



WHOLE FOOD PLANT BASED RECIPES

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TIPS AFTER REBOOT

1. Keep your portions small, if you have just come out of a 10 day juicing, as your tummy will be tiny. You don't need much to sustain you. Gradually increase your portion sizes.
2. Get into making sprouts. They are packed with supercharged vitamins and minerals. They have a 100 times more enzymes and live nutrients, in uncooked fruits and vegetables. Add them to your salads and soups. They can be made in 3-4 days.
3. Also the quality in the protein in the beans, nuts, seeds and grains improves your health as they are easily absorbed. See more details in the sprouting nuts in the next section, for soaking times (you must always soak your nuts)
4. Try to eat more raw food than cooked. Go by the following rules - 75% raw to 25% cooked would be awesome, if you can't do that 50,50 will be a great start.
5. Remember you are allowed unlimited vegetables so you do not need to go hungry. Load the body with nutrients.
6. Pre-cook your lentils so that you can add them to your salads and soups during the week. Pop into glass jars into the fridge for when you need them, or cook in bulk and freeze.
7. Have veggie based blends to fill you up & flood your body with energy and nutrients. Check out our Yummy, Yummy Shakes <http://tianaschnuppe.com/product/instant-kale-shake/> There are 3 flavours to choose from. Have these as a meal replacement too.
8. If you do not want to sauté with water you can steam as well to be extra good.
9. For breakfast, try to have your water/lemon, then your juice and wait until you are ready for breakfast. The longer you fast for, the healthier you will feel. Choose any of the breakfasts and add them to cronometer.com.



BREAKFASTS

Meaning of breakfast is to Break "the" Fast
A good start means added energy to get you through the day.

WAKE UP

Warm Water and Lemon for Hydration :

Wake Up and have warm water with lemon and ginger or warm water with apple cider vinegar 8oz glasses/250ml

Lemon or Lemon & Ginger warm water



OR

Apple Cider vinegar warm water



If you want to boost your immune further after the reset you may want to try some of these drinks to boost your metabolism and strengthen your immune system.

Cranberry Detox drink:

Before breakfast have the cranberry drink

Ingredients:

- 180ml/6oz Cranberry juice
- 500ml / 17oz Water
- 1 Freshly squeezed lemon
- 1-2 Teaspoons apple cider vinegar



Alternative

Liver Detox Drink:

Before meal

Ingredients:

- 500ml / 17oz Water
- 1 Fresh coconut water
- 2 Tablespoon Lemon Juice
- 2 Tablespoon apple cider vinegar
- 1/4 - 1/2 Teaspoon cayenne pepper



Alternative

Lemon Detox Drink:

Before meal

Ingredients:

- 500ml / 17oz Water
- Juice of one lemon (squeeze it all out)
- 1 Tablespoon of apple cider vinegar
- Dash of Cayenne pepper
- Liquid stevia to taste



Berry Coconut Quinoa

Ingredients:

- ✓ 1 Cup quinoa
- ✓ 2 Cups almond mylk (home made in your juiceris ULTIMATE)
- ✓ 2 Cups mix berries
Additional
- ✓ Nuts, seeds, maca powder, hemp seeds, hemp hearts or hulled hemp, almond flour, nut butters etc

How to make:

Soak and cook quinoa in two cups of boiling water until soft. When the quinoa is cooked, add the almond mylk to the quinoa, add Himalayan salt and continue stirring until it becomes less liquid, then dish up. Serve with your desired berries. You can cook the quinoa in the almond mylk too for a thicker consistency.



Cranberry Hazelnut Porridge

Ingredients:

- ✓ 2 Cups fresh cranberries
- ✓ 2 Cups coconut pulp
- ✓ 1 Cup hazelnuts, soaked
- ✓ ¾ Cup coconut water 1 Vanilla bean

How to make:

In a blender, process 1 ½ Cup coconut pulp with the coconut water and vanilla bean until smooth and creamy. Process hazelnuts, cranberries, and remaining coconut pulp in a food processor with the “S” blade until chunky. Combine in a mixing bowl and mix well.



How to make:

Cook the black rice in a rice cooker (20-30 minutes quick option) or on the stove, fill the pan with water to cover the rice and boil for 30 minutes or until water has been absorbed. Rice will be slightly sticky as it is glutinous. Let this cool

When making your breakfast:

Take 2 tablespoons of black rice and add the milk or kefir & sprinkle with berries or grated apple or nutritional yeast. Add any topping of choice like apple or banana, or avocado or all of these. It's up to you and how hungry you feel :)

Almond Milk & Black Glutinous Rice with Nutritional Yeast Sprinkles

Ingredients:

- ✓ 1 Cup (pre cooked black glutinous rice) you can make a batch
- ✓ 2 Cups of water
1/2 Cup nut milk, kefir milk (or cottage cheese)
- ✓ 2 Tablespoons nutritional yeast

Sprinkle berries is optional like goji berry or grated green apple is very nice



Plain Nut Milk with berries

Ingredients:

- ✓ 200ml Nut milk of choice or kefir milk
- ✓ Any grain of your choice, rice, oats,
- ✓ pearl barley, quinoa, rye flakes etc
- ✓ 1 Cup mix berries
- ✓ Sprinkle of Nuts and seeds (pre-soaked)

How to make:

Glutinous rice first, then the milk then add the toppings. Enjoy the yummy breakfast.



Buttery Butternut Porridge



Ingredients:

- ✓ 2 Cup butternut squash, peeled and cut in chunks (pre-cooked if you like)
- ✓ 3 Pulp of coconuts, or
- ✓ 1 Cup macadamia nuts, un-soaked
- ✓ ¾ Cup coconut water, or water
- ✓ 2 Vanilla beans or dash of vanilla extract

How to make:

Process all ingredients in a blender until smooth and creamy. Serve with blueberries.



Coco Mac Porridge

Ingredients:

4 pulp of young coconuts
 ½ cup macadamia nuts, un-soaked
 ½ vanilla bean
 ½ tsp. mesquite pod meal
 Pinch of Himalayan salt
 coconut water, if needed

How to make:

- V1. Blend and served.
- V2. Add cardamom or strawberries, even pumpkin pie spice for a different flavor.
- V3. Add Carob, pears, or other sweet fruit.



Creamy Coconut Custard

Ingredients:

- 1 Coconut pulp
- 1 Coconut water
- 1 Vanilla bean or vanilla essence
- ¼ Teaspoon cinnamon

Additional to serve with

- 1/2 Cup of buckwheat pre cooked or oats (you can soak the oats over night in almond mylk, or apple juice)

How to make:

Process all ingredients (not buckwheat) in a blender until smooth and creamy. Add more coconut water if needed. To be used as a thin custard with buckwheat or your favorite porridge.



Sautéed Veggies

Ingredients:

- ✓ 1 Cup broccoli
- ✓ 1 Cup mushroom
- ✓ 1 Cup carrot
- ✓ 2 Cloves garlic, minced
- ✓ 3 Tablespoons water to fry in

How to make:

Heat the pan, sauté the garlic, add tiny amount of water to steam fry. Then add the mushrooms first, cook for 2 minutes then add the thin cut carrots and broccoli. Seasons with our savory spice blend from the REMOVE phase recipes and cracked black pepper.

Sautéed Button Mushrooms with lentils

Ingredients:

- ✓ 1 Cup fresh mushroom or
- ✓ 1 Can button mushroom
- ✓ Water for frying and cooking the lentils
- ✓ Handful coriander,
- ✓ 2-3 Cloves mince garlic
- ✓ 130 g Pre-cooked lentils
- ✓ Seasoning

How to make:

Heat pan and steam fry the minced garlic and sauté the mushrooms and the lentils, add a little water as necessary. Don't over cook just a quick steam through so that you keep the nutrients. Raw is even better. Season with savory spice blend and black pepper, & serve. Add lentils and more water and cook through. like to soak my lentils for at least 30 mins before cooking so they cook quicker. (or over night for quick breakfast fry up, or take from a carton in water not brine for a quick easy grab and go)

Dish up, this is filling and if you make more its a complete meal for the day. You can make a soup out of it for lunch or dinner by just adding vegetable stock and blitz it in the blender until your desired consistency is reached.

Sautéed Garlic, Spinach & Mixed Veg

Ingredients:

- ✓ 2 Cups of spinach
- ✓ 2 Cloves garlic
- ✓ 1 Small shredded carrot
- ✓ ½ Small shredded red pepper
- ✓ 1 Asparagus spears
- ✓ Seasoning with savory spice blend & pepper

How to make:

Heat the pan, add the garlic stir for about 3 minutes then add the red pepper carrot and asparagus, add a little water as required, then add the spinach at the end. Cook any tofu or lentils of choice any way you like it. Season and dish up.

Scrambled Tofu with Caramelized Onion and Fresh Greens

Ingredients:

- ✓ 500g Firm tofu (I use organic)
- ✓ 3 Tablespoons nutritional yeast
- ✓ 1/2 Teaspoon savory spice blend
- ✓ 1/4 Teaspoon white pepper (to taste)
- ✓ 1 Teaspoon garlic powder
- ✓ 1 Teaspoon onion powder
- ✓ 2 Teaspoon dried chives
- ✓ 2 Teaspoon mixed Italian herbs
- ✓ 1 Tablespoon salt reduced Tamari or umami sauce (see REMOVE recipe book)
- ✓ 1 Teaspoon dried chilli flakes (optional)
- ✓ 1/4 Savory spice blend & pepper

How to make:

Fry up your onion and any other veggies. Wash off 500g of tofu and then break it up in the pan, crumble it with your fingers. Add 3 tablespoons of nutritional yeast and all the other ingredients to the pan. Break up any big chunks of tofu and keep stirring. Heat in a pan once it starts to crisp up you can add some water. This then becomes like soft cooked egg. Add any veggies of your choice.

Note if you can get hold of black Himalayan black salt, then this can add the egg flavor due to its sulphur compounds in it.

.... you can also add any other spices, herbs or vegetables that you like eg. mushrooms, onions, garlic, steamed broccoli etc



BLENDS & SMOOTHIES

You can have a blend for any meal of the day. I especially recommend them for meals before a workout for men and after for women to boost metabolism & give you energy. An excellent breakfast, but needs to be made fresh. *See Our Blends Recipe Book For More Ideas.*



Quinoa Berry Almond Coco Smoothies

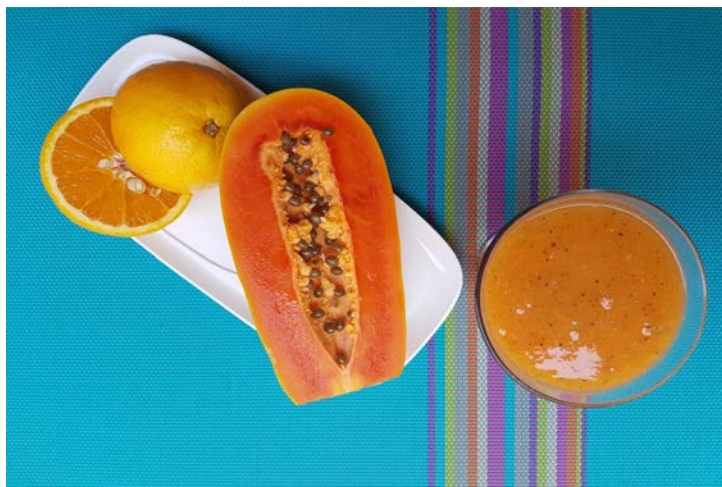
♥ Raw Loving!

Ingredients:

- 1 Cup quinoa
- 1 Cup coconut mylk or almond mylk,
- 1 Cup blueberries
- 1 Tablespoon flax seed

How to make:

Blend all the ingredients in the blender and serve over ice.



Papaya Passion

♥ Raw Loving!

Ingredients:

- ✓ 1/2 Papaya
- ✓ 1/2 Aloe vera
- ✓ 1 Orange peeled
- ✓ 2 Tablespoon chia seeds
- ✓ Filtered water
- ✓ 1 Teaspoon Manuka honey

How to make:

Peel papaya skin discard the seeds. Skinned the Aloe Vera. Place all ingredients in a blender and start blending. This smoothie will help your digestion system and you easily go to toilet Papaya is a wonderfruit. Very healing

Cranberry Blend ♥ Raw Loving!

Ingredients:

- ✓ 1 Cup celery
- ✓ 1 Cup fresh cranberry
- ✓ 1 Cup water melon, rind removed
- ✓ Bunch parsley
- ✓ 1 Cup water

How to make:

Cut watermelon and removed the rind, cut celery, parsley. Put all ingredients in a blender and blend. Have a refreshing day.



Orange Kale Chia Madness

Ingredients:

- ✓ 1 Tablespoon chia
- ✓ 1 Cup pineapple
- ✓ 1 Cup purified water
- ✓ ½ Cup shaved coconut
- ✓ 1 Orange
- ✓ 1 Kale leaf

How to make:

Skinned pineapple and Orange cut in cubes, and place all ingredients in a blender.



Work Out Energizer

Ingredients:

- ✓ 1 Celery stalk
- ✓ 1 Cup apple juice
- ✓ ½ Tablespoon hemp seed
- ✓ 1 Kale leaf
- ✓ ½ Teaspoon spirulina
- ✓ 1 Small apple



How to make:

Put all ingredients in a blender and blend. Enjoy your yummy green.



Sprout Power



Ingredients:

- ✓ ¼ Pineapple
- ✓ 2 Kale leaves
- ✓ 1 Bunch bean sprouts
- ✓ 2 Cups water

How to make:

Remove skin of pineapple cut in cubes. Put all ingredients in a blender together then blend.

If you have any great recipes to share, then please do share in the Facebook page. Its there for us all to inspire. If you rate any of these recipes please do give your comments in the program in the recipe. Thank you.



MEALS

Keep your meals raw as you can and as basic as you can. Enjoy this time that you don't have to cook extravagant meals. And enjoy the simplicity and the delicious recipes that makes eating healthy a pleasure. KEEP IT WHOLE FOOD & PLANT BASED

Your body will be thanking you by making you feel good, feel 21 again and feel that energy come back.

PRE MEAL DRINKS



Liver Detox or Cranberry Detox or Lemon Detox Drink:

Before meal
Plus the curciferous food supplements

IF YOU WISH. Not a necessity!



Red Rice with Spring Onion & Veggies

- ✓ **Ingredients:**
- ✓ 1 Cup cooked red rice
- ✓ 1 Cup carrots, cut in cubes
- ✓ 1 Cup string beans, cut in cubes
- ✓ 1 Cup tofu
- ✓ ¼ Spring onion cut in small pieces
- ✓ 1/2 Inch ginger, mince
- ✓ 1 Clove garlic, minced
- ✓ Savory spice blend
- ✓ Ground black pepper
- ✓ 3 Stalks choy sum or green leafy
- ✓ Cucumber slices

How to make:

Cook red rice and leave aside to cool (or keep hot). Heat the pan and scramble the tofu, then sauté the garlic by water frying, add the carrots, then the red rice, continue stirring. When carrots are soft, add the string beans, scrambled tofu and season with the savory spice blend, chilli flakes as you like and ground black pepper.

Garnish with spring onion or onion leaves. Serve with a fresh cucumber slices and blanched Choy Sum.

Savory Spice Blend

Ingredients:

- ✓ 2 Tablespoons nutritional yeast (or yeast flakes)
- ✓ 1 Tablespoon onion powder
- ✓ 1 Tablespoon dried parsley
- ✓ 1 Tablespoon dried basil
- ✓ 2 Teaspoons dried thyme
- ✓ 2 Teaspoons garlic powder
- ✓ 2 Teaspoons mustard powder
- ✓ 2 Teaspoons paprika
- ✓ 1/2 Teaspoon ground turmeric
- ✓ 1/2 Teaspoon celery seeds

combine all in a blender or spice grinder. and then store in a glass shaker. I save my dried spice bottles for my spice blends

**How to make:**

Heat the pan, and the oyster mushrooms and smoked tofu, (or add lentils). Then sauté garlic, add the mushrooms and a pinch of savory spice blend and black pepper to taste stir fry for 3 minutes. Dish up and mix to the lettuce, sprouts and tomato cubes. Sprinkle soaked sunflower seeds and serve with the mushroom tofu fry.

NOTE: Pre-cook your lentils in large batches, freeze and take out at a cup at a time. Easy and simple.

String Mushroom Warm Salad

- ✓ **Ingredients:**
- ✓ 1½ Cup oyster mushrooms
- ✓ 1 Clove garlic, mince
- ✓ 1 ½ Cup lettuce, tear in pieces
- ✓ Smoked tofu, slightly fry with liquid smoke or 130g precooked lentils
- ✓ 1 Cup sprouts
- ✓ ¼ Cup sunflower seeds, soaked
- ✓ ¼ Cup tomato cubes
- ✓ Savory spice blend
- ✓ Cracked black pepper
- ✓ 1 Tablespoon blended lemon juice



Aduki Bean Casserole

Ingredients:

- ✓ 1 Cup aduki beans (soak for 2 hours before cooking)
- ✓ 1 Vegetable stock cube
- ✓ Tablespoon miso paste
- ✓ 1 Small squash, roughly chopped
- ✓ 2 Carrots
- ✓ 1 Cup chopped onion
- ✓ 1 Small zucchini, chopped
- ✓ 2 Radishes
- ✓ 2 Celery stalks, diced
- ✓ 1 Clove garlic, finely chopped

How to make:

Use 1 Cup aduki beans to 3 cups water. Add the veggie stock cube to the water, bring to a boil and simmer for 30 minutes. Halfway through the 30 minutes, add the squash. At the end of the 30 minutes, add the onion and carrots and stir in miso. Add the chervil and garnish with chicory, sprouted seeds, and radishes.



Yellow Lentil Veggie Stew

Ingredients:

- ✓ 1 Cup yellow lentils
- ✓ 1 Zucchini
- ✓ 1 Medium onion
- ✓ 1 Teaspoon savory spice blend
- ✓ Cracked black pepper
- ✓ 2 Cups spinach
- ✓ Bunch coriander
- ✓ 1 Medium carrots
- ✓ 1 Medium sweet potato
- ✓ ½ Cup walnuts
- ✓ 1 Tablespoon HARRISSA chili paste

How to make:

Soak lentils in water for 30 minutes, then drain. In a medium fire, heat pan and coconut oil, sauté onion and HARRISSA chili paste then add the lentils stir fry for 10 minutes, then add carrots, zucchini, sweet potato. Add some water to cook them, cover for 3 minutes, stir and seasoned with black pepper and savory spice blend. When the carrot, sweet potato and zucchini are ready add the spinach. Cook through and, garnish with coriander.

SALADS



Tomato, Avocado & basil bites

♥ Raw Loving!

Ingredients:

- ✓ 2 Large tomato or a few large mushrooms
- ✓ 1 Avocado
- ✓ Bunch basil leaves
- ✓ Cracked black pepper
- ✓ Savory spice blend

How to make:

Slice tomato and de- seed, skinned the avocado and cut. Pick up the basil leaves. Arrange the avocado and basil on top of tomato, season to taste.



Minted Quinoa & Garden Salad

♥ Raw Loving!

Ingredients:

Garden salad:

- ✓ 1 1/2 Cups cherry tomato
- ✓ 1 Avocado cut in cubes
- ✓ 1 1/2 Cups of sprouts
- ✓ 1 Cup of red cabbage
- ✓ 1 Tablespoon lemon juice
- ✓ 1 Teaspoon savory spice blend
- ✓ Pinch of black pepper

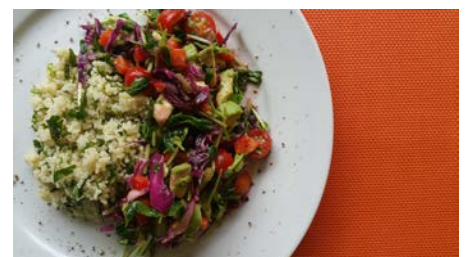
Quinoa:

- ✓ 1 1/2 Cups of quinoa
- ✓ 1/2 Cups of coriander
- ✓ 1/2 Cups of mint leaves
- ✓ Handful of basil leaves
- ✓ 1 Teaspoon of savory spice blend
- ✓ Black pepper

How to make:

Boil water cook the quinoa as per the packet, add seasoning, a tablespoon of blended lemon and mix well.

Cut mint leaves, basil leaves, and coriander then mix to the quinoa together. Set aside. Mean-while, cut the red cabbage, red pepper, cherry tomato, sprouts, then cut and discard the seed and skin of avocado and cut the avocado in small cubes. Mix all ingredients in a bowl. Add the remaining blended lemon juice, and season. Mix together well and serve. Yum..



**How to make:**

Cook quinoa until soft and absorbed the water. Boil water add little savory spice blend and oil into it then blanch the cauliflower, broccoli, carrots and mushroom, then drain. Put in plate and sprinkle nutritional yeast and seaweed flakes of your choice.

Cauliflower & Mushroom Salad With Quinoa sprinkles

Ingredients:

- ✓ 1 cup broccoli & cauliflower
- ✓ 1 cup mushroom
- ✓ ¼ cup carrots
- ✓ ¼ cup quinoa
- ✓ Savory spice blend
- ✓ Cracked black pepper

**How to make:**

Cut kale and marinade with the savory spice blend, & blended lemon juice. Add shredded beetroot, shredded red bell pepper, and cherry tomato, mix well and set aside. In a blender put the avocado, 1 tablespoon of the blended lemon juice, a pinch of savory spice blend, black pepper, coriander, clove of garlic & blend to make a pesto paste. Serve on top of the salad

Avocado & Beet Salad

♥ Raw Loving!

Ingredients:

- ✓ 1 Cup Tuscan kale
- ✓ ½ Cup shredded carrots
- ✓ ½ Cup shredded red pepper
- ✓ ½ Cup cherry tomato
- ✓ ½ Cup beetroot
- ✓ 130 g cooked beans or lentils
- ✓ Savory spice blend
- ✓ Ground black pepper
- ✓ 2 Tablespons blended lemon juice
- ✓ 1 Avocado
- ✓ Bunch coriander



Blueberry & Red Pepper Salad

♥ Raw Loving!

Ingredients:

- ✓ ½ Cup blueberry
- ✓ ½ Cup carrots
- ✓ ½ Cup red pepper
- ✓ Handful basil leaves
- ✓ 1 Cup lettuce
- ✓ ¼ Cup pumpkin seeds, soaked
- ✓ Seasoning

How to make:

Shred the carrots, red bell pepper, lettuce, basil and season. Add the blueberry and pumpkin seeds mix together. Dish up.



Sprout & Pepper Salad w/ blueberries

♥ Raw Loving!

- | | | |
|----------------------------------|----------------------------------|------------------------------|
| ✓ Ingredients: | ✓ ½ cup shredded tomato | ✓ 1 Teaspoon seaweeds flakes |
| ✓ 1 ½ Cup sprouts | ✓ ½ Cup cashew nuts | ✓ Savory spice blend |
| ✓ ½ Cup shredded red bell pepper | ✓ ½ Tablespoon ground flax seeds | ✓ Ground black pepper |
| ✓ ½ Cup shredded carrots | ✓ ½ Tablespoon nutritional yeast | ✓ ½ Cup blueberry |

How to make:

Cut red bell pepper, carrots, Tomato in shredded style. Mix with the sprouts, cashew nuts, & blueberries. Season and add one of your favourite dressings. See dressings at the end of this book. Mix together serve in plate and sprinkle nutritional yeast, fresh ground flax seeds, and seaweeds flakes.



Pea Sprout & Veggie

Ingredients:

- ✓ 1 Good handful of pea sprouts or other
- ✓ ½ Diced red pepper
- ✓ 1 Tomato chopped
- ✓ 4 Mushrooms (cooked or raw)
- ✓ 1 Tablespoon of hummus or 130g precooked lentils / beans

How to make:

Oh so simple just arrange on your plate as pictured. Sauté mushrooms or have them raw as you wish.



Avocado with Warm Mushroom & Lentils or Cottage Cheese

Ingredients:

- ✓ 1 Cup mushrooms
- ✓ ½ - 1 Avocado
- ✓ 2 Cups of pre-cooked lentils
- ✓ 1 Tablespoon hummus
- ✓ Watercress to garnish or pea sprouts

How to make:

Simple again, arrange on the plate as pictured. Sauté mushrooms with water add the hummus or lentils, Dish up



Avocado and Red Onion Salad

Ingredients:

- ✓ 1 Medium tomato
- ✓ ½ Avocado cut in cubes
- ✓ ½ Apple gala
- ✓ 1 Medium size onion
- ✓ 1 Cup beetroot, cut strip
- ✓ 1 Cup romaine lettuce
- ✓ 1 Tablespoon blended lemon juice
- ✓ Savory spice blend
- ✓ Ground black pepper

How to make:

Cut all ingredients in your desired style season. Add a nice salad dressing of your choice. Mix them together. Serve.



Summer Pine Nut & Red Pepper Salad & Guacamole

How to make:

Cut tomato, red bell pepper, red cabbage, and carrots. Tear or cut lettuce leave in pieces. Put ingredients together with dressing of your choice. Season and sprinkle the pine nuts and add the hummus or guacamole on top.

Ingredients:

- | | |
|---------------------------------|------------------------|
| ✓ 2 Cups lettuce leaves | ✓ ½ Cup red cabbage |
| ✓ ¼ Cup pine nuts | ✓ Savory spice blend |
| ✓ ½ Cup carrots cut in strip | ✓ Cracked black pepper |
| ✓ 1 Medium tomato cut in cubes | |
| ✓ ½ Bell pepper cut in cubes | |
| ✓ 1 Tablespoon & guacamole | |
| ✓ 130g Cooked lentils or hummus | |
| ✓ 1 Cup sprouts | |



Creamy Tomato and Avocado Salad

Ingredients:

- ✓ ½ Cup cherry tomato
- ✓ 1 Cup spinach leaves
- ✓ 1 Cup sweet potato leaves
- ✓ 1 Cup Japanese cucumber
- ✓ ½ Avocado cut in cubes
- ✓ ½ Orange, skinned off & cut in cubes
- Savory spice blend
- ✓ Cracked black pepper
- ✓ 1 Small onion

How to make:

Blanch sweet potato leaves, drain. Cut all ingredients and mix all with salad dressing of your choice.



Chickpea & Seed Mixed Salad

Ingredients:

- ✓ 1 Cup chickpeas
- ✓ ¼ Cup pumpkin seeds, soaked
- ✓ 2 Cups spinach
- ✓ ¼ Cup sunflower seed, soaked
- ✓ ½ Cup walnut
- ✓ 1 Cup red cabbage
- ✓ 1 Tablespoon seaweeds flakes
- ✓ 1 Tablespoon nutritional yeast
- ✓ ¼ Cup carrots
- ✓ ½ Cup cherry tomato
- ✓ ½ Teaspoon savory spice blend
- ✓ Cracked black pepper

How to make:

Cut and mix all ingredients together, season and mix with dressing of your choice. Sprinkle with nutritional yeast and seaweeds flakes.



Broccoli & Pomegranate

- ✓ **Ingredients:**
- ✓ 1 Head broccoli
- ✓ 1 Pomegranate
- ✓ 1 Medium red onion
- ✓ 3 Tablespoon plain soy yogurt or potato mayonnaise
- ✓ 1 Teaspoon savory spice blend
- ✓ Cracked black pepper
- ✓ ½ Cup dried cranberry
- ✓ ½ Cup dried grapes

How to make:

Cut and separate the broccoli in small pieces. Cut the pomegranate and take out seeds. Dice onion, then combine all ingredients together, season, and mix with the soy yogurt or mayonnaise. (see recipe below)

POTATO MAYONNAISE

Small blender (Nutribullet)

- ✓ 1 Medium potato 150g boiled, peeled and cooled
- ✓ 2 Teaspoons Lemon blend juice
- ✓ 3 Teaspoons Dijon mustard
- ✓ 1/4 Teaspoon savory spice blend
- ✓ 1/4 Teaspoon date syrup (sugar)

Blend all together for a smooth test and texture. OMG this recipe is divine, divine. Would love to hear your feedback in the program.



SOUPS



Cauliflower & Moringa Chowder Made w/ Vegetable Broth

How to make:

Saute the onion in a pan with some water. When browned and soft, then add the pre-prepared vegetable broth. Once hot add the cauliflower and other veggies of your choice, only cook for a few minutes so as not to over cook the veggies. Add the Moringa, spinach and serve.

- ✓ **Ingredients:**
- ✓ 1/2 Litre vegetable broth
- ✓ 1/3 Cauliflower
- ✓ 1 Medium onion
- Season with salt and pepper
- ✓ You can add more vegetables if you like
- ✓ 1 sprig of Moringa (can buy this leaf at the local market)
- ✓ Handful of spinach or dried Moringa leaf powder or spinach or any leafy green



Broccoli Soup with Walnuts

Ingredients:

- ✓ 1 Head of broccoli
- ✓ ½ Cup of walnuts
- ✓ 3-4 Squares of silken tofu
- ✓ 1 Teaspoon savory spice
- ✓ blend
- ✓ Pinch of cracked black pepper

How to make:

Cut and separate the broccoli head. Boil water and blanch the broccoli, drain and put in a blender, keep some of the broccoli water to add to the blend, season with the walnut and silken tofu at the bottom of bowl. Pour the broccoli blend in the bowl. Sprinkle the healthy yeast and seaweed flakes. Serve.



Tofu Prawn Chowder

Ingredients:

- ✓ 3-5 Pieces tofu or replace with lentils or leave out
- ✓ 1 Cup mushroom
- ✓ 1 Seaweed flake/sheet, tear
- ✓ ½ Fresh bean curd, cut cubes
- ✓ 1 Tablespoon of miso paste Savory spice blend
- ✓ Cracked black pepper
- ✓ 2 Slices ginger, cut strip

How to make:

Heat the pan & dry sauté the ginger, add a little miso water to cook through, then add the miso paste and a bowl of water, let it boil then add the bean curd, tofu, cook for 3 minutes, seasoned with salt and black pepper to taste. Dish up, and sprinkle seaweeds sheet cut in pieces or seaweed flakes.



Pumpkin Soup with

- ✓ **Ingredients:**
- ✓ ½ Butter squash
- ✓ 1 Medium white onion
- ✓ Savory spice blend
- ✓ ½ Pan fried red onion or coconut bacon- no oil (for sprinkling on the top)
- ✓ Cracked black pepper
- ✓ ½ Cup cashew parmesan cheese

How to make:

Skin and cut pumpkin in big cubes. Fry the red onion in a separate pan. Then steam/sauté the onion and add the pumpkin and boiling water enough to cover the pumpkin and cook until soft. Blend to make smooth and creamy. Seasoned with savory spice blend and cracked black pepper. Serve with coconut bacon and parmesan cheese.



Meringa w/ Chopped Veggies & Pumpkin Soup

Ingredients:

- ✓ 1 Cup moringa leaves (or any leafy green you can get)
- ✓ 1 Cup pumpkin
- ✓ 3-4 Pieces okra
- ✓ (lady finger), cut half
- ✓ 1 Small onion
- ✓ 1 Medium eggplant/ aubergine Any other veggies of choice Knob of ginger
- ✓ Savory spice blend
- ✓ Cracked black pepper

How to make:

Prepare all ingredients as seen in the picture. Sauté steam garlic, ginger, onion. Add the pumpkin, eggplant, then add some water to cover up the veggies cover and let the water boil for 10 minutes or until the pumpkin is a bit soft then add any other veggies of choice, cook for another 2 minutes, and lastly add the Moringa leaves, turn off the heat. Season with savory spice blend and cracked black pepper and serve the soup immediately otherwise the Moringa leaves turn

yellowish.



OTHER IDEEAS



Juice
For the Day

♥ Raw Loving!

Ingredients:

Pick your favorite juices and do a day of juicing Easy and Simple

How to make:

You know this one by now



Ginger Miso Sushi Rolls

♥ Raw Loving!

How to make:

Make the paste. Then place 1 seaweed sheet, shiny side down on a sushi mat or cutting board. Put a thin layer of the ginger-miso spread over bottom third of the sheet and top with the filling options. Don't put too much. Roll from the bottom up until about 1 inch of seaweed sheet is showing. Damp some water on the edge of the seaweed sheet and finish rolling. This will seal the roll.

Tips: Use a sharp knife to cut your rolls into a desired size pieces. Wet the knife when it sticks to the knife.

Ingredients:

GINGER-MISO SPREAD:

- ✓ 1/4 cup chickpea miso paste
- ✓ 1 Cup sunflower seeds, 4-6 hours, drained, and rinsed
- ✓ 1 Tablespoon Bragg apple cider vinegar
- ✓ 1 Tablespoon grated ginger
- ✓ 1 Tablespoon date syrup
- ✓ 1 clove of Garlic, crushed

FOR THE ROLLS:

- ✓ 1 package of raw toasted seaweed sheets

FILLING IDEAS:

- ✓ Avocado
- ✓ Cucumber
- ✓ Carrots
- ✓ Sprouts
- ✓ Romaine lettuce
- ✓ Mango
- ✓ Asparagus
- ✓ Bell pepper
- ✓ Grated beet





Detox “Meatless” Lasagna Meal 4 2



Ingredients:

Veggie Bolognese Sauce

- 1/2 Cup soaked sun-dried tomatoes (drained)
- 1/3 Cup walnuts (pre-soaked)
- Bunch basil
- 1/2 Teaspoon dried Italian seasoning
- 1 Small Medjool date, pitted
- 1 Clove garlic, crushed
- 1/4 Teaspoon crushed red pepper
- 1/4 Teaspoon savory spice blend

Lasagna

- 1 Zucchini
- 1 Cup spinach
- Pinch of savory spice blend and or chili for a kick

Cream Sauce

- 1/3 Cup raw pine nuts (pre soaked)
- 1/3 Cup raw cashews (pre soaked)
- 2 Tablespoon water
- 1/2 Tablespoon savory spice blend

How to make:

For the Bolognese sauce – put all the ingredients in a food processor or blender and blend until slightly chunky. Small blenders work well for this like the Bamix with the small attachment for chopping. For the cheese sauce – put all the ingredients into the blender and blend until smooth. It may need some help if making in the large blender so as to not stick to the sides so keep scraping the sides down. For the Lasagna – Slice the zucchini thin into six thin slices using a knife or mandolin. Then in a medium sized bowl, mix the oil with the spinach and salt making sure all is coated. This will allow the spinach to wilt a little and be easy to eat. I like to chop the spinach finely. You may want to add the zucchini to this mixture too as it will soften it. Putting the Dish together – lay the zucchini on the plate first, then layer. So zucchini side by side to make a starting platform, then a thin layer of the cheese sauce, then a thicker layer of Bolognese sauce, then spinach, then again zucchini, cheese, Bolognese, zucchini and repeat last time. You can sprinkle with some cracked pepper or make some cashew Parmesan cheese to sprinkle on top – this is simply 1 cup of dry cashews (not pre-soaked). 1 clove Garlic, 1/2 tsp nutritional yeast, 1/4 tsp Himalayan salt – mix all together in a small food processor and voila you have nutty sprinkles. YUM!

NOTE: The picture shows a portion for 2 people

This recipe looks complicated but is really quite easy and quick.

It tastes like a restaurant “cooked Meal. (except its not cooked – we like that!)



Veggie Spaghetti Bolognese

Ingredients:

- ✓ **Veggie spaghetti**
Zucchini, carrot or sweet potato, cabbage, red onion, yellow squash, or mix a few of these ingredients –We love zucchini
Handful pine nuts

Tomato "Bolognese" sauce

- ✓ 4 Organic tomatoes
- ✓ 1 Medium carrot
- ✓ ¼ Roasted red pepper
- ✓ 1 Teaspoon oregano
- ✓ Small handful fresh basil, chopped
- ✓ ½ Teaspoon cracked black pepper & savory spice blend
- ✓ Lentils, beans or tofu if you want to add good protein

How to make:

For the sauce – slice the de-seeded tomatoes into quarters. Blacken the red pepper over a flame or in a wok or on a griddle or under the grill. Then place all the ingredients into your blender and blend until smooth. Add seasoning to taste until it is a smooth texture.

Veggie spaghetti – place your vegetable of your choice in your spiralizer. Then arrange on your plate (s), add the sauce and sprinkle with pine nuts. You can cook the veggie spaghetti if you like. You can also add beans or lentils to the sauce too. Add toasted pine nuts for extra flavor. Bake the pine nuts in the oven at 180° for 7 minutes or until lightly toasted. Serve with flax seed crackers. Sprinkle on top



Kale Wraps

- ✓ **Ingredients:**
- ✓ 1 Large kale leaf + (lemon juice)
- ✓ 1/2 Cup quinoa or couscous
- ✓ ½ Red or yellow or orange pepper (sliced) or lentils of your choice
- ✓ ¼ Cucumber (skin removed and cut into small sticks)
- ✓ 2 Tablespoon humus or Baba Ganoush
- ✓ Umami sauce
- ✓ Black sesame seeds

♥ Raw Loving!

How to make:

Lay one kale leave on to a plate (if you like soften the kale by massaging lemon juice onto it)

Spread the humus in the center of the leaf, add the couscous or quinoa or lentils of your choice. Add cucumber sticks and some pepper slices. drizzle umami sauce and black sesame seeds. Wrap and enjoy. Ideal for pack lunch – bring the items in a separate container and wrap once you want to eat, it makes your lunch fun and mindful as you can give gratitude whilst you are making them with all your love.



DIPS & SAUCES & SPRINKLES

Make your meals really taste yummy.
These dips and sauces are our favorites
but this is the healthy way to make them 😊



Parmesan “cheeze”

Ingredients:

- ✓ 1 Cup (140g) raw cashews (not soaked)
- ✓ 1 Clove garlic, crushed
- ✓ ½ Tablespoon nutritional yeast
- ✓ ¼ Teaspoon savory spice blend

How to make:

Add the ingredients into a small food processor, unit small and flaky like Parmesan.
Store in a glass airtight container in the fridge.





Cashew cheeze sauce

- ✓ **Ingredients:**
- ✓ 1 ½ Cups (210g) raw cashews (not-soaked)
- ✓ 2 Tablespoons thickened vegetable stock
- ✓ ¼ Cup yellow miso paste
- ✓ ½ Cup nutritional yeast
- ✓ ½ Teaspoon savory spice blend
- ✓ Cracked black pepper
- ✓ 2 ½ Cups almond mylk
- ✓ 1 small blended lemon

How to make:

In your speedy food processor, or Nutri Bullet, add the cashews and process for 23 minutes until mealy consistency. Add nutritional yeast, salt and pepper and pulse a few times. In a small pan heat the oil and the almond mylk. Reserve half a cup in a bowl and add the remaining to the food processor via the tube with the processor going. Mix the miso paste into the remaining oil and almond mylk. Then pour this in to the food processor. Add the blended lemon juice. The sauce will thicken as itsits. Consistency should be like thick sauce.



Baba Ganoush

Ingredients:

- ✓ Large eggplant (about 1 pound)
- ✓ 1 Clove garlic, minced
- ✓ ¼ Teaspoon savory spice blend
- ✓ ¼ Cup finely chopped Fresh flat-leaf Parsley, plus more for garnish
- ✓ 2 Tablespoons tahini
- ✓ 2 Tablespoons lemon blended
- ✓ Ground black pepper

How to make:

Preheat oven to 200 C/ 450 F. Prick eggplant with a fork and roast or bake for 20 minutes. Alternatively, grill the eggplant over a gas grill rotating it around until the skins completely charred, about 10 minutes. Let the eggplant cool. Remove the skin and put the pulp in a food processor or blender, add the garlic, Savory spice blend, black pepper. Stir in the minced parsley, tahini, thickened vegetable stock, and lemon blend. Season to taste. Garnish with additional parsley.



Pesto Sauce

Ingredients:

- ✓ 1 Bunch basil
- ✓ ½ Cup raw almonds
- ✓ ½ Cup broth cooked with arrow root (thick sauce)
- ✓ ½ Teaspoon savory spice blend
- ✓ 1 lemon,blended

How to make:

Cook the broth and the arrow root to make a thick base for the sauce. Add all the ingredients into your food processor (using the plunger to make sure all being blended) until it forms into a paste.

You can use this a veggie spaghetti pasta sauce or even pour over grilled veggies or mix into cauliflower rice. Or even over your salads, add balsamic vinegar for a kick



Walnut pate

Ingredients:

- ✓ ½ Cup walnuts
- ✓ ½ Cup Kalamata olives
- ✓ 1 Bunch coriander
- ✓ 2 Vegetable stock & cornflower to thicken

How to make:

Make the vegetable broth cornflower thick stock. Add this and all the ingredients into your food processor (using the plunger to make sure all being blended) until it forms into a paste. Scrape the sides and mix again for 30 seconds

Awesome pate, you can spread this on your cut veggies or celery sticks. Yummy



Golden Gravy

Ingredients:

- ✓ 1/2 Cup Vegetable Broth
- ✓ 2 Garlic cloves, minced
- ✓ 1 1/2 Cups cooked chickpeas
- ✓ 2 Tablespoons nutritional yeast
- ✓ 1 Tablespoon white miso paste
- ✓ 1 Teaspoon dried thyme
- ✓ 1/4 Teaspoon turmeric or knob of fresh
- ✓ Seasoning - savory spice blend & pepper

How to make:

Cook the broth and garlic in a saucepan. Lower the heat and simmer for 5 mins. Stir in the other ingredients. Simmer for 5 more minutes, then blend up to a smooth consistency. Season to taste.

Mushroom Gravy

Ingredients:

- ✓ 1 Portobello mushroom
- ✓ Bunch of other mushroomslike - Porcini, Shitake, oyster etc.
- ✓ 1/4 Onion
- ✓ 1/4 Cup of arrowroot
- ✓ 2 Cups water
- ✓ 3 Tablespoons umami sauce
- ✓ 1/2 Teaspoon savory spice blend or
- ✓ 1/4 cup Kalamata olives (pitted)
- ✓ 2 Sage leaves



How to make:

Brown the onions in the coconut oil. Once browned add the mushrooms. Sauté for 5 minutes, until juices come out. Wisk the arrow root in a cup of water and add to the mushrooms and onions. Stir until a thick consistency and add the soy sauce, olives or salt and herbs.



MAKING SALAD DRESSINGS

Herb Dressing:

20 ml Vegetable broth/stock
 20 ml Fruit vinegar or white vinegar
 125 ml Plain yogurt
 1 Teaspoon herbs
 ½ Teaspoon savory salt blend
 1 Pinch of white pepper

Vinaigrette:

40 ml Vegetable stock
 40 ml White wine vinegar
 80 ml Distilled water
 2 Teaspoon mustard
 3 Teaspoon parsley
 2 Small cloves of garlic
 ½ Teaspoon savory spice blend
 1 Pinch pepper
 1ml Balsamic vinegar

Super Delicious Tahini Dressing:

2.5cm / 1inch fresh ginger
 3 Cloves garlic
 1 Cup vegetable stock
 4 Generous tablespoons of Tahini
 3 Tablespoons of blended lemon juice
 3 Tablespoons Tamari
 Blend the ginger and garlic in a blender with a little oil, then add the rest of the ingredients. Add more Tahini for a thicker dressing

Mustard Dressing:

40 ml Vegetable stock
 120 ml Soy yogurt (low/no sugar) 1
 Teaspoon mustard
 ½ Teaspoon savory spice blend
 1 Pinch white pepper
 1 Teaspoon sesame powder or sesame seeds

Curry Dressing:

40 ml Vegetable stock
 150 ml Plain soy yogurt or kefir milk
 1 Teaspoon curry powder
 1 Pinch of savory spice blend
 1 Pinch pepper

BLENDED LEMON

1 Lemon - blended to a juice in a blender. Freeze what you do not need in ice cube trays



Here are some ideas to make your meals taste yummy and add on extra nutrition

Sprinkles for your salads and meals

- Nutritional yeast-has a cheesy like smell and looks like yellow flakes. Packed with vitamin B12, so is great to sprinkle on your salads. I love the stuff and put it in my soups and breakfasts, salads and smoothies too.
- Wheat germ must to add for women as its high in vitamin e. vitamin e helps you transition through the menopause but also after too so improves
- Flax seeds (cracked)
- Nuts and seeds (small handful and pre -soaked - see the nuts page in resources)
- Hemp seeds
- Hemp husks
- Nori flakes (seaweed flakes) as they are high in Iodine - good for your thyroid for additions to your blends
- Spirulina - good protein and great for smoothies but makes it taste green!
- Chia Seeds- Pre soak over night to swell and become easy to absorb. Store in fridge and add to smoothies.
- Camu camu (naturally high in vitamin C)- best in smoothies
- Ground ginger
- Maca powder for energy and protein
- Stevia to sweeten if you do not want to add fru☺

ANYTHING YOU CAN NOT BUY IN YOUR REGULAR SUPERMARKET YOU CAN ORDER FROM I-HERB.COM







Three-Day Sample of 14-Day Liver Loving Weight Loss Example

Day 1

<p>Breakfast</p>	<p><i>Detox / Cranberry Drink</i></p> <p>Cut vegetables with sprinkling of soaked nuts and seeds, wheat germ flakes, nutritional yeast flakes, flaxseed oil or cracked flax seeds & 1 Egg (replacement to egg – lentils)</p>	
<p>Mid-Morning Snack</p>	<p>500ml Smoothie</p>	
<p>Lunch</p>	<p><i>Detox / Cranberry Drink</i></p> <p>Salad with almonds, kale, red cabbage and black olives</p>	
<p>Afternoon Snack</p>	<p>Apple</p>	
<p>Dinner</p>	<p><i>Detox / Cranberry Drink</i></p> <p>Kidney bean and avocado salad Hummus dip and veggies if still hungry</p>	
<p>Evening Snack</p>	<p>Bowl of Black Olives and pickles (if needed) End the day with a Hot herbal tea,. Green, camomile, lemon grass & ginger. Take your pick.</p>	

Three-Day Sample of 14-Day Liver Loving Weight Loss Example

Day 2

<p>Breakfast</p>	<p><i>Detox / Cranberry Drink</i> Oats or any grain, with berries (Vitamin E) or even nutritional yeast (B12 vitamins)</p>	
<p>Mid-Morning Snack</p>	<p>Hummus dip and veggies</p>	
<p>Lunch</p>	<p><i>Detox / Cranberry Drink</i> Asparagus + sautéed mushrooms and sprinkled with coriander and raw mixed nuts (pre-soaked)</p>	
<p>Afternoon Snack</p>	<p>Apple</p>	
<p>Dinner</p>	<p><i>Detox / Cranberry Drink</i> Shredded cabbage coleslawor salad sprinkled with nuts and seeds</p>	
<p>Evening Snack</p>	<p>Bowl of berries or celery stick to calm the body for sleep</p>	

Three-Day Sample of 14-Day Liver Loving Weight Loss Example

Day 3

<p>Breakfast</p>	<p><i>Detox / Cranberry Drink</i></p> <p>Sautéed mushrooms with onions Raw pecans or nut of your choice</p>	
<p>Mid-Morning Snack</p>	<p>Almond butter with celery</p>	
<p>Lunch</p>	<p><i>Detox / Cranberry Drink</i></p> <p>Steamed broccoli and yellow pepper with butter 1 apple + raw almonds</p>	
<p>Afternoon Snack</p>	<p>Celery and carrot sticks with nuts or a humus dip</p>	
<p>Dinner</p>	<p><i>Detox / Cranberry Drink</i></p> <p>Cauliflower sautéed in with savouy spice blend and + mixed green salad Cauliflower steaks can be make in the oven too.</p>	
<p>Evening Snack</p>	<p>Herbal Tea of your choice</p>	



Thank you, and see you soon with our next book of healthy meals.

We hope you have enjoyed this recipe book. It has been put together with home made recipes that are totally delicious. With a delicious meal it makes it super easy to stay on this healthy path. A path to longevity which is my aim for you as well as me. I say why wait to get sick, with these meal plans you won't be. Your body will have enough nutrients to heal itself. All you have to do now is make sure that you have no internal stress. Stress like loss of a loved one, family upset, pressure from work. Life stress. Use my mind section to find tools to help you to manage your daily stress to keep you happy and safe and balanced and at peace. All our love, we send this from our heart to you for good health. Yummy! Yummy! Yummy! as Judith says to me 😊

See you in the next book
Tania & Judith