



# ADD RAW FOR 30

try 30 raw food recipes  
for 30 days in under  
30 minutes each day

DISCLAIMER : The information in this book is for informational purposes only. These statements have not been evaluated by the United States Food and Drug Administration and are not intended to diagnose, treat, cure or prevent disease. You should consult with a health care professional prior to starting any diet or nutritional supplementation program.

dedicated to good health...

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# preface

The recipes in this book are small tools you can use each day to continuously build the discipline of putting in the good stuff and giving your body the extra nutrients it often needs.

Most people think adding raw food to the table means adding a plain old salad with dressing. In a nutshell, these recipes are more than that. These recipes arise out of the inspiration to create healthy food that captures all the senses and maximizes nutrient density, all in one plate or glass. Mostly though, these recipes strategically intertwine nutrition, taste and texture to deliver more than a salad or more than a dressing – because sometimes you have to feed your cells better stuff.

This book is for those who want more. More recipes. More time. More convenient ways to prepare healthy food. More ideas for dinner parties, holidays and plain old dinner and more ways to reduce food waste.

This book is for EVERY type of eater, so it doesn't matter if you're an omnivore, vegetarian or raw foodie. Take advantage of the season's harvest and enjoy fresh, healthy and nutritious raw food soups, salads, sides, marinades and of course, juices and smoothies – at least once a day! I hope you enjoy the flavors and recipes included in this book.

Enjoy!

# ADD RAW FOR 30

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# introduction

The most common question after making inspiring dietary changes is...

“What should I eat now?”

This recipe book is one answer. It celebrates gourmet raw food dishes you can ADD to your table everyday. This doesn't mean you have to give up anything. These recipes are designed to be made with organic, local/seasonal produce, to be assembled quickly, while also adding strategic nutritional flair and flavor to breakfast lunch or dinner. That said, the recipes that follow only include one “sweet treat” recipe with most of the recipes focused on seasonal vegetables and fruits during the Spring and Summer season.

As you progress through the book many recipes build upon each other for convenience, because who wants to waste an entire bunch of cilantro making one special dish? Even though cilantro is relatively easy to find uses for at meal times, the order and flow of these recipes increase the use of many left over ingredients throughout each week.

It is assumed that you have a basic understanding of what the raw food lifestyle is about and that you have some of the tools you will need to make these recipes quickly and deliciously.

Included after each recipe are some useful tidbits, including time and money saving tips, nutrition tips and some useful, waste nothing “upcycle” tips. If you can use what's leftover from one recipe for another, that simply reduces potential waste and will save you money in the end.

## introduction cont'd

You will need some equipment to make these recipes, and icons represent the major appliances needed. It is assumed that you have basic utensils – like knives, cutting boards, a colander, measuring tools and mixing bowls.

Review the recipes and shopping lists at the beginning of each week to ensure you have all the necessary ingredients for the recipes. Also, feel free to mix-n-match, but just keep in mind that the recipes build upon each other, so if you swap recipe days, make sure to have the next day's ingredients on hand so you don't lose your momentum.

Lastly, the photos are included to help you make visual sense of the recipe. Where appropriate, process images are included. Remember, it is intended that you make one recipe a day. You can mix and match, but the flow of the recipes strategically build on one another. One a day. That's all you need to do.

Have fun with these...

# essential tools

The following equipment is recommended to make these recipes efficiently and deliciously.

Electric Juicer  
High Powered Blender  
Large Mixing Bowls  
Measuring Tools  
Cutting Boards  
Sharp Knives  
Colander or Salad Spinner  
Food Processor  
Glass Jars & Containers for Soaking

If you have the following tools, you'll be able to make exactly what you see in the following pages.

Mandoline Slicer  
Spiralizer  
Zester  
Vegetable Peeler

You can find most of these tools relatively inexpensively. The high ticket items, like the juicer and blender are considered investments.

# week one recipes

day 1 through day 7

TOOLS FOR  
THE WEEK



BLENDER



JUICER

It's week one. Are you ready? This week you'll be making lots of things with the ingredient of the week – cabbage. Don't worry, it's not all in one day, but cabbage is amazing. You'll also massage some greens, make some juices and dressings, and then marinate some fixins that you can mix-n-match all week long. The unique ingredient for the week is the Goji Berry – a small dried fruit known to contain high amounts of Vitamin C, protein and is powered with antioxidants.

Alright, get your glass jars and let's go...

+ DAY  
ONE





# savory kale salad

w/sundried tomatoes + island dressing

Savory Kale Salad w/Sundried Tomatoes

INGREDIENTS - Makes enough for TWO sides

## FOR KALE SALAD

1/2 Kale Bunch - washed and de-ribbed  
2 T Extra Virgin Olive Oil  
1/2 tsp Mineral Salt  
1/2 tsp Garlic Powder  
1/2 Lemon or Orange - juiced into bowl  
2 (just two) Sun Dried Tomatoes - rehydrated & chopped  
1 tsp of Nutritional Yeast (optional)  
Fresh Cracked Pepper to taste

## FOR TOMATO ISLAND DRESSING

1 Apple  
1 Plum Tomato  
1 Garlic Clove  
1/2 Lemon, juice  
1/2 Orange, juice  
3 Brazil Nuts  
1/3 C Extra Virgin Olive Oil  
2 T Apple Cider Vinegar  
1 tsp Mustard, ground/dry  
1/2 tsp Salt  
Fresh Cracked Pepper to taste

**DIRECTIONS :** Wash and de-rib your kale and save the ribs for juicing and place them in the fridge. Place olive oil, garlic powder, salt and lemon/orange juice into the bowl with the kale. Massage with hands for about 2 minutes until the kale reduces down. Add fresh cracked pepper or cayenne to taste, nutritional yeast and add chopped sun dried tomatoes and mix together. Enjoy immediately as a side or add to a fresh green salad and save whatever's left over in the refrigerator for up to 2 days.

**UPCYCLE TIP :** Juice the ribs from the kale within 24-48 hours. These contain lots of fiber, but also a bunch of water. Also, you can use the reserve water from the soaking of the sun dried tomatoes and add them to a recipe for dressing or soup.

**TIME SAVING TIP :** Prep the kale a few hours or the night before and store in the fridge inside a container with a paper towel. You can also rehydrate your tomatoes the night before as well. They will be completely rehydrated by the time you are ready to use them. Once you are ready to make this side, mix everything together and then simply chop the tomatoes and toss them together with the nutritional yeast.

+ DAY  
TWO



# green juice spritzer

non-lactose probiotic

## Green Juice Spritzer

INGREDIENTS - Makes enough for TWO (12 oz servings)

10 Kale Leaves

A Handful of Wheatgrass (optional but recommended)

8 Celery Stalks

2 Apples

1 Lemon (whole w/skin)

6 Parsley Sprigs

1 16oz bottle of Kevita Mint Coconut Kefir or Lactose Free Probiotic beverage of your choice (keep cold until ready to use)

DIRECTIONS :Wash and prep all your ingredients really well. Juice the kale, celery, wheatgrass, apples, parsley and a whole lemon (with skin & seeds). Split the Kefir between two tall glasses and pour the juice into the glasses with the Kefir. Enjoy immediately.

NUTRITION TIP :The greens in the juice are packed with nutrients including calcium, potassium, magnesium, iron and many phytonutrients including chlorophyll. The probiotics mixed with this juice will deliver not just the millions of lactobacillus bacteria but also what makes them great, B vitamins. An excellent lactose-free alternative and a great substitute for sugary sodas. The kids will love this!

A NOTE ON KEFIR :The kefir used in this recipe is a non-lactose probiotic, naturally fermented beverage. Probiotics are the foundation of good digestive health and have been cultivated around the world for many centuries to promote wellness. The word probiotic comes from the Latin, pro meaning “for” and biota meaning “life”. Probiotics are microscopic living organisms.

In recent years, studies have proven that these “friendly” probiotic bacteria are useful for maintaining urogenital, intestinal and colon health. In fact, the effects of certain probiotics have been widely celebrated for playing a role in the prevention of carcinogenesis. And a scientist in the late 1800’s, Elie Metchnikoff theorized that “aging is caused by toxic bacteria in the gut and that lactic acid could prolong life”.

+ DAY  
THREE



# “hecka” greens salad

w/avocado dressing

“Hecka” Green Salad w/Avocado Dressing

FOR SALAD - Makes enough for TWO generous side salads

1/2 Kale Bunch - washed and de-ribbed

3-4 Romaine Lettuce Leaves - washed

1/4 Cucumber - sliced quartered thin

2 Celery Stalks - sliced diagonally

1 Red Spring Onion (or Red Onion)

1/4 Green Pepper - large chop

FOR GARNISH

1/4 Avocado - peeled & sliced

1/4 Lemon, squeezed onto avocado

1 Pepperoncini (optional-seeded/sliced)

Dash of Mineral Salt

Dash of Paprika

FOR AVOCADO DRESSING

1 T Extra Virgin Olive Oil

1/4 Avocado

1 tsp Mineral Salt

1/4 Green Apple

1/2 tsp Garlic Powder

1/2 Lemon - juiced into blender

1/2 Lime - juiced into blender

2 T Fresh Cilantro, Oregano or  
Basil (or all three!)

2 tsp of Apple Cider Vinegar

Fresh Cracked Pepper to taste

**DIRECTIONS :** Wash all your veggies and greens and de-rib your kale and save the ribs for juicing and place them in the fridge. Place all the salad ingredients into a bowl and set aside. In the blender, add all the ingredients for the dressing and blend on high for 2 - 3 minutes until smooth. If it's too thick, simply add filtered or coconut water.

For your garnish, simply halve the avocado and discard the pit. Squeeze the lemon juice on top, then sprinkle the paprika and salt to taste. Top with whole or chopped pepperoncini. Enjoy immediately and save the remaining dressing (if there's any leftover) in the refrigerator for up to 2 days.

**UPCYCLE TIP :** Juice the ribs from the kale within 24 hours. These contain lots of fiber, but also a bunch of water. We'll use them this week, so just keep them stored in the fridge.



# green salad<sup>cont'd</sup>

**TIME SAVING TIP :** Prep the kale and veggies a few hours or the night before and store in the fridge inside a container with a paper towel. This will help you make your salad quickly. You can place the dressing in a container and grab them both on the way out the door for lunch.

**MONEY SAVING TIP :** Buy your avocados in bulk. 'Tis the season, they are delicious and might save you a few bucks just buying them in bulk. You'll need some next week.

**NUTRITION TIP :** Don't let the fat scare you. This is good fat and is great for your brain, hair and skin, not to mention that this good fat will give your heart the good triglycerides and signal to your brain that you need to burn fat instead of sugar (from the carbs you might be eating).

Also, dark leafy greens are a good source of calcium and everyone needs calcium. It's one of the top 6 elements stored in the human body. In fact, raw kale has the highest concentration of calcium out of ALL vegetables, measuring a whopping 100mg\* per serving. To put that into perspective, the average adult human requires about 1,000mg daily. So, if you eat one or two cups of raw kale salad, a cup of yogurt, 8 ounces of fresh orange juice and maybe a snack of cheese, salmon or even frozen yogurt you've met your RDA of calcium for the day.

**SOURCE :**

\*National Institutes of Health

<http://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/>

# shiitake cabbage salad BONUS



## Shiitake Cabbage Salad

INGREDIENTS - Makes enough for TWO – THREE servings

4 C Savoy or Green Cabbage

1 T Mint, chopped

1 T Cilantro, chopped

1 T Green Onions/Scallions

1 Lime, zested & juiced into bowl

1/2 C Mushrooms (from DAY FOUR's recipe)

1 T Black Sesame Seeds (optional - not shown in picture)

Add Salt & Pepper to taste

DIRECTIONS :Yesterday, you made some marinated shiitake mushrooms. If you made onions too, awesome. If you didn't no worries. Today, we are going to use 1/2 C of the marinated mushrooms to make this very easy and delicious Shiitake Cabbage Slaw. So if you don't have any left over, go make some more right now.

Rinse and chop cabbage into thin strips and set into a large bowl. Add mint, cilantro, green onions, lime zest and lime juice. Mix or massage thoroughly. Add marinated mushrooms, sesame seeds, salt & pepper and toss. Serve immediately. Enjoy!

NUTRITION TIP :We are using Savoy or Napa cabbage because it has so many amazing nutritional attributes. It is not only one of the most fibrous foods, it is loaded with Vitamins K & C and Calcium. Recent studies also show that cabbage in general — Savoy cabbage in particular—is a good source of a compound called sinigrin.

According to the World's Healthiest Foods Organization, "Sinigrin is one of the cabbage glucosinolates that has received special attention in cancer prevention research. The sinigrin in cabbage can be converted into allyl-isothiocyanate, or AITC. This isothiocyanate compound has shown unique cancer preventive properties with respect to bladder cancer, colon cancer, and prostate cancer."

+ DAY  
FOUR





# marinated shiitake mushrooms

good for onions too!

Marinated Shiitake Mushrooms OR Onions

INGREDIENTS - Makes enough for 3 - 4 servings

10 Shiitake Mushrooms - cleaned & sliced

1 C Extra Virgin Olive Oil

3/4 C Organic Nama Shoyu

3/4 t Red Pepper Flakes

DIRECTIONS : Clean your mushrooms and slice them thinly. You can either just use the caps of the mushrooms or both the cap and stem. It's up to you. There's only a difference in texture, not taste really. Place olive oil, shoyu and pepper into a glass or ceramic container. Once your mushrooms are clean and sliced, add them to the marinade and mix them up. Set them aside, loosely covered, to marinate for 20-30 minutes with all the mushrooms submerged and tossed around a little. Once they've softened, you'll want to lift them out of the marinade and squeeze them gently until they are relatively dry. Add them to (tomorrow's recipe) any side salad or dish.

NUTRITION TIP : Shiitake mushrooms have been found to contain a compound called LENTINAN, which is well known to lower cholesterol, inhibit viruses, ward off tumors and activate your T-cells. Shiitake mushrooms are powerful and tasty and can be used in almost any meal.

UPCYCLE TIP : After soaking all your mushrooms, you'll have the marinade left over. Make sure not to waste and use the left over marinade for onions. Allow onions to marinate for a few hours. They are less porous than shiitake mushrooms so they take longer. You can use the marinade up to three times before discarding it OR you can use it twice and then add it to another marinade.

You'll go through the same process, (clean, cut, add to marinade and let sit) and your onions should last you about a week if stored in glass in the fridge.

+ DAY  
FIVE



# avocado chop salad

great with orange or black carrots

## Avocado Chop Cabbage Salad

INGREDIENTS - Makes enough for TWO

- I Small Napa Cabbage (about 4 C)
- I Black Knight Carrot\* OR Regular Carrot, shaved
- I Celery Stalk, chopped thinly
- I Cucumber, chopped thinly
- 2 T Cilantro, chopped
- I Red Spring Onion OR Scallion, chopped
- I Ripe Avocado
- I Lime, juiced
- I Lemon, zested
- I/2 Lemon, juiced
- I/2 t Red Pepper Flakes
- I/2 t Mineral Salt
- I I/2 t Apple Cider Vinegar

DIRECTIONS : Wash and prep all ingredients. Chop cabbage, carrots, celery, cucumber, cilantro and onion and place into a large bowl. Add lime, lemon, salt, pepper and mix gently. Slice avocado lengthwise around the pit and halve. Simply squeeze avocado into bowl and mix and mash together for a minute or so and enjoy. Can be refrigerated for up to 2 days. (caution avocado may brown...)

NUTRITION TIP : Apple cider vinegar, especially the vinegar with the “mother” is an amazing way to get in some good bacteria, potassium (which is good for your heart and muscles), acetic acid (which slows the digestion of starch so you can avoid the glucose spike after meals) and malic acid, which gives apple cider vinegar its anti-fungal and anti-bacterial properties.

\*I was able to find the most amazing Black Knight Carrots while in season at my local market. They are beautiful and delicious. I couldn't help using them in this recipe, but feel free to use regular orange carrots.

+ DAY  
SIX



# blood orange bellini

with a touch of probiotics

Citrus Biotic Bellini

INGREDIENTS - Makes enough for TWO

3 Oranges, peeled & juiced

1 Blood Orange, peeled & juiced

1 Lemon, with skin on

1 Lime, peeled & juiced

8 oz GT's Synergy Kombucha – Gingerade

DIRECTIONS :Wash and prep your citrus. Make sure to cut the rind off all the way around the fruit of the oranges and lime - they make this juice too bitter, but don't throw them away (see UPCYCLETIP) Leave the rind on the lemon, but make sure to wash it really well. Juice all the citrus in your juicer and serve in a tall glass. Add the kombucha and enjoy immediately.

UPCYCLE TIP : Use all the amazing citrus rinds with some white vinegar to make your own non-toxic All Purpose Surface Cleaner to clean your home safely. I use this all the time. Vinegar kills mold and bacteria for good, it smells amazing and you'll save your family a nice chunk of change by making your own. (see recipe below)

## surface cleaner BONUS

ALL NATURAL SURFACE CLEANER - Use the citrus peels from the fruit in this recipe and about 2 – 3 cups of distilled white vinegar. You will need a quart glass mason jar and a refillable and empty spray bottle.

Place the peels into the glass jar, pour the vinegar over to the top, place the lid on the jar and set aside for about 48 - 72 hours. Funnel the vinegar into the spray bottle and compost the peels. Use on surfaces, door knobs, light switches and counter tops!



+ DAY  
SEVEN



# raw ruby kraut

red cabbage probiotic

## Raw Ruby Fermented Kraut

INGREDIENTS - This recipe will make a little over 1 pint of finished raw kraut

1 Small Head of Green Cabbage (save 3-5 whole leaves, wash and set aside)

2 Red Beets (spiralized or shredded)

1 Burdock Root (peeled & sliced)

1 C Ginger (sliced)

2-3 Cloves of Garlic (peeled and sliced)

1 1/2 tsp of whole spice (Coriander, Dill, Fennel or Celery Seed)

3 Tbsp of mineral salt

Optional :Add a kelp or kombu to get the high mineral content benefits of sea vegetables.You can also add apples and herbs like juniper berries or schizandra berries for additional flavor and nutrition.

DIRECTIONS : Peel the burdock and garlic. Thinly slice the burdock, garlic and ginger and set into a bowl. Spiralize or grate the beets and chop the cabbage thinly and place in bowl with burdock, ginger and garlic. Add your seasoning and salt. Place the mix into your crock or glass jar and press down. (I use the tamper from my Vitamix). The salt will break the cellular wall of the cabbage and the water will be released, but the cabbage will remain crisp. The salt will also allow the cabbage to ferment without rotting.

Place the whole cabbage leaves that you saved from the start, atop the crushed cabbage beet mixture and weight it down with a glass jar filled with water or with a clean ceramic bowl. Place the mesh between the weight and the cabbage to keep any lint or bugs out and leave the crock or glass uncovered in a dry corner of the kitchen for the duration of the process. Press on the weight every hour or so until the brine covers the cabbage. If there isn't enough brine, just simply add another cup of salted water (1 tsp salt to 1 cup of water). Make sure the salt is completely dissolved before you pour the extra water into the brine.

SOME NOTES ON FERMENTING FOODS : Today's recipe is something to start today and finish in about....5 - 20 days. Yes...it could take up to twenty days. Cabbage naturally ferments and begins creating billions of lactobacillus bacteria in just about a week or so. I enjoy making this in 5 - 10 days depending on the room temperature and time of year.

Here's how it works...there are three stages to fermentation. During stage one, a bacteria named *Leuconostoc mesenteroides* becomes activated within the aerobic, saline and low temperature environment. In stage two, this bacteria produces carbon dioxide in the environment and replaces the oxygen, creating an anerobic environment which encourages the growth of lactic acid. Then in stage three, when the lactic acid reaches a certain acidic pH, the *Lactobacillus* cultures reach their maximum growth and the fermentation ends.

It's absolutely fascinating, but please use caution. Fermentation is a biological process that requires numerous cooperative factors and some precision to avoid a complete disaster. So make sure you read the directions carefully,



GET FERMENTED

Get in good bacteria  
& make your own  
sauerkraut at  
home with this  
classic recipe.  
Raw kraut is  
versatile and  
can be made for  
pennies on the  
dollar and pack  
a probiotic  
nutritional punch  
that tastes  
AMAZING!



do some research about making raw fermented foods on your own, and make sure all your supplies, environment and tools are really clean. (You can use some of that handy All Natural Surface Cleaner you started to make yesterday with those orange peels.

HERE'S WHAT YOU'LL NEED TO DO : Every day, press the weight down. If you do see mold or “scum” just scrape it off, rinse the plate and the weight, dry them and place the weight back into your crock or glass jar. The sauerkraut is protected by the brine so as long as mold is not in the brine, it should be ok. Taste the sauerkraut along the way. It should be tangy and will increase in its “tanginess” as the days pass. I usually let mine ferment for 4-5 days for a full, robust flavor. Also, if you want to keep the kraut going, you can for up to 20 days. Reserve 1/4 cup of the brine to start the next batch!

NUTRITION TIP : The cabbage, beets, ginger and burdock roots are all amazing foods that support immune function. Beets contain a compound called betaine, ginger has anti-inflammatory properties, burdock supports the liver and kidneys, and when you put them all together to ferment, you get the added benefit of good gut probiotics.

MONEY SAVING TIP : If you like sauerkraut atop your hot dog, on your salad or simply all by itself, making this at home is a winner considering what live cultured kraut sells for at the store for the same volume. You'll spend more time making this at home, but you'll save a few bucks, you'll have 100% control over the flavor and have a lot of fun.

# RAW SHOPPING LIST

Week One

## To get maximum nutrition, buy Certified Organic!

Estimate based on single recipe (not doubled)

### Produce

- ◊ Kale - 2
- ◊ Celery - 2 (stalks)
- ◊ Cucumbers - 1
- ◊ Green Pepper - 1
- ◊ Red Onions - 1
- ◊ Red Spring Onions - 1
- ◊ Garlic - 1 or 2 cloves
- ◊ Cilantro - 1
- ◊ Avocado - 2
- ◊ Orange - 6
- ◊ Lemon - 4
- ◊ Limes - 2
- ◊ Green Apples - 3/4
- ◊ Mangoes - 1
- ◊ Black Knight Carrots - 1
- ◊ OR Multi Color or Orange Carrot
- ◊ Shiitake Mushrooms - 6
- ◊ Red Cabbage - 1 sm
- ◊ Green Cabbage - 1 sm
- ◊ Napa Cabbage - 1 sm

### Other Ingredients – for all weeks

- ◊ Pink Mineral Salt
- ◊ Goji Berries - ½ C
- ◊ Garlic Powder
- ◊ First cold pressed olive oil
- ◊ Apple Cider Vinegar (w/mother scoby)
- ◊ Chia Seeds - 2 T
- ◊ Organic Shoyu
- ◊ Extra Virgin Olive Oil
- ◊ Sundried Tomatoes
- ◊ Dates - 1
- ◊ Kevita Kefir - Mint Coconut - 1

### Things you're making this week...

- ◊ Savory Kale Salad
- ◊ Spicy Napa & Avocado Side
- ◊ Basic Marinade for Savory Fixins
- ◊ Green Mimosa
- ◊ Man-Goji Smoothie
- ◊ Mostly Green Salad w/Avo Dressing
- ◊ Beet & Cabbage Kraut

### Kitchen Utensils Needed

- ◊ Stainless Steel Zester
- ◊ A Sharp Chopping Knife
- ◊ Colander or Salad Washer
- ◊ Large Bowls
- ◊ Hand Held Lemon Juicer
- ◊ Juicer
- ◊ Blender
- ◊ Cutting Board

### Optional Items

- ◊ Peppercornini
- ◊ Coriander Seeds
- ◊ Paprika

# ABOUT raw foods

The benefits derived from eating fresh, local and organic foods seem endless to chefs like me. Many fruits and vegetables are associated with being able to help lower cholesterol and triglyceride levels, eliminate cravings, prevent overeating, purge the body of accumulated toxins, balance hormones, maintain blood glucose levels and help reduce the negative effects of degenerative diseases.

Many people who have transitioned or added raw foods to their daily meals report health benefits including increased energy levels, weight loss, an improved appearance of skin, better digestion, and reduced risk of heart disease, just to name a few. Many also believe that raw foods naturally contain a perfect balance of digestive and essential enzymes and are the life force of raw foods. These naturally occurring enzymes help us completely digest foods without relying on our body's organs to produce a cocktail of digestive enzymes.

Remember, a raw food diet isn't for everyone. There can be some side effects when first transitioning to a raw food diet. It is suggested to start slowly and steadily increase the consumption of raw foods. Many people can experience side effects as the body is adjusting to a new way of eating. Some people experience bloating and gas. If these symptoms persist, you should seek the help of your medical practitioner and find the ratio of raw food that best suits your lifestyle and health goals.

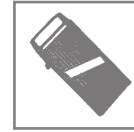
## hawaiian papayas

Hawaiian papayas, unlike it's Mexican variety, are smaller in size and have a slightly different taste and color. Hawaiian papaya is more yellow than orange and it is about half the size of a Mexican grown papaya. It is super important to buy organic papayas, especially Hawaiian grown papayas because the papaya crops have been under attack from the Papaya Ringspot Virus and almost half of Hawaii's papaya crops have been infiltrated by GMO seeds. Do due diligence and find out where your local market buys it's papaya.

# week two recipes

day 8 through day 14

TOOLS FOR  
THE WEEK



MANDOLINE



BLENDER



JUICER

Last week, you were fermenting cabbage to make kraut. Remember to keep an eye on it this week. The tropical ingredient of the week is packed with digestive enzymes, we'll make some tasty nut cheese and you'll get those beets and fennel together at last. The unique ingredient for the week is Shilajit – a mineral resin known for containing high amounts of humic and fulvic acids.

This will be a week of eating good fats!

# + DAY EIGHT



PAPAYA SALSA PREP

# papaya avocado salsa

tropical summer salsa

## Papaya Avocado Salsa

INGREDIENTS - Makes enough for FOUR small toppings or TWO sides

- 1 Hawaiian Organic Papaya
- 3 Avocados (not overripe)
- 1/3 C Red Onion, chopped
- 1 Garlic Clove, minced
- 1/2 Lemon, juiced into bowl
- 1/2 Lime, juiced into bowl
- 1 1/2 T Jalapeño, minced
- 2 T Cilantro, chopped
- 2 T Red Pepper, chopped
- 1 Plum Tomato, chopped
- 1 1/2 t Mineral Salt or to taste
- 2 t Apple Cider Vinegar

DIRECTIONS : Cut both the avocados and the papaya in half. Scoop the seeds of the papaya into a glass container and store in the fridge. Remove the pit from the avocados and score the avocado into cubes. Do the same with the papaya and place the flesh of both into a large bowl. Compost the avocado skin as well as the papaya skin. Add all other ingredients and toss together gently. Enjoy immediately or refrigerate for a day or two.

UPCYCLE TIP : Don't throw those papaya seeds away just yet. Keep them in the fridge for a couple of days when we use them in a salad dressing.

NUTRITION TIP : Papayas contain a very important digestive enzyme called “papain”, also known as “papaya proteinase”. This enzyme is essential during the process of digesting meats. Hint, hint. Put this salsa on the table at your next summer barbeque and jump start everyone's digestive process of breaking down complex proteins into digestible amino acids.



+ DAY  
NINE





# beet carrot juice

vitamin rich roots

## Beet Carrot Juice Blend

### INGREDIENTS - Makes enough for TWO

8 Carrots

2 Beets

2 Apples

1/2 Lemon

1 1/2" of Turmeric Root

1" Ginger Root (optional, but recommended)

**DIRECTIONS :** Juice the carrots, turmeric and lemon together and set aside in a container. Juice the beets, apple and ginger together. Pour the carrot juice in first. Then pour the beet juice into the carrot juice (like a barista would) and serve immediately. Of course, you can just juice everything together to save time.

**UPCYCLE TIP :** If you juice the beets first, you can save some of the pulp and dehydrate it to dry it out completely. You can season the beet pulp before you dehydrate it with salt, pepper and lemon for added flavor. Once dried, you can either sprinkle it on top of any salad, or you can pulverize it in your coffee grinder or blender on a high speed and store in an air tight glass jar and use it as a savory, color rich seasoning for soups.

**NUTRITION TIP :** Carrots and oranges both are great sources of carotene (which becomes Vitamin A when absorbed by the body) and Vitamin C. Turmeric is a root that looks like ginger on the outside, but is orange like a carrot. Many health food stores now carry fresh turmeric root. Turmeric has also been well tested and is known to have anti-inflammatory properties.

+ DAY  
TEN



# creme shilajit smoothie

mineral rich smoothie

Creame de Shilajit Smoothie

INGREDIENTS - Makes enough for TWO 16oz servings

5 Brazil Nuts or 1/3 C Raw Soaked Cashews

1 Yerba Maté Tea Bag (my favorite is a Chocolate Maté variety)

8 - 10 oz of Hot Water

1 Medjool Date, pitted

1/2 t Shilajit Powder\*

1 T Coconut Oil

1/8 t Cardamom

1/4 t Cinnamon (optional)

1/2 of a Vanilla Bean, seeds only

Pinch of Mineral Salt

**DIRECTIONS :** First you'll want to heat your water and steep your tea for about 3-4 minutes. Place all other ingredients into the blender and pour the tea into the blender and blend on high for 60 - 90 seconds. This will be mildly sweet and very creamy. It's the best, seriously. Enjoy.

**NUTRITION TIP :** Shilajit is a mineral resin native to the Himalayan region of the world that contains humic and fulvic acid. These two acids are found in good, rich soil since time immemorial and are a complex concoction of nature's carbon rich substances that help the uptake of minerals in the soil and make the nutrients more bioavailable to plants. With the degradation of the soil over the past 10 - 20 years, many of the foods we consume just don't have the complex nutrition our bodies need. Humic and fulvic acids do the same for our bodies as they do for plants. They help make the nutrients we consume more bioavailable. They act as a dilator, increasing cell permeability and increasing oxygen concentrations in the cell. To boot, humic acid has high concentrations of zinc and magnesium, which are both essential for increasing collagen, allowing trace minerals and oxygen to be directly delivered to the skin.

**\*A NOTE ABOUT SHILAJIT :** With humic acid and fulvic acid, more is not necessarily better. Too much can have a detrimental effect so a little goes a long way. Consult your physician.

# + DAY ELEVEN



BEET MARINADE  
DRESSING

# marinated beet & fennel

Marinated Beet Fennel Salad  
Makes enough for TWO

chioggia, red or yellow

## FENNEL SALAD INGREDIENTS

1 Small Fennel Bulb, shaved  
1 Beet, red or striped & shaved thinly  
2 C Arugula  
3 Mint Leaves, chiffonade  
Citrus wedges (grapefruit or orange)

## MARINADE INGREDIENTS

¼ C Extra Virgin Olive Oil  
¼ C Apple Cider Vinegar  
2 T Shoyu  
2 T White Balsamic Vinegar  
¼ Lemon, juiced into bowl  
1 Orange, juiced into bowl  
½ tsp Mineral Salt  
1 Lime, zested and juiced into bowl

## DRESSING INGREDIENTS

½ C Marinade  
1 T Coconut Oil  
¼ C Cashews  
½ tsp Mineral Salt  
¼ tsp Jalapeño  
3 Mint Leaves

**DIRECTIONS :** Wash and prep your beet and fennel. With a mandoline, shave the beet into thin rounds and set into a bowl. Rinse mandoline and shave fennel on a diagonal into thin strips and set into a different bowl. Then, make the marinade right into the bowl and allow beets to marinate for no less than an hour. (for best results, allow for 2-3 hours)

Once the beets have marinated, they should be softened. Just lift them out of the marinade, squeeze the last of the marinade out of the beets and set beets aside. Place the marinade you just took the beets out of, into the blender with the additional mint, cashews, salt, vinegar and jalapeño and blend just enough to mix the dressing and cream the cashews. Toss your arugula, mint, fennel and citrus wedges together with the dressing and top with the marinated beets and enjoy!



# + DAY TWELVE



SOAKING CASHEWS

# herbed cashew cheese

basic nut “cheese”

Herbed Cashew-Cotta

INGREDIENTS - Makes enough for a few days

1 C Cashews, soaked

1/3 C Extra Virgin Olive Oil

1 Garlic Clove

10 Brazil Nuts

2 t Mineral Salt

1/2 t Nutritional Yeast

10 Basil Leaves

2 T Filtered Water (if necessary)

DIRECTIONS : Soak your cashews covered in filtered water the night before you make this recipe. This releases the enzyme inhibitors and will make a creamier cheese. Once your cashews have been soaked, rinse them well and add them to your blender. Add the salt, olive oil, garlic, brazil nuts and nutritional yeast and blend on high for about 2 minutes or until smooth and creamy. You may need to add a little bit of water just to get the nuts moving around.

TO MAKE THE BASIL VERSION : Once you’ve made the base, you can either set some of it aside, store in a glass container and refrigerate to use as a plain raw cheese. If not, just tear up the basil leaves and add to the blender and pulse until evenly distributed. You want to see the basil, as opposed to have the basil blended into the cheese. Store in a glass container or use immediately. Stay tuned...tomorrow’s recipe, (and the next day recipe) uses some of this cheese (or some of the plain Cashew-Cotta). Just remember, you don’t want to over do it with nut cheeses. I know they’re delicious, but they do have fat, so just keep that in mind and moderation.

TIME SAVING TIP : Soak your cashews the night before. Simply set your organic, whole, raw cashews into about 2 cups of filtered water, cover loosely and allow to soak overnight. Rinse in the morning and you’re good to go!



# + DAY THIRTEEN



GREEK STYLE DRESSING

# pepper confetti salad

greek style pepper salad

## Pepper Confetti Salad w/Greek Style Dressing

### DRESSING INGREDIENTS

2 T Cashew-Cotta (herbed or plain)  
3 T Extra Virgin Olive Oil  
1 1/2 T Apple Cider Vinegar  
1 1/4 t Mineral Salt  
1/2 t Garlic (or if you don't want a harsh  
garlic taste, use garlic powder)  
1/2 Lemon, squeezed into blender  
1/2 Lime, squeezed into blender  
Fresh Herbs - including oregano,  
tarragon, parsley (optional)

### SALAD INGREDIENTS - Makes enough for TWO side salads

1/3 Green Pepper, sliced  
1/3 Red Pepper, sliced  
1/3 Yellow or Orange Pepper, sliced  
1/3 Cucumber, sliced  
1/4 Red Onion  
3 Romaine Lettuce Leaves, sliced thinly  
4 Basil Leaves, chiffonade

**DIRECTIONS :** Prep all your salad ingredients and toss them together in a bowl and set aside. Place all the ingredients for the dressing into the blender and blend on high until smooth (about 30 seconds). Toss the dressing together with the salad and enjoy immediately. This recipe is so quick and easy and really highlights the flavor of the peppers. If you like peppers, you'll love this salad.

**DIRECTIONS FOR DRESSING :** Place all the ingredients into the blender and blend until thoroughly mixed. Store in a glass container in the fridge for up to 2 days. Remember, processed, sprouted nuts are very perishable so make sure not to waste this amazing dressing.

**TIME SAVING TIP :** The lovely thing about peppers is they will last for a few days, maybe even a week in the refrigerator. You can wash your peppers and slice them all at once. Place them into a glass container with a paper towel and store in the fridge. You can also make the dressing before hand and store it as well. You can easily get a few days of raw dressing if stored properly. Once you have all the components made, all you have to do is put them together when you are ready to eat them!

+ DAY  
FOURTEEN



RAW KRAUT UPDATE : if you're making the kraut (from Day Seven) it should be fermenting quite nicely. If you like the taste of it and wish to stop fermenting, simply place the fermented cabbage (without the top covering cabbage leaves) into clean glass container and store in the fridge for up to two weeks. If not, you can allow the cabbage to continue to ferment for another few days or up to another week.

## zucchini pasta alfredo

Zucchini Alfredo

INGREDIENTS - Makes enough for TWO sides or ONE entree

1 Green Zucchini, spiralized

1 T Herbed Cashew-Cotta

1/2 t Extra Virgin Olive Oil

Fresh Basil for Garnish

Add Salt and Pepper to taste

DIRECTIONS : Wash zucchini and remove the top and bottom of the squash and use your spiralizer to make “zucchini noodles”. Alternatively, you can make the noodles as suggested in Day 18’s recipe with a mandoline. Once you have your noodles complete, set them atop a paper towel to keep the noodles dry. Do not season them at this point. Place the Herbed Cashew Cotta with the extra olive oil, salt, and pepper into a bowl and mix together. When you are ready to serve, toss the zucchini noodles into the bowl with the nut cheese with the fresh basil and mix together until zucchini noodles are fully coated. Enjoy immediately. If you wait, the salt will begin to release the water from the zucchini and the entire mixture will be a big watery mess.

UPCYCLE TIP : If you don’t use all your zucchini, you can use your left over zucchini noodles or pieces to make a delicious and raw Zucchini Hummus on the next page! Waste nothing.

# RAW SHOPPING LIST

Week Two

## To get maximum nutrition, buy Certified Organic!

Estimate based on single recipe (not doubled)

### Produce

- ◇ Papaya – 1
  - ◇ Banana - 1
  - ◇ Avocado - 4
  - ◇ Sm Fennel - 1
  - ◇ Arugula – ½ lb
  - ◇ Beet, red or striped – 2 of ea.
  - ◇ Garlic – 2 cloves
  - ◇ Red Pepper – 1
  - ◇ Carrots – 1lb
  - ◇ Apple – 2
  - ◇ Mint - 1
  - ◇ Cilantro - 1
  - ◇ Brazil Nuts – ½ lb
  - ◇ Grapefruit or Blood Orange - 1
  - ◇ Orange - 6
  - ◇ Lemon - 4
  - ◇ Limes - 2
  - ◇ Jalapeño - 1
  - ◇ Mangoes - 1
  - ◇ Cashews – ½ lb
  - ◇ Nutritional Yeast – 2T
  - ◇ Basil – 6
  - ◇ Turmeric Root – 1
  - ◇ Burdock Root – 1
  - ◇ Ginger – ¼ lb
- ONLY IF YOU'RE MAKING KRAUT
- ◇ Red Cabbage – 1 sm
  - ◇ Green Cabbage – 1 sm

### Other Ingredients

- ◇ Pink Mineral Salt
- ◇ Organic Shoyu
- ◇ First cold pressed olive oil

- ◇ Apple Cider Vinegar  
(w/mother scoby)
- ◇ Chia Seeds – 2 T
- ◇ Organic Shoyu
- ◇ Extra Virgin Olive Oil
- ◇ Dry Mustard
- ◇ Vanilla Bean
- ◇ Cardamom
- ◇ Cinnamon
- ◇ Coconut Oil

### Things you're making this week....

- ◇ Fermented Raw Kraut
- ◇ Papaya & Avocado Salsa
- ◇ Beet Carrot Juice Blend
- ◇ Crème de Shilajit Smoothie
- ◇ Cashew Cotta (+herbs)"Cheese"
- ◇ Marinated Beet & Fennel Salad
- ◇ Papaya Dressing

### Kitchen Utensils Needed

- ◇ Stainless Steel Zester
- ◇ Mandoline
- ◇ A Sharp Chopping Knife
- ◇ Colander or Salad Washer
- ◇ Large Bowls
- ◇ Hand Held Lemon Juicer
- ◇ Juicer
- ◇ Blender
- ◇ Cutting Board

### Optional Items

- ◇ White Balsamic Vinegar
- ◇ Coriander Seeds



# zucchini hummus BONUS

## Zucchini Hummus

INGREDIENTS - Makes enough for TWO 8oz servings

2 C Zucchini Squash, large chop

1/2 C Sprouted Sunflower Seeds

1 Garlic clove, large chop

2 T Extra Virgin Olive Oil

1 Lemon, juiced into blender

2 tsp Mineral Salt

1/4 C Filtered Water to create desired consistency

2 T Cured Black Olives, pitted and chopped

DIRECTIONS : Place all ingredients in blender and blend on low first. Using the blender plunger attachment, keep ingredients moving. Increase the speed gently and add water to your desired consistency. Blend until completely smooth. Garnish with chopped dried black olives.

### OPTIONAL VARIETIES

For a savory twist, add 2 T soaked sundried tomatoes.

For a Caribbean twist, add 1/4 tsp of each – cumin, coriander and a pinch of cayenne. Garnish with golden hunza raisins.

For a detoxification boost, add 1/4 tsp each of kelp flakes and the best Blue Green Algae you can find.

TIME SAVING TIP : This one is so easy and quick it hardly needs prep, but feel free to wash and prep your veggies the night before, keep them in an air tight glass container in the fridge.

UPCYCLE TIP : Whatever left over zucchini you have, you can cut into rounds, season with salt and pepper and dehydrate for 36 hours to make raw zucchini chips.

NUTRITION TIP : Zucchini is abundant in vitamin C and vitamin B-6, and minerals like phosphorous and magnesium.





# week three recipes

day 15 through day 21

TOOLS FOR  
THE WEEK



FOOD  
PROCESSOR



MANDOLINE



BLENDER



JUICER

By week three, you should be in the groove. You should have all your ingredients for the week, and even make use of some leftovers that make surprisingly delightful dishes. The unique ingredient for this week is Maca Powder and technique for this week involves marinating crunchy vegetables, often used as “for cooking only” ingredients. Eventually this marinade ends up as a dressing for one of this week’s salads too. Warning – things get a little wild and sexy this week...just go with it!

+ DAY  
FIFTEEN



# cherry vanilla smoothie

creamy protein smoothie

## Cherry Vanilla Maca Smoothie

### INGREDIENTS - Makes enough for TWO

5 Raw Brazil Nuts  
16oz of Yerba Maté Tea, steeped  
(2 Chocolate Maté Teabags) OR Coconut Water  
2 T Maca Powder  
1 Ripe Banana  
1/4 t Vanilla Bean  
Pinch of Salt

### INGREDIENTS FOR CHERRY SYRUP

1 Date, pitted  
1/2 C Frozen Red Cherries  
1 T Lemon Juice  
1 T Water (optional)

**DIRECTIONS :** Blend tea base, nuts, banana, maca, vanilla and salt and blend on high until nut milk is smooth and creamy. Set into glass containers. Rinse blender and dry. Place cherries, lemon juice, the date and blend on high until you have a smooth syrup. You may need to add additional water. Separate cherry concentrate into two parts and add equal amounts to each nut milk and enjoy immediately.

**TIME SAVING TIP :** Make the cherry concentrate the night before and store it in a glass container. It will freeze on the bottom and you can pour the fresh nut milk over and take this smoothie on the go. During your commute the cold will be dispersed, and by the time you get to work and settle in at your desk, you'll be able to enjoy this beautiful and nutritious smoothie.

**MONEY SAVING TIP :** Cherries can be expensive, so you can feel free to substitute other orchard fruits including peaches and apricots. Both of these fruits make great (and delicious) alternatives to fresh and frozen cherries.

+ DAY  
SIXTEEN



# spicy fennel juice

slightly spicy & sweet

## Spicy Fennel Crisp Juice

### INGREDIENTS - Makes enough for TWO

- 1 Cucumber, quartered lengthwise
- 2 Celery Stalks
- 2 Granny Smith Apples
- 1 C Fennel Root, chopped to fit into your juicer
- ¼ Lemon, juiced
- Small Handful of Mint and/or Parsley leaves
- 1 t Jalapeño Pepper (add more if you like spicy stuff)

**DIRECTIONS :** Juice all ingredients together at once. Enjoy immediately.

**TIME SAVING TIP :** Make the cherry concentrate the night before and store it in a glass container. It will freeze on the bottom and you can pour the fresh nut milk over and take this smoothie on the go. During your commute the cold will be dispersed, and by the time you get to work and settle in at your desk, you'll be able to enjoy this beautiful and nutritious smoothie.

**UPCYCLE TIP :** If you're using your leftovers from Day ELEVEN's recipe then you know you have a bunch of fennel fronds laying around. These tend to be pretty tough and fibrous, but you can use the delicate fronds and either juice them, add them to your salad or add them to other left over veggies and make a vegetable stock.



# + DAY SEVENTEEN



SLICING SQUASH



GREENS IN MARINADE

# squash fettuccine choy

Marinated Bok Choy & Yellow Squash Fettuccine

Makes enough for two

## INGREDIENTS FOR MARINADE

For Veggies Marinade

1 T Ginger

1/2 Lemon

1/2 Lime, juice + zest

1 T Ginger, zested

1/2 Orange, juice + zest

3 Parsley Sprigs, chopped

1/4 tsp Salt

1/2 C Extra Virgin Olive Oil

1/4 C Shoyu

1/2 tsp Garlic Powder

1/4 tsp Turmeric Powder

1/2 tsp Red Pepper Chili Flakes

## FOR MUSHROOMS

3-4 Shiitake Mushrooms

1/3 C Extra Virgin Olive Oil

1/4 C Shoyu

1/4 tsp Red Pepper Flakes

Directions for Mushrooms - Wash and slice mushrooms into thin slices. Soak in marinade for 20 minutes. Strain and squeeze excess liquid out and set aside.

**DIRECTIONS FOR MARINADE :** Add all ingredients together into a large bowl or glass container with a cover. Once ingredients are together, mix together with a fork. Add greens to marinade and allow to set in marinade for 1 hour at room temperature. Remove vegetables from marinade and place into a bowl. Make sure the veggies still have enough of the marinade to mix with the squash noodles. Use the marinade to make a salad dressing or soak more veggies for tomorrow!

## FOR NOODLES

2 Yellow Squash

**DIRECTIONS FOR NOODLES -** Slice squash thinly with a mandoline and then cut into 1/2" wide noodles. (see image above)

## DIRECTIONS FOR ENTREE

Add strained mushrooms and vegetables to squash noodles and toss lightly until fully coated. Add additional marinade as desired and enjoy with a side salad!

# + DAY EIGHTEEN



MARINADE DRESSING

# stiletto gem salad

little green gem lettuces

## Green Gem Stiletto Salad

### INGREDIENTS - Makes enough for TWO

2 Green Gem Lettuces, quartered lengthwise  
1 Plum or Roma Tomato, quartered lengthwise  
½ Shallot, sliced into rings  
½ Avocado, cubed  
¼ Lemon, squeezed  
3 Sundried Black Olives, pitted and quartered  
Fresh Cracked Pepper to Taste

### DRESSING INGREDIENTS

¼ C Marinade (reserved from Asian Green Fettuccine)  
½ t Agave  
¼ t Turmeric, ground

**DIRECTIONS FOR SALAD :** First, place cubed avocado into a bowl with shallots and lemon juice and give it a quick toss until shallots are coated with avocado and set aside. Prep lettuce, tomato and olives. Place the avocado mash on the plate first, then place quartered tomatoes and quartered lettuce on the plate. Top with olives, pepper and dressing. Serve immediately.

**DIRECTIONS FOR DRESSING :** Hopefully, you saved your marinade from yesterday. This take less than 5 minutes. Simply place the marinade and other ingredients into the blender and blend until mixed thoroughly. Drizzle over gem lettuce. Will keep in the fridge for up to two days.

**MONEY SAVING TIP :** Are you feeling it yet? You haven't had to buy salad dressing for weeks so you've saved at least enough to buy yourself something good.



+ DAY  
NINETEEN



# herbed tomato tapenade

a flavorful way to use tomatoes

Herbed Tomato Tapenade

INGREDIENTS - Makes enough for 3 - 4 servings

Ingredients:

12 – 14 Heirloom Cherry Tomatoes

6 Kalamata Olives, pitted

6 Sun Dried Black Olives, pitted

¼ Yellow Pepper, chopped

1 Garlic Clove, chopped

4-5 Basil Leaves

1 Sage Leaf (if you have on hand)

3 Rehydrated Sundried Tomatoes

1 tsp Apple Cider Vinegar, Braggs (with mother)\*

1 T Extra Virgin Olive Oil

OPTION 2 – Toss in a handful of chopped capers and a squeeze of lemon for a twist

DIRECTIONS : Rehydrate the sundried tomatoes before hand. Squeeze excess water and place tomatoes into blender or food processor. Add all other ingredients and pulse until tapenade has a chunky, but thick texture. Serve atop cucumbers, on crostini bread or crackers, atop your salad greens or in a Red Cabbage Burrito Wrap (see recipe).

UPCYCLE TIP : Strain excess tomato water from tapenade before serving and reserve the water with the sundried tomato water to make a salad dressing tonight! Just use the tomato water along with some olive oil, mineral salt, garlic powder, apple cider vinegar and the juice of ½ an orange.

NUTRITION TIP : That fresh garlic and apple cider vinegar will deliver well known and essential immune boosting nutrients to your body. \*The “mother” in apple cider vinegar world means that the vinegar is considered to be a living product because it has a “scooby”, which is the mother. A “scooby” is an acronym meaning, a symbiotic culture of bacteria and yeast that grows good bacteria cultures in foods that have not been pasteurized.



+ DAY  
TWENTY



# cilantro parsnip rice

fluffy & flavorful

## Cilantro Parsnip Rice

INGREDIENTS - Makes enough for TWO servings

¼ C Parsnip Root

4 Brazil Nuts OR 2 T Pine Nuts

1 T Cilantro Leaves, no stems

1/2 Garlic Clove

2 T Extra Virgin Olive Oil

¼ - ½ t Mineral Salt

DIRECTIONS : Wash and peel your parsnip, and give it a rough chop. Place the parsnip, garlic, brazil nuts, olive oil and salt into your hand held food processor or blender. If you aren't making that much and I made this recipe in my Vitamix blender. If you are doubling the recipe, I recommend using a food processor.

Pulse ingredients, and intermittently scrape the sides down, until light and fluffy. If you pulse too much, your rice will have more of a “buttery” texture. If you don't pulse it enough, you will have a very crunchy texture which isn't ideal for finger food.

Once you have a light texture, add the cilantro leaves and pulse once or twice, only enough for the cilantro to be dispersed. Enjoy immediately or refrigerate for up to two days. Great for making raw versions of our favorites like Sushi rolls or Burrito Wraps!

# + DAY TWENTY ONE



AVOCADO MASH

# cabbage burritos

crunchy & delicious

## Red Cabbage Burrito Wraps

INGREDIENTS - Makes enough for TWO servings

1 C Tomato & Olive Tapenade (Day 19 Recipe)

1 C Cilantro Parsnip Rice (Day 20 Recipe)

1 C Avocado Mash (see recipe below)

6 – 8 Red Cabbage Leaves, rinsed

Cilantro Leaves, garnish

Chili Powder (optional)

DIRECTIONS : Separate cabbage leaves from the head, rinse and set aside to dry. Make your fillings the day before, but allow to come up to room temperature for 10 – 15 minutes.

Layer the ingredients as you prefer, but what worked for me in this version was to place the avocado mash directly into the cabbage leaf. Then add the tapenade and the rice on top. Garnish with cilantro and eat IMMEDIATELY! You will want to likely double your recipes because these are convenient, simple, nutritious AND soooooo delicious! You'll thank me!

## shallot avocado mash a great spread for raw sandwiches

### Shallot Avocado Mash

INGREDIENTS - Makes enough for TWO servings

1 Avocado, ripe

¼ Lemon, squeezed

½ Shallot, chopped

Salt and Pepper to Taste

DIRECTIONS : Score your avocado the whole way around, discard the pit and squeeze the fruit into a small bowl. Add all other ingredients and give it a good mash. Spread on raw sandwiches or Burrito Wraps (see recipe).

# RAW SHOPPING LIST

Week Three

## To get maximum nutrition, buy Certified Organic!

Estimate based on single recipe (not doubled)

### Produce

- ◇ Fresh or Frozen Cherries – 1 bag
- ◇ Banana - 1
- ◇ Brazil Nuts – ½ lb (or use what's leftover)
- ◇ Pine Nuts – handful
- ◇ Dates – 1
- ◇ Avocado – 3
- ◇ Celery – 2 stalks
- ◇ Sm Fennel – 1 (or use what's leftover)
- ◇ Sugar Snap Peas – ¼ lb
- ◇ Bok Choy – 2
- ◇ Green Gem Lettuce – 3 (or Romaine)
- ◇ Garlic – 4 cloves
- ◇ Cilantro – 1 bunch
- ◇ Parsley – handful
- ◇ Scallions – 1
- ◇ Shallot - 1
- ◇ Apple – 2
- ◇ Orange - 1
- ◇ Lemon - 2
- ◇ Ginger – ¼ lb
- ◇ Limes - 2
- ◇ Jalapeño – 1
- ◇ Yellow Summer Squash – 3 small
- ◇ Shiitake Mushrooms – 4
- ◇ Heirloom Tomatoes – 2
- ◇ Cherry Tomatoes – 1
- ◇ Red/Yellow Pepper – 1 (or use what's left)
- ◇ Kalamata or Sun Dried Olives – 10
- ◇ Mint - 1
- ◇ Cilantro – 1
- ◇ Basil – 1 (or use what's leftover)
- ◇ Parsnip Root – 2
- ◇ Turmeric Root – 1
- ◇ Red Cabbage – 1

### Other Ingredients

- ◇ Pink Mineral Salt
- ◇ Red Pepper Chili Flakes
- ◇ Garlic Powder
- ◇ Shoyu
- ◇ Maca Root Powder
- ◇ Apple Cider Vinegar (w/mother scoby)
- ◇ Chia Seeds – 2 T
- ◇ Extra Virgin Olive Oil
- ◇ Vanilla Bean
- ◇ Dried Currants

### Things you're making this week....

- ◇ Cherry Vanilla Maca Smoothie
- ◇ Spicy Fennel Crisp
- ◇ Green Gem Stiletto
- ◇ Marinated Greens w/Fettuccine
- ◇ Herbed Tomato Olive Tapenade
- ◇ Cilantro Parsnip Rice
- ◇ Red Cabbage Burrito Wraps

### Kitchen Utensils Needed

- ◇ Food Processor
- ◇ A Sharp Chopping Knife
- ◇ Colander or Salad Washer
- ◇ Large Bowls
- ◇ Juicer
- ◇ Mandoline
- ◇ Blender
- ◇ Cutting Board

### Optional Items

- ◇ Coconut Oil



# ABOUT fresh juice

Juicing can be easily incorporated into a daily lifestyle and routine for the purpose of living a healthy life. Adding fresh juice to your diet provides an easy way to increase the daily intake of fiber rich and high water content fruits and vegetables. For many, juicing can be an inconvenience or simply just another chore. And for some, juicing is a welcomed new habit that enhances life and health. Making juice at home means making fresh juice that is not processed, like store bought juices.

The majority of pre-packaged juice products sold are required by law to be pasteurized and processed to ensure a pathogen-free product and to increase the shelf life of the product. When juicing at home, one can enjoy the benefits of being able to consume fresh juice that contains essential minerals and necessary enzymes. Just be cautious... allowing fresh juice sit at room temperature for too long will encourage the growth of potentially harmful pathogens and bacteria, and much of the nutrition will be diminished.

When you begin juicing it is important to remember to consume a balanced ratio of both fruit and vegetable juices. Naturally, fruit and some vegetables are high in sugar content and may not be the right choice for you if you are seeking to lose weight. Green vegetables are often high in minerals and can be bitter but are very beneficial to many of the primary and hard working organs in the body. Balancing bitter flavors with the mild sweetness of apples and cucumbers make great juices. Also, using complementary fruits and vegetables together to balance the nutritional profile of your juices.

One really important thing to remember when getting started juicing, consider your personal reasons for adding this healthy habit. Many people want to juice because they want to take control of their health. Others want to jump on the juice bandwagon because it's a popular trend. Either way, there are many benefits and can help you achieve your wellness goals. Though there are many personal reasons for choosing to juice, know your own.



# week four recipes

day 22 through day 30

TOOLS FOR  
THE WEEK



BLENDER



JUICER

This week is packed with seasonal goodies and is the last week of the 30 days of adding raw to your table. You're using milk kefir, we're sprouting and we're finally making a sweet treat! The unique ingredient for this week is Turmeric Root and technique for this week involves sprouting buckwheat, a great raw, breakfast food. Then you'll finish up with a salad dressing extravaganza. Finish strong this week.

Have you made any of these recipes “your own”?

+ DAY  
TWENTY  
TWO



# orange turmeric juice

wake up to this...

Orange Turmeric Sunrise

INGREDIENTS - Makes enough for 2 | 6oz servings

1 lb Carrots

8 Oranges, peeled and quartered

½ Lemon, with peel

2 T Ginger Root

1 T Turmeric Root

DIRECTIONS : Cut rind off all oranges and wash carrots thoroughly. Cut both into smaller pieces to fit into your juicer. Begin juicing carrots, (save some of the carrot pulp for a raw food recipe\*) then juice oranges, ginger, turmeric and lemon. Drink immediately.

TIME SAVING TIP : Wash your carrots the night before and prep your oranges and lemon by cutting the rind off and placing the wedges into air tight glass containers.

MONEY SAVING & UPCYCLE TIP : Make carrot tuna with your left over carrot pulp for a nice raw lunch the next day and save yourself some cash.

Also, if you need to make more of the All Natural Surface Cleaner (remember from Day 6), you can with the leftover citrus rinds from this recipe.

\* Carrot “Tuna” recipe included on page 75 P.S. There is NO fish in this recipe.

+ DAY  
TWENTY  
THREE



# blueberry açai smoothie

probiotic smoothie

Blue Berry Kefir Açai Smoothie

INGREDIENTS - Makes enough for 2 16oz servings

1 2oz Packet of Açai Puree

1 C Wild Blueberries, frozen

1 C Fresh Pressed Apple Juice Base

1 Banana

1 C Organic Milk Kefir (Plain)

2 T Fresh Aloe\* (flesh only) or 2 T Aloe Juice (unsweetened)

1 – 2 t Blue Green Algae Powder

FOR APPLE JUICE BASE

4 – 6 Granny Smith Apples

1 T Ginger Root

1/4 Lemon Wedge

**DIRECTIONS :** Juice your apple juice base first. Place juice in the blender with all other ingredients and blend on high for a few minutes until smooth and creamy. Drink or freeze immediately so you can enjoy it the next morning.

\*To add fresh aloe, snip about 1” off your aloe plant, cut the rind away from the gel on the inside of the skin. Add the gel to the blender.

**TIME SAVING TIP :** Make your apple juice base the night before and place into a clean but empty ice cube tray and cover. Then in the morning, place the ice cubes into the blender with the other ingredients. This will make the smoothie slushy.

**NUTRITION TIP :** Both aloe and milk kefir are great for providing the intestinal tract with nutrients that help move things along. Milk kefir adds probiotic bacteria to this smoothie. Blue Green Algae has many essential and trace minerals and amino acids that are very detoxifying for the body.

**NOTE ABOUT BLUE GREEN ALGAE :** Blue green algae contains omega 3 fatty acids, an essential type of fat. Blue green algae also contains amino acids, which are essential building blocks of protein. Vitamin B12 plays a key role in brain function and the nervous system, and is difficult to find naturally in an all vegan diet – so consider adding this to your daily regimen. Source : [whyalgae.com](http://whyalgae.com)



+ DAY  
TWENTY  
FOUR



# curried kale salad

curry it up caribbean style

Curried Kale w/Daikon

INGREDIENTS - Makes enough for 2 servings

1 Purple Kale, bunch  
1 Daikon Root, peeled  
1 Orange (or Blood Orange)  
1 Lemon  
2 T Extra Virgin Olive Oil  
1 t Garlic Powder  
½ t Cumin, ground  
1 t Mineral Salt

DIRECTIONS : Clean and prep your kale first. Remove the center rib and wash leaves thoroughly. Place leaves into a large bowl and tear leaves into smaller pieces. Mix in the citrus juice, spices and olive oil. Massage greens with hands until they are softened and have reduced down by a third. You can pour out any extra liquid into a small container and save to make a dressing or discard. Then, shave the daikon root with a vegetable peeler directly into the bowl, toss and serve.

NUTRITION TIP :You already know how amazing kale is nutritionally, but adding the daikon radish to this dish takes it up a notch. Radishes in general are great for you. They provide large RDA quantities of potassium, calcium, vitamin C, folate and even Omega fatty acids.

ONE THING TO REMEMBER...There's only one more week to go.

+ DAY  
TWENTY  
FIVE



# heirloom gazpacho +BONUS

a chilled summer favorite

## Heirloom Chilled Gazpacho

INGREDIENTS - Makes enough for TWO 16oz servings

2 Heirloom Tomatoes, cubed (different varieties)

1 Cucumber, cubed

1 Avocado, pitted and cubed

½ Red Onion, chopped small

1 Jalapeño, chopped small

1 Clove Garlic, chopped

¼ C Cilantro Leaves

½ Lemon, juiced

1 Lime, zested and juiced

2 T Extra Virgin Olive Oil

1 T Apple Cider Vinegar

1 t Mineral Salt

Optional : Add Kalamata olives, sundried tomatoes and even tomatillos if you can find them. They'll add depth and flavor to your gazpacho.

DIRECTIONS : Prep and chop tomatoes, cucumber, avocado, onion, jalapeño, garlic, cilantro, the zest of the lime, then the lime juice and the juice of the lemon. Add the apple cider vinegar, olive oil and salt. Stir together and enjoy immediately.

UPCYCLE TIP : If for some crazy reason there's left over gazpacho, you can blend it up to make a delicious tomato soup and top with a simple raw sour cream (recipe below)

## BONUS RECIPE - Raw Sour Cream

Makes enough for TWO 4oz servings

### INGREDIENTS

½ C Cashews, soaked and strained

1 Lemon Juiced

¼ t Mineral Salt

½ Garlic Clove

DIRECTIONS : Blend everything together and allow to sit on top of the kitchen counter for a few hours covered with cheese cloth or nut milk bag for 4 hours to ferment. Refrigerate and store for up to two days.



+ DAY  
TWENTY  
SIX



# chocolate dipped strawberries

a classic made raw & easy

Chocolate Dipped & Nutted Strawberries

INGREDIENTS - Makes enough for 2 servings

2 T of Unrefined Coconut Oil

2 T Raw Cacao Powder

A Pinch of Mineral Salt

1 T Yacon or Agave Syrup

5 Brazil Nuts

DIRECTIONS : Just blend until smooth, then add nuts and pulse until nuts are chunky. It won't take much. Makes enough for 6-8 Large Strawberries

Transfer chocolate into a shallow bowl and dip strawberries into the chocolate and set in the fridge. Just before serving dip them in the chocolate again and serve. Top with shaved coconut for a tropical twist. :)

## citrus explosion

image on next page...

Spring Citrus Explosion

INGREDIENTS - Makes enough for TWO

2 Oranges

1/2 Lemon w/rind

4-6 Kumquats w/rind

and some Ginger to spice things up!



+ DAY  
TWENTY  
SEVEN



the best way to 'upcycle' leftovers

## carrot tuna BONUS



**DIRECTIONS** : Blend all ingredients in blender until smooth and creamy.

### GARLIC HEMP AIOLI INGREDIENTS

1/2 C Hemp Hearts  
1/4 C Olive Oil  
1 Clove Garlic  
1/2 Lemon, juiced  
1/2 Orange, juiced  
1 T Apple Cider Vinegar  
2-3 T Water  
Salt & Pepper to taste

### CARROT TUNA ROLLS INGREDIENTS

2 C Carrot Pulp (from juiced carrots)

1/2 C Onion, diced  
1/2 Green Pepper, diced  
1/2 C Red Pepper, diced  
1/2 C Celery, diced  
1/3 C Dried Cranberries  
1/2 C Garlic Hemp Aioli  
1/2 Lime, juiced

Romaine Lettuce Leaves,  
washed & trimmed  
Pitted Kalamata Olives  
Sunflower Sprouts

### DIRECTIONS

Combine all ingredients in bowl and mix thoroughly. Add a nice helping of carrot tuna into a washed lettuce leaf. Garnish with lime, olives and sprouts. Enjoy immediately. Makes 8-10 rolls. Prep time 20 minutes.





+ DAY  
TWENTY  
EIGHT



# sprouted apricot meusli

a sprouted breakfast of champions

Sprouted Buckwheat Meusli

INGREDIENTS - Makes enough for TWO

1/2 C Sprouted Buckwheat

1/4 C Hemp Seeds

1 T of Maca Powder

1 Apricot, seeded and sliced

1 T Dried Goji Berries

1/2 Lime juiced

1 t Chia Seeds

A pinch of Salt

1T Honey or sweetener of your choice

Optional :Add a 1/4 C fresh or dried fruit and nut mix for added crunch and top with your favorite yogurt or kefir for a probiotic punch!

DIRECTIONS : Soak 1 C buckwheat overnight in a glass container filled with filtered water. Strain and rinse the next morning and allow all of the water to rinse the grain. After soaking this grain, the water will become very thick. Make sure to completely rinse the grain until the water rinses clear. Allow to drip dry for a few minutes and then place into a bowl. Buckwheat should be relatively dry. Add all other ingredients and toss together. Enjoy immediately or top with yogurt or kefir for an added probiotic punch!

NUTRITION TIP : Buckwheat isn't actually wheat, nor is it a grain. Buckwheat is a fruit seed of a plant similar to rhubarb and makes a great gluten-free alternative to cereal grains. Once buckwheat is soaked, aka sprouted, it is high in magnesium, copper, fiber and phosphorous. All the other ingredients add vitamin C, amino acids, antioxidants and omega fatty acids. This is one heart healthy meal!

+ DAY  
TWENTY  
NINE



# hibiscus coconut smoothie

tropical, creamy & nutritious

## Hibiscus Coconut Smoothie

INGREDIENTS FOR CREAM DREAM - Makes enough for TWO 16 ounce drinks

1 C Coconut Water, fresh or frozen

½ C Coconut Flesh

2 t Coconut Oil

½ t Vanilla Bean

¼ t Lemon Zest

½ C Fresh Fruit (I used Mango and Apricots)

1 T Lucuma Powder

2 t Honey

Pinch of Salt

## FOR HIBISCUS TEA

1 C Filtered Warm Water

1 T Chia Seeds

1 T Dried Hibiscus Flowers

**DIRECTIONS :** First, soak your chia seeds. Add the hibiscus flowers to warm water in either a tea ball or some kind of mesh strainer and allow to steep for 5 minutes. Remove the flowers and compost them. In the hibiscus infused water, add the chia seeds and allow to stand at room temperature until seeds have sprouted, meaning they have swollen and have become gelatinous. While the chia is sprouting, add all other ingredients to the blender and blend on high until smooth. Pour coconut base into glass and then pour hibiscus chia mix on top and enjoy immediately.

Coconut water can be found in the cold and frozen sections of most health food stores. If you can not find it there, you can at least find a fresh coconut there or at your local Asian market. Use the pulp or flesh as well to add healthy fat, enzymes and lauric acid.

**NUTRITION TIP :** This smoothie is packed with nutrition not only from the coconut and chia, but also from the lucuma powder. Lucuma is a sweet exotic fruit native to South America and contains is not only a good source of protein but also a great source of iron.



+ DAY  
THIRTY



# dill cashew dressing

super easy & quick to make

## Creamy Dill & Cashew Dressing

INGREDIENTS - Makes enough for 3 – 4 side salads

½ C Soaked Cashews

2 T Fresh Dill, de-stemmed

1 Garlic Clove

1 Lemon, juiced

½ t Mineral Salt

1 t Apple Cider Vinegar

Fresh Cracked Pepper to taste

DIRECTIONS : Soak your cashews and strain and rinse them. Add to the blender with all other ingredients. Blend everything together until smooth and creamy! Store in a glass container for up to 3 days.

# papaya seed dressing

## Papaya Seed Dressing

INGREDIENTS - Makes enough for 2 – 3 side salads

2 T Papaya Flesh

1 T Papaya Seeds

1/3 C Extra Virgin Olive Oil

½ t Mustard, dry ground

1 Date, pitted

¼ Lemon, juiced

¼ t Mineral Salt

¼ C Apple Cider Vinegar or White Balsamic Vinegar

DIRECTIONS : Place all ingredients into the blender and blend on high for 30 – 60 seconds until papaya seeds have been completely blended. Continue to blend if seeds are still crunchy. Use immediately on any salad. Store in a glass container for up to 3 days.

# RAW SHOPPING LIST

## Week Four

### To get maximum nutrition, buy Certified Organic!

Estimate based on single recipe (not doubled)

#### Produce

- ◇ Carrots – 1lb
  - ◇ Orange – 11
  - ◇ Kumquats - 6
  - ◇ Lemons – 4
  - ◇ Limes - 2
  - ◇ Ginger – 1/2 lb
  - ◇ Turmeric Root – 1
  - ◇ Brazil Nuts – ¼ lb
  - ◇ Açai Puree – 1 pack of 4
  - ◇ Banana - 1
  - ◇ Milk Kefir – 16 oz
  - ◇ Frozen Blueberries – 1 package
  - ◇ Aloe Pulp or Pure Aloe Juice
  - ◇ Apples - 6
  - ◇ Purple Kale – 1 bunch
  - ◇ Daikon Root - 1
  - ◇ Heirloom Tomatoes - 2
  - ◇ Avocado - 1
  - ◇ Cucumber – 1
  - ◇ Red Onion - 1
  - ◇ Mint - 1
  - ◇ Cilantro - 1
  - ◇ Basil – 1
  - ◇ Jalapeño – 1
  - ◇ Cacao Powder – 8oz
  - ◇ Coconut Oil – 16oz jar
  - ◇ Yacon Syrup or Agave - 1
  - ◇ Buckwheat – ½ lb
  - ◇ Hemp Seeds – ¼ lb
  - ◇ Coconut - 1
  - ◇ Apricots - 3
  - ◇ Dried Hibiscus
  - ◇ Tomato - 1
  - ◇ Cashews – ¼ lb
- ◇ Yerba Mate Teabags
  - ◇ Blue Green Algae Powder
  - ◇ Cumin
  - ◇ Organic Shoyu
  - ◇ First cold pressed olive oil
  - ◇ Apple Cider Vinegar (w/mother scoby)
  - ◇ Maca Powder
  - ◇ Goji Berries
  - ◇ Dry Mustard
  - ◇ Chia Seeds
  - ◇ Honey

#### Things we're making this week...

- ◇ Orange Turmeric Sunrise Juice
- ◇ Blueberry Kefir Açai Smoothie
- ◇ Curried Kale w/Shaved Daikon
- ◇ Heirloom Chilled Gazpacho
- ◇ Chocolate Covered Strawberries
- ◇ Spring Citrus Explosion
- ◇ Sprouted Buckwheat w/Apricots
- ◇ Soaked Hibiscus Coconut Dream
- ◇ Salad Dressings

#### Kitchen Utensils Needed

- ◇ Mandoline
- ◇ A Sharp Chopping Knife
- ◇ Colander or Salad Washer
- ◇ Large Bowls
- ◇ Juicer
- ◇ Blender

#### Optional Items

- ◇ White Balsamic Vinegar

# thank you

THANK YOU SO MUCH! It is my hope that you were able to add raw foods to your days. Even if you didn't meet your goal, you have the recipes now and can integrate them whenever you are ready!

No matter what, hopefully you will continue to add raw foods throughout the seasons.

Eat well...and add raw!

