut each half into quarters. Place each quarter on a cutting board and, with a sharp knife, shave off the cabbage.

If desired, the cabbage may be shredded with a cabbage cutter. If the cabbage upon being cut is found to be wilted, place it in cold water and let it stand until it becomes crisp. Drain off the water carefully and allow the cabbage to drip in a colander, or dry it between pieces of old linen. With the cabbage thus prepared, season it with salt and mix it with the desired dressing. Serve on lettuce in a salad dish, on individual salad plates.

# Cabbage & Celery Salad

## Ingredients, Preparation & Cooking

1 cup cabbage

1 cup celery

1 pimiento or green pepper

½ teaspoon salt

2 Tablespoon apple cider vinegar

Lettuce

Cabbage and celery combine very well, for they are similar in color and crispness. They can be procured at the same time of the year, and while celery is not cheap, cabbage is a comparatively inexpensive food and the two combined make an inexpensive salad. Because the color of both is very much the same, pimiento is added to give a contrasting color.

# Breakfast Salad

## Ingredients, Preparation & Cooking

2 Tomatoes

1 Cucumber

1 tablespoonful Oil

1 Spring Onion

Half a Lettuce

2 tablespoonful apple cider vinegar

Scald the tomatoes and take off the skin, and put them into cold water or onto the ice until quite cold. Cut them up the same as an orange. Peel and cut up the cucumber into very thin slices, and mince up the onion. Sprinkle these with pepper and salt, and pour over the oil and apple cider vinegar. Shred up the lettuce and lay on the top. It is then ready to serve.

# Winter Salad

## Ingredients, Preparation & Cooking

1 cup turnips, diced  
1 cup carrots, diced  
1 cup potatoes, diced  
1 tbl spn chopped onion  
French dressing  
Lettuce

A salad made entirely of winter vegetables may be prepared when there are no fresh vegetables in supply. If any of the vegetables are left over, the others may be prepared to use with the left-over ones.

A good plan to follow when carrots, turnips or potatoes are being prepared for a meal is to cook more than is necessary for the one meal and then set aside part of them for a salad to be served at another meal.



# Summer Salad

## Ingredients, Preparation & Cooking

3 lettuces

2 handfuls of mustard and cress

Young radishes

A few slices of cucumber.

Let the herbs be as fresh as possible for a salad, and, if at all stale or dead-looking, let them lie in water for an hour or two, which will very much refresh them. Wash and carefully pick them over, removing any decayed or worm-eaten leaves, and drain them thoroughly by swinging them gently in a clean cloth. With a knife, cut the lettuces into small pieces, and the radishes and cucumbers into thin slices. Arrange all these ingredients lightly on a dish, with the mustard and cress, and pour under, but not over, the salad. Add sauce as necessary. Do not stir it until it is to be eaten. It may be garnished with hard-boiled eggs (cut into slices), sliced cucumbers, nasturtiums, or cut vegetable flowers. Always try to make a pretty and elegant dish. In making a good salad, care must be taken to have the herbs freshly gathered and thoroughly drained before the sauce is added to them, or it will be watery and thin.

# Cauliflower & Tomato Salad

## Ingredients, Preparation & Cooking

3 tomatoes

Lettuce

6 cauliflower flowerets

Dressing

A salad in which cauliflower and tomatoes are combined is attractive in appearance if it is nicely made. It also has the advantage of being simple to prepare. When cauliflower is cooked for salad, care must be taken not to cook it so long as to discolor it or cause it to fall to pieces.

Select firm, ripe, medium-sized tomatoes. Place them in boiling water to scald them, and then dip them quickly into cold water and remove the skins. Cut out the stem ends and slice each tomato halfway between the stem and blossom ends. Place each half tomato on a salad plate garnished with a lettuce leaf. Stick a stem of the cauliflower into the center, and serve with boiled salad dressing. Sufficient to serve six.

# Peas & Celery Salad

## Ingredients, Preparation & Cooking

1 cup peas

Boiled salad dressing

1 cup diced celery

Lettuce

Peas may be freshly cooked for this salad, but canned peas will do just as well. Left-over peas not prepared with cream sauce may also be utilized nicely in this way, or if a portion of a can of peas is needed for the meal, the remainder may be used for a smaller quantity of salad than here stated.

Boiled salad dressing will be found to be best for this combination of vegetables.

Drain canned peas as dry as possible and mix with the diced celery. Just before serving, add the salad dressing and mix thoroughly. Serve on salad plates garnished with lettuce.

# Asparagus Salad

## Ingredients, Preparation & Cooking

Lettuce

1 pimiento

1 can asparagus

Salad dressing

Salad in which asparagus is the chief ingredient is one that may be served during the entire year, for either freshly cooked or canned asparagus may be used. In fact, the canned asparagus is considered by many to be better than that which is freshly cooked.

Garnish salad plates with the lettuce. Place the asparagus tips in an orderly pile on the lettuce leaf. Cut a thin strip of the pimiento, and place this across the tips in the center. Just before serving, pour a spoonful or two of any desired salad dressing over this or place the salad on the table and serve the dressing, allowing each person to take what is desired. Sufficient to serve five.

# Turnip Salad

## Ingredients, Preparation & Cooking

4 Young Turnips

2 Spring Onions

2 Boiled Potatoes

Half a Lettuce

Salad Dressing

Peel and slice up the turnips and boil them for twenty minutes, or until soft. Let them get quite cold. Shred the onions up very small, and slice up the potatoes. Break up half a lettuce. Arrange these neatly in a bowl and pour over a simple salad dressing.

# Fish Salad

## Ingredients, Preparation & Cooking

1 fresh salmon or tuna fish

1 cupful shredded cabbage or sliced celery

Drain the oil from the fish. Remove the bone and bits of skin. Add the cabbage or celery, and salad dressing. Arrange on lettuce and garnish as desired. The salmon may be marinated before adding the other ingredients. When this is done, the salad dressing may be omitted. Salmon contains so much fat that it is not wise to add more oil after marinating.

# Chicken Salad

## Ingredients, Preparation & Cooking

The remains of cold roast or boiled chicken

2 lettuces

A little endive

1 cucumber

A few slices of boiled beetroot

Salad dressing

Trim neatly the remains of the chicken. Wash, dry, and slice the lettuces, and place in the middle of a dish. Put the pieces of fowl on the top, and pour the salad dressing over them. Garnish the edge of the salad with hard-boiled eggs cut in rings, sliced cucumber, and boiled beetroot cut into slices. Instead of cutting the eggs into rings, the yolks may be rubbed through a hair sieve, and the whites may be chopped very finely, after which both can be arranged on the salad in small bunches, yellow and white alternating. This should not be made long before it is wanted for the table.

# Chicken Spring Salad

## Ingredients, Preparation & Cooking

3 cups cooked chicken, cut in chunks

1 package (10 ounces) raw spinach, washed and drained with stems removed and torn into small pieces

1 small clove garlic, minced

1 tablespoon chives, snipped, fresh or frozen

1 teaspoon salt or to taste

$\frac{1}{8}$  teaspoon ground pepper

Stevia

$\frac{3}{4}$  cup chopped pecans

2 apples, chopped

$\frac{1}{2}$  cup oil

$\frac{1}{4}$  cup apple cider vinegar

Spinach is an excellent source of vitamins A and C, as well as potassium and magnesium. When you eat it uncooked, as in this recipe, dentists say spinach is a detergent food, helpful to dental health.

In a salad bowl, combine all ingredients and toss lightly. Serves 6 to 8.



# Another Bean Salad

## Ingredients, Preparation & Cooking

½ teaspoon Salt

1 cup apple cider vinegar

16 ounces Green beans, can, drained

16 ounces Yellow beans, can, drained

16 ounces Lima beans, can, drained

16 ounces Garbanzo beans, can, drained

16 ounces Red kidney beans, drained

1 each Green pepper, slivered

4 each Celery, sliced

3 each Onions, medium, sliced thin

Combine salt and apple cider vinegar in pan. Bring to boil for 1 min. Cool.

Toss all other ingredients together and pour the vinegar mixture over them.

Marinate for 24 hrs in refrigerator, stirring occasionally.

# Artichoke Salad

## Ingredients, Preparation & Cooking

- 4 Each Fresh artichoke hearts
- 1 Tablespoon apple cider vinegar
- 2 Cups Artichoke hearts, quartered
- 1 Teaspoon Louisiana hot sauce
- 1 Small garlic clove
- 2 Teaspoons Salt
- 1 Teaspoon Lea
- 3 Tablespoons Olive oil
- 1 Tablespoon Lemon juice

In a wooden salad bowl, mash garlic and salt with a strong fork. Add fresh artichoke hearts and mash with the garlic and salt. Add olive oil, stir, add lemon juice, stir, add apple cider vinegar, stir, add hot sauce, stir, add Lea, and mix well. Put artichoke hearts in dressing and marinate for 1 hour. Eat as is or serve on a bed of greens.

# Bean and Tuna Salad

## Ingredients, Preparation & Cooking

3 cups Water

2 cans Cannellini beans

1/3 cup Olive oil

3 teaspoons apple cider vinegar

1 teaspoon Salt

Fresh pepper to taste

1 medium Red onion

12 ounces Tuna, drained

Mix together oil, vinegar, salt and pepper. Pour over beans and onion in a shallow bowl. Cover and refrigerate for at least 1 hour. Transfer bean mixture to serving platter with slotted spoon. Break tuna into chunks and arrange on bean mixture.

# Bean Salad

## Ingredients, Preparation & Cooking

- 1 cup kidney beans, dry
- 1 cup lima beans, dry
- 1 cup pinto beans, dry
- 1 cup garbanzo beans, dry
- 1 cup green beans
- 1 red onion, chopped
- 3 tablespoons fresh chopped parsley
- Freshly ground black pepper, to taste
- $\frac{1}{3}$  cup virgin olive oil
- $\frac{3}{4}$  cup apple cider vinegar
- 1 teaspoon dry mustard
- 3 cloves garlic, minced
- 2 teaspoons oregano

Soak all dry beans overnight in water to cover. Rinse, place in a large pot, and fill with water to cover. Cook for 1 hour until done, then turn heat off and add green beans. Let sit in the hot water for 30 minutes. Drain. Mix in the onion, parsley, pepper and vinaigrette. Refrigerate overnight.

## Black & White Bean Salad

### Ingredients, Preparation & Cooking

2 cups Red onions, finely chopped

2 tablespoons Olive or Vegetable Oil

1/3 cup apple cider vinegar

1/4 cup Chopped Red Pepper

2 tablespoons Minced Parsley

20 milliliters Garlic, Minced

Stevia

1/4 teaspoon Salt

1/4 teaspoon Pepper

1 cup 15 oz Great Northern Beans, Rinsed and Drained

1 cup 15 oz Black Beans, Rinsed and Drained

Sauté onions in oil until crispy tender in a medium skillet. Remove from heat and cool until warm. Stir in vinegar, red pepper, parsley, garlic, stevia, salt and pepper. Put the beans (both types) in a serving bowl and pour the onion mixture over them. Mix well and serve. Makes 8 servings

## Black Bean With Pepper Vinaigrette

### Ingredients, Preparation & Cooking

1 ¼ cups dried black beans, soaked  
4 cups Water  
1 each Bay leaf  
½ teaspoon Salt  
1 tablespoon apple cider vinegar  
1 each Clove garlic, minced  
¼ teaspoon Cumin  
1 teaspoon Hot pepper sauce  
1 tablespoon Chopped cilantro  
2 tablespoons Olive oil  
½ each Red pepper, diced  
½ each Yellow pepper, diced  
½ each Green pepper, diced  
1 each Red onion, diced  
4 each Scallion, thinly sliced

Drain beans and rinse well. Put in a large pot with the water and bay leaf. Bring to a boil and simmer for 1 to 1 ½ hours. Drain. Combine salt, vinegar, garlic, cumin, hot pepper sauce, cilantro and olive oil in a small bowl. Pour over warm beans. Toss well. Add remaining ingredients. Toss gently. Garnish with fresh cilantro and serve at room temperature.

## Chicken Broccoli Salad

### Ingredients, Preparation & Cooking

1/3 cup Uncooked Bulgur

1 cup Cooked Brown Rice May Be Substituted For Bulgur

2 <sup>2</sup>/<sub>3</sub> cups Boiling Water Divided

10 milliliters Garlic Crushed

1 (10 Oz) organic Chicken Breast

Skinned

<sup>1</sup>/<sub>2</sub> cup Broccoli Flowerets

2 tablespoons Minced Green Onions

1 teaspoon Lime Juice

<sup>1</sup>/<sub>4</sub> teaspoon Pepper

<sup>1</sup>/<sub>4</sub> teaspoon Crushed Red Pepper Flakes

1 teaspoon Minced Gingerroot

Combine bulgur and 2 to 3 cups of boiling water in a large bowl. Let stand for 30-45 minutes, or until liquid is absorbed. Set aside. Combine bouillon granules, garlic and remaining 2 cups of boiling water in a medium saucepan. Bring to a boil over high heat. Add chicken. Cover, reduce heat and simmer for 20 minutes or until chicken is tender. Remove chicken and let cool. Discard broth. Bone chicken and cut into bite-sized pieces. Combine with reserved bulgur. Steam the broccoli for 5 minutes, or until it is crispy tender. Add to chicken mixture. Add green onions, lime juice, pepper, red pepper flakes, and gingerroot to chicken mixture, tossing well. Cover and chill for 2 to 3 hours.

## Cilantro Slaw

### Ingredients, Preparation & Cooking

1 Small Head Of Cabbage, finely shredded

1 Small Onion, minced

2 Tablespoons Fresh Cilantro, minced

1 European Cucumber, about 1 pound

Lime and Garlic Dressing:

½ Cup Salad Oil

⅓ Cup Lime Juice

2 Cloves Fresh Garlic, minced, or pressed

Mix cabbage, onion and cilantro. Peel and seed cucumber. Cut into 3-inch-long sticks. (At this point, you may cover and refrigerate cabbage mixture and cucumber separately for up to 1 day.)

For the dressing, whisk together ½ a cup of salad oil, ⅓ of a cup of lime juice, and 2 cloves of minced or pressed garlic. If made ahead, cover and refrigerate for up to 2 days. Stir to re-blend before using. Stir dressing into cabbage mixture. Pile into a bowl or onto a platter. Garnish with cucumber. Season to taste with salt and pepper.



# Cucumber and Avocado Salad

## Ingredients, Preparation & Cooking

1 each English Seedless Cucumber

Salt

Chili Pepper

1 tablespoon Fresh Lime Juice

1 teaspoon Minced Onion

Slices, Sweet Red Pepper

Lettuce

1 each Ripe Avocado, sliced

Fresh Parsley

Peel and slice the cucumber paper-thin. Season with salt, chili pepper and lime juice. Sprinkle with onion and red pepper slices. Arrange lettuce on 6 serving plates. Pile cucumber mixture in center of each plate. Add avocado slices and parsley. Makes 6 servings.

## Cucumber and Onion Salad

### Ingredients, Preparation & Cooking

- 1 medium cucumber, sliced
- 1 medium onion, sliced
- 2 teaspoons salt
- Stevia
- 2 tablespoons apple cider vinegar
- 1 cup cold water
- ¼ teaspoon pepper

Mix together and chill before serving.

## Cucumber-Mint Salad

### Ingredients, Preparation & Cooking

- 1 large cucumber
- 1 small onion, chopped fine
- 1 tablespoon fresh mint, chopped
- ¼ cup apple cider vinegar
- Stevia
- ½ teaspoon salt
- ½ teaspoon lemon pepper seasoning

Peel cucumber and chop into ¼ inch cubes. Combine all ingredients in bowl and mix. Serve at room temperature. Serves 4.

# Dilled Cucumber Salad

## Ingredients, Preparation & Cooking

1 cup cucumber, peeled seeded, dice

1 pint sour cream

1 tablespoon apple cider vinegar

½ teaspoon salt

⅛ teaspoon cayenne

1 tablespoon onion, grated

3 tablespoons fresh dill, chopped

Mix sour cream, vinegar, salt, cayenne, and grated onion. Stir in chopped dill and diced cucumber. Refrigerate two hours before serving.

# Essig Krautersauce

## Ingredients, Preparation & Cooking

- 1 tablespoon Shallots, chopped
- 1 tablespoon Capers, chopped
- 1 tablespoon Parsley, chopped
- 1 tablespoon Chervil, chopped
- 1 tablespoon Chives, chopped
- 1 cup Olive oil
- ½ cup apple cider vinegar
- 1 teaspoon Salt
- ½ teaspoon Pepper

Mix the first five ingredients with the oil and let stand for at least 1 hour. Add the vinegar, salt and pepper. This dressing may be used with meat, fish, vegetables or salad. Dice one hard-cooked egg over the dish if desired, or egg may be added to the dressing. 2 chopped green onions may be substituted for the shallots. Great over fresh chopped tomato! It may be served hot or cold.

# Guacamole Salad

## Ingredients, Preparation & Cooking

- 5 each Large avocados
- 1 each Medium garlic clove, minced
- 1 each Medium tomato, chopped
- 4 ounces chopped green chili
- 2 ½ tablespoons Lemon or lime juice
- 1 teaspoon Salt

Peel and chop avocados into a bowl. Mash with garlic and lemon juice. Add remaining ingredients. Mixture will be chunky. To prepare individual salads, spoon mixture on shredded or whole lettuce leaves.

Top with diced tomato for garnish and serve with tortilla chips. If made ahead of time, save pit and put in dip until time to serve to prevent darkening.

# Hot Potato & Broccoli Salad

## Ingredients, Preparation & Cooking

4 potatoes, medium, peeled  
1 bunch broccoli, cut into florets  
¼ cup Vegetable or salad oil  
¼ cup Lemon juice  
¼ teaspoon Garlic powder  
¾ teaspoon Salt  
1 teaspoon Basil  
¼ teaspoon Liquid hot pepper sauce  
2 each Green onions, sliced

Cook potatoes until tender, then dice. Cook broccoli until tender. Keep both hot. Combine remaining ingredients. Bring to boil, stirring. Pour over the vegetables and toss gently. May be served hot or cold.

# Italian Bean-And-Tomato Salad

## Ingredients, Preparation & Cooking

- 1 ½ cups romaine lettuce, shredded
- ½ cup tomato, seeded, coarsely, chopped, unpeeled
- ½ cup great northern beans, canned, drained
- ¼ teaspoon dried rosemary, crushed
- ¼ teaspoon pepper, fresh-ground
- 2 tablespoons low sodium organic chicken broth
- 2 tablespoons apple cider vinegar
- 1 teaspoon olive oil

Combine first 3 ingredients in a bowl. Toss gently. Combine rosemary and next 4 ingredients. Stir well. Pour over lettuce mixture, and toss gently.

# Jambalaya Salad

## Ingredients, Preparation & Cooking

- ¾ Cup Salad dressing, Italian
- ½ Cup Celery, sliced
- ½ Cup Green pepper, chopped
- ¼ Cup Onion, chopped
- 1 Teaspoon Thyme
- ¼ Teaspoon Pepper, red, ground
- ¼ Teaspoon Salt
- 1 Each Garlic clove, minced
- 2 Cups Rice, cooked
- ½ Cup Ham, cubed
- 6 Ounces Shrimp, tiny, cooked
- 1 Cup Tomato, chopped
- 6 Each Bacon slices, crumbled

Combine first eight ingredients. Add remaining ingredients except bacon. Chill, and add bacon just before serving.



# Lentil Salad

## Ingredients, Preparation & Cooking

¼ cup fresh lemon juice

⅔ cup olive oil

1 teaspoon Italian seasoning

1 clove garlic, mashed

2 cups dried lentils

½ cup diced celery

2 whole red ripe tomatoes, chopped

Whisk together lemon juice and olive oil. Beat in Italian seasoning and garlic. Wash lentils and boil in a quart of water until barely tender, which will take about 30 minutes. Drain. While warm, toss with lemon dressing. Cool to room temperature. Add celery and tomatoes. Serve immediately or chill and serve cold.

# Quinoa Super Salad

## Ingredients, Preparation & Cooking

5 cups quinoa, cooked (basic recipe)

1 cup carrots, chopped

$\frac{3}{4}$  cup parsley, minced

1 cup sunflower seeds

4 cloves garlic, minced, or to taste

$\frac{1}{4}$  cup olive oil, or less

$\frac{1}{4}$  cup soy sauce or tamari. Try Bragg's Aminos

$\frac{1}{2}$  cup lemon juice

Tomatoes

Black olives

Cook quinoa. Let cool. Add carrots, parsley, sunflower seeds and garlic to quinoa. Mix thoroughly. Combine liquids, pour over quinoa and toss well.

Garnish with tomato wedges and olives.

# Red Kidney Bean Salad

## Ingredients, Preparation & Cooking

2 cups kidney beans, canned

4 tablespoons apple cider vinegar

3 tablespoons olive oil

¼ teaspoon Oregano

¼ teaspoon Salt

2 dashes Pepper

4 tablespoons Celery, diced

2 tablespoons Onion, chopped

Drain kidney beans. Combine beans with a mixture of apple cider vinegar, olive oil, oregano, salt, and pepper. Blend in celery and onion. Chill in refrigerator, and serve in crisp lettuce cups.

# Rice Salad Mold

## Ingredients, Preparation & Cooking

1 cup long-grain rice

Salt

Black pepper

¼ cup olive oil

2 teaspoons Dijon mustard

2 cups mixed vegetables, cooked

½ green bell pepper, finely diced

1 cucumber, peeled and diced

Place rice, salt and pepper in small heavy pan with tight fitting lid. Add 2 cups water. Bring to a boil. Cover, and then simmer for 20 minutes without lifting lid. Put cooked rice in mixing bowl. Add oil, vinegar and mustard. Toss with a fork to mix well. Gently fold in cooked vegetables. You will need 2 cups total, so use your choice of green peas, green beans, etc. Add the diced green pepper and cucumber. Lightly oil a decorative mold. Do not use olive oil for this. Pack rice mixture into mold and refrigerate until thoroughly chilled. Unmold just before serving.

# Rio Grande Quinoa Salad

## Ingredients, Preparation & Cooking

3 tablespoons Lemon juice  
3 tablespoons Olive oil  
3 tablespoons Cilantro, minced  
Sea salt  
Freshly ground black pepper  
½ cup Quinoa, rinsed well  
½ teaspoon Cumin seeds, toasted  
1 cup Cooked black beans  
1 medium Tomato, diced  
3 tablespoons Red onion, minced

Whisk together lemon juice, olive oil, cilantro, salt, and pepper. Set aside.

In a small saucepan, bring 1 ½ cups of water to a boil. Reduce heat. Bring cooking liquid to a boil and add quinoa and cumin. Cover, reduce heat, and let simmer until liquid is absorbed (about 10 minutes). Remove pan from heat and leave undisturbed for 5 minutes. Fluff quinoa with a fork and allow cooling slightly. In a bowl, combine cooled quinoa, black beans, tomato and onion. Pour dressing over and toss gently to mix. Refrigerate salad until ready to serve.

# Simple Iranian Salad

## Ingredients, Preparation & Cooking

1 cucumber, peeled and chopped

1 medium tomato, chopped

1 small onion, chopped

1 tablespoon parsley, minced

1 tablespoon olive oil

Juice of one lime

Salt and pepper to taste

Mix together. Chill before serving.

# Spicy Black Bean & Lentil Salad

## Ingredients, Preparation & Cooking

2 cups Cooked black beans  
2 cups Cooked red lentils  
1 teaspoon Dry mustard  
3 tablespoons Minced garlic  
1 tablespoon Fresh parsley, minced  
½ cup apple cider vinegar  
Juice from 1 lemon  
1 teaspoon Salt  
3 tablespoons Olive oil  
1 teaspoon Crushed red peppers  
1 small Butterhead lettuce, torn  
2 large Red bell peppers, sliced  
2 large Red potatoes, cooked, sliced  
½ cup Grated carrots

Put legumes in separate bowls. Whisk together mustard, garlic, parsley, vinegar, lemon juice, salt, oil, and red pepper. Divide mixture evenly between legumes. Marinate, covered in the fridge, for 1 hour. Line salad plates with lettuce, top with peppers. Arrange small piles of potatoes, carrots, and legumes on each plate. Drizzle marinade over the meal.

# Lemon Garlic Dressing

## Ingredients, Preparation & Cooking

2 tablespoons powdered flax seeds

2 cloves garlic

Pinch salt

¼ cup cider vinegar

¼ tsp. pepper

1 large tomato

½ tsp. Celery seed

1 lemon

½ cup water

Place all ingredients in blender and blend until smooth.



# Citrus Tahini Dressing

## Ingredients, Preparation & Cooking

1 cup of sesame seeds

1 lemon

Cup of water

2 tb spn of flax

1 tsp of garlic powder

Few drops cider vinegar

1 tsp of sea salt

Grind the sesame seeds into fine powder in your coffee grinder. Add all other ingredients and blend well until smooth.

# Tomato-Basil Dressing

## Ingredients, Preparation & Cooking

1 medium cluster tomato

¼ cup fresh basil leaves

2-4 TB Apple Cider Vinegar

1/2 cup organic extra virgin olive oil

1/2 clove garlic, minced

Salt, to taste

Freshly cracked black pepper, to taste

Combine all ingredients in a food processor. Blend until creamy. Adjust flavors if necessary.

# New You Salad Dressing

## Ingredients, Preparation & Cooking

This dressing offers all the benefits of flax, sunflower and evening primrose oils with a flavor that complements winter greens. Try it drizzled over salad greens or steamed vegetables.

Serves 4 (2 tablespoons per serving)

3 TB apple cider vinegar or lemon juice

½ tsp dry mustard

1 TB chopped parsley

1 TB chopped chives

1 large garlic clove, roughly chopped

½ tsp dried oregano

½ tsp dried basil

3 TB flaxseed oil blend

Pinch of cayenne

Sea salt and freshly ground black pepper

In a blender or food processor, combine vinegar, mustard, herbs and garlic. Blend until smooth. Slowly add oil in a fine stream. Blend until slightly creamy. Season with cayenne, salt, and pepper. Makes about half a cup.

# Main Courses



# Alkaline Burger

## Ingredients, Preparation & Cooking

1 cup almonds, soaked 12-48 hours

1 cup sunflowers, soaked 6-8 hours

¼ cup onion, minced

½ cup fresh parsley, chopped

Juice of 1 lemon

1 teaspoon coriander

1 teaspoon garlic powder

1 teaspoon fresh cilantro, chopped

3-4 tablespoons sesame tahini

In a food processor, puree nuts and onion. Add remaining ingredients and puree.

Form the mixture into 2-4 inch burger patties. Dehydrate the patties for 8 hours at 105°. If patties are not done, dehydrate for additional 2 hours. Place each burger between two slices of buckwheat bread and add your favorite dressing.

Makes 8 medium burgers.

# Sprouted Basmati Rice with Red Bell Peppers

## Ingredients, Preparation & Cooking

- 1 cup basmati rice, sprouted
- 2 ½ cup filtered water
- 2 scallions, chopped finely
- 2 red bell peppers, diced
- ¼ cup olive oil
- 2 tablespoon freshly squeezed lemon juice

Preparing this recipe takes some pre-planning because basmati rice needs to be soaked for 12 to 24 hours. Begin by placing the basmati rice in a fine mesh colander and rinse well with cold water. Transfer the rinsed rice to a medium bowl and add enough water to cover the rice by an additional one inch. Set the bowl aside and leave the rice to soak at room temperature for 12 hours. Drain the soaked rice in a fine mesh colander, rinse the rice with cold water, and leave it to drain. Return the rice to the bowl, cover it with enough water to cover the rice by an additional inch, and then soak for additional 12 hours. Repeat the soaking process until rice has softened and started to split. When the rice has begun to split and it is tender enough to eat, transfer it to the fine mesh colander and drain well. Place the rice in a large bowl and set aside while preparing the vegetables. Combine soaked rice, scallions, and red bell peppers in large bowl and mix well. Pour olive oil over the rice and vegetables, and mix well.

# Angel Hair Zucchini Spaghetti

## Ingredients, Preparation & Cooking

4 medium zucchinis  
4 cuts cubed tomatoes  
1 cup sun-dried tomatoes  
2 teaspoons peeled gingerroot  
3 peeled garlic cloves  
2 hot peppers  
½ cup fresh basil leaves  
½ cup fresh oregano leaves  
½ cup olive oil  
Juice of 1 lemon

For angel hair zucchini spaghetti, shred 4 medium zucchinis in the spiral slicer. For the sauce, blend all the ingredients in the blender until well liquefied. For garnish, top with fresh basil leaves, cubed red bell peppers and tomatoes.

# Pad-Thai

## Ingredients, Preparation & Cooking

2 cucumbers

4 zucchinis

2 teaspoons peeled gingerroot

1 teaspoon sesame seeds

2 clove garlic

1 medium tomato, sliced

¼ cup fresh parsley

¼ cup olive oil

Juice of 1 lemon

Blend the ginger, olive oil, sesame seeds, lemon juice, parsley and garlic in a blender until well liquefied. Shred zucchinis and cucumbers into fine angel hair spaghetti with spiral slicer. Toss the noodles with the sauce. Garnish with sliced tomatoes and parsley.



# Chili Fish Cakes

## Ingredients, Preparation & Cooking

500g white fish meat, minced  
2 cloves garlic 3 shallots, diced finely  
1 teaspoon parsley  
1 tablespoon coriander  
Juice of ½ a lemon  
Iodized salt  
Ground pepper  
Olive oil for frying  
2 teaspoons tamari soy sauce  
1 teaspoon fresh ginger  
1 small red chili

Finely chop the chili, garlic, parsley, coriander and ginger. Place all the ingredients in a large bowl and mix well until the mixture sticks together. Heat the oil in a frying pan. Shape the mixture into small flat patties about 3 cm in diameter. Fry the cakes in oil until golden-brown on each side.

# Green Living Rolls

## Ingredients, Preparation & Cooking

- 1 bunch collard greens
- 2 tablespoons sprouted alfalfa
- 2 tablespoons sprouted lentils
- 2 tablespoons sprouted sunflower seeds
- 2 tablespoons sprouted soybeans
- Olive oil to taste
- Lemon juice to taste

Carefully cut out the stem of collard greens, so that you have two halves. In a medium bowl, combine sprouts. Mix gently. Place 1 to 2 tablespoons of mixture evenly over half of the leaf. Sprinkle the sprout mixture with olive oil and lemon juice. Start at the end and roll the leaf up with filling mixture tucked inside.

# Living Buckwheat Flat Bread

## Ingredients, Preparation & Cooking

- 1 ½ cup sprouted buckwheat grouts
- ¼ cup olive oil
- ½ cup flax seeds, soaked
- ¼ cup red bell peppers, chopped
- ¼ cup onion, chopped
- ¼ cup fresh herbs (cilantro, parsley, basil)
- ½ cup organic sun-dried tomatoes
- 1 teaspoon jalapeno, minced
- 1 tablespoon garlic, minced
- 1 tablespoon olive oil
- 1 cup flax seeds
- 1 cup sunflower seeds

Place bell peppers, herbs, organic sun-dried tomatoes, jalapeno, garlic, and olive oil in a food processor and blend until smooth. Transfer content into a bowl and mix in flaxseeds and sunflower seeds. Spread the mixture onto oiled solid dehydrator sheet. Dehydrate for 4 hours until top of the mixture is dry. Cut the mixture into desired shapes and place them back into dehydrator. Dehydrate until bread is crisp.

# Easy Vegetarian Pasta

## Ingredients, Preparation & Cooking

- 1 package of vegetable pasta
- 1 zucchini cut into cubes
- 1 cup broccoli
- 5 garlic cloves, chopped
- 2-3 tomatoes cut into cubes
- ¼ cup organic sun dried tomatoes
- Chilies, crushed, to taste
- 6-7 red basil leaves, fresh
- ½ teaspoon tahini powder
- 1 tablespoon olive oil

Cook vegetable or spelt pasta, drain, and put it aside. Heat oil in a skillet. Add garlic, basil, crushed chilies, sun-dried tomatoes and tahini powder. Sauté for approximately 2 minutes. Add remaining vegetables. Cook for about 4-5 minutes. Add pasta to vegetables and mix well. Stir constantly for about 2 minutes until heated thoroughly.

Preparation time: 10 min; cooking time: 10 min; serves: 4

# Indian Dal

## Ingredients, Preparation & Cooking

- 1/3 cup orange lentils
- 1/3 cup yellow split peas
- 1/3 cup black split peas
- 5 garlic cloves, crushed
- 2 tablespoon fresh grated ginger
- 1 green chili, minced
- 6 plum tomatoes, chopped
- 1 teaspoon turmeric

In pressure cooker or a large pot, put soaked, rinsed dals in 2 ½ cups of water, along with tomatoes, garlic, ginger, chili, and turmeric. Bring to a boil and seal pressure cooker or cover pot. Lower heat to simmer and cook for 20 minutes if using a pressure cooker, or cook for 1 ½ hours if using pot. Set aside to cool. Heat oil in small saucepan, add mustard seed, and when it sputters, add cumin, onion, curry leaves, asafetida, and onion. Stir and remove from heat. Add mixture to cooled dal. Garnish with fresh cilantro and lime juice. Serve with steamed basmati rice. For soupy consistency, add 1 cup of boiling water or vegetable stock and adjust salt.

Preparation time: 10 min; cooking time: 20 min (1 ½ hour); serving: 6

# Spicy Zucchini Bake

## Ingredients, Preparation & Cooking

2 zucchini, cut lengthwise in half

1 yellow squash

1 tbsp olive oil

$\frac{3}{4}$  teaspoon curry powder

$\frac{1}{2}$  teaspoon sea salt

$\frac{1}{4}$  teaspoon ground cinnamon

$\frac{1}{8}$  teaspoon ground cumin

1 clove garlic, finely chopped

$\frac{1}{4}$  cup raisins

Heat oven to 350° degrees. Cut zucchini lengthwise in half. Scoop center from zucchini. Reserve shells. Chop zucchini pulp and yellow squash. Heat oil, curry powder, salt, cinnamon, cumin and garlic in a skillet over medium heat. Add zucchini and yellow squash. Cook for 3 minutes, stirring occasionally. Remove from heat. Stir in raisins and mix well. Spoon mixture into zucchini shells. Place zucchini shells in a deep casserole and place it in the oven. Bake for about 30 minutes, or until zucchini shells are tender.

Preparation time: 15 min; cooking time: 30 min; serving: 2

# Lentil and Spinach Stew

## Ingredients, Preparation & Cooking

½ lb lentils

⅓ cup brown rice

1 onion, chopped

2 tablespoon vegetable broth

1 small package spinach, fresh, chopped

2 tomatoes, large

½ teaspoon garlic powder, optional

Sea salt to taste

Rinse lentils and add to rice with 7 cups of boiling water. Cook until barely tender for 15-20 minutes. Meanwhile, fry onion in a vegetable broth until onion starts to turn brown. Add onion and fresh spinach to lentils and rice. Cover and allow simmering for 15 minutes. Add tomatoes and garlic powder and simmer another 5-10 minutes, or until rice is cooked.

Preparation time: 5 min; cooking time: 30 min; serving: 8

# Buckwheat Soba Noodles with Sautéed Vegetables

## Ingredients, Preparation & Cooking

½ package Buckwheat Soba Noodles

2-3 tablespoon Bragg Liquid Aminos

1-tablespoon olive oil

3 teaspoons ginger, graded

Black pepper to taste

1 cup chopped carrots

1/3 cup chopped celery

2/3 cup chopped cabbage

2/3 cup sliced or whole snow peas

1/2 cup sliced onions

Cook Soba Noodles as directed on the package. While Soba Noodles are cooking, combine carrots, celery, cabbage, snow peas, and onion in a large sauté pan. Add Bragg's Liquid Aminos and sauté vegetables for 5 to 6 minutes or until vegetables are tender. Sample them to match your taste. Add 2-3 pinches of black pepper and 1-2 teaspoons of grated ginger for flavor. When vegetables reach their desired state, place them in a separate glass container and set aside. Add olive oil to the wok. Place noodles in the wok and toss well to mix with oil. As noodles are simmering, add vegetables back in the wok and mix well with noodles. Heat for 2-3 minutes on medium heat until vegetables and noodle are mixed and heated thoroughly.



# Lemon Zucchini

## Ingredients, Preparation & Cooking

3 or 4 small zucchini, sliced length way

1 large or 2 small lemons

Sea salt

Black pepper

1 tablespoon fresh parsley, chopped

1 tablespoon olive oil

1 clove garlic, minced

Prepare a marinade with the juice and pulp of 1 large or 2 small lemons, sea salt, black pepper, garlic, parsley and olive oil. Thinly slice zucchini. Put a layer of zucchini slices in a bowl and pour a little of the marinade on the top. Do the same for all the layers of zucchini slices. Keep the bowl in a cool place and marinate it for 6 to 8 hours, occasionally pouring some of the lemon marinate from the bottom to the top layers of the zucchini. Grill the zucchini for a couple of minutes until they become tender. Keep the marinade and use it as a dressing for the grilled zucchini.

Preparation time: 15 min; cooking time: 5 min; serving: 4

# Cajun Veggie Chili

## Ingredients, Preparation & Cooking

2 tablespoon olive oil  
1 large onion, diced  
1 green bell pepper, diced  
1 red bell pepper, diced  
2 tomatoes, crushed  
2 (15 oz.) cans black beans  
1 spinach, stems removed, washed and chopped  
1 tablespoon garlic, minced  
2 ½ tablespoons chili powder  
1 tablespoon cumin  
2 teaspoon thyme  
2 tablespoon lemon juice  
Salt to taste  
Pepper to taste

Heat oil in a large saucepan. Add onions, red and green pepper, and cook on low heat for about 10 minutes or until vegetables are soft. Add garlic and cook for 2 more minutes. Add chili powder and cumin, and then cook, stirring for 1 minute. Add tomatoes and thyme. Simmer over medium heat for 10 minutes. Add the beans. Cook, stirring occasionally, for 10 minutes longer. Remove from the heat. Add spinach and stir until it is well combined and wilted. Add lemon juice and additional seasoning for taste. This dish goes well with grains such as quinoa or basmati rice. Add chopped scallions for garnish.

# Bean Burgers with Bite

## Ingredients, Preparation & Cooking

1 cup kidney beans  
½ cup of chopped green bell pepper  
½ cup of chopped onion  
1 sliced carrot  
2 cups of salsa  
1 cup of dried buckwheat bread crumbs  
½ cup of whole-buckwheat flour  
1 pinch chili powder  
½ teaspoon of ground black pepper  
Salt to taste

Preheat the oven to 425°F. Wash and chop the carrot. Steam or cook until soft. Mash together with the beans in a large bowl. Next, chop the onion and pepper, and mix in to the bean and carrot mash, along with salsa and whole buckwheat flour. Season with salt, black pepper, and chili powder. Form the burger mixture into eight patties, and place them on a lightly greased baking sheet. These burgers are also great barbecued. Cook for twenty minutes or until the burgers are lightly browned. Serve with salad, buns and a wrap.

# Garlic Shrimp

## Ingredients, Preparation & Cooking

$\frac{3}{4}$  lb shrimp (try to find some that are ecologically farmed and anti-biotic free)

1 tablespoon olive oil

1 tablespoon fresh parsley (I used 1 tsp dried)

1 tablespoon lemon juice

6-8 cloves garlic

$\frac{1}{2}$  teaspoon salt

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

Heat the olive oil over medium heat. Add the garlic and sauté for 1 minute. Add the shrimp (peeled). Sauté for 3 minutes. Add the lemon juice, parsley, salt, and pepper. Cook for an additional minute.

# Quinoa with Green Peas & Almonds

## Ingredients, Preparation & Cooking

1/2 cup quinoa (can use sprouted quinoa. Cooks way faster)

1 cup water

1/2 cup green peas

1/4 cup blanched slivered almonds

Rock salt to taste

1 tsp ghee

Wash the quinoa thoroughly by rinsing it several times. Drain. Heat a pan and roast the quinoa dry for about 5 minutes, stirring constantly. Add water, stir and bring to a boil. Cover, reduce heat and cook at a gentle simmer for about 10 minutes. Add the green peas and almonds, and cook for a further 5 minutes.

Stir in the salt and ghee.

# Halibut with Lime and Cilantro

## Ingredients, Preparation & Cooking

- 2 tablespoons lime juice
- 1 tablespoon cilantro, fresh, chopped
- 1 teaspoon olive oil
- 1 clove garlic, finely chopped
- 2 halibut or salmon steaks
- Freshly ground pepper to taste
- ½ cup salsa

Mix lime juice, cilantro, oil, and garlic in a medium bowl. Add fish, turning several times to coat with marinade. Cover and refrigerate for 1 hour, turning once. Set oven control to broil. Spray broiler pan rack with nonstick cooking spray. Remove fish from marinade and discard marinade. Place fish on rack in broiler pan. Broil with tops 4 inches from heat for 8 to 12 minutes, turning once, until fish flakes easily with fork. Sprinkle with pepper. Serve with salsa.

# Snapper with Sautéed Tomato-Pepper Sauce

## Ingredients, Preparation & Cooking

1 pound red snapper, cod or other lean fish fillets

1 cup tomatoes, chopped

½ cup green bell pepper, chopped

1 small onion, sliced

2 tablespoons parsley or cilantro, finely chopped

¼ teaspoon sea salt

¼ cup vegetable broth

Wash and cut fish fillet into 4 serving pieces. Spray a medium non-stick skillet with cooking spray. Heat over medium heat. Arrange fish in single layer skillet. Cook uncovered for 4 to 6 minutes, turning once, until fish flakes easily with fork. Remove fish fillets to warm platter. Keep warm. Cook remaining ingredients, except vegetable broth, in same skillet over medium heat for 3 to 5 minutes, stirring frequently, until bell pepper and onion are crisp-tender. Stir in broth. Cook until hot. Spoon tomato mixture over fish.

Preparation time: 15 min; cooking time: 20 min; servings: 4

# Steamed Salmon with Black Beans

## Ingredients, Preparation & Cooking

- 4 salmon fillet, serving size
- 1 teaspoon gingerroot, peeled, grated
- ¼ teaspoon sea salt
- 1 garlic clove, pureed
- 2 tablespoons scallions or green onions, thinly sliced
- 1 tablespoon fermented black beans, coarsely chopped
- 1 teaspoon sesame seed oil
- Cilantro or parsley sprigs, for garnish

Wash the fish well. Place the fish in a heatproof dish at least 1 inch deep, such as a glass pie plate. Stir together the ginger root, sea salt and garlic in a small bowl. Pour this mixture onto the fish and rub generously on both sides. Let stand for at least 15 minutes. Spread the scallions and black beans evenly on top of the fish. Drizzle with sesame seed oil. Bring the water in the steamer to a boil. Place the pie plate on the steamer tray and cover. Steam for 10 minutes, checking to see if it's done at about 8 minutes. The fish will look opaque and feel springy to the touch. It is better to slightly undercook than overcook, since the heat in the fish itself will finish the cooking for you. Serve directly from the steaming dish or transfer to a warm platter with the juices.



# Steamed Salmon with Vegetables

## Ingredients, Preparation & Cooking

- 1 salmon filet, cubes
- 4 carrots, diced
- ¼ cup celery, thinly sliced
- ¼ cup red cabbage, finely shredded
- 3 clove garlic, chopped
- 1 onion, chopped
- ¼ cup olive oil
- 1 tablespoon fresh parsley, chopped

In a steamer, steam salmon until thoroughly cooked, about 50 to 10 minutes, or until fish flakes when tested with a fork. Remove and set aside.

In a steamer, steam carrots, about 10 minutes, until slightly soft. Add celery, onions, garlic and red cabbage and cook 2 to 3 minutes, until all the vegetables turn soft.

In a large serving bowl, combine salmon and vegetables. Add chopped onion. Sprinkle with olive oil and parsley.

# Turnip Sauté

## Ingredients, Preparation & Cooking

2 small turnips, peeled and sliced thin

¼ sweet red pepper, diced

2 plum tomatoes, or 2 slices large tomato, diced

2 cloves garlic, minced

Salt to taste

Olive oil

Pour a little oil in a pan, add the garlic and sauté for a few seconds until fragrant. Add the rest of the ingredients, easy on the salt at first, stir to distribute. Sauté for a couple of minutes, then cover the pan and cook over medium heat until the turnips are tender and most of the juices have evaporated. Adjust salt.

# Chicken Parm

## Ingredients, Preparation & Cooking

1 pound of organic chicken breast  
2 large tomatoes  
6 fresh basil leaves  
2 teaspoons dried basil  
half cup of minced onions (optional)  
quarter of minced red pepper (optional)  
6 bulbs of minced fresh garlic (more or less to taste)  
Sea salt and pepper to taste  
Extra virgin oil

Season the breasts with salt and pepper and dry basil leaves.

Put extra virgin olive oil in pan (or whatever you're cooking it in) place breasts in pan to cook. In a separate pan place diced tomatoes, minced peppers, garlic, onion. Cook them with extra virgin olive oil, salt and pepper and a pinch of dried basil. Cook until it has a tender thickness...like a sauce consistency.

Cut the fresh basil leaves into ribbons. Add it to the sauce at the end and mix well. Cook the breasts a little on each side and take them off and put them on a baking tray. Place the tomato sauce on top of the breasts. Bake at 350 for about 10 minutes.

# Mediterranean Monk Fish

## Ingredients, Preparation & Cooking

- 1.5 pounds monkfish drained
- 1 tablespoon capers
- 15 black olives, chopped
- 2 tomatoes, sliced
- 2 teaspoons dried basil
- 3 teaspoons olive oil

Preheat oven to 350°. Cut a square of aluminum to hold the monkfish. Brush oil over the foil. Place fish in center of foil. Rub basil into fish and Top the fish with olives, capers, and tomatoes. Seal the aluminum foil. Bake the fish for about 20 minutes. Serve.

# Chicken with Vegetables in Chinese Sauce

## Ingredients, Preparation & Cooking

- 1 large red pepper, cut into strips
- ½ cup water chestnut, slices
- ⅓ cup green or yellow onion, chopped
- ½ cup bean sprouts, fresh
- ½ cup broccoli
- ½ cup cauliflower
- 4 boneless skinned organic chicken breasts, serving size

### Chinese Sauce

- 1 tablespoon sesame seed oil
- ½ teaspoon ginger root, grated
- 1 clove garlic, minced
- 3 tablespoons Bragg's Liquid Aminos

Preheat oven to 500°. Lightly oil the baking dish. Place red peppers, chestnuts, green or yellow onions, bean sprouts, broccoli, and cauliflower in the baking dish. Wash and place chicken fillets on top of vegetables. In a small bowl, stir together oil, gingerroot, garlic, and Bragg's Liquid Aminos. Pour the sauce over chicken fillets. Cover and bake in 500° degree oven for 15 minutes. Remove from the oven and serve with rice.

Preparation time: 15 min; cooking time: 15 min; serving: 4

# Ginger Chicken Kebab

## Ingredients, Preparation & Cooking

1 tbsp grated, peeled ginger root

1 clove garlic, pressed

1 teaspoon sesame oil

Juice of 1 large lime

½ pound skinless and boneless organic chicken breast

8 cherry tomatoes

1 medium green bell pepper, cut into 8 strips

Combine ginger, garlic, oil and lime in a bowl. Mix thoroughly. Add chicken and toss to coat. Refrigerate and let marinate for 30 minutes, turning once or twice in the marinade. Preheat oven to broil. Dividing portions equally, thread chicken, tomatoes, and pepper strips onto four skewers. Place skewers on a broiling pan and spoon marinade over all. Broil, turning skewers twice, for 8 to 10 minutes or until chicken is lightly browned and cooked through. Place skewers on platter and serve.

Preparation time: 30 min; cooking time: 10 min; serving: 4

# Stuffed Bell Peppers

## Ingredients, Preparation & Cooking

- 5 large bell peppers
- ½ cup quinoa
- 2 cups tomato puree
- 3 tablespoons chopped onion
- ½ pound tofu, cut into small cubes
- 1 tablespoon grated carrots
- 1 cup cooked brown rice
- 1 tablespoon olive oil
- 2 tablespoons green pepper, finely chopped
- 2 tablespoons celery, finely chopped
- 1 tablespoon oregano

Preheat oven to 350°. Wash the peppers, core them, steam them for 20 minutes and set them aside. Soften the onion in large skillet and add the tofu cubes until browned. Add 1 ½ cups of tomato puree, celery, diced green pepper and the spices and herbs. Cook for about 10-15 minutes and add the rice and quinoa. Stir the mixture. Fill the peppers with the mixture and place in casserole. Top the stuffed peppers with ½ cup tomato puree and pour ¼ inch water in bottom of pan. Bake for 25-30 minutes. Remove from oven and top the peppers with grated carrots. Serve.

## Lemonade Organic Chicken

### Ingredients, Preparation & Cooking

3 pounds organic chicken pieces, skinned

$\frac{3}{4}$  cup natural lemonade

$\frac{1}{4}$  teaspoon ground ginger

$\frac{1}{4}$  cup reduced-sodium soy sauce

Place the skinned organic chicken in glass oven-proof pan. Combine lemonade, ginger and soy sauce and pour over the chicken. Leave overnight. In the morning, remove chicken from marinade. Broil the chicken for about 15 minutes per side and serve.

## Yogurt Crust Salmon

### Ingredients, Preparation & Cooking

4 salmon steaks

$\frac{2}{3}$  cup low fat natural sheep's milk yogurt

1 garlic clove, crushed (optional)

3 cm piece root ginger, peeled and grated,

$\frac{1}{2}$  teaspoon ground cumin (for each)

Sweet paprika

Small bunch fresh coriander, leaves and stalks finely chopped

Preheat oven to 350°. Mix the crust ingredients and top the salmon steaks. Cook for about 15-20 minutes, until fish is cooked through. Serve.



# Baked Salmon Steaks with Ginger Ratatouille

## Ingredients, Preparation & Cooking

4 salmon steaks  
1 tablespoon olive oil  
1 small onion, sliced thinly  
2 tablespoons finely chopped fresh ginger  
1 large tomato, seeded and diced  
1 Salt and freshly ground pepper, to taste  
2 Tbsp chopped fresh parsley  
½ cup each diced eggplant, zucchini and red pepper  
2 garlic cloves, minced

Preheat oven to 350°F. Heat the oil in a large skillet. Add the onion and ginger, and stir until onions are soft. Add the eggplant, zucchini and peppers. Reduce heat to minimum and cook for another 7 minutes until vegetables are tender. Pour the tomatoes, and season the mixture with salt and pepper.

Place salmon steaks in a baking dish pour lemon juice over the salmon stakes. Spoon reserved ratatouille over the salmon steaks. Add the vegetable mixture, cover the dish and bake for 20 minutes. Garnish with parsley.

# Cedar Plank Salmon

## Ingredients, Preparation & Cooking

1 salmon fillet, about 1 ½ lbs (750 g)

⅓ cup olive oil

1 tsp freshly ground black pepper

½ tsp salt

1 lemon juice and zest

1 tablespoon chopped fresh basil

Mix the olive oil, black pepper, salt, lemon juice and fresh basil and marinate the salmon in the mixture. Soak a piece of untreated cedar plank in cold water for about 2 hours and place in a 450°F heated oven for 10 minutes. Remove the salmon from the marinade and bake on the cedar plank until cooked. Serve.

# Vegetable Stir-Fry

## Ingredients, Preparation & Cooking

Small broccoli

1 red pepper

1 carrot

100 g/4 oz bean sprouts

Bunch spring onions

1 tbsp sesame seeds

1 tbsp vegetable oil

1 tsp sesame oil

2 tbsp tamari

½ teaspoon stevia

3 tbsp vegetable stock

Peel and chop the carrot into thin slices. Chop the broccoli into small pieces. Thinly slice the pepper. Slice the spring onions into inch-long lengths. Heat the vegetable oil in a wok or frying pan. Add the carrots and broccoli and stir-fry for 2-3 minutes. Add the pepper and cook for 2 minutes. Add the spring onion and cook for a further minute. Mix together the sesame oil, tamari, stevia and stock, and pour into the pan. Cover and cook for 2 minutes. Serve and sprinkle the sesame seeds on top.

# Soups



## Asparagus Soup

### Ingredients, Preparation & Cooking

Wash two bunches of fresh asparagus carefully, and cut into small pieces. Put to cook in a quart of boiling water, and simmer gently till perfectly tender.

There should remain about a pint of the liquor. Turn into a colander, and rub all through except the hard portion. To a pint of asparagus mixture, add salt and one cup of thin cream and a pint of soymilk. Boil for a few minutes, and serve.

## Artichoke Soup

### Ingredients, Preparation & Cooking

1 lb each of artichokes and potatoes

1 Spanish onion

1 oz of butter

1 pint of soy milk

pepper and salt to taste

Peel, wash, and cut into dices the artichokes, potatoes, and onion. Cook them until tender in 1 quart of water with the butter and seasoning. When the vegetables are tender, rub them through a sieve. Return the liquid to the

saucepan, add the soymilk, and boil the soup again. Add water if the soup is too thick. Serve with small dices of buckwheat bread, fried crisp in butter or veggie-butter.

## **Black Bean Soup**

### **Ingredients, Preparation & Cooking**

Soak a pint (0.5 quart) of black beans over night in cold water. When ready to cook, put into two and one half quarts of fresh water, which should be boiling, and simmer until completely dissolved, adding more boiling water from time to time if needed. There should be about two quarts when done. Rub through a colander, add salt and half a cup of cream, and reheat. When hot, turn through a soup strainer, add two or more teaspoons of lemon juice, and serve.

## **Cabbage Soup**

### **Ingredients, Preparation & Cooking**

1 fair-sized cabbage  
1 large Spanish onion  
1 ½ oz of butter  
Pepper and salt to taste  
½ salt spoon of nutmeg  
1 ½ pints of soy milk

After preparing and washing the cabbage, shred very finely. Chop up the onion, and set it with the cabbage in a saucepan over the fire with 1 quart of water. Add the butter and seasoning, and let all cook gently for 1 hour, or longer if the vegetables are not quite tender. Add the soymilk when the vegetables are thoroughly tender, and let all simmer gently for 10 minutes. Serve with little squares of toasted buckwheat bread.

## Clear Soup

### Ingredients, Preparation & Cooking

1 large Spanish onion  
1 teaspoonful of mixed herbs  
½ head of celery  
1 ½ oz butter  
1 carrot  
1 turnip  
Pepper and salt to taste

Chop the onion finely, and fry it till brown in the butter, in the saucepan in which the soup is to be made. Add 5 pints of water. Cut the carrot, turnip and celery into small pieces. Add these, the nutmeg, the herbs, and the pepper and salt to the water, with the fried onions. When the vegetables are tender, drain the liquid. Return it to the saucepan and boil the soup.

# Clear Celery Soup

## Ingredients, Preparation & Cooking

1 head celery  
2 tablespoons sago  
2 quarts water

Wash the celery, chop into small pieces, and stew in the water for 2 hours. Strain. Wash the sago, add it to the clear liquid, and cook for 1 hour. For those who prefer a thick soup, pea-flour may be added. Allow 1 level tablespoon to each pint of soup. Mix with a little cold water, and add to the boiling soup. One or two onions may also be cooked with the celery, if liked.

# Green Pea Soup

## Ingredients, Preparation & Cooking

Gently simmer two quarts of shelled peas in sufficient water to cook, leaving almost no juice when tender. Rub through a colander, moistening if necessary with a little cold soymilk. Add to the sifted peas an equal quantity of soymilk and a small onion, cut in halves. Boil all together five or ten minutes until the soup is delicately flavored, and then remove the onion with a skimmer. Add salt if desired, and serve. If preferred, a half-cup of thin cream may be added just before serving. Celery may be used in place of the onion, or both may be omitted.



# Rich Lentil Soup

## Ingredients, Preparation & Cooking

4 cups lentils

1 carrot

1 turnip

2 onions

4 quarts Water

4 sticks celery

2 teaspoons herb powder

1 tablespoon lemon juice

1 oz butter

Either the red or the green lentils may be used for this soup. If the latter, soak overnight. Stew the lentils very gently in the water for 2 hours, taking off any scum that rises. Wash the vegetables well, slice them, and add to the soup. Stew for 2 hours more. Then rub through a sieve, or not, as preferred. Add the lemon juice, herb powder and butter (nut or dairy), and serve.

# Simple Lentil Soup

## Ingredients, Preparation & Cooking

1 lb each of lentils and potatoes

1 large Spanish onion

1 medium-sized head of celery (or the outer pieces of a head of celery, saving the heart for table use)

½ lb. of fresh tomatoes

1 oz of butter, pepper and salt to taste

Chop the onion roughly, and fry it in the butter until beginning to brown.

Pick and wash the lentils, and set them over the fire with 2 quarts of water or vegetable stock, adding the fried onion. Peel, wash, and cut up the potatoes, prepare the celery, cut it into small pieces, and add all to the lentils. When they are nearly soft, add the tomatoes. When all the ingredients are quite tender, rub them through a sieve. Return the soup to the saucepan. Add pepper and salt, and more water if the soup is too thick.

# Potato Soup

## Ingredients, Preparation & Cooking

Peel thinly 2 lbs potatoes. (A floury kind should be used for this soup.) Cut into small pieces, and put into a saucepan with enough water to cover them. Add three large onions, sliced, unless tomatoes are preferred for flavoring. Bring to the boil, and then simmer until the potatoes are cooked to a mash. Rub through a sieve or beat with a fork. Now add  $\frac{3}{4}$  pint water or 1 pint soymilk, and a little nutmeg if liked. Boil up and serve. If the soymilk is omitted, the juice and pulp of two or three tomatoes may be added, and the onions may be left out also.

# Spinach Soup

## Ingredients, Preparation & Cooking

2 lbs of spinach  
1 chopped up onion  
1 oz of butter  
1 pint of soymilk  
Juice of 1 lemon  
Pepper and salt to taste

This will make about 3 pints of soup. Wash the spinach well, and cook it in 1 pint of water with the onion and seasoning. When the spinach is quite soft, rub through a sieve. Mix the melted butter, stir into it the spinach, and add

the soymilk. Boil all up, and add the lemon juice last of all. If the soup is too thick, add a little water.

## Spring Soup

### Ingredients, Preparation & Cooking

2 carrots

1 turnip

½ head celery

10 small spring onions

1 teacup of cauliflower cut into little branches

Heart of small white cabbage lettuce

Small handful of sorrel

1 leaf each of chervil and of tarragon

¼ pint of peas

¼ pint asparagus points

¼ pint croutons

1 quart of water

Cut the carrots and turnip into small rounds, or to shape. Add them with the chopped-up celery, whole onions, and cauliflower to a quart of water, and bring to the boil. Simmer for ½ an hour. Stamp the sorrel and lettuce into small round pieces, and add them with the leaf of chervil and tarragon to the soup, together with Stevia. When all is quite tender, add the peas and asparagus points, freshly cooked. Serve.

# Turnip Soup

## Ingredients, Preparation & Cooking

¼ lb turnip

1 small onion

2 oz of potato

1 teaspoon butter and seasoning

½ pint water

Wash, peel, and cut up the vegetables. Cook them in the water until tender. Rub them through a sieve. Return the mixture to the saucepan. Add butter and seasoning. Boil up, and serve.

# Winter Vegetable Soup

## Ingredients, Preparation & Cooking

Scrape and slice three turnips and three carrots. Peel three onions, and fry all with a little butter until a light yellow. Add a bunch of celery and three or four leeks cut in pieces. Stir and fry all the ingredients for six minutes. When fried, add one clove of garlic, two stalks of parsley, two cloves, salt, pepper, and a little grated nutmeg. Cover with three quarts of water, and simmer for three hours, taking off the scum carefully. Strain and use.

# Roasted Vegetable Soup

## Ingredients, Preparation & Cooking

- 2 cups vegetable broth
- 1 cup yams cut in cubes
- 1 cup potatoes cut in cubes
- ½ cup bell peppers, cut in cubes
- 1 tbsp ginger root, grated
- ½ cup celery, sliced
- 1 tablespoon olive oil

Preheat oven to 475°F. Place vegetables in a deep casserole. Sprinkle vegetables with olive oil and mix until all the vegetables are covered in oil. Place the vegetables in the oven and roast for about 20 minutes or until vegetables are tender.

Heat up 2 cups of vegetable broth. Remove roasted vegetables from the oven and place them in the heated vegetable broth. Bring vegetable mixture to boil. Reduce heat to low and simmer for 30 minutes. Remove soup from the heat and let it cool off. When mixture is cool, put in through the blender. Serve hot.

# Asian Soup

## Ingredients, Preparation & Cooking

6-8 oz bean threads  
1 shallot, chopped  
2 tablespoons chopped fresh ginger  
1 clove garlic, minced  
1 can vegetable broth  
1 cup fresh coconut milk  
¼ cup cilantro, chopped  
Juice of 1 lemon  
A few drops of chili sauce to taste  
2 tablespoons Bragg's Liquid Aminos  
1 cup snow peas  
1 cup water chestnuts

Cook bean threads as directed on the package and set aside.

In a medium saucepan, sauté shallots, garlic and ginger in a small amount of olive oil, until thoroughly mixed. Add coconut milk and vegetable broth. Bring mixture to a boil and simmer for 5 minutes. Add cilantro, lemon juice, chili sauce, Bragg's Aminos, and vegetables. Simmer until snow peas and vegetables are tender (approximately 10 minutes). Add bean threads to vegetable mixture and stir.



# Asian Black Bean Soup

## Ingredients, Preparation & Cooking

2 cups water  
2 vegetable bouillon cubes  
2 cans black beans  
 $\frac{1}{8}$  cup sesame oil  
2 large yellow onions, chopped  
1 medium white onion, chopped  
1 tablespoon cumin  
1 tablespoon turmeric  
2 tablespoons parsley  
1 bay leaf  
1 tablespoon basil

Boil water and bouillon until cubes are dissolved. Add remaining ingredients except  $\frac{1}{2}$  the white onion. Simmer for  $\frac{1}{2}$  hour, then add remaining onion and cook for 5-10 more minutes. Add salt and pepper to taste.

# Carrot Asparagus Soup

## Ingredients, Preparation & Cooking

Hand full of asparagus cut in small pieces

3 medium carrots cut in cubes

2 ½ cups vegetable broth

Sea Salt to taste

Black pepper to taste

Cilantro, 3 strands (for garnish)

Sesame oil for garnish

Bring vegetable broth to a boil, and add carrots and asparagus. Add sea salt and pepper. Boil for 3 to 5 minutes or until vegetables are cooked. Pour soup in an individual bowl, and garnish with cilantro and a few drops of sesame oil.

# Butternut Squash Soup

## Ingredients, Preparation & Cooking

- 1 medium onion, chopped
- 2 cups vegetable broth
- 3 cups butternut squash, peeled, seeded, and chopped
- 2 pears, pared and sliced
- 1 teaspoon fresh thyme, snipped
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 tablespoon cilantro for garnish
- 3 tablespoons olive oil
- 1 pear, pared and sliced
- ½ cup toasted pecan halves

Heat oil in a large stock pan over medium-high heat. Stir in onion, and sauté for 5 minutes or until soft. Stir in broth, squash, 2 sliced pears, thyme, salt, and pepper. Bring to boil. Reduce heat. Cover and simmer until squash is tender, about 10 to 15 minutes. Pour about half of the soup into food processor and process until smooth. Return to the stock pan. Heat, stirring frequently, until hot.

Pour soup into individual bowls and garnish with sliced pears and toasted pecan halves.

# Italian Fresh Garden Pea Soup

## Ingredients, Preparation & Cooking

1 ½ cups dry yellow or green split peas

½ cup dried navy beans

1 (12 oz) fresh tomato juice

1 small can of tomato sauce

½ cup chopped onion

½ cup sliced celery

1 cup zucchini, cubed

1 cup carrots, diced

1 garlic clove, minced

1 teaspoon sea salt

½ teaspoon pepper

Bring beans to a boil in 3 ½ cups water, and boil gently for 1 minute. Cover pan and let stand for 2 hours. After 2 hours, add 8 ¼ cups more water. Add peas and bring to a boil. Reduce heat. Cover and simmer 1 hour or until peas and beans are tender. Add remaining ingredients, and cook for 8 to 10 minutes. Remove from heat and serve.

# Green Soup

## Ingredients, Preparation & Cooking

1 tablespoon olive oil

1 medium-sized onion, sliced

1 tablespoon garlic, minced

1 bunch collard greens, cleaned and cut into 1 ¼ inch thick strips, 3 inches long

½ head green cabbage, cored, and cut into 1 ¼ inch thick strips

1 bunch mustard greens, cleaned and cut into 1 ¼ inch thick strips, 3 inches long

Blend all the above ingredients in a blender or food processor. Serve in serving bowl or individual serving bowls.

# Cucumber Avocado Soup

## Ingredients, Preparation & Cooking

1 cucumber, unpeeled  
1 cucumber, peeled  
½ cup fresh basil  
¼ cup fresh cilantro  
¼ cup fresh mint  
¼ cup fresh parsley  
1 clove garlic, minced  
1 tablespoon ginger, grated  
1 ½ teaspoon jalapeno  
¼ cup olive oil  
1 cup lemon juice  
4 cups cucumber water  
4 avocados, peeled and seeded

For cucumber water:

2 cucumbers, peeled  
½ cup freshly squeezed lemon juice

Combine all above ingredients in a large bowl. Take  $\frac{1}{3}$  of the mixture and blend until smooth. Pour blended mixture back into a bowl. Pour soup into individual bowls. Garnish with cilantro.

# Parsley Soup

## Ingredients, Preparation & Cooking

5 medium tomatoes

½ cup of nuts, ground

1 bunch parsley

1 teaspoon marjoram

½ teaspoon thyme

3 stalks celery

3 lemons freshly squeezed

2 Chinese water chestnuts

½ teaspoon stevia

Blend the parsley, celery and tomatoes, and strain the mixture. Add lemon juice, stevia, nuts, herbs and the water chestnuts. Stir well. Serve.

# Lava Soup

## Ingredients, Preparation & Cooking

4 avocados

5 cloves garlic

$\frac{2}{3}$  quart of carrot juice

2 Tbsp. of tamari

2 inch ginger root

1 tsp paprika

Pinch of cayenne (optional)

Blend all ingredients using a blender until smooth. Serve cold or at room temperature.



# Vegetable Bean Soup

## Ingredients, Preparation & Cooking

16 cups water

1/3 cup long grain brown rice

1/2 cup dried kidney beans

2 cloves garlic, chopped

2 tomatoes, cut in wedges

1 tsp Oregano

1 onion

1 tsp Basil

2 sweet potatoes

1/4 cup parsley

1 carrot

1/8 tsp Celery seeds

1 zucchini

1/4 tsp Marjoram

1/4 lb Cabbage

Place beans in pot with 2 quarts of water. Bring to boil. Remove from heat and let stand for one hour. Pour off water and add 3 cups of water. Cook for 30 minutes. Add cooked vegetables (except tomatoes) and seasoning, and simmer for 20 minutes. Chop peeled sweet potatoes in large chunks. Add tomatoes in last 10 minutes of cooking.

# Carrot and Coriander Soup

## Ingredients, Preparation & Cooking

2 tbsp olive oil

2 chopped carrots

2 chopped leeks

1 tbsp ground coriander

1 pint vegetable stock

Stir-fry the carrots and leeks in olive oil. Add the stock and the ground coriander, and simmer for 30 minutes.

# Gazpacho Soup

## Ingredients, Preparation & Cooking

½ Cup red pepper

½ Cup cucumber

¼ Cup zucchini

¼ Cup onion

2 Tbsp parsley

1 Tbsp cilantro

½ clove garlic, chopped

½ teaspoon water

Blend the red pepper, and strain it in a blender. Add the cucumber, and blend until smooth. Add the rest of the ingredients and blend thoroughly.

Place handful of sunflower sprouts and diced red pepper into a large bowl. Pour the soup over. Garnish with parsley.

# Creamy Cauliflower Soup

## Ingredients, Preparation & Cooking

1 tablespoon olive oil  
1 medium onion  
6-8 scallions  
1 clove garlic  
2 celery stalks  
2 medium cauliflowers  
½ tspn salt  
½ tspn curry powder (optional)  
Ground black pepper to taste  
Pinch of thyme, sweet marjoram, basil  
Nutmeg (optional)  
6 cups of stock

Heat oil in heavy based saucepan. Sauté onion and garlic until transparent. Add celery and cauliflower, and stir briefly. Add water, herbs and seasonings. Bring to boil. Reduce heat and simmer until cauliflower is soft.

Allow cooling enough to go in blender. Process until smooth.

# Home Made Veggie Stock

## Ingredients, Preparation & Cooking

- 1 cup carrot tops
- 1 cup celery tops plus 1 ½ cups celery stalks
- 1 cup beetroot tops
- 1 cup red skin potato skin peelings
- 1 small zucchini
- 1 quart filtered water
- Salt to taste

Chop all ingredients small. Place with water in heavy-based saucepan. Bring to boil. Reduce heat and simmer for 20-30 minutes. Strain. This stock is high in potassium. You can drink it as a warm, clear broth or use it as a soup base.

# Side Dishes



# Cinnamon Rice

## Ingredients, Preparation & Cooking

2 cups raw brown rice

6 cups water

1 tablespoon lemon juice

2 cinnamon sticks

Use a 3-quart pan and mix all ingredients together. Bring to a boil. Reduce heat to low and cover the mixture. Cook for about 40 minutes or until all the liquid is absorbed. Serve.

# Broiled Tomato Halves

## Ingredients, Preparation & Cooking

2 large tomatoes

4 tablespoons whole quinoa/amaranth bread crumbs

1 teaspoon oregano

2 teaspoons Apple Cider vinegar

Preheat broiler. Cut the tomatoes in half. Mix the breadcrumbs, apple cider vinegar and oregano, and spread over the tomato halves. Broil the tomato halves 4 inches from heat source for about 5-7 minutes. Serve.



# Green Beans Italian Style

## Ingredients, Preparation & Cooking

2 cups green beans

½ cup organic chicken stock

1 cup chopped tomato

½ cup chopped onion

1 teaspoon oregano

Mix all ingredients in saucepan. Cook over medium heat for about 10 minutes, or until the green beans are tender. Serve.

# No Bean Humus

## Ingredients, Preparation & Cooking

- ¾ cup sesame seeds
- 2 medium zucchini
- 1 cup tahini
- 2 teaspoon Celtic salt
- ½ cup lemon juice
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ¼ cup olive oil

Process the zucchini and olive oil in a food processor. Add the tahini and then all remaining ingredients. Process until smooth. Serve.

# Zucchini Rolls

## Ingredients, Preparation & Cooking

Squash or zucchini

Lemon

Olive oil

Garlic

Basil

Oregano

Mix lemon, oil and spices together. Slice lengthwise into flat bacon strips.

Marinate squash in lemon oil. Dehydrate with arugula. Pin roll with toothpick.

# Hummus

## Ingredients, Preparation & Cooking

1 cup chick pea sprouts  
Juice of 1 lemon or lime  
2 tbsp fresh orange juice  
1 clove garlic  
2 tbsp raw tahini

Optional seasonings:

ground cumin  
spike or sea salt to taste  
chives  
paprika

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

# Oriental Lettuce Wraps

## Ingredients, Preparation & Cooking

Dice small or grate carrots, celery, broccoli stalks, cauliflower or any variety of veggies that you prefer. Toss with a good oyster sauce or an organic tamari. Add fresh bean sprouts and toss. Spoon veggies into fresh, washed lettuce leaves of your choice. Roll cabbage roll style and enjoy.

# Nut Pate

## Ingredients, Preparation & Cooking

- ¼ cup sesame seeds (soak the seeds for 8 hours and rinse)
- 1 cup sunflower seeds (soak the seeds for 8 hours and rinse)
- 1 cup almonds, soaked 12-48 hours and blanched
- 1 red bell pepper, finely chopped
- 3 stalks celery, finely chopped
- 1 small leek, finely chopped
- 2 tablespoon lemon juice
- 1-2 teaspoons powdered kelp

Process almonds, sunflower seeds and sesame seeds in a juicer. Add celery, red bell pepper, leek, lemon juice, kelp and Bragg's vinegar. Mix well and serve.

# Greek Lettuce Wraps

## Ingredients, Preparation & Cooking

2 Tomatoes, diced small  
2 Cucumbers, diced small  
1 small onion, diced small  
¼ cup olive oil  
2 tablespoons lemon juice  
Romaine Lettuce  
10 pitted olives  
Fresh basil  
Grated firm tofu

Mix the tomatoes, cucumbers, onions and lemon oil. Add fresh basil, olives and the grated tofu, and spoon the mixture into washed romaine lettuce leaves. Roll cabbage roll style and serve.

# Tomato Cups

## Ingredients, Preparation & Cooking

- 6 medium tomatoes
- ½ cucumber
- 2 celery sticks
- 2 spring onions
- ½ cup fresh parsley
- 1 tablespoon fresh mint
- 2 teaspoons kelp
- ½ cup sunflower seeds
- 1 tablespoon lemon juice
- 1 tablespoon olive oil

Cut tomatoes in half. Scoop out center. Add tomato pulp to the other ingredients. Finely chop all ingredients. Mix well and fill tomato halves. Great for a side dish or as finger food. Use cherry or small tomatoes .



# Beverages



## Lime Water

### Ingredients, Preparation & Cooking

1 glass water

Half a lemon squeezed

Combine all ingredients in a glass and drink.

## Herb Tea

### Ingredients, Preparation & Cooking

Herbal tea bag

Boiled water

Boil water and add to a herbal tea bag, e.g., Pau d'Arco, rosehip, ginger, peppermint, or chamomile.

## Iced Herb Tea

### Ingredients, Preparation & Cooking

2 teabags lemon slices (or lime)

Minced ginger

To a 2-liter jug of water (half filled with boiled water), add 2-3 teabags. Add slices of lime, lemon and minced ginger. Allow cooling. Use Stevia drops if sweetening is required. Serve cold.

## Lemon Grass Tea

### Ingredients, Preparation & Cooking

Place fresh lemon grass into a teapot. Pour over boiling water and wait for a few minutes before drinking.

## Angostura Bitters Soda Water

### Ingredients, Preparation & Cooking

Slice of lime Angostura bitters

Soda water

Mix a few drops of Angostura bitters with soda water and a slice of lime. This is a great mixture for your digestion.

# Vegetable Juices

## Ingredients, Preparation & Cooking

Vegetable juices can be made with most vegetables. Try these combinations:

Celery, parsley and ginger

Mint, celery and beetroot

Garlic and beetroot

Tomato and parsley

Mix in a blender or processor and serve over ice.

# Cocoa

## Ingredients, Preparation & Cooking

Soy or rice milk

Cocoa

Stevia drops

Mix 1 tspn of sugar-free cocoa in a cup, with hot water and some drops of stevia to sweeten. Add soy or rice milk.

# Chili Cocoa

## Ingredients, Preparation & Cooking

Soy or rice milk

Sugar-free Cocoa

Stevia drops

1 chili

1 stick of cinnamon

Crush the chili and place with the cinnamon stick into a small saucepan. Add 2 cups of water and bring to boil. Place 1 tspn of cocoa into a cup. Strain the chili and cinnamon liquid into the cup. Add some stevia to sweeten and some soy or rice milk.

# Vanilla & Cinnamon Milk Tea

## Ingredients, Preparation & Cooking

- 1 cup of rice or soy milk
- ½ tspn vanilla
- 1 piece of cinnamon stick

Place 1 cup of rice or soy milk into a saucepan. Add the cracked cinnamon stick and vanilla. Heat the soy milk over a hotplate. Simmer for a few minutes. Remove from the heat and strain into a cup. Serve hot.

# Detox Juice

## Ingredients, Preparation & Cooking

- 1 small beetroot
- 4 cabbage leaves
- 3 sticks celery
- Lemon or lime juice to taste

Place all ingredients in a juicer and drink.

# Spicy Tea

## Ingredients, Preparation & Cooking

5 cm cinnamon stick

Orange peel

Squeeze or lemon or lime juice 4 cloves

1 cm chopped ginger Cardamom pods

Place all ingredients into a teapot. Add some boiling water. Wait for a few minutes, and then strain into a cup. Serve hot, or allow it to cool and serve over ice.

# Green Smoothie

## Ingredients, Preparation & Cooking

2 cups of raw-cut broccoli

2 cups of boiled leek in lightly-cut slices

1 cup of boiled leek juice

1 cup of clean, freshly-cut raw spinach leaves

½ cup of clean, freshly-cut raw parsley

¼ spoon Curcuma

Put in the blender the leek juice and the vegetables with curcuma. Blend at low speed for 20 seconds, and then increase the speed.



# Desserts



# Lemon Quinoa Cookies

## Ingredients, Preparation & Cooking

1 cup quinoa flour  
1/3 cups flax gel  
2 tbsp melted clarified butter  
1 tsp vanilla  
1 tsp baking soda  
1/4 tsp sea salt  
1/4 tsp vitamin C crystals  
1/2 tsp cinnamon  
4 TBSP fresh squeezed lemon juice  
grated lemon rind of one lemon  
1/4 cup vegetable glycerin

Mix all together. Bake at 350° for 6 minutes. Makes 4 servings.

# Vanilla Milkshake

## Ingredients, Preparation & Cooking

Light coconut milk

Vegetable glycerin

vanilla flavoring

ice cubes

Combine ingredients in a blender and you've got a delicious milkshake.

# Lovely Lemon Curd

## Ingredients, Preparation & Cooking

1/3 cup ghee

5 tsp Stevia mix

3 large organic eggs

Zest and juice of 2 organic lemons

3 tbsp vegetable glycerin

1 dessertspoons arrowroot mixed with water

Sterilize the jar and lid by washing in hot soapy water. Rinse and dry without using a towel. When they're dry, turn off the heat and leave them there till you're ready to fill the (still warm) jar. Melt the ghee in a non-stick saucepan. Add all the other ingredients and whisk to a custard over a gentle heat. Don't go away and leave it, or else you'll get scrambled eggs. Taste and adjust sweeteners as necessary. Pour the curd into the warm sterilized jar. Leave to cool, and then put the lid on and keep the jar in the fridge.

# Hot Chocolate

## Ingredients, Preparation & Cooking

Place the following in a blender:

1-2 tsp carob powder

1/8 tsp cinnamon

2 scoops flaxseed meal

1 tsp almond butter

1 large mug full of cold water

Stevia mix

Blend all the ingredients, except the sweetener (stevia). Taste and add sweetener as necessary. Once you have reached the desired sweetness, add more sweetener so that it becomes a lot sweeter. When you heat the drink, the sweetness will diminish.

Pour the drink into a non-stick saucepan. Turn on the heat and bring to the boil, stirring occasionally. Stir while boiling for 1-2 minutes. Turn the heat down and continue stirring while simmering, until you reach the temperature and thickness you require.

Pour the drink into a mug. If you wish, sift some carob powder over the top of the drink. If you have, by any chance, made any mock whip cream, you could spoon some of this on top before sifting over the carob powder.

# Ginger Cake

## Ingredients, Preparation & Cooking

½ cup ground sunflower seeds

½ cup buckwheat flour

½ cup brown rice flour

½ cup quinoa flakes

½ cup melted butter

2 small organic eggs

¼ cup ground flax

¼ cup psyllium

Stevia mix

1 tsp cream of tartar

½ tsp bicarbonate soda

1-2 tsp ground ginger

1 tsp mixed spice

tsp vanilla essence

¼ cup whole sunflower seeds milk

Mix all the dry ingredients together, and then stir in melted butter as best you can. Add the eggs and combine roughly. Start adding milk a little at a time, beating as you go. Continue until you have a thick pancake batter. Stir in the sunflower seeds. Pour into a small cake tin and bake at 340°f for approx 30 minutes until a toothpick comes out clean.