21 Day Wellness Cleanse

FOCUS ON WELLNESS
Welcome to the 21 Day Wellness Cleanse!

Get ready for glowing skin, improved digestion, joints that are free of aches and pains, clarity of mind and a joyful outlook on life. Not only will you be amazed with the experience and results from being on this cleanse but you will connect with like-minded wellness wizards in a safe and nurturing environment that will support and guide you in opening doors to health and wellness you never even knew existed.

This cleanse focuses on balancing your body’s pH by eating more abundant whole foods, low-glycemic fruits, raw veggies, alkalizing green juices and green smoothies. It will give your body what it wants REAL NOURISHING FOOD and provide you with daily support to guide, encourage and help you stay on track mentally, emotionally and physically every step of the way. Basically, it goes beyond just the mechanical aspect of what we put in our mouths to gaining an understanding of our relationship with food and how it either adds to our well being or not.

This Fantastic Cleanse will make you feel stronger, more vibrant and radiant than ever before in just 21 Days! With the 21-Day Wellness Cleanse you will take a break from meat, dairy, sugar, refined flour, junk foods, toxic chemicals, additives and pesticides all of which your body wasn’t designed to handle.

Years of bad eating habits can drain your vitality and lead to all kinds of health issues such as; fatigue, digestive disorders, toxic overload conditions and inflammation that can show up as cancer, diabetes and Heart Disease.

**FIRST PHASE CALLED “WEAN WEEK” STARTS JANUARY 1ST, 2014**

One week before the start of the cleanse you’ll begin to wean yourself off junk food and slowly eliminate meat, caffeine, sugar and dairy from your daily diet. The real adventure begins on January 7th, 2014 with a group teleconference call to get us all acquainted and ready to embark on the next 3 weeks ahead.

The Journey to Health and vitality takes love, attention and nourishing foods and the support from other like-minded Wellness Wizards. We’ll meet again each week by phone and then one week ‘Post-Cleanse’ a check-in to see how everyone is doing.

To get the Most out of this Cleanse Opportunity it is recommended that you be on each of the 5 calls, but if this is not possible they will be recorded for you to download and enjoy at your own convenience.

Congratulations, you have just taken an amazing step forward on your transformative journey to incredible wellness. I honor and acknowledge you for investing the time to care for yourself and making a commitment in your health and wellbeing.

xoxoox and Wellness,

Leah
Disclaimer

Note: The information suggested in the 21-Day Wellness Cleanse is not a substitute for regular health care. Before beginning this or any type of dietary program or cleanse consult with your physician regarding your own personal health and nutrition.

The information provided in this guide book and in the following presentations and notes is for informational purposes only. It is not intended as a substitute for advice from your physician or other health care professional. It is not intended to be used as to diagnose or treat any medical condition or as a substitute for individual health care. You should always consult a qualified healthcare professional with questions about any medical condition.

The information in this guide book is not a substitute for medical treatment. Any conclusions or results presented in this guide book does not establish a warranty, guarantee, or prediction regarding the outcome of an individual for any particular issue. This information is given with the understanding that the author, presenters and Wholy Cancer are not liable for misconception, misuse, or adverse effects resulting from its use. Any type of dietary change or nutritional therapy should always be undertaken with the supervision of a qualified health care practitioner. We strongly advise that you seek professional advice as deemed appropriate before making any health decision.

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**Honor the Beginning**
by Melodie Beattie

Let yourself begin anew. Pack your bags. Choose carefully what you bring. Take along some humility and lessons from the past. Toss in some curiosity and excitement about what you haven’t learned. Say your goodbyes to those you are leaving behind. Don’t worry about who you will meet or where you will go. The way has been prepared. The people you are to meet will be expecting you.

A new journey has begun.
Let it be magical.
Let it unfold.

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Welcome! I’m Leah Putnam

My goal is to inspire you to embark on a personal journey that will lead you to a life of abundant energy, vibrancy, balance, clarity and happiness. By giving you a few simple tools you can easily implement and shift your health and well being immediately. In other words:

I’m here to make you Well.

Before we go further let’s redefine ‘Well’. The Well I’m talking about reaches far beyond lack of a specific illness or free from aches and pains.

Wellness means unlocking your spiritual potential, nurturing your health and unleashing your vibrancy and happiness and using your life attitudes and views to change the world.

Whether you know it our not you sit at the center of a powerful ripple of wellness.

I’m a California girl who stood in her truth and beliefs when faced with a diagnosis of invasive breast cancer and healed myself completely without the mainstream treatments of surgery, radiation or chemotherapy. You might say I’ve journeyed down the road less traveled and have looked beyond conventional wisdom to attain my goals.

I’m out to tell the world, shout it from the rooftops if that what it takes to let you know that you too have options when being faced with a situation out of your control.

I coined the term “focus on wellness not illness” because that what it takes if you want to truly heal.

Healing is not a pick and choose down the buffet line where you get to pile on your plate a little of this and some of that. It’s about jumping in with your eyes wide open and facing what’s in front of you with compassion, love and a boat load of humor. It’s not only dealing with your physical health but the whole enchilada; mental, emotional and even the spiritual parts of you if you want to win this game. It’s called empowerment baby and it’s right at your finger tips!
I help people discover their key to a life of health and wellness beyond their wildest dreams!

I've been coaching and training people for over 28 years in the movement and healing arts. I care deeply about you and I'm committed to you getting results. I want you to discover how to live an incredible life of wellness beyond what you have ever imagined, just like I doing.

Through my programs, products and video you'll learn evidence based wisdom on how to quit making cancer (if that is what you are up against) or just how to live a life of amazing health, energy, clarity, vibrancy, happiness, joy and wholeness.

Believe me when I started on this journey my focus was on getting rid of the cancer, but to my surprise I have never felt better in my life, and it gets better and better each day!

I certainty don’t have all the answers. But you should know that I’m a seeker of knowledge and have an insatiable thirst for learning. I’m the person who sits at the feet at all the great teachers in the world.

My promise to you as a part of my community is to bring you the very best of the best of what I’m living and learning, keeping it real and honest as I go.

“\nI alone cannot change the world, but I can cast a stone across the waters to create many ripples. - Mother Teresa
“Wean” Week

The “21 Day Wellness Cleanse” sets the stage for creating an optimum foundation for you to begin a new way of being in a relationship with food. It will continue to serve as a center point to come back to anytime you feel you have strayed away from this new vibrant way of nourishing yourself.

The “21 Day Wellness Cleanse” has no fancy powders, no strict meal plans, no measurements, no calorie counting or weigh ins. What it does have is information about eating for wellness, self-care tactics, shopping tips, motivation, emotional and physical support plus more.

My motto in life is:

You can make it complicated and it will be or you can keep it simple.

Both roads have the potential to arrive at the same destinations, but with two completely different journeys. This is what attracted me to this way of eating from the start, the simple beautiful way of being in a relationship with food full of life force energy from the sun.

We need to start somewhere and that is what the “Wean” Week is all about. This is your week to transition from your old way of eating to your new. You will find that this will be your road map to navigate the next 4 weeks and beyond.

During the “Wean Week”:

• Slowly remove coffee (if you haven’t done so) by cutting back to one cup per day. Try filling in the craving with a cup of green tea, herbal tea, cacao nibs (just pop a nib in your mouth every time you feel like a cup of Joe), or a big tall glass of greens.
• Cut back to no more that two alcoholic beverages per week and try to choose organic red wine.
• Make sure you are drinking plenty of purified water.
• Reduce your meat consumption to no more than 3 to 4 ounces twice a week.
• Phase out dairy and gluten. Include no more than two or three servings of each over the course of the week.
• Completely cut out processed sugar and refined carbohydrates.
• Double up your intake of greens this week and try your hand at a little juicing. If you don’t have a juicer not to worry, blend your veggies and then strain them through an unused paint strainer. This is my “go to” method of juicing when traveling.
• Remember you are “weaning” so be gentle with yourself and smile often.

Happy Weaning!
Success Tips

I would like to honor and acknowledge how far you have undoubtedly traveled in your life to make this kind of commitment to your own health, transformation and well being.

I understand that venturing into any new lifestyle change can seem like and overwhelming endeavor, but my hope and intention is that after the “21 Day Wellness Cleanse” you are going to look and feel so amazingly healthy and vibrant inside and out that all of your effort and focus will be well worth the results.

I am confident that the more you follow this cleanse, the more you will aspire to follow this new way of being in a relationship with food and encouraged to continue on your journey for vibrant health and well being.

I want you to be very aware that your ego is going to try to take you out. What I mean by this is that you are going to be tempted quite often to go back toward your comfort zone and old ways of being with food. Get used to the idea that this cleanse cannot be done perfectly and that you might slip up every so often. If you do fall off, stand up, brush yourself off and get right back up on the saddle. Think of it like a practice and that each day is a dress rehearsal in which some days go better than others. First and most important, be kind to yourself and enjoy the journey.

I have put together some tips and helpful hints that I will share daily with you to keep you empowered and on track.

SUCCESS Tip 1: Be Prepared

Like a good Scout you always want to be prepared by knowing exactly what you will be having for snack or lunchtime each day. Being prepared will make it simple and more efficient to follow along on the cleanse.

This way of eating is going to require spending some quality time in the kitchen to prepare your meals and snacks. So I suggest you sharpen your favorite knife, shake out your apron and dust off your culinary skills because you are about to embark on a 21 - Day live food fiesta with the most fantastic chef, you!!

On page 16 of “21 Day Wellness Cleanse” you will find an outline of what a week of dining might look like. I encourage you to start browsing through the recipes in the back of the book and put together your first weeks meal plan. You can even use the plan straight out of the book if it calls to you.

From your meal plan you can put together a shopping list of the ingredients you will need on hand. FYI, I find it is not a good idea to go shopping when you are hungry because our eyes have a way of wandering.

Remember that by being prepared and knowing exactly what you will be eating you are far less likely to be tempted by something that just doesn’t fit into the “21 Day Wellness Cleanse”.

I have put together some tips and helpful hints that I will share daily with you to keep you empowered and on track.
Our destiny is shaped by the deep level of our intentions and desires and it is imperative that the Universe know exactly what we want, so it can give it to us.

Setting an intention is like planting a seed in the fertile ground of potential and allowing it to unfold naturally. That is why it is important to set your intention for the “21 Day Wellness Cleanse”. Getting clear on your intention for the cleanse will support you in focusing on what you want to create in your health and wellbeing and then inviting the universe to align with you toward that goal.

Your intentions affect what you attract into your life. The Universal Law of Attraction means what you focus on expands, both positively and negatively. It is important to positively direct your intention. Set your intention on what you want not on what you don’t want. For example when I was dealing with breast cancer I chose to focus on my wellness not on the cancer. I purposely kept the diagnosis to myself, my family and a hand full of people who I felt could support me in my choice of how I treated it. I wasn’t always right. I did this because even though I knew people cared about me and my well being I did not want them to worry or have to acknowledge their worry. I intentionally created a container for myself that focused on my wellness and not my illness. You must create a container that holds your intentions and desires.

State your intention in a positive light because doing this will begin to sift out everything that does not move you toward your desired result. Diane Collins Creator of the QuantumThink Program states, “Your intent should pour out of you. It should emanate from every cell of your being so that you attract the people and circumstances that can support you in manifesting your desires”. Bottom line, your intention informs your behaviors, choices, actions and words. It becomes one’s own operating system.

“Our intention creates our reality.” - Wayne Dyer

The best time to set your intentions is first thing when you wake up in the morning and the last thing before you go to sleep. This is when your mind is quietest and your subconscious is the most open.

Use these simple steps to set your intentions:
- Close your eyes and quiet your mind by focusing on the rhythm of your breath.
- Envision clearly in your mind your intention, what it looks like, what it sounds like, what it feels like, what it tastes like and what it smells like.
- Now clearly create a statement about your intention in your mind.
- Focus on this statement for at least 30 seconds allowing your entire being to marinate in your intention on all levels of your being.
- Feel yourself sitting in the center of your intention and ask yourself what is a powerful action step that you can take today that will put you in alignment with your intention?
- Now open your eyes taking your intention into your day.
- Repeat the steps one more time during your day and then again before you go to bed at night.
Time to get down and dirty and stir up some new energy in your kitchen.

The "21 Day Wellness Cleanse" is a great time to lighten up and toss out what you know will not support your cleanse. It’s time to clutter clear your cupboards, refrigerator and pantry by throwing out anything that seems like it has seen better days.

Everything has energy. The thoughts you have about the things in your home or kitchen CREATE energy. If you are surrounded by stuff you keep out of guilt of not wanting to waste, then your environment holds guilt. If it’s not good for you, then eating it will create a bigger drain on your wellness. Remember, your body is not a waste dump, it’s either fueling you, or draining you. Of course, some things might be neutral, that’s fine. Just be aware that if anything is triggering you, then know that’s your barometer. Let it go.

Start with the refrigerator by tossing jars with expired dates, moldy cheese, animal and dairy products and even those lonely forgotten leftovers. Take a peak in the freezer too, I’m sure you will find some holdouts in there.

For the pantry and cupboards remove all refined sugars, artificial sweeteners, processed starches, white table salt, white rice, white bread, crackers and cookies. Clear out the gluten, coffee, sodas, old dried herbs and spices and even the alcohol.

Giving your cupboards, pantry and refrigerator a fresh new wholesome and healthy look will create space and energy to restock for success, wellness and vitality.

FAITH
We can let our lives be directed by the same force that makes flowers grow. To trust in the force that moves the universe is faith. Faith isn’t blind it’s visionary. Faith is believing that the universe is on our side, and that the universe knows what it’s doing. Faith is a psychological awareness of an unfolding force for good, constantly at work in all dimensions. Our attempts to direct this force only interferes with it. Our willingness to relax into it allows it to work on our behalf.

- Marianne Williamson
Okay now it’s time to polish up your Wellness Warrior Armor and pull out all your Wizard Tactics.

7 Key Wellness Tactics:

1. **Powerful Self Talk:** Pay attention to how you talk to yourself during the cleanse. Stay very attentive to the language you use as you lay claim to your new relationship with wellness. Keep it positive and energetic.

   For example are you saying to yourself, “I get to eat these amazing vibrant sun energy filled veggies” or “I have to give up my diet soda”? Notice the energy shift? Powerful!

2. **Enlisting a Buddy:** Enlist a buddy for daily support and accountability. Don’t worry I will fill you in on how to do this on our first call together.

3. **Pinky Promise:** The “21 Day Wellness Cleanse” is a binding contract with you and the others in the group, you and your buddy, you and the universe and most of all you and yourself.

4. **Pause:** You will need to pause often when your ego comes along with fancy persuading excuses that try to derail you. This is your moment to pause, let the thoughts pass through you and then get back on course.

   Enlist your armor mantra for combat, “am I eating for wellness or am I eating for illness?” The truth is there is never a gray choice here, you are either choosing wellness or choosing to being stuck in your illness. Asking yourself this question will quickly shift you from agonizing about eating chocolate to a moment of gratifying delight!

   Health is not just the absence of disease, it’s the presence of vitality!

5. **Take responsibility:** One of my mentors continually says, “How you do anything is how you do everything.” Are you setting yourself up for success or are you leaving wiggle room for excuses? Crazy as this sounds, you might be setting your self up to fail right now without being conscious of it. Check in with yourself to see if you have stashed a few excuses in your back pocket. If this sounds or feels remotely familiar, you might want to take a look at where this strategy shows up in other areas of your life.

6. **Nurture Yourself Often:** Food has probably held a large nurturing role in your operating system, I know it has for me. People will do more to get out of pain than to move towards pleasure. I didn’t get down, dirty and serious about my health, vitality and well being until age 56 when I was given a diagnosis of breast cancer.
You don’t need a life threatening game changer showing up physically with your health to know something is lacking in your well being. In simple terms illness does not just mean cancer it can be our addictions to anything we use to feel better quickly that does not support us toward health and vitality.

My big feel-better go-to was sugar, whether it was in the white form or had fermented into an amazing liquid known as chardonnay. I just couldn’t see my world without sugar and wine in it. If I wanted to live I had to find a sugar substitute that could nurture and comfort me when I was feeling less than. I had to find other ways to nurture myself that would create empowering meaning to my new and vibrant life. I had to commit to put myself first before everyone and everything else (ouch). I had to find new ways to replace sugar and give up drinking wine! (let’s take odds). I had to learn how to nurture and take care of myself mind, body and spirit (foreign land).

This act of nurturing and nourishing myself had to became a practice that I embedded into my daily fabric of life. So, I made sure I went for a walk every day, I treated myself to body care work once or even twice a week, I reduced my training hours in the studio, I read constantly about healthy ways of living and being, I started a wellness circle to help support me, I reached out to others for support with cancer and I made sure I watched movies or shows which made me laugh.

I had to learn how to nourish and nurture my body as a sacred container no matter what circumstances I came up against. I had to take excellent care of myself because I was worth it (new idea).

Your body is your vessel or sacred container to play the game of life. Ask yourself if you are supporting your sacred container by holding it in the highest regard, nourishing it, adoring it and honoring it in with grace or are you treating it as a burden, trouble or annoyance with a long list of must do’s and tasks attached?

Cheryl Richardson, the author of “The Art of Extreme Self-Care” states, “The foundation of a good life is good health.”

Take out your Wellness Journal and make a list of what nurturing and nourishing practices you want embedded into your daily life. Dream big and don’t hold back because it feels a bit like pampering. Pampering is exactly what it is so get used to it. Soon you won’t know how to live without it.

Now begin the practice of nurturing yourself by asking “what on this list can I successfully commit to taking this week that will move me powerfully towards my wellness?”

7. Be Kind to yourself: This cleanse cannot be done perfectly and you might slip up occasionally. That’s right, let me repeat myself “you might slip up” and it won’t be the end of the world or the cleanse. As Kris Carr says, “Perfect is beige and beige is boring.” Like I mentioned before, if you do fall off, stand up, brush yourself off and get right back up on the saddle. This is a practice and each day is a dress rehearsal. Be kind to yourself and enjoy this ride.
Just a few more tips to get you on your way.

Be flexible on the 21 Day A Wellness Cleanse so you are not denying your body of its nutrient and energy needs. This cleanse is set up so that you can eat as much as you want of most foods. I do suggest you watch overindulging too much in the nut and seeds department though. If you find you are ravenous or excessively full, adjust your intake and uptake accordingly. Just be sure your body and not your head is in the drivers seat directing the adjustments.

While you will be drinking many green juices throughout the day it is important to remember and drink plenty of water, naturally flavored water, and herbal teas. Staying hydrated will not only remind your stomach that you are content, but will also help in keeping your focused, energetic and less likely to stray from your goals and intentions. You might even want to infuse your water with a little lemon, lime, cucumber or mint for a pleasant taste treat. Replace milk or cream with almond or hemp milk and sugar with stevia. My favorite brand of stevia is Stevita that I buy from Vitacost.com. or Sweet Leaf - Sweet Drops I usually can find at local health food store.

Snack Attacks happen to the best of us. One minute we are intoxicated with our new clean lifestyle and the next we are scouring our pantry to find something sweet, salty and or crunchy.

There are a plethora of snacks on the market that will fit the snack attack bill. Check out the living foods/raw section at your natural foods store where you will find such yummy taste treats like: Lydias’ Organics, Alive Crackers, Larabars, Just Tomatoes dehydrated veggies, and the list goes on. Almond butter a top a nut seed dehydrated cracker is one of my favorite go to’s when I feel the urge.

Let the Wellness Cleanse begin!!!!!!
What to Have on Hand

It’s time to embark on your three week journey of healthy nourishing foods and radiant vitality. For the next few weeks you’ll be taking a break from meat, dairy, sugar, refined flour, junk foods, toxic chemicals, additives and pesticides all of which your body wasn’t designed to handle. You’re going to make balancing your body’s pH a top of the list priority by eating more abundant whole foods, low-glycemic fruits, raw veggies, alkalizing green juices and first class – green smoothies. In fact, you’re going make you your number one center of attention in the health and well being department. To do this it’s a good idea clear the cupboards and refrigerator from the things that won’t serve you and re-stock with the things that will.

Scour through the recipes in your favorite vegan cookbooks and make a list of yummy dishes you want to make and the ingredients you might need. Below you will see that I’ve gone ahead and put together a list of items I thought you just might want to have on hand:

**Fresh Fruits and veggies.**
- try to select organic whenever possible.
- (Check out the Dirty Dozen List of must buy organic)
- Frozen organic fruits for smoothies
- Salad Greens (variety is the spice of life)
- Avocados
- Lemons and Limes
- Fresh garlic
- Fresh ginger

**Nuts (raw, organic)**
- Almonds
- Cashews
- Pecans
- Pine nuts
- Walnuts

**Seeds (raw, organic)**
- Flax seeds
- Hemp seeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

**Nut and Seed Butters**
- Almond butter
- Cashew Butter
- Coconut Butter (made from the meat of the coconut)
- Pumpkin Butter
- Tahini

**Condiments**
- Apple Cider Vinegar (Bragg’s is raw, organic and unfiltered)
- Coconut Aminos
- Nama Shoyu (gluten-free)
- Coconut oil
- Olive oil (cold or stone pressed)
- Flax oil
- Hemp oil
- Sesame oil
- Sea salt
- Miso paste (organic)
- Pure vanilla extract
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Spices
- Cayenne
- Chili powder
- Cinnamon
- Cumin
- Coriander
- Nutmeg
- Turmeric

Sweeteners
- Agave nectar
- Medjool dates
- Raisins
- Stevia if you have a sweet tooth like me

Other
- Snacks from the “Snack Attack” section: Cacao Nibs
- Coffee Substitute (Cafe Orzo, Teccinio)
- Dulse Flakes
- Herbal teas and Yerba Matte
- Nori seaweed sheets
- Nutritional yeast
- Olives cured in sea salt
- Sun-dried tomatoes

Equipment
- Dehydrator (optional)
- Food Processor
- High Speed Blender
- Juicer (optional)
- Mandoline slicer
- Nut Milk Bag

The greatness of a man is not in how much wealth he acquires, but in his integrity and his ability to affect those around him positively.
- Bob Marley, Jamaican songwriter
What a Typical Day May Look Like

Start your day off right by drinking a big glass of water (12 - 16 oz.) upon waking in the morning. There is a tendency to be a bit dehydrated when you awaken from your slumber and swigging down water first thing in the morning is a good way to start to rehydrate all the cells in your body. Not only will your cells be happy but your digestive system will be extremely grateful for this gesture. Dehydration can be one of the causes of constipation. Your daily morning gulp will help to get things moving and flowing smoothly.

Before showering you may want to give your skin a brush up with a dry brush to stimulate toxic exfoliation from the largest eliminating organ of your body... your skin.

Continue to hydrate all the cells in you body with a warm cup of lemon water and a pinch of cayenne. Lemon is a powerful antibacterial, antiviral and immune boosting agent and the alkalizing effect of lemon aids in flooding your cells with life giving oxygen while flushing out those undesired toxins. I like to rev up my circulation by adding a pinch of cayenne. If you like, add a drop or two of stevia for sweetness.

Brew yourself a cup of herbal tea and sip it slowly as you quietly give thanks for taking this time to care for yourself.

Mid morning is a good time for a Green Juice or Smoothie. Liquid greens are a great way to get your recommended daily allowance of fruits and vegetables. These green power drinks reduce inflammation, gives you a great boost of energy and is wonderful for your immune system.

Ideally you want to consume only liquids until noon but if you find you need to eat solid foods before then fruit, chia pudding with nuts and gluten-free granola with nut milk are clearly some viable options.

For the rest of the day your goal is to consume at least 80% of your diet in the form of raw fruits, vegetables, nuts, seeds and healthy oils. For lunch and dinner the easiest choice is to make a big salad with lots of veggies tossed with a dressing of your choice. Variety is the spice of life so get creative with your plant based whole food meals by trying some of the recipes I’ve included in the recipe section or check out the reference section for some others. There’s also a sample meal plan for you to use as a guide for the week.

When you come across a tasty recipe, please share it with the rest of the “Cleansers” on the Wholy Wellness Group Page @ https://www.facebook.com/groups/Wholywellnesscircle/
Make sure you have healthy nutrient dense snacks available incase a snack attack arises.

As you might have noticed dessert is not listed on the meal plan. These are for very special occasions. If you do find yourself craving something sweet after dinner, try a cup of herbal tea like licorice or cinnamon to take the edge off. If you just have to have something sweet, a piece of fruit or a piece of dark, dark chocolate should get you through.

You’ll want to get outdoors and expose your senses to the healing power of Mother Nature. Sunlight is essential for our health and all life on this planet. We are designed to be exposed to moderate levels of sunlight. A reasonable amount of direct sunlight on our skin is critical for our wellness in producing Vitamin D, enhancing our immune system function and preventing disease. A daily dose of the sun’s vital rays have a way of uplifting our spirits and sparking an attitude adjustment.

Other attitude adjusting activities include walking, hiking, cycling, yoga, dancing, deep breathing, meditation, journaling etc. Try to indulge yourself in at least one of these or more a day.

The 21 Day Wellness Cleanse is not just about nourishing your body with alkalizing low density high quality nutrition, it’s about taking care of the whole you.

Lastly, get yourself to bed early. Without proper pillow time, your body doesn’t have a chance to mend, repair and rejuvenate. Remember, early to bed, early to rise makes you happy, healthy and wise!!!

People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success. - unknown
21 Day Wellness Cleanse

One Week Meal Plan

On the "21 Day Wellness Cleanse" you get to mix and match recipes however you please and to your tastes. I have put together a one week menu plan for you to see how easy it can be. You may even choose to give it a try.

Scour through the recipes in your favorite vegan cookbooks and make a list of yummy dishes you want to make and the ingredients you might need. Below you will see that I’ve gone ahead and put together a list of items I thought you just might want to have on hand:

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Large glass</td>
<td>- Large glass</td>
<td>- Large glass</td>
<td>- Large glass</td>
<td>- Large glass</td>
<td>- Large glass</td>
<td>- Large glass</td>
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<tr>
<td>of room temperature</td>
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<tr>
<td>water 12-16 oz</td>
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<td>water 12-16 oz</td>
<td>water 12-16 oz</td>
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<tr>
<td>- Warm lemon water</td>
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<td>- Warm lemon water</td>
<td>- Warm lemon water</td>
<td>- Warm lemon water</td>
<td>- Warm lemon water</td>
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<tr>
<td>(pinch of cayenne and/or stevia)</td>
<td>(pinch of cayenne and/or stevia)</td>
<td>(pinch of cayenne and/or stevia)</td>
<td>(pinch of cayenne and/or stevia)</td>
<td>(pinch of cayenne and/or stevia)</td>
<td>(pinch of cayenne and/or stevia)</td>
<td>(pinch of cayenne and/or stevia)</td>
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<tr>
<td>- Herbal tea</td>
<td>- Herbal tea</td>
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<td></td>
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<tr>
<td>BREAKFAST</td>
<td></td>
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</tr>
<tr>
<td>- Good Morning Sunshine Juice 12-16 oz.</td>
<td>- Good Morning Sunshine Juice 12-16 oz.</td>
<td>- Good Morning Sunshine Juice 12-16 oz.</td>
<td>Fresh Fruit Green Smoothie</td>
<td>- Good Morning Sunshine Juice 12-16 oz.</td>
<td>- Good Morning Sunshine Juice 12-16 oz.</td>
<td>- Good Morning Sunshine Juice 12-16 oz.</td>
</tr>
<tr>
<td>- Chia Pudding with nuts and seeds</td>
<td>- Gluten Free Granola with Nut milk</td>
<td></td>
<td></td>
<td>- Breakfast Buckies</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LUNCH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large green salad topped with veggies and</td>
<td>- Garden Vegetable Soup</td>
<td>Green salad with all the goodies, choice of</td>
<td>- Jicama Radish Salad</td>
<td>Mediterranean Kale Salad</td>
<td>Falafels with Tahini Dressing</td>
<td></td>
</tr>
<tr>
<td>choice of dressing</td>
<td>- Dehydrated Crackers with no bean hummus</td>
<td>dressing</td>
<td>- Olive Tapenade with dehydrated crackers</td>
<td>- Pecan Pate on Dehydrated Crackers</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

continued on next page >
### One Week Meal Plan

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>SNACK</td>
<td>Green Juice - add a little apple, lemon and ginger to personalize</td>
<td>Dehydrated Cracker or Manna bread with Almond Butter</td>
<td>Spinocolada Smoothie</td>
<td>Dehydrated Cracker or Manna bread with Almond Butter</td>
<td>- Wholy Green Juice - 10-15 Raw Almonds</td>
<td>Coconut Almond Shake</td>
</tr>
<tr>
<td>DINNER</td>
<td>Living Tacos</td>
<td>- Caesar Salad</td>
<td>- Coconut Soup</td>
<td>Raw Vegan Chili</td>
<td>Not Tuna Boats</td>
<td>- Greek Salad</td>
</tr>
<tr>
<td></td>
<td>- Pasta Marinara</td>
<td>- Pad Thai</td>
<td></td>
<td></td>
<td>Soup (not sure of soup yet)</td>
<td>- Dolmas</td>
</tr>
</tbody>
</table>
21 Day Wellness Cleanse

Snack Attack

Make sure to have a supply of healthy snacks on hand during the 21 Day Wellness Cleanse to combat the unforeseen “Snack Atttack”. You never know when you’re going to be faced with a craving between meals so it’s best to be armed with healthy snacks that will prevent you from reaching for something that falls outside the lines of optimum cleanse nutrition.

First, if you do find yourself in the throws of a snack attack first try drinking a glass of water or herbal tea before reaching for a nutrient dense, low calorie snack. If the water or tea don’t quite do the trick, then check out the list below for some healthy snack ideas that can fit the bill.

- Green juice
- Fresh Fruit (choose organic whenever possible)
- Apple or Pear with Nut Butter
- Apple or Pear slices Dipped in Lemon Tahini Dressing
- Celery with Almond Butter
- Celery with Tahini and raisins (ants on a log)
- Jicama slices sprinkled with lime juice with a pinch of sea salt
- Cucumber slices marinated in lime juice with a pinch of sea salt
- Hummus with Carrots, Cucumber, Red Pepper or Jicama
- Kale Chips
- Not Tuna Pate Nori Roll Up
- Manna bread solo or topped with a smear of almond butter
- Raw Vegan Energy Bars (lot’s of options available at your local health food store)
- Dates pitted and stuffed with soaked raw almonds
- Cacao Nibs, if you’re craving some chocolate. You might even consider tossing in a few raw soaked nuts for a trail mix treat.
- Avocado slices on raw dehydrated cracker
- Handful of olives
- Small green smoothie
- Cup of vegetable soup
Probiotic drink ie. Kevita or Kambucha. Look over the ingredients for stevia instead of cane sugar.

Caffeine-free herbal coffee substitute for the “Joe” stand in. I like the brand “Cafe Orzo” made from organic roasted Italian barley.

A cup of green, white or matcha tea. Cinnamon tea can help take the edge off of carbohydrate cravings.

These are just a few ideas that can come to the rescue of a “Snack Attack”.

I know that you will have a few tricks up your own sleeve that you may want to share on the group facebook page at: https://www.facebook.com/groups/Wholywellnesscircle/.

Please be mindful that if you are trying to watch your calorie intake you’re bringing those in by way of fat or fruit. Too much of a good thing is just that, too much of a good thing.

Let food be thy medicine and medicine be thy food.
- Hippocrates
Wednesday Fast Day

One day I set aside for rejuvenation. In other words it’s RESET day! Once a week I take a break from eating solid foods for one day or about 38-42 hours. By doing this I stop and give my digestive system a mini holiday. When I shut down my digestion my body is able to mobilizes all the available resources for rejuvenation and devote all available energy to its healing. No chewing required during this time because liquid consumption is all that’s available on the menu.

This is my all time health, vitality, beauty and wellness secret weapon! Wednesday is my reset day. Join me to experience Wednesday Fast Day in action!!

I start my day off right by drinking a big glass of water (12 - 16 oz.) upon waking in the morning. We tend to be a bit dehydrated in the morning and this is a great way to start to rehydrate all the cells in my body. My digestive system is extremely grateful for this gesture as dehydration can lead to constipation. My daily morning big gulp will help to get things moving and flowing.

I continue to hydrate all the cells in my body with a warm cup of lemon water and a pinch of cayenne. Lemon is a powerful antibacterial, antiviral and immune boosting agent and the alkalizing effect of lemon aids in flooding my cells with life giving oxygen while flushing out those undesired toxins. I like to throttle up my circulation by adding a pinch of cayenne!

Adding one ounce of wheatgrass juice gives me the equivalent nutritional value of 2 pounds of green leafy vegetables. This is more than most people eat in a week. Apart from having all the vitamins and most of the minerals the body needs to be healthy, wheatgrass juice also has all the amino acids making it a complete protein. Like all greens, wheatgrass is also very high in chlorophyll providing me with an instant oxygen infusion directly to the bloodstream, oxygenating the blood and my whole body. Wheatgrass was a vital player in curing my breast cancer because cancer has a difficult time surviving in an oxygenated environment. I knew that the more oxygen I could pump into my body through drinking wheatgrass and green juices was my best strategy for healing. I make sure to consume a minimum of 2 ounces per day.
Mid morning I have my 1st Green Juice.

Juicing is a great way to get my recommended daily allowance of fruits and vegetables, vitamins, minerals, phytochemicals, antioxidants, dietary enzymes and more. Green juice reduces inflammation, gives me a great boost of energy and is wonderful for my immune system.

I make the first juice of the day with just Cucumber and Celery. Along with being a good source of vitamins and minerals, cucumber is loaded with water making it extremely hydrating and helpful for moving out toxins. Beauty benefit: makes your hair and skin glow! Celery is also highly nutritious, hydrating and equipped with natural sodium. Both of these alkalizing veggies are considered super foods in my daily intake profile.

Keep Hydrating throughout the day with fresh pure water. Water is the one of the essential components for your survival on this planet. Keeping my body hydrated is absolutely vital for optimum health and wellness.

If you have been around for one of my wellness classes or cleanses you will know that I make a big deal about water intake and the importance of staying hydrated. I think it is important to note that dehydration causes the fluids in your body ie. Blood plasma, lymph and even bile to thicken and become congested. When I am not providing my body with its needed liquid requirements I go into a state of dehydration. When this happens my cells are asked to give up their water to hydrate the blood and other vital fluids needed by my body to survive. Keeping my body hydrated also helps to eliminate toxins that need to exit my body. Cell bath please!

I like to indulge in a mid day Probiotic Cocktail to aid in enhancing good gut flora. One of the major benefits and outcomes of eating foods for wellness is that it encourages the beneficial bacteria in my gut to flourish and thrive. Maintaining good or friendly gut flora is essential for optimum digestion of food and absorption of nutrients. This good bacteria also helps my body produce vitamins, absorb minerals and aid in the elimination of toxins which are all top priorities on Wednesday Fast Day!
Juice your veggies into a power packed nutrient dense cocktail. Juicing is an excellent way to indulge yourself with a large quantity of vegetables quickly and easily without including the fiber. Adding vegetable juicing to your daily intake regimen reduces inflammation, cleanses the body, balances you pH, supplies you with an abundance of vitamins, minerals, enzymes, protein and oxygen. These gifts of greens help to keep you regular and aide in loosing weight. It is one of the best kept beauty secrets by slowing and reversing the aging process.

My second juice of the day usually consists of cucumber, celery, kale, apple, lemon, ginger and a pinch of cayenne. Yummm!

In the evening I love to enjoy a raw living vegan green soup. My Garden Soup favorite is so easy to make:

In a blender add: 2 tomatoes, 1 zucchini, 1 stock of celery, 1/2 avocado, 1 glove of garlic, 1-2 green onions, 1 jalapeño (depending on hotness desired), 1 tablespoon of fresh squeezed lemon, 1 tablespoon of miso paste, 1 cup of water, 1/4 teaspoon of cayenne pepper and what ever herb you prefer ie. basil or cilantro. Blend to smooth and add more water if you need to thin it down. After a bowl of this delicious soup all of you cells will be zinging with vitality!

The skin is by far our body’s largest organ of elimination, this is why my Infrared Sauna is an essential tool for detoxification, elimination and increasing my body’s healing response. Ahh! nice way to end the day.

Thank you for following me for Wednesday Fast Day. Who’s ready to take a bold step forward to wellness?

Join me any and every Wednesday for Wednesday Fast Day!

xoxoxox Leah
Food Combining

You’ve heard the old saying you are what you eat. Let’s take that one step further and say you are what you digest and assimilate.

When it comes to eating for wellness it is important to look at what foods we eat with what will maximize our digestive potential to provide our bodies with the most life-giving nutrients possible.

Different foods or groups of foods vary in their digestion times and require different chemicals or digestive enzymes to process. Combing your foods that have similar digestion times and enzymes that complement each other will help to assure the foods will quickly exit the body. Watermelon, can take just 15 minutes to digest, while nuts can take up to 4 hours. Some foods requires acid base digestive enzymes while others will need alkaline base enzymes. Knowing digestion times and what enzymes are needed will give us optimum results and minimize digestive discomfort.

Brian Clement from the Hippocrates Institute likens digestive times to cars on a single highway. If a high performance race cars is held up behind a slow moving van, trouble peruses and the unhappy race car must continue slowly behind the slow moving van. If faster digesting foods are held back behind the slower digesting foods we end up with a traffic jam in the digestive track resulting in fast food fermentation.

Indigestion, bloating and poor assimilation can all be signs of poor food combining choices.

Protein foods call for an acidic enzymes for digestion while carbohydrates and fats require a more alkaline base. Some people claim that when acids and alkaline meet, they neutralize each other and hampers the digestion of all foods involved.
Eating foods that digest at different rates or call for different enzymes and different pH levels, compromise your digestion and turning it into a battlefield where things begin to rot and ferment. When this becomes chronic you raise your toxicity exposure and decreasing the availability of nutrients for your body to absorb.

Let’s look at the different Food groups that will probably apply to a raw living vegan eater.

<table>
<thead>
<tr>
<th>PROTEINS</th>
<th>STARCHES</th>
<th>VEGETABLES</th>
<th>FRUITS</th>
<th>WHEATGRASS</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Hours</td>
<td>2-3 Hours</td>
<td>2½ Hours</td>
<td>2 Hours</td>
<td>15-30 Minutes</td>
</tr>
<tr>
<td>Raw Nuts</td>
<td></td>
<td>Sprouted Greens: Alfalfa, Arugula, Buckwheat, cabbage, Clover, Kale, Mustard, Pea Greens, Radish, Sunflower Greens</td>
<td>Acid Fruits: Grapefruit, Lemons, Oranges, pomegranates, Strawberries 1-1 ½ Hrs.</td>
<td>Drink on empty stomach or before meals. Extract juice by chewing or juicing. Use alone or with other green vegetable juices.</td>
</tr>
<tr>
<td>Coconut, Olives, Blue Green Algae</td>
<td>Hard Winter Squashes: Acorn, Butternut, Hubbard, Kabocha, Spaghetti Squash</td>
<td>Leafy Greens: Arugula, Asparagus, Broccoli, Bok Choy, Cabbage, Cauliflower, Celery, Chard, Collard Greens Kale, Lettuce, Mustard Greens, Scallions, Spinach</td>
<td>Sweet Fruits: Bananas, all Dried Fruit (figs, dates, raisins, etc.) Persimmons 3-4 Hrs. if ripe</td>
<td></td>
</tr>
</tbody>
</table>
Poor Combinations: Fruit & Starch, Fruit & Vegetables, Fruit & Protein, Starch & Protein, Starch & Avocado


Some Basic Rules:
- Foods from the same group can be eaten at the same time.
- Fruits- best to eat in season, ripe and grown in own climate. Fresh fruit should be eaten alone or on an empty stomach. It’s best to only combine fruits from their own category.
- Always eat melons alone Eat melons alone and don’t eat any other type of food within 20 minutes of eating the last bit of melon.
- Drink juices alone and on an empty stomach, and 30 minutes before other foods. Without the fiber they digest quickly.
- Tomatoes are sub acid, eat alone or with compatible food group.
- Soaking and sprouting nuts releases enzyme inhibitors, making them more digestible.
- Chew all food as thoroughly before swallowing.
- Drink your liquids between meals, not with meals. Liquids dilute your digestive enzymes and slow digestion.
- Pay attention to when you’re full! Stop eating when it doesn’t taste as good as the first few bites. Best to stop when you’re “no longer hungry” than waiting until you’re “full.” If you feel full, you’ve probably eaten too much.
- Use what works for you! Everybody is different so keep it simple, listen to your body and you’ll succeed!
## ACID-ALKALINE CHART

<table>
<thead>
<tr>
<th>RECOMMENDED ALKALINE FORMING FOODS</th>
<th>RECOMMENDED ACID FORMING FOODS</th>
<th>NOT RECOMMENDED ACID FORMING FOODS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SPROUTS:</strong> Small Seeds, Beans + most Grains</td>
<td><strong>FRUITS</strong> (Most are alkaline forming except:) Blueberries, Cranberries, Plums &amp; Prunes</td>
<td><strong>LARGE GRAINS:</strong> Barley, Rice (Balsmati, Brown &amp; White) Oats &amp; Wheat (slightly acid)</td>
</tr>
<tr>
<td><strong>LEAFY + ROOT VEGETABLES</strong></td>
<td><strong>GRAINS</strong> (Soaked): Buckwheat (Slightly Acid), Rye</td>
<td><strong>REFINED SUGAR:</strong> Candy &amp; Sodas too</td>
</tr>
<tr>
<td><strong>VINE RIPENED FRUITS + VEGETABLES:</strong> Cucumbers, squash, tomatoes, bell peppers etc.</td>
<td><strong>DRY BEANS</strong> (Soaked)</td>
<td><strong>SALT</strong></td>
</tr>
<tr>
<td><strong>SEA VEGETABLES</strong> – Dulse, Nori, Wakame</td>
<td><strong>NUTS</strong> (Soaked): Hazelnuts, Pecans &amp; Walnuts</td>
<td><strong>ALCOHOL</strong></td>
</tr>
<tr>
<td><strong>FRESH FOOD HERBS</strong></td>
<td><strong>SEEDS</strong> (Soaked): Agave, Pumpkin &amp; Sunflower</td>
<td><strong>COFFEE</strong></td>
</tr>
<tr>
<td><strong>CAYENNE PEPPER</strong></td>
<td><strong>AGAVE</strong></td>
<td><strong>WHEAT FLOUR</strong></td>
</tr>
<tr>
<td><strong>GARLIC &amp; ONIONS</strong></td>
<td><strong>BROWN RICE SYRUP</strong></td>
<td><strong>VINEGAR</strong></td>
</tr>
<tr>
<td><strong>TREE - RIPENED FRUITS</strong></td>
<td><strong>DATES</strong></td>
<td><strong>REFINED CONDIMENTS:</strong> Ketchup, Mustard, Mayonaise, etc.</td>
</tr>
<tr>
<td><strong>SMALL GRAINS:</strong> Amaranth, millet, quinoa, teff, etc.</td>
<td><strong>THE BODY NEEDS A BALANCE OF ALKALINE + ACID FORMING FOODS</strong></td>
<td><strong>DAIRY PRODUCTS</strong></td>
</tr>
<tr>
<td><strong>FRESH BEANS</strong></td>
<td><strong>FRESH SWEET CORN</strong></td>
<td><strong>CHOCOLATE</strong></td>
</tr>
<tr>
<td><strong>SESAME SEEDS</strong> : Soaked</td>
<td><strong>SEEDS</strong>: Soaked (most nuts are acid forming except: Almonds, Frsh Coconut (W/ Jelly) &amp; Pine Nuts</td>
<td><strong>HYDROGENATED OILS</strong></td>
</tr>
<tr>
<td><strong>NUTS</strong>: Soaked (most nuts are acid - forming except: Almonds, Frsh Coconut (W/ Jelly) &amp; Pine Nuts)</td>
<td><strong>FRESH SQUEEZED GREEN VEGETABLE JUICES</strong></td>
<td><strong>ANIMAL PROTEINS</strong></td>
</tr>
<tr>
<td><strong>COLD Pressed OILS</strong></td>
<td><strong>NON FOOD ITEMS:</strong> Meditation &amp; Breathing Exercises Self Esteem</td>
<td><strong>NON FOOD ITEMS:</strong> Stress Anger, Anxiety &amp; Worry Medication Tobacco Lack of Sleep Dehydration Lack of Exercise Lack of Oxygen</td>
</tr>
<tr>
<td><strong>NON FOOD ITEMS:</strong> Laughter</td>
<td><strong>80-20 RULE:</strong> Eat 80% From Alkaline Forming Food Lists Eat 20% From Acid Forming Food Lists</td>
<td></td>
</tr>
</tbody>
</table>

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Wellness Circle Code

Ground Rules
Ground rules are important to help create a safe and supportive environment in which everyone can participate and benefit. The rules address and define what each group member can expect and how they interact within the group. These ground rules emphasize mutual respect and openness to the ideas and opinions of others. In addition, they will encourage participants to share in ways that are fairly concise and to the point. The below ground rules were adapted from the book “Living in the Heart” by Paul Ferrini.

1. I agree that each group member should be treated with love and respect.
2. I agree to keep everything that is said in the group confidential and not divulge anything that is shared with anyone outside the group.
3. I agree that this group is a forum for sharing and exploration, not for judging, analyzing or fixing one another.
4. I agree to share from our hearts and be honest about what we are thinking and feeling.
5. I agree not to interrupt anyone’s process. We will give the person sharing our undivided attention. We will not engage in crosstalk.
6. I agree to allow everyone the opportunity to share and be heard. We will yield the floor to others in the group who have shared less than we have.
7. I agree to make “I” statements, not “You” statements. We will take responsibility for our own experiences and respect the experience of others. We will not assign “our” meaning to something someone else has said.
8. I agree to stay in the present moment. We will not bring up the past or future unless they are happening for us here and now.
9. I agree to honor silence, knowing that it offers us an opportunity to become more deeply present to ourselves and others.

Sign Your Name: ___________________________________ Date:_____________________

Print Your Name: _________________________________ Email:_____________________

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Chia of Champions

This powerhouse little seed packs the nutrition profile punch. This is a daily stable in my diet.

What you’ll need:

3 tablespoons of chia seeds
1¼ cup of pure water
1 pinch of salt
Sweetener (optional)
Nuts and seeds

How to make:

Place the chia seeds in a glass container with a good sealing top. Add the water and secure top. Shake well to combine the water and seeds. Let soak for a minimum of 20 minutes but I like to leave it for about an hour to two.

Add sweetener like agave, or stevia, and salt. Mix in raw soaked or dehydrated nuts and seeds. I add pumpkin, sunflower seeds and almonds. Ready to enjoy.
Yummmmmmm!

Serves 2
21 Day Wellness Cleanse

BREAKFAST

Break Out the Oats

What you’ll need:

¼ cup steel cut oats
1 ½ cup water or ¾ cup water and ¾ cup almond milk
1 apple chopped
1 tablespoon raisins
1 pinch of salt
1 pinch of cinnamon

How to make:

Soak the oats and raisins overnight in the water or half water half almond milk combination.

Put oats, raisins and water mixture in a high speed blender and blend. Add the chopped apple and salt and continue blending until the oatmeal is a nice smooth texture.

Can top with a pinch of cinnamon and maybe even add some fresh berries or more raisins if you like. Enjoy!

Can be stored in glass container in the refrigerator for up to 4 days.

Serves 2-3

Note: I like to replace the raisins with a couple of dried figs when soaking overnight.
Good Morning Liquid Sunshine

What you’ll need:

2 large cucumbers (peeled if not organic)
2 stalks of celery

How to make:
Juice all ingredients

Serves: 1-2

Equipment:
Juicer or High Speed Blender and juice/nut bag

Note: If you don’t have a juicer, blend together cucumber and celery in high speed blender and then strain through a juice/milk nut bag.

Juicing is a great way to get your recommended daily allowance of fruits and vegetables, vitamins, minerals, antioxidants, dietary enzymes and more. Juicing aids in reducing inflammation, provides support for your immune system and gives you a great boost of energy. Today I am going to make one of my favorite almost daily green juices. It has, celery which is high in potassium, kale food source of A, great for the eyes and skin. , lemon to bring in that citrus mouth taste.

I like to juice more veggies than fruits for the simple reason that it does not drive up or spike my blood sugar, and is wonderful for your immune system.

One of the best options to start your day and boost your energy levels is with green juices or just simply liquids. Up until about 11am we should be consuming only liquids so that we can support our body and digestive system as it awakens from it’s sleeping mode and adjusts to consuming solid foods. I start every morning with a large glass of “Good Morning Liquid Sunshine”.

Cucumber - loaded with water, Hydrating moving out toxins
Spanana Smoothie

What you’ll need:
- 1½ cups spinach
- ½ cup cilantro leaves
- 2 cups filtered water
- 2-3 bananas
- 1 lime peeled
- 1 inch piece fresh ginger
- 1 cup of ice

How to make:
Blend spinach, cilantro and water. Add bananas, lime, ginger and ice and blend until smooth and creamy. Enjoy!

Serves 2

Spicy Virgin Mary

What you’ll need:
- 6 carrots
- 4 tomatoes, quartered
- 1 cucumber
- 2 stalks celery
- 1 tablespoon red onion, chopped
- ½ clove garlic
- 2 tablespoons freshly squeezed lemon juice
- ½ inch piece horseradish
- ¼ teaspoon sea salt
- Pinch of cayenne
- Salt, to taste

How to make:
Juice the carrots, tomatoes, cucumber, celery, lemon, onion, horseradish and garlic. Add salt, and cayenne to taste. Serve immediately.

Serves 2
**Wholy Green Juice**

What you’ll need:
- 2 large cucumbers (peeled if not organic)
- 2 stalks of celery
- 4-6 leaves of dinosaur kale (lucinato)
- 1 whole apple (Granny Smith preferred)
- 1” piece of fresh ginger
- 1 whole lemon
- dash of cayenne

How to make:

Juice all ingredients - add cayenne

Serves: 1-2

Equipment:
Juicer or High Speed Blender and juice/nut bag

Note: If you don’t have a juicer, blend together cucumber and celery in high speed blender and then strain through a juice/milk nut bag.
Coconut Almond Shake

What you’ll need:
1 cups coconut milk
2 cups of almond milk
2-3 dates (use stevia if you are putting sugar on the side lines)
2 tablespoons of almond butter (raw organic is the bomb if you can find it)
1 teaspoon vanilla extract or vanilla bean
Pinch of salt
Ice cubes to thicken

How to make:

Add above ingredients to a blender (high speed or otherwise) and blend until everything is fully incorporated.

Add in more milk or ice to create your perfect desired consistency.

Enjoy anytime of year!
Spinocolada Smoothie

What you’ll need:
2 cups fresh or frozen pineapple
1 cup coconut water
2 tablespoon of lime juice
1 tablespoon agave
½ teaspoon vanilla
pinch of sea salt
2 handfuls of fresh spinach
1 cup of ice

How to make:
Blend until smooth, pour into glasses and enjoy!

Serves 2
Green Smoothie Blueprint

The Green Smoothie Blueprint is your guideline for easily adding healthy powerful nutrient dense raw plant foods in your daily diet. Be Creative!

<table>
<thead>
<tr>
<th>Start with 2 Cups Liquid</th>
<th>+ 2 Cups Leafy Greens</th>
<th>+ 2 Cups of Fresh Fruit or Frozen Fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>Chard</td>
<td>Apple</td>
</tr>
<tr>
<td>Coconut Water</td>
<td>Collards</td>
<td>Banana</td>
</tr>
<tr>
<td>Almond Milk</td>
<td>Dandelion</td>
<td>Berries</td>
</tr>
<tr>
<td>Hemp Milk</td>
<td>Kale</td>
<td>Grapes</td>
</tr>
<tr>
<td>Brazil Nut Milk</td>
<td>Romaine</td>
<td>Mango</td>
</tr>
<tr>
<td>Seed Milk</td>
<td>Spinach</td>
<td>Orange, Lemon &amp; Lime</td>
</tr>
<tr>
<td>Or Any Combination</td>
<td>Or Any Other Greens You Like</td>
<td>Pear</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pineapple</td>
</tr>
</tbody>
</table>

**EXTRAS**

<table>
<thead>
<tr>
<th>Cilantro</th>
<th>Vegan Protein Powder</th>
<th>Cacao or Cacao Nibs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basil</td>
<td>Chia or Flax Seeds</td>
<td>Nut Butter</td>
</tr>
<tr>
<td>Spirulina</td>
<td>Goji Berries</td>
<td>Avocado</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>Cayenne</td>
<td>Ginger</td>
</tr>
<tr>
<td>Vanilla Extract or Bean</td>
<td>Pinch of Salt</td>
<td>Acai Berries</td>
</tr>
</tbody>
</table>

1. Blend liquid and greens until well incorporated.
2. Add fruit and any extras you like and blend again.
3. If your not using frozen fruit, add 1-2 cups of ice and blend again. Enjoy!
21 Day Wellness Cleanse

APPETIZERS

Bag The Beans Hummus

If you are like me finding yourself in the summer with an overabundance of zucchini, then you’ll find this recipe to be an excellent way to enjoy them.

What you’ll need:

2 Zucchini peeled & chopped
4 cloves of garlic
¾ cup raw tahini
¼ cup extra virgin olive oil
½ cup fresh lemon juice
1 ½ teaspoon sea salt
½ teaspoon ground cumin

How to make:

Blend all the ingredients together in a high speed blender until thick and smooth. Serve with your favorite veggies or spread it on a lettuce leaf and top with chopped tomatoes, sprouts and whatever else you want to add for a lettuce wrap.

Enjoy!
21 Day Wellness Cleanse

APPETIZERS

Wholy Guacamole

What you’ll need:
- 3 ripe avocados peeled, pitted and mashed
- 1 lime, juiced
- ½ teaspoon salt
- ¼ cup diced red onion
- 1 clove of garlic, crushed
- ½ jalapeno

How to make:
- 3 tablespoons chopped fresh cilantro
- ½ teaspoon cumin
- 2 roma (plum) tomatoes diced
- 1 small jalapeño chili, minced (1/2 if you want to take down the heat)

In a medium bowl combine all ingredients except mashed avocados and let sit for 5 to 10 minutes. Add into mashed avocados and combine together.

Refrigerate 1 hour for best flavor, or serve immediately.

Serves 4

Quick and Dirty Salsa

What you’ll need:
- 8 medium tomatoes
- 1 Serrano chili, seeds removed
- ¼ cup onion
- 1 clove garlic
- ½ teaspoon salt
- 1 cup cilantro, loosely chopped

How to make:
- Blend all ingredients in the blender well combined, add cilantro and pulse until mixed in well.

Store in a glass container in the refrigerator for up to 5 days.
**Stuffed Mushrooms with Arugula Cashew Pesto**

What you’ll need:

For the mushroom marinade:
- 20 Crimini mushrooms, stems removed and saved for pesto
- \( \frac{1}{4} \) cup olive oil
- 2 teaspoons tamari or coconut aminos
- 2 teaspoon fresh lemon juice

Pesto:
- 4 cups arugula
- 1 cup raw cashews (soaked 30 minutes and rinsed)
- Mushroom stems that were not used for the marinade
- 1 tablespoons fresh lemon juice
- 2 cloves garlic
- 1 tablespoon nutritional yeast (optional)
- \( \frac{1}{2} \) teaspoon salt (or to taste)
- \( \frac{1}{3} \) cup olive oil

How to make:

For the mushroom marinade remove the stalks from the mushrooms and mix all ingredients together in a bowl by hand. Leave to marinate for an hour or more.

For the pesto pulse all ingredients in a food processor until smooth. Fill each of the mushrooms with a generous helping of the pesto and serve.

Note: Can be warmed in a dehydrator for 1 to 2 hours.

Enjoy pesto immediately or store in an airtight container in the refrigerator for up to one week. Remove the stalks from the mushrooms and mix all ingredients together in a bowl by hand. Leave to marinate for an hour or more.
APPETIZERS

Red Pepper Kale Chips

What you’ll need:

- 2 bunches of kale, stems removed
- 1 cup cashews soaked
- ½ red pepper
- ¼ teaspoon sea salt
- 1 lime juiced
- ¼ cup virgin olive oil
- ¼ cup water

How to make:

Soak the cashews in water for 30 minutes, or longer (up to overnight).

In a blender, combine the cashews, red pepper, salt, lime juice, olive oil and water. If the mixture is too thick, add more water, half a tablespoon at a time while blending until desired consistency is reached (you want it runny enough to coat but not to thick that it globs on to the kale).

Coat kale leaves in mixture. Place coated kale on dehydrator sheets and dehydrate overnight or until done.

Store in dry container.
APPETIZERS

Pecan Pate

What you’ll need:
1 ½ cups pecans, soaked and dehydrated
2 tablespoons minced green onion
½ teaspoon minced garlic
1 ½ tablespoons lemon juice
½ tablespoon tamari
Large pinch sea salt
2 tablespoons minced fresh parsley

How to make:
Place pecans in a food processor and process until finely ground. Add green onions, garlic, lemon juice, tamari, and salt and pulse to mix. Add minced parsley and pulse again making sure not to over process.
Serve with dehydrated crackers or your favorite fresh cut veggies.
Can store in an airtight container in the refrigerator for up to one week.

* This recipe was adapted from Cherie Soria, founder of the Living Light Culinary Institute in Fort Bragg, CA

Olive Tapenade

What you will need:
1 ½ cup of pitted kalamata olives (or olives of choice)
1 large handful of parsley
2 cloves garlic
1 tablespoon capers (optional)
1 tablespoon fresh lemon juice
¼ teaspoon fresh cracked black pepper or to taste
pinch of sea salt
¼ cup olive oil

How to make:
In a food processor combine all ingredients for a few seconds, being careful not to process too finely (tapenade should not be smooth).
Serve with dehydrated crackers or your favorite veggies.
Caesar Salad

What you’ll need:

Salad:
2 romaine hearts, cut into 1 inch pieces
½ cup pine nut parmesan or other raw vegan parmesan

Dressing:
1 sheet nori crumbled into pieces
17 almonds hot soaked in water to remove peels
2 - 3 cloves of garlic
¼ cup fresh lemon juice
¼ cup extra virgin olive oil
1 teaspoon agave nectar
1 teaspoon mustard powder
½ teaspoon sea salt
1 cup filtered water

How to make:

Place in the blender all the ingredients and half the water and blend to mix. Begin adding in the remaining water a little bit at a time until you have achieve your desired dressing consistency.

Toss the dressing with the romaine leaves in a salad bowl and coat well. Add in parmesan cheese leaving some to top each serving with and toss again.

Serves 4
Jicama Radish Salad

Jicama is one of my favorite root vegetables with it’s crisp, juicy texture and subtle sweetness that stands alone or can be tossed together with other crispy vegetables into a refreshing light salad.

The subtle sweetness of the jicama plays off the spiciness of the radishes with the hint of chili to fire up the heat. Lately I have been adding a little toasted sesame oil with the cilantro to give it a somewhat of an Asian influence. Feel free to experiment to your own preferred taste.

What you’ll need:

Salad:
4 cup jicama peeled and cut into 1/2’ cubes (2 lbs. = 4 cups chopped)
12 radishes cut into 1/8 “ slivers
¼ cup red onion, diced
1 teaspoon minced fresh jalapeño (or to taste)
3 tablespoons chopped fresh cilantro leaves

Dressing:
3 tablespoons extra virgin olive oil
1 tablespoon toasted sesame oil
4 tablespoons coconut amino or braggs aminos
1 ½teaspoon fresh squeezed lime juice
1-2 drops of stevia to taste (can use agave)

How to make:

Combine all salad ingredients in a large bowl. Whisk together all dressing ingredients. Pour over salad and toss to coat. Serves 4-6

NOTES:
Coconut Aminos: A Soy-Free Seasoning Sauce, 100% Organic, Gluten-Free, Dairy-Free and Vegan It is very low on the glycemic index and is an abundant source of 17 amino acids, minerals, and vitamins. Coconut aminos have a nearly neutral pH.

Stevia: Stevia is a South American herb used as a natural sweetener for centuries. The stevia is pressed freshly from the leaves of the Stevia rebaudiana plant and has zero glycemic index and zero calories. Most stevias have a bitter aftertaste that to me is very unpleasant. This stevia is mixed with a grapefruit extract which gives it a clean, clear sweet taste.
Kale Salad

What you need:

- 2 bunches dinosaur kale, stems removed
- 2 tablespoon extra virgin olive oil
- 2 tablespoon lemon juice
- ¼ teaspoon sea salt
- ¼ cup pine nuts
- ¼ cup golden raisins, soaked 10 minutes, drained and rinsed
- Black pepper (optional)

How to make:

Chiffonade the kale leave by stacking two kale leaves with the stem end facing you. Fold in half lengthwise and roll tightly like a cigar. Slice crosswise into thin strips. Repeat with the remaining kale leaves.

Place the chiffonade kale in a mixing bowl along with the olive oil, lemon juice, and salt. Toss well with your hands kneading the greens to break down the fibers and incorporating the dressing. Add the pine nuts and raisins and toss gently. Season to taste with the black pepper.

Bring to room temperature before serving.

Can store in the refrigerator for three days.

Serves 4

Note: If you want a little more sweetness to the salad add a teaspoon of agave nectar or a drop or two of stevia.
**Arugula Salad with Sliced Pears**

**What you will need:**
- 5-6 cups of arugula
- 1 Bosc or Anjou pear, thinly sliced (mandolin works well)
- ½ cup walnuts chopped fine
- Simple Vinaigrette dressing

**How to make:**
- Place arugula in a salad bowl, toss with vinaigrette dressing just to coat and give a nice shine to the leaves.
- Top with sliced pear and sprinkle with walnuts.
- Serves 4

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**“Baby Bok”**

**What you need:**
- 5 Baby Bok Choy
- ½ cup olive oil
- ¼ cup coconut aminos
- ¼ teaspoon sesame oil
- 1 tablespoon fresh lemon juice
- 3 clove garlic minced
- 1 teaspoon fresh ginger minced
- pinch of salt

**How to make:**
- Slice the bok choy into approximately 1/4” pieces leaves and all.
- In a blender, blend together the dressing ingredients and toss with bok choy.
- Let marinate for at least 15 minutes before serving.
- Serves 4
21 Day Wellness Cleanse

SALADS

Raw Greek Salad

What you’ll need:

Dressing:
2 tbsp lemon juice
2 tbsp extra virgin olive oil
1 tbsp minced fresh oregano (optional)

Salad:
1 head Romaine lettuce, cut into 1-inch pieces
1 red bell pepper, chopped ½ cucumber, seeded and chopped
1 tomato, cut into wedges
¼ cup pitted Kalamata olives
¼ cup almond cheese (optional) (see recipe)
Sea salt to taste
Fresh ground black pepper to taste

How to make:

Whisk together lemon juice, olive oil, oregano and salt. Then in a large salad bowl toss the lettuce and dressing. Then add the chopped tomatoes, cucumbers, chopped red bell peppers, and Kalamata olives and toss it again.

Finally, add almond cheese and toss one more time.

Season with pepper and sea salt to your taste and let the salad marinate until ready to serve.

Serves 4
Coleslaw

What you will need:

For the slaw:
4 cups shredded green cabbage
1 cup shredded red cabbage
1 cup shredded carrots
½ cup golden raisins soaked for 30 minutes or until soft (optional)

For the dressing:
½ cup cashews soaked
1 tablespoon of apple cider vinegar
2 tablespoon fresh squeezed lemon
1 teaspoon agave nectar
¼ cup olive oil
¼ cup filtered water
½ tsp of fresh cracked black pepper (or to taste)

How to make:

Place the cabbage and salt in a mixing bowl and massage well to soften. Add the carrots and golden raisins. Blend the cashews, vinegar, lemon, agave nectar, water and olive oil. Toss dressing with cabbage salad. Add cracked pepper and toss again.

Serves 8

Store coleslaw in a sealed container in the refrigerator for up to three days.
21 Day Wellness Cleanse

DRESSINGS

10 Second Dressing

This is my go to dressing that I use most of the time to dress my daily salad. No measuring needed.

What you’ll need:

- Extra virgin olive oil
- Coconut aminos or Braggs aminos
- ½ teaspoon of agave nectar or a few drops of stevia

How to make:

- Drizzle olive oil on top of salad enough to lightly coat. Drizzle amino on top of salad to lightly coat.
- Add agave nectar or stevia to taste.
- Toss and adjust seasoning to desired taste.

The House Dressing

I adapted this recipe from the Hippocrates Institute house dressing.

What you’ll need:

- ¼ cup fresh lemon juice
- ⅛ Braggs aminos or coconut aminos
- 1 teaspoon agave nectar or a few drops of stevia
- 2 cloves of garlic
- 1 inch piece of fresh ginger peeled
- 1 teaspoon ground mustard
- ⅛ teaspoon cayenne
- ⅔ cup extra virgin olive oil
- ¼ teaspoon toasted sesame oil

How to make:

- In a blender blend lemon juice, aminos, agave, garlic, ginger, mustard and cayenne until well combined.
- As the blender is running on low add the olive oil and sesame oil. If the dressing is too thick add some filtered water for desired consistency.

Makes 1 cup

- I like to double the recipe. Store in a glass container in the fridge for up to 2 weeks.
**Simple Vinaigrette**

What you will need:

- ⅓ cup apple cider vinegar
- 1 shallot (optional)
- 1 tablespoon agave nectar
- 1 cup extra virgin olive oil

How to make:

Whisk ingredients together.

Toss with your favorite greens.

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**Lemon Tahini Dressing**

What you’ll need:

- ¼ cup tahini (sesame seed paste)
- 1 tablespoon olive oil
- ¼ cup filtered water
- 2 tablespoons fresh lemon juice
- 1 clove garlic, minced (optional)
- 1 teaspoon agave nectar or a couple drops of stevia to taste
- ¼ teaspoon sea salt
- Dash of cayenne pepper

How to make:

Blend tahini, olive oil, water, lemon, garlic, salt and pepper in a food processor until smooth.

If the dressing needs to be thinned add more water.

Store in glass container in refrigerator for up to one week.
Ranch Dressing

What you’ll need:
1 ¼ cups cashews soaked at least 2 hours
¾ cup filtered water
3 tablespoons fresh lemon juice
⅓ cup extra virgin olive oil
2 tablespoons agave nectar or maple syrup
2 cloves garlic
3 teaspoons onion powder
2 tablespoons fresh dill
3 tablespoons fresh parsley
1 teaspoon sea salt
½ teaspoon ground black pepper

How to make:
Blend in high speed blender.
Store in glass container in the refrigerator for up to 5 days.

Tahini Sauce

What you’ll need:
½ cup tahini
½ cup water
¼ cup lemon juice
2 cloves garlic, crushed
½ teaspoon sea salt
Dash ground cumin
Dash cayenne pepper
2 tablespoons minced parsley

How to make:
Place all ingredients except the minced parsley in a blender and process until smooth.
Add the fresh parsley and blend briefly to mix.
21 Day Wellness Cleanse

SOUPS

Chunky Minestrone Soup

What you’ll need:

Vegetables:
¼ cup minced parsley
½ cup crimini mushrooms, thinly sliced
1 stalk celery, thinly sliced
1 carrot, diced
½ cup green beans, cut into 1/2 inch pieces
½ cup broccoli, cut into small florets
½ cup red pepper, diced
1 zucchini, diced
½ cup diced onion (To remove strong flavor from onions, place in a strainer and rinse several times in water and squeezing them gently)
½ sprouted garbanzo beans (To sprout, soak dried beans in water over night, rinse twice a day until an eighth to a quarter of an inch sprout appears)

Marinade:
1 cup fresh orange juice
1 tbsp lime juice
2 tbsp mellow white miso
½ cup extra virgin olive oil
1 clove garlic, crushed
1 tsp onion powder
Soup Stock:
½ cup sun dried tomatoes, soaked in ¾ cup water for 1 hour
4 tomatoes, seeded and diced (4 cups total, reserve the seeds and juice)
Dash fresh ground pepper
1 teaspoon dried basil
½ teaspoon dried oregano
Large pinch of sea salt or to taste

How to make:
In a bowl whisk together the marinade ingredients. Add the chopped vegetable and toss well to combine. Let the vegetables marinade for at least 2 to 3 hours to soften. If you have a dehydrator place the vegetable in a glass casserole dish and dehydrate @ 115˚ for about 1 hour.

To make the soup stock:
Place 2 cups of the chopped tomatoes in a bowl, place remaining tomatoes along with the reserved seeds and juice in a juice/nut milk bag or strainer and strain the juice into the bowl of chopped tomatoes. Discard the remaining seeds and pulp left in the bag.
Add the marinated vegetables into the soup stock and mix well.
Can serve in heated bowls or place on stove and gently heat (baby bottle temperature).
Serves 6
Thai Curry Soup

This is one of my favorite soup recipes that I have gotten from Matt Amsden “Rawvolutions”.

What you’ll need:
3 cups coconut water
3 cloves garlic
1 2 inch piece ginger, peeled
1/4 cup extra virgin olive oil
1/4 cup Nama Shoyu
1 tablespoon curry powder

How to make:

In a high speed blender, combine all of the ingredients and blend until smooth.

Pour into a serving bowl and remove any foam that rises to the top.

Serve as is or garnish with chopped avocado, minced chives, sliced cherry tomatoes, chopped red bell pepper, chopped basil leaves or chopped cilantro

Serves 2 to 3
Strawberry Tomato Soup

What you’ll need:

9 medium tomatoes
1 ½ cups of fresh strawberries
1 tablespoon fresh lemon juice
2 tablespoon olive oil
1 tablespoon balsamic vinegar
½ teaspoon sea salt
2 tablespoons or to taste date paste
3 tablespoon fresh basil

How to make:

Blend all ingredients in a high speed blender.

Chill for a minimum of 1 hours.

Serve topped with a dollop of cashew creme fraiche (see recipe) and a strawberry slice or two.
Live Gazpacho Soup

What you’ll need:

3 pounds of tomatoes
1 cucumber ½ for puree, ½ diced fine
1 cup of red onion, ½ cup for puree, ½ cup diced fine
1 jalapeño for puree
1 cup red pepper ½ cup for puree, ½ cup diced fine
½ cup parsley
1 tsp salt
1 tablespoon Worcestershire sauce (I found a vegan version)
1 tablespoon coconut aminos (optional)
1 tablespoon lemon juice
1 tablespoon olive oil
2 tablespoons sherry vinegar, apple cider vinegar or coconut vinegar
Dash cayenne
1 avocado diced
1 small bunch of chives diced

How to make:
Prepare all your veggies setting diced veggies aside for later.

For puree:
Blend tomatoes, cucumber, red onion, red pepper, jalapeño and parsley together and pour into a bowl.
Add to puree the salt, Worcestershire sauce, aminos, lemon juice, olive oil, vinegar and cayenne.
Add finely diced veggies to puree and place in refrigerator to chill for minimum of 1 hour.
Ladle into bowls to serve and top with diced avocado and chives. You may even want to add a dollop of Cashew Creme Fraiche (see recipe).

Serves 8
Chilled Cucumber Soup

What you'll need:

- 3 cucumbers
- 2 stalks of celery
- 1 tablespoon nutritional yeast
- 1 tablespoon Lethicin
- ½ teaspoon sea salt
- 2 tablespoons onion
- 1 avocado
- 3-4 tablespoons fresh dill

How to make:

Juice cucumber and celery. In a high speed blender blend juice and all other ingredients except avocado and dill. Add avocado and dill and blend again. If the soup is too thick adjust thin by adding water a tablespoon at a time until desired consistency.

Chill for at least 1 hour before serving or serve at room temperature right away.

Will keep in refrigerator up to 5 days.

Note: If you don’t have a juicer, blend together cucumber and celery in high speed blender and then strain through a juice/milk nut bag.
Green Garden Soup

What you will need:

1 small zucchini, chopped (about 1 cup)
½ cup water (Thin with ¼ cup water if needed)
1 celery stalk, chopped
1 green onion, chopped
1 tablespoon fresh squeezed lemon juice
1 ½ teaspoons mellow white miso paste
1 clove garlic crushed
1 serrano chili (less if you don’t like too much heat)
1 cup chard, spinach or kale
Fresh basil, dill or cilantro (add any one of these and amount to your liking)
1 avocado chopped

How to Make:

Place the zucchini, 1/2 cup of water, celery, green onion, lemon juice, white miso, garlic and serrano chili in a blender and process until smooth. Add the chard, kale spinach and desired herb, blend again. Add the avocado, blend until smooth. If needed add the remaining 1/4 cup of water to thin and blend.

You can serve it immediately or chill in the refrigerator 2 hours to enjoy it as a chilled soup.

Serves 4

Get creative with this soup and add tomato, red pepper or sprouts!

White Miso Paste is a living food containing many beneficial microorganisms made by FERMENTING rice, barley, and a small quantity of soybeans. It is wonderful to use as a seasoning. You can find this in most Asian grocery stores or I usually get it from Whole Foods in the refrigerated section where they have fermented foods and salsas. A small tub will last you a long time.
Cream of Zucchini

What you will need:

1 cup of water plus additional water to thin
2 medium zucchini, peeled and chopped (about 2 cups)
2 stalks celery, chopped
2 tablespoon lemon juice
2 tablespoon extra virgin olive oil
2 teaspoon mellow white miso
2 small cloves garlic, crushed
½ teaspoon sea salt, or to taste
Dash cayenne
1 avocado, mashed
2 tablespoons minced fresh dill (or 2 teaspoons dried)

How to make:

Place the water, zucchini, celery, lemon juice, olive oil, miso, garlic, salt, and cayenne in a blender or Vita-Mix and process until smooth.

Add the avocado and dill and blend briefly. Add additional water to thin the soup to desired consistency, and blend.

Serve chilled or at room temperature. Stored in a sealed container in the refrigerator, Cream of Zucchini Soup will keep for up to three days.

Stored in a sealed container will keep up to 3 days.

This cream soup is delicious served chilled, at room temperature or warmed gently on the stove, or in the dehydrator.

Serves 4

Note: You can vary this soup by substituting grated carrots or spinach for the zucchini.
**Hemp Milk**

What you will need:
1 cup hemp seeds
1 cup water
1 date pitted
1 teaspoon vanilla extract
Pinch of sea salt

How to make:
Blend all the ingredients until completely blended and is smooth and creamy. Ready to use as is, no need to strain through a juice nut bag.

Makes: 3 cups

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**Almond Milk**

What you’ll need:
1 cup raw almonds * soaked overnight and rinsed well
3-4 cups of filtered water (depends on desired creaminess)
1 teaspoon vanilla extract (or to taste)
Pinch of sea salt

How to make:
Soak the almonds overnight in filtered water to remove the enzyme inhibitor found in the peels.

Rinse several times until the water runs clear.
Add the almonds to high speed blender and add water and blend thoroughly.
Strain through juice/nut milk bag.
Add vanilla and salt as desired.

Note: Try to use non-pasteurized organic nuts when possible. I like to double this recipe.

* Brazil Nut Milk: Replace the almonds with brazil nuts and follow same instructions.
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MILK, CHEESES + OTHER

Parmesan Cashews or Brazil Nut Cheese

This is a great living vegan parmesan cheese that you can make with either cashews or brazil nuts.

What you’ll need:
1 cup cashews or brazil nuts soaked (1-2 hours)
2 tablespoons fresh lemon juice
1 tablespoon nutritional yeast
¾ cup water
½ teaspoon sea salt
Pinch of cayenne

How to make:
Blend together all ingredients and spread on dehydrator sheet and dehydrate overnight.
When completely dried scrape off sheet and store in glass container.
Will keep quite a long time.
Note: If you don’t have a dehydrator try drying your cheese on a baking sheet using your oven at its lowest temperature.

Un-Dehydrated Parmesan

What you’ll need:
¼ cup macadamia nuts
2 tablespoons of nutritional yeast
¼ teaspoon sea salt

How to make:
Grate the macadamia nuts using a micro-planer into a bowl. Add the nutritional yeast and sea salt and mix thoroughly.
Store in dry container.
**Pine Nut Parmesan Cheese**

What you’ll need:
- ¾ cup filtered water
- 1 ½ cups raw pine nuts
- ½ teaspoon sea salt
- ¼ teaspoon probiotic powder (2 capsules)

How to make:
Blend water, pine nuts, and salt in a blender and process until smooth. Add the probiotic powder and blend briefly to mix.

Spread the pine nut mixture thinly onto lined dehydrator trays. Set the dehydrator to 110˚ and dehydrate until completely dry, about 24 hours.

Crush by hand and store in a tightly covered container in the refrigerator.

Note: If you don’t have a dehydrator try drying your cheese on a baking sheet using your oven at its lowest temperature.

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**Raw Sour Creme**

What you’ll need:
- 1 cup raw cashews (soaked for at least 30 minutes and rinsed)
- ½ cup water
- ¼ cup fresh lemon juice
- ¾ teaspoon onion powder
- ½ teaspoon sea salt

How to make:
Blend all ingredients in a blender until smooth. Chill to firm.

Will keep in refrigerator for one week.

Store in dry container.
Almond Cheese

What you’ll need:

1 ½ cup raw organic almonds, hot-soaked and peeled
¾ cup water
¼ teaspoon probiotic powder or contents of 2 probiotic capsules

How to make:

Soak almonds in filtered water for 6 to 8 hours. Hot-soak and peel almonds to remove skins. To hot-soak and peel the almonds, fill a small saucepan with water and bring to a boil. Turn off the heat. Add the almonds to the hot water and allow to sit for 3 minutes. Strain the almonds and rinse them with cool water. Peel the almonds and discard the peels.

Place the almonds and water in a high-speed blender and process until smooth, adding more water if necessary to form a creamy texture.

Add the probiotic powder and blend briefly to incorporate. Pour the almond mixture into a cheesecloth lined berry container resting in a strainer, and sitting atop a second larger bowl to catch the drips.

Allow cheese to strain and ferment for 12-24 hours or until desired tartness is achieved. Check tartness by initially tasting your cheese after 12 hours and again at regular intervals until it has the right amount of tartness for you.

It will become a creamy, soft, ricotta-like cheese. You can store in an airtight container in the refrigerator for up to two weeks.

Serve with your favorite savory crackers and enjoy!

Makes 2 cups
**Date Paste**

What you’ll need:

3 cups dates pitted and soaked overnight. I like to use medjool dates for their texture and taste but any dates will do.

Water to soak

How to make:

Remove pits from dates and cover them in pure water with just enough water to cover them. Soak overnight. The more you soak the dates the more you will dilute their sweetness.

Place the dates and soak water in food processor and mix to make a smooth paste consistency.

Place in a glass container to keep. Can be stored for up to 4 weeks in the refrigerator.

Note: Use date paste whenever you want to add a bit of nature’s natural sweetness to any recipe. I find it’s a great smoothie ingredient. Use sparingly because it’s sweet!

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**Cashew Creme Fraiche**

What you’ll need:

1 cup cashews soaked 1 hour

¾ cup of filtered water

1 ½ tablespoons of fresh squeezed lemon

1 pinch sea salt

How to make:

Soak the cashews in water for 30 minutes, or longer (up to overnight). Soaking increases the volume of the cashews.

In a blender, combine the cashews, lemon juice, salt, and water. Blend, stopping to scrape down the sides as necessary. If the cream is too thick, add more water half a tablespoon at a time while blending until desired consistency.

Use immediately, or cover and store for up to a few days.

Note: To make sweet and cheesier: After blending cashews, lemon juice water and salt add one probiotic capsule. Cover and leave at room temperature for 12 hours. Stir in 1/4 cup of agave nectar (can use stevia to taste if avoiding sugar) 1 teaspoon vanilla extract and place in refrigerator for about 24 hours before serving.
LEAH’S PAD THAI

What you’ll need:

Sauce:
1 cup coconut milk
½ cup almond butter
1 teaspoon minced jalapeño
1 tablespoon minced ginger
2 tablespoons Nam Shoyu
1 tablespoon white miso
1 teaspoon minced garlic
2 tablespoons lime juice
2 tablespoons agave
¼ teaspoon cayenne

Noodles:
3 cups spiralized jicama
1 cup kale, chiffonade
¼ cup snow peas julienned
½ cup grated carrots
½ cup cherry tomatoes, cut in half
¼ cup red pepper julienned
¼ cup mung bean sprouts
½ cup fresh Thai basil leaves, chiffonade
½ cup chopped cilantro

How to make:

Sauce: Place all the ingredients into a blender and blend on high until creamy.

Place all the noodles and veggies in a bowl, add sauce and let marinate for about 10 minutes.

Place on top mixed greens lightly coated with sea salt and sesame oil.

To Serve:
Take one handful of mixed greens per serving and lightly coat with sea salt and sesame oil. Place one handful of greens on each plate and spoon the Pad Thai mixture on top, amount according to preference.

Garnish:
Toss together 2 tablespoons chopped scallions, 1/4 cup chopped almonds, dash of sea salt, couple drops of sesame oil and 1/4 teaspoon of agave. Sprinkle on top.

4 servings
Leah’s Raw Chili

Marinade:
1 cup of fresh orange juice
¼ cup Nama Shoyu
½ cup extra virgin olive oil
2 garlic cloves, sliced
1 teaspoon onion powder 45 min-1 hour to marinate veggies

Chili Meat:
1 ½ cups of raw walnuts, ground in a food processor
1 ½ teaspoons ground cumin
¾ teaspoon ground coriander
2 tablespoons Nama Shoyu or Braggs Liquid Aminos

Veggies:
1 cup red pepper seeded and diced
½ cup red onion rinsed several times (To remove the strong flavor from the onions, place them in a strainer and rinse them several times)
1 cup zucchini diced
1 cup carrots diced
1 cup corn fresh or frozen
1 jalapeño seeded and diced

Sauce:
4 small fresh dates, pitted and soaked
5 sun dried tomatoes, soaked for 1 hour (or more)
4 large tomatoes
1 garlic clove
3 tablespoons Nama Shoyu
2 teaspoons raw cacao
1 teaspoon sea salt
1 teaspoon cumin
¼ teaspoon cinnamon
1 teaspoon chipolte chili powder

How to make:
To make marinade:
Put the orange juice, Nama Shoyu, olive oil, garlic and onion powder in a bowl and whisk to combine. Add this marinade to the vegetables and toss well to combine. Marinade for a minimum of 1 hour.

To make chili meat:
Combine the ground walnuts, cumin and coriander in a small bowl. Stir in the Nama Shoyu or Braggs Liquid Aminos and mix well.

To make chili sauce:
Blend sauce ingredients until smooth. Adjust seasoning as desired.

Add sauce and chili meat to veggies and combine well.

Garnish with:
Cubed avocado
Raw Vegan Sour Creme
Fresh chopped cilantro leaves

Serves 4
Taco Time

What you’ll need:

Taco Mix:
1 ½ cups of raw walnuts, ground in a food processor
1 ½ teaspoons ground cumin
¾ teaspoon ground coriander
2 tablespoons Nama Shoyu or Braggs Liquid Aminos
Toppings of your choice

Taco Shell:
4 Romaine whole lettuce leaves

How to make:

Combine the walnuts, cumin and coriander in a small bowl. Add the Nama Shoyu or Braggs Liquid Aminos and mix well.

Place a romaine lettuce leaf on a plate and add your walnut taco meat. Add your favorite shredded lettuce or spouts, chopped avocado and fresh salsa.

Top with:
1 cup shredded romaine lettuce or
1 cup of sunflower sprouts
Chopped avocado
Chopped tomatoes
Sprouts
Quick and Dirty Salsa (see recipe)
Wholy Guacamole (see recipe)
Raw Sour Creme (see recipe)

Serves 4
South of the Border Rice

What you’ll need:

- ¼ cup sun-dried tomato powder*
- 3 cups shredded cabbage (1/2 head)
- 2 tablespoons extra virgin olive oil
- 1 clove garlic, crushed
- 2 green onions, thinly sliced
- 1 tomato, seeded and diced
- ½ cup fresh, shelled peas (or frozen, thawed, if unavailable)
- 1 teaspoon sea salt
- ½ teaspoon chili powder
- ½ teaspoon ground cumin

How to make:

Pulse the shredded cabbage in a food processor until it reaches the consistency of rice.

Add the sun-dried tomato powder and all the remaining ingredients and toss gently.

Can serve as is or place the cabbage in a glass baking dish and warm in a dehydrator for 2 hours, or until warm. Can also place in oven on low until warm.

Serves 6

*Note: To make sun-dried tomato powder, place 1 cup sun-dried tomatoes in a Vita-Mix and grind. Store in glass container.
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Raw Living Nori Rolls

What you’ll need:

Rice:
1 ½ cups jicama peeled and chopped
½ cup parsnip or turnip peeled and chopped
1 teaspoon rice vinegar
1 teaspoon agave
½ teaspoon sea salt

Sushi Rolls:
4 Nori Sheets
2 teaspoon mellow white miso
1 avocado thinly sliced
½ cucumber, seeded and cut lengthwise into long thin strips
½ red bell pepper, seeded and thinly sliced
1 ½ cup shredded carrots
2 scallions, cut lengthwise into thin strips
1 ½ cup of sprouts (sunflower, alfalfa, clover or microgreens)
Sesame Seeds (optional)
Nama Shoyu for dipping (optional)

How to make:

Rice:
Pulse the chopped jicama and parsnip in a food processor to a consistency of rice. Drain excess liquid out of the rice using a fine mesh strainer. Transfer the rice to a bowl and add the vinegar, agave and sea salt.

Rolling Sushi:
Place one sheet of nori, shiny side down on a bamboo sushi mat. Spread 1/2 teaspoon of the miso in a long horizontal strip along the bottom third of the nori sheet. Spread 1/4 of the rice over the bottom third of the sheet going all the way to the edge of the sheet. Onto of the rice, layer avocado, cucumber, red bell pepper, shredded carrots, scallions and sprouts, keeping the ingredients in a long narrow pile.

Fold the edge of the nori closest to you over the filling. Gently roll the nori away from you and tuck the filling back with your fingers. Continue to roll the nori tightly and evenly into a firm, snuggly wrapped roll. Before completing the roll, seal the exposed edge of the nori with a little water of Nama Shoyu.

Cut the roll into desired widths with a serrated knife.

Arrange on a plate and serve with a small bowl of Nama Shoyu.

Makes 4 Rolls
Falafel

What you’ll need:
½ cups almonds, hot-soaked and peeled
2 tablespoons sesame seeds, ground
2 tablespoons tahini
3 tablespoons lemon juice
1 teaspoon ground cumin
¾ teaspoon sea salt
Dash cayenne pepper
2 tablespoons minced cilantro
2 tablespoons minced basil

How to make:
Place all ingredients in a food processor and process until smooth. Shape into small balls or patties.

Place the patties on mesh dehydrator sheets and dry for 6-8 hours at 105 degrees. Flip and dry an additional 4 hours, or until desired texture is achieved.

Dry in very low oven if you do not have a dehydrator. Arrange on a platter with tomato slices and sprouts.

Drizzle with Tahini Sauce (see recipe).

Serves 6
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Not Sorry Charlie Pate

What you’ll need:

1 cup sunflower seeds, soaked 8-12 hours, drained, and rinsed
½ cup almonds, soaked 8-12 hours, drained, and rinsed
¼ cup water
2 tbsp lemon juice
¼ cup minced celery
2 tbsp minced red onion
2 tbsp minced parsley
½ tsp sea salt

How to make:

Place the sunflower seeds, almonds, and water in a food processor and process into a paste.
Transfer to a small mixing bowl and stir in the celery, onion, parsley, lemon juice, and salt.
Mix well. Serve on a bed of lettuce.
Can store in a sealed container in the refrigerator for up to five days.
Serves 4

Stuffed tomatoes: Rinse and dry tomatoes. Cut off the tops of the tomatoes, then cut out the flesh leaving a cavity large enough to fill with pate mixture. Spoon mixture into tomatoes, allowing it to mound on top.
Dolmas

What you’ll need:
1 jar grape leaves (about 36 leaves), or 18 kale leaves
For marinade:
½ cup olive oil
½ cup fresh orange juice
2 tablespoons fresh lemon juice
1 teaspoon Rapadura (organic whole cane sugar)
1 teaspoon sea salt
2 cloves garlic, crushed

For filling:
4 medium zucchini, peeled
¾ teaspoon sea salt
2 tablespoons minced green onion
2 tablespoons minced fresh parsley
2 tablespoons minced fresh dill
1 tablespoon minced fresh oregano
Pinch sea salt
Pinch black pepper
2 tablespoons lemon juice
¼ cup olive oil
¼ cup currants
½ cup chopped pine nuts
2 cloves garlic, crushed

How to make:
Remove the grape leaves from the jar, drain the brine and discard it, then rinse the leaves well and place them in a cold-water bath for a few minutes. Rinse well, and gently pat each grape leaf dry, using a clean dry kitchen towel.

Make a marinade by combining the salt, lemon juice, orange juice, olive oil, garlic, and Rapadura. Dip the leaves in the marinade so each one is completely coated. Set the leaves aside.

Julienne the zucchini (mandolin works well for this) then cut into pieces the size of rice, with a knife. Sprinkle the salt over the zucchini, toss it and wait 5 minutes. After 5 minutes, put rice-size zucchini shreds into a bowl and gently squeeze out the excess moisture using your hands. Discard the zucchini liquid.

Combine the shredded zucchini and all remaining ingredients together and toss gently to combine. Only toss the mixture enough to mix it thoroughly, or the zucchini will begin to weep and become mushy.
To fill, place one grape leaf or kale leaf, vein side down, on a flat even surface, so that the stem end is closest to you and brush with a little of the marinade.

Place 1 heaping tablespoon of filling in the center of the grape or kale leaf and draw the two sides of the leaf over toward the center. Now take hold of the leaf and roll it away from you, tucking in any protruding leaf edges as you go.

Place the dolmas, seam side down, close together in a glass-baking dish. Repeat until all leaves are filled. Pour the remaining marinade over the top.

Serve chilled, as it is traditionally, or warm, as desired. Squeeze fresh lemon juice over dolmas before serving.

*To warm, cover the dolmas and put in a food dehydrator set at 115 degrees or a warmed oven (preheated to warm and turned off) for 30 minutes.

Makes 50 dolmas.
Pasta Marinara

What you’ll need:

For the marinara:
- 2 tomatoes, seeded and chopped
- 1 cup sun-dried tomatoes, soaked 2-4 hours, drained, and chopped
- 1 red bell pepper, chopped
- 3/4 cup extra virgin olive oil
- 2 cloves garlic, crushed
- 1/2 teaspoon sea salt, or to taste
- Dash cayenne
- Dash fresh ground black pepper
- 2 tablespoons minced fresh basil or 2 teaspoons dried
- 1 tablespoon minced fresh oregano or 1 teaspoon dried

For the noodles:
- 6 medium zucchinis, peeled and cut into thirds

How to make:

Place all Marinara ingredients in a food processor and process until smooth.

Make zucchini into noodles using a vegetable peeler or spiral slicer.

Toss the zucchini noodles with enough marinara sauce to coat well and serve immediately.

Top with Brazil Nut Parmesan Cheese (see recipe)

Serves 6

Stored in a glass container in the refrigerator. Marinara Sauce will keep for 5 days.

Note: To make Pasta Puttanesca add 1/4 cup sliced kalamata olives to the finished sauce.

Stored in a sealed container in the refrigerator. Marinara Sauce will keep for three days.
Zucchini Pasta with Basil Pesto

What you will need:
2 cups basil leaves (stems removed), tightly packed
2 cloves garlic, crushed
½ teaspoon sea salt
¼ cup extra virgin olive oil
¼ cup raw pine nuts
6 zucchini, peeled
1 tomato, seeded and diced
½ cup Brazil Nut Parmesan (store bought, optional)

How to make:

Process 2 cloves of garlic in a food processor, add in ½ cup pine nuts and process more. Add in the sea salt and olive oil until well combined.

Add in a handful of basil at a time and process into the ingredients. Once it is all processed you have your pesto!

To make the pasta peel your zucchinis into your pasta shape. Line them up and cut them in half and you have your penny pasta.
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Pasta Alfredo

What you’ll need:
2-3 zucchini for noodles peeled and cut in thirds
1 tomato chopped

For Alfredo sauce:
¾ cup raw cashews soaked 2-3 hours
¼ cup nutritional yeast
2 cloves garlic chopped
½ small onion chopped
½ fresh lemon juiced
1 pinch of sea salt
1 pinch of black pepper
1 cup filtered water

Brazil Nut Parmesan Cheese (versions or raw vegan parmesan cheese can be purchased at health food store)

How to make:
Make zucchini into noodles using a vegetable peeler or spiral slicer.

Blend all the Alfredo ingredients except for water, in a blender. Slowly add in the water until desired consistency.

Toss the zucchini noodles with enough Alfredo Sauce to coat well and serve immediately.

Top with Brazil Nut Parmesan Cheese (see recipe).

Serves 4
Will store in refrigerator for up to 3 days
Cilantro Pesto Pasta

What you’ll need:

2-3 zucchini for noodles peeled and cut in thirds
1 cup pine nuts
1 bunch of cilantro de-stemmed
¾ cup extra virgin olive oil
2-3 cloves garlic
¼ teaspoon sea salt
Brazil Nut Parmesan Cheese (versions or raw vegan parmesan cheese can be purchased at health food store)

How to make:

Make zucchini into noodles using a vegetable peeler or spiral slicer.

Process garlic in food processor fitted with an S blade. Add pine nuts and blend till a smooth paste is formed. Add olive oil and blend till creamy. Add salt and cilantro and blend.

Serve over zucchini noodles and top with cashew parmesan cheese.

Serves 4

Will store in refrigerator for up to 5 days.
Figgy Chia Pudding

What you’ll need:

- 1/4 cup chia seeds
- 1 cup almond milk
- 1 pitted date
- 5 figs (if using dried figs soak for 1 hour in filtered water)
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- Pinch of sea salt

How to make:

Blend almond milk, date, 4 figs, vanilla, cinnamon and salt.

Pour over chia seeds and stir to mix thoroughly.

Let sit for at least 1 hour or overnight.

To serve: Chop the remaining fig and sprinkle on top of the pudding.

Can store, covered in the refrigerator for up to 4 days.

Serves 2
Chocolate Mousse

What you’ll need:

½ cup medjool dates, soaked for 30 minutes to soften in filtered water
½ cup agave nectar or maple syrup
1 tsp vanilla extract, optional
1½ cups mashed avocado (3 avocados)
¾ cup organic cocoa or carob powder
½ cup water

How to make:

Reserve soak water and remove the pits from the dates. In a food processor, process pitted dates, agave nectar and vanilla.

Add mashed avocado and process again until creamy. Add in cacao powder and process again.

For mousse consistency add in 1/2 cup of the date soak water and process, continuing to add water until desired consistency is obtained.

Top with cacao nibs or hemp seeds. Enjoy!

Serves 6

Store in sealed container in refrigerator for 3 days or in freezer for 2 weeks.
Banana Ice Cream

What you’ll need:

1 ripe banana

How to make:

Whenever you have over ripened bananas that you’re not going to use, peel and chop into 1 inch pieces. Place each chopped banana and freeze in freezer. I like to have a supply always on hand to make ice cream.

Place frozen banana, in food processor and blend until smooth and creamy. Serve immediately.

Note: Can add teaspoon of cacao powder, cacao nibs, chopped nuts, coconut flakes vanilla or other flavored extracts to the processing process.

Enjoy!

Serves 1
Recipe Book Resource

Raw Living Food Recipe Books:

Ani’s Raw Food Kitchen by Ani Phyo
Easy Delectable Living Foods Recipes

Crazy Sexy Diet by Kris Carr (Inspiration for the 21 Day Wellness Cleanse)

Everyday Raw by Matthew Kenny

I am Grateful: Cafe Gratitude by Terces Engelhart

Rawvolution by Matt Amsden
Gourmet Living Cuisine

Living in the Raw by Rose Lee Calabro

Living on Live Food by Alissa Cohen

The Raw Gourmet by Nomi Shannon

Raw Food Real World: 100 Recipes to Get the Glow by Matthew Kenney & Sarma Melngailis

Vegan Recipe Books:

Veganomicon: The Ultimate Vegan Cookbook by Isa Chandra Moskowitz