

YOUR SHOPPING LIST TEMPLATE: BUY ORGANIC WHENEVER POSSIBLE

PANTRY LIST		FRIDGE LIST	
OILS	<input type="checkbox"/>	ALLIUM VEGETABLES	FISH
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	WHOLE GRAINS GF	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	CRUCIFEROUS VEGGIES	<input type="checkbox"/>
SPICES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	POULTRY
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	GREEN VEGETABLES	<input type="checkbox"/>
<input type="checkbox"/>	NUTS /FRIDGE/	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FRESH HERBS
SWEETENERS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	OTHER VEGETABLES	<input type="checkbox"/>
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<input type="checkbox"/>	SEEDS/FRIDGE/	<input type="checkbox"/>	<input type="checkbox"/>
BEANS, LENTILS, PEAS	<input type="checkbox"/>	<input type="checkbox"/>	NON-DAIRY
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5-DAY- WORTH START-UP MENU: SHOPPING LIST + RECIPES BELOW+ VIDEOS IN DASHBOARD

The Menu is: A Morning Smoothie (your creation), The Green Smoothie- for afternoon, Quinoa and Black Bean Salad, Mouth-Watering Curried Red Lentil Stew, Kasia's Famous Polish Sauerkraut Salad, and Cashew Cardamom Balls

PANTRY LIST		FRIDGE LIST	
<p>OILS</p> <p><input type="checkbox"/> olive oil, extra virgin -best quality</p> <p>SPICES</p> <p><input type="checkbox"/> cardamom</p> <p><input type="checkbox"/> cumin</p> <p><input type="checkbox"/> Herbamare, 1 cont.</p> <p><input type="checkbox"/> (cayenne pepper)</p> <p><input type="checkbox"/> cinnamon</p> <p><input type="checkbox"/> ground clove</p> <p>SWEETENERS</p> <p><input type="checkbox"/> maple syrup gr. B</p> <p><input type="checkbox"/> or honey, local raw</p> <p>BEANS, LENTILS, PEAS</p> <p><input type="checkbox"/> black beans dry, 1-2 cups</p> <p><input type="checkbox"/> red lentils, dry 1-2 cups</p> <p><input type="checkbox"/> frozen peas, a bag</p> <p>TEAS</p> <p><input type="checkbox"/> Dandy Blend or</p> <p><input type="checkbox"/> dandelion root tea</p>	<p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p>WHOLE GRAINS GF</p> <p><input type="checkbox"/> quinoa, 2 cups</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p>NUTS /FRIDGE/</p> <p><input type="checkbox"/> cashews, 1 ¼ cup</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p>SEEDS /FRIDGE/</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p>OTHER</p> <p><input type="checkbox"/> pitted dates, 1 cont.</p> <p><input type="checkbox"/> coconut flakes- opt</p> <p><input type="checkbox"/> carob powder, 1 container</p> <p><input type="checkbox"/> sea salt, Celtic</p>	<p>ALLIUM VEGETABLES</p> <p><input type="checkbox"/> 2 large onions</p> <p><input type="checkbox"/> green onions, 5</p> <p>CRUCIFEROUS VEGGIES</p> <p><input type="checkbox"/> cauliflower, 1 head</p> <p><input type="checkbox"/> kale leaves, 1 bunch</p> <p><input type="checkbox"/> green cabbage</p> <p>GREEN VEGETABLES</p> <p><input type="checkbox"/> romaine lettuce or collard greens</p> <p>OTHER VEGETABLES</p> <p><input type="checkbox"/> 4 medium carrots</p> <p><input type="checkbox"/> cucumber, 1</p> <p>FRUITS</p> <p><input type="checkbox"/> 4 apples</p> <p><input type="checkbox"/> 1 orange</p> <p><input type="checkbox"/> ½ cup of lime juice (about 8 limes)</p> <p><input type="checkbox"/> pears, 2</p> <p><input type="checkbox"/> lemons, 2</p>	<p>FISH</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p>POULTRY</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p>FRESH HERBS</p> <p><input type="checkbox"/> parsley, 1 bunch</p> <p><input type="checkbox"/> cilantro, 2 bunches (or dill/ parsley)</p> <p>NON-DAIRY MILK</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p>OTHER</p> <p><input type="checkbox"/> sauerkraut, 32 oz jar</p> <p><input type="checkbox"/> ginger, fresh root</p> <p>YOUR SMOOTHIE</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>

Morning Smoothie

Mix and match ingredients from these columns to create a nutritious and delicious smoothie. Use the following recipes to get started *or* as guidelines for a new creation. You will need a good blender.

Protein- pick one to two	Liquid 8 oz	Fruits- fresh or frozen – mix 1-2 cups	Greens 1-2 cups	Fresh herbs- a handful	Superfoods 1 -2 T	Make your own combo:
2 T chia seeds 2-3 T hemp seeds 2 T nut butter ½ cup cooked quinoa A big handful of nuts 3 oz organic silken tofu 1 T Bee Pollen 1 T spirulina Pea/Rice protein powder	Filtered H2O Coconut H2O Unsweetened hemp milk, almond milk or coconut milk	Banana Wild blueberries Strawberries Pitted cherries Peeled oranges Pineapple Avocado Apples Ripe pears Peaches Kiwi Apricots Grapes Mango Papaya	Collard greens Kale Spinach Watercress Bok choy Napa Cabbage Green cabbage Lettuce Turnip greens	Cilantro Parsley Mint Basil	Fresh ginger Chia seeds Goji Berries Coconut oil Coconut butter Flax seeds Powdered greens Raw cacao Lemon slice	<p style="text-align: center;"><u>A Sample Smoothie</u></p> <p> 1/2 banana 1 cup frozen wild blueberries 1 T chia seeds 2 cups kale 1 slice of lemon 8 oz hemp milk </p>

The Green Smoothie: Your Daily Medicine

2 apples, cored and cut into chunks
2 ripe pears, cored and cut into chunks
1-2 cups water
2 lemons juiced
1-2 inches of fresh ginger, peeled and sliced
5 kale leaves*, rinsed and torn
5 romaine lettuce leaves, spinach leaves, or collard greens, rinsed
1 cup coarsely chopped green cabbage, optional
**If you are not used to bitter greens, replace kale with collards/spinach*

- Place the apple and pear chunks, water, and lemon juice into a blender fitted with a sharp blade or a Vita Mix and blend until smooth and creamy.
- Add ginger, black kale, romaine lettuce, and green cabbage, and blend again until very smooth. Add more water for a thinner consistency.
- Taste it and if it is too “lettucy”, for you, add another pear and blend again. Add more water for thinner consistency.
- Place the apple and pear chunks, water, and lemon juice into a blender fitted with a sharp blade or a Vita Mix and blend until smooth and creamy.
- Add ginger, black kale, romaine lettuce, and green cabbage, and blend again until very smooth. Add more water for a thinner consistency.
- Taste it and if it is too “lettucy”, for you, add another pear and blend again. Add more water for thinner consistency.

From Whole Life Nutrition

Quinoa and Black Beans

2 cups quinoa
3-1/2 cups water
Pinch sea salt
1 cup chopped cilantro
5 green onions, sliced
(1 small jalapeno pepper, seeded and finely diced)
1 cucumber chopped into small cubes (red bell pepper, diced small - after the Program)

Rinse quinoa in a fine mesh strainer under warm running water. Place rinsed quinoa in a medium pot with the water with a pinch of salt. Bring to a boil, reduce heat to low, and let simmer for about 20 minutes, or until all the water is absorbed. Remove quinoa from the pot, place in a large bowl, and let it cool. Combine olive oil, lime juice, cumin and sea salt in a small bowl. Whisk together and pour over cooled quinoa. Toss well with a fork. Add cilantro, green onions, jalapeno pepper, red bell pepper, and black beans and toss again.

Serve alone or with steamed winter squash.

You may want to replace the jalapeno with some cayenne pepper and bell pepper with cucumber or other crunchy vegetable during the Program.

Inspired by Bastyr cooking class, by Whole Life Nutrition

Mouth-Watering Curried Red Lentil Stew (East Indian)

Serves 4-6

Have all ingredients ready, as it is a fast soup!

3-4 cups water	(Several dashes cayenne pepper)
1 cup red lentils	Several dashes cinnamon
1 onion finely chopped	Several dashes ground cloves
1 cup fresh or frozen peas	1-2 cups cauliflower, chopped into small flowerets
1 Tbsp extra virgin olive oil (start low)	Chopped fresh cilantro for garnish
1 tsp raw honey or maple syrup (taste and add more if needed)	Celtic Sea salt
2 tsp curry powder	
1 tsp each ground cumin and coriander	

Cook lentils, onion, and peas in water. Scoop out foam as it forms. You can steam the cauliflower separately or throw into the soup for the last few minutes. Red lentils will take just a few minutes to cook- when they are tender, yet still a little firm, add the spices, cauliflower, oil, and the sweetener; cook a few more minutes. You may adjust water and spices. It is delicious even without peas or cauliflower. Perfect with brown rice!

From "Hearty Vegetarian Soups and Stews" by Jeanne Marie Martin

The Famous Polish Sauerkraut Salad

1 32 oz jar of organic sauerkraut 365 Whole Foods Brand Optional: a large handful of chopped parsley
4 medium size carrots
1 apple
½ onion or more, chopped very finely
1-3 Tbsp extra virgin olive oil
(Black pepper or cayenne pepper after the Program)

Drain sauerkraut and chop into bite pieces. Place in a large bowl. Grate carrots and the apple and add to the bowl. Add chopped onion. Mix all ingredients very well. Taste the salad: you should be able to taste all ingredients. If needed, add more onion, apple or carrot. Add enough olive oil to add flavor and make moist. Eat fermented food like sauerkraut or Kim Chi daily with meals to promote healthy gut flora and support digestion.

Kasia's Own

Cashew Cardamom Balls

1 1/4 cup raw cashews	Grated peel of 1 orange
1/4 tsp ground cardamom	Coconut flakes and/or carob powder to dust
1 cup pitted dates	

Add dates to food processor until finely ground. Add cashews and grind further until they are the proper texture. Transfer date/cashew mixture to bowl. Add orange peel and cardamom and stir until blended. Form 1 inch diameter balls of mixture, then roll in coconut and/or carob powder.

Adapted from Amy Karnosh