**Breakfast**

**Green (Goddess!) Smoothie**

This is a fruit-based blender drink with added greens. It can be eaten as a meal and is a

deliciously perfect and highly digestible way to incorporate more greens and minerals into the

diet. They can even be made in the morning and brought to work in a thermos or glass jar.

Basic green smoothie template:

1/4 avocado

1 cup of chopped fresh or frozen fruit (pear is a great seasonal hypoallergenic choice)

A generous handful of dark leafy greens (kale, baby spinach, chard, romaine, mixed baby

greens, celery)

2 cups water

Then you can add some extras:

Flavourings: cinnamon, ginger, vanilla bean powder, cocoa carob powder

Super foods: spirulina or other green powders, maca powder, goji berries

Fiber: ground flaxseed, chia seed

Protein: hemp seeds

Creamy goodness: natural nut / seed butters

Sweeteners: stevia leaf powder, raw honey

**Beauty Bowl**

This meal is simply beautiful. It’s earthy and satisfying, and made with local and seasonal ingredients, making it ideal for raw food eating in the winter months.

1 apple or pear, chopped

2 stalks celery, diced

juice of 1 orange

1/2 cup fresh berries

1 tbsp soaked goji berries or 2 chopped dried apricots or figs

a few chopped nuts of choice

1 tbsp hemp seeds

sprinkle of unsweetened coconut

sprinkle of ground flaxseed or chia seed

Place all ingredients in a bowl and enjoy! Serves 1.

**Fresh Juice**

Fresh juices are the most powerful foods that you can add to your diet. Juices don’t rely much

on the digestive system so even if your health is not the best, you will benefit from all of the

nutrients. You will need to use a juicer for this recipe and be sure to use organic produce.

3 celery stalks

3 kale leaves or a large handful of spinach

3 carrots

small handful parsley

1 apple

1 lemon

1 inch slice of ginger

**Liquid Plumber**

1 apple, chopped

2 stalks celery

1 tbsp cinnamon

3 dried figs, soaked in advance

3 tbsp ground flaxseed

water, enough for desired consistency

Blend all of the ingredients in a blender. It won’t be completely smooth. That’s ok - you want it a little more fibrous than a smoothie. Enjoy!

**Flax Apple Pudding**

3 medium apples, cored and chopped (skin on)

2 cup water

2 tbsp ground flaxseed

1 tsp pure vanilla extract

1 tsp cinnamon

optional:

1 tbsp chopped almonds and / or shredded coconut

unsweetened almond milk (for serving), to taste

Bring the apples and water to a boil in a medium saucepan, and then cover, and reduce heat to

a simmer for 10 minutes, until the apples are soft and mushy. Remove from heat, mix in the ground flax, cinnamon, and vanilla until smooth. Portion into 1 or 2 breakfast bowls. Top with chopped almonds and / or shredded coconut, and almond milk, if desired. Enjoy!

**Blueberry Hemp Smoothie**

2 tbsp hemp seeds

1 cup fresh or frozen blueberries

1 cup unsweetened almond or coconut milk

1 tbsp raw honey

handful of baby spinach

1 tsp pure vanilla extract

1 tsp cinnamon

Combine all ingredients in a blender. Blend until creamy and smooth.

**Flax to the Max Shake**

2 tbsp ground flaxseed

1 cup almonds, soaked in advance if you think of it

2 cups water

1 tbsp raw honey

1 tsp cinnamon

1 medium avocado

Combine all ingredients in a blender. Blend until creamy and smooth.

**Lunch and Dinner Recipes**

**SALADS**

**Tip: Most of these salads get better with age. Prep large batches at the beginning of your**

**cleanse that you can dip into for lunch, sides or even snacking throughout the week.**

**Apple-Fennel Salad with Lemon Zest and Thyme**

2 cups fennel, thinly sliced

2 cups apples, thinly sliced

1 tbsp lemon zest

2 tbsp lemon juice

2 tbsp olive oil

1 tbsp fresh thyme, minced, or 1 tsp dried thyme

1 tsp sea salt

Black pepper, to taste

1/2 cup chopped walnuts or pumpkin seeds

In a bowl, toss together all salad ingredients except walnuts. Let marinate at room temperature

up to 4 hours. Top with walnuts or seeds just before serving. Keeps well in fridge for a couple of days.

Serves 4

**Cabbage (or Broccoli) Delight**

Dressing:

2 Tbsp apple cider vinegar (buy Omega Nutrition brand)

1 1/2 Tbsp olive oil

1 1/2 Tbsp hemp oil or flax oil

1 Tbsp honey

1 to 2 tsp sea salt

1/2 tsp ground fennel

Vegetables:

2 cups green cabbage or broccoli, chopped medium fine

3/4 cups red cabbage, chopped medium fine

1/4 cup sweet onion, finely chopped

1 rib celery, finely sliced

1 carrot, quartered lengthwise and sliced

1/2 cup fresh parsley, chopped

1 apple, cored and diced small

1/2 cup currants or raisins

1/2 cup pecans or walnuts, chopped - or 3 Tbsp pumpkin seeds

1. Combine dressing ingredients in the bottom of a large salad bowl.

2. Add vegetables and toss to combine.

3. Keeps well in the fridge for a couple of days.

Serves 4

**Carrot-Beet Salad**

2 1/2 cups grated carrots

1 1/2 cups grated beets

1/2 tsp sea salt

1 1/2 tsp dried dill

2 Tbsp apple cider vinegar (purchase Omega Nutrition brand at the health food store)

1 Tbsp flax oil

1 Tbsp olive oil

Combine all ingredients in a bowl up to one hour before serving.

Serves 4

**Chinese Cabbage Salad**

Dressing:

1 1/2 tbsp cold-pressed sesame oil

1 tbsp lemon juice

1 tbsp tamari

1 tsp freshly grated ginger

1 tbsp maple syrup or raw honey or agave syrup

Salad:

3 cups Chinese cabbage or Nappa, thinly sliced

1 cup shredded purple cabbage

1 cup grated carrot

1/2 cup fresh parsley or cilantro, chopped

1 cup bean sprouts

3 tbsp chopped almonds or sunflower seeds

2 green onions, chopped

1 tbsp sesame seeds

Whisk together all dressing ingredients in a large salad bowl. Add salad ingredients and toss

just before serving.

Serves 4

**Kale Avocado Salad**

1 head kale, thick centre stem removed, finely sliced and chopped

1 1/2 tbsp lemon juice

1 tsp sea salt

1 avocado, halved, flesh scooped out of peel

1 green onion, thinly sliced

1 tomato, chopped

In a large salad bowl, toss together kale, salt, and lemon juice, using your hands to squeeze as you mix (to wilt the kale). Add avocado. Massage into kale until avocado is creamy (if you don’t want to get messy, then mix vigorously with a spoon). Add tomato and green onion, and toss. Serve immediately. As a variation, add chopped fresh herbs, pecans, macadamia, other nuts, or olives.

Serves 2

**Fast, Flavourful and Filling Salad**

2 avocados

2 tbsp lemon juice

1 tbsp olive oil

1/2 tbsp raw honey

1 tsp sea salt

Large handful fresh parsley, finely chopped

Large handful fresh cilantro, finely chopped

3 green onions

1 1/2 cups cherry tomatoes, halved

Optional: finely chopped red pepper, diced cucumber, cultured vegetables, sprouts, handful

finely chopped kale, baby salad mix, or arugula

In the bottom of a medium-sized bowl, mash 1 avocado with lemon juice, olive oil, raw honey, and salt. Dice the other avocado and add it to the bowl along with the chopped parsley, cilantro, tomatoes, and other chopped vegetables. Toss gently. Serve on a bed of lettuce.

Serves 2

**Kitchen Sink Salad**

Any or all the bits and pieces of lettuce, kale, baby spinach, cucumber, tomato, sprouts, avocado, cultured vegetables, grated carrots and beets, radishes, etc. you may have waiting to be used. These are 2 options of dressings that you can use over the salad.

Lemon Vinaigrette:

1/2 cup lemon juice

1/4 cup plus 1 tbsp olive oil

1 garlic clove, minced

1 tsp raw honey or agave syrup

1/4 tsp sea salt

Pinch thyme and / or oregano and / or basil

Combine all ingredients into a glass jar and add the oil and vinegar. Screw on a lid and shake well to combine. Give another good shake before pouring over salad. Stores in fridge for up to a week

House Dressing:

1 tbsp miso paste (buy Cold Mountain brand – “light yellow” – stored in refrigerated section of health food store)

1 tbsp nut butter (almond, cashew, or natural organic peanut)

1 tbsp maple syrup

1 tbsp tamari

3 medium cloves garlic, grated or pressed

Freshly ground pepper, to taste

1/4 cup flax oil and / or olive oil

1/3 cup apple cider vinegar (buy Omega Nutrition brand)

Mix the miso, nut butter, syrup, tamari, garlic, and pepper in a small bowl. Transfer the mixture

into a glass jar and add the oil and vinegar. Screw on a lid and shake well to combine. Give

another good shake before pouring over salad. Stores in fridge for up to a week.

Makes 1 1/3 cups

**SOUPS**

**Tip: Same idea as the salads. Make a few in large batches and enjoy throughout your cleanse. The flavours meld and get better with each passing day.**

**Tomato Soup**

2 tbsp olive oil

1 large sweet cooking onion, peeled and coarsely chopped

4 ribs celery, trimmed, coarsely chopped

2 carrots, peeled, coarsely chopped

3-4 cloves garlic, peeled

1 medium sweet potato, peeled, coarsely chopped

2 cups chopped fresh Roma tomatoes or 1 28-oz can plum tomatoes

4 cups vegetable stock or water

1 tbsp dried basil

1 tbsp dried oregano

Freshly ground black pepper

Pinch curry powder

1. In heavy stockpot or Dutch oven, heat olive oil over medium-high. Add all chopped vegetables and saute until soft and onion is translucent.

2. Reduce heat to medium and add tomatoes, stock or water, basil, oregano, sea salt, black pepper, and curry powder. Bring to boil and reduce heat to low. Simmer for 30 minutes, stirring occasionally.

3. Using a hand-held blender, puree soup to uniform consistency.

4. Remove from heat and serve.

Serves 8

**Miso Soup**

2 tbsp olive oil

1 large onion, halved and sliced in thin half moons

2 medium carrots, sliced

4-8 medium shiitake mushrooms, sliced

4 cloves garlic, minced

1 tbsp grated fresh ginger root

2 cups chopped kale, bok choy and / or halved snow peas

6 cups water

2-3 tbsp tamari

2-3 scallions, thinly sliced

3 tbsp miso paste or more to taste

1. Heat the oil in a soup pot on medium-high. Add the onion and saute for about 8 minutes, until translucent. Add the carrots and saute for another 6 minutes, until carrots begin to soften.

2. Add the mushrooms, garlic, and ginger, stir, and cook for 5 minutes more, stirring continually (add a small amount of water to prevent sticking if needed).

3. Toss in the kale and / or bok choy and / or snow peas, and pour in the water and tamari. Reduce heat to simmer for about 10 minutes. Throw in the scallions.

4. Turn off heat. Use a mug to scoop out some liquid to mix with the miso, then pour back into soup and stir to combine.

Serves 6

**Broccoli and Arugula Soup**

1 tbsp olive oil

1 clove garlic, thinly sliced

1/2 yellow onion, roughly diced

1 head broccoli, cut into small florets (about 2/3 pound)

2 cups water

1/4 tsp each sea salt and freshly ground black pepper

1 cup arugula (watercress would be good too)

1/2 lemon

Heat the olive oil in a medium non-stick saucepan over medium heat. Add the garlic and onion and saute for just a minute or until fragrant. Add the broccoli and cook for 4 minutes or until bright green. Add the water, salt, and pepper, bring to a boil, lower the heat and cover. Cook for 8 minutes, or until the broccoli is just tender. Pour the soup in to a blender and puree with the arugula until smooth. Serve soup with fresh lemon.

Serves 2

**Carrot Apple Ginger Soup**

1 pound carrots, cut into 1-inch pieces

1 pound parsnips, cut into 1-inch pieces

1 pound apples, peeled if desired, cut into 1-inch pieces

3 tablespoons olive oil

1/4 tsp sea salt, more to taste

1/4 tsp black pepper, more to taste

4 cups vegetable broth

1 cup water

1 tbsp grated fresh ginger, more to taste

Preheat oven to 400°F. Combine carrots, parsnips, apples, olive oil, salt and pepper. Toss well to coat. Spread in a single layer on a rimmed baking sheet. Roast for 12 to 15 minutes, until soft and browned. Transfer to a large saucepan and cover with broth and water. Bring to a boil, then reduce to a simmer. Stir in ginger and cook for 8 to 10 minutes longer. Remove from heat and cool slightly. Blend until smooth, using a regular blender or an immersion blender. Season to taste with salt and pepper.

Serves 6

**Warming Borscht Soup**

1 tbsp olive oil

2 medium or 1 large onion, chopped

2 medium or 1 large carrot, sliced

2 stalks celery, diced

6 cups vegetable stock or water

1 large sweet potato, cubed (about 2 cups)

1 large or 2 medium beets, diced (about 2 cups)

1 tsp sea salt

2 cups shredded red cabbage

1 tbsp apple cider vinegar

1 tbsp agave or maple syrup

3 tbsp fresh dill or 1 tbsp dried dill

Freshly ground black pepper to taste

Heat the oil in a soup pot on medium heat. Add the onion and saute for about 8 minutes, until softened (add a small amount of water if needed to prevent sticking). Add the carrot and celery, and saute for another 5 minutes. Add the stock or water, sweet potato, beets, and salt, and stir.

Increase heat to bring to a boil. Once boiling, reduce heat, cover, and simmer for 20 minutes.

Add the cabbage, vinegar, agave or maple syrup, dill, and pepper. Stir, and allow to simmer for another 5 final minutes, and then serve.

Serves 8

**Butternut Squash Soup**

2 tbsp olive oil

2/3 cup diced carrot

1/2 cup diced

1 medium onion

4 cups cubed butternut squash (about 1 medium squash)

1/2 tsp chopped fresh thyme

4 to 6 cups vegetable broth or water

Sea salt and ground black pepper, to taste

Heat olive oil in a large soup pot. Add carrot, celery and onion. Cook until vegetables have begun to soften and onion turns translucent, 3 to 4 minutes. Add butternut squash and thyme. Stir to combine with vegetables. Stir in broth or water and season with salt and pepper.

Bring to a boil, reduce heat and simmer until squash is fork-tender, about 30 minutes. Use an immersion blender to puree soup. Alternatively, let the soup cool slightly and carefully puree in batches in a traditional blender.

Serves 6

**Zucchini Soup**

1 tbsp olive oil or butter

1 1/2 cups leeks or onions

8 cups coarsely chopped zucchini

2 potatoes, washed and chopped

Small handful parsley, coarsely chopped

Water or vegetable broth

1 tbsp tamari

Sea salt and pepper, to taste

1. Gently saute leeks or onions in oil or butter until soft.

2. Add zucchini, potatoes, parsley, and enough water or broth to reach the level just below the vegetables. Be careful – zucchini is very watery and if you add too much water, your soup will be too thin.

3. Simmer soup for approximately 20 minutes, until tender.

4. Blend soup in batches until very smooth, adding tamari and salt and pepper to taste.

Serves 6

**Split Pea Soup**

Bring to a boil in a medium saucepan:

1 cup dry split peas

6 to 8 cups water (or more as needed)

1 large carrot, sliced in rounds

1" fresh ginger root, peeled and finely minced

1/2 tsp whole cumin seeds

1/2 tsp turmeric

Reduce heat to medium and cook uncovered until tender, about an hour. Add more water as needed. When good and soupy, add:

1 tsp sea salt

Freshly ground black pepper to taste

Serves 3 to 4

**Lentil Soup**

3 cups uncooked green lentils, rinsed

3 quarts water

2 tablespoons olive oil

1 large yellow onion, chopped

3 large carrots, chopped

2 to 3 tsp balsamic vinegar (optional)

1/4 tsp salt

Ground black pepper to taste

Put lentils and water into a large pot and bring to a boil. Skim off any foam on the surface, then reduce heat to medium low, and simmer until lentils are tender, about 1 hour.

Meanwhile, heat oil in a large skillet over medium heat. Add onion and cook until softened, 8 to 10 minutes. Add carrots and continue cooking until slightly tender, about 5 minutes. Remove skillet from heat and set aside.

During the last 20 minutes of cooking, transfer onion and carrots to pot with lentils. Once lentils are tender, stir in vinegar, salt and pepper and serve.

Serves 8

**Vegetarian Protein Entrees**

**Moroccan Eggplant with Chickpeas**

1 large onion, cut in half and sliced thin

5 medium cloves garlic, pressed

1 medium red bell pepper, cut in 1-inch squares

1 medium eggplant, cut into 1-inch pieces

pinch of red pepper flakes

2 tsp turmeric

1/2 tsp garam masala

2 cups or 1 15-oz can chickpeas

1 15-oz can lentils, drained

1/2cup tomato sauce

1-1/4 cups + 1 tbsp vegetable broth

1/2 cup raisins

1 tbsp chopped fresh cilantro

salt and black pepper to taste

1. Slice onion and press garlic and let sit for at least 5 minutes.

2. Heat 1 tbsp broth in a 10-12 inch skillet. Saute onion in broth over medium heat for 5 minutes, stirring frequently. Add garlic, red bell pepper, eggplant, garam masala, and turmeric. Stir to mix well for a minute, and add broth and tomato sauce. Stir again to mix, cover, and cook over medium low heat for 15 minutes, stirring occasionally, or until peppers and eggplant are tender.

3. Add chickpeas, lentils, red pepper flakes, and raisins. Simmer for another 5 minutes. Season with salt and pepper. Top with chopped cilantro.

Serves 4

**Chickpea Soup**

2 tbsp olive oil

1 large onion, chopped

2 cloves garlic, minced

2 cups chopped potatoes

2 large carrots, scrubbed and chopped

2 ribs celery, scrubbed and chopped

6 cups vegetable stock or water

2 bay leaves

1 tsp dried basil

3/4 tsp dried thyme

1/4 tsp paprika

1-2 cups cooked chickpeas

Salt and pepper to taste

1. In a large stock pot, heat the oil over medium heat and saute the onion, potatoes, and garlic until the onion softens, about 5 minutes.

2. Add carrots, celery, broth or water, bay leaves, basil, thyme, and paprika. Cover and bring to a boil; lower heat and simmer 15 minutes.

3. Remove bay leaves. Stir chickpeas into soup and taste for seasonings; adjust as needed.

Serves 6

**Spicy Chickpea Stew**

1 tbsp organic extra-virgin coconut oil

1 tsp cumin seeds

1 yellow onion, diced

2 stalks celery, chopped

2 carrots, diced

1 tsp sea salt

4 cloves garlic, minced

1/2 jalapeno pepper, minced (Note: For a milder stew, remove seeds)

1 1/2-inch piece fresh ginger, peeled and minced

1 tsp ground turmeric

1 cinnamon stick

4 vine-ripened tomatoes, chopped

1 cup dried chickpeas

1 tsp garam masala

1/2 bunch fresh cilantro, stemmed and chopped, for garnish

In a large bowl, add chickpeas and enough cold water to cover by 1 inch. Soak overnight, for 8 to 18 hours. Drain.

In a large pot or Dutch oven, heat oil on medium until melted. Add cumin and toast, stirring frequently, until fragrant, 30 seconds to 1 minute. Add onion, celery, carrots and salt and saute, stirring frequently, until softened, 5 to 7 minutes. Add garlic, jalapeno and

ginger and saute for 1 minute. Add turmeric and cinnamon stick and stir to combine.

Stir in 2 cups water, tomatoes and chickpeas. Increase heat to bring mixture to a boil, then reduce heat to low, cover and simmer until beans are tender, 30 to 45 minutes.

Add garam masala and stir to combine; remove cinnamon stick. Ladle stew into serving bowls and garnish with cilantro, dividing evenly.

Serves 4

**Chili Non-Carne**

1 tbsp olive oil

2 medium onions, chopped

3-4 medium cloves garlic, minced

1 medium-large bell pepper, diced (any colour)

1 tbsp chili powder

1 tbsp ground cumin

1 tbsp ground coriander

1/4 to 1/2 tsp cayenne pepper or chipotle pepper powder

1/2 tsp cinnamon

1/2 tsp dried oregano

3 cups cooked kidney beans (or black, navy or pinto beans)

1 cup frozen organic corn kernels, thawed

1 28-oz / 796 ml can organic tomatoes (diced or crushed, in juices)

2 tsp sea salt (or more to taste)

Heat the oil in a large pot on medium-high. Add the onions and saute for about 8 minutes, until translucent. Toss in the garlic, bell pepper, chili powder, cumin, coriander, cayenne or chipotle pepper, cinnamon, and oregano, and saute for another few minutes, adding a splash of water if necessary to avoid sticking. Add the remaining ingredients and stir occasionally until heated through, about 10 minutes.

Serves 4

**Stuffed Zucchini**

2 medium zucchini, halved lengthwise

1/2 cup onion, finely diced

1 tsp fresh garlic, minced

1/2 cup Shitake or portobello mushrooms, diced

1/2 cup tomato, finely diced

1/2 cup pecans, chopped

1/2 cup tomato sauce

Preheat oven to 375 F. Cut zucchini in half lengthwise. Using a spoon and knife (if needed) remove all the white flesh (do not discard the skin or flesh). If the green skin breaks, don’t worry. Preheat a large non-stick frying pan on medium heat. Lightly coat with olive or coconut

oil and add the white zucchini flesh, onion, garlic, and mushrooms.

Saute until onions are lightly browned and liquids have evaporated. Then remove from heat. Add tomato and pecans to the pan. Stuff the zucchini peel with the heated mixture. Reform the peel around the stuffing. Add to a baking sheet and cook in the oven for 30 minutes. Remove from oven and serve with warm tomato sauce.

Serves 1

**Roasted Spaghetti Squash with Herbs or Tomato Sauce**

1 1/2 cups vegetable broth

2 large sprigs rosemary

2 large sprigs sage

1 (3- to 5-pound) spaghetti squash, halved lengthwise and seeded

2 tbsp butter or olive oil

2 tbsp chopped parsley

Salt and pepper to taste

Preheat oven to 375°F. Pour broth into a 9- x 13-inch baking dish. Bruise rosemary and sage sprigs with the back of a knife and toss into broth. Arrange squash in dish, hollow sides down, and roast until rind gives easily when pressed and flesh is just tender, 35 to 45 minutes. (Be careful not to overcook squash since it will become too soft and soggy.)

Transfer squash to a large plate, hollow sides up, and set aside until cool enough to handle.

Using a fork, scrape squash out of rinds and transfer to a large bowl. Add butter, parsley, salt and pepper and toss gently. Alternatively, pour tomato sauce on top. Serve immediately, perhaps with a fresh salad or steamed greens with olive oil and garlic.

**Quick Navy Bean Soup**

1 tbsp olive oil

2 medium onions, chopped

2 large garlic cloves, minced

1 bunch Swiss Chard leaves and tender stems, coarsely chopped (beet greens or spinach are nice too)

1 tbsp dried Italian herb blend

1 can (28oz/796ml) tomatoes, chopped with liquid

1 bay leaf

1 fresh rosemary stem (with leaves)

1 can (19oz/540ml) navy beans, rinsed and drained (any favourite bean would do)

1 tsp crushed red chili pepper flakes (or more if you like it spicy)

1 cup vegetable broth (and more as needed to get the consistency you like).

1. In a Dutch oven, saute the onions and garlic in the olive oil over medium heat until the onions are translucent and fragrant (five minutes). Add the Swiss chard and saute until wilted (just another couple of minutes).

2. Add the herbs, tomatoes, broth and beans and simmer for 20 minutes. Remove the bay leaf and rosemary stalk. Taste for seasoning and thicken, if you need to (immersion blender is easiest, but taking a cup or two of beans out of the soup and putting them in a food processor or blender will do the trick too). Stop when you like the consistency. It might just be perfect as it is!

Serves 6