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56 DAYS ENHANCED ALKALIZING MEAL PLANS



by Emma Deangela

Meal Plan Week 1

MONDAY - Breakfast

1. GINGERY-LEMONADE DRINK

(8 ounces)

1 cup of water

Juice of ½ lemon

½ inch knob of ginger root, minced

½ tsp of raw honey (optional)

Mince the ginger, and keep the ginger juice,
Add the lemon juice to the water, stir in ginger juice and raw honey.
Serve chilled if desired.

MONDAY - Snack

2. Yogurt* with berries and oats

(1 cup)

½ cup Greek yogurt* (substitute with soy yogurt, rice milk
or almond milk yogurt if lactose intolerant)

2 tbsp of roast oats

Variety of fresh berries - raspberry, strawberry, blueberry, blackberry, cherry

- Mix all the ingredients together. Serve chilled.



MONDAY - Lunch

3. Mediterranean* coleslaw

(1 cup)

4-5 cherry tomatoes, halved

¼ of a small red bell pepper, sliced thinly

5 shreds of onion (do not add too much as it will be too overpowering)

A handful of shredded cabbage

- Mix all the ingredients in a salad bowl. Salad dressing should be omitted during this detoxification process.

MONDAY - Snack

4. Fruits, nuts, pumpkin seeds and yogurt* parfait

(1 small serving cup)

½ cup of your favorite fresh berries (blueberries, raspberries, strawberries)

⅔ cup plain Greek yogurt or soy yogurt (Substitute with fermented soy for parfait layering if lactose intolerant)

¼ cup mixed nuts and pumpkin seeds

- Using a tall glass, scoop 1½ tablespoon of yogurt and smoothen yogurt surface.
- Scoop 1 tablespoon of mixed nuts and smoothen surface.
- Scoop 1 tablespoon of fruits and smoothen surface.
- Repeat the process till glass is filled.

MONDAY- Dinner

5. Miso soup with tofu and Edamame

(1.5 cups)

2 fresh/frozen edamame in pods

¼ cup of tofu, washed and drained

1½ tbsp of organic miso

- Remove pods from the edamame, wash and drain.
- Add a little salt to boiling water and boil till beans soften.
- Cut tofu into cubes and add it to the soup. Stir in the miso and serve. Garnish with coriander leaves.

TUESDAY - Drink

6. Pomegranate–pineapple detox punch

(8 ounces)

1 cup fresh pineapple cubes

2 cups pomegranate seeds

- Put the pomegranate into a blender and blend till the seeds are broken up.
- Pour the mixture over a strainer.
- Use a bowl to hold the pomegranate juice below.
- Press a spoon over the strainer to ensure most of the juice is extracted.
- Blend the pineapple cubes into the drink.
Do not discard the fiber. Serve chilled if desired.

TUESDAY - Breakfast

7. Chopped tofu in mushroom stir fry

(1 cup)



½ cup button mushroom, sliced (or any mushrooms of your choice)

1 clove garlic, minced

½ cup extra firm tofu, drained and pressed, cubed

1 tsp Bragg's amino

2 tbsp sesame oil

1 tsp olive oil

Celtic salt and pepper to taste

- Sauté garlic with sesame oil until golden brown.
- Add the tofu and lightly pan-fry on both sides
- Add the mushrooms and Bragg's aminos.
- Remove from skillet after 1 minute. Drizzle with dash of olive oil and serve.

TUESDAY - Lunch

8. Sweet potato, yam salad with fresh ginger, roasted cumin and herbs

(1 cup)

1 medium size sweet potato, peeled and cut into cubes

1 small purple yam, peeled and cut into cubes

1 small slice ginger, minced

1 tsp cumin

1 tsp Celtic salt

1 tsp black pepper

2 tsp coriander

1 small onion, sliced

Olive oil

Fresh rosemary leaves

1 small lemon slice (for garnish)

- Preheat your oven to 400 degrees.
- While the oven is warming up, add all the condiments in a large salad bowl.
- Stir in the sweet potato and yam and let it sit for 20 minutes.
- Line the baking sheet with aluminum foil. Transfer the seasoned sweet potato and yam.
- Bake for approximately 35-45 minutes or until soft.
- Serve in salad bowl. Squeeze fresh lemon juice and stir. Serve.

TUESDAY - Snack

9. Lemon juice or water melon slices

(8 ounces or 2 medium slices)

4 ounces of freshly squeezed lemon juice diluted with 4 ounces of water

or

2 Watermelon slices

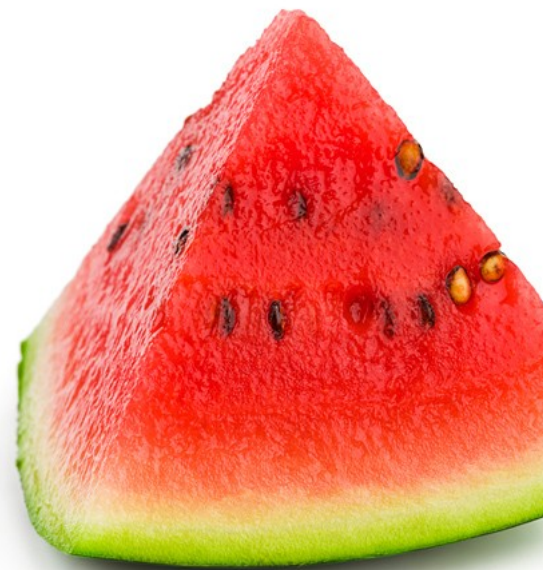
TUESDAY - Dinner

10. Squash and kale with tofu in 1 medium/ large size whole wheat wrap

1 medium or large whole wheat wrap

½ cup squash, peeled and cut into cubes

¼ cup kale, wash and chopped



½ cup extra firm tofu, drained and pressed, cubed

1 tsp Bragg's aminos

1 small clove garlic, minced

1 shallot, sliced

A dash of fresh lime juice

1 tbsp coconut oil

- Place the wrap in a non-stick pan and heat it up till it is slightly brown.
 - Flip to the other side and lightly brown it as well.
 - Remove from pan and set aside to cool.
 - Add coconut oil to pan.
 - Stir in garlic and shallot.
 - Stir-fry till brown.
 - Pan fry tofu till slightly brown.
 - Add squash and cook till it is soft.
 - Stir in kale.
 - Season with Bragg's amino, pepper and salt.
 - Remove the cooked vegetables from the pan, transfer it drained onto a bowl.
 - *Cooking tofu and kale will release a considerable amount of liquid and you do not want too much of it as it will make the wrap soggy.
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- Place the filling on the wrap.
 - Fold the 2 ends inwards and roll it up tightly.
 - Seal the wrap with the sauce from the cooked vegetables.
 - Cut the wrap into 2 parts or 3 parts.
 - Squeeze in lime into the sauce from the cooked vegetables and use it as a dipping sauce. Enjoy!

WEDNESDAY - Drink

11. Kale, mint and ginger juice

(1 glass)

*Requires a juice extractor

4-5 cups chopped kale

3 slices ginger

½ cup fresh mint leaves

Special Materials: Juice Extractor

- Juice all the ingredients.
- Stir and serve immediately. Enjoy!

WEDNESDAY - Breakfast

12. Quick muesli with pear, raw honey and flax seeds

(1 cup)

2/3 cup organic muesli mix (rolled oats, raisins. Rolled wheat, goji berry, cinnamon powder. You can choose your favorite muesli mix)

¼ cup pear, peeled, cored and sliced

2 tbsp flax seeds

1 tbsp raw honey or Manuka honey

- Mix all the ingredients together.
- Add honey to sweeten and serve.

WEDNESDAY - Lunch

13. Vegetable salad with roasted garlic and flax seed oil

(1 cup)

1 bag of your favorite pre-mix salad greens (combination of leafy greens – Swiss chard, kale, rockets etc)

1 tbsp apple cider vinegar

3-4 cherry tomatoes, halved



1 clove garlic, sliced and roasted

1 tbsp flax seed oil

- Mix all the ingredients in a large salad bowl.
- Serve chilled if desired.

WEDNESDAY - Snack

14. Apple slices with topping

(5-6 slices)

½ a medium-sized red or green apple

1 tbsp cinnamon powder

- Core and slice the apple, Top with cinnamon powder and serve.

WEDNESDAY - Dinner

15. Broccoli and ginger in barley broth

(1.5 cups)

1 cup broccoli florets and stems

1 ginger slice

¼ cup of pearl barley

2 red dates (optional)

Celtic salt to taste

- Wash barley thoroughly and bring it to a boil in 3 cups of water. Add red dates and ginger to the soup
- Cook for approximately 20 minutes until barley has softened.
- Season with a dash of salt and add olive oil

- Add broccoli and cook till it turns green (approximately 2 minutes) Serve warm.

THURSDAY - Drink

16. Pomegranate- blueberry juice

(8 ounces)

2 cups pomegranate seeds

1½ cups blueberries

Water to dilute (if necessary)

- Put the pomegranate into a blender and blend till the seeds are broken up.
- Pour the mixture over a strainer.
- Use a bowl to hold the pomegranate juice below.
- Empty the seeds, refill the juice back into the blender.
- Add blueberries and blend over medium speed.
- Serve chilled if desired.

THURSDAY - Breakfast

17. Antioxidant berry and fruit

(1 cup)

Ingredients

1 cup of mixed antioxidant berries (cherry, raspberry, blackberry, blueberry, strawberry), apple, grapes, mango

- Mix all the fruits in a salad bowl and serve.

THURSDAY - Lunch

18. Roasted veggies with maitake mushrooms garnished in sesame seeds

(1.5 cups)

You can select your favorite combination of vegetables that are good for roasting –

¾ cup of vegetables - sweet potatoes, zucchini, egg plant, red peppers, carrot, tomato

3 tbsp of dried herbs (for example, parsley, sage, rosemary, thyme, fennel, garlic)

¼ cup maitake mushrooms

1 tbsp sesame seeds

1 tbsp Bragg's aminos

2 tbsp extra virgin olive oil

Celtic salt and pepper to taste

1 lemon slice.

- Preheat oven to 475 F
- Toss all the ingredients in a large bowl.
- Line the baking sheet with parchment.
- Roast the ingredients for 20 minutes. Remove from oven and serve with lemon slice.

THURSDAY - Snack

19. Trail mix with psyllium husks, fennel and flax seeds

(1 handful)

1 handful of mixed psyllium husks, fennel and flax seeds. Condiments are not necessary.

THURSDAY - Dinner

20. Guacamole-vegetable quesadillas

(2 medium sizes)

For the guacamole:

2 avocados

2 limes

1 medium tomato, chopped

$\frac{3}{4}$ cup fresh cilantro, chopped

$\frac{1}{2}$ cup green onion, chopped

$\frac{1}{2}$ tsp jalapeño pepper (red or green), deseeded and minced

1 tsp sea salt

- Place all the ingredients into a blender and blend till smooth.
- Add a little lemon for extra sourness.
- Chill in the fridge.

For the quesadillas:

2 medium size tortillas

Olive oil

2 tbsp chopped coriander

A handful of spring onion

1 red chili, deseeded and chopped

*Cheese is to be omitted during this detox phase

- Mix coriander, spring onion chili and olive oil. Place them between 2 layers of tortillas.
- Heat the tortillas in a dry non-stick pan.
- Cut it into smaller pieces if desired.

- Serve the quesadillas with guacamole.

FRIDAY - Drink

21. Chlorella in carrot + cucumber juice combo

(8 ounces)

5 large carrots

1 large cucumber

1 tbsp chlorella powder

- Juice carrots and cucumbers.
- Stir in chlorella powder. Serve chilled if desired.

FRIDAY - Breakfast

22. Gojiberry, yacon and gynostemma smoothie

(1 medium sized glass)

5 tbsp yacon powder

4 tbsp dried goji berry

1 tbsp gynostemma powder (or fresh leaves)

- Blend till smooth and serve chilled.

FRIDAY - Lunch

23. Spinach salad with carrots, gojiberries, radish and shallots

(1 cup)

½ cup spinach leaves, wash and drained

2 baby carrots, shredded

2 tbsp goji berry

1 small radish, trimmed and cut into wedges

1 tbsp stir-fry shallots

Juice of a small orange

Juice of a lime

2 tbsp apple cider vinegar

2 tbsp olive oil

Celtic salt and pepper to taste

- In a large bowl, whisk lime juice, orange juice, apple cider vinegar, salt and pepper.
- Add the remaining ingredients and toss.
- Serve chilled.

FRIDAY - Snack

24. Roasted pine nuts and pumpkin seeds

(2 tbsp)

2 tbsp pine nuts and pumpkin seeds

- Toast in your toaster for 3-5 minutes.
- Serve without any condiments.

FRIDAY - Dinner



25. Grilled/ roasted shallots and asparagus with black pepper and herbs*

(1.5 cups)

*Holy Basil leaves, Thyme, rosemary, oregano

1.5 cups of asparagus, ends trimmed and cut into shorter strips

3 tbsp of herbs – basil leaves, thyme, rosemary, oregano

1 tbsp extra virgin olive oil

1 tbsp shallot, sliced

Celtic salt and black pepper

- Preheat the oven to 400 degrees.
- Line the baking sheet with parchment.
- Place the asparagus on the baking sheet and drizzle with shallots, salt, olive oil, black pepper and herbs.
- Roast for 25 minutes.

SATURDAY - Drink

26. Strawberry lemonade

(8 ounces)

Juice of 1 lemon

8-10 fresh strawberries, leaves removed

1 tbsp Manuka honey

1 cup water

- Juice the lemon.
- Add water and blend with strawberries using a blender.
- Transfer to a tall glass and stir in Manuka honey.

- Serve chilled if desired.

SATURDAY - Breakfast

27. Yogurt* and blueberry smoothie*

(1 medium sized glass)

*Substitute with rice/ soy/ almond milk if lactose-intolerant

½ cup of fresh blueberries (*Substitute with gojiberry/ strawberry/ raspberry)

½ cup Greek yogurt

4-5 ice cubes

- Blend all the ingredients till smooth.
- Serve chilled.

SATURDAY - Lunch

28. Artichoke soup with thyme, basil, mint, oregano, parsley and peppercorns

(1- 1.5 cups)

1 artichoke, leaves peeled, and thistle choked and tough stem discarded. Slice the heart into bite size pieces.

1 handful of fresh/ dried herbs (thyme, basil, mint, oregano, parsley and peppercorns)

1 tbsp olive oil

1 clove garlic, peeled

Celtic salt and pepper to taste



- Place the artichokes in a pot with little water and cover them.
- Add the herbs and condiments.
- Steam until the leaves come off when pulled (takes about 40 minutes).
- Serve warm.

SATURDAY - Snack

29. Cucumber salsa garnished with cumin, cilantro & lime juice (2 tbsp) with carrot sticks

(5 n.o's)

1 small cucumber, seeds removed and diced

½ small red tomato, cut into cubes

1 tbsp cilantro, chopped finely

1 tsp cumin

Juice of 1 lime

1 tsp extra virgin olive oil

Celtic salt and pepper to taste

2-3 carrot sticks

- Mix all the ingredients except carrots sticks into a medium bowl and toss gently.
- Eat the salsa with the carrot sticks!

SATURDAY - Dinner

30. Spinach and shiitake mushroom crepe

(2 medium size)

For the crepe:

½ cup buckwheat flour

½ cup whole wheat or all-purpose flour

1 tbsp extra virgin olive oil

¼ to ½ cup water (as a guide)

1 egg = 1 tbsp ground flax seed simmered in 3 tbsp of water

1 tsp coconut butter

Celtic salt to taste

- Sift the flour together with the Celtic salt.
- Add the egg, olive oil, and whisk all ingredients for one minute.
- Slowly add the water until the texture is smooth.
- Stop adding water once the mixture is smooth as you do not want the crepes to turn out watery and soggy.
- Cover with a cloth over the top of the bowl and let sit at room temperature for 2 hours.
- Before frying, stir in enough water to bring the batter to the consistency of thin cream.
- Heat a pan at medium heat with coconut butter and add enough mixture to the size of the crepes you want.

For the filling:

2 tbsp olive oil / coconut oil

1 cup freshly sliced shitake mushrooms

1 cup coarsely chopped spinach, washed and drained

Freshly squeeze juice of ½ a lemon

1 tsp Celtic Salt

1 tbsp red onion, finely chopped

1 garlic clove, minced

1 tbsp fresh dill (alternatively, try Deliciously Dill from Spice Hunter)

- Heat oil and stir fry garlic and onion till golden brown.
- Add mushroom and sauté.
- Add spinach and then add the condiments.
- Stir-fry till spinach wilt a little.
- Place the spinach mushroom filling between the crepes.
- You can serve the crepes in any way you like – stacked, rolled or folded.

SUNDAY - Drink

31. Fresh brewed green tea

(8 ounces)

1 tbsp dried/fresh green tea leaves or tea bag

Hot water

- Simmer the green tea bag in 8 ounces of hot water

SUNDAY - Breakfast

32. Bee pollen and berry* smoothie

(1 medium sized glass)

*Substitute with gojiberry/ strawberry/ raspberry

*Substitute with rice/ soy/ almond milk if lactose intolerant

2 cups nut, soy, rice, or regular milk

2 pints fresh blueberries, strawberries, or other berries or cut-up fruits

2 large bananas, frozen and cut into discs

2 Medjool dates, pitted and coarsely chopped

2 teaspoons fresh ginger, coarsely chopped

2 teaspoons bee pollen granules

1 cup rice/soy/almond milk (avoid cow's milk especially if lactose intolerant)

1 cup berries (selection of various berries like gojiberry, strawberry and raspberry)

1 tbsp bee pollen granules

- In a blender, puree the milk, berries and bee pollen till smooth.
- Pour in a glass.
- Serve chilled if desired.

SUNDAY - Lunch

33. Brown rice with steamed veggies in ginger-garlic paste

(1 cup)

½ cup brown rice

½ cup vegetables – choose from a variety of vegetables like cauliflower, broccoli, carrot, asparagus, black fungus, snow peas, corn etc

1 clove garlic

2 medium slices of ginger

1 tsp olive oil

1 tsp Bragg's aminos

Celtic salt to taste

Cook the brown rice according to your rice cooker's instructions.

- Minced garlic and ginger together using pestle and mortar.



- Add olive oil, Bragg's aminos and salt to the minced paste and drizzle over the vegetables.
- Steam for approximately 8 minutes and serve with brown rice.

SUNDAY - Snack

34. Guacamole salsa dip (3 tbsp) with raw or steamed carrot/broccoli (5 n.o's)

3 tbsp of guacamole salsa dip

*Recipe from Week 1, Thursday Dinner, reduce the portion of the ingredients used by 4 times

For the guacamole:

2 avocados

2 limes

1 medium tomato, chopped

$\frac{3}{4}$ cup fresh cilantro, chopped

$\frac{1}{2}$ cup green onion, chopped

$\frac{1}{2}$ tsp jalapeño pepper (red or green), deseeded and minced

1 tsp sea salt

- Place all the ingredients into a blender and blend till smooth.
- Add a little lemon for extra sourness.
- Chill in the fridge. Serve with carrot or broccoli

5 pieces of steamed carrot and/or broccoli

SUNDAY - Dinner

35. Baked yacon with roasted squash, bell peppers, garnished in thyme and rosemary

(1- 1.5 cups)

½ cup yacon, peeled and cut into wedges

½ - 1 cup of squash and bell peppers, squash cut into cubes and bell peppers sliced

1 tbsp thyme (fresh or dried)

1 tbsp rosemary (fresh or dried)

2 tsp extra virgin olive oil

1 tsp Bragg's aminos

Celtic salt and pepper to taste

- Preheat oven to 450F.
- While the oven is warming up, add all the condiments in a large salad bowl.
- Stir in the yacon, squash and bell peppers and let it sit for 20 minutes.
- Line the baking sheet with aluminum foil.
- Place the vegetables on the baking sheet and drizzle with, salt, olive oil, black pepper and herbs.
- Roast for 25 minutes and serve.

MEAL PLAN WEEK 2

MONDAY - Drink

36. Lemonade with mint leaves

(8 ounces)

½ cup freshly squeezed lemon juice

½ cup water

1 stalk of mint leaves

½ tbsp raw honey (or Manuka honey)

- Stir in the honey with the water to make natural honey syrup.
- Pour in the lemon juice.
- Stir in mint leaves.
- Serve chilled if desired.

MONDAY - Breakfast

37. Carotenoid punch* smoothie

(8-10 ounces)

*Carrot juice, apples, celery and fennel blended into smoothie

2 medium carrots, cut into small slices

2 medium apple, cored and cut into cubes

2 large stalks celery, cut into small strips

½ a small bulb of fennel

- Juice all the ingredients in a juicer.



- Collect the juice in a pitcher.
- Blend the juice with either almond/rice/soy
- milk and serve chilled if desired.

MONDAY - Lunch

38. Grated carrot and daikon radish salad with rice vinegar

(1.5 cups)

½ cup grated daikon radish

1 cup grated carrot

3 tsp raw honey

Celtic salt to taste

2 tsp rice vinegar

1 tsp mint, chopped finely

1 tbsp water

- In a salad bowl, mix water, rice vinegar, honey and salt together.
- Ensure that the washed daikon and carrots are drained before preparing the salad.
- Place daikon and carrot in the salad bowl and toss gently.
- Chill in the fridge and add mint leaves before serving.

MONDAY - Snack

39. Fresh Cherries

(1 small cup)

1 small cup of fresh cherries, washed

- Enjoy the delicious sweet taste of the cherries!

MONDAY - Dinner

40. Cabbage soup with and yellow squash

(1.5 cups)

3½ cups water

½ cup cabbage, sliced

1/3 a medium zucchini, cut into wedges

1 cup yellow squash/pumpkin

2 garlic cloves, minced

1 small tomato, diced

1 small onion, sliced

1 tsp Bragg's aminos

Celtic salt and pepper to taste

- In a large pot, boil the water.
- Add pumpkin, garlic, tomato, onion, and cook until tender.
- Add cabbage and zucchini and cook for another 10 minutes.
- Simmer the vegetables until tender.
- Serve warm.

TUESDAY - Drink

41. Dandelions root tea

(8 ounces)

½ tsp dandelion root powder

8 ounces hot water

- Heat the water till it's boiling and add dandelion root powder.



- You may want to add a little cinnamon powder for additional flavor.

*Dandelion is a liver healer

TUESDAY - Breakfast

42. Greens* smoothie in a dash of lemon

(8-10 ounces)

*Lettuce, celery, spinach, cucumber, spirulina powder, a garlic clove, lemon juice

1 cup of your favorite combination of vegetables

1 stalk of celery

2 leaves of lettuce

5 spinach leaves

3 slices cucumber

Juice of ½ lemon

1 small garlic glove, sliced

3 tbsp spirulina/ greens powder

- Juice the celery.
- Blend celery juice with lettuce, spinach, cucumber, lemon, garlic, and spirulina powder.
- Serve chilled if desired.

TUESDAY - Lunch

43. Avocado salad with spinach leaves and bell peppers

(1- 1.5 cups)

1 avocado, sliced

½ cup spinach leaves

½ bell pepper, sliced

Alfalfa sprouts (optional)

Dressing:

1 tbsp extra virgin olive oil

Celtic salt and pepper to taste

Juice of 1 lime

- In a salad bowl, stir all the ingredients together.
- Add the vegetables and toss till well-combined.
- Serve chilled if desired.
- Pile on the desired amount of spinach leaves in a salad bowl or plate.
- Slice up the avocado and the bell pepper, and add to salad.
- Sprinkle a handful of alfalfa sprouts on top.
- Make dressing.
- There are two ways to do this: If you have a small food processor or blender, throw all of the ingredients in it and pulse until well-combined.
- If doing things by hand, chop all ingredients very finely and stir until well-combined.
- Drizzle over the salad and toss to combine.

TUESDAY - Snack

44. Trail mix with psyllium husks, fennel and flax seeds

(1 handful)

1 handful of mixed psyllium husks, fennel and flax seeds. Condiments are not necessary.

TUESDAY - Dinner

45. Steamed broccoli with pea pods and cauliflower with coriander, thyme, pepper

(1- 1.5 cups)

½ cup broccoli, cut into florets

½ cup cauliflower, cut into florets

½ cup pea pods

1 tbsp coriander, minced

1 tbsp thyme, minced

Juice of ½ lemon

Celtic salt and pepper to taste

- Mix all the herbs and condiments together.
- Add the vegetables in the sauce and steam over high heat for a few minutes.
- Steam the vegetables till the stem can be chewed.
- Serve warm.

WEDNESDAY - Drink

46. Psyllium husks in water

1-2 tbsp in 8 ounces

*Psyllium husks boost colon health

- Add 1-2 tbsp of psyllium husks in water and stir.

WEDNESDAY - Breakfast

47. Sprout surprise* with a dash of lime

(1 cup)



*Lettuce, tomato, scallions, alfalfa sprouts, garlic clove blended to smoothie

$\frac{3}{4}$ cup of vegetables (combination of lettuce, tomato, scallions, alfalfa sprouts, and 1 garlic clove)

$\frac{1}{4}$ cup soy/ rice/ almond milk

- Blend all the ingredients together. Serve chilled if desired.

WEDNESDAY - Lunch

48. Quick veggie coleslaw*

(1- 1.5 cups)

*Onions, bell pepper, olives, tomatoes

1 - $1\frac{1}{2}$ cup of shredded onion, sliced bell peppers, sliced tomatoes, and sliced olive

Dressing:

1 tsp of apple cider vinegar

1 tsp raw honey (optional)

3 tbsp vegan mustard

Celtic salt and pepper to taste

- Mix all the dressing together in a salad bowl.
- Add the vegetables and toss evenly.
- Serve chilled if desired.

WEDNESDAY - Snack

49. Carrot sticks with hummus

(1 handful)

A few pieces of carrot sticks

2 tbsp hummus sauce

A very popular Middle Eastern dip made from chickpeas or garbanzo beans, tahini, olive oil, garlic, and lemon juice. Commonly used to complement pita bread.

Dip the carrot sticks in the hummus sauce.

WEDNESDAY - Dinner

50. Buckwheat noodles with stir fried vegetables

(1- 1.5 cups)

*Bell pepper, onions, snap peas, carrots, bok choy, zucchini, broccoli, ginger and garlic

To cook buckwheat (soba) noodles

Ingredients:

½ packet soba (Japanese buckwheat noodles)

1 tsp olive oil

1 cup of the following vegetables, combined:

Sliced bell pepper

Cut snap peas into smaller pieces

Sliced carrots

Bok choy, separate the stems from the leaves

Sliced zucchini

Broccoli florets

1 small onion, peeled and sliced



1 clove garlic, minced
2 slices ginger, cut into shreds
1 tbsp seasoned rice vinegar
1 tsp Celtic salt
1 tbsp coconut oil
½ carrot, grated
A handful sprouts
1 tsp chopped cilantro/ coriander (for garnish)
1 tsp Bragg's aminos / Tamari

To cook soba:

- Bring a large pot of water to boil over moderately high heat.
- Once boil, hold the noodles over the water and sprinkle them into the water just like when you cook pasta.
- Cook for about 7 to 8 minutes.
- Drain noodles into a colander and immediately fill pot with cold water.
- Rinse well under cold water, and then drain again.
- Toss noodles with olive oil in a large bowl.
- In a skillet, add coconut oil and sauté onion till brown.
- Add garlic and ginger and continue stir-frying till fragrant.
- Add carrot, broccoli, snap peas, bell pepper and zucchini and stir-fry over medium heat till the vegetables have started to soften. (5- 10 minutes).
- Add condiments (salt, Bragg's aminos, rice vinegar) to the vegetables. Transfer the cooked vegetables to a bowl and toss together with the soba noodles.
- Garnish with cilantro or coriander.

THURSDAY - Drink

51. Gingery- Lemonade drink

(8 ounces)

½ cup freshly squeezed lemon juice

½ cup warm water

3 slices of ginger

1 stalk of mint leaves

½ tbsp raw honey (or Manuka honey)

- Simmer the ginger slices in hot (boiling) water.
- Remove the ginger slices after 10-15 minutes.
- Stir in the honey with the water to make natural honey syrup.
- Pour in the lemon juice.
- Stir in mint leaves.
- Serve chilled if desired.

THURSDAY - Breakfast

52. Antioxidant fruit* smoothie

(8-10 ounces)

*Raspberry, strawberry, goji berries with coconut water

Ingredients

½ cup fresh coconut water (substitute with almond milk if coconut water cannot be found)

½ cup of mixed frozen berries (raspberries, strawberries, and goji berries)

- Blend the ingredients into your blender on high for 30-45 seconds.
- Serve chilled if desired.

THURSDAY - Lunch

53. Quinoa-vegetable* salad

(1- 1.5 cups)



*Scallions, bell peppers, zucchini, celery, cilantro, seasoned with almonds, thyme with olive oil

1 cup cooked chewy quinoa

½ cup of vegetables:

Sliced bell pepper

Sliced zucchini

Celery cut into sliced into thin strips

1 tbsp scallions, sliced thinly

4 almonds, roasted

Dressing:

1 tsp cilantro, remove the leaves from the stalks

1 tsp thyme, chopped finely

1 tbsp lemon juice

2 tbsp extra virgin olive oil

¼ tsp Celtic salt

A pinch of ground pepper

A pinch of cayenne for additional flavor (Use minced garlic or garlic powder as alternative) optional)

¼ tsp dried ginger or minced a fresh ginger (optional)

- Cook quinoa and allow to cool at room temperature.
- It is best to prepare quinoa ahead of time, about 2 hours in advance.
- Steam to cook the bell peppers, celery and zucchini. It should be crispy and not overcooked.
- Meanwhile prepare the dressing by combining all the dressing ingredients in a salad bowl.
- Whisk the dressing to mix it evenly.

- Mix the vegetables, cooked quinoa and dressing in a large bowl, and finally add the almonds and scallions. Toss lightly. Serve.

THURSDAY - Snack

54. Fresh Strawberries

(1 small cup)

1 small cup of strawberries

- Enjoy the strawberries!



THURSDAY - Dinner

55. Pad thai with Shiitake mushrooms

1 serving of rice noodles (or rice sticks)

2-3 large shitake mushrooms, sliced

1 small portion of tofu, drained and cut into cubes

2-3 slices of carrot, cut into thin strips

1 clove garlic, minced

1 stalk scallion, chopped into thin slices

A handful of bean sprouts

2 tbsp coconut oil

1 tbsp cilantro leaves

Dressing:

Juice of 2 limes

1 tsp molasses

1 tbsp Bragg's aminos/ Organic Tamari

Celtic salt and pepper to taste

- Cook the rice noodle as per the manufacturer instructions.
 - Some just require soaking for about 20 minutes while others require boiling the rice noodle to soften it before eating.
 - Whisk together the dressing in a bowl and set aside.
 - Using coconut oil, sauté garlic in a skillet.
 - Add mushrooms, carrot and scallion and tofu.
 - Add cooked rice noodle to the skillet.
 - Pour the dressing use tongs to evenly coat the rice noodle with the dressing. Add bean sprouts.
-
- Top the rice noodle with cilantro.

FRIDAY - Drink

56. Kale + ginger juice with mint leaves

(8 ounces)

1½ cups chopped kale

1-2 pieces of ginger

¼ cup fresh mint leaves

2 apples (cored, and quartered)

- Using a juice extractor, juice all the ingredients.
- Serve immediately and enjoy!

FRIDAY - Breakfast

57. Gojiberry, Yacon and gynostemma smoothie

(1 medium sized glass)



5 tbsp yacon powder
4 tbsp dried goji berry
1 tbsp gynostemma powder (or fresh leaves)

- Blend till smooth and serve chilled.

FRIDAY - Lunch

58. Tomato, bean* salad served with grilled bell pepper, onions and tarragon leaves, herbs*

*Red, black or white beans, Herb choice - rosemary, holy basil

½ cup mixture of red, black or white beans (soak dried beans overnight)

1 small tomato, cut into cubes

½ a small bell pepper, sliced

½ a small onion, sliced

2 tsp dried tarragon leaves

1 tsp rosemary, chopped finely

1 tsp holy basil, chopped finely

2 tbsp olive oil

Juice of ½ lemon

Celtic salt and pepper to taste

- Pour the beans and water into a pot and bring to a boil.
- Reduce heat and simmer the beans for 30 minutes to an hour.
- Drain and set aside.
- Grill the bell pepper, onions and tomato for 5 minutes.
- Combine vegetables and beans with remaining ingredients and toss gently. Serve at once or refrigerate until needed.

FRIDAY - Snack

59. Fresh blueberries

(1 small cup)

1 small cup of blueberries

- Enjoy the blueberries!

FRIDAY - Dinner

60. Miso paste soup with tofu and edamame

(1.5 cups)

1 piece organic tofu, cut into cubes

2 tbsp dried nori flakes

1 - 2 tbsp organic miso paste

(adjust according to level of saltiness)

2½ cups water

⅓ small carrot, peeled and diced

(for extra sweetness)

6 – 8 edamame beans

- Place the carrot, edamame beans and water in a pot.
- Bring to a boil and simmer for 10-15 minutes.
- Dissolve miso paste by stirring it in a small bowl of water.
- Add miso and tofu to the soup.
- Add nori flake. Serve warm.



SATURDAY - Drink

61. Strawberry lemonade

(8 ounces)

Juice of 1 lemon

8-10 fresh strawberries, leaves removed

1 tbsp Manuka honey

1 cup water

- Juice the lemon.
- Add water and blend with strawberries using a blender.
- Transfer to a tall glass and stir in Manuka honey.
- Serve chilled if desired.

SATURDAY - Breakfast

62. Super foods* combo smoothie

(1 medium sized glass)

*Cacao, maca, spirulina, wheat grass, goji berries blended with coconut pulp

1 tbsp cacao powder

1 tbsp maca powder

1 tbsp spirulina powder

1 tbsp wheatgrass powder

4 tbsp goji berries

Coconut pulp from 1 small young Thai coconut

- Keep the coconut juice and blend it together for extra sweetness.
- Blend all the ingredients together.
- Serve chilled if desired.

SATURDAY - Lunch

63. Tamari baked tofu over green salad*

*Onions, baby spinach, baby romaine, basil leaves, tarragon leaves, with tomatoes

Tofu:

- 1 piece firm tofu, washed and drained well, cut into cubes and pressed dry
- 2 tbsp tamari
- 2 tbsp olive oil
- 1 tsp sesame oil (optional)
- 1 tsp ginger, minced (optional)

Salad

- 1 small onion, peeled and thinly sliced
- 4-5 baby spinach leaves, washed and drained
- 2 baby romaine leaves, washed and drained
- 1 small tomato, diced
- 2-3 fresh basil leaves
- 1 tbsp dried tarragon leaves

Dressing:



2 tbsp extra virgin olive oil

2 tbsp apple cider vinegar

Celtic salt and pepper to taste

- Preheat the oven to 375F.
- Line parchment paper on the baking sheet.
- Mix the sauce for the tofu.
- Place the tofu on the baking sheet and drizzle the sauce.
- Bake for approximately 20 minutes.
- Remove from the oven and allow it to cool.
- In a salad bowl, whisk together the ingredients for the dressing.
- Add the vegetables and herbs.
- Toss gently. Add the tofu and serve.

SATURDAY - Snack

64. Pomegranate

(1 medium size)

1 medium size pomegranate

- Slice the pomegranate into half.
- Remove the seeds and give it a quick rinse to rid of the pulp. Enjoy!

SATURDAY - Dinner

65. Vegetable*- rice pilaf garnished with cardamom, cumin and bay leaves

*Carrots, peas, ginger, garlic, onions, baby corn, shiitake mushrooms

For the pilaf:

½ cup brown rice (use white rice if you do not have brown rice)

1 tsp olive oil

1 tsp coconut oil
1 cup vegetable stock
1/8 tsp cayenne pepper
1 tsp parsley, chopped finely
1 clove garlic, peeled and minced
2 slices ginger, minced
1 small onion, peeled and sliced
1/3 of a medium carrot, sliced and cut into thin strips
10 peas
2 tbsp of fresh corn (remove from the cob)
4-5 shitake mushrooms, sliced
Celtic salt and pepper to taste

- Cook the rice according to the volume of liquid required.
- If the rice requires 2 parts liquid for 1 part rice, then the 1 cup of vegetable stock will be sufficient for ½ cup of rice.
- If it requires more liquid, especially when you use brown rice, then you can top it up with water.
- Heat a skillet on medium heat.
- Add oil to coat the pan.
- Sauté garlic, onion, and ginger till fragrant.
- After that, add carrot, peas, baby corn and mushrooms.
- Add the raw rice to the skillet and stir-fry for 1 minute.
- Add the stock to the skillet, stirring as you cook.
- Add condiments like salt, pepper and cayenne pepper.
- Transfer the rice to a saucepan.
- Bring to a simmer, and cook till the rice is cooked.
- It should take at most 20-25 minutes.
- After that, remove from stove and let the rice sit, covered, for 10 minutes so that the rice can soften.

*Alternatively, you can use a rice cooker. Just transfer from the skillet and then cook according to the manufacturer's



instructions.

- Fluff with a fork and add the chopped parsley.
- Set aside and let it cool.

SUNDAY - Drink

66. Fresh brewed green tea

(8 ounces)

1 tbsp dried/fresh green tea leaves or tea bag

Hot water

- Simmer the green tea bag in 8 ounces of hot water

SUNDAY - Breakfast

67. Organic kamut blend with figs, apricots and cranberries

(1 cup)

½ cup organic kamut

2-3 fresh figs, quartered

2 apricots, sliced

10-12 cranberries

To cook the organic kamut:

- Soak the kamut overnight.
- Add 1½ cups of water and then bring to a boil, and then simmer over low heat for about 45 minutes.
- Add Celtic salt to taste.

You can also use pressure cooker for faster cooking.

Let the kamut cook after cooking. Mix the fruits and kamut in a bowl and enjoy!

SUNDAY - Lunch

68. Guacamole wraps with tofu, spinach leaves, bell pepper and brown rice

For the guacamole:

1 avocado

1 lime

½ medium tomato, chopped

½ cup fresh cilantro, chopped

¼ cup green onion, chopped

¼ tsp jalapeño pepper (red or green), deseeded and minced

½ tsp sea salt

Place all the ingredients into a blender and blend till smooth. Add a little lemon for extra sourness. Chill in the fridge.

For the wrap:

1 – 2 whole wheat wraps

¼ small red bell pepper, sliced

4-5 spinach leaves, washed and drained

¼ cup cooked brown rice

- Heat the wrap in a non-stick skillet till it is lightly browned on both sides.
- Place the ingredients in the center of the wrap.
- Fold the 2 edges in and slowly roll the wraps tightly.
- Seal the wraps with a little water.
- Cut into halves for easier eating.
- Enjoy!



SUNDAY - Snack

69. Prunes or dried plums

(1 small cup)

1 small cup of prunes or dried plums.

*Avoid pre-packaged dried prunes as they are sweetened with sugar. Try to avoid dried plums as they are high in salt and sugar.

SUNDAY - Dinner

70. Onion-tomato gravy over roasted egg plant, squash served with quinoa

Vegetables:

1 big Roma tomato, crushed

1 onion, peeled and sliced

½ cup of mixed eggplant and squash, cut into wedges

1 tsp Bragg's aminos

1 tbsp sesame oil

2 tsp mixed herbs (rosemary, thyme, parsley, oregano etc)

- Preheat the oven to 375F.
- Line parchment paper on the baking sheet.
- Mix the herbs and sesame oil together.
- Whisk in crushed tomato and onion to make the gravy.
- Place the vegetables on the baking sheet and drizzle the gravy.
- Bake for approximately 20 minutes.
- Remove from the oven and allow it to cool.

For the quinoa:

½ cup quinoa

1 cup vegetable stock/water

1 clove garlic, peeled and minced

5-6 whole black peppers

1 tsp coconut oil

- In saucepan, sauté garlic and black pepper in coconut oil.
- Add vegetable stock and bring it to boil.
- Once boiled, add the quinoa and simmer over medium heat for around 5 minutes or until the liquid slowly dries up.
- Stir occasionally to avoid quinoa from sticking to the saucepan.
- Fluff with a fork and allow it to cool.
- In a salad bowl, add the vegetables and quinoa.
- Toss gently. Serve.

MEAL PLAN WEEK 3

MONDAY - Drink

71. Carrot-beetroot juice

(8 ounces)

1 Beetroot, peeled and diced

2 carrots, peeled and diced

- Using a juicer, juice beetroot and carrots.
- Serve chilled if desired.

MONDAY - Breakfast

72. Strawberry + cantaloupe + kiwi fruit salad with yogurt* topping

(1 cup)

*Substitute with rice/ soy/ almond milk if lactose-intolerant

1 cup of mixed strawberry, cantaloupe and kiwi, diced

2 tbsp yogurt

- Mix all the ingredients together and serve chilled.

MONDAY - Lunch

73. Detoxing & nourishing vegetable* salad

(1 cup)

*Chopped cauliflower, broccoli, shredded carrots, kale, mustard greens, watercress, cabbage, kelp granules, sunflower seeds, raisins, parsley, lemon juice)

1 cup of a combination of these vegetables;

Cauliflower and broccoli florets, shredded carrots, coarsely chopped kale, mustard greens, watercress cress, and cabbage

1 tsp sunflower seeds

1 tsp raisins

2 tsp kelp granules

Parsley for garnish

Juice of 1 lemon

1 tsp Manuka honey

- In a salad bowl, whisk honey and lemon juice together.
- Add the remaining ingredients and toss gently.

MONDAY - Snack

74. Raisins + walnuts

(1 small cup)

1 small cup of raisins and walnuts

- Roast/toast the walnut for additional flavor.
- Mix with raisins and enjoy!



MONDAY - Dinner

75. Stir fried vegetables* with nori and brown rice

(1.5 cups)

1 cup cooked brown rice (approximately ½ cup raw brown rice. Cook according to manufacturer's instructions)

1 portobello mushroom, sliced

2 shiitake mushrooms, sliced

3 medium asparagus, cut into smaller stems

A handful of sliced carrots

4-5 broccoli florets

1 tsp Bragg's aminos

1 tbsp sesame oil

1 tsp coconut oil.

1 clove garlic, peeled and minced

1 tsp dried nori flakes, soaked

Celtic salt and pepper to taste

- Using coconut oil and sesame oil, sauté garlic in a skillet.
- Add the harder vegetables like broccoli, carrots and asparagus in first.
- Then add the mushrooms and nori.
- Add 1 tbsp water use to soak the nori to ensure the vegetables doesn't stick to the skillet.
- Add the condiments and serve with brown rice.

TUESDAY - Drink

76. Carrot + cucumber juice with a spoon of spirulina

(8 ounces)

2 large carrots (washed, topped, tailed and diced)

1 medium cucumber, peeled, seeds removed and diced

1 tablespoon of spirulina

- Juice vegetables with your juicer.
- Add a spoon of spirulina after juicing.
- Stir and serve chilled if desired.

TUESDAY - Breakfast

77. Creamy smoothie* with kale and apple

(8 ounces)

*Avocado, almonds

1 avocado, flesh removed

10 almonds

1 cup kale, chopped

1 apple, peeled and cored

- Blend all the ingredients together.
- Serve chilled if desired.

TUESDAY - Lunch

78. Chick peas green* salad with chunks of avocado and mixed parsley

(1- 1.5 cups)

*Spinach, watercress, kale, celery sticks

1 cup chickpea, rinsed and drained

1 tsp chipotle spice blend

½ of fresh avocado, finely chopped

½ cup of a combination of spinach, chopped watercress, kale and diced celery sticks

A few stems of fresh parsley

1 tbsp lemon juice

½ tbsp extra virgin olive oil

- Combine chickpeas, vegetables, and avocado in a mixing bowl.
- To make the dressing, whisk together chipotle spice blend, lime juice, and oil.
- Pour dressing over the bean mixture, and toss evenly to mix. Serve.

TUESDAY - Snack

79. Carrot sticks with guacamole dip

4-5 fresh carrot sticks

4 tbsp of fresh guacamole (refer to Week 2, Sunday Lunch recipe for guacamole recipes)

For the guacamole

1 avocado

1 lime

½ medium tomato, chopped

½ cup fresh cilantro, chopped

¼ cup green onion, chopped

¼ tsp jalapeño pepper (red or green), deseeded and minced

½ tsp sea salt

- Place all the ingredients into a blender and blend till smooth.
- Add a little lemon for extra sourness.
- Chill in the fridge.
- Dip carrot sticks in guacamole and enjoy the snack!

TUESDAY - Dinner

80. Fruit-vegetable salad* with goji berries and home-made salad dressing**

(1.5 cups)

*Diced apple, cantaloupe, shredded carrot, baby spinach, lettuce leaves

Salad dressing:

** 2 tbsp each of red onion, chopped cucumber, garlic powder, red wine vinegar, basil, guacamole, pureed till smooth

- 1½ cup of the combination of the following fruits and vegetables:/Diced apple, diced cantaloupe, shredded carrot, baby spinach, lettuce leaves
- Puree the ingredients needed for the dressing in a blender or food processor.
- In a salad bowl, combine the fruit-vegetables and drizzle the dressing.
- Toss evenly to mix. Enjoy!

WEDNESDAY - Drink

81. Apple-celery juice

(8 ounces)

4 green apples, cored and diced

3 celery stalks (depending on the intensity of the celery taste you want)

- Wash the apples and the celery stalks.
- Juice everything using a juicer or blender.
- Stir and serve. Enjoy.

WEDNESDAY - Breakfast

82. Strawberry, blueberry with pumpkin seeds and yogurt* parfait

(1 small serving cup)

*Substitute with fermented soy for parfait layering if lactose intolerant

½ cup of your favorite fresh berries (blueberries, strawberries)

⅔ cup plain Greek yogurt or soy yogurt (Substitute with fermented soy for parfait layering if lactose intolerant)

¼ cup mixed nuts and pumpkin seeds

- Using a tall glass, scoop 1½ tablespoon of yogurt and smoothen yogurt surface.
- Scoop 1 tablespoon of mixed nuts and smoothen surface.
- Scoop 1 tablespoon of fruits and smoothen surface.
- Repeat the process till glass is filled.

WEDNESDAY - Lunch

83. Vegetable* stir fry with brown rice

(1-1.5 cups)

*Carrots, broccoli, peas, cauliflower, shiitake mushrooms
1 cup cooked brown rice (approximately ½ cup raw brown rice. Cook according to manufacturer's instructions)

3 shiitake mushrooms, sliced

10 small broccoli and cauliflower florets

A handful of sliced carrots

4-5 pea pods, cut into smaller pieces

1 tsp Bragg's aminos

1 tbsp sesame oil

1 tsp coconut oil.

1 clove garlic, peeled and minced

Celtic salt and pepper to taste

- Using coconut oil and sesame oil, sauté garlic in a skillet.
- Add the harder vegetables like broccoli, cauliflower, carrots and pea pods in first.
- Then add the mushrooms.
- Add the condiments to the vegetables and serve with brown rice.

WEDNESDAY - Snack

84. Trail mix*

(1 handful)

*Sunflower seeds, psyllium husks, almonds

- 1 handful of mixed psyllium husks, sunflower seeds and almonds.
- Condiments are not necessary.

WEDNESDAY - Dinner

85. Broccoli and ginger in barley broth

(1.5 cups)

¼ cup barley, washed and soaked

½ cup broccoli florets

3 slices ginger, sliced finely

1 tsp Bragg's aminos (or organic miso paste)

1 tbsp sesame oil

3 cups vegetable broth (optional, replace with water)

Celtic salt and pepper to taste

- In a saucepan, add barley and ginger to water/ vegetable broth and bring it to a boil.
- Simmer for 20 minutes till barley is soft.
- Add broccoli and cook till it is bright green, for around 2-3 minutes.
- Add sesame oil, and stir in Bragg's aminos.
- Add salt and pepper to taste.

THURSDAY - Drink

86. Carrot juice

(8 ounces)

4 medium size carrots

- Wash well and slice to fit into the juicer.
- Juice and serve chilled if desired.

THURSDAY - Breakfast

87. Cacao & coconut pulp fruit smoothie

(8 ounces)

1 tbsp cacao powder

1 flesh of coconut pulp with the coconut water

10 raspberries

- Blend the ingredients at high power.
- Serve chilled if desired.

THURSDAY - Lunch

88. Squash and kale with tofu in a wrap

(2 medium size whole wheat wrap)

2 medium whole wheat wraps

½ cup squash, peeled and cut into cubes

¼ cup kale, wash and chopped

½ cup extra firm tofu, drained and pressed, cubed

1 tsp Bragg's aminos

1 small clove garlic, minced

1 shallot, sliced

A dash of fresh lime juice

1 tbsp coconut oil

- Place the wrap in a non-stick pan and heat it up till it is slightly brown.
- Flip to the other side and lightly brown it as well.
- Remove from pan and set aside to cool.
- Add coconut oil to pan.
- Stir in garlic and shallot.
- Stir-fry till brown.
- Pan fry tofu till slightly brown.
- Add squash and cook till it is soft.
- Stir in kale.



- Season with Bragg's amino, pepper and salt.
- Remove the cooked vegetables from the pan and transfer it drained onto a bowl.

*Cooking tofu and kale will release a considerable amount of liquid and you do not want too much of it as it will make the wrap soggy.

- Place the filling on the wrap.
- Fold the 2 ends inwards and roll it up tightly.
- Seal the wrap with the sauce from the cooked vegetables.
- Cut the wrap into 2 parts or 3 parts.
- Squeeze in lime into the sauce from the cooked vegetables and use it as a dipping sauce. Enjoy!

THURSDAY - Snack

89. Raw vegetables* with hummus

*Carrot, cucumber, squash

A few strips of carrot, cucumber and squash

2-3 tbsp hummus sauce

A very popular Middle Eastern dip made from chickpeas or garbanzo beans, tahini, olive oil, garlic, and lemon juice. Commonly used to complement pita bread.

- Dip the vegetables in the hummus sauce.

THURSDAY - Dinner

90. Yacon and vegetable* curry over brown rice

(1.5 cups)

*Carrots, spinach leaves, daikon radish, sweet potatoes seasoned with cumin seeds, turmeric and curry powder

1 cup cooked brown rice (approximately ½ cup raw brown rice. Cook according to manufacturer's instructions)

¼ cup yacon, peeled and cut into wedges

½ of a medium carrot, cut into cubes

¼ of a daikon radish, cut into cubes

1 small sweet potato, peeled and cut into cubes

For the curry:

1 tbsp cumin seeds

3 tbsp turmeric powder

2 tbsp curry powder (adjust to your preferred level of spiciness)

* Alternatively, purchase pre-packaged natural curry blend from the Asian section in healthfood stores/ supermarkets.

1 tbsp coconut oil

1 tsp Bragg's aminos

Celtic salt and pepper to taste

If you are preparing the curry from scratch:

- Using a wok, heat the coconut oil to medium heat and stir-fry all the spices till fragrant.
- Stir-fry the vegetables on medium heat, taking care that the spices don't stick to the wok.
- Add water and bring it to a simmer.
- Add condiments and serve.

If you are using the ready-made curry paste:

- Using a wok, heat the coconut oil to medium heat and stir-fry the paste till fragrant.
- Stir-fry the vegetables on medium heat, taking care that the spices don't stick to the wok.

- Add water and bring it to a simmer.
- Add condiments and serve.

FRIDAY - Drink

91. Pineapple juice*

(8 ounces)

*The enzyme bromelain aids in digestion, add equal parts of juice with equal parts of water

2 cups fresh pineapple

1 cup water

- Juice the pineapple and stir it together with the water.
- Serve chilled if desired.

FRIDAY - Breakfast

92. Buckwheat porridge with fruits* and cinnamon topping

(1 cup)

½ cup of buckwheat grouts

½ cup fruits – banana, sliced and berries (strawberries, blueberries, raspberries)

2 tsp cinnamon powder

1 cup almond milk (optional)

1 tsp Manuka honey (optional)

- Add buckwheat and water to the saucepan.
- Bring it to a boil.
- Add the sliced banana and cinnamon when the water is absorbed.
- Add the almond milk and let it simmer for 1-2 minutes.

- Remove from heat, serve in a bowl and add the fruits.

FRIDAY - Lunch

93. Quinoa-vegetable* salad

(1- 1.5 cups)

*Scallions, bell peppers, zucchini, celery, cilantro, seasoned with almonds, thyme with olive oil

1 cup cooked chewy Quinoa

½ cup of vegetables

Sliced bell pepper

Sliced zucchini

Celery cut into sliced into thin strips

1 tbsp scallions, sliced thinly

4 almonds, roasted

Dressing:

1 tsp cilantro, remove the leaves from the stalks

1 tsp thyme, chopped finely

1 tbsp lemon juice

2 tbsp extra virgin olive oil

¼ tsp Celtic salt

A pinch of ground pepper

A pinch of cayenne for additional flavor (Use minced garlic or garlic powder as alternative) optional)



¼ tsp dried ginger or minced a fresh ginger (optional)

- Cook quinoa and allow to cool at room temperature. It is best to prepare quinoa ahead of time, about 2 hours in advance.
- Steam to cook the bell peppers, celery and zucchini. It should be crispy and not overcooked.
- Drain the vegetables, and rinse.

Meanwhile prepare the dressing by combining all the dressing ingredients in a salad bowl. Whisk the dressing to mix it evenly.

- Mix the vegetables, cooked quinoa and dressing in a large bowl, and finally add the almonds and scallions.
- Toss lightly. Serve.

FRIDAY - Snack

94. Cut papaya fruit

(1 small cup)

1 small cup of papaya, cut into cubes

- Ensure that the papaya is ripe and enjoy!

FRIDAY - Dinner

95. Rice and tofu pudding with almonds and raisins

(1 cup)

*Blend tofu in a blender to a smooth consistency. Mix well with cooked brown rice and toppings of Manuka honey and cinnamon

½ cup tofu, drained and cooked

½ cooked brown rice (approximately ¼ cup raw brown rice. Cook according to manufacturer's instructions)

1 tbsp Manuka honey

10-15 raisins

- Steam tofu for about 5-10 minutes till it is cooked.
- Drain the water.
- Blend tofu in a blender to a smooth consistency.
- Mix well with cooked brown rice and toppings of Manuka honey and cinnamon. Serve warm.

SATURDAY - Drink

96. Carrots, beets and cabbage juice

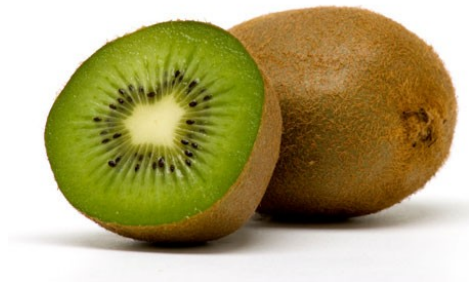
(8 ounces)

1 beetroot, peeled and diced

2 carrots, peeled and diced

2 cabbage leaves, sliced

- Using a juicer, juice beetroot, cabbage and carrots.
- Serve chilled if desired.



SATURDAY - Breakfast

97. Oats and wheat germ muesli

(1 cup)

¼ cup toasted oats

¼ cup toasted wheat germ

½ cup fruit mix (raisins, goji berry, cinnamon powder)

¼ cup pear, peeled, cored and sliced

1 tbsp flax seeds

1 tbsp raw honey or Manuka honey

- Mix all the ingredients together.
- Add honey to sweeten and serve.

SATURDAY - Lunch

98. Vegetables* cooked in coconut milk served over quinoa or brown rice

(1 cup)

*Sweet potato, beans, carrot and peas

1 cup cooked quinoa or cooked brown rice

½ cup vegetables –

Sweet potato, diced

Black beans, black-eyed beans, cooked

Carrot, diced

Peas

1 tsp Bragg's aminos

1 tbsp sesame oil

1 tsp coconut oil

1 clove garlic, peeled and minced

1 cup fresh coconut milk

Celtic salt and pepper to taste

- Using coconut oil and sesame oil, sauté garlic in a skillet.
- Add the vegetables in and sauté.
- Add the coconut milk and simmer till the vegetables are soft.

- Add the condiments and serve with brown rice.

SATURDAY - Snack

99. Spirulina enriched buttermilk

(8 ounces)

1 cup buttermilk (ready-bought or add 1 tbsp apple cider vinegar/ lemon juice to 1 cup of cow's milk)

For a more alkalizing option, add 1 tbsp of apple cider vinegar or lemon juice to 1 cup of soy milk.

1-2 tbsp spirulina powder

- Heat the buttermilk and stir in spirulina.
- Enjoy!

SATURDAY - Dinner

100. Kiwi-mandarin strawberry parfait

(1.5 cups)

*Layer the yogurt with mandarin, kiwi and strawberries

*Substitute with fermented soy for parfait layering if lactose intolerant

½ cup of the variety of fruits: cut mandarin, kiwi cut in cubes and halved strawberries

⅔ cup plain Greek yogurt or soy yogurt (Substitute with fermented soy for parfait layering if lactose intolerant)

¼ cup mixed nuts and pumpkin seeds

- Using a tall glass, scoop 1½ tablespoon of yogurt and smoothen yogurt surface.
- Scoop 1 tablespoon of mixed nuts and smoothen surface.
- Scoop 1 tablespoon of fruits and smoothen surface.



- Repeat the process till glass is filled.

SUNDAY - Drink

101. Green* juice

(8 ounces)

*Spinach, kale, kiwi

2 kiwi fruits, peeled, and diced

1 cup kale

1 cup spinach leaves

2 tsp Manuka honey (optional)

- Juice all kale and spinach leaves.
- Transfer the vegetable juice to the blender and blend in the kiwi.
- Add Manuka honey to sweeten if desired.
- Pour into a tall glass and serve. Enjoy!

SUNDAY - Breakfast

102. Buckwheat pancakes with brown rice syrup

½ cup buckwheat flour

½ tsp baking powder

½ tsp baking soda

1 egg = 1tbsp ground flax seed simmered in 3 tbsp of water

½ tbsp extra virgin olive oil

½ tbsp. coconut butter

¼ cup water (as a guide)

Celtic salt to taste

2-3 tbsp brown rice syrup

- In a large bowl, sift buckwheat flour, baking powder, baking soda and salt. Whisk dry ingredients together to combine.
- Add the egg*, olive oil, whisk for 1 minute.
- Slowly add the water until the texture is smooth.
- Heat skillet over medium heat.
- Add the coconut butter.
- Once the butter melts, add the pancake mixture by ladle on the skillet.
- Cook each side till it is brown and crisp around the edge, then flip it and cook the other side in the same manner.
- Repeat this till pancake mixture is used up.
- Plate up and serve with brown rice syrup!

SUNDAY - Lunch

103. Spinach -Asparagus soup with spirulina

(1-1.5 cups)

*Asparagus contains intestine-friendly prebiotics

1 cup spinach leaves, chopped

2-3 asparagus, cut into small stems

1 small potato, peeled and diced

3 cups vegetable broth

1 tbsp spirulina powder

1 tbsp olive oil

½ tbsp of chopped mixed herbs – coriander, fennel

Celtic salt and pepper to taste

- In a saucepan, boil spinach in water for 1 minute.
- Add oil and salt to the boiling to retain the spinach's color.
- Discard the green liquid

- Add vegetable broth to the saucepan, add potato and bring to a boil.
- Once potato is soft, add asparagus and let it cook for 3-4 minutes.
- Then transfer the cooked spinach in the saucepan and simmer for a few seconds.
- Add olive oil, Celtic salt, pepper, and spirulina powder.
- Use a hand blender to blend it to smooth consistency if you like a thick soup. Alternatively, you can ignore this step.
- Add the herbs and serve warm!

SUNDAY - Snack

104. Fresh coconut pulp

(1 small cup)

1 small coconut (young Thai coconut)

- Break the husk open and scoop the coconut pulp into a cup.
- You can also drink up the fresh coconut juice which is perfect on a hot sunny day!

SUNDAY - Dinner

105. Guacamole-vegetable quesadillas

(2 medium sizes)

For the guacamole:

2 avocados

2 limes

1 medium tomato, chopped

$\frac{3}{4}$ cup fresh cilantro, chopped

$\frac{1}{2}$ cup green onion, chopped

$\frac{1}{2}$ tsp jalapeño pepper (red or green), deseeded and minced

1 tsp sea salt

Place all the ingredients into a blender and blend till smooth. Add a little lemon for extra sourness. Chill in the fridge.

For the quesadillas:

2 medium size tortillas

Olive oil

2 tbsp chopped coriander

A handful of spring onion

1 red chili, deseeded and chopped

*Cheese is to be omitted during this detox phase

- Mix coriander, spring onion chili and olive oil.
- Place them between 2 layers of tortillas.
- Heat the tortillas in a dry non-stick pan.
- Cut it into smaller pieces if desired.
- Serve the quesadillas with guacamole.



MEAL PLAN WEEK 4

MONDAY - Drink

106. Coconut water

(8 ounces)

1 medium coconut (choose an 'older' coconut for sweeter coconut water)

- Refrigerate the coconut beforehand if you like it chilled.
- Break the husk and pour the coconut water into a tall glass.

MONDAY - Breakfast

107. Steamed asparagus with one poached egg

3-4 stems of asparagus, ends trimmed

1 egg

1 tbsp extra virgin olive oil

½ tbsp of chopped mixed herbs – coriander, fennel, basil

Celtic salt and pepper to taste

- Tie asparagus together using string or kitchen twine.
- Season with Celtic salt, pepper, olive oil, and mixed herbs Steam over high heat for about 3 minutes.

For the egg:

- Fill a saucepan with water and bring it to boil.
- Crack the egg into a bowl.
- Once it is medium heat with just a few bubbles.
- Gently slide the egg into the water.
- Cook till the egg whites are soft and fluffy.

- Remove from the saucepan and serve with asparagus!

MONDAY - Lunch

108. Brown rice with beans* with onions, garlic and thyme

(1 cup)

*Black or white beans

1 cup cooked brown rice (approximately ½ cup raw brown rice. Cook according to manufacturer's instructions. You can use a rice cooker)

¼ - ½ cup black or white beans (soaked overnight)

1 tbsp olive oil

1 tsp coriander powder

½ tsp dried thyme powder

1 onion, peeled and minced

1 clove garlic, peeled and minced

½ cup water

Celtic salt to taste

- In a saucepan, sauté onion and garlic till fragrant.
- Add thyme and coriander powder.
- Add bean to the water and bring it to a boil.
- Simmer the beans for 30 minutes – 1 hour till soft.
- Serve with brown rice.

MONDAY - Snack

109. Apple

(1 medium size)

Choose either red or green apple.



MONDAY - Dinner

110. Vegetable* salad seasoned with cayenne pepper, rosemary and thyme

*Diced bell peppers, cucumber, celery stalks, yellow squash, tofu, shiitake mushrooms

¼ of a bell pepper, diced

¼ cucumber, diced

1 large celery stalk, diced

¼ cup yellow squash, diced

1 small tofu, cut into cubes

2 shiitake mushrooms, sliced

1 tbsp apple cider vinegar

1 clove garlic, sliced and roasted

1 tbsp flax seed oil

1 tsp thyme

1 tsp cayenne pepper

1 tsp Celtic salt

2 tsp coriander

1 small onion, sliced

Olive oil

Fresh rosemary leaves

1 small lemon slice (for garnish)

- Sauté garlic and onion in a skillet over medium heat, add squash and celery. Stir fry.
- Once they are almost cooked, add tofu and shiitake mushrooms.
- You may want to add bell pepper if you do not like them raw.
- Add salt and pepper to taste.

- Remove the vegetables from skillet.
- Whisk together thyme, flax seed oil, apple cider vinegar, coriander, rosemary, and cayenne pepper.
- Mix all the ingredients in a large salad bowl.
- Toss gently and serve.

TUESDAY - Drink

111. Lemonade with mint leaves

(8 ounces)

½ cup freshly squeezed lemon juice

½ cup water

1 stalk of mint leaves

½ tbsp raw honey (or Manuka honey)

- Stir in the honey with the water to make natural honey syrup.
- Pour in the lemon juice.
- Stir in mint leaves.
- Serve chilled if desired.

TUESDAY - Breakfast

112. Cucumber-yogurt smoothie

(8 ounces)

¾ cup plain Greek yogurt

1 cucumber, peeled, seeds removed, roughly chopped

2 tsp Manuka honey

2 mint leaves

Juice of 1 lime



- Blend everything till smooth.
- Serve chilled if desired.

TUESDAY - Lunch

113. Collard greens* in creamy sauce**

*Fresh collard, green beans, carrots, celery, pinch parsley, garlic

**Boil cauliflower, oregano, garlic, and parsley in 2 cups of water, blend until creamy

For the sauce:

10 cauliflower florets

1 tsp oregano

1 clove garlic, minced

1 tsp parsley, chopped finely

1 tsp oil

1½ - 2 cups water

Celtic salt and pepper to taste

- Boil cauliflower in a saucepan.
- Add a little salt and oil.
- Once the cauliflower is boiled, add the seasonings, herbs and garlic and let it simmer for a few minutes.
- Transfer to a blender (or use a hand blender) and blend till creamy.

½ cup fresh collard, chopped roughly

2 green beans, cut into shorter pieces

4 slices carrots, sliced into thin strips

1 celery stalk, cut into small pieces

A pinch parsley

1 clove garlic, minced

1 tsp Bragg's aminos/ organic tamari

Celtic salt and pepper to taste

- In a skillet, sauté garlic in oil over medium heat.
- Once it is fragrant, add the carrot, celery and green beans and cook until they soften.
- Then, add collard greens and stir-fry over medium heat for a while.
- Add parsley and season.
- Plate the vegetables and drizzle the creamy cauliflower sauce.
- Serve warm!

TUESDAY - Snack

114. Figs

(1 small cup)

TUESDAY - Dinner

115. Vegetables* and Fenugreek khichari** seasoned with ghee

*Butternut squash, carrot, zucchini, sweet potatoes, burdock root or any seasonally available ones

*Khichari is rice combined with vegetables

1 cup cooked brown rice

1 cup of the following vegetables:

Butternut squash, diced

Carrot, diced

Zucchini, diced



Sweet potato, diced

Burdock root, cut into thin strips

1 tbsp extra virgin olive oil

1 onion, peeled and minced

1 clove garlic, peeled and minced

1 tbsp organic tamari paste/ Bragg's aminos

½ cup water

Celtic salt to taste

- In a skillet, sauté garlic and onion in oil over medium heat.
- Once it is fragrant, add the vegetables and cook until they soften.
- Then, add the condiments and simmer over low heat.
- Add in the cooked rice and mix evenly.
- Serve warm!

WEDNESDAY - Drink

116. Pomegranate-blueberry juice

(8 ounces)

2 cups pomegranate seeds

1½ cups blueberries

Water to dilute (if necessary)

- Put the pomegranate into a blender and blend till the seeds are broken up.
- Pour the mixture over a strainer.
- Use a bowl to hold the pomegranate juice below.
- Empty the seeds, refill the juice back into the blender.
- Add blueberries and blend over medium speed.

- Serve chilled if desired.

WEDNESDAY - Breakfast

117. Home-made granola* with watermelon slices

(1 cup)

*Oats with almond nuts, raisins

2-3 watermelon slices

For the granola:

1 cup of a combination of the following:

Steel cut oats / normal oats

Raw almonds

Raisins

1 tbsp coconut oil

2 tbsp Manuka honey

1 tbsp cinnamon powder

1 tbsp brown rice syrup

1 tsp organic vanilla essence

- In a saucepan, add the coconut oil, add the oats and nuts and stir-fry for a while.
- Add salt, cinnamon, vanilla essence, and honey and combine in the saucepan.
- Once the coconut and honey has melted, remove the nuts from saucepan. Place the nuts on a baking pan and bake for 25 minutes at 300F.
- Remove from pan occasionally to give it a good stir.
- Add raisins and give it a good stir.
- Serve with watermelon slices.



WEDNESDAY - Lunch

118. Whole wheat bread with organic eggs sandwich

(4 pieces)

4 pieces whole wheat bread/ spelt bread, toasted

* Spelt bread is preferred to whole wheat bread

2 organic free-range eggs (remove 1 egg yolk if preferred)

3 slices of red tomatoes

2 lettuce leaves

Celtic salt and pepper to taste

- Toast the bread.
- Using a skillet, you can prepare fried egg or sunny side up.
- Season with salt and pepper.
- Place the egg and vegetables in between 2 slices of bread.
- Repeat the same with the other egg and serve!

WEDNESDAY - Snack

119. Cherries

(1 small cup)

WEDNESDAY - Dinner

120. Lentil-Quinoa stew with vegetables*and mixed herbs**

(1 cup)

*Sweet potatoes, yacon, peas, miso paste, tomato paste

**Thyme, sage, oregano, tarragon

1 cup cooked quinoa (approximately ½ cup raw quinoa. Cook according to manufacturer's instructions.)

For the lentils:

½ cup lentils

¼ cup sweet potato, diced

¼ cup yacon, diced

1 tbsp peas

1 tbsp miso paste

1 tbsp organic tomato paste (alternatively use 1 red tomato, diced)

1 tsp thyme

1 tsp sage

1 tsp oregano

½ tsp tarragon

1 clove garlic, peeled and minced

2 slices ginger, minced

1 tbsp sesame oil/ coconut oil

1 tbsp Bragg's amino/ organic tamari sauce/ organic soy sauce (optional)

- In a saucepan, add the oil and stir-fry garlic and ginger over medium heat.
- Add the spices and continue to stir-fry till fragrant.
- Place lentils and the other vegetables in the saucepan and stir-fry for a while.
- Add water so that it is slightly over the vegetables and bring to a boil.
- Then, dissolve the miso paste and tomato in a little cooked water and stir.
- Transfer the paste to the saucepan.
- Simmer the vegetables for 15 minutes-20 minutes till it is soft.
- Serve with quinoa.

THURSDAY - Drink

121. Kale, mint, ginger juice

(8 ounces)

4-5 cups chopped kale

2 apples, cored and quartered

1 cucumber, ends chopped off

1"-2" piece ginger

¼ cup fresh mint leaves

Special Materials: Juice Extractor

- Press all ingredients through a juice extractor.
- It helps to juice leafy ingredients in between solid ingredients to help extract as much juice as possible.
- Stir and serve immediately.
- Enjoy!

THURSDAY - Breakfast

122. Buckwheat and oats muesli with banana and kiwi fruit

(1 cup)

2/3 cup organic muesli mix (rolled oats, raisins. Rolled buckwheat, goji berry, cinnamon powder.)

1 small banana, sliced

1 kiwi, peeled and diced

1 tbsp raw honey or Manuka honey

- Mix all the ingredients together.

- Add honey to sweeten and serve.

THURSDAY - Lunch

123. Quinoa- vegetable* salad with nuts

(1-1.5 cups)

*Carrots, bell pepper, peas, portobello mushroom, almonds

1 cup cooked chewy quinoa

½ cup of vegetables:

Sliced bell pepper

Sliced carrot

Peas

2 portobello mushrooms, sliced

1 tbsp scallions, sliced thinly

4 almonds, roasted

Dressing:

1 tsp cilantro, remove the leaves from the stalks

1 tsp thyme, chopped finely

1 tbsp lemon juice

2 tbsp extra virgin olive oil

¼ tsp Celtic salt

A pinch of ground pepper

A pinch of cayenne for additional flavor (Use minced garlic or garlic powder as alternative) optional)

¼ tsp dried ginger or minced a fresh ginger (optional)



1 clove garlic, peeled and minced

- Cook quinoa and allow to cool at room temperature.
- It is best to prepare quinoa ahead of time, about 2 hours in advance.
- Steam to cook the bell peppers, carrot and peas.
- It should be crispy and not overcooked.
- Drain the vegetables.
- Sauté garlic in a skillet over medium heat, add portobello mushrooms.
- Add salt and pepper to taste.
- Remove mushrooms from skillet.
- Meanwhile prepare the dressing by combining all the dressing ingredients in a salad bowl.
- Whisk the dressing to mix it evenly.
- Mix the vegetables, mushrooms, cooked quinoa and dressing in a large bowl, and finally add the almonds and scallions.
- Toss lightly. Serve.

THURSDAY - Snack

124. Cranberries

(1 small cup)

THURSDAY - Dinner

125. Tomato casserole on brown rice served with cannellini beans*

*Soak the beans overnight, season with peppercorns, garlic, cumin and coriander powder

1 cup cooked brown rice (approximately ½ cup raw brown rice. Cook according to manufacturer's instructions. You can use a rice cooker)

¼ - ½ cup cannellini beans (soaked overnight)

1 tbsp olive oil

1 large tomato, diced

1 tsp cumin powder
1 tsp coriander powder
1 tsp peppercorns
½ tsp dried thyme powder
2 clove garlic, minced
½ cup vegetable broth/ water

- Sauté the garlic, then add the spices.
- Add tomato and beans and sauté till the beans are softened.
- Simmer over low heat for 15 – 20 minutes, stirring occasionally.
- Serve with brown rice!

FRIDAY - Drink

126. Strawberry-lemonade juice

(8 ounces)

Juice of 1 lemon
8-10 fresh strawberries, leaves removed
1 tbsp Manuka honey
1 cup water

- Juice the lemon.
- Add water and blend with strawberries using a blender.
- Transfer to a tall glass and stir in Manuka honey.
- Serve chilled if desired.



FRIDAY - Breakfast

127. Oats with berries*, ground flaxseed and walnut topping

(1 cup)

*Strawberries, blueberries, raspberries, goji berries

½ cup toasted oats

½ cup fruit mix (strawberries, blueberries, raspberries, goji berry)

½ tbsp cinnamon powder

1 tbsp flax seeds

1 tbsp raw honey or Manuka honey

- Mix all the ingredients together.
- Add honey to sweeten and serve.

FRIDAY - Lunch

128. Vegetable* curry **over brown rice

*Green beans, carrot, zucchini, yellow squash, onions, peas, ginger-garlic minced

**1 tsp each of curry, turmeric, cinnamon powder and ½ tsp of nutmeg and cayenne powder, adjust to individual preference

1 cup cooked brown rice (approximately ½ cup raw brown rice. Cook according to manufacturer's instructions)

½ of a medium carrot, cut into cubes

½ of a small zucchini, cut into cubes

4-5 green beans, cut into small pieces

1 tbsp peas

1 onion, peeled and slice

1 clove garlic, peeled and minced

1 slice ginger, minced

1 small yellow squash, peeled and cut into cubes

For the curry:

1 tsp curry powder

1 tsp turmeric powder

1 tsp cinnamon powder

½ tsp nutmeg powder

½ tsp cayenne powder

1 tsp cumin seeds

2 cups fresh coconut milk (optional, can substitute with water)

* Alternatively, purchase pre-packaged natural curry blend from the Asian section in healthfood stores/ supermarkets.

1 tbsp coconut oil

1 tsp Bragg's aminos

Celtic salt and pepper to taste



If you are preparing the curry from scratch:

- Using a wok, heat the coconut oil to medium heat and stir-fry all the spices till fragrant. Stir-fry the vegetables on medium heat, taking care that the spices don't stick to the wok.
- Add coconut milk or water and bring it to a simmer.
- Add condiments and serve.

If you are using the ready-made curry paste:

- Using a wok, heat the coconut oil to medium heat and stir-fry the paste till fragrant.
- Stir-fry the vegetables on medium heat, taking care that the spices don't stick to the wok.
- Add coconut milk or water and bring it to a simmer.
- Add condiments and serve.

FRIDAY - Snack

129. Apple

(1 medium)

FRIDAY - Dinner

130. Shrimp with broccoli, corn stir fry*

(1 -2 servings)

*Cook $\frac{1}{4}$ - $\frac{1}{2}$ pound shrimp in ginger-garlic paste, sesame oil, soy sauce.

Add in corn and broccoli

$\frac{1}{4}$ - $\frac{1}{2}$ pound of shrimp, veins remove (about 5 shrimps)

2 cloves garlic, peeled and minced

3 slices ginger, minced

1 tbsp sesame oil

1 tbsp Bragg's amino/ organic tamari sauce/ organic soy sauce

$\frac{1}{2}$ corn, remove the corn from the cob

$\frac{1}{2}$ small broccoli, cut into florets

- Heat oil and stir fry garlic and ginger till fragrant.
- Add in broccoli and corn, and stir-fry over medium heat for 5 minutes till broccoli is half cooked.
- Add shrimp and stir-fry for 3 minutes or more over high heat.
- Season with soy sauce/ Bragg's aminos/ tamari sauce and serve!

SATURDAY - Drink

131. Fresh brewed green tea

(8 ounces)

1 tbsp dried/fresh green tea leaves or tea bag

Hot water

- Simmer the green tea bag in 8 ounces of hot water

SATURDAY - Breakfast

132. Cantaloupe + banana with yogurt smoothie

(8 ounces)

*Substitute with rice/ soy/ almond milk if lactose-intolerant

1 cup of mixed cantaloupe, diced and banana, sliced

2 tbsp yogurt

- Mix all the ingredients together and serve chilled.



SATURDAY - Lunch

133. Seasoned* and cooked red lentils over brown rice

*Seasoned with cumin seeds, turmeric powder, minced ginger-garlic, optional-curry powder

1 cup cooked brown rice (approximately ½ cup raw brown rice. Cook according to manufacturer's instructions. You can use a rice cooker)

For the lentils:

½ cup lentils

1 tsp curry powder (optional)

1 tsp turmeric powder

½ tsp cayenne powder (optional)

1 tsp cumin seeds

1 clove garlic, peeled and minced

2 slices ginger, minced

1 tbsp sesame oil/ coconut oil

1 tbsp Bragg's amino/ organic tamari sauce/ organic soy sauce

- In a saucepan, add the oil and stir-fry garlic and ginger over medium heat.
- Add the spices and continue to stir-fry till fragrant.
- Place lentils in the saucepan and stir-fry for a while.
- Add water so that it is slightly over the lentils and bring to a boil.
- Simmer the lentils for 15 minutes-20 minutes till it is soft.
- Serve with brown rice.

SATURDAY - Snack

134. Pomegranate

(1 small)

SATURDAY - Dinner

135. Mexican style* red snapper fillets

(2 servings)

*Cook onion and diced tomatoes in olive oil, parsley and serve over the fish baked with lime juice, oregano, thyme and pepper

2 small red snapper fillets, scaled removed, washed and patted dry with kitchen towel

Juice from 2 limes

1 tsp oregano



1 tsp thyme

Celtic salt and pepper

Extra virgin olive oil

- Season the snapper fillet with the above condiments and refrigerate the seasoned fish for 30 minutes.
- Preheat the oven to 400F.
- Line the baking sheet with aluminum foil, transfer the snapper with the seasoning.
- Brush both sides of the snapper with olive oil.
- Bake the fish for about 12 minutes.
- Remove from oven once it is baked.
- Ensure that fish is cooked by piercing it with a fork. It should flake easily.

For the sauce:

2 tbsp chopped parsley

1 tomato, diced

1 tbsp olive oil

1 onion, peeled and diced

½ tsp tamari/ Bragg's aminos (optional)

- In a skillet, sauté onion in oil over medium heat.
- Once it is brown, add the tomato and chopped parsley.
- Season the dressing with tamari/ Bragg's aminos.
- Drizzle the hot sauce over the fish and serve.

SUNDAY - Drink

136. Dandelion detox tea

(1 cup)

½ tsp dandelion root powder

8 ounces hot water

- Heat the water till it's boiling and add dandelion root powder.
- You may want to add a little cinnamon powder for additional flavor.

*Dandelion is a liver healer

SUNDAY - Breakfast

137. Breakfast scramble*

(1 cup)

*Shiitake mushrooms, white beans (½ slightly mashed), a tsp turmeric powder, onions, ginger, garlic minced, tomatoes, olive oil

4-5 shitake mushrooms, sliced

¼ cup white beans, slightly mashed (if using dried beans, soaked overnight)

1 tsp turmeric powder

1 onion, peeled and diced

1 slice ginger, minced

1 clove garlic, peeled and minced

1 small tomato, diced

1 tbsp extra virgin olive oil

1 tsp Bragg's aminos / organic tamari (optional)

Celtic salt and pepper to taste

- In a skillet, sauté garlic, ginger onion in oil over medium heat.
- Once it is fragrant, add the bean and turmeric powder.
- When the beans are soft, add mushroom and tomato and simmer for 5 minutes.

- Season the dish with tamari/ Bragg's aminos (optional) , salt and pepper.
- Enjoy!

SUNDAY - Lunch

138. Corn meal with asparagus and fava beans

*Ground corn meal, minced garlic, olive oil, pepper and salt

1 cup cornmeal

3-4 medium asparagus, ends trimmed and cut into shorter strips

¼ cup fava beans

1 tbsp of your favorite herbs – basil leaves, thyme, rosemary, oregano

1½ tbsp extra virgin olive oil

1 clove garlic, minced

Celtic salt and black pepper

- Preheat the oven to 400 degrees.
- Line the baking sheet with parchment.
- Place the asparagus and fava beans on the baking sheet and drizzle with garlic, salt, olive oil, black pepper and herbs.
- Bake for 25 minutes.

For the cornmeal:

- Bring a pot of water to boil, stir in the corn meal and simmer till it thickens.
- Season with salt.
- Serve the cornmeal with the baked asparagus and fava beans.



SUNDAY - Snack

139. Apricots

(1 small cup)

SUNDAY - Dinner

140. Baked salmon served with cooked quinoa

(1 cup quinoa, 1 salmon fillet)

*Baked salmon with juice of lemon and grated ginger on top

1 cup cooked quinoa (approximately ½ cup raw quinoa. Cook according to manufacturer's instructions.)

1 salmon fillet, scaled removed, washed and patted dry with kitchen towel

1 tsp oregano

1 tsp rosemary

1 tbsp grated ginger

Celtic salt and pepper

Extra virgin olive oil

Juice from 1 lemon

- Season the salmon fillet with the above condiments and refrigerate the seasoned fish for 30 minutes.
- Preheat the oven to 400F.
- Line the baking sheet with aluminum foil, transfer the salmon with the seasoning.
- Brush both sides of the salmon with olive oil.
- Bake the fish for about 12 minutes.
- Remove from oven once it is baked.
- Ensure that fish is cooked by piercing it with a fork.

It should flake easily.

- Squeeze the lemon juice on the salmon and serve with quinoa!



MEAL PLAN WEEK 5

MONDAY - Breakfast

141. Cooked red quinoa with chopped pecans, chia seeds, flax seeds, cherries

(1 medium bowl)

½ cup cooked red quinoa

¼ cup pecans

1 tbsp chia seeds

1 tbsp flax seeds

4-5 cherries, halved

For the quinoa:

¼ cup red quinoa

1 cup vegetable stock/water

1 clove garlic, peeled and minced

5-6 whole black peppers

1 tsp coconut oil

To cook quinoa:

- In saucepan, sauté garlic and black pepper in coconut oil.
- Add vegetable stock and bring it to boil.
- Once boiled, add the quinoa and simmer over medium heat for around 5 minutes or until the liquid slowly dries up.
- Stir occasionally to avoid quinoa from sticking to the saucepan.
- Fluff with a fork and allow it to cool.

- Put the quinoa in a bowl and add the rest of the ingredients and toss gently. Served.

MONDAY - Mid-Morning

142. Banana

(1 piece)

MONDAY - Lunch

143. Avocado salad*+ small cup of soy yogurt

(1 medium bowl)

*Cut avocados with spinach, feta cheese, cherry tomatoes, nuts

1 avocado, cored removed and sliced

4-5 spinach leaves

1 cube feta cheese

3-4 cherry tomatoes

1 tbsp pistachio nuts

1 tbsp walnut

Juice of 1 orange

1 tbsp apple cider vinegar

1 tbsp extra virgin olive oil

Celtic salt to taste

- Whisk together orange juice, apple cider vinegar and salt in a medium bowl.



- Add avocado, spinach leaves, feta cheese, cherry tomatoes, pistachio nuts and walnuts.
- Toss evenly and serve!

MONDAY - Snack

144. Dried prunes

(1 small cup)

MONDAY - Dinner

145. Guacamole whole wheat wrap*

(2 medium size)

*Whole wheat wrap filled with guacamole, tofu, spinach leaves, bell pepper and brown rice

For the guacamole:

1 avocado

1 lime

½ medium tomato, chopped

½ cup fresh cilantro, chopped

¼ cup green onion, chopped

¼ tsp jalapeño pepper (red or green), deseeded and minced

½ tsp sea salt

- Place all the ingredients into a blender and blend till smooth.
- Add a little lemon for extra sourness.
- Chill in the fridge.

For the wrap:

1 – 2 whole wheat wraps

¼ small red bell pepper, sliced

4-5 spinach leaves, washed and drained

1 small portion of tofu, drained, dried, pan fried, and cut into small pieces

¼ cup cooked brown rice

- Heat the wrap in a non-stick skillet till it is lightly browned on both sides.
- Place the ingredients in the center of the wrap.
- Fold the 2 edges in and slowly roll the wraps tightly.
- Seal the wraps with a little water.
- Cut into halves for easier eating.
- Enjoy!

TUESDAY - Breakfast

146. Tahini* spread on toasted whole grain bread slices + almond milk

(2 slices, 1 cup)

*Protein rich paste made from sesame seeds

2 slices spelt bread

1 cup almond milk



3 cups white sesame seeds

For the almond milk:

*By using a blender crush pre-soaked almonds, dates, water and $\frac{1}{4}$ teaspoon vanilla

1½ cups of raw almonds

4 cups of filtered or spring water

3-8 dates

$\frac{1}{4}$ tsp organic vanilla essence (or 1 vanilla pod, crushed and seeds removed)

- Soak fresh raw almonds in pure water overnight.
- Make sure that the water should be slightly above the nuts to allow for swelling.
- The next morning, drain the soaked almonds, fill your blender with the almonds and add 2 cups of fresh water until you get white milk-like creamy liquid.
- You can soak your dates in the morning for an hour before blending with dates (that have been soaked for at least an hour).
- Strain once to remove almond granules.
- You can keep this almond milk for around 3 days in the refrigerator.
- Stir in vanilla essence/ seeds and serve.

For the tahini:

- Toast your seeds to bring out the fragrance.
- You can either roast it for 12 minutes in the oven which was preheated to 350F.
- Try to move the sesame seeds occasionally to prevent the bottom from being burned.

- Alternatively you can toast them over low heat in a skillet.
- Try to move the sesame seeds occasionally to prevent the bottom from being burned.
- Once the sesame seeds are toasted, place them in a food processor and process till it turns into a creamy paste. Remember to scrap down the sides periodically.
- Transfer the tahini in an air-tight jar.
- It will last for a few months.
- Toast the spelt bread.
- Spread tahini and serve with almond milk

TUESDAY - Mid-Morning

147 Apple

(1, small)

TUESDAY - Lunch

148. Pita sandwich with tofu + 1 Fig

(1 medium size)

1 tbsp olive oil

1 tbsp onion, minced

½ carrot, cut into matchsticks

½ (6-ounce) block tofu, pressed, cut into cubes

1 tbsp organic vegan mayonnaise

1 clove garlic, minced



¼ bell pepper, sliced in long ½ inch thick slices

1 whole wheat pita bread, cut in half

Handful of fresh arugula leaves

Celtic salt and pepper to taste

- Heat oil in a skillet over medium heat.
- Add onion, garlic, carrots, bell pepper and tofu.
- Cook until tofu is lightly browned.
- Season with salt and pepper.
- Spread pita with mayonnaise.
- Fill the pita with tofu mixture.
- Add arugula on top of pita. Serve.

TUESDAY - Snack

149. Raw almonds

(1 small cup)

TUESDAY - Dinner

150. Mediterranean veggie* wrap

(2 medium size)

*Fresh or left over vegetables like bell pepper, onions, cauliflower, carrots, squash and rice can be used

1 – 2 whole wheat wraps

¼ small red bell pepper, sliced

½ small carrot, cut into thin strips

¼ cup of squash, cubed and diced

5 cauliflower florets

1 red onion, peeled and sliced

¼ cup cooked brown rice

1 tsp Braggs Amino

1 tsp apple cider vinegar

1 tbsp coconut oil

Celtic salt and pepper to taste

- Heat the wrap in a non-stick skillet till it is lightly browned on both sides.
- Remove wrap from skillet.
- Add coconut oil to skillet.
- Sauté onion until soft.
- Add carrot, squash, cauliflower and lastly bell pepper.
- Add Braggs Amino, apple cider vinegar, salt and pepper to taste.
- Place the ingredients in the center of the wrap.
- Fold the 2 edges in and slowly roll the wraps tightly.
- Seal the wraps with a little water.
- Cut into halves for easier eating.
- Serve.



WEDNESDAY - Breakfast

151. Steel cut oats topped with banana + chopped almonds and walnuts.

$\frac{3}{4}$ cup of steel cut oats

1 small banana

6 - 8 almonds

6 - 8 walnuts

1 cup of almond milk

Bring the almond milk to a boil.

- Add the steel cut oats till it is cooked.
- Add the rest of the ingredients.
- Serve.

WEDNESDAY - Mid-Morning

152. Mixed nuts

(1 small bowl)

1 small bowl of your favorite nuts (almond, walnut, cashew, peanuts, macadamia)

WEDNESDAY - Lunch

153. Vegetarian* quesadilla**

(2 or 3 pieces)

*Onions, shredded carrots, tomatoes, peas, low fat shredded cheese)

**Whole wheat tortillas for quesadilla

1 red onion, peeled and sliced

½ small carrot, shredded

½ tomatoes, diced

¼ cup peas, cooked

4 tsp shredded low fat organic cheese

1 tsp apple cider vinegar

1 tbsp olive oil

1 tsp raw/ Manuka honey

Celtic salt and pepper for taste

- Whisk apple cider vinegar, olive oil, honey, salt and pepper together.
- Add the vegetables and toss.
- Set aside.

For the quesadillas

2 medium whole wheat size tortillas

Olive oil

2 tbsp chopped coriander

A handful of spring onion

1 red chili, deseeded and chopped

- Mix coriander, spring onion chili and



olive oil.

- Place them between 2 layers of tortillas.
- Heat the tortillas in a dry non-stick pan.
- Cut it into smaller pieces if desired.
- Place the vegetables in the pockets of the quesadillas.
- Serve.

WEDNESDAY - Snack

154. Dolmades*

(1or 2 pieces)

*Stuffing rolled up in a grape leaf (vine leaf), stuffing include onions, dill, parsley, rice

1 tsp extra-virgin olive oil

1 small onion, finely chopped

¼ small fennel bulb, halved, cored and diced

½ tsp grated lemon zest

1 tsp pine nuts

¼ cup long-grain rice, washed and drained

½ tsp finely chopped dill leaves

1 pinch finely chopped flat-leaf parsley

½ cup grape leaves, rinsed and drained

¼ lemon, juiced

½ tbsp finely chopped mint

Celtic salt and ground black pepper to taste

- For the filling, sauté the onion in a skillet till lightly golden.
- Add the rice, currants, pine nuts, mint, salt and pepper to taste.
- Mix $\frac{3}{4}$ cup water, then cover with a lid and cook very gently for about 15 minutes until all the water is absorbed and the rice is nearly tender.
- Pour the parboiled rice mixture into a bowl and add the dill and parsley; season with salt and pepper. Allow to cool.
- For the grape leaves, bring a pot of water to a simmer.
- Blanch the grape leaves in the hot water for 5 minutes until it becomes pliable.
- Drain then trim the stems and any hard veins from the leaves.
- Dry leaves with paper towel.
- Lay the grape leaf on a work surface with the shiny-side facing down. Put a tablespoon of the filling in the middle of each leaf.
- Fold the stem end up, followed by the sides toward the middle, and roll up tightly to form a log shape.
- Repeat with remaining grape leaves and filling.
- Place the dolmades in a skillet, seam-side down in a single layer.
- Pour lemon juice over the dolmades and add some water if necessary.
- Cover the pan and simmer over low heat for 30 to 40 minutes, until the dolmades are tender. Serve.

WEDNESDAY - Dinner

155. Vegetable moussaka*with a glass of red wine

(2 servings)

*Traditional Greek dish made with eggplants, zucchini, portobello mushrooms, potatoes, tomatoes and other vegetables



8 tbsp coconut oil
1/4 eggplant, thinly sliced
1/2 onion, sliced
1 cloves crushed garlic
1/2 carrot, sliced
1/2 thinly zucchini, sliced
1/4 red bell pepper (cut into strips)
1/4 green bell pepper (cut into strips)
1/4 tomato, diced
1/4 sliced potatoes (parboiled)
1/2 tbsp organic tomato puree
1 vegetable broth cubes
1 tsp ground cinnamon
1/4 cup fresh parsley, chopped
1/2 cup of organic lentils
1 tbsp vinegar
1 tsp oregano
1/2 cup organic feta cheese, crumbled
Celtic salt and black pepper to taste
1 glass of red wine

- Spread the eggplant out on a tray and sprinkle with salt.
- Leave it for about 20 minutes to remove the bitterness of eggplant.

- Preheat your oven to 375C.
- Meanwhile, work on the moussaka sauce.
- Heat about 1 tbsp of coconut oil in a skillet and sauté garlic and onion until browned.
- Add tomatoes lentils, vinegar & oregano. Bring to a boil then simmer for about 20 minutes.
- While simmering, rinse the eggplant slices in a colander.
- Dry it with a paper towel.
- In a large skillet, add coconut oil and brown the eggplant and zucchini.
- Remove from the pan, then repeat the same thing with the potato slices.
- Also remove from pan.
- Place eggplant, zucchini, and potato slices on kitchen towel to drain off the oil.
- In a lasagna type dish, place a layer the cooked eggplant, zucchini, potatoes, onions and feta cheese.
- Pour some of the moussaka sauce over all the sliced vegetables.
- Add another layer of vegetables, then sauce.
- Then another layer of vegetables again.
- Bake for about 40 minutes till the top is golden.
- Serve with red wine.

THURSDAY - Breakfast

156. Broken brown rice porridge with fruits*

(1 medium bowl)

*Options include blueberries, strawberries, bananas

½ cup of brown rice

2 cups water

½ cup of fruits of your choice (blueberries, strawberries, bananas)



1 tsp molasses (optional)

Celtic salt to taste

- Add the water and brown rice to a pot and bring to a boil.
- Simmer and cook under low heat till brown rice is soft.
- Add the fruits into the porridge.
- Season and serve.

THURSDAY - Mid-Morning

157. Fresh cherries

(1 small cup)

6 -10 fresh cherries

THURSDAY - Lunch

158. Falafel in pita bread + any fruit

(1 medium size)

1 whole wheat pita bread, cut in half

For falafel:

½ cup dried chickpeas

1 small onion, chopped

1 clove of garlic, chopped

1 tsp of fresh parsley, chopped

½ tsp ground coriander

½ tsp cumin

1 tbsp organic flour

Celtic salt and pepper to taste

Pinch of ground cardamom

Coconut oil for frying

- Pour the chickpeas in a bowl, covering with cold water and soak them overnight.
- Drain the chickpeas, and place them in a skillet with fresh water, and bring to a boil.
- Boil for 5 minutes, then simmer on low heat for about an hour.
- Drain and cool for 15 minutes.
- Place chickpeas, garlic, onion, coriander, cumin and flour in a medium bowl.
- Add salt and pepper to taste.
- Pour the mixture into food processor.
- You want the mixture to be a thick paste.

Form the mixture into small balls using wet hands, about the size of a ping pong ball.

- Fry in the balls in 2 inches of oil until golden brown (5-7 minutes).
- Heat up the pita bread, split them open and
- pop 2 falafels into each.
- Serve.

THURSDAY - Snack

159. Low-fat Greek yogurt

(1 small cup)

1 cup low-fat Greek yogurt



THURSDAY - Dinner

160. Mediterranean tuna salad*

(1.5 cups)

* Salad greens, olives, artichokes hearts, pignoli (pine) nuts tossed in tuna

1 baby lettuce, leaves torn

½ cup red grape tomatoes, halved

1 tbsp pine nuts

1 small red onion, halved, thinly sliced

½ cup quartered artichoke hearts, drained well

1 Lebanese cucumber, cubed

1 green bell pepper, cubed

¼ cup pitted olives

2 tbsp fresh oregano, chopped

1 water-packed can tuna, chunked

1/4 cup red wine vinegar

3 tbsp lemon juice (fresh not bottled)

Celtic salt to taste

- Whisk the vinegar, lemon juice and salt in a medium bowl.
- Toss the rest of the ingredients and mix evenly.
- Serve!

FRIDAY - Breakfast

161. Egg omelet* with olives and spinach

+ a freshly squeezed orange juice (1 glass)

*2 eggs cooked as a single omelet with chopped olives and spinach for topping

1 glass of freshly squeezed orange juice (without ice)

2 organic free-range eggs

2-3 pitted olives

¼ cup spinach leaves, wash and drained

1 tsp coconut oil

- Crack the eggs into a mixing bowl and beat them.
- Add coconut oil to skillet over medium-low heat.
- Add the beaten eggs, olives and spinach leaves into the skillet.
- Cook till the edges are crisp.
- Flip the omelet to the other side.
- Cook until there is no uncooked egg left.
- Serve.

FRIDAY - Mid-Morning

162. Fresh plum

(1 medium-size)



FRIDAY - Lunch

163. Chick pea salad*

(1.5 cup)

*Chick pea, olives, green peppers, romaine lettuce, oregano herb, parsley

½ cups cucumber, diced

½ cups tomatoes, chopped

¼ green pepper, chopped

½ cup chickpeas, drained and rinsed

Juice of ½ a lemon

1 tbsp extra virgin olive oil

½ tsp raw/ Manuka honey

½ tsp Dijon mustard

1 tbsp chopped fresh dill

Celtic salt and black pepper to taste

- Whisk the lemon juice, olive oil, honey, Dijon mustard, dill, salt and black pepper in a medium bowl.
- Toss the rest of the ingredients and mix evenly.
- Serve!

FRIDAY - Snack

164. Trail mix*

(1 small cup)

*Ground nuts, almonds, pistachios, hazel nuts and macadamia nuts

- 1 handful of mixed ground nuts, almonds, pistachios, hazel nuts and macadamia nuts.

Condiments are not necessary.

FRIDAY - Dinner

165. Grilled cheese sandwich* + carrot salad**

(2 sandwiches and 1 small cup)

*Whole wheat bread, 1 ounce low fat cheddar cheese

** $\frac{1}{4}$ cup grated carrot, $\frac{1}{4}$ cup onions and lemon juice, salt for taste

4 slices whole wheat bread

2 slices of organic low fat cheddar cheese

2 tsp coconut oil

$\frac{1}{4}$ cup grated carrot

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

1 tbsp lemon juice

salt for taste

For sandwich:

- Preheat skillet over medium heat.
- Add coconut oil to one side of a slice of bread.
- Place bread coconut oil side down onto skillet bottom and add 1 slice of cheese.
- Add coconut oil to a second slice of bread on one side and place butter side-up on top of sandwich.



- Grill until lightly browned and flip over; continue grilling until cheese is melted. Repeat with remaining 2 slices of bread, coconut oil and slice of cheese.

For carrot salad:

- Mix the carrots, onions, and lemon juice in a bowl, and add salt to taste.
- Toss lightly.
- Serve with sandwich.

SATURDAY - Breakfast

166. Buckwheat pancakes served with blueberries or strawberries.

(3 medium size)

1 handful of blueberries or strawberries

½ cup buckwheat flour

½ tsp baking powder

½ tsp baking soda

1 egg = 1tbsp ground flax seed simmered in 3 tbsp of water

½ tbsp extra virgin olive oil

½ tbsp. coconut butter

¼ cup water (as a guide)

Celtic salt to taste

- In a large bowl, sift buckwheat flour, baking powder, baking soda and salt.
- Whisk dry ingredients together to combine.

- Add the egg*, olive oil, whisk for 1 minute.
- Slowly add the water until the texture is smooth.
- Heat skillet over medium heat.
- Add the coconut butter.
- Once the butter melts, add the pancake mixture by ladle on the skillet.
- Cook each side till it is brown and crisp around the edge, then flip it and cook the other side in the same manner.
- Repeat this till pancake mixture is used up.
- Plate up and serve with blueberries or strawberries!

SATURDAY - Mid-Morning

167. Lemonade drink

(1 medium glass)

½ cup freshly squeezed lemon juice

½ cup water

½ tbsp raw honey (or Manuka honey)

- Stir in the honey with the water to make natural honey syrup.
- Pour in the lemon juice.
- Serve chilled if desired.

SATURDAY - Lunch

168. Polenta topped with vegetables*

(1 medium serving cup)

*Ground corn meal, with oven roasted squash, egg plants, and cube of feta cheese



4-5 cups water

Celtic salt to taste

1 cup ground corn meal

- Boil the water in a pot.
- Add polenta and whisk till the polenta till it is thickened.
- Cook for around ½ hour to 40 minutes.

For the vegetables:

¼ cup oven roasted squash

1 small eggplant, cut into wedges

1 tbsp extra virgin olive oil

½ cup feta cheese

Celtic salt and pepper to taste

- Preheat the oven to 400F.
- Sprinkle salt and pepper on the squash and eggplant.
- Place the vegetables on a well-greased baking pan.
- Drizzle olive oil and cheese.
- Bake for 15-20 minutes.
- Serve with polenta.

SATURDAY - Snack

169. Roasted edamame bean

(1 small cup)

SATURDAY - Dinner

170. Brown rice pilaf with vegetables*

(1.5 cups)

*Mixed vegetable choice that is available in season

$\frac{3}{4}$ cup cooked brown rice (Cook in the rice cooker according to the package instructions)

1 tbsp olive oil

$\frac{1}{2}$ tbsp sesame oil

1 onion, finely chopped

1 dried black fungus, soaked (optional)

1 dried mushroom, soaked (optional)

1 tomato, diced

4 green beans, cut into small pieces

$\frac{1}{2}$ medium carrot, thinly sliced

1 garlic clove, minced

Celtic salt and pepper to taste

- Cook brown rice and allow to cool at room temperature.
- It is best to prepare brown rice ahead of time.



- Using olive oil and sesame oil, sauté garlic and onion in a skillet till onion turns translucent.
- Add the vegetables in and sauté.
- Add the brown rice and give it a good stir and add the condiments.
- Serve!

SUNDAY - Breakfast

171. Low-fat Greek yogurt parfait with fruit layers*

(1 medium glass)

*Strawberry, bananas, blueberries, topped with almonds and pistachio nuts

*Substitute with fermented soy for parfait layering if lactose intolerant

¼ cup bananas, sliced

¼ cup strawberries and berries, sliced

⅔ cup plain fermented yogurt or soy yogurt made from soy, rice, or coconut milk) and refrigerated

Almonds and pistachio nuts, crushed

- Using a tall glass, scoop 1½ tablespoon of yogurt and smoothen yogurt surface.
- Scoop 1 tablespoon of mixed nuts and smoothen surface.
- Scoop 1 tablespoon of fruits (bananas, blueberries and strawberries) and smoothen surface.
- Repeat the process till glass is filled.
- Serve chilled if preferred.

SUNDAY - Mid-Morning

172. Baby carrots with hummus

(5 to 10 carrots)

5 - 10 carrot sticks

2 tbsp hummus sauce

A very popular Middle Eastern dip made from chickpeas or garbanzo beans, tahini, olive oil, garlic, and lemon juice. Commonly used to complement pita bread.

- Dip the carrot sticks in the hummus sauce.

SUNDAY - Lunch

173. Spinach and roasted vegetable frittata + cucumber salad

(1 serving of frittata, 1 small bowl of salad)

*Onions, red pepper, low fat grated Parmesan cheese

1 onion, chopped

1 clove garlic, minced

1 cup fresh spinach leaves

4 broccoli florets, roasted

4 green beans, sliced into smaller pieces and roasted

1½ tbsp olive oil

4 large eggs

1½ tbsp water

¼ tsp ground sage

2 tbsp bell pepper, diced

1 tsp lemon juice



1 tbsp chopped fresh parsley or green onions

Celtic salt and pepper to taste

Directions

- Heat 1½ tbsp olive oil over medium heat in an ovenproof skillet.
- Sauté onion for 3 minutes and then add garlic, broccoli, green beans, bell pepper, and sauté until tender.
- Remove from skillet and place in a mixing bowl.
- Add eggs, water, sage, pepper and sea salt to vegetable mixture and beat until well combined.
- Preheat oven to 350 degrees F (180 C).
- To the warm skillet add remaining 1 tbsp oil and swirl to coat the skillet bottom and edges.
- Carefully pour vegetable-egg mixture into skillet and cook on low, add spinach, and stir gently, until bottom of the eggs become firm.
- Remove from stove top.
- Bake skillet at 350 degrees F (180 C) for 6 to 8 minutes or until eggs are set on top.
- Remove from oven.
- Sprinkle the parsley on top.

For the salad:

1 cucumber, seeds removed, sliced thinly

1 tsp molasses

1 tsp Dijon mustard

2½ tbsp apple cider vinegar

1 small onion, peeled and sliced thinly

Celtic salt to taste

- Whisk apple cider vinegar, salt, molasses and
- Dijon mustard.
- Add it to the cucumber and onion.
- Refrigerate and serve!

SUNDAY - Snack

174. Tahini on whole wheat crackers

(4 crackers)

For the tahini:

3 cups white sesame seeds

4 organic whole grain crackers

- Toast your seeds to bring out the fragrance.
- You can either roast it for 12 minutes in the oven which was preheated to 350F.
- Try to move the sesame seeds occasionally to prevent the bottom from being burned.
- Alternatively you can toast them over low heat in a skillet.
- Try to move the sesame seeds occasionally to prevent the bottom from being burned.
- Once the sesame seeds are toasted, place them in a food processor and process till it turns into a creamy paste.
- Remember to scrap down the sides periodically.
- Transfer the tahini in an air-tight jar. It will last for a few months.
- Spread the tahini on whole grain crackers and enjoy!

SUNDAY - Dinner

175. Grilled salmon with steamed vegetables* over brown rice

(4 ounces salmon, 1 medium cup vegetables)

*Broccoli, carrots, squash, peas, cherry tomatoes and baby corn with drizzle of olive oil, fresh dill, lemon juice

1 cup cooked brown rice

4 ounces salmon fillet

Season with:

1 tbsp sesame oil or extra virgin olive oil

6 pounded black peppercorns

Celtic salt



- To prevent the fish from disintegrating easily, do not remove the skin but scrub it clean.
- Season the salmon fillet with sesame oil, peppercorns, salt and let it sit for a while in the refrigerator for 30 minutes.
- Remove the salmon from the fridge and let it go to room temperature 10 minutes before cooking.
- In a non-stick skillet, place a bit of coconut oil and sesame oil and turn to medium heat.
- Place the salmon on the skillet, skin down and pan-fry till the skin is crispy.
- It will take about 4-5 minutes.
- Turn the fish around and pan-fry the other side which will take about 4 minutes.

- Ensure that fish is cooked by piercing it with a fork.
- It should flake easily.
- You can add the juice of ½ a lemon.

For the vegetables:

1 medium cup of your favorite combination of vegetables:

Broccoli florets

Carrot, cut into wedges

Squash, cut into wedges

Baby corn

Peas

Cherry tomatoes

1 tbsp olive oil

1 tbsp freshly chopped dill

Juice of ½ lemon

1 tbsp organic tamari

- Place the vegetables on a dish.
- Then drizzle olive oil, dill, lemon juice and tamari sauce.
- Steam for 5 minutes.
- Serve the vegetables and fish with brown rice!

MEAL PLAN WEEK 6

MONDAY - Breakfast

176. Poached eggs with steamed asparagus

(1 medium bowl)

*2 eggs, remove 1 egg yolk if desired

3-4 stems of asparagus, ends trimmed

2 organic free-range eggs

1 tbsp extra virgin olive oil

½ tbsp of chopped mixed herbs – coriander, fennel, basil

Celtic salt and pepper to taste

- Tie asparagus together using string or kitchen twine.
- Season with Celtic salt, pepper, olive oil, and mixed herbs.
- Steam over high heat for about 3 minutes.

For the egg:

- Fill a saucepan with water and bring it to boil.
- Crack the egg into a bowl.
- Once it is medium heat with just a few bubbles.
- Gently slide the egg into the water.
- Cook till the egg whites are soft and fluffy.
- Remove from the saucepan and serve with asparagus!

MONDAY - Mid-Morning

177. Fresh Fig

(1 piece)

MONDAY - Lunch

178. Whole grain pasta with vegetables* in tomato sauce

(1 medium bowl)

*Any seasonally available vegetable, examples include tomatoes, baby corn, squash, peas

1 serving whole grain spaghetti

3 tbsp of extra virgin olive oil

2 cloves of garlic – minced

2 baby corns, sliced

1 tbsp peas

¼ cup squash, diced

½ green bell pepper, chopped

1 small onion, chopped

2-3 sprigs of fresh oregano, chopped

2 tbsp fresh parsley, chopped

½ tsp of Italian seasoning

1 large Roma tomato, chopped

4-5 tbsp organic tomato sauce

1 tbsp Parmesan cheese

Celtic salt to taste



- Cook the pasta in a saucepan of boiling salted water.
- Cook till al dente and drain.
- In a large skillet, sauté the onion with olive oil.
- Add in the garlic.
- Cook till onion turns translucent.
- Add in the vegetables and stir-fry until tender.
- Add in the peas and tomatoes.
- Cook until warm.
- Add Italian seasoning to the vegetable mix.
- Drizzle with more olive oil if you wish and add the organic tomato sauce.
- Add Parmesan cheese, parsley, and oregano to taste. Serve.

MONDAY - Snack

179. Carrots sliced thin served with olivada

(1 small cup)

*Black olives, parsley, cherry tomatoes, fennel bulbs, cucumbers, processed to a chunky consistency

*Olivada is an olive spread. You can make a large batch and store them in the fridge.

2 cups black olives, pitted (Kalamata olives)

5 tbsp extra virgin olive oil

1 tbsp freshly chopped parsley

2-3 cherry tomatoes

1 fennel bulb

1 tsp dried oregano

2 tbsp diced cucumber

Celtic salt and pepper to taste

1 carrot, sliced

- Place all the ingredients (except the carrot) in a food processor and blend till it is smooth.
- Store in an air-tight jar in the refrigerator for up to 6 weeks.
- Spread the olivada on carrot slices and serve!

MONDAY - Dinner

180. Porcini* mushrooms risotto

(1 - 1.5 cups)

*Vegetable broth, onions, thyme, oregano, brown rice, Parmesan cheese (use as a condiment in small quantities)

1 oz dried porcini mushrooms, cut into smaller pieces

3 cups vegetable broth

1 onion, peeled and chopped

1 cup short grain brown rice

1 tsp thyme

2 tbsp Parmesan cheese

1 -2 tbsp coconut butter

1 asparagus, cut into shorter stems

Celtic salt and pepper to taste

¼ cup dry white wine

½ tbsp olive oil



- Sauté onion and garlic in a skillet with olive oil over medium heat.
- Then add mushrooms, rice, salt and the wine.
- Cook till mushrooms till dark and the liquid evaporates.
- Add the vegetable broth and stir, lowering the heat.
- Stir till the liquid is absorbed.
- Continue to add more vegetable broth till the rice is al dente.
- Add pepper to taste.
- In another saucepan, heat the butter and olive oil till the butter has melt.
- Add the asparagus, thyme, and then add it to the risotto.
- You can then stir in the Parmesan cheese and serve.

TUESDAY - Breakfast

181. Toasted whole wheat bagel with vegetable spread*

(2 medium size)

*Grilled or steamed seasonal vegetables processed coarsely with dash of lemon juice, salt, pepper

1 spelt/ whole grain bagel, toasted

Vegetable spread:

Your favorite seasonal vegetables, processed coarsely in the food processor

Celery

Carrot

Radish

Dill

Cheese

Juice of 1 lemon

Celtic salt and pepper to taste

- Process all the ingredients in a food processor, but not too fine to retain the crunch.
- Spread in the bagel and serve!

TUESDAY - Mid-Morning

182. Orange

(1 piece)

TUESDAY - Lunch

183. Provolone cheese-tomato sandwich*

(2 or 3 pieces)

*Use whole grain bread, herbs oregano, thyme, garlic, basil, 2 slices provolone

1 spelt/ whole grain bagel, toasted

2 tbsp grated provolone cheese

1 tomato, sliced

1 tsp of oregano

1 tsp thyme

1 tsp garlic powder

1 tsp freshly chopped basil



- Place the ingredients between 2 slices of bread.
- Then grill till the cheese has melted.

Vegetable spread:

- Your favorite seasonal vegetables, processed coarsely in the food processor

Celery

Carrot

Radish

Dill

Cheese

Juice of 1 lemon

Celtic salt and pepper to taste

- Process all the ingredients in a food processor, but not too fine to retain the crunch.
- Spread in the bagel and serve!

TUESDAY - Snack

184. Trail mix

(1 small cup)

*Ground nuts, almonds, pistachios, hazel nuts and macadamia nuts

- 1 handful of mixed ground nuts, almonds, pistachios, hazel nuts and macadamia nuts.
- Condiments are not necessary.

TUESDAY - Dinner

185. Fettuccine and artichoke with tomato puree

(1 medium plate)

*Garnish with mint leaves, Parmigiano cheese

1 serving fettuccine pasta

2 ounce artichoke hearts

1 tbsp freshly chopped mint

2 tbsp extra virgin olive oil

2 tbsp sun-dried tomato

2-3 mushrooms, sliced

1 Roma tomato, chopped

Celtic salt and black pepper to taste

1 tbsp coconut butter / unsalted butter

Juice of ½ lemon

1 cup dry white wine

1 artichoke hearts, chopped and seasoned

1 clove garlic, minced

1 tbsp parsley, freshly chopped

2 tbsp organic tomato paste

- Cook the pasta in a saucepan of boiling salted water.
- Cook till al dente and drain.
- In a large skillet, melt the butter.



- Sauté the onion, garlic, mushrooms, sun-dried tomatoes, lemon juice, wine, and artichoke.
- Drizzle the olive oil when sautéing.
- Add in the Roma tomatoes and stir-fry until tender.
- Drizzle with more olive oil if you wish and add the organic tomato sauce.
- Add Parmesan cheese, parsley, mint to taste.
- Stir in the fettuccine pasta.
- Serve.

WEDNESDAY - Breakfast

186. Granola with yogurt and mixed berries

(1 cup)

For the granola:

1 cup of a combination of the following:

Steel cut oats / normal oats

Raw almonds

Raisins

1 tbsp coconut oil

2 tbsp Manuka honey

1 tbsp cinnamon powder

1 tbsp brown rice syrup

1 tsp organic vanilla essence

- In a saucepan, add the coconut oil, add the oats and nuts and stir-fry for a while.
- Add salt, cinnamon, vanilla essence, and honey and combine in the saucepan.

- Once the coconut and honey has melted, remove the nuts from saucepan.
- Place the nuts on a baking pan and bake for 25 minutes at 300F.
- Remove from pan occasionally to give it a good stir.
- Add raisins and give it a good stir.
- Serve with soy yogurt/ Greek yogurt and mixed berries (blueberries, strawberries, raspberries, blackberries).

WEDNESDAY - Mid-Morning

187. Banana

(1 piece)

WEDNESDAY - Lunch

188. Vegetable* with spinach pesto** in panini sandwich

(2-3 sandwiches)

*Bell pepper, sun dried tomatoes, onions, cucumber

**Sauce made from spinach, pine nuts, jalapeno pepper, salt, garlic cloves, olive oil

1 spelt rye bread (you can choose baguette or ciabatta bread)

For the vegetables:

½ bell pepper, sliced

2 tbsp organic sun dried tomatoes

1 onion, minced, sauté if desired

½ cucumber, seeds removed and diced



For the pesto sauce:

1 large bunch of spinach leaves, chopped

¼ cup of pine nuts

¼ cup of walnuts

2 cloves of garlic – minced

½ cup of Extra Virgin Olive Oil

½ cup of Nutritional yeast or Parma – grated (a non-dairy vegan Parmesan cheese substitute)

1 jalapeno pepper, chopped finely

1 tsp Celtic salt

- Use a blender or food processor and combine the pesto ingredients.
- Blend them well and add olive oil till you form a paste.
- You can store the remaining paste for weeks in the refrigerator.
- Mix the chopped vegetables with the spinach pesto and stuff the vegetable filling in the bread of your choice.
- You may wish to toast the bread before or together with the vegetable filling for the cheese to melt.
- Enjoy!

WEDNESDAY - Snack

189. Cut carrots with hummus

(3-5 cut pieces)

A few pieces of carrot sticks

2 tbsp hummus sauce

A very popular Middle Eastern dip made from chickpeas or garbanzo beans, tahini, olive oil, garlic, and lemon juice. Commonly used to complement pita bread.

- Dip the carrot sticks in the hummus sauce.

WEDNESDAY - Dinner

190. Mushroom soup* + avocado salad

(1 small cup soup, 1 medium cup salad)

*Portobello mushroom in vegetables stock, oregano, pepper, thyme

**Avocado, cherry tomatoes, spinach, shredded cabbage, carrots, cilantro, lemon juice, pepper, salt

For the soup:

4-5 Portobello mushrooms, sliced

1 onion, peeled and diced

1 cup soy / almond milk

1 cup vegetable broth

1 clove garlic, minced

1 tsp oregano

1 tsp thyme

1 tsp cayenne pepper

1 tbsp olive oil



Celtic salt and pepper to taste

- Sauté garlic and onion in a saucepan.
- Add the mushrooms and continue to sauté till fragrant.
- Add soy/ almond milk and vegetable broth and bring it to a boil.
- Add salt and pepper and serve warm!

For the salad:

1 avocado, sliced

2-3 cherry tomatoes

4-5 spinach leaves

2 cabbage leaves, shredded

½ carrot, shredded

1 tbsp apple cider vinegar

1 clove garlic, sliced and roasted

1 tbsp flax seed oil

- Toss the ingredients in a salad bowl and serve!

THURSDAY - Breakfast

191. Muesli with blueberries and cherries

(1 cup)

*Prepare muesli by soaking whole oats overnight in orange juice or water. This is the base. You can add in nuts, fruits, and yogurt

2/3 cup organic muesli mix (rolled oats soaked overnight in orange juice, raisins, walnuts, almonds, goji berry, cinnamon powder.)

2 tbsp Greek yogurt/ soy yogurt (optional)

A handful blueberries

1 handful cherries

- Mix all the ingredients together.
- Serve!

THURSDAY - Mid-Morning

192. Peach

(1 piece)

THURSDAY - Lunch

193. Italian garden salad* + soy yogurt

(1.5 cup salad, 1 cup yogurt)

*Shredded cabbage, carrots, beetroot, chopped cauliflower, broccoli, dried tart cherries, red grapes, arugula greens, parsley, toasted pine nuts, pecorino romano cheese, balsamic vinegar, lemon juice

1 cup soy yogurt

For the salad:

1 ½ cup the following vegetables and fruits:

*Shredded cabbage



Shredded carrots

Shredded beetroot

Chopped cauliflower

Chopped broccoli

Dried tart cherries

Red grapes

Arugula greens

1 tbsp pecorino romano cheese, shredded

1 tbsp toasted pine nut

1 tbsp balsamic vinegar

Juice of ½ lemon

1 tbsp parsley, finely chopped.

- Steam cauliflower and broccoli for 4-5 minutes.
- Whisk together balsamic vinegar, lemon juice, parsley.
- Add the vegetables and fruits.
- Sprinkle the romano cheese and pine nuts and mix well.
- Serve with soy yogurt.

THURSDAY - Snack

194. Mixed nuts*

(1 small cup)

*, cashews, pistachios, almonds

THURSDAY - Lunch

195. Steamed fish in roasted vegetable* bed + brown rice

(¼ pound fish fillet, 1 medium serving plate)

*Oven roasted parsnips, onions, turnips, potatoes, squash, with minced garlic, rosemary with zest of lemon juice

1 cup cooked brown rice

1 grouper fish fillet (¼ pounds)

Season with:

1 tbsp sesame oil or extra virgin olive oil

3 slices ginger, sliced

1 tbsp freshly chopped coriander

Celtic salt to rub the fish

For the vegetables:

1 cup of the combination of the following:

Parsnips

Onion, peeled and sliced

Turnips, cut into wedges

Potato, cut into wedges

Squash, cut into wedges



2 cloves garlic, minced

1 tbsp olive oil

1 tbsp rosemary

Juice of 1 lemon

Celtic salt and pepper to taste

- Season the grouper fillet with sesame oil, salt, ginger, and coriander and let it sit for a while in the refrigerator for 30 minutes.
- Remove the grouper from the fridge and let it go to room temperature 10 minutes before cooking.
- Steam the fish for 11 minutes.
- Ensure that fish is cooked by piercing it with a fork. It should flake easily.

For the vegetables:

- Preheat the oven to 400F.
- Sprinkle salt and pepper on the vegetables.
- Place the vegetables on a well-greased baking pan.
- Drizzle olive oil, garlic, rosemary, and lemon juice.
- Bake for 15-20 minutes.
- Serve with fish and brown rice.

FRIDAY - Breakfast

196. Whole grain toast with vegetable spread*

(2 slices)

*Zucchini, butternut, broccoli, carrots, dill, ginger – grilled or steamed and processed coarsely

2 slices of spelt bread

For the vegetable spread:

¼ cup zucchini, diced

¼ cup butternut, diced

¼ cup shredded carrot

1 tsp dill

1 tbsp extra virgin olive oil

2 slices ginger, minced

Celtic salt and pepper to taste

- Preheat oven to 300F and then line a baking pan with parchment.
- Place the vegetable on the pan and add the condiments.
- Drizzle with olive oil.
- Grill it for 20 minutes.
- Place the vegetable spread between slices of bread and serve!

FRIDAY - Mid-Morning

197.

(1 piece)



*Clementine is a type of mandarin orange

FRIDAY - Lunch

198. Grilled egg plant-parmesan sandwich*

(2 or 3 slices)

*Whole grain bread, use minimal amount of cheese

2 slices of spelt bread / whole grain bread

1 eggplant, sliced

1 tbsp Parmesan cheese

1 tomato, sliced

1 tbsp balsamic vinegar

1 tbsp apple cider vinegar

Celtic salt

A few stalks basil leaves

Olive oil

- Slice your eggplant into thin slices.
- Place the kitchen towels on the tray, then arrange eggplant on the tray.
- Rub salt on the eggplant.
- Let it sit for a while.
- Preheat the grill.
- Brush the olive oil on the eggplant.
- Then grill the eggplant for about 4 minutes.
- Remove the eggplants from the grill.
- Whisk balsamic vinegar and apple cider vinegar.
- Soak the tomato in the dressing.

- Arrange the eggplants and tomato on toasted spelt bread/ whole grain bread. Then add basil leaves and Parmesan cheese.
- Top it with another slice of bread.
- Secure with a toothpick. Serve!

FRIDAY - Snack

199. Shredded carrots and beetroot with a dash of lemon

(1 small cup)

1 carrot, shredded

1 small beetroot, shredded

Juice of 1 lemon

1 tsp raw honey/ Manuka honey (optional)

- Whisk the lemon juice and honey.
- Drizzle over the carrot and beetroot.
- Toss evenly and serve!



FRIDAY - Dinner

200. Vegetable* casserole

(1 medium serving plate)

*Egg plant, zucchini, spinach, marinara sauce, 2 ounces prepared polenta, low fat, shredded mozzarella cheese

1 cup cooked brown rice

2 Roma tomatoes - peeled, seeded, and chopped

1 zucchini – cleaned and sliced then cut slices in half

4 spinach leaves
2 tbsp Mariana sauce
1 clove garlic, minced
1 shallot, minced
1 tsp thyme
2 ounces prepared polenta
Celtic salt and pepper

3 tbsp shredded mozzarella cheese

If you are lactose intolerant, blend the following ingredients in a food processor:

½ cup nutritional yeast
¼ cup raw cashews
¼ cup raw almonds
Celtic salt to taste
½ tsp garlic powder

- Heat oil in a saucepan or skillet and brown the garlic and till the onion turn translucent.
- Add your chopped sliced sweet red pepper, tomatoes, egg plants, polenta, Mariana sauce, thyme, and zucchini till the vegetables are beginning to wilt.
- Add the cooked brown rice and stir-fry for a while.
- Add the condiments.
- Put entire mixture into a casserole dish, add spinach, and top with Parmesan cheese or the provided vegan topping.

- Bake in a 350 degree oven for about 10 minutes until all flavors have been able to mingle.
- Top the mixture with either Parmesan cheese or the provided topping recipe.

SATURDAY - Breakfast

201. Pumpkin pancakes*

(3 numbers)

*Combine rice/soy milk with pumpkin pulp, nutmeg, pecans, baking powder, wheat flour and beaten egg. Egg serves as a thickening agent. For vegans, add 1 tbsp ground flaxseed with ¼ cup water, and add Ener G egg replacer for better effect

1 cup all-purpose flour

2 tsp baking powder

1 ½ cup soy milk

1 tsp organic vanilla essence

½ cup pumpkin puree

½ tsp cinnamon powder

¼ ground cloves

¼ tsp nutmeg

1 tbsp molasses (optional)

1 egg, whisked (can be replaced with 1 tbsp ground flaxseed with ¼ cup water)

1½ tbsp coconut oil

Celtic salt to taste



In a large mixing bowl, sift the flour, then add the molasses, salt, baking powder, cinnamon, nutmeg and cloves. Then whisk together the egg (or egg replacer), pumpkin puree, vanilla essence, soy milk, and the vegetable oil. Set aside for about 5 minutes.

Ladle the pancake batter and cook on a greased griddle. When the pancake is cook at the edge or lightly browned, flip to the other side and cook for about 2-3 minutes.

SATURDAY - Mid-Morning

202. Strawberries

(1 small cup)

SATURDAY - Lunch

203. Grilled vegetable* salad+ fermented rice milk

(1-1.5 cups salad, 1 small cup milk)

*Seasonal vegetables, onions, eggplant, peppers, season with thyme, onion powder, garlic powder, oregano

For the grilled vegetable salad:

½ zucchini, diced

½ eggplant, diced

½ red bell pepper, diced (you can choose yellow or green peppers)

1 small green chili

1 tbsp fresh basil, chopped
1 tbsp coriander, chopped
1 tbsp fresh mint, chopped
½ tbsp fresh parsley, chopped
1 tsp oregano
1 tsp thyme
1 tsp onion powder
1 tsp garlic powder
Celtic salt to taste
1½ tbsp cold pressed extra virgin olive oil

- Preheat oven to 180°C.
- Combine the vegetables and seasoning in a big bowl, add the olive oil and mix well so that all the vegetables are coated thinly.
- Now place the veggies onto a baking tray.
- Season with salt and drizzle the freshly chopped herbs over the vegetables.
- Grill the veggies at 180° for 20-30 minutes.
- Enjoy!

For the fermented rice milk:

1 cup uncooked organic brown rice
8 cups distilled water or filtered water
Celtic salt to taste
1 tsp organic vanilla essence (optional)
1 tbsp molasses/ raw honey



- Boil the water with the rice and simmer for about 2 -3 hours.
- Alternatively, you can use a pressure cooker.
- Add in the salt and blend it using a food processor or blender.
- Blend until the rice milk is smooth.
- Let it cool to room temperature.
- Transfer to an air-tight jar and cover it.
- Let it sit for 2-3 days.
- After it has fermented, strain it through a fine mesh strainer.
- Pour out a glass of fermented rice milk and stir in the honey.
- You may add more filtered water to get your desired consistency.

SATURDAY - Snack

204. Bruschetta

(2 numbers)

*Use whole grain bread for toasting, beans and tomatoes for topping

2 slice of spelt bread

2 organic tomatoes, diced

1 tbsp organic sun dried tomatoes (optional)

1 small onion, diced

1 sprigs organic basil (top 3 inches, 9-10 leaves)

Cooked white/ navy beans (optional)

1 tbsp organic olive oil

2 cloves of garlic, peeled and halves

½ tsp Italian seasoning (optional)

1 tsp Celtic salt

- Sprinkle Italian seasoning, salt, onion, basil, olive oil, sundried tomatoes and chopped garlic over tomatoes and beans and let it sit for ½ - 1 hour.
- Brush both sides of the bread with olive oil.
- Place the tomatoes mixture over the bread and drizzle olive oil and season for taste.
- Pop it inside the oven for 5 minutes and enjoy!

SATURDAY - Dinner

205. Spinach and mushroom crepe

(2 medium size)

For the crepe:

½ cup buckwheat flour

½ cup whole wheat or all-purpose flour

1 tbsp extra virgin olive oil

¼ to ½ cup water (as a guide)

1 egg = 1 tbsp ground flax seed simmered in 3 tbsp of water

1 tsp coconut butter

Celtic salt to taste



- Sift the flour together with the Celtic salt.
- Add the egg, olive oil, and whisk all ingredients for one minute.
- Slowly add the water until the texture is smooth.
- Stop adding water once the mixture is smooth as you do not want the crepes to turn out watery and soggy.
- Cover with a cloth over the top of the bowl and let sit at room temperature for 2 hours.

- Before frying, stir in enough water to bring the batter to the consistency of thin cream.
- Heat a pan at medium heat with coconut butter and add enough mixture to the size of the crepes you want.

For the filling:

2 tbsp olive oil / coconut oil

1 cup freshly sliced mushrooms

1 cup coarsely chopped spinach, washed and drained

Freshly squeeze juice of ½ a lemon

1 tsp Celtic Salt

1 tbsp red onion, finely chopped

1 garlic clove, minced

1 tbsp fresh dill (alternatively, try Deliciously Dill from Spice Hunter)

- Heat oil and stir fry garlic and onion till golden brown.
- Add mushroom and sauté.
- Add spinach and then add the condiments.
- Stir-fry till spinach wilt a little.
- Place the spinach mushroom filling between the crepes.
- You can serve the crepes in any way you like – stacked, rolled or folded.
-

SUNDAY - Breakfast

206. Mushroom sandwich

(2 pieces)

*Whole grain bread with grilled / boiled Portobello mushroom with roasted garlic

2 large Portobello mushrooms

2 tbsp olive oil

1-2 tablespoon balsamic vinegar

1 clove garlic, peeled and minced

2 slices whole grain bread/ spelt bread

1 tsp organic tamari

Celtic salt and pepper to taste

- Sauté garlic in skillet till fragrant.
- Stir-fry the mushrooms.
- Add in the seasoning and remove from skillet.
- If you are using sliced bread, place the filling between 2 slices of bread and secure with a toothpick.
- If you are using a baguette bread, make an opening and stuff the filling.
- Serve warm!

SUNDAY - Mid-Morning

207. Berry* salad

(1 small cup)

*Strawberries and

1 small cup of strawberries and blueberries

SUNDAY - Lunch



208. Vegetables and egg frittata

(2 cut slices)

2 shallots, chopped

1 clove garlic, minced

1 cup fresh spinach leaves

4 mushrooms, sliced

1½ tbsp olive oil

4 large eggs

1½ tbsp water

¼ tsp ground sage

1 tbsp zucchini, diced

1 tbsp bell pepper, diced

1 tsp lemon juice

1 tbsp chopped fresh parsley or green onions

Celtic salt and pepper to taste

Directions

- Heat 1½ tbsp olive oil over medium heat in an ovenproof skillet.
- Sauté onion for 3 minutes and then add garlic, mushrooms, zucchini, bell pepper, and sauté until tender.
- Remove from skillet and place in a mixing bowl.
- Add eggs, water, sage, pepper and sea salt to vegetable mixture and beat until well combined.
- Preheat oven to 350 degrees F (180 C).

- To the warm skillet add remaining 1 tbsp oil and swirl to coat the skillet bottom and edges.
- Carefully pour vegetable-egg mixture into skillet and cook on low, add spinach, and stir gently, until bottom of the eggs become firm.
- Remove from stove top.
- Bake skillet at 350 degrees F (180 C) for 6 to 8 minutes or until eggs are set on top.
- Remove from oven.
- Sprinkle the parsley on top.

SUNDAY - Snack

209. Fresh cut tomatoes & black olives garnished with pepper, salt

(1 small bowl)

*Can be consumed with crackers or cut vegetables

1 large tomato, diced

2-3 olives, sliced

Celtic salt and pepper to taste

Organic grain crackers (optional)

- Mix tomato, olive, salt, and pepper and serve!
- You may serve with organic grain crackers.



SUNDAY - Dinner

210. Whole grain* pizza with vegetable toppings**

(2 – 3 slices)

*Pizza dough is prepared from whole grain flour

**Caramelized onions, mushrooms, olives or any other vegetable of choice

For the topping:

½ cup spinach leaves

1 onion, sliced

1 bell pepper, sliced

1 onion, sliced and caramelized

5-6 olives, sliced

4 white button mushrooms, sliced

½ avocado, core removed, sliced

1 tbsp organic tamari sauce

Juice from 1 lime

Celtic salt and pepper to taste

2 cups whole wheat flour and extra flour for dusting

1 tbsp extra virgin olive oil

2 tsp active dry yeast

Celtic salt

½ -1 tbsp molasses, divided

- Combine water, yeast and molasses in a bowl and let it sit for 5 minutes.
- In a larger mixing bowl, sift in the whole wheat flour.
- Then add the salt and remaining molasses and mix for a while.
- Make a well in the center and add the yeast mixture from the other bowl and olive oil.
- Knead the dough, either by hand, or using a stand mixer.
- Add the flour for dusting till the dough does not stick to the hand.
- Shape the dough in a round shape.
- Rub some oil on insides of a bowl and place the dough inside.
- Cover it with a cling wrap.
- Wait for the dough to rise till the volume doubles.
- It will take around 1 hour.
- Dust the wooden board or table with flour.
- Flatten the dough, and roll it in a circle.
- Arrange the topping on the pizza.
- Preheat oven to 500F.
- Bake for about 10-15 minutes, or when the crust has turned golden brown. Slice when it has cooled and serve!

MEAL PLAN WEEK 6

MONDAY - Breakfast

211. Whole grain waffles topped with strawberries

(2 or 3 waffles)

MONDAY - Mid-Morning

212. Apple

(1 piece)

MONDAY - Lunch

213. Vegetable salad* + soy yogurt

(1 medium cup salad, 1 small cup yogurt)

1 small cup soy yogurt (can use either rice milk or almond milk yogurt)

*Broccoli, shredded cabbage, shredded carrots, beetroot, Portobello mushrooms, cherry tomatoes

1 cup of your favorite ingredients for the salad:

4-5 broccoli florets, steamed

2 cabbage leaves, shredded

½ carrot, shredded

¼ beetroot, sliced thinly

1 tbsp apple cider vinegar
3-4 cherry tomatoes, halved
1 clove garlic, sliced and roasted
1 tbsp flax seed oil

For the mushrooms:

1 mushroom, sliced
1 onion, peeled and diced
1 clove garlic, minced
1 tbsp olive oil
Celtic salt and pepper to taste

- Sauté garlic and onion in a saucepan.
- Add the mushrooms and continue to sauté till fragrant.
- Mix the mushrooms and other ingredients in a large salad bowl.
- Serve with the yogurt.

MONDAY - Snack

214. Pomegranate juice or pomegranate seeds

(1 pomegranate)

Pomegranate seeds from 1 pomegranate

Water to dilute (if necessary)



To make the pomegranate juice:

- Put the pomegranate into a blender and blend till the seeds are broken up.
- Pour the mixture over a strainer.
- Use a bowl to hold the pomegranate juice below
- Empty the seeds, refill the juice back into the blender.
- Serve chilled if desired.

MONDAY - Dinner

215. Butternut squash macaroni and cheese*

(1 medium bowl)

*Prepare the sauce with vegetable broth, milk (from rice/soy/coconut), and mash the cooked squash, no cheese is actually used

1 serving of whole wheat macaroni

Butternut cheese sauce:

1½ cup vegetable broth

Fresh coconut milk/ soy milk/ rice milk

1 cup squash, steam and mashed

4-5 spinach leaves

2 button mushrooms, sliced

Celtic salt and pepper to taste

1 tbsp extra virgin olive oil

1 tsp cayenne pepper

- Preheat oven to 375F.
- Remove the skin of the butternut squash.
- Steam the squash till soft and mash it.
- Using a saucepan, put in the squash, and then put in the vegetable broth and coconut milk.
- Stir till the squash has melted and leave it to cool.
- Cook the macaroni in boiling water for 2-3 minutes. Remove from pot and drain.
- Mix the macaroni with the spinach leaves and mushrooms in a bowl, then add olive oil and, salt, pepper, cayenne pepper
- Grease a casserole dish or baking pan.
- Place the cooked macaroni and vegetable mixture at the pan.
- Place the butternut squash cheese and stir with macaroni-vegetable mixture. Bake in preheated oven for 30 -35 minutes.
- Serve warm!

TUESDAY - Breakfast

216. Antioxidant fruit smoothie*

(1 tall glass)

*Blueberries, strawberries, raw/ Manuka honey + yogurt

½ cup blueberries

½ cup strawberries

1tbsp raw/ Manuka honey

½ cup Greek yogurt

4-5 ice cubes

- Blend all the ingredients till smooth.
- Serve chilled.



TUESDAY - Mid-Morning

217. Cherries

(1 small cup)

TUESDAY - Lunch

218. Vegetable burrito

(2 medium)

*Whole wheat wrap, vegetables include peppers, onions, shredded carrots, chick peas, brown rice

2 medium whole grain wraps

½ medium carrot, shredded

½ cup cooked chickpeas

½ cup cooked brown rice

½ red bell pepper, sliced

1 clove garlic, minced

1 onion, minced

1 tsp Bragg's Aminos

A dash of fresh lime juice

1 tbsp olive oil

1 tbsp coconut oil

1 tsp cumin

1 tsp cayenne pepper

1 chili, seeds removed and chopped (optional)

Salt and pepper to taste

- Place the wrap in a non-stick pan and heat it up till it is slightly brown.
- Flip to the other side and lightly brown it as well.
- Remove from pan and set aside to cool.
- Add coconut oil to pan.
- Stir in garlic and onion.
- Stir-fry till fragrant.
- Stir in carrot, chickpeas, bell pepper and brown rice.
- Season with cumin, cayenne pepper, chili, Bragg's amino, pepper and salt. Squeeze the lime juice and mix evenly.
- Place the vegetable filling on the wrap.
- Seal the wrap with the dressing.
- You can use the remaining dressing as a dipping sauce.
- Enjoy!

TUESDAY - Snack

219. Cucumber salad with pepper seasoning

(1 small cup)

TUESDAY - Dinner

220. Thyme seasoned tofu spread* in whole grain bread sandwich

(3 pieces)

*Combine mayonnaise, paprika powder, water and whisk well to blend. Add thyme seasoned chopped tofu, finely chopped apple, celery, salt, raisins, lemon juice and mix well and refrigerate before use

For the sauce:

½ cup vegan mayonnaise

1 tsp paprika powder

Water

- Whisk well and set aside.

1 tofu, pan fried, seasoned with thyme (1 tsp)

1 apple, finely chopped

1 large stalk celery, finely chopped

1 tbsp raisins

Juice of 1 lemon

Celtic salt and pepper to taste

- Transfer all the ingredients to the bowl that contains the sauce.
- Toss evenly and refrigerate.
- 2-3 whole grain/ spelt bread
- Toast the bread.
- Place the refrigerated filling in between the slices and serve!

WEDNESDAY - Breakfast

221. Toasted whole wheat bagel

(2 or 3 pieces)

2-3 pieces of bagel



For the filling: (choose which ingredient you like!)

Sliced avocado

Sliced tomato

Alfalfa sprouts

Homemade almond sauce

WEDNESDAY - Mid-Morning

222. Iced Lemonade

(1 medium glass)

½ cup freshly squeezed lemon juice

½ cup water

½ tbsp raw honey (or Manuka honey)

- Stir in the honey with the water to make natural honey syrup.
- Pour in the lemon juice.
- Serve chilled if desired.

WEDNESDAY - Lunch

223. Veggie burger*

(1 medium size)

*Sliced tomatoes, cucumbers, lettuce leaves, onions and a vegetable patty sandwiched between spelt bread

1 spelt bun, sliced into half

Sliced tomato

Sliced cucumbers

2 lettuce leaves

1 onion, peeled and sliced

For the vegetable patty:

½ cup chickpeas, cooked

½ cup vegetables (You can choose from your favorite fresh or frozen vegetables)

1 tbsp chickpea flour

1 egg (if you do not want to use egg, substitute with 1 tablespoon ground flax seed simmered in 3 tablespoons of water)

Celtic salt and pepper to taste

- Place all the ingredients in the food processor and pulse till they are mix. Using a non-stick skillet, add some oil and heat it up, scoop the patty mixture and spread it out in a circular shape on the skillet.
- Cook for about 4 minutes till golden brown, flip the patty, and do the same for the other side.
- Place the lettuce on top of a bun/slice of bread, then the patty, onion, tomato and cucumbers.
- Serve.

WEDNESDAY - Snack

224. Walnuts

(1 small cup)



WEDNESDAY - Dinner

225. Vegetable whole wheat pizza* + fruit salad**

(2-3 medium slices, 1 small cup salad)

*Mixture of cooked spinach, onions, broccoli, olives, mushrooms with slices of avocado topping on whole wheat flour dough

**Chopped apples, grapes, peaches

For the topping:

½ cup spinach leaves

1 onion, sliced

5-6 broccoli florets

5-6 olives, sliced

4 white button mushrooms, sliced

½ avocado, core removed, sliced

1 tbsp organic tamari sauce

Juice from 1 lime

Celtic salt and pepper to taste

2 cups whole wheat flour and extra flour for dusting

1 tbsp extra virgin olive oil

2 tsp active dry yeast

Celtic salt

½ -1 tbsp molasses, divided

- Combine water, yeast and molasses in a bowl and let it sit for 5 minutes.
- In a larger mixing bowl, sift in the whole wheat flour.
- Then add the salt and remaining molasses and mix for a while.
- Make a well in the center and add the yeast mixture from the other bowl and olive oil.
- Knead the dough, either by hand, or using a stand mixer.
- Add the flour for dusting till the dough does not stick to the hand.
- Shape the dough in a round shape.
- Rub some oil on insides of a bowl and place the dough inside.
- Cover it with a cling wrap.
- Wait for the dough to rise till the volume doubles.
- It will take around 1 hour.
- Dust the wooden board or table with flour.
- Flatten the dough, and roll it in a circle.
- Arrange the topping on the pizza.
- Preheat oven to 500F.
- Bake for about 10-15 minutes, or when the crust has turned golden brown. Slice when it has cooled and serve!

Fruit salad:

1 apple, chopped

6-7 grapes, halved

1 peach, sliced

Juice of 1 lime

- Mix all fruits in the lime juice and toss well.
- Serve!



THURSDAY - Breakfast

226. Poached egg in whole grain English muffin + freshly squeeze orange juice

(1 muffin, 1 tall glass juice)

Juice from 2 oranges

- Juice the orange and stir in the orange pulp.
- Pour into a tall glass and serve chilled if desired.

For the egg:

- Fill a saucepan with water and bring it to boil.
- Crack the egg into a bowl.
- Once it is medium heat with just a few bubbles.
- Gently slide the egg into the water.
- Cook till the egg whites are soft and fluffy.
- Remove from the saucepan.

For the muffin (makes about 3-4 muffins, but you can just have 1 for breakfast!)

2 cups buckwheat flour / whole grain flour

1¼ cup spelt oats

¾ cup molasses

2 tsp organic vanilla essence

1 cup fresh raspberries

Raspberry Muffins

- Preheat oven to 180 degrees.

- Combine buckwheat / wholegrain flour, molasses, spelt oats, and vanilla essence in a large bowl and mix well.
- Lastly, add the raspberries.
- Put into the oven and bake for 25 minutes for medium size muffins.

THURSDAY - Mid-Morning

227. Wheat grass juice

(1 small cup)

1 bunch of wheatgrass

*If you are not able to withstand the grass taste of wheatgrass, you can add 1 carrot and 1 red apple and juice them together.

- Juice the wheatgrass and serve!

THURSDAY - Lunch

228. Brown rice spelt salad with artichokes

(1.5 cups)

*Cooked brown rice, cooked spelt, mint, parsley leaves, olive oil, onions, chopped artichokes, cooked navy beans, tossed with lemon juice

½ cup cooked brown rice

½ cup cooked spelt

¼ cup chopped baby artichoke

¼ cup cooked navy beans



1 tbsp extra virgin olive oil
½ red onion, chopped
1 tbsp chopped fresh parsley
1 tbsp chopped fresh mint leaves
Juice of 1 lemon
½ tbsp apple cider vinegar
Celtic salt and pepper to taste

You can either eat the artichoke raw or sprinkle a little salt and pepper, mix it with olive oil and roast/ steam it. If you prefer cooked onion you can also sauté it before adding to the salad.

- Mix olive oil, lemon juice, apple cider vinegar, salt, pepper, parsley, mint leaves and onion and whisk them well.
- Toss in brown rice, spelt, navy beans and artichokes.
- Stir evenly and serve!

THURSDAY - Snack

229. Cut papaya

(1 small cup)

THURSDAY - Dinner

230. Cold pasta salad*

(1.5 cups)

*Combine cooked pasta, tomatoes, carrots, sweet corn, tablespoon cooked chickpeas, lemon juice, salt and pepper

½ cup cooked pasta

A handful of shredded carrot

A handful of corn (remove corns fresh from the cob)

1 small cup cooked chickpeas

1 small red tomato, diced

1 tbsp extra virgin olive oil

½ red onion, chopped

1 tbsp chopped fresh parsley

1 tbsp chopped fresh mint leaves

Juice of 1 lemon

½ tbsp apple cider vinegar

Celtic salt and pepper to taste



- In a salad bowl, whisk the lemon juice, mint leaves, basil leaves, apple cider vinegar, salt and pepper.
- Toss in the tomato, carrot, sweet corn, pasta and mix evenly. Serve!

FRIDAY - Breakfast

231. Soy or almond smoothie*

1 cup

*Soy or almond milk, tofu, banana, raw/ Manuka honey and cocoa powder

1 cup soy milk or almond milk

1 small tofu, drained

1 banana, sliced

1 tbsp raw/ Manuka honey

1 tbsp cocoa powder

- Blend all the ingredients. Serve chilled if desired.

232. Mandarin Orange

(1 piece)

233. Chick pea salad with brown rice

(1 medium cup)

*1 small cup of seasoned chick peas over 1 small cup of cooked brown rice

1 cup cooked brown rice

1 small cup cooked chickpeas

1 small red tomato, diced

Juice of 1 lemon

1 small red chili, seeds removed (to reduce the spiciness)

2-3 fresh mint leaves, chopped

2-3 fresh basil leaves, chopped

1 tsp apple cider vinegar

Celtic salt and pepper

- In a salad bowl, whisk the chili, lemon juice, mint leaves, basil leaves, apple cider vinegar, salt and pepper.
- Toss in the chickpea and tomato and mix evenly. Serve with brown rice.

234. Cocoa-banana slices

(3-5 pieces)

1 large banana, or 2 medium bananas

1 tbsp cocoa powder

2 tbsp dried coconut flakes

- Slice bananas, roll them on cocoa powder, sprinkle dry coconut flakes



235. Mushroom soup and vegetable sandwich*

(1 small bowl soup, 3 sandwiches)

*Whole grain bread with cooked or steamed vegetables like broccoli, shredded carrots, onions, mushrooms, tofu

For the sandwich:

3 slices whole grain bread/ spelt bread

¼ cup shredded carrots

6 small broccoli florets, steamed

1 onion, peeled and diced

2 Portobello/ white button mushrooms

1 small tofu, washed, drained, blotted dry, cut into cubes

2 tsp organic tamari

1 tbsp olive oil

Celtic salt and pepper to taste

- Steam broccoli for 5 minutes. Sauté onion in skillet till translucent. Pan-fry the tofu till it is crispy on both sides.
- Add in the mushrooms and give it a good stir. You may want to add the broccoli and carrots and stir-fry for a few seconds. Add in the seasoning and remove from skillet.
- If you are using sliced bread, place the filling between 2 slices of bread and secure with a toothpick. If you are using baguette bread, make an opening and stuff the filling. Serve warm!

For the soup:

4-5 white button mushrooms, sliced

1 onion, peeled and diced

1 cup soy / almond milk

1 cup vegetable broth

1 clove garlic, minced

1 tbsp olive oil

Celtic salt and pepper to taste

- Sauté garlic and onion in a saucepan. Add the mushrooms and continue to sauté till fragrant.
- Add soy/ almond milk and vegetable broth and bring it to a boil. Add salt and pepper and serve warm!

SATURDAY - Breakfast

236. Avocado smoothie*

(1 tall glass juice)

*1 peeled avocado blended with juice of orange and raspberry

Juice of 1 orange

1 avocado, peeled, cored removed

10 fresh/ frozen raspberries

- Blend the ingredients with a few ice cubes (if desired) and serve!

237. Strawberries

(1 small cup)

238. Sweet potato salad + soy yogurt

(1 medium bowl salad, 1 small cup yogurt)

1 small cup soy yogurt

For the salad:

1 sweet potato, steamed and mashed

½ carrots, shredded



1 baby cucumber, diced

1 tbsp vegan mayonnaise

Pinch of black pepper

- Steam and mash sweet potatoes, add carrots, cucumber and vegan mayonnaise, black pepper and combine well. Serve with soy yogurt!

239. Stuffed tomato*

(1-2 pieces)

*Finely chopped, cucumber, avocado, lemon juice, salt, olive oil, toss well and fill into scalded tomatoes

2 Roma tomatoes

¼ cup arugula, finely chopped

½ cucumber, seeds removed and diced

1 avocado, cored and diced

1 tbsp olive oil

Juice of 1 lemon

Bragg's Liquid Aminos to taste

Celtic salt and pepper to taste

- Cut the top of the tomato about 1 inch from the stem.
- Remove the flesh and seeds and diced them. Keep the top as it will be used to cover the tomato later.
- Whisk the olive oil, lemon juice, Bragg's Aminos, salt and pepper in a bowl. Then add the diced tomatoes, arugula, cucumber, and avocado and toss evenly.

- Stuff the ingredients in the tomatoes. You can choose to eat the tomatoes raw or bake in a preheated oven of 350 degrees F for 15 minutes. Serve and enjoy!

240. Broccoli-penne pasta*

(1 medium cup)

*Wholemeal penne, seasoned with thyme, oregano herbs

1 serving of wholemeal penne

3 tablespoons of extra virgin olive oil

5-6 broccoli florets

1 yellow onion – peeled and diced

2 cloves of garlic – minced

1 tbsp fresh thyme – finely chopped

1 tbsp fresh oregano, finely chopped

Celtic salt and pepper to taste



- Take a large pot and put about 3 cups of water in it. Add about 1 tsp of Celtic salt to the water.
- Add your pasta. Continue boiling for about 10 minutes, then remove the penne, drain it in a colander, and immerse it in ice/lukewarm water.
- Heat your oil in a large cooking pot on medium heat. Add to your oil the garlic, onion, thyme and oregano.
- Sauté until the onion begins to become translucent. Add salt and pepper and then the broccoli. Transfer the cooked penne and toss for a few seconds. Serve warm!

SUNDAY - Breakfast

241. Oats and wheat germ muesli with berries

(1 medium cup)

Ingredients:

½ cups old-fashioned rolled oats

¼ cup rye flakes

1 handful of berries, such as blueberries, strawberries, blackberries or cranberries

¼ cup toasted wheat germ

½ cup of almond milk

- Mix all of the ingredients together in a medium to large bowl. Serve.

242. berries

(1 small cup)

243. California veggie wrap*

(2 medium wraps)

*Shredded carrots, radish sprouts, baby spinach, sliced avocado, unripe goat cheese, red bell pepper arrange all of them in centre of the whole grain wrap. Roll up tucking in the ends and secure with a toothpick

2 medium whole grain wraps

½ medium carrot, shredded

2 tbsp unripe goat cheese, shredded

1 avocado, cored and sliced

A handful radish sprouts

½ cup baby spinach leaves

½ red bell pepper, sliced

1 garlic, minced

1 shallot, minced

1 tsp Bragg's aminos

A dash of fresh lime juice

1 tbsp apple cider vinegar

1 tbsp olive oil

Salt and pepper to taste



- Place the wrap in a non-stick pan and heat it up till it is slightly brown. Flip to the other side and lightly brown it as well. Remove from pan and set aside to cool.
- Add coconut oil to pan. Stir in garlic and shallot. Stir-fry till brown.
- Pan fry tofu till slightly brown. Add squash and cook till it is soft. Stir in kale.
- Season with Bragg's amino, pepper and salt.
- Whisk the sauce in a bowl. Toss in the vegetables (except avocado and cheese) and mix it evenly.

- Place the vegetable filling on the wrap. Then top it up with avocado and cheese. Fold the 2 ends inwards and roll it up tightly. Seal the wrap with the dressing. You may wish to toast the wrap for the cheese to melt inside the wrap!
- Cut the wrap into 2 parts or 3 parts. You can use the remaining dressing as a dipping sauce. Enjoy!

244. Orange-strawberry parfait*

(1 small cup yogurt)

*Slices of orange and sliced strawberries layered in fermented yogurt (made from soy, rice, or coconut milk) and refrigerated

*Substitute with fermented soy for parfait layering if lactose intolerant

¼ cup orange, skin and seeds removed, sliced

¼ cup strawberries, sliced

⅔ cup plain fermented yogurt or soy yogurt made from soy, rice, or coconut milk) and refrigerated

- Using a tall glass, scoop 1½ tablespoon of yogurt and smoothen yogurt surface.
- Scoop 1 tablespoon of fruits (oranges and strawberries) and smoothen surface.
- Repeat the process till glass is filled.
- Serve chilled if preferred.

245. Quinoa veggie pilaf*

(1 medium cup)

*Cooked quinoa, combined with sautéed carrots, peas, onions, tomatoes, green beans

½ cup cooked quinoa (Wash and drain quinoa. Saute garlic and black peppercorns, then add quinoa and stir-fry for 1 minute. Add vegetable broth and bring it to a boil. Simmer for 5 minutes and fluff the quinoa)



1 tbsp olive oil

½ tbsp sesame oil

1 onion, finely chopped

1 tomato, diced

1 tbsp peas

½ medium carrot, thinly sliced

1 garlic clove, minced

Celtic salt and pepper to taste

¼ cup chopped fresh mint

¼ cup chopped fresh basil or Thai basil*

2 Tbsp chopped fresh chives (or green onions including the greens)

1 cucumber, peeled, seeds removed, chopped

- Cook quinoa and allow to cool at room temperature. It is best to prepare quinoa ahead of time, about 2 hours in advance.

- Using olive oil and sesame oil, sauté garlic and onion in a skillet till onion turns translucent.
- Add the vegetables in and sauté. Add the quinoa and give it a good stir and add the condiments. Serve!

MEAL PLAN WEEK 8

MONDAY - Breakfast

246. Soy spinach congee*

(1 medium cup)

*Brown Jasmine rice cooked in spinach, salt and milk (rice or soy milk)

½ cup brown jasmine rice

2-3 cups soy milk/ rice milk

½ cup spinach, finely chopped

Celtic salt to taste

- Place the soy/rice milk in a saucepan with the rice and bring to a boil.
- Simmer for 20 minutes – 30 minutes till the rice are totally cooked.
- Add spinach and stir for about 2-3 minutes. Season with salt and serve warm.

247. Green tea

(1 cup)

1 tbsp dried/fresh green tea leaves or tea bag

Hot water

- Simmer the green tea bag in 8 ounces of hot water



248. Curried lentil soup with brown rice*

(1.5 cups)

*Cook red lentils with enough water until well done, simmer and add ¼ tsp curry powder, turmeric powder, grated ginger-garlic, serve over brown rice or add the cooked brown rice to the soup

For the lentils:

½ cup lentils

1 tsp curry powder (optional)

1 tsp turmeric powder

½ tsp cayenne powder (optional)

1 tsp cumin seeds

1 clove garlic, peeled and minced

2 slices ginger, minced

1 tbsp sesame oil/ coconut oil

1 tbsp Bragg's amino/ organic tamari sauce/ organic soy sauce

- In a saucepan, add the oil and stir-fry garlic and ginger over medium heat. Add the spices and continue to stir-fry till fragrant.
- Place lentils in the saucepan and stir-fry for a while. Add water over the lentils and bring to a boil.
- Simmer the lentils for 15 minutes-20 minutes till it is soft. Serve with brown rice.

249. Cucumber-tomato salad with pepper seasoning

(1 small cup)

½ small cup cucumber, seeds removed, diced

½ small cup tomato, diced

1 tsp Manuka honey

Juice of ½ lemon

Celtic salt and pepper to taste

- In a salad bowl, whisk the honey, lemon juice, salt and pepper. Add cucumber and tomato and toss gently. Serve.

250. Soba noodles with vegetables*

(1.5 cups)

*Carrots, cabbage, peas, sweet corn, green pepper

To cook buckwheat (soba) noodles

½ packet soba (Japanese buckwheat noodles)

1 tsp olive oil

1 cup of the following vegetables, combined:

Sliced green pepper

Cut snap peas into smaller pieces

Sliced carrots

½ corn, corn removed from the cob



2 leaves cabbage, hopped into thicker strips

1 small onion, peeled and sliced

1 clove garlic, minced

2 slices ginger, cut into shreds

1 tbsp seasoned rice vinegar

1 tsp Celtic salt

1 tbsp coconut oil

1 tbsp seasoned rice vinegar

1 tsp Bragg's aminos / Tamari

1 tsp Celtic salt

To cook soba:

- Bring a large pot of water to boil over moderately high heat. Once boil, hold the noodles over the water and sprinkle them into the water just like when you cook pasta. Cook for about 7 to 8 minutes.
- Remove from pot, drain, and place them in ice-cold water immediately.
- Drain noodles after 5 minutes and leave aside.
- Toss noodles with olive oil in a large bowl.
- In a skillet, add coconut oil and sauté onion till brown. Add garlic and ginger and continue stir-frying till fragrant. Add carrot, corn, snap peas, green pepper and cabbage and stir fry over medium heat till the vegetables have started to soften. (5- 10 minutes).
- Add condiments (salt, Bragg's aminos, rice vinegar) to the vegetables.
- Transfer the cooked vegetables to a bowl and toss together with the soba noodles. Garnish with cilantro or coriander.

TUESDAY - Breakfast

251. Miso soup with wakame and tofu*

(1 medium bowl)

1 piece organic tofu, cut into cubes

2 tbsp dried wakame

1 strand of thick kelp (soaked in water)

1 - 2 tbsp organic white miso paste (adjust according to level of saltiness)

2½ cups water

- Warm the kelp broth over medium heat and dissolve white miso paste.
- Add tofu and wakame. Simmer and cook in low heat till done.
- Serve warm.

252. Jasmine tea

(1 cup)

253. Tofu-coconut curry over brown rice

(1.5 cups)

1 cup cooked brown rice (approximately ½ cup raw brown rice. Cook according to manufacturer's instructions)



1 tbsp coconut oil
1 small piece of tofu, rinsed, blotted and sliced into small cubes
1 clove garlic, peeled and minced
1 slice ginger, minced
1 onion, peeled and thinly sliced
½ of a medium carrot, cut into cubes
1 large Roma tomato, diced
½ of a small potato/ yacon, cut into cubes
2 long beans, cut into small pieces

For the curry:

1 tsp curry powder
1 tsp turmeric powder
1 tsp cinnamon powder
½ tsp nutmeg powder
½ tsp cayenne powder
1 tsp cumin seeds
2 cups fresh coconut milk

* Alternatively, purchase pre-packaged natural curry blend from the Asian section in healthfood stores/ supermarkets.

1 tbsp coconut oil
1 tsp Bragg's aminos
2 cups fresh coconut milk

Celtic salt and pepper to taste

If you are preparing the curry from scratch:

- Using a wok, heat the coconut oil to medium heat and stir-fry all the spices till fragrant. Stir-fry the vegetables on medium heat, taking care that the spices don't stick to the wok. Add coconut milk and bring it to a simmer. Add condiments and serve.

If you are using the ready-made curry paste:

- Using a wok, heat the coconut oil to medium heat and stir-fry the paste till fragrant. Stir-fry the vegetables on medium heat, taking care that the spices don't stick to the wok.
- Add coconut milk and bring it to a simmer.
- Add condiments and serve.



254. Crisp nori ribbons

(1 small cup)

Enjoy the nori ribbons with some sesame seeds.

255. Edamame-basil spaghetti*

(1.5 cups)

3 tablespoons of extra virgin olive oil

4-5 edamame bean pods (green soy beans)

1 serving of extra thin whole wheat spaghetti pasta

1 yellow onion – peeled and diced

2 cloves of garlic – minced

1 tbsp fresh thyme – finely chopped

1 tbsp fresh oregano, finely chopped

2 tbsp fresh basil, finely chopped

Celtic salt and pepper to taste

*Cooked green soy beans and basil tossed with thyme, oregano, pepper, salt and cooked spaghetti

- Take a large pot and put about 3 cups of water in it. Add about 1 tsp of Celtic salt to the water..
- When the water boils, add the beans and allow it to cook in the boiling water for 5 minutes. Drain the beans and soak them in ice water to stop the cooking. Shell the beans.
- Using the same pot of water, add your pasta. Continue boiling for about 10 minutes, then remove the pasta, drain it in a colander, and immerse it in ice/lukewarm water.
- Heat your oil in a large cooking pot on medium heat. Add to your oil the garlic, onion, thyme, oregano, and basil.
- Sauté until the onion begins to become translucent. Add salt and pepper and then the edamame beans. Transfer the cooked pasta and toss for a few seconds. Serve warm!

WEDNESDAY - Breakfast

256. Rice pudding

(1 medium bowl)

*Combine cooked black or brown rice, almond milk, and dates. Bring to a boil over medium heat, simmer for another 15 minutes. Turn off heat, and add chia seeds, ground flax seeds, cinnamon powder, shredded coconut stir and allow to stand covered for 5 minutes. Serve warm or cold

1 cup cooked black rice/ brown rice (cook according to the package's instructions. You can also use black glutinous rice.)

2 cups almond milk

4 dates, seeds removed and mashed into small pieces

½ tbsp chia seeds, ground

1 tbsp flax seeds, ground

½ tbsp cinnamon powder

1 tbsp fresh shredded coconut pulp

½ tbsp Manuka honey (optional)



- In a saucepan, bring the cooked rice, almond milk and dates to boil. Reduce heat and simmer till rice has softened.
- Stir or whisk frequently to prevent the rice from sticking to the bottom of the saucepan. Add chia seeds and flax seeds.
- Remove from heat and stir in cinnamon powder and shredded coconut. Stir in Manuka honey (optional). Serve warm or cold.

257. Orange glazed carrots with sesame seeds

(3-5 cut carrot pieces)

Juice of 2 oranges

1 tbsp agave syrup

1 cup baby carrots

1 tbsp sesame seeds

- Steam baby carrots for 5 minutes till cooked.

- Combine orange juice and tbsp of agave syrup. Cook the sauce in a pot.
- Allow the syrup to thicken and pour over steamed baby carrots and sesame seeds, toss to coat well. Cool and serve

258. Pepper corns, cumin seeds seasoned brown rice cooked with red lentils

(1 medium cup)

For the brown rice:

½ cup brown rice

1 tsp Celtic salt

4-5 pepper corns

1 tsp cumin seeds

- It's preferred to soak the brown rice beforehand. Mix the salt, pepper corns, and cumin seeds in about 1 cup of water, stir evenly. Place the rice and the water in the rice cooker. Cook according to the instructions on the brown rice package.

For the lentils:

½ cup lentils

1 tsp curry powder (optional)

1 tsp turmeric powder

½ tsp cayenne powder (optional)

1 tsp cumin seeds

1 clove garlic, peeled and minced

2 slices ginger, minced

1 tbsp sesame oil/ coconut oil

1 tbsp Bragg's amino/ organic tamari sauce/ organic soy sauce

- In a saucepan, add the oil and stir-fry garlic and ginger over medium heat. Add the spices and continue to stir-fry till fragrant.
- Place lentils in the saucepan and stir-fry for a while. Add water so that it is slightly over the lentils and bring to a boil.
- Simmer the lentils for 15 minutes-20 minutes till it is soft. Serve with brown rice.



259. Almond milk with dates

(1 small cup)

*By using a blender crush pre-soaked almonds, dates, water and ¼ teaspoon vanilla

1½ cups of raw almonds

4 cups of filtered or spring water

3-8 dates

¼ tsp organic vanilla essence (or 1 vanilla pod, crushed and seeds removed)

- Soak fresh raw almonds in pure water overnight. Make sure that the water should be slightly above the nuts to allow for swelling.
- The next morning, drain the soaked almonds, fill your blender with the almonds and add 2 cups of fresh water until you get white milk-like creamy liquid.
- You can soak your dates in the morning for an hour before blending with dates (that have been soaked for at least an hour).
- Strain once to remove almond granules.
- You can keep this almond milk for around 3 days in the refrigerator.
- Stir in vanilla essence/ seeds and serve.

260. Grilled vegetable kebab* over jasmine rice

(1 medium bowl)

*Red pepper, yellow squash, mushroom, onions, egg plant

1 cup cooked jasmine rice

4-5 button mushrooms caps

1 medium yellow squash, cut into thin strips

1 onion, peeled and sliced

1 small eggplant, cut into wedges

½ red pepper, cut into chunks

2 tbsp olive oil

1 tbsp raw honey

1 tsp Dijon mustard

1 tbsp apple cider vinegar (or another fruit vinegar)

Celtic salt and pepper to taste

1 tbsp basil, chopped

1 tbsp parsley, chopped

Wooden skewers



To make the marinate:

- Whisk olive oil, honey, mustard, apple cider vinegar, basil, parsley, salt and pepper in a bowl.
- Place the vegetables in a resealable plastic bag and transfer the marinade in. Seal the bag and let the marinade set into the vegetables for 1 or 2 hours.
- Soak the skewers in water beforehand to prevent them from being burnt.
- Preheat the grill. Place the vegetables on the skewers, alternating between different vegetables.
- Place the skewers on the grill, brushing it with any remaining marinade every few minutes. Remove from the grill when the vegetables are tender (10-12 minutes) and serve with rice!

THURSDAY - Breakfast

261. Hot brown rice porridge with blueberries

(1 medium cup)

1 cup cooked brown rice

¼ cup blueberries

1 dash cinnamon

1 tbsp raw honey

- Combine all the ingredients in a small saucepan.
- Bring to a boil, then reduce heat to low and simmer for 20 minutes. Serve.

262. Tomato soup with hint of coconut milk*

(1 small cup)

*Coconut milk is optional

4 large Roma tomatoes, crushed and chopped

1 large stalk celery, chopped

2 tsp oregano

1 tsp thyme/rosemary

1 cup fresh coconut milk

1 tsp cinnamon powder

1 bay leaf

1 onion, chopped

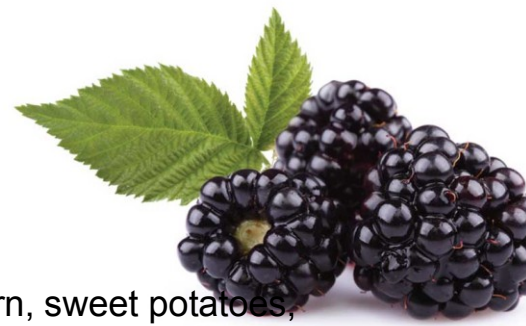
Celtic salt and pepper to taste

- Add olive oil and sauté onion and celery till tender. Add tomato, bay leaf, oregano, thyme, rosemary and water and bring it to a boil.
- Simmer for a while and add the coconut milk. Simmer for a few more minutes and remove the bay leaf.
- Use a hand blender to puree the soup. Simmer for a while more and add salt and pepper to taste. Serve warm.

263. Vegetable fried rice*

(1.5 cups)

*Onions, mushrooms, squash, cauliflower, peas, baby corn, sweet potatoes, ginger-garlic paste



1 cup cooked brown rice (cook according to manufacturer's instructions)

1 onion, chopped

3-4 shitake mushrooms, sliced

¼ cup squash, chopped

1 tbsp peas

1 tbsp corn (remove fresh corn from the cob)

1 sweet potato, shredded

¼ cup squash, shredded

½ cup cauliflower florets

1 clove garlic, peeled and minced

2 slices ginger, minced

1 tbsp sesame oil

1 tbsp coconut oil

2 tbsp Bragg's amino/ organic tamari sauce/ organic soy sauce (optional)

Celtic salt and pepper to taste

- Cook brown rice and allow it to cool without a cover on it, to allow the moisture to escape from the rice.
- In a wok, add the oil and stir-fry garlic, onion and ginger over medium heat.
- Add the peas, corn, sweet potato, squash, mushrooms, and cauliflower. Stir-fry over medium heat till tender.
- Add the rice and then the condiments. Stir-fry till the condiments are mixed evenly. Serve warm!

264. Strawberries

(1 small cup)

265. Avocado sushi rolls* + fruit salad**

(2-3 rolls, 1 small cup salad)

For the fruit salad

1 small apple, cored and diced

Seeds from $\frac{1}{4}$ of a medium pomegranate

1 peach, cored and sliced

3-4 fresh figs, halved

For the sushi rolls:

1 wooden sushi roller (can substitute with cling wrap/ plastic wrap)

1 large sheet of nori

$\frac{3}{4}$ cup cooked brown rice

$\frac{1}{2}$ avocado, sliced

$\frac{1}{4}$ bell pepper, sliced

A handful of alfalfa sprouts

Celtic salt and pepper to taste

1 tsp apple cider vinegar



- Mix the apple cider vinegar, salt and pepper with brown rice.
- Lay a sheet of nori on plastic wrap/ wooden sushi roller. Moist your fingers and firmly pat a thick layer of cooked brown rice.
- Place thin sliced avocado, bell pepper strips, and alfalfa sprouts in a line along the bottom edge of the sheet, and tightly roll into a thick cylinder.
- Use a sharp knife and cut the sushi into shorter lengths.

FRIDAY - Breakfast

266. Sweet potato miso soup

(1 medium bowl)

*Warm the kelp broth over medium heat and dissolve white miso paste. Add chopped sweet potato, simmer and cook in low heat till done

For the broth:

1-2 strands of kelp (thicker ribbon), washed and soaked

1 sweet potato, peeled and diced

1 tbsp white miso paste

- Boil the kelp in a pot of water and simmer for at least 15 minutes. Then dissolve white miso paste in the broth.
- Once kelp is soft add the sweet potato and simmer and cook in low heat till done. Serve warm!

267. Apricot

(1 fruit)



268. Coconut-vegetable* curry with yacon served with brown rice

(1.5 cups)

*Sweet potato, peas, beans, yacon stir fried and cooked in coconut milk

1 cup cooked brown rice (approximately ½ cup raw brown rice. Cook according to manufacturer's instructions)

¼ cup yacon, peeled and cut into wedges

½ of a medium carrot, cut into cubes

1 tbsp peas

¼ cup of red kidney beans, soaked overnight

1 small sweet potato, peeled and cut into cubes

For the curry:

1 tbsp cumin seeds

3 tbsp turmeric powder

2 tbsp curry powder (adjust to your preferred level of spiciness)

2 cups fresh coconut milk



* Alternatively, purchase pre-packaged natural curry blend from the Asian section in healthfood stores/ supermarkets.

1 tbsp coconut oil

1 tsp Bragg's aminos

Celtic salt and pepper to taste

If you are preparing the curry from scratch:

- Using a wok, heat the coconut oil to medium heat and stir-fry all the spices till fragrant.
- Stir-fry the vegetables on medium heat, taking care that the spices don't stick to the wok. Add coconut milk and bring it to a simmer.
- Add condiments and serve with brown rice.

If you are using the ready-made curry paste:

- Using a wok, heat the coconut oil to medium heat and stir-fry the paste till fragrant.
- Stir-fry the vegetables on medium heat, taking care that the spices don't stick to the wok. Add coconut milk and bring it to a simmer.
- Add condiments and serve with brown rice.

269. Cut cantaloupe

(1 small cup)

270. Bok choy salad* + soy yogurt

(1.5 cups salad, 1 small cup yogurt)

*Chopped bok choy, finely chopped apple, raisins, goji berries, onion, shredded carrots.

- Blend soy milk, vinegar, cashews to serve as dressing

1 small cup soy yogurt

For the salad:

½ cup bok choy, chopped

1 apple, cored and diced

1 tbsp raisins

1 tbsp goji berries

1 small onion, peeled and sliced (optional)

½ small carrot, shredded

For the dressing:

½ cup soy milk

2 tsp apple cider vinegar

¼ cup cashew nuts (soaked)

- Blend the ingredients for the dressing over high speed.
- Place the ingredients in a large mixing bowl. Add the dressing and toss evenly. Serve with the soy yogurt.

SATURDAY - Breakfast

271. Pomegranate with minty rice

(1 medium bowl)

*Finely grated orange peel, black pepper, chopped mint, toasted almonds, cooked brown rice, vinegar, oil, salt, orange juice, pomegranate seeds

½ - ¾ cup cooked brown rice (cook according to manufacturer's instructions)

1 tsp finely grated orange peel (you can get the dried tangerine peel from Chinese/ Asian food stores)

4 mint leaves, chopped

5-6 almonds, toasted

1 tsp apple cider vinegar

Juice of 1 orange

1 tbsp extra virgin olive oil

Seeds of ¼ of a medium pomegranate

Celtic salt to taste

- Whisk apple cider vinegar, orange juice, olive oil, orange peel, mint leaves and salt in a medium bowl.
- Add the cooked brown rice, almonds and pomegranate. Toss evenly and serve.

272. Mixed nuts

(1 small cup)

*Walnuts, pistachios, cashews and almonds

1 small bowl nuts (walnuts, pistachios, cashews and almonds).

273. Creamy portobello mushroom soup* + Vegetable dumplings**

(1 cup soup, 2 medium size dumplings)

*Sauté Portobello mushrooms, add soy milk, black pepper, salt, minced garlic and cook till thicken

**Stir very finely chopped carrots, shredded cabbage, spinach, beans, tofu, salt and pepper. Place mixture in wonton sheet and shape as desired, steam for 12 min

For the soup:

1 cup Portobello mushrooms

2 cups soy milk

1 clove garlic, peeled and minced

Celtic salt and pepper to taste

- Heat oil in skillet and stir-fry garlic and Portobello mushroom, and season with salt and pepper.
- Once mushroom is cooked add soy milk and bring it to boil. Simmer till it thickens.

For the vegetable dumpling:

6-8 wonton sheets

½ carrot, shredded

2-3 cabbage leaves, shredded



5-6 spinach leaves

1 tbsp cooked beans (white or bean)

1 cube tofu, cut into cubes

2 tsp Bragg's aminos/ organic soy sauce/ organic tamari sauce

Celtic salt and pepper to taste

- Mix all the ingredients (except wonton sheets) in a bowl. Add the seasoning and stir evenly.
- Place the mixture in the wonton sheet and shape as desired, preferably pinching the wonton sheets tightly with your fingers slightly wet.
- Steam for 12 minutes and serve warm with the soup!

274. Steamed bean cake*

(1-2 pieces)

*Combine adzuki bean paste with whole wheat flour, unbleached all purpose flour, baking powder, oil, brown sugar and avocado pulp (egg replacer as softening agent), soymilk to make a dough and steam

½ cup adzuki bean (Japanese red bean), soaked overnight, the skin removed for better texture (optional)

½ cup whole wheat flour

½ cup unbleached all purpose flour

1 tbsp baking powder

½ - 1 cup soy milk

1 tbsp brown sugar

1 tsp vegetable oil

½ avocado

- Cook the soaked adzuki bean and water in a large saucepan.
- Bring it to a boil and allow it to simmer till beans are soft. Do not include too much water or you will need to drain the water once the beans are cooked. Mash using a fork and let it cool.
- Mash the avocado using a fork. For a smoother texture, blend avocado and bean together to form a puree.
- In a large bowl, sift whole wheat flour and all-purpose flour. Add baking powder and sugar and stir thoroughly.
- Add the avocado-bean puree slowly and whisk it thoroughly. Slowly add the soy milk and whisk to form a dough. The dough should be slightly wet but not stick to the hands.
- Knead the dough in one direction repeatedly. Let the dough set for 30 minutes.
- Grease the round baking pan with oil. Try to use non-stick pan.
- Pour the dough in and bake in steam for 5-10 minutes. Serve warm.

275. Green salad* with apricots + Brown rice pudding with coconut

(1 medium cup salad, 1 small cup rice pudding)

*Include all green veggies like green squash, spinach leaves, steamed -green beans, peas, broccoli

*Combine cooked black or brown rice, almond milk, and dates. Bring to a boil over medium heat, simmer for another 15 minutes. Turn off heat, and add chia seeds, ground flax seeds, cinnamon powder, shredded coconut stir and allow to stand covered for 5 minutes. Serve warm or cold

$\frac{3}{4}$ cup cooked brown rice (cook according to the package's instructions)

1½ cups almond milk

3 dates, seeds removed and mashed into small pieces

$\frac{1}{2}$ tbsp chia seeds, ground

$\frac{1}{2}$ tbsp flax seeds, ground

$\frac{1}{2}$ tbsp cinnamon powder

$\frac{1}{2}$ tbsp fresh shredded coconut pulp

$\frac{1}{2}$ tbsp Manuka honey (optional)

- In a saucepan, bring the cooked rice, almond milk and dates to boil.
- Reduce heat and simmer till rice has softened. Stir or whisk frequently to prevent the rice from sticking to the bottom of the saucepan.
- Add chia seeds and flax seeds. Remove from heat and stir in cinnamon powder.
- Stir in Manuka honey (optional). Serve warm or cold.

For the green salad:

1 medium cup of a combination of these vegetables:

Green squash, peeled and chopped

4-5 spinach leaves

Green beans, cut into small pieces, steamed

Green peas, steamed

Broccoli, cut into florets, steamed

Steam green beans, green peas, and broccoli till soft.



For the dressing:

Juice of a small orange

Juice of a lime

2 tbsp apple cider vinegar

2 tbsp olive oil

Celtic salt and pepper to taste

- Steam green beans, broccoli and green peas.
- In a large bowl, whisk lime juice, orange juice, apple cider vinegar, salt and pepper.
- Add the remaining ingredients and toss. Serve with brown rice pudding.

SUNDAY - Breakfast

276. Quinoa with seeds and honey

(1 medium cup)

*Combine cooked quinoa with sunflower seeds, flax, sesame seeds, cinnamon powder and raw/Manuka honey

1 bowl cooked quinoa

1 tsp flaxseeds

1 tsp sesame seeds

1 tsp sunflower seeds

1 tsp cinnamon powder

1 tbsp raw/manuka honey

For the quinoa:

½ cup quinoa

1 cup vegetable stock/water

1 clove garlic, peeled and minced

5-6 whole black peppers

1 tsp coconut oil.

- In saucepan, sauté garlic and black pepper in coconut oil.
- Add vegetable stock and bring it to boil. Once boiled, add the quinoa and simmer over medium heat for around 5 minutes or until the liquid slowly dries up.
- Stir occasionally to avoid quinoa from sticking to the saucepan. Fluff with a fork and allow it to cool.
- Mix the cooked quinoa with flaxseeds, sunflower seeds, sesame seeds, cinnamon powder and honey. Stir well. Serve.

277. Watermelon slices

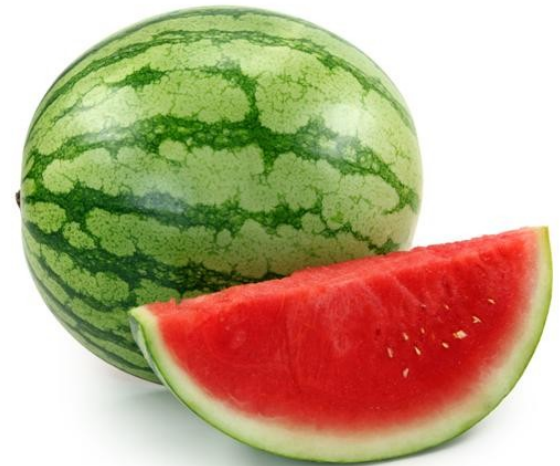
(2 slices)

278. Hijiki brown rice with shiitake mushroom

(1 medium cup)

*Soak hijiki and shiitake mushroom in water to rehydrate, heat oil in a wok, and add ginger-garlicpaste, onions, chili flakes, shiitake, hijiki, edamame green soy beans, soy sauce, brown rice. Toss well

*Hijiki is curly and black Japanese seaweed.



½ - ¾ cup cooked brown rice (cook according to manufacturer's instructions)

2 cloves garlic, peeled and minced

3 slices ginger, minced

1 onion, peeled and minced

1 tbsp sesame oil

1 tbsp Bragg's amino/ organic tamari sauce/ organic soy sauce

¼ -½ cup hijiki and shiitake mushroom, soaked

2 tbsp edamame green soy beans

1 tsp chili flakes/ 1 small red chili, seeds removed and sliced finely

Celtic salt and pepper to taste

- Boil some water, add a pinch of salt, and cook edamame beans over medium heat for about 3-4 minutes. Drain.
- Heat oil in wok and stir fry garlic, onion and ginger till fragrant.
- Add shitake mushroom, chili flakes, soy sauce, edamame, and lastly the hijiki, and stir-fry over medium heat for 5 minutes till mushrooms is cooked.
- Add the brown rice and stir-fry evenly for 3 minutes or more over high heat. Season with salt and pepper and serve!

279. Mango pudding

(1 small cup)

1 mango, ¾ pureed and ¼ diced

½ cup rice milk



2 tbsp agar-agar powder

Heat agar-agar powder in the rice milk. Combine mango puree and stir thoroughly.

Add this mixture to 1 tbsp diced mango mix well and set in cups to refrigerate. Allow to set for 45 minutes and serve

280. Buckwheat noodles in tomato broth

(1 medium deep serving bowl)

*Prepare kelp broth, add fresh diced tomatoes, onions. Simmer with sage and thyme. Add finely chopped spinach. Stir in soy sauce, and wakame sea weed. Cook buckwheat noodles. Pour broth over it and serve

For the buckwheat (soba) noodles:

- Add a dash of salt and oil to boiling water.
- Cook the noodles for approximately 5 minutes or as per packaging instructions.
- Remove from pot, drain, and place them in ice-cold water immediately.
- Drain noodles after 5 minutes and leave aside.

For the broth:

1-2 strands of kelp (thicker ribbon), washed and soaked

1 tomato, diced

1 onion, peeled

1 tsp sage (or fresh sage leaves)

1 tsp thyme (or fresh thyme leaves)

2 tsp Bragg's amino/ organic tamari sauce/ organic soy sauce

½ cup finely chopped spinach

Soak the kelp for at least 10-15 minutes, especially if it is thick.

- Boil the kelp in a pot of water and simmer for at least 15 minutes, together with onions.
- Then add tomatoes, sage and thyme and simmer.
- Once kelp is soft stir in the Bragg's amino/ organic tamari sauce/ organic soy sauce and wakame sea seed.
- Pour over this broth on the buckwheat noodles and serve!