

RECIPE BOOKLET

Tips, Suggestions and Over 50
Delicious Recipes for Healthy Eating
that You Can Really Enjoy

Table of Contents

Breakfast	4
Suggestions for Breakfast:	4
HEALTHY BREAKFAST TIPS.....	5
When Choosing a Cereal:	5
WHOLE GRAIN TOAST, EGGS & GREENS.....	6
COOKED BREAKFAST CEREALS.....	8
TOASTED AMARANTH CEREAL	9
‘WET’ MUESLI	10
PANCAKES	11
ROOT VEGETABLE PANCAKES	12
TOFU SCRAMBLE	14
Lunch & Dinner	15
Suggestions for Lunch and Dinner	15
SOUPS	17
BUTTERNUT SQUASH SOUP	17
BEAUTIFUL BORSCHT.....	18
LEEK & VEGETABLE SOUP	19
SALADS	19
APPLE & BEET SALAD.....	19
HEARTY DINNER SALAD.....	20
WARM LEAFY GREENS SALAD	21
STEAMED ASPARAGUS & BEET SALAD	22
FISH & MEAT	23
BAKED HALIBUT WITH HERBS	23
BAKED WILD SALMON WITH ROASTED PEPPER & AVOCADO	
SALSA.....	24
BEEF WITH SOY-GINGER GREENS	25
PESTO CHICKEN (OR SALMON)	26
VEGETARIAN	27
BASIC TOFU MARINADE.....	27
BEAN, CHEESE & RICE BURRITOS	28
COCONUT CAULIFLOWER GHANA	29
SIDE DISHES	30
COCONUT CURRY LEEKS & GREENS.....	30
GINGER BROCCOLI.....	30
DILL BEETS, BEANS & GREENS BOWL	31

LEAFY GREENS 101	32
COCONUT MASHED YAMS.....	33
YAM FRIES	33
ROASTED VEGETABLES	34
QUINOA PILAF.....	34
COCONUT RICE WITH GREENS & CASHEWS.....	35
DILLED BROCCOLI RICE WITH GOAT CHEESE	36
Snacks	37
Suggestions for Snacks	37
DIPS	39
BLACK BEAN DIP.....	39
DAIRY-FREE SOUR CREAM.....	39
GREEN PEA DIP	40
GUACAMOLE	41
HUMMUS.....	42
SPREADS	43
GEE WHIZ SPREAD.....	43
HOMEMADE KETCHUP	43
MAYONNAISE	44
DRESSINGS	45
AVOCADO DRESSING.....	45
CREAMY AVOCADO DRESSING	45
GARLIC & LEMON DRESSING.....	46
GINGER DRESSING	46
MISO DRESSING.....	47
NUTTY GINGER DRESSING	47
PARSLEY & PUMPKIN SEED DRESSING.....	48
TAMARI DRESSING.....	48
SAUCES	49
CURRIED ALMOND BUTTER SAUCE.....	49
GOAT CHEESE SAUCE.....	49
INDIAN YOGURT SAUCE	50
MISO GRAVY	50
TAHINI MISO SAUCE.....	51
THAI NUT BUTTER SAUCE	51
Grocery Store Shopping List	52

Breakfast

The word “breakfast” literally means to break the fast. This is the time of day when your body needs to be refueled after a night of fasting. The mind and body function much better if they are fueled shortly after waking. Skipping breakfast may lead to overeating at later meals and periods of low energy. However, if you eat a nutritious breakfast every morning it will actually help to boost your metabolism.

Suggestions for Breakfast:

- Cooked oatmeal topped with plain yogurt, cinnamon and chopped nuts (e.g. pistachios, pecans, almonds).
**See recipes: COOKED BREAKFAST CEREALS;
TOASTED AMARANTH CEREAL**
- Your favourite whole grain cereal or granola topped with fresh fruit, unsweetened coconut, nuts and plain yogurt or milk.
See recipe: ‘WET’ MUESLI
- “Eggy Rice”: Cooked brown rice, sautéed with eggs, your choice of vegetables and sea salt to taste.
- Omelet filled with spinach, zucchini, peppers and goat cheese.
- French toast topped with plain yogurt, blueberries and cinnamon.
- Whole grain toast topped with avocado, steamed spinach, and a poached egg.
See recipe: WHOLE GRAIN TOAST, EGGS & GREENS
- Rice or corn tortilla, warmed, and then wrapped with banana slices and almond or cashew nut butter.

- “Breakfast Wrap”: Rice or corn tortilla filled with scrambled eggs or tofu, sautéed peppers and onions, goat cheese, and desired spices.
See recipe: TOFU SCRAMBLE
- Pancakes topped with plain yogurt, fresh fruit, hemp seeds and cinnamon.
- **See recipes: PANCAKES; ROOT VEGETABLE PANCAKES**

HEALTHY BREAKFAST TIPS

When choosing a Beverage:

- Start your day with a glass of warm water with the juice of one quarter lemon or 1 tsp of concentrated lemon juice.
- Try a variety of teas lower in caffeine than coffee or regular black tea (e.g. Green Tea) or other herbal teas (e.g. Roobios).
- Try coffee substitutes (e.g. **Bamboo, Café Lib, Yerba Maté**).

When Choosing a Cereal:

- Read the labels on the packaging and choose a cereal with the least sugar and fat and the most fiber and protein.
- Try to choose a cereal made with whole grains and one that has a low to medium glycemic index (e.g. large rolled or steel cut oats instead of quick rolled oats). **Nature Path, Glutino, Udi's** and **Bob's Red Mill Cereals** make a variety of cereal blends using these alternative grains.
- Try different grains when making a cooked breakfast cereal.
See recipes: COOKED BREAKFAST CEREALS; TOASTED AMARANTH CEREAL
- Make your own muesli mix.
See recipe: 'WET' MUESLI

- Try adding a variety of nuts and seeds to add flavor and to increase the nutritional value of the meal. See chart below:

Nuts or Seeds	Grams of protein/serving
Almonds (whole, raw)	15 g in ½ cup
Hemp Seeds	15 g in 4 tbsps
Sunflower Seeds (raw)	14.5 g in ½ cup
Pumpkin Seeds (raw)	16 g in ½ cup
Chia Seeds	4.3 g in 4 tsp

When Choosing a Milk:

- Try a variety of alternative non-dairy milks (e.g. almond, coconut, goat, hemp, rice, or soy) on your cereal.
See Grocery Store Shopping List for more details.

When Choosing a Spread:

- Try a variety of nut butters (e.g. almond, sunflower, cashew, pumpkin butter) on your wholegrain bread, toast or flatbread.

For Extra Energy:

- Include foods high in protein such as: nut butters, nuts and seeds.
- Try adding a scoop of protein powder to your hot or cold cereals.
- Try a poached or hardboiled egg on toast.

WHOLE GRAIN TOAST, EGGS & GREENS

Ingredients:

- 1-2 slices of whole grain toast (see **Grocery Store Shopping List** for bread suggestions)
- 1-2 organic, free-range or free-run eggs
- 1 cup of spinach or swiss chard
- ¼ of avocado sliced
- a pinch of unrefined sea salt (e.g. **Celtic, Himalayan, Redmond**)

Instructions:

1. Lightly steam greens in a pot with $\frac{1}{4}$ inch of water, then drain, and set aside;
2. Cut a $\frac{1}{4}$ of an avocado into thin slices, and set aside;
3. **Boil an Egg:** Place egg(s) in a pot of water and bring to a boil, let cook for 2-5 minutes, and remove from pot to let cool;
Poach an Egg: Bring a pot of water to a boil, then crack open an egg dropping the contents into the boiling water, let cook for 1-2 minutes, and remove from pot with a slotted spoon;
4. Lay slices of bread or toast on a plate, top with steamed greens, then slices of boiled egg or whole poached egg, and finish with avocado slices and a pinch of sea salt.

COOKED BREAKFAST CEREALS

Ingredients:

- Grain (see chart for grain type and amount)
- Water (see chart for amount)
- 1 tsp of organic butter or non-hydrogenated margarine (e.g. **Becel, Earth Balance**)
- a pinch of unrefined sea salt (e.g. **Celtic, Himalayan**)

GRAIN	AMOUNT	WATER	COOKING TIME
Large Oat, Kamut or Spelt flakes	½ cup	1 cup	15 minutes
Steel-cut Oat groats	½ cup	1 cup	20 minutes
Millet flakes	½ cup	2 cups	15 minutes
Sweet Brown or Brown Basmati Rice	½ cup, grind rice kernels in a coffee grinder until finely ground	1 ½ cups	15 minutes
Teff	½ cup	1 ½ cups	15 minutes
Amaranth	½ cup	1 cup	15 minutes
Quinoa	½ cup	1 cup	20 minutes
Combinations: Quinoa + millet + amaranth OR Quinoa + teff	¼ cup each ½ cup + ¼ cup	1 ¾ cups 2 cups	25 minutes 20 minutes

Instructions:

1. Place grain of choice and required water in a pot;
2. Bring to a boil, cover, and then simmer on low heat for required time or until all the water is absorbed;
3. Remove from heat, and add the butter, sea salt and spices to taste.

TOASTED AMARANTH CEREAL

Ingredients:

- 1 cup of amaranth
- 2 cups of water
- ½ tsp of extra-virgin olive oil
- 2 pinches of sea salt
- 2 tbsp of flax seed, hemp seed or **Udo's** oil
- milk of choice (e.g. rice, non-GMO soy, hemp, almond)
- 1 tbsp of freshly ground flaxseeds

Instructions:

Toasting the amaranth seeds before cooking gives off a nutty aroma and produces a cereal that is less glutinous than if they are not toasted.

1. Heat a skillet over medium-high heat and add the amaranth and toast it, stirring constantly, for about 5 minutes.
2. Place the water, olive oil and sea salt in a medium saucepan and bring to a rolling boil. Stir in the toasted amaranth and let simmer at a low heat for 20-25 minutes, until the water has been absorbed.
3. Turn off the heat, cover tightly and let it sit for 5 minutes before serving.
4. Top each serving with ½ tsp of oil, your choice of milk, freshly ground flaxseeds and stevia to taste.

Extra ingredients to add More Taste and More Protein to Cereals:

- 1 tbsp of unsweetened coconut flakes
- 1-2 tbsp of raw or roasted nuts or seeds (e.g. almonds, chia seeds, pecans, pistachios, flaxseeds, hemp seeds, pumpkin seeds)
- 2 tbsp of lightly roasted sunflower and sesame seeds with a pinch of dried seaweed (e.g. dulse flakes)
- pinch of cinnamon or other spice (eg. cardamom, nutmeg)

- ¼ cup of organic, non-homogenized plain yogurt (e.g. goat, soy)
 - *¼ cup of allowable fresh raw or stewed fruit (e.g. berries, sliced apples/pears, chopped bananas)
- * = foods to avoid during Phase I**

WET' MUESLI

Silver Hills Spa Cuisine, Eileen Brewer.

Ingredients:

- 2 cups of oat, spelt or kamut flakes; a combination is best
- ½ cup unsweetened coconut flakes
- ¼ cup of flaxseeds
- 1 cup of chopped nuts (e.g. ½ cup cashews + ½ cup almonds)
- 1½ cups of alternative dairy milk (e.g. almond, oat, rice, non-GMO soy)

Instructions:

1. Combine all dry ingredients together in a glass bowl;
2. Add chopped nuts and ****dried fruit**;
3. Add milk and ****maple syrup**;
4. Mix ingredients together, then cover and refrigerate overnight.

Note: The wet muesli will last up to three days in the fridge or a portion of it can be frozen.

Extra ingredients to add More Taste and More Protein:

- ½ cup of organic, non-homogenized plain yogurt (e.g. goat, soy)
- ****1** cup of chopped dried fruit (e.g. apples, apricots, blueberries, dates, goji berries, pears, prunes, raisins); a combination is best

**** = foods to avoid during Phase I & II**

PANCAKES

The Whole Life Nutrition Cookbook 2nd ed., A. Sergersten & T. Malterre.

Ingredients:

- 1 cup buckwheat flour + ¼ cup of tapioca flour or 1 cup brown rice flour + ¼ tsp xanthan gum or ½ cup brown rice flour + ½ cup amaranth flour or 1 cup teff flour
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp sea salt
- 1-1½ cups non-dairy milk alternative (e.g. almond, soy, rice)
- 1 egg or 1 tbsp of ground flaxseed whisked with 3 tbsp boiling water (egg replacer)
- 2 tbsp of butter (organic is best) or virgin coconut oil

Instructions:

1. In a medium bowl mix together the dry ingredients. In a separate bowl whisk together the wet ingredients. Add the wet to the dry and gently mix until ingredients are combined. Let the batter sit a few minutes to thicken up;
2. Heat a stainless steel skillet over medium heat. Add a few tsp of butter or coconut oil. When skillet has heated, add about ½ cup of batter. Cook for about 1-2 minutes or until top begins to bubble, flip and cook for a minute or so more on the other side. Place onto a serving platter. Add a little more butter or coconut oil to the pan for each batch you cook.

Extra ingredients to add More Taste and More Protein:

- before frying the batter, add cinnamon or cardamom for a sweet flavor; serve with a topping of ¼ cup of organic, plain yogurt (e.g. goat, soy), *¼ cup of allowable fresh raw or stewed fruit (e.g. berries, sliced apples/pears) and a sprinkling of unsweetened coconut flakes and/or hemp seeds

- before frying the batter, add cumin, turmeric or ground coriander for a savory flavor; serve with a topping of ¼ cup of organic, plain yogurt (i.e. goat, soy), fresh herbs such as dill, parsley, or basil, a pinch of salt and pepper, and some sautéed garlic and onions
 - *add 1 mashed banana with ½ cup of ground walnuts to batter for banana walnut pancakes
 - *add 1 tbsp lemon juice to the milk and ½ cup of fresh or frozen blueberries to the batter for blueberry “buttermilk” pancakes
 - *add 1 grated apple and 1 tsp cinnamon to the batter for apple cinnamon pancakes
- * = foods to avoid during Phase I**

ROOT VEGETABLE PANCAKES

The Whole Life Nutrition Cookbook 2nd ed., A. Sergersten & T. Malterre.

Ingredients:

- 1 small onion, minced
- 1 small yam, peeled and grated
- 2 medium potatoes or sweet potatoes, peeled and grated
- 1 carrot, peeled and grated
- ¼ - ½ cup of flour (e.g. brown rice, quinoa, spelt, sorghum)
- 1 tsp dried thyme
- ½ tsp **Herbamare** or sea salt
- Extra virgin olive oil for cooking

Instructions:

1. Place minced onion and grated vegetables into a large bowl (note: it is easiest to grate the vegetables with a food processor). Add the flour, dried thyme and **Herbamare** or sea salt; mix well;
2. Heat a stainless steel skillet over medium heat. Form the mixture into thin patties with your hands. The patties will fall apart when raw but when cooked the starches will be released and they will hold together;

3. Add some olive oil and one or two patties to the heated skillet. Cover the skillet with a lid and cook for approximately 5 minutes, then flip, cover, and cook for another 5 minutes. Place onto a serving platter. Add a little more olive oil to the pan for each batch you cook. You may need to adjust the temperature to prevent any burning.

Extra ingredients to add More Taste and More Protein:

- Serve with a boiled or poached egg(s) or scrambled tofu

TOFU SCRAMBLE

Ingredients:

- 1 pound of firm tofu, crumbled
- 1 tbsp extra virgin olive oil
- 2 green onions, sliced into rounds
- 1 cup of chopped zucchini and or carrots
- ½ cup of red pepper, diced
- 1 tsp dried thyme
- 2 cloves garlic, crushed
- ½ tsp turmeric
- 1 tsp **Herbamare** or sea salt

Instructions:

1. Heat olive oil in skillet over medium heat. Add the green onions, mushrooms, and red peppers. Sauté until tender, approximately 5 minutes;
2. Add spices, herbs and sea salt, sauté a minute more and stir to coat;
3. Add crumbled tofu, mixing into the vegetables. Sauté 2 minutes more. Add a few tbsp of water if mixture seems dry.

Extra ingredients to add More Taste and More Protein:

- Serve with **ROOT VEGETABLE PANCAKES**; or
- Serve with bread or toast lightly buttered (e.g. organic butter or non-hydrogenated margarine); or
- Serve with steamed greens (e.g. spinach, swiss chard) or
- Serve wrapped in a rice tortilla

Lunch & Dinner

Lunch should ideally be the largest meal of the day followed by a lighter meal in the evening. Our bodies require adequate nourishment during the most active part of our day.

Suggestions for Lunch and Dinner

- Butternut soup with a salad or sandwich (e.g. rye bread with tuna, green onion and Veganaise (egg-free and vinegar-free mayo) or hummus, lettuce, cucumber and red pepper slices). For other spreads see recipes in the **Dips & Spreads** section.

See recipes: BUTTERNUT SQUASH SOUP; BEAUTIFUL BORSCHT; LEEK & VEGETABLE SOUP

- A variety of raw and cooked vegetables put together as a salad and served with your choice of fish (e.g. baked halibut, salmon or trout), meat (e.g. baked chicken breast, bison patti or turkey sausages) or marinated fried tofu strips.

See recipes: APPLE & BEET SALAD; HEARTY DINNER SALAD; WARM LEAFY GREENS SALAD; BASIC TOFU MARINADE

- Kamut or rice pasta with a dairy-free pesto sauce topped with cherry tomatoes, strips of cooked chicken or turkey sausage and crumbled goat feta with a drizzle of extra virgin olive oil.
- Wheat-free quesadilla filled with sautéed mushrooms, onions, chopped broccoli, peppers and baked with goat or **Daiya** (dairy, goat and soy-free) cheese. For more protein add black beans or strips of beef, bison or chicken to the mixture before baking.

- Brown rice with steamed veggies baked halibut or salmon or marinated tofu.
See recipes: BAKED HALIBUT WITH HERBS; BAKED WILD SALMON WITH ROASTED PEPPER & AVOCADO SALSA; BASIC TOFU MARINADE
- Your choice of protein with steamed broccoli and mashed yams or sweet potatoes with lime juice and butter.
See recipe: COCONUT MASHED YAMS; YAM FRIES
- Rice or quinoa with steamed vegetables and slices of cooked chicken or beef drizzled with Miso Gravy or Thai Nut Butter Sauce. See sauce recipe in **Sauces** section.
See recipes: COCONUT RICE WITH GREENS & CASHEWS; COCONUT CAULIFLOWER GHANA; DILLED BROCCOLI RICE WITH GOAT CHEESE; QUINOA PILAF; COCONUT CURRY LEEKS & GREENS; DILL BEETS, BEANS & GREENS BOWL; GINGER BROCCOLI; LEAFY GREENS 101; STEAMED ASPARAGUS & BEET SALAD
- Beef or chicken with your choice of grains and vegetables.
See recipes: BEEF WITH SOY-GINGER GREENS; PESTO CHICKEN
- Vegetarian Burritos.
See recipe: BEAN, CHEESE & RICE BURRITOS
- Bison, chicken or turkey sausage with baked beets, goat feta and ground pepper or roasted vegetables.
See recipe: ROASTED VEGETABLES

SOUPS

BUTTERNUT SQUASH SOUP

Ingredients:

- 1 whole butternut squash, seeded and cut in half (lengthwise)
- 1 tbsp of butter
- 2 large yellow onions, peeled and finely chopped
- 5 cloves of garlic, minced
- 5 cups of vegetable or chicken broth
- 1 can of coconut milk
- 1 bay leaf
- 1 tsp of curry powder
- ½ tsp each of dried oregano, ground cinnamon, ground nutmeg
- sea salt and pepper to taste

Instructions:

1. Preheat oven to 350 degrees Fahrenheit, place the two halves of the butternut squash facing down on a greased baking pan and bake until soft, about 45-60 minutes.
2. When the squash is ready, heat the butter in a large soup pot on medium heat, add the onions and cook until translucent.
3. Add the garlic, bay leaf, curry powder, oregano, cinnamon and nutmeg and cook for about 1 minute.
4. Scoop the butternut squash from its skin into the pot.
5. Add the broth and coconut milk and puree with a hand blender until smooth.
6. Bring the soup to a boil, then turn down the heat and let simmer for 10 minutes.
7. Remove bay leaf before serving.
8. Add salt and pepper to taste.

BEAUTIFUL BORSCHT

Get It Ripe, Jae Steele.

Ingredients:

- 1 tbsp of extra virgin olive oil
- 2 medium or 1 large onion, finely chopped
- 2 medium or 1 large carrot, sliced
- 2 stalks of celery, chopped
- 6 cups of vegetable stock
- 1 large sweet potato or 2 fist-sized regular potatoes cubes
- 2 medium or 1 large beet, peeled and diced
- 1 tsp of sea salt
- 2 cups of shredded red cabbage
- 1 tbsp of apple cider vinegar
- 1 tbsp of agave nectar or maple syrup (optional)
- 3 tbsp of fresh dill weed or 1 tbsp dried
- freshly ground pepper to taste
- whole milk or goat yogurt

Instructions:

1. Heat the oil in a large soup pot on medium heat, add the onions and sauté until translucent; add a small amount of water if needed to prevent sticking.
2. Add the celery and carrots; sauté for another 5 minutes.
3. Add the stock, sweet or regular potatoes, beets and salt; stir.
4. Bring to a boil and then let simmer on low heat for 20 minutes.
5. Add the cabbage, vinegar, nectar or syrup, dill and pepper; stir and let simmer for another 5 minutes.
6. Serve with a scoop of yogurt.

LEEK & VEGETABLE SOUP

Ingredients:

- 6 cups of vegetable or chicken stock
- ½ cup of celery chopped, include the leafy stalks
- 2 large carrots, peeled and sliced
- 1 medium sized leek, finely chopped
- 2-4 large potatoes or yams, diced
- ¼ cup each of barley, lentils and or split peas
- 1 tbsp of dried or 3 tbsp of fresh parsley
- Salt and pepper to taste and or Herbamare

Instructions:

1. Bring the stock to a simmer in a large soup pot.
2. Add the vegetables and legumes, let simmer on low heat for about 30 minutes until vegetables are tender.
3. Add the parsley and salt and pepper to taste.

SALADS

APPLE & BEET SALAD

Ingredients:

- *2 medium sized apples
- 1 large or 2 small beets
- 2 medium sized carrots
- ¼ cup of lemon juice
- ½ cup of slivered almonds or goat feta

Instructions:

1. Grate the beets or steam the beets, then chop into small cubes.
2. Grate the carrots and chop the apples into small cubes.
3. Toss the beets, carrots and apples together in a bowl.
4. Add the lemon juice to taste

5. Sprinkle with almonds or goat feta.

* = foods to avoid during Phase I

HEARTY DINNER SALAD

Ingredients:

- 1-2 cups of organic mixed greens
- 1 small carrot, thinly sliced
- ¼ cup of celery, chopped
- ¼ cup of peppers, chopped
- ¼ cup of cucumber, chopped
- 1/8 cup of green onions, chopped
- ¼ - ½ avocado, sliced
- ½ cup of whole snow peas
- ¼ cup of cherry tomatoes
- ½ cup of steamed broccoli and or cauliflower (optional)
- ¼ cup of nuts (e.g. roasted almonds, cashews or walnuts)
- 2 tbsp of seeds (e.g. chia, hemp, roasted pumpkin)
- 2 tbsp of shredded goat cheese or crumbled goat feta

Instructions:

1. Add the mixed greens to a large bowl or plate, layer or toss together with other vegetables.
2. Top with nuts and seeds of choice and or cheese.
3. For dressings see recipes in the **Dressings** section.

Extra ingredients to add More Taste and More Protein:

- baked or canned wild salmon or tuna
- organic free-range chicken breast
- slices of chicken or turkey sausage
- ½ cup of legumes (e.g. chickpeas, black beans, pinto beans)

WARM LEAFY GREENS SALAD

Ingredients:

- 1 cup of mixed green lettuce
- 1-2 cups of bok choy, kale and or swiss chard, finely chopped
- 1 carrot, grated
- 1 beet, grated or steamed
- 3 asparagus spears
- ½ cup of green beans
- ½ cup of sunflower sprouts or other sprouts (optional)
- ½ cup of cheese (e.g. goat cheddar, mozzarella or feta, soy, **Daiya**)
- 2-3 tbsp of nuts and seeds (e.g. almonds, chia seeds, hemp seeds, pumpkin, sesame seeds, sunflower)

Instructions:

1. Lightly steam the greens, green beans and or asparagus spears, let the greens drain in a colander until most of the moisture is gone.
2. Steam the beets or grate up raw with the carrot.
3. Add the mixed green salad to a large bowl or plate, layer with steam greens, green beans, asparagus spears, beets and or carrots.
4. Top with sprouts, chunks of cheese and nuts and seeds of choice.
5. Serve alone, or with baked salmon or chicken.
6. For salad dressing recipes see the **Dressings** Section.

STEAMED ASPARAGUS & BEET SALAD

Ingredients:

- 3 beets, washed, skin removed
- 5 asparagus spears
- 1 clove of garlic, minced
- ¼ onion, minced
- 1 tbsp of extra virgin olive oil
- ¼ cup of lime juice
- 1 tbsp of cold pressed flax oil

Instructions:

1. In a pan, heat olive oil on medium heat, then add the onions and cook until translucent.
2. Add garlic and cook for about 1-2 minutes, then let cool.
3. Chop beets into quarters and steam.
4. Cut asparagus spears in half and steam separately.
5. Mix steamed beets and asparagus together in a bowl.
6. Mix lime juice and flax oil in a bowl or a container with a lid, then add the cooled onion & garlic mixture. Shake and drizzle over the vegetables.

FISH & MEAT

BAKED HALIBUT WITH HERBS

www.whfoods.org

Ingredients:

- 1 ½ lbs halibut steak or fillet, cut into 8 pieces
- ¼ cup chicken or vegetable stock
- 2 tbsp freshly squeezed lemon juice
- 3 medium cloves garlic, minced
- 2 tbsp capers
- 2 tbsp fresh parsley
- 1 tbsp fresh tarragon
- 1 tbsp chopped chives
- Sea salt & pepper to taste

Instructions:

1. Preheat oven to 450 degrees Fahrenheit.
2. Place the pieces of fish in a glass baking dish and add the remaining ingredients.
3. Cover and bake in the oven for about 15 minutes.
4. Serve immediately, pouring the pan juices over the fish.

BAKED WILD SALMON WITH ROASTED PEPPER & AVOCADO SALSA

Ingredients:

- 2 fillets of wild salmon
- 5 tbsp of extra virgin olive oil
- 4 large peppers (e.g. yellow, orange or red), cut into quarter pieces
- 2 large avocados, chopped
- juice of 1 lemon
- juice of 1 lime
- juice of 1 orange
- 1 small red onion, minced
- 2 cloves garlic, minced
- Sea salt & pepper to taste

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. In a bowl toss together chunks of pepper with 2 tbsp of olive oil, then place on a baking sheet and bake in oven until skins are mostly black, about 15-20 minutes. When done, let the peppers cool and turn the oven down to 300 degrees Fahrenheit.
3. When the peppers are cool to the touch, peel the skins off, then chop into small chunks and place in a large bowl; set aside.
4. Place the salmon fillets on an oiled baking sheet and top with salt and pepper and a small amount of olive oil, then bake in oven for about 15-20 minutes until the flesh slightly flakes.
5. While the salmon is cooking, heat 4 tbsp of olive oil in a pan on low heat. Add the onions and garlic; cook until onions are translucent.
6. Add the onion and garlic mixture to the bowl containing the red peppers, then add the juice of the lemon, lime and orange, chopped avocado, and the salt and pepper; mix

lightly.

7. Serve each salmon fillet with a large spoonful of salsa on top.

BEEF WITH SOY-GINGER GREENS

Ingredients:

- 1 sirloin beef or bison steak
- Sea salt and freshly ground black pepper to taste
- 4 large leaves from a leafy green vegetable (e.g. bok choy, kale, swiss chard or collard greens)
- ¼ cup of wheat-free tamari soy sauce
- ½ tbsp of fresh ginger, peeled & minced
- 1 small clove of garlic, minced
- Juice of half a lime
- 1 tbsp extra virgin olive oil
- 1 tbsp sesame seeds

Instructions:

1. Cook the steak until medium rare, season with salt and pepper while cooking, then set aside on a plate.
2. Steam the greens in a small amount of water for 3 to 5 minutes.
3. Transfer the steamed greens into a frying pan and add soy sauce, garlic, ginger, lime juice and olive oil. Toss together and cook for about 2 minutes over medium heat.
4. Place greens on a plate and layer with slices of beef or bison, drizzle with leftover sauce from greens.
5. To serve top with a sprinkle of sesame seeds.

PESTO CHICKEN (OR SALMON)

Ingredients:

- 2 medium-sized chicken breasts
- 2/3 cup extra virgin olive oil
- 3 cloves of garlic, peeled
- 2 cups fresh basil leaves
- 1/4 pine nuts
- Sea salt and pepper to taste

Instructions:

1. Rinse chicken and pat dry with paper towels.
2. Preheat oven to 300 degrees Fahrenheit.
3. Place garlic, basil leaves, pine nuts and salt and pepper in a blender with 1/3 cup olive oil and blend well, add the remaining olive oil slowly.
4. Place the chicken breast in a glass baking dish and top with pesto sauce; bake in oven for 20 minutes, then flip breast over and top with more pesto sauce and bake for another 20 minutes if necessary.

Note: 2 wild salmon filets can be substituted for the chicken breasts.

VEGETARIAN

BASIC TOFU MARINADE

Get It Ripe, Jae Steele.

Ingredients:

- 1 lb (454 grams) of firm tofu (non-GMO)
- ¼ cup of wheat-free tamari soy sauce or Bragg's
- 2 tbsp of apple cider vinegar
- 2 tbsp of water
- 1 tbsp of extra virgin olive oil or sesame oil
- 1 medium clove of garlic, minced
- ½ -1 tsp of dried herbs or spices of choice (e.g. rosemary, thyme, coriander, cumin, turmeric or ginger) (optional)

Instructions:

1. Combine all ingredients, except tofu, in a glass jar, cover and shake well.
2. Cut the tofu into ½ -1 inch cubes or slice into strips, and then carefully place in a glass baking dish in one layer.
3. Pour the marinade over top, distributing evenly, and marinate for 1-4 hours, gently flipping tofu halfway through the marinating time.
4. Serve as is or fry or bake before serving.
5. Frying: Heat a frying pan on medium heat and add a small amount of oil or butter, then add the tofu and fry until tofu is golden brown.
6. Baking: Preheat oven to 350 degrees Fahrenheit. Lightly oil a baking dish, place marinated tofu in a dish in one layer, cover with remaining marinade, and let bake for 20 minutes. Gently flip tofu to other side and bake for another 10 minutes.
7. Serve with rice and steamed vegetables as is or with Miso Gravy, Tahini Miso Sauce or Curry Almond Nut Butter Sauce. For recipes see **Sauces** section.

BEAN, CHEESE & RICE BURRITOS

Ingredients:

- 1 tbsp olive oil
- 1 clove of garlic, minced
- ½ cup of steamed spinach
- ¼ cup of red, yellow or orange pepper, well chopped
- ¼ cup of black beans
- ¼ cup of cooked brown rice
- 1 rice, spelt or sprouted grain tortilla
- 1 green onion, thinly sliced
- ¼ cup of grated goat cheese
- Sea salt and pepper to taste
- Regular or goat yogurt

Instructions:

1. Heat the oil in a frying pan on medium heat, add the onions and garlic; cook until the onions are translucent.
2. Add the spinach and red pepper; cook until tender.
3. Then add the black beans, sea salt and pepper; let cook for about 5 minutes.
4. As the veggie-bean mix is simmering, soften the tortillas in a 300 degree Fahrenheit oven for about 1-2 minutes.
5. When the tortilla is soft, place it on a plate and spread 1/3 of the tortilla with warmed rice and veggie-bean mix, then top with green onions and cheese. Fold one side of the tortilla over the rice and veggie-bean mix, fold both ends up and then fold the other side of the tortilla over. Turn the burrito so that the seams face down.
6. Serve with slices of avocado and plain yogurt or guacamole. See recipe in the **Dips** section.

COCONUT CAULIFLOWER GHANA

Get It Ripe, Jae Steele

Ingredients:

- 2 tbsp of extra virgin olive oil or coconut oil
- 2 medium onions, finely chopped
- 2 large carrots, chopped
- 3 large cloves of garlic, minced
- 1 tbsp of grated fresh ginger
- 1 tbsp of curry powder, or to taste
- pinch of cayenne pepper to taste
- 2 tsp of sea salt
- 2 fist-sized sweet potatoes or yams, diced
- 3 cups of cauliflower, diced
- 1 red pepper, finely chopped (optional)
- 2 ½ cups of cooked chickpeas or 2, 14 oz cans
- 1, 14 oz can of coconut milk
- ¼-½ cup of water
- ¼ cup of shredded unsweetened coconut (optional)
- 1 handful of chopped fresh cilantro (optional)

Instructions:

1. Heat the oil in a medium soup pot, add the onions and sauté for about 5 minutes.
2. Add the carrots, garlic, ginger, curry powder, cayenne and salt; sauté for another 5 minutes.
3. Stir in the sweet potatoes, cauliflower, red pepper, chickpeas, coconut milk, water and shredded coconut; cover and cook for about 15 minutes, stirring occasionally, until sweet potatoes are soft.
4. Serve over rice or quinoa and topped with cilantro.

SIDE DISHES

COCONUT CURRY LEEKS & GREENS

Ingredients:

- 2 large leaves from a leafy green vegetable (e.g. kale, swiss chard, collard greens, or mustard greens)
- ¼ cup of sliced leeks
- ¼ cup organic coconut milk
- 1 teaspoon of curry powder
- a pinch of unrefined sea salt

Instructions:

1. Chop the greens into very fine pieces and then steam with the leeks in a small amount of water for 3-5 minutes.
2. In a separate pot, heat the coconut milk and curry powder on medium heat.
3. Add the greens, leeks and salt, cook for about 2 minutes.
4. Serve as a side dish to a meal.

GINGER BROCCOLI

Ingredients:

- 1 clove of garlic, chopped
- 1 tsp of ginger, grated
- 1 tsp of butter or ghee (e.g. clarified butter)
- 1-2 cups of broccoli cut into chunks
- a pinch of sea salt

Instructions:

1. In a pot, heat the butter or ghee on medium heat until melted.
2. Add the garlic and ginger, let cook for a few minutes, then add the broccoli, cover and cook on low heat until broccoli turns a bright green.
3. Mix in the salt and then serve as a side dish to a meal.

DILL BEETS, BEANS & GREENS BOWL

Ingredients:

- 1 tbsp of butter or ghee (e.g. clarified butter)
- 1 large beet, grated
- 2 large leaves from a leafy green vegetable (e.g. kale, swiss chard, collard greens, or mustard greens)
- 1 cup of cooked beans (e.g. aduki, black beans, navy, pinto, etc.)
- 1 tsp of dried dill weed, parsley and tarragon or mustard seeds, cumin seeds, coriander seeds, turmeric, and curry powder
- Pinch of sea salt
- 1 tsp of wheat-free tamari soy sauce
- 1 tbsp of goat cheese or plain yogurt

Instructions:

1. Chop the greens into very fine pieces.
2. Heat butter or ghee in a pan over medium heat, add the grated beets, chopped greens with either dill, salt and pepper or add mustard seeds to the pan and heat until they pop and dance in the pan, then add the grated beets, chopped greens, cumin seeds, coriander seeds, turmeric, and curry powder; cover and cook on low heat for about 10 minutes, stirring regularly, you may need to add a bit of water to keep the dish moist.
3. Add the cooked beans, soy sauce, parsley and tarragon if using dill only otherwise no herbs, stir until thoroughly mixed; cover and cook for about 3-5 minutes.
4. Top with goat cheese or yogurt and serve as a main meal or as a side dish to a meal.

LEAFY GREENS 101

Ingredients:

- Several leaves from a leafy green vegetable (e.g. bok choy, kale, swiss chard, collard greens or mustard greens)
- 1 tsp of butter or extra virgin olive oil or ½ tsp ghee (e.g. clarified butter)
- 1 clove of minced garlic and or 1 tsp of grated ginger
- a pinch of sea salt or **Herbamare** seasoning
- ground black pepper to taste

Instructions:

1. Steam the greens in a small amount of water for 3 to 5 minutes, sprinkle with sea salt or Herbamare while steaming.
2. Heat butter, oil or ghee in a pan over medium heat, add garlic and or ginger, then toss with steamed greens and other seasonings.
3. Serve as a side dish to a meal.
4. Consider serving with a dressing or sauce. See recipes in **Sauces** and **Dressings** section.

COCONUT MASHED YAMS

Ingredients:

- 2 yams, cut into large pieces
- ½ can of coconut milk
- juice of ½ a lime
- salt and pepper to taste

Instructions:

1. Bring a pot of water to the boil, and then add the yam pieces. Turn down heat and let simmer until yams are soft, about 15 to 20 minutes depending on the size of the pieces.
2. When yams are soft, pour out the water, and add the coconut milk. Use a hand blender or a blender to blend the yams and coconut together until smooth (more coconut milk can be added to make a smoother consistency).
3. Add the lime juice, and season with salt and pepper.
4. Serve alone as a snack (e.g. as a dip with crackers or crispy tortilla wedges) or as a side dish to a meal.

YAM FRIES

Ingredients:

- 2 yams, washed and cut into long strips, the shape of fries
- 2 tablespoons of extra virgin olive oil
- 1 tsp of sea salt
- 3 tsp of a variety of spices (e.g. rosemary with oregano, cumin with ground coriander seed, curry or dill with ground pepper)

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Place the yam strips on a baking sheet and drizzle with oil.
3. Sprinkle with salt and herbs of choice.

4. Bake in the oven for 30-45 minutes, until yams are soft.
5. Serve as a snack or as a side dish to a meal.
6. Consider Miso gravy, guacamole, ketchup or mayonnaise as a dip or dressing. See recipes in **Sauces** and **Dips & Spreads** section.

ROASTED VEGETABLES

Ingredients:

- 6-8 cups of a variety of winter vegetables (e.g. potatoes, sweet potatoes, yams, carrots, turnips, parsnips, rutabagas, onions, beets, winter squash), peeled and cut into 1-inch pieces
- 2 tbsp extra virgin olive oil
- 1 tbsp of a variety dried or fresh herbs such as rosemary, thyme, parsley, oregano, cumin, or ground coriander seed
- salt and pepper to taste
- ½ cup of cashews and or cubed firm tofu (optional)

Instructions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Toss all ingredients together except for the onions and optional ingredients (i.e. cashews, tofu) as they will roast faster; add them to the pan 20 minutes into baking time).
3. Spread on a greased baking pan or in a baking dish.
4. Roast in a preheated oven until tender, about 45 minutes, stirring occasionally.
5. Season with salt and pepper.
6. Serve as a main dish if you have added the optional ingredients otherwise serve as a side dish to a meal.

QUINOA PILAF

Get It Ripe, Jae Steele.

Ingredients:

- 1 cup of quinoa, rinse before cooking

- 2 tsp of extra-virgin olive oil
- 1 ½ cup of chopped mushrooms
- ¼ cup of chopped green onions
- 1 tsp of curry powder
- 2 cups of chicken or vegetable stock
- ¾ cup of fresh or frozen peas
- ½ tsp of sea salt

Instructions:

1. Heat a medium saucepan over medium-low heat. Add the oil and the mushrooms and sauté for 3 minutes.
2. Add the green onion, curry powder, and quinoa and sauté for 3 minutes more.
3. Stir in the stock, peas and salt, increase the heat to high and bring to a boil.
4. Reduce the heat to low, cover and simmer for 15 minutes.

COCONUT RICE WITH GREENS & CASHEWS

Ingredients:

- 1 can of coconut milk
- ¾ tsp of turmeric
- ½ tsp of cumin seeds
- ¼ tsp of ground coriander seeds
- ¼ tsp of cayenne pepper
- ¾ tsp of sea salt
- 2 cups of leftover cooked rice (e.g. brown, basmati)
- 2 cups of finely chopped kale, spinach or swiss chard
- ½ cup of cashews

Instructions:

1. In a pot, heat coconut milk on medium heat, then add all spices and sea salt.
2. Bring to a boil and let simmer on low heat for a few minutes.

3. Add leftover cooked rice and finely chopped greens of choice.
4. Cover and bring to a boil again, then let simmer on low heat for 5 minutes, stir occasionally.
5. Add cashews and let simmer for a few more minutes.
6. Top with plain yogurt and serve as a side dish to a meal.

DILLED BROCCOLI RICE WITH GOAT CHEESE

Ingredients:

- 1-2 tbsp of extra-virgin olive oil
- 1 clove of garlic, minced
- 1 cup of broccoli, chopped
- 2 cups of leftover cooked rice (e.g. brown, basmati) or quinoa
- ½ cup of grated goat cheddar or mozzarella or crumbled goat feta
- ¼ cup of water
- 1 tbsp of dried dill
- salt & pepper to taste

Instructions:

1. In a pot, heat the olive oil on medium heat.
2. Add the garlic, let cook for a few minutes, then add the broccoli; cover and cook on low heat until broccoli turns a bright green.
3. Add leftover cooked rice or quinoa, water, dill, salt and pepper to taste.
4. Stir, cover and let cook for about five minutes on low heat.
5. Serve with goat cheese as a main dish.

SNACKS

A healthy snack should consist of a variety of nutrients that help to sustain one's energy for a few hours between meals. It is often challenging to find a company that makes a quick-to-grab snack that meets these requirements; therefore, it is helpful if one can shift their idea of what constitutes a snack. By shifting the idea of a snack from a quick and packaged product, to one that can include just a small amount of a larger meal, one's options grow exponentially.

Suggestions for Snacks

- Ezekiel tortillas baked in the oven until they become hard and crispy with any of the following spreads:
 - homemade bean dip
 - organic butter
 - avocado or homemade guacamole
 - homemade salsa
 - goat cheese, or other cheeses
 - pumpkin seed butter, or other nut butters

See recipes in the **Dips & Spreads** section

- A variety of raw vegetables such as: carrots, cauliflower, snow peas, cucumber, lightly steamed broccoli with any of the above spreads
- Edamame soybeans sprinkled with unrefined sea salt
- A variety of dried nuts & seeds
- A variety of dried unsulphured fruit such as: apricots, apple slices, pear slices, figs, prunes
- Celery filled with goat cheese and sundried tomatoes
- Popcorn with organic butter or flax oil, unrefined sea salt

- Finely chopped and steamed leafy green vegetables (e.g. kale, collard greens, mustard greens, spinach, etc.) topped with homemade dressing or sauce. See dressing recipes in the **Dressings & Sauces** section
- Bison or turkey sausage or pepperoni
- Miso soup with green onions and tofu chunks
- Cooked squash or yams pureed with organic butter and fresh lime juice
- Baked yam fries
- Baked beets topped with goat feta or drizzled with extra virgin olive oil
- Rice crackers, rice cakes or other crackers of choice with nut butter, bean dip, goat cheese or avocado with a vegetable topping of sprouts and cucumber
- Black olives and goat or sheep feta cheese sprinkled with basil, oregano and cracked pepper
- Cooked grains such as brown or basmati rice, quinoa, millet or buckwheat with organic butter and unrefined sea salt, slices of avocado, coconut milk or drizzled with extra virgin olive oil
- A hard-boiled egg sprinkled with curry, turmeric or cracked black pepper
- Bean sprouts, grated carrot with avocado slices drizzled with extra virgin olive oil and fresh lemon juice
- A quick salad made from grated beets and carrots, topped with goat cheese and drizzled with extra virgin olive oil

DIPS

BLACK BEAN DIP

Thirteen Moons, Louise Racine.

Ingredients:

- 1 can of cooked black beans, drained and rinsed
- ¼ cup extra virgin olive oil
- 2 tbsp of fresh lemon or lime juice
- 1 garlic clove, crushed
- 1-2 tsp cumin powder
- ¼ tsp sea salt
- ¼ tsp of ground pepper (optional)

Instructions:

1. In food processor or blender puree beans, oil and lemon or lime juice until smooth.
2. Stir in garlic, cumin, salt and pepper.

DAIRY-FREE SOUR CREAM

Ingredients:

- 4-6 ounces of soft tofu, drained
- 2 tsp of “raw” apple cider vinegar
- ¼ tsp of sea salt
- 1 tsp of arrowroot or kudzu root (thickener)
- add plain soy milk as needed

Instructions:

1. Combine all ingredients in a food processor and mix until smooth.
2. Pour mixture into a saucepan and let simmer over medium heat until it thickens.
3. Store in a sealed container in the fridge for a few days.

GREEN PEA DIP

Detox: The Process of Cleansing & Restoration, Sara Rose.

Ingredients:

- 1 ½ cups thawed frozen green peas
- Fresh juice and zest of 1 lime
- 2 tbsp extra virgin olive oil
- 4 small green scallions, finely chopped
- 2 tbsp fresh parsley, chopped (optional)
- 1 tbsp fresh cilantro, chopped (optional)
- ¼ tsp chili powder (optional)
- 4-6 ounces of soft tofu, drained

Instructions:

1. Heat 1 tbsp olive oil in a pan on low heat, add scallions and cook until translucent.
2. Combine all the ingredients including the scallions, except the lime zest, in a food processor and mix to a rough puree.
3. Add water to thin dip to desired consistency.
4. Serve garnished with lime zest.

GUACAMOLE

Thirteen Moons, Louise Racine.

Ingredients:

- 1 ripe avocado
- ½ small red onion, minced
- 1 tomato, finely chopped
- 1 garlic clove, crushed
- juice of ½ a lemon or lime
- 1 tbsp fresh cilantro, finely chopped
- sea salt to taste

Instructions:

1. Cut avocado in half, remove the large seed, scoop out the avocado from the peel and put into a bowl.
2. Mash the avocado with a fork then add the other ingredients.
3. Serve immediately as avocado discolors quickly.

HUMMUS

Get it Ripe, Jae Steele.

Ingredients:

- one 19 ounce can of cooked chickpeas, drained and rinsed
- 2 tbsp tahini paste
- 2 tbsp fresh lemon juice
- ¼ cup flax seed or extra virgin olive oil
- 2 garlic cloves, roasted or raw
- 1 tsp sea salt
- ¼ cup fresh parsley, chopped (optional)
- 1 tsp cumin powder (optional)

Instructions:

1. In food processor combine all ingredients and mix until smooth.
2. Add up to ¼ cup of water to thin hummus to desired consistency.

SPREADS

GEE WHIZ SPREAD

Ingredients:

- 1 ½ cups of cooked white beans, drained and rinsed
- 1 ½ cups of roasted red peppers
- 6 tbsp of nutritional yeast
- 3 tbsp of fresh lemon juice
- 2-3 tbsp of tahini paste
- ½ tsp of onion powder or **Herbamare**
- ½ tsp of mustard
- ½ tsp of sea salt

Instructions:

1. Combine all the ingredients in a food processor and mix until smooth. Chill before serving.

HOMEMADE KETCHUP

Staying Healthy with Nutrition, Elson Haas.

Ingredients:

- one 12 ounce can of organic tomato paste
- ½ cup of “raw” apple cider vinegar
- ½ cup of water
- ½ tsp of sea salt
- 1 tsp of oregano
- 1/8 tsp of each: cumin, nutmeg and ground black pepper
- ½ tsp of mustard powder
- juice from one garlic clove pressed

Instructions:

1. In blender, combine all ingredients and blend until smooth.
2. Store in a sealed container in the fridge for a few days.

MAYONNAISE

Breaking the Vicious Cycle, Elaine Gottschall.

Ingredients:

- 1 egg
- ¼-½ cup of extra virgin olive oil or hemp oil
- 1 tbsp of “raw” apple cider vinegar or fresh lemon juice
- ¼ tsp of mustard powder (optional)
- sea salt to taste
- honey to taste (optional)

Instructions:

1. In blender, combine egg, mustard powder, vinegar or lemon juice and blend until smooth.
2. While the blender is still running, slowly add the oil over 1 minute.

Note: This mayonnaise can be used to thicken gravy, as a base for tartar sauce, as a mock Hollandaise sauce or as a base for a creamy salad dressing.

DRESSINGS

AVOCADO DRESSING

Ingredients:

- 1 avocado
- juice of ½ a lemon
- ½ cup water or broth
- ½ tsp dill
- ¼ tsp sea salt

Instructions:

1. In blender, combine all ingredients and blend until smooth.

CREAMY AVOCADO DRESSING

Thirteen Moons, Louise Racine.

Ingredients:

- 1 ripe avocado, peeled, seeded and cut into small chunks
- freshly squeezed juice from 2 limes
- 1 clove garlic, crushed
- 1/8 tsp freshly ground pepper (optional)
- 1 tbsp fresh cilantro, chopped (optional)
- 4 tbsp water

Instructions:

1. In blender, combine all ingredients and blend until smooth.

GARLIC & LEMON DRESSING

Ingredients:

- juice of ½ freshly squeezed lemon
- ½ cup extra virgin olive oil or ¼ cup extra virgin olive oil + ¼ cup flaxseed oil
- 1-2 garlic cloves, crushed
- **Herbamare** or sea salt to taste

Instructions:

1. Combine all ingredients in a jar and shake vigorously until well blended.

GINGER DRESSING

Ingredients:

- 3 tbsp of flaxseed oil
- 1 tsp of fresh grated ginger
- 1 to 2 tbsp of fresh lemon juice
- 1 garlic clove, crushed

Instructions:

1. Combine all ingredients in a jar and shake vigorously until well blended.

MISO DRESSING

Rebar: The Modern Food Cookbook.

Ingredients:

- 1 clove garlic, crushed
- 1 tbsp ginger, minced
- ¼ cup miso paste
- 2 tbsp sesame seeds
- ¼ raw apple cider vinegar
- ¾ cup sesame oil

Instructions:

1. In blender, combine all ingredients, except the oil;
2. Slowly add the oil while blending.

NUTTY GINGER DRESSING

Thirteen Moons, Louise Racine.

Ingredients:

- 2 tbsp raw almonds
- 1 tsp gingerroot, minced
- ¼ cup water
- 2 tsp wheat-free tamari soy sauce or **Braggs**
- 1 tsp tahini paste (ground sesame seeds)

Instructions:

1. In blender, combine all ingredients and blend until smooth.

PARSLEY & PUMPKIN SEED DRESSING

Thirteen Moons, Louise Racine.

Ingredients:

- 3 cups fresh parsley, chopped
- ¼ cup pumpkin seeds, raw or lightly toasted
- ½ tsp sea salt
- 2 ½ tbsp freshly squeezed lemon juice
- 1 garlic cloves, crushed
- 1-2 tbsp oil (e.g. extra virgin olive, sunflower)
- ½ cup water

Instructions:

1. In blender, combine all ingredients and blend until smooth.

TAMARI DRESSING

Ingredients:

- ¼ cup of flaxseed oil
- 2-3 tbsp of “raw” apple cider vinegar
- 2-3 tbsp of wheat-free tamari soy sauce or **Braggs**
- 1-3 garlic cloves, crushed
- few pinches of onion powder, oregano, basil or curry powder (optional)

Instructions:

1. Combine all ingredients in a jar and shake vigorously until well blended.

SAUCES

CURRIED ALMOND BUTTER SAUCE

Ingredients:

- ¼ cup almond nut butter
- 3 tbsp wheat-free tamari soy sauce or **Braggs**
- 2 tbsp mirin (Japanese cooking wine) (optional)
- 1 tbsp toasted sesame oil or extra virgin olive oil
- ½-1 tbsp curry powder to taste

Instructions:

1. In blender, combine all ingredients and blend.
2. Pour over steamed vegetables, rice and or fried tofu to warm sauce.

GOAT CHEESE SAUCE

Ingredients:

- ½ small onion, finely chopped
- 1 tbsp extra virgin olive oil
- 2 tbsp of a thickener (e.g. corn starch, arrowroot)
- 1 cup of alternative dairy milk (e.g. goat, rice, soy)
- 6 oz (175 grams) goat cheddar or goat mozzarella cheese
- sea salt or **Herbamare** to taste

Instructions:

1. Sauté onion in oil on low heat until onion is translucent.
2. Add thickener and make a paste with the oil and onion.
3. Slowly add the alternative dairy milk and whisk gently until sauce thickens; add more liquid each time the sauce thickens.
4. Stir in goat cheese and seasonings.
5. Serve over steamed vegetables and pasta or use as a dipping sauce.

INDIAN YOGURT SAUCE

Ingredients:

- 1 cup plain soy or goat yogurt
- 1 tbsp organic butter or ghee (i.e. clarified butter)
- ½ small onion, finely chopped
- 1 garlic cloves, crushed
- ¼ tsp each of cumin, ground coriander and turmeric

Instructions:

1. Sauté onion and spices in oil on low heat until onion is translucent.
2. Add the garlic, sauté for another 5 minutes.
3. Add the mixture to a bowl with the yogurt.
4. Serve with baked tortillas and raw vegetables or drizzle over steamed vegetables.

MISO GRAVY

Thirteen Moons, Louise Racine.

Ingredients:

- ½ cup miso paste
- ½ cup sesame or sunflower oil
- 3 tbsp of a thickener (e.g. cornstarch, arrowroot flour)
- 1-2 tbsp grated fresh gingerroot
- 2 tsp minced garlic
- 1 tsp chili powder (optional)

Instructions:

1. In blender, combine all ingredients and blend.
2. Add 2 cups water and blend to mix.
3. Pour into saucepan on low heat, whisk gently until thickened.

TAHINI MISO SAUCE

Ingredients:

- ½ cup water
- 1 tbsp miso paste
- 1 tbsp tahini paste
- 1 tbsp grated ginger

Instructions:

1. In blender, combine all ingredients and blend.
2. Pour over fried tofu to warm sauce.

THAI NUT BUTTER SAUCE

Ingredients:

- ¼ - ½ cup almond or cashew nut butter
- juice of 1 lime
- 1 tbsp unrefined sesame oil
- ¼ cup wheat-free tamari soy sauce or **Braggs**
- 2 tbsp rice vinegar
- 1 tbsp minced ginger
- ¼ cup finely chopped cilantro (optional)
- 1 clove minced garlic (optional)
- ¼ cup coconut milk (optional)

Instructions:

1. In blender, combine all ingredients and blend until smooth.
2. Add water for desired consistency.

Grocery Store Shopping List

FRUIT (fresh)

- Apples
- Apricots
- Bananas
- Berries & Cherries
- Citrus fruits
- Grapes
- Kiwis
- Peaches & Nectarines
- Pears
- Plums
- Pineapple
- Pomegranate
- Mango & Papaya
- Melons

VEGETABLES (fresh)

- Avocados
- Beets
- Brassica family (broccoli, brussels sprouts, cabbage, cauliflower)
- Carrots
- Celery
- Corn
- Cucumber
- Leafy greens (bok choy, collards, kale, mustard greens, swiss chard)
- Leeks, Onions & Green onions
- Lettuce & Spinach
- Mushrooms
- Nightshade family (goji berries, eggplant, peppers, potatoes, tomatoes)
- Parsley & other herbs
- Parsnips & Turnips
- Peas & Beans
- Radishes (red, daikon)
- Sprouts & Watercress
- Squash
- Sweet potatoes & Yams

DAIRY PRODUCTS & MILK ALTERNATIVES

- Almond milk (**Breeze, Dream, Pacific**)
- Coconut milk
- Goat milk
- Hemp milk (**Pure, Bliss**)
- Lactaid milk
- Lower fat milk 2% or less
- Oat milk (**Oat Dream**)
- Potato milk
- Rice milk (**Rice Dream**)
- Soy milk (organic, non-GMO)

- Cottage cheese
- Daiya cheese** (vegan)
- Feta cheese (sheep, goat)
- Goat cheeses (cheddar, mozzarella, gouda, chevré)
- Lactose-free cheese (**Organic Skim Cheese, Lanceter**)
- Rice cheese
- Ricotta cheese
- Soy cheese (**MySoy, Sheese**)
- Soy or Rice parmesan
- Lower fat hard cheeses less 20% M.F. (**lite Havarti; Organic Skim Cheese; Cantenaar Gouda; Jarlsberg lite; L'envol Cheddar; Mozzarella**)
- Unsalted organic butter
- Non-hydrogenated soft margarine (**Earth Balance**)
- Goat yogurt (**Liberte**)
- Low fat yogurt 2% or less
- Soy yogurt
- Soy or Rice sour cream (**Tofutti**)
- Light sour cream
- Coconut (**Coconut Bliss**), Soy, Rice ice-creams
- Frozen yogurt, sorbet

MEAT, POULTRY, EGGS & FISH

- Organic or antibiotic & hormone-free meats
- Leaner meats (bison, lamb, wild game)
- Leaner meat cuts (flank, hip, leg, loin, rump, tenderloin)
- Free-range, organic or specialty poultry (skinless, breast)
- Organic, free-range eggs
- Deep cold water fish (cod, mackerel, wild salmon, sardines, trout, tuna)
- Canned wild fish (salmon, sardines, mackerel, light tuna) packed in water

LEGUMES

- Aduki or azuki beans
- Black beans
- Chickpeas
- Kidney beans
- Lentils
- Lima beans
- Mung beans
- Navy beans
- Pinto beans
- Split peas
- Soy beans
- Tempeh (frozen)
- Tofu (non-GMO)

WHOLE GRAINS, RICE & CEREALS

- Amaranth
- Barley
- Buckwheat
- Bulgur (cracked wheat)
- Cornmeal
- Emmer

- Kamut flakes & berries
- Millet
- Oats (large flake, or steel cut)
- Quinoa
- Rye
- Spelt flakes & berries
- Teff
- Wheat berries
- Alternative grain cereals (**Glutino, Nature Path, Udi's**)
- Cereals with > 4 grams of fibre < 8 grams of sugar (**Kasha**)
- Long/short brown rice
- White/brown basmati
- Jasmine rice
- Whehani rice
- Wild rice
- Wholegrain flours
- Whole grain pasta (100% buckwheat, kamut, rice (**Tinkyada**), spelt, whole wheat)

BREADS, CRACKERS & SNACK FOODS

- Sprouted whole grain breads (**Food for Life, Nature Path Manna, Silver Hills**)
 - Wheat-free bread -100% buckwheat, spelt, kamut, quinoa/barley, rice, rye
 - Wheat-free & Gluten free bread (**Ener G, Food for Life tortillas, Glutino, Kinnikinnick, Quejos, Silver Hills Chia, Udi's**)
 - Yeast-free bread (**Enjoy Life, Ener G, European, Irenes, Nature Path Manna, Quejos**, any bread that is naturally leavened)
 - Rice bread (**bakery at Choices Market, Ener G, Glutino, Udi's**)
 - 100% Rye bread (**European, Irenes, Manna breads by Nature Path, Natural Bavarian, Rudolphf, Pema, Schlunder**)
 - Whole-grain crackers low in fat, salt & sugar (**Doctor, Finn Crisps, Glutino, Mary's Organic, Oatcakes, Suzie's, Wasa**)
 - Snack foods
- (**Original Taro chips, Lundberg Sea Salt Rice chips, Popcorn** (air-popped)-low in fat & salt). **Do NOT use microwave popcorn as it has bad "trans fats"**

NUTS & SEEDS

- Almonds
- Cashews
- Chia seeds
- Flaxseeds
- Hazelnuts
- Hemp seeds
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Raw nut & seed butters (almond; cashew; pumpkin; sesame, sunflower butter)
- Sesame seeds
- Sunflower seeds
- Walnuts

OILS & FATS ("cold-pressed" oils)

- Coconut oil
- Flax oil (cold pressed)
- Hemp oil
- Olive oil (extra virgin, cold pressed)
- Peanut oil
- Safflower oil (high-oleic)
- Sesame oil
- Sunflower oil (high-oleic)
- Udo's oil (omega 3-6-9)
- Salad dressings & Mayo low in fat, salt & sugar (**Annie's, Braggs, Vegenaize**)

SEASONINGS

- Braggs Apple Cider vinegar
- Braggs Soy seasoning (non-fermented, gluten-free)
- Lemon & Lime juice
- Celtic sea salt
- Herbamare** seasoning (yeast-free)
- Bouillon Cubes (gluten free) (**Harvest Sun & Vogel**)
- Broths (organic), chicken or vegetable stock for soups & flavouring recipes
- Herbs
- Miso paste
- Nutritional yeast
- Spices (non-irradiated)

SWEETENERS

- Agave nectar
- Barley malt
- Black cherry concentrate
- Brown rice syrup
- Carob chips & powder
- Fruit, fruit juice or puree
- Honey
- Maple syrup (100% pure)
- Molasses
- Raw cane sugar (**Sucanat**)
- Stevia

BEVERAGES

- Filtered water
- Coffee substitutes (**Café Lib, Yerba Maté, Bamboo**)
- Green teas
- Herbal teas (Rooibos)
- Pure unsweetened fruit & vegetable juices (**Biotta, Bolthouse Farms, Eden, Happy Planet, Kiju, Lakewood, RW Knudsen, Santa Cruz, Treehugger**)