

# Spring Detox

THE ELIMINATION DIET

VEGETARIAN RECIPE GUIDE

# TONICS

All Tonics Serve 1

## LEMON WATER ELIXIR

1 cup room-temperature water  
1 tablespoons of raw apple cider vinegar  
1 teaspoon raw honey, maple syrup, or a few drops stevia to taste (optional)  
Juice of 1 lemon  
Dash of sea salt

*NOTE: If you feel nauseous or experience tightness in the chest after drinking the morning elixir, please omit the raw apple cider vinegar. This reaction can occur when the body releases bacteria and toxins during detox. Continue to drink the Lemon Water Elixir without the apple cider vinegar (or use only ½ teaspoon of ACV) for at least three days, and then reintroduce the raw apple cider vinegar. If the reactions continue upon reintroduction, continue to drink only the lemon water.*

## CRANBERRY FLUSH

2 tablespoons cranberry juice concentrate  
12 oz. water  
1 teaspoon of raw honey, maple syrup, or stevia to taste (optional)  
Juice of 1 lemon

*NOTE: If you cannot find cranberry juice concentrate, you can use pomegranate or cherry juice concentrate instead.*

# JUICES

1. Directions for all juices: Juice all of the ingredients through a juicer; add a dash of cinnamon or cayenne to warm up your digestion.
2. All juice recipes are made for 1-2 servings
3. All juice recipes must be made in a juicer unless you use a Vitamix to blend; if so, use a cheesecloth to strain the juice.
4. If you have thyroid issues or sensitivity to foods that contain goitrogens, any of these greens can be substituted with parsley or lettuce, or you can lightly steam the dark leafy greens before using

## DELICIOUS JUICE

1 large fennel bulb  
6 Swiss chard leaves  
1 cucumber  
1 green apple, cored  
Juice of 1 lemon

## LUSH JUICE

1 green apple, cored  
1 bunch kale  
4 celery stalks  
1 ½ bunch parsley  
Juice of 1 lemon

## VIBRANT JUICE

8 dandelion leaves  
1 cup baby spinach  
1 cucumber  
1 bunch cilantro  
1 pear, cored  
Juice of 1 lemon

## ZING JUICE

½ bunch green leaf lettuce  
2 cucumber  
2 celery stalks  
Juice of 1 orange  
Juice of 1 lemon  
¼ inch piece of fresh ginger

## RAZZ JUICE

6 cups baby spinach  
1 handful parsley  
2 cups raspberries  
1-inch piece of fresh ginger  
Juice of 1 lemon

## SPRING JUICE

1 romaine heart  
2 cups chopped papaya  
4 celery stalks  
½ bunch parsley  
Juice of 1 lime  
1 sprig mint

## ELEVATED JUICE

2 carrots  
1 large beet, peeled and chopped  
1 fennel bulb  
1 pear, cored  
Handful of fresh parsley  
Dash of turmeric

## GOLDEN JUICE

1 large green apple  
4 large carrots  
1 large golden beet, chopped  
1 inch fresh ginger  
1 inch fresh turmeric  
Juice of 1 lime

## STRAWBERRY BEET JUICE

2 large beets, chopped  
1 large carrot  
2 pint strawberries  
Juice of 1 lemon

## GREEN PEAR JUICE

2 large firm pears  
6 stalks celery  
½ head green leaf lettuce  
1 inch fresh ginger  
Juice of 1 lime

# SMOOTHIES & SMOOTHIE BOWLS

For each smoothie, simply blend all the ingredients in a Vitamix, high-speed blender, or normal stand-up blender. If needed, add water for desired consistency. Use organic produce whenever possible. Each smoothie recipe serves two people or can be used as a substitute for one large meal.

Protein is important in the morning. You can add extra protein to any smoothie by including either a scoop of your favorite protein powder, such as Nutiva hemp protein or 3 tablespoons of hemp seeds. Feel free to add 3-5 ice cubes to your smoothie.

ALL SMOOTHIES SERVE 1-2 PEOPLE.

### Smoothies Optional Add-ons:

- Hemp Seeds
- Flax Seeds
- Chia seeds
- Spirulina
- Bee Pollen
- Shredded Coconut
- Raw Cacao
- Honey
- Stevia
- Superfoods {maca, lucuma, wheatgrass powder}

## STRAWBERRY SPINACH SMOOTHIE

1 ½ cups dairy-free milk  
1 scoop plant-based protein powder  
½ avocado  
1 cup baby spinach  
1 cup strawberries  
juice of ½ lemon

## CHOCOLATE SEED SMOOTHIE

1 ½ cups dairy-free milk  
1 scoop plant-based protein powder  
½ avocado  
1 cup blueberries  
½ cup chopped kale  
1 tablespoon chia seeds  
1 tablespoon ground flax seeds  
2 tablespoons raw cacao powder

## SPRING ISLAND SMOOTHIE

1 ½ cups dairy-free milk  
1 scoop plant-based protein powder  
½ avocado  
1 tablespoon coconut oil  
1 cup baby spinach

1 cup chopped romaine  
½ cup papaya, chopped  
4 mint leaves

## BLACKBERRY GINGER SMOOTHIE

1 ½ cups dairy-free milk  
1 scoop plant-based protein powder  
½ avocado  
2 cups chopped kale  
1 cup blackberries  
1" fresh ginger, peeled  
Juice of ½ lemon

## VERY GREEN SMOOTHIE

1 ½ cups dairy-free milk  
1 scoop plant-based protein powder  
½ avocado  
1 cucumber  
1 cup baby spinach  
4 mint leaves  
1 green apple  
juice of 1 lemon

## APPLE POMEGRANATE MINT SMOOTHIE

1 ½ cups dairy-free milk  
1 scoop plant-based protein powder  
½ avocado  
Seeds from 1 pomegranate  
½ green apple, cored and chopped  
2 cups baby spinach

## MIXED BERRY SMOOTHIE BOWL

*Bowl*  
½ cup dairy-free milk  
1 scoop plant-based protein powder

1 avocado  
½ cup ice  
2 cups mixed greens  
1 cup frozen mixed berries

*Toppings*

1 tablespoon chia seeds  
1 tablespoon ground flax seeds  
¼ cups sliced strawberries

## CHOCOLATE COVERED PEAR SMOOTHIE BOWL

*Bowl*

½ cup dairy-free milk  
1 scoop plant-based protein powder  
1 avocado  
½ cup ice  
1 pear, cored and chopped  
1 cup chopped kale  
2 tablespoons raw cacao powder

*Toppings*

1 tablespoon chia seeds  
1 tablespoon ground flax seeds  
1 tablespoon raw cacao nibs

## CITRUS AVOCADO SMOOTHIE BOWL

*Bowl*

1 scoop plant-based protein powder  
1 avocado  
½ cup ice  
1 tablespoon coconut oil  
3 cups mixed greens  
¼ bunch cilantro  
Juice of ½ lemon  
Juice of ½ lime

*Toppings*

- 1 tablespoon hemp hearts
- 1 tablespoon sesame seeds
- 1 small grapefruit, peeled and chopped
- 1 orange, peeled and chopped

## COCONUT PAPAYA SMOOTHIE BOWL

### *Bowl*

- ½ cup coconut milk
- 1 scoop plant-based protein powder
- 1 avocado
- 1 tablespoon coconut oil
- ½ avocado
- 2 cups mixed greens
- 2 cups papaya, chopped
- Juice of ½ lemon

### *Toppings*

- 1 tablespoon hemp hearts
- 1 tablespoon sesame seeds

# DAIRY FREE MILKS

## ALMOND MILK

Makes 4 cups

- 1 cup raw almonds, soaked for 8 hours
- 4 cups water
- liquid sweetener to taste (optional)

Drain almonds and discard soaking liquid. Place in a blender and add the 4 cups of fresh water. Blend for 1 to 2 minutes until the almonds are finely ground.

Pour almond milk into a nut milk bag\* over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The almond pulp should be left inside the bag.

Sweeten milk if desired. Store milk in an airtight container in the coldest part of the refrigerator. The milk should last 2 to 3 days before spoiling.

\*NOTE: Don't have a nut milk bag? Try a clean, white T-shirt or the leg of a pair of nude pantyhose instead.

## SUNFLOWER SEED MILK

Makes 4 cups

1 cup raw sunflower seeds, soaked for 8 hours  
4 cups water  
liquid sweetener to taste (optional)

Drain sunflower seeds and discard soaking liquid. Place in blender and add the 4 cups of fresh water. Blend for 1 to 2 minutes until the sunflower seeds are finely ground.

Pour sunflower seed milk into a nut milk bag\* over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The sunflower seed pulp should be left inside the bag.

Sweeten milk, if desired. Store milk in an airtight container in the coldest part of the refrigerator. The milk should last 2 to 3 days before spoiling.

\*NOTE: Don't have a nut milk bag? Try a clean, white T-shirt or the leg of a pair of nude pantyhose instead.

## HEMP SEED MILK

Makes 2 cups

1/3 cup hemp seeds  
2 cups water  
1/8 teaspoon cinnamon  
1/4 teaspoon pure vanilla

Place hemp seeds in blender and add the 2 cups of water. Blend for 1 to 2 minutes.

Pour hemp milk into a nut milk bag\* over a large bowl. Squeeze the bag so that the milk flows through the bag and into the bowl. The hemp seed pulp should be left inside the bag and discarded.

Sweeten milk, if desired. Store milk in an airtight container in the coldest part of the refrigerator. The milk should last 2 to 3 days before spoiling.

\*NOTE: Don't have a nut milk bag? Try a clean, white T-shirt or the leg of a pair of nude pantyhose instead.

## BREAKFAST

### BLACKBERRY LEMON CHIA PUDDING

Serves 1

¾ cup dairy-free milk  
½ teaspoon vanilla extract  
Juice of 1 lemon (plus 1 tsp lemon zest)  
⅓ cup chia seeds  
1 dash sea salt  
Honey or other sweetener, to taste  
1 cup blackberries

Whisk milk, vanilla, lemon juice, zest, salt, and chia seeds in a serving bowl. Let sit for about 5 minutes.

Whisk again, then rest another 5 minutes. Whisk in sweetener and top with berries before serving.

### MATCHA BREAKFAST BARS

Makes 10 bars

1 cup pitted dates  
1 cup pumpkin seeds  
½ cup unsweetened coconut flakes  
3 scoops plant-based protein powder

½ teaspoon vanilla extract  
1-2 teaspoons matcha powder

Combine all ingredients in a high-speed blender or food processor. Blend until mixture forms a ball. Scrape down sides with a spatula so that all ingredients are distributed as evenly as possible.

Place parchment paper on a cookie sheet. Scoop the mixture onto the parchment paper. Grease your fingers with coconut oil and press the mixture to about ¼ inch thickness. Wrap up the mixture and refrigerate for about 1 hour. Slice the rectangle into 10 bars. Store the bars in an airtight container in the refrigerator.

## BERRY PAPAYA PARFAIT

Serves 1

1 cup unsweetened dairy-free yogurt  
1 scoop plant-based protein powder  
Honey or other sweetener, to taste  
½ cup strawberries, halved  
½ cup chopped papaya  
1 teaspoon cinnamon  
1 tablespoon sunflower seeds  
1 tablespoon ground flax seeds  
1 tablespoon hemp hearts

Whisk together yogurt, protein powder, and sweetener in a serving bowl. Top with remaining ingredients and enjoy!

## MORNING NUTRIENT HASH

Serves 1

1 tablespoon coconut oil  
1 clove garlic, minced  
2 stalks celery, chopped  
½ red onion, chopped  
1 small sweet potato, diced  
1 cup chopped kale  
¼ teaspoon ground turmeric

¼ teaspoon ground ginger  
Sea salt and black pepper, to taste  
1 tablespoon unsweetened sunflower seed butter  
2 tablespoons hemp hearts

Add coconut oil to a large pan over medium heat. Once the oil has melted, add garlic, celery, and onion. Sauté for about 3 minutes, then add the diced sweet potato and kale. Cover and cook for 10 minutes, stirring occasionally, or until sweet potatoes are cooked through.

Once the sweet potato is soft, stir in dry seasonings. Serve while hot and drizzled with sunflower butter and sprinkled with hemp hearts.

## SNACKS

### CITRUS PROTEIN BALLS

Makes about 10 to 12 balls

3 heaping tablespoons tahini  
2 tablespoons chia seeds  
1 scoop vanilla plant-based protein powder  
1 tsp orange zest  
1 tsp lemon zest  
1 tsp lime zest  
1 tablespoon honey or maple syrup  
1 tablespoon melted coconut oil

Mix all the ingredients in a mixing bowl until well-combined, then form into balls. Store in a covered container in the refrigerator for up to 7 days.

### SPRINKLED PAPAYA

Serves 2

1 medium-sized papaya  
Coarse sea salt, to taste  
½ cup pomegranate seeds

- ½ cup blueberries
- 1 tablespoon hemp hearts
- 1 tablespoon sesame seeds
- 1 tablespoon unsweetened shredded coconut, toasted

Peel the skin off the papaya. Slice in half, lengthwise and remove the black seeds.

Slice and divide the papaya between 2 bowls. Top with remaining ingredients and serve.

## BERRY BOWL WITH VANILLA GLAZE

Serves 2

- ½ pint blueberries
- ½ pint strawberries, chopped
- ½ pint blackberries
- 2 tablespoons coconut butter
- 2 tablespoons coconut oil
- ¼ teaspoon pure vanilla extract
- Dash sea salt

Divide the berries between 2 bowls. Set aside.

Melt together the coconut butter, oil, vanilla, and salt. Whisk well, then drizzle over the berries. Enjoy!

## CARDAMOM SEA SALT STUFFED DATES

Serves 1

- 4 medjool dates
- 2 tablespoons unsweetened sunflower seed butter
- 1 dash ground cardamom
- 1 dash coarse sea salt

Stuff each date with seed butter. Garnish with dry seasonings and enjoy!

## HUMMUS HERB BOATS

Serves 1-2

6 small romaine heart leaves  
2 cups hummus made with pure olive oil  
¼ cup each chopped cilantro, basil, parsley  
1 tablespoon each chopped fresh dill and sage

Lay the romaine hearts on a flat surface. Divide and spread the hummus evenly over the tops of the leaves.

Divide leaves between 2 plates. Sprinkle the hummus with herbs and enjoy!

# DRESSINGS

## CHAMPAGNE BASIL DRESSING

Makes about ½ cup

Juice of 1 orange  
2 tablespoons champagne vinegar  
¼ cup fresh basil  
1 garlic clove  
2 tablespoons unsweetened sunflower seed butter  
2 tablespoons extra-virgin olive oil  
Sea salt and black pepper to taste

Combine all ingredients in a high-speed blender. Blend until smooth. Store in an airtight container in the refrigerator.

## CREAMY LEMON POPPYSEED DRESSING

Makes about 1 cup

1 large yellow squash, roughly chopped  
¼ cup tahini

2 tablespoons extra-virgin olive oil  
Juice of 1 lemon (reserve 1 tsp zest)  
1 garlic clove  
Sea salt and black pepper to taste  
1 tablespoon poppy seeds

Combine all ingredients except poppy seeds in a high-speed blender. Blend until smooth. Add a few tablespoons of water if the dressing is too thick.

Whisk in poppy seeds. Store in an airtight container in the refrigerator.

## PROTEIN BALLS

### CRANBERRY COOKIE BALLS

Makes about 12 balls

1 ½ cups dried cranberries (sweetened with juice), soaked  
½ cup coconut flour  
1 scoop vanilla plant-based protein powder  
1/3 cup unsweetened shredded coconut  
½ cup ground flax seed  
¼ cup maple syrup  
2 teaspoons water  
1 teaspoon apple pie spice

Combine all the ingredients in a high-speed blender or food processor. Pulse until well mixed. Spoon into bite-sized balls.

Store in an airtight container in the refrigerator for at least one hour before serving. This will allow the balls to stiffen. Store the balls in the airtight container for up to 7 days.

## COCOA MINT BALLS

Makes about 12 balls

- 1 cup dates (about 8 dates), pitted
- ½ cup unsweetened sunflower seed butter
- 1 scoop vanilla plant-based protein powder
- ½ teaspoon dried mint
- 2 tablespoons raw cacao powder
- ½ cup unsweetened shredded coconut

Soak dates in warm water for at least 10 minutes. Drain. Add dates, sunflower seed butter, protein powder, mint, and cacao powder in the food processor. Pulse until well mixed.

Add coconut and mix again to form a soft dough. Refrigerate dough for at least ½ hour to firm. Roll into balls. Enjoy immediately or keep in the fridge for later.

## VANILLA TAHINI BALLS

Makes about 10 1-" balls

- 1 cup raw pumpkin seeds
- ¾ cup tahini
- 1 teaspoon pure vanilla extract
- Dash sea salt
- 1 cup dates (about 8 dates), pitted

Roughly blend the pumpkin seeds in a food processor or high-speed blender. Add the tahini, vanilla, sea salt, and dates. Blend well.

Scoop the mixture out of the blender using a spoon and form into a ball using your hands. Sprinkle with extra sea salt if desired. Store in an airtight container for about 7 days.

# LUNCH

## BERRY & ARTICHOKE SALAD

Serves 2

- 4 cups mixed greens
- 1 15-oz BPA-free can adzuki beans, drained and rinsed
- 2 tablespoons pumpkin seeds
- 2 tablespoons sunflower seeds
- 2 teaspoons sesame seeds
- 1 avocado, chopped
- ½ cup shredded carrots
- ½ small red onion, chopped
- ½ cup strawberries, chopped
- ½ cup blackberries
- 1 15-oz BPA-free can quartered artichoke hearts in water, drained
- ½ cup Creamy Lemon Poppyseed Dressing (recipe in Dressings)

Divide ingredients decoratively between 2 serving bowls. Serve and enjoy!.

## ZESTY BEET & TURNIP SALAD

Serves 2

- 1 tablespoon coconut oil
- 1 large turnip, grated
- 1 large beet, grated
- 1 inch fresh ginger, grated
- 2 cups arugula
- 2 cups baby spinach
- 1 cucumber, chopped
- ¼ cup sunflower seeds
- 1 avocado, chopped
- 1 15-oz BPA-free can chickpeas, drained and rinsed
- ½ cup Champagne Basil Dressing (recipe in Dressings)

Heat oven to 400 degrees F. Toss coconut oil, turnip, beet, and ginger together on a baking sheet. Spread in a single layer on a baking sheet and bake for about 20 minutes or until tender-crisp. Set aside to cool while preparing the rest of the salad.

Toss all remaining ingredients together in a large mixing bowl. Divide between 2 serving bowls. Top with roasted veggies and serve.

## KALE CRISP SALAD

Serves 2

1 bunch kale, thinly sliced  
Juice of ½ lemon  
3 tablespoons extra-virgin olive oil  
2 teaspoons honey  
Sea salt and black pepper, to taste  
1 stalk celery, thinly sliced  
1 green apple, cored and chopped  
¼ cup sliced radishes  
¼ shredded carrots  
¼ cup pumpkin seeds  
1 15-oz BPA-free can white kidney beans, drained and rinsed

Add kale, lemon juice, oil, honey, salt, and pepper to a large mixing bowl. Use your hands to massage the kale for 2 minutes or until wilted. Toss in all remaining ingredients, then serve.

## QUICK BROCCOLI SKILLET BOWL

Serves 2

1 15-oz BPA-free can lentils, drained and rinsed  
Sea salt and black pepper, to taste  
1 tablespoon coconut oil  
4 cups broccoli florets  
2 cups shredded carrots  
¾ cup frozen diced onions  
½ teaspoon garlic powder  
Juice of ½ lemon  
¼ cup tahini, melted

Heat lentils with salt and pepper in a small pot on the stove. Cover to keep warm.

Next, heat oil in a large skillet over medium heat. When hot, add veggies, garlic powder, salt, and pepper. Cover to cook for 5 minutes or until tender-crisp.

Serve lentils in large serving bowls topped with veggies, lemon juice, and tahini.

## SPRING BREEZE BOWL

Serves 2

- 4 cups chopped romaine
- ½ bunch dandelion greens, chopped
- 1 15-oz BPA-free can adzuki beans, drained and rinsed
- 1 cup sprouts
- ¼ bunch parsley, chopped
- 1 small cucumber, thinly sliced
- 1 avocado, sliced
- 1 cup fresh raspberries
- 2 tablespoons hemp hearts
- ½ cup Creamy Lemon Poppyseed Dressing (recipe in Dressings)

Divide romaine and greens between two serving bowls. Top decoratively with remaining ingredients, then serve.

## GOLD & GREEN BUDDHA BOWL

Serves 2

### *Lime Dressing*

- Juice of ½ lime
- ¼ cup tahini, melted
- 1 dash garlic powder
- 1 tablespoon coconut aminos
- Sea salt and black pepper, to taste

### *Buddha Bowl*

- 4 cups baby spinach
- 1 cup shredded green cabbage

1 15-oz BPA-free can chickpeas, drained and rinsed  
1 cup sprouts  
2 small golden beets, peeled and grated  
1 avocado, sliced  
1 cucumber, sliced  
1 scallion, thinly sliced  
¼ cup pumpkin seeds

Add Lime Dressing ingredients to a small mixing bowl. Whisk until smooth, then set aside.

Divide Buddha Bowl ingredients decoratively between two serving bowls. Drizzle Lime Dressing over the tops and enjoy!

## GARDEN BASIL BOWL

Serves 2

½ bunch kale, very thinly sliced  
2 cups mixed greens  
1 cup frozen green peas, thawed  
½ cup shredded carrots  
1 cup shredded purple cabbage  
1 stalk celery, thinly sliced  
½ cup sliced radishes  
1 cucumber, chopped  
¼ bunch parsley, roughly chopped  
¼ cup fresh basil leaves, roughly chopped  
¼ cup sunflower seeds  
½ cup Champagne Basil Dressing (recipe in Dressings)

Add all ingredients to a medium mixing bowl. Toss gently to combine. Divide between 2 serving bowls and enjoy.

## CAULI RICE ZEN BOWL

Serves 2

### *Ginger Tahini Dressing*

1 inch fresh ginger, peeled and grated  
2 tablespoons tahini

1 teaspoon honey  
Juice of ½ lemon  
Sea salt and black pepper, to taste

### *Zen Bowls*

1 tablespoon coconut oil  
1 15-oz BPA-free can chickpeas, drained and rinsed  
½ teaspoon garlic powder  
Sea salt and black pepper, to taste  
12 oz frozen riced cauliflower  
⅓ cup frozen diced onions  
1 cup shredded carrots  
8 cups baby spinach

Add Ginger Tahini Dressing ingredients to a small mixing bowl. Whisk until smooth, then set aside.

Heat oil in a large skillet over medium heat. When hot, add chickpeas and dry seasonings. Cook for 5 to 7 minutes, stirring often, until golden brown. Stir in all remaining Zen Bowls ingredients and cook until heated through and spinach is wilted.

Divide cauliflower mixture between two serving bowls. Drizzle with the dressing and enjoy!

## ORANGE-SCENTED ASPARAGUS & FENNEL BOWL

Serves 2

1 bunch asparagus, tough ends discarded  
1 small red onion, thinly sliced  
1 bulb fennel, thinly sliced  
2 tablespoons coconut oil  
Juice and zest of 1 small orange  
Juice of ½ lemon  
Sea salt and black pepper, to taste  
1 15-oz BPA-free can chickpeas, drained and rinsed  
4 cups baby spinach  
½ a 15-oz BPA-free can quartered artichoke hearts in water, drained

Add asparagus, onion, fennel, oil, orange juice, orange zest, lemon juice, salt, and pepper to a large skillet over medium heat.

Cook, stirring occasionally, for 7 minutes or until vegetables are tender-crisp. Add chickpeas and saute until cooked through.

Divide spinach between two serving bowls. Top with the hot veggies mixture. Garnish with artichokes then enjoy!

## LEEKS & GREENS CHOWDER

Serves 2

1 leek, thinly sliced and washed well  
2 cups chopped mustard greens  
2 cups chopped collard greens  
1 large carrot, thinly sliced  
4 cups broth  
¼ cup tahini  
Sea salt and black pepper, to taste  
½ teaspoon garlic powder  
1 15-oz BPA-free can white kidney beans, drained and rinsed

Add all ingredients (except beans) to a medium soup pot over medium-high heat. Bring to a simmer.

Reduce heat enough to retain a gentle simmer, then stir in the beans. Cook for 15 minutes or until the veggies are tender. Enjoy!

# DINNER

## LEMON-LIME TACO CUPS

Serves 4

3 cups raw sunflower seeds, soaked in hot water for 30 minutes, then drained  
Juice of 1 lemon  
Juice of 1 lime  
2 teaspoons ground cumin  
1 teaspoon ground turmeric

½ teaspoon ground ginger  
1 teaspoon garlic powder  
½ teaspoon dried oregano  
Sea salt and black pepper, to taste  
16 romaine lettuce leaves  
3 avocados, diced  
1 large red onion, diced  
1 bunch cilantro, chopped

Combine drained sunflower seeds, citrus juices, and dry seasonings in a high-speed blender or food processor. Pulse until chunky, but not smooth.

Spoon the taco mixture into romaine leaves. Top with avocado, onion, and cilantro.

## GARLIC VEGGIE-STUFFED SWEET POTATOES

Serves 4

4 large sweet potatoes  
2 pounds frozen Normandy vegetables blend  
8 cloves garlic, chopped  
1 large red onion, chopped  
2 15-oz BPA-free cans chickpeas, drained and rinsed  
2 tablespoons coconut oil, melted  
Sea salt and black pepper, to taste  
½ cup Creamy Lemon Poppyseed Dressing (recipe in Dressings)

Heat oven to 400 degrees F. Place 2 sweet potatoes on a baking tray and pierce several times with a fork. Bake for about 30 minutes to 1 hour or until easily pierced in the centers with a fork.

Add frozen veggies, garlic, onion, chickpeas, oil, salt, and pepper to a mixing bowl. Toss well to coat, then spread mixture in an even layer on a separate baking sheet and roast for about 40 minutes until the light brown. (You can bake this pan at the same time as the sweet potatoes on two separate oven racks.)

Serve vegetable mixture inside split sweet potatoes. Top with dressing and serve.

## CURRIED STIR-FRY WITH CAULI RICE

Serves 4

2 tablespoons coconut oil  
2 cups snap peas  
2 pounds frozen whole green beans  
2 cups shredded carrots  
4 cups broccoli florets  
Juice of 1 lime  
1 teaspoon ground cumin  
½ teaspoon ground coriander  
1 teaspoon ground turmeric  
1 teaspoon ground ginger  
1 teaspoon garlic powder  
Sea salt and black pepper, to taste  
4 cups riced cauliflower, prepared to package directions  
1 bunch cilantro, chopped  
2 cups mung bean sprouts

Add oil to a large pot over medium high heat. When hot, add veggies. Cook for 10 minutes, stirring occasionally, or until heated through and tender-crisp. Stir in lime juice and dry seasonings and cook for 1 minute.

Serve prepared cauliflower rice between 4 serving bowls. Top with veggie mixture, cilantro, and sprouts.

## ROASTY ROOTS WITH KALE

Serves 4

1 large beet, peeled and diced  
1 large turnip, peeled and diced  
2 large carrots, peeled and diced  
1 large red onion, diced  
2 bunches kale, chopped  
2 15-oz BPA-free cans chickpeas, drained and rinsed  
1 teaspoon garlic powder  
1 teaspoon fennel seeds  
Sea salt and black pepper, to taste

2 tablespoons coconut oil, melted  
¼ cup tahini, melted  
Juice of 1 lemon  
1 bunch parsley, chopped

Heat oven to 400 degrees F. Toss together beet, turnip, carrots, onion, kale, chickpeas, dry seasonings, and coconut oil on a parchment-lined baking sheet.

Bake for 40 minutes, tossing halfway through, or until veggies are tender to your liking. Serve drizzled with tahini lemon juice and garnished with parsley.

## SESAME BOK CHOY SKILLET

Serves 4

2 15-oz BPA-free cans adzuki beans, drained and rinsed  
Sea salt and black pepper, to taste  
2 tablespoons coconut oil  
1 large onion, sliced  
2 fennel bulbs, sliced  
2 large carrots, sliced  
2 large heads bok choy (full size)  
2-inch piece of ginger, grated  
4 garlic cloves, chopped  
1 tablespoon white wine vinegar  
¼ cup coconut aminos  
2 tablespoons toasted sesame oil  
Sea salt and black pepper, to taste  
¼ cup sesame seeds

Heat beans in a small pot over medium heat with salt and pepper. Cover and remove from heat. Set aside.

Add coconut oil to a large pot over medium heat. Add onion, fennel, carrots, bok choy, ginger, garlic, salt, and pepper. Sauté for about 5 minutes, then cover and cook for 5 more minutes or until tender to your liking.

Remove the lid and turn off the heat. Stir in all remaining ingredients. Serve mixture over adzuki beans.

## CREAMY LEMON LEEK & GINGER STEW

Serves 4

2 leeks, chopped and washed well  
1 small head green cabbage, chopped  
1 large carrot, chopped  
3 stalks celery, chopped  
4 cloves garlic, chopped  
2-inch piece of ginger, peeled and minced  
5 cups broth  
Juice of 2 lemons  
¼ cup tahini  
Sea salt and black pepper, to taste  
2 15-oz BPA-free cans white kidney beans, drained and rinsed  
1 bunch parsley, chopped

Add all ingredients (except parsley) to a large pot over medium-high heat. Bring to a low boil, then reduce heat to keep at a simmer.

Cook for 20 minutes, stirring occasionally, or until vegetables are tender to your liking. Serve and enjoy topped with parsley.

## CARDAMOM-ROASTED BRUSSELS AND APPLES

Serves 4

4 cups halved Brussels sprouts  
4 cups cauliflower florets  
3 green apples, cored and chopped  
2 15-oz BPA-free cans chickpeas, drained and rinsed  
2 tablespoons coconut oil  
1 teaspoon ground cinnamon  
1 teaspoon ground cardamom  
1 teaspoon garlic powder  
Sea salt and black pepper, to taste  
Juice of 2 limes  
¼ cup sunflower seeds

Heat oven to 400 F. Toss together Brussels, cauliflower, apples, chickpeas, coconut oil, and dry seasonings on a parchment-lined baking sheet. Bake for 40 minutes, tossing once halfway through, until veggies are tender and deep golden brown.

Serve topped with lime juice and sunflower seeds

## SPRING GREEN CHILI

Serves 4

2 tablespoons coconut oil  
1 turnip, peeled and grated  
1 large golden beet, peeled and grated  
2 large white or yellow carrots, grated  
3 stalks celery, grated  
1 onion, grated  
1 cup dry split peas  
3 cups broth (or more to thin as desired)  
Juice and zest of 1 lime  
2 teaspoons ground cumin  
2 teaspoons ground ginger  
2 teaspoons garlic powder  
1 teaspoon dried oregano  
Sea salt and black pepper, to taste  
1 cup unsweetened, plain dairy-free yogurt  
1 bunch fresh cilantro, chopped  
2 scallions, sliced

Add oil to a large pot over medium heat. When hot, add grated vegetables. Saute for 10 minutes, stirring occasionally, or until tender.

Stir in peas, broth, lime juice and zest, and dry seasonings. Cover and bring to a simmer, then reduce heat to maintain a low simmer for 25 minutes or until peas are cooked through.

Add more broth to thin if desired. Serve chili in bowls with cilantro and scallions on top.

NOTE: \*Use orange carrots if you cannot find white/yellow.

## UNSTUFFED PURPLE CABBAGE ROLLS

Serves 4

2 tablespoons coconut oil  
4 cups shredded purple cabbage  
2 stalks celery, sliced  
2 carrots, sliced  
2 red onions, chopped  
1 cup broth  
2 teaspoons garlic powder  
1 teaspoon dried thyme  
Sea salt and black pepper, to taste  
Juice of 1 lemon  
1 bunch fresh parsley, chopped  
2 15-oz BPA-free cans lentils, drained and rinsed

Add oil to a large pot over medium heat. When hot, add cabbage, celery, carrots, and onions. Saute for 10 minutes, stirring occasionally, or until tender.

Stir in broth, dry seasonings, lemon juice, parsley, and lentils. Bring to a simmer, then simmer for 20 minutes, stirring occasionally, or until liquid has thickened and veggies are tender to your liking.

## MEGA GREEN SKILLET WITH GARLIC

Serves 4

1 cup dry mung beans, cooked to package directions  
2 tablespoons coconut oil  
1 bunch green onions, sliced  
1 bunch asparagus, tough ends discarded  
3 cups frozen whole green beans  
4 cups broccoli florets  
1 bunch Swiss chard, chopped  
1 cup frozen green peas  
4 cloves garlic, minced  
Sea salt and black pepper, to taste  
½ cup water  
1 bunch fresh parsley, chopped

½ cup Creamy Lemon Poppyseed Dressing (recipe in Dressings)

Prepare the mung beans, then cover and set aside to keep warm.

Add oil to a large pot over medium heat. When hot, add green onions, asparagus, green beans, and broccoli. Saute for 10 minutes, stirring occasionally, or until tender-crisp.

Stir in chard, peas, garlic, dry seasonings, and water. Cover and cook for 10 minutes or until tender to your liking. Serve topped with cooked mung beans, parsley, and dressing.

## DESSERT

### BERRY CREME POPS

Makes ~6 pops

2 cups unsweetened dairy-free yogurt

1 teaspoon pure vanilla extract

1 cup mixed berries (fresh or frozen)

1 tablespoon maple syrup

Dash sea salt

Add all ingredients to a high-speed blender. Blend until smooth but not frothy. Pour mixture into an ice pop mold and freeze for several hours until fully frozen.

## CINNAMON SKILLET PEARS

Serves 2

- 1 tablespoon coconut oil
- ¼ cup water
- 2 large firm pears, cored and chopped
- 1 teaspoon ground cinnamon
- Dash sea salt
- ½ cup unsweetened dairy-free yogurt

Add oil, water, pears, cinnamon, and salt to a medium skillet over medium heat. Bring to a simmer and cook for 10 minutes or until pears have softened, stirring occasionally. Serve in bowls topped with yogurt.