

WINTER 2021

with Tracy Bleier & Stacy Levy

NOURISH

mind | body | soul

WINTERcleanse



Welcome to NOURISH

Welcome to Nourish.

We are excited to step into this wondrous experience together. We hold joy in supporting you to feel how you were born to feel — balanced, calm, connected, vital, at ease in your skin, and present in your lives.

There is a stillness that characterizes the Winter season, and with it comes a subtle invitation to redirect your own energies. Together we will create a container so you feel safe to explore and deepen into your life-long relationships with the most fundamental energies of life: **breath, light, sleep, food and movement.**

We all come to the *proverbial table* with our unique stories and experiences, instead of feeding you absolutes and telling you what we think you need to do, we will lovingly and gently encourage you to rediscover what your inherent tools are. What helps you feel the most alive and connected to your own nature? How can we help you foster trust in your voice, your gut, and your instincts? And how can you sustain and build upon that trust for years to come?

This is the spirit of what it means to NOURISH.

What emerges, what surfaces, what shifts, what releases, what grows, what stays. . .we hold each other to see our capacity and support each other through the highs and lows of what it means to heal, to make change, and to ultimately feel whole.

Your desire to cleanse is a testament to your own intuition and deep wisdom. This intelligence has always resided within you. We are excited to move with curiosity, with courage, with wonder, and love into your own answers that are most important for you right now. And, more than anything we are grateful as we celebrate, acknowledge and honor all of you for feeling called to be here with us.

Our heads are bowing with our hands on our hearts.

With love and deep service to the goodness that flows between us,

Tracy and Stacy

GETTING STARTED



The history of cleansing

The definition of the word, “cleanse,” is *to make clean; to purge, purify; to chasten; to justify*.

Cleansing dates back thousands of years, from Indigenous tribes, Yogis, Taoists to Biblical times. Fasting, cold water, sweat lodges, nasal washes, intestinal cleansing, breathing techniques, and plant medicines (some even named *the body of god*) were used to purify the body from toxins, such as heavy metals, or as a form of worship. Cleansing was a way to find clarity, purpose, or in many ways, a closer connection to Spirit. These original ideas of health were always related to the spiritual or natural world. Cleansing was a way to listen, hear, receive, and deepen into your gifts and the Universe’s abundance.

Fast forward to today’s Western culture, and what we see is the ritual of *cleansing* being adopted by the diet industry. Just Google cleansing and a plethora of detox and diet ads and websites appear. Cleansing is now packaged and sold as a quick fix detox. We feel the subliminal messaging is more an ideology that allow people to absolve themselves of their perceived *bad* behaviors. Thus, cleansing has become part of the cyclical loop of indulging then ridding and repeating this over and over again. Even today’s religious notions of prayer (to plea) or cleansing the soul, focuses around the ideas of repenting our sins. We have adopted a model that says, *pleasure is bad* even though we all want to have it. So to justify choices that make us feel good, we occasionally (or regularly) punish ourselves by rejecting, denying, or beating ourselves up both physically and mentally.

What is the NOURISHcleanse?

After years of both being caught in the above loop, we realized it didn't make enduring changes in our health, nor did it make us happy. We constantly found ourselves *counting calories or macros*, saying things like, *I'm not going to eat that. It's not worth it* (with worth being the negative effect it might have to my weight...), or *I'll sweat it out tomorrow*, a.k.a, go punish myself at the gym for the enjoyment I'm having now...

None of this gave us real nourishment, rather it was all deprivation and scarcity based. At the end of decades living like this, the only thing that remained was there was always another pound to lose, another fad to try, and something else that we were told we had to do to be happy, healthy, and beautiful.

NOURISH is:

- To practice loving, welcoming, and celebrating ALL of yourself.
- To listen and believe in your instincts and your innate wisdom.
- To know you are enough and you are capable.
- To trust your inner voice and intuition.
- To make space for more play and pleasure without the residual guilt.
- To understand Nature supplies all you really need to thrive.

The upcoming weeks are about creating the space and ease to rest and reset your internal and external life. (They are related). What you put in your body and what surrounds your body can stress your organs, your bio-chemistry (neurotransmitters), and all your systems (especially your nervous system). NOURISH simply asks *Does this bring more joy to my life?* But to answer that question requires some time to get quiet and clear enough to really hear the answer. It is not a one-size-fits all model, nor can anyone else truly live in your body, mind, or heart to know what works best for you. It is not a mere measurement of weight or body fat percentage, but rather, knowing what makes you feel most alive, have the most energy, think more clearly, and love more fully. For us, this is really about worshiping our lives, not rejecting them. The result may be letting go of or removing certain habits from your life, but we know they will be replaced by things that give you so much more.

Emotions and Cleansing

The Sufi poet, Rumi has a famous poem called *The Guesthouse*. In it he writes, *This being human is a guest house/ Every morning a new arrival/A joy, a depression, a meanness,/some momentary awareness comes/As an unexpected visitor. He tells us to: Welcome and entertain them all!/meet them at the door laughing and invite them in./Be grateful for whoever comes,/because each has been sent/ as a guide from beyond.*

During a cleanse it is common to experience a range of emotions and sensations from what Rumi refers to as “visitors” and what we may know as emotions, strong feelings and sometimes discomfort. When you first begin, you may notice you have the fluttering sensations of anticipation or excitement. You might recognize the feelings as “nervousness” or not knowing what to expect. We find it often is helpful to track sensations: Where do I feel the sensations in my body? (Rather than ask “why is this happening?”) During the cleanse, you may experience ecstatic feelings or inner calm. Or, some days can be a paradox where you may have moments of exhilaration or even euphoria to to times you feel sad or agitated or fatigued. Of course it’s natural to come up against resistance to any uncomfortable feelings. Who wants to feel uncomfortable? Whenever we make change our nervous system can be on high alert and more sensitive. It is completely normal to feel a range of sensations that may or not be “welcome.” You may experience boredom, irritability, and hunger — and rather than see these as negative or unwanted just know that **this rawness** is often part of the transformative process of repair. As life teaches us, it’s hard to avoid feeling uneasy. If you notice these feelings emerge, **be ultra tender to yourself**. Whether it is to rest more, do less, or ask for support from this community. You are not alone and your feelings are completely normal.

That said, we do not want to suggest that you will definitely feel challenged. Just as every body is unique, every cleanse experience is unique. Notice if you have a “no pain, no gain” mentality. Our Western mindset around suffering and transformation is so strong, and yet, there is much to be learned from our willingness to value the beauty and warmth of how pleasure and “the good” feelings are also signs of wondrous healing. Either way, see if you can view all feelings as “guests”— they come and they go. And simply notice the kind of “host” you prefer to be to all of them.

“Still, treat each guest honorably,
He may be clearing you out
for some new delight.”

Preparation

We invite you to reflect on these questions. What would it be like to give yourself time to answer these, and even return to them again. To create space to listen and feel safe and brave to be really honest with yourself. For some of us it may feel uncomfortable to turn the lens of how we view ourselves from critical to curious.

- *What am I devoted to and why?*
- *What brings pleasure to my life?*
- *What are qualities of myself that excite me?*
- *What are parts of my life (relationships, career, hobbies, practices, etc...) that I love?*
- *How, where or what can I add more into my life to bring me more ease, joy or pleasure?*
- *What are things I believe I am doing right now that prevents me from being happy or healthy?*



Inviting In Wonder

We find wonder to be a powerful agent of transformation. It allows us to take on that *child-like* mindset of things being new and fresh. It alleviates the pressure of *right or wrong*, and instead replaces it with a sense of surprise and cultivates imagination. Wonder, like play, is about opportunity. What do I see? What possibilities are there to create your life? The life you want, rather than, the life that you are told to live. Wonder is a way to discover how something operates in your life without predetermined judgements, assumptions, or expectations.

- **LANGUAGE/THOUGHTS/COMMUNICATION** — Your inner and outer dialogue impact your health just like food. Junk thoughts are like junk food to your insides. Notice your language (do you speak with negations: *I can't... I don't... I won't...* or future tense, *I will be, When this happens...*) What tendencies are in your thoughts? Do you worry a lot? Self sabotage? Self doubt? Obsess? Tell yourself you're not good enough, compete, compare? What about communicating? Do you complain? Gossip? Get defensive? Argue? Understand before being understood? Shame?
- **LIGHT** — Again, there is such a thing as junk light that can affect your energy. Have you ever considered how important light is to your well being? What is your relationship to the sun? Do you go outside and get sunlight on your body? Are you in front of screens a lot, and if so for how long each day? How much and what kind of light is around you at night?
- **BREATH** — What do you notice when you breathe? Where do you feel movement: belly, ribs, chest, throat, face, somewhere else? Do you breathe through your nose or mouth, or both? Is your breath big, long, small, short? Does your breath make sound? We breathe more than any other act on a daily basis, which means a natural and efficient breath can be one of the easiest ways to save energy.

- **SLEEP** — Sleep is where we recover and grow more than any other time of the day. We spend nearly 1/3 of our life sleeping! What is your sleep like? Do you go to bed at the same time each night? Wake up at the same time? Do you snore? Is your mouth dry when you wake up? Do you feel foggy when you wake up? Refreshed? In pain? What is your grip strength like?
- **MOVEMENT** — A living body is always moving. How do you like to move? Exercise? Do you enjoy the exercise you do? Do you have pain in your body? Do you move slowly but often or a lot all at once?
- **PLEASURE** — Happiness makes everything we do better. Do you enjoy what you do (job, exercise, food,...) or does it feel like a chore, an obligation, or a way to numb yourself? Do you make pleasure a priority in your life in relationships, love-making, eating, nature...? How does joy/pleasure relate to your health?
- **FOOD & WATER** — You're not what you eat, you are what you ate. What is the quality of your food and water? Do you know its sources? Do you enjoy it? How do you feel after you eat and/or drink? What do you prioritize as important about food/water (i.e. vitamins, proteins, fats, minerals...)?

"May you experience each day as a sacred gift woven around the heart of wonder."

- John O'Donahue

THE PROGRAM



The Structure

The cleanse is divided into three parts.

Week One: **Curiosity**

Week Two: **Cultivation**

Week Three: **Connectivity**

**There are two approaches to flow between throughout the weeks.*

Simple — Is this your first time cleansing or is cleansing new to you? Do you have a lot of external demands from family, work life? Do you find you tend to put extra pressure on yourself but want to explore simple (but profound) shifts that will integrate effortlessly into your daily life?

Seasoned — Have you had past experience with cleansing? Does your schedule allow for more flexibility with regard to diet and lifestyle shifts? Do you have interest in exploring and experimenting with fasting protocols?

We encourage you to be malleable move between simple and seasoned. There will be days where keeping things simple is best. There will be other days you want to explore and learn new approaches toward cleansing. Most important is that you give yourself the freedom to be fluid and open and to listen to your instincts.

Each week you will receive suggested guidance; whether it is prompting questions to explore (*Curiosity*); new behaviors, habits, or practices to try (*Cultivate*); or listening and integrating what you now know and how to keep loving your life (*Connectivity*).

The Wise Winter - Seasonal Eating

Winter is characterized by cold weather, a sense of heaviness, increased moisture, cloud-covered days, and the grounded slow feeling that sends many animals into hibernation. Winter is actually the season when the digestive fire is strongest. The body requires more fuel to stay warm and healthy in winter months, igniting the digestive capacity. Our bodies, therefore, crave a more substantial, nutritive diet in winter, and you will likely find yourself eating larger quantities of food. A supportive winter diet will be aimed at eating warm, cooked, slightly oily, well-spiced foods. It's recommended to drink room temperature, warm or hot beverages and avoid iced or chilled drinks, if possible. As the temperatures drop, we need to nourish and warm the body from the inside, to balance the yin and the yang. If we're eating 'cold' foods, also known as yin foods, such as fruits, raw vegetables, salads and cold drinks, we're overpowering the yin, leaving us feeling cold from the inside out and more prone to falling ill. Therefore, the colder months are all about eating the grounding and nourishing yang foods that are going to balance our hormones, strengthen our immune system, boost our energy and feel well all around. Soup, stews, broths, and warming foods are all good choices and a large part of our cleanse. In Traditional Chinese Medicine and Ayurveda, eating seasonally and locally is the rule of thumb. In season foods are also higher in vitamins and minerals. When a fruit or vegetable is harvested, it automatically begins to lose nutrients. The further food has to travel, the more nutrients it loses. Not only that, exposure to heat, sun, and air tend to reduce nutrition content even further.

What foods should we be eating in the Winter?

- * Hearty, heating vegetables like radishes, cooked spinach, onions, carrots, and other root vegetables
- * Spices like garlic, ginger, black pepper, cayenne and chili peppers
- * Cooked starches: yams, peeled potatoes, quinoa, oats (gluten free), and basmati rice
- * Stews, soups, kitchari
- * Well cooked legumes: beans, chickpeas, lentils, mung beans, miso
- * Fruits like citrus, dates, figs
- * Animal products (if you eat them) like poultry and eggs, venison, freshwater fish
- * Herbs: ginger, turmeric, cinnamon, rosemary, thyme

Eating with Your Senses

So often we eat mindlessly. We stuff food into our mouths while working on the computer, watching TV, or when we're on the run. The pleasure of eating lies in slowing down and fully experiencing all of the elements of food. Take some time to explore each of the following during your next meal and notice the difference.

Sight Look at your food and imagine you are a Martian scientist. You just arrived on Earth and have never seen this food before. Look at it carefully without naming it. Can you see the water, the rain and the sunlight within the food?

Smell Bring the food up to your nose. Without naming the scent, experience smelling the food, and then describe what you smell.

Touch Now explore how the food feels. Without naming the sensation, just experience touching your food.

Taste After becoming aware of the food in your mouth, start biting into it very slowly. Then begin to chew. Notice that the tongue decides which side of the mouth it's going to chew on. Give all your attention to your mouth and take a few bites. Then stop to experience what's happening. What is happening is invariably an explosion of taste. Express what's going on. Be really specific. What is the experience? Is it sweet or sour or juicy? There are hundreds of words to describe the experience of tasting.

Texture As you continue to chew the tastes change, as does the consistency. At a certain point you will become aware of the texture of the food because the taste has mostly passed. If the texture causes aversion, you may want to swallow it, but try to keep it in your mouth.

Swallow Don't swallow it yet. Stay with the impatience and the impulse to swallow. Do not swallow until you detect the impulse to do so. And then observe what is involved in getting the food over to the place where it's going to be swallowed. When you detect the impulse to swallow, follow it down into the stomach, feel your whole body and acknowledge that your body is now exactly one bite heavier.

Breath Next, pause for a moment or two, and see if you can taste your breath in a similar way. Bring the same quality of attention to the breath that you gave to seeing, feeling, smelling and tasting the food.

Silence Be silent. By this point, you understand something of what meditation is. It is doing what we do all the time, except we're doing it with attention: directed, moment-to-moment, nonjudgmental attention.

Practices for Your Well-Being

the magic in the mundane

It's the little things throughout the day that make the biggest shifts. What makes this time of cleansing so transformational is that it gives you a chance to pay attention (with tenderness) to things in our ordinarily busy lives that go largely overlooked. The following are mini-practices which infuse your ordinary routine with a bit of the sacred. After a few days of approaching the way you wake up, to the way you cook, eat, commune, move or rest with a deeper presence your body will have all kinds of ways of giving back to you.

Rise. This is precious time. Take in the light and feel your body transition. Read something beautiful. Wait to check your phone or any device.

Hydrate. Drink filtered, quality water. Warm water helps move toxins along and can help with cravings.

Eliminate. A large mason jar of warm water in the morning does wonders for this. If you tend to be drier, then drink two.

Move. Lean into your mood. Do you crave something chill or more fiery? Switch it up. Trust the internal requests. It's also okay to rest. Take a midday walk outside around nature.

Purify. Use a tongue scraper to rid of excess toxins. Dry brush your skin for a lymphatic release. Try oil pulling - swish coconut oil in your mouth for 15 minutes to support gum health and release toxins.

Write. Write one observation of the ordinary day. Or dance in your living room, sketch, sing, garden.

Bathe. Choose a special bath recipe (salts, clay, vinegar). Listen to music in the tub. Indulge.

Practices for Your Well-being

magic in the mundane

- Eat.** Eat one hour after waking. Let your midday meal be your biggest of the day, dinner your lightest. Close your kitchen by 7pm. Say a prayer before eating.
- Sit.** Take the time to sit down when you eat a meal. Do not stand and eat. Say your meal affirmation. Look at the colors of your food.
- Chew.** The more you chew, the slower you eat, the more digestive enzymes you secrete, the less stress on your digestive organs, the more nutrients you absorb from your foods....the more easily you eliminate.
- Ritualize.** Invite the sacred back into preparing, cooking and eating your food. Make it a ritual, washing the veggies, peeling potatoes, even wiping the counter.
- Unplug.** Unplug your phone for a designated time. Take mini tech/screen breaks throughout your day. Schedule them into your calendar. Limit (or refrain) from social media scrolling. Unplug electronics before 8pm. Read or journal or play a game.
- Listen.** Pay attention and listen to your body's signals and honor your body. Meditate. Put on soothing music. Listen with your whole being. You can never get this time back.
- Let go.** Let go of thinking you "should" or "need" to know what is around the corner. Look for ways you may be hiding this attitude from yourself. Let go of the need to fix your body and provide the support it needs to do its job.
- Rest.** Sleep in a cool, dark room. The long, dark evening hours provide a perfect atmosphere for you to relax and unwind. Let yourself merge with the season.

Ritual

affirmations and prayer

Creating ritual in our lives is a grounding and life affirming practice. We encourage you eat your meals at the same time everyday (or as close as possible), to wake up and go to sleep at the same each day and commit to routines that feel nourishing. In addition, prayer is powerful expression of intention. Below are some prayers and affirmations to work with during the cleanse. Feel free to modify and create your own, as well.

Blessings for meals:

"In this plate of food, I see the entire universe supporting my existence." - Ticht Naht Hahn

"Let us give thanks for the food we are about to eat. May there be food for all, abundant and healthful. Let us have the wisdom to choose to eat only which enhances our precious energy and sustains us through our labors and rest."

- Adapted from Haggadah of Liberation

"And when you crush an apple with your teeth, say to it in your heart...

Your seeds shall live in my body,
And the buds of your tomorrow shall blossom in my heart,
And your fragrance shall be my breath,
And together we shall rejoice through all the seasons."

- Khalil Gibran



Daily affirmation:

"In the infinity of life where I am,
all is perfect, whole and complete.
I now choose calmly and objectively to see my old
patterns and I am willing to make changes.
I am teachable.
I can learn.
I am willing to change.
I choose to have fun doing this.
I choose to react as though I have found a treasure
when I discover something else to release.
I see and feel myself changing moment by moment.
Thoughts no longer have power over me.
I am the power in the world. I choose to be free.
All is well in my world."

Creativity

connecting to your inner artist

Inside everyone resides an “inner artist.”

Whether you write, dance, draw, play music, garden, cook or design — giving yourself time to create is you feeding your soul (for yourself) and for the world. And yet, even with the things we love to do, it’s easy to disregard our creative side as frivolous or not as important as the things in our lives that keep us “busy.” But, imagine a child who never had time to play. There would be no spark to ignite her imagination and sense of curiosity. Play is how we learn and figure stuff out and giving yourself the time to foster your creative side (whatever it may be) breathes vitality and passion into your body and mind. Think of the word inspiration — it literally means to breathe. And to live everyday with a playfulness inspires YOUNthfulness.

The wonderful part of honoring your creativity is that you can take yourself off the hook for having to produce or perform anything. Just be in the process. Be creative for the sheer sake of it — not for an audience. Your desire to create is the the root of our most powerful energy. Consciousness is at play within you all the time. Though, while it can be wonderful to commit to being creative everyday — we can like anything, turn it into a task. It’s like a seated meditation — if you force yourself to sit down and get quiet because you think you have to — the practice backfires and becomes another thing to beat yourself up about.

The following is an example for how you can approach a writing practice as a way to experience the beauty of what happens over time. Instead of committing to writing pages every day, start with one simple exercise.



This exercise is adapted and inspired by poet Marie Howe.

Find a sweet time, grab a special notebook or a space on your computer and try this:

Take a moment to listen to the world (both inner and outer). Then with you whole body feel into the moment. Notice where your mind is pulled and go (and let it)! Then, pick up your pen or put your fingers on your keyboard.

Write *ONE* observation of an ordinary day.

Yoga and Movement

thoughts on exercise

Moving our bodies is essential to **feeling energetic, strong, open, and awake**. A good sweat, a good pump, or getting your heart-rate up can be a wonderful release and a mood-elevator. That said, with a culture obsessed with fitness and being fit, the exercise we love (and have made part of our everyday lives) can easily become another thing we force ourselves to do because we think we have to. If you hear yourself saying, “I have to get to the gym,” or you find you are stressing to get to a yoga class even if you feel tired or overwhelmed — what would it be like for you to take a moment and **check in with your energy**? What would it feel like to forego pushing yourself, and instead do **something more gentle**? **Take a walk**. Practice some simple, **easy stretches** or a brief moment to **move your joints**. Perhaps this is a good time to say, **“I really crave rest.”** We find that a great gauge to assess if your exercise routine is working for you is less about that endorphin high you feel right after, but more about **how your energy feels later on**. Do you feel exhausted? More depleted? Or is your energy feeling steady and consistently refreshed? If you find that your yoga practice or exercise routines are creating a kind of anesthetizing haze, where instead of stimulating your nervous system, it numbs it, and the result is the need that you have to do it all over again the next day to feel good, then that’s a great sign to **perhaps try a new way of moving**. The fitness industry has looked to things like military training, a.k.a., bootcamps as a model for how to train. What is missing in that are two things: one, bootcamp is an elimination process meant to test people to an extreme. Those who fail are out. And two, if you are able to get through bootcamp, then there is less time spent punishing the body through training, and more time spent on **learning how to recover**, which is the real missing piece to a strong, healthy body. Training hard after a poor night’s sleep (poor recovery) puts more stress on the body and actually defeats the good intentions of your workout. It is why many body science experts suggest **only one physically grueling routine per week** and the rest of the week doing things for recovery. There are also studies showing that an intense 60 minute cardiovascular workout done before or after an entire day of sitting (or being still) shows little to no cardiovascular benefit, whereas, **moving slowly but often** throughout the day (a.k.a. **low-level physical activity**) shows a much greater benefit for your heart health. And if you are going to put your body through a grueling workout, science shows that the **afternoon is a better time** to reap the benefits from it. What would it be like to start **moving smarter** during this time?

It does not mean to abandon what you have come to know and love — it simply is **something to notice** and bear in mind. During this time of NOURISH, you are safe to explore a shift in your own exercise and practice routine. What would it be like for you to reserve only once a week for a fiery and strenuous class or workout and the rest of the days, **focus on your quality of valuing recovery**?

“Movement never lies. It is a barometer telling the state of the soul’s weather to call who can read it.”

- Martha Graham

Understanding Food Sources

The following suggestions are here to help you become more aware as a food shopper and consumer, and perhaps, help you articulate what and why certain foods may or may not agree with you. We believe your body is your greatest barometer to tell you what works or what might be agitating your system. The following information is here to help educate and create a pantry of ingredients and foods that we feel are of the best quality and most beneficial for your body, mind, and spirit.

Most cleanses are an elimination diet that take away the common foods most people may have allergies to or struggle to digest well, and then after a period of time (like 30 days), you add in one food at a time to see how your body reacts. NOURISH is not a food elimination cleanse. However, through NOURISH, you may realize that certain foods are not serving your body the best way they could. You may learn it is the food itself, or the amount you eat (or drink) of it (sometimes it's not ridding yourself completely but modifying the quantity), or perhaps it is the actual source of that food that makes the most difference. Our focus is on understanding what is really in the foods you eat, which is often so misleading, and also, knowing what foods do to your body. Ultimately, what you choose to eat is up to you. Knowing how you physically feel from what you eat is up to you to determine. Also, we think it's just important to enjoy what you choose. If it feels like a punishment then either you're not going to stick with it or there's no pleasure in it. We are here to support you in finding what is your ideal, pleasurable, and thriving healthy body, mind, and spirit.



Understanding Food Sources

oils

Oils are one of the most misunderstood part of a good healthy diet. Oils are your main source of fat. Fat is not scary, in fact, it is the least inflammatory macronutrient. Our cells, organs, and brains are made up of fat and need the right types of fats to properly function. There are different types of fats, and not all fat is created equally. The two main types are: **saturated and unsaturated fats**. Unsaturated fats are broken down into **mono-unsaturated and poly-unsaturated fats**. Saturated fats are more stable than unsaturated fats because there are fewer places in a saturated fat molecule for oxygen to damage them through oxidation. **Oxidized fats make you age faster, create inflammation and produce less effective cell membranes**. When your body has to use oxidized fats, the damaged fats create free radicals throughout your body. Your body prefers to use **saturated fats to create cell membranes and hormones**, and will if they are available. This is why we recommend cooking with saturated fats, like **grass-fed butter, ghee, or coconut oil**. Unsaturated fats, especially **polyunsaturated fats, are less stable because they oxidize under a lower temperature**. Monounsaturated fats, like olive oil or avocado oil, are more stable than polyunsaturated fats. These are better to consume in salad dressings or raw (like good olive oil to dip a yummy sourdough bread into), but better not to use these for cooking. Unfortunately, in America olive oil is poorly regulated, and what is on the label may not be 100% olive oil. The remaining filler is often cottonseed oil, which is what Crisco is made from (Crisco stands for crystallized cottonseed oil). Poly-unsaturated fats (PUFAs) are the least stable, and therefore, most likely to be rancid oils of all. Canola oil, Grapeseed Oil, Corn Oil, Soybean Oil, Generic Vegetable Oil, Walnuts Oil, Cottonseed Oil, Sesame Oil, Peanut Oil, Margarine, Flaxseed Oil, and Fish Oils are all polyunsaturated fats. **Unstable oils oxidize at a lower temperature and go rancid easily**. Remember, oxidation releases free radicals throughout the body, which in turn creates cellular damage that manifests in a whole slew of ways internally and externally. And since more PUFAs oxidize at a low temperature, it's fair to say that most are already rancid by the time you buy them.

What to Stock.

Saturated fats for cooking: Grass-fed Butter, Grass-fed Ghee, Organic Coconut Oil (refined has less coconut flavor the unrefined), and Animal Fats (lard, Duck Fat, Beef Tallow, etc... - we like Epic Brand).

Monounsaturated fats best to use without heat. Olive Oil (look for cold-pressed and in a bottle that light can't penetrate). A good olive oil is complex like a good wine with lots of flavor.

Polyunsaturated fats avoid all. However, if you do consume any PUFAs, Vitamin E is a great buffer to the negative affects.

Understanding Food Sources

starches

Most of the carbohydrates you eat are starches. Starches are long chains of glucose (not gluten) **found in grains, legumes, seeds, potatoes**, et al. We do not believe starches are bad or should be avoided. If there is a metabolic condition, such as diabetes where limiting your net carb intake may be necessary, then please listen to that. If you have any allergies or sensitivities to starches, also, listen to those. We all respond to foods differently, but what is important to understand is many of today's foods aren't really the same foods they used to be due to the way they are grown or produced. Anything that is synthetic or foreign to the body immediately creates a stress response. So, it might not be the food itself as much as it is, the stuff showing up in the food that causes the body to go into a fight or flight response.

Many of the grains in the U.S. are over produced and **sprayed with pesticides (glyphosate)**, and/or show up in most of the foods we eat. For example, **corn is in nearly everything**, including animal feed (whether or not the animals are meant to eat corn). **Wheat is also overly processed** and heavily used, think of breakfast cereals. Nearly all wheat is so refined in the **processing that they then enrich it** (putting nutrients back in). The enrichment usually adds more nutrients than would be found in the real food (like iron). Gluten is a large protein found in wheat, primarily in America, that tends to break through the gut lining and can wreak havoc on a person's system. As far as grains go, listen to your body and know what is working for you. Some simple suggestions are to choose a **good quality white basmati rice grown in India** (not California) over brown rice or wild rice. If you look at most cultures around the world that subsist on rice, they all eat white rice, not brown rice. The reason is the outer husk of the rice is what contains most of the plant's chemicals to protect itself. Plants have no other way to protect and survive other than releasing chemicals into the consumer. So mitigating that affect is crucial in cooking. Things like white rice with the outer husk removed offsets many of the digestive challenges. Or **peeling your potatoes** is another great way to mitigate the negative affects that could happen. We are particularly fond of **root starches like cassava (taro) or yams (especially Japanese yams), and white potatoes**. If you like **quinoa**, we recommend **fermenting** it or cooking it in a pressure cooker. This is how it is traditionally cooked in South America where it originates. Breads can be wonderful. They are ancient. Think of *breaking bread*. We love a **good sourdough**, which utilizes the wild yeast to ferment and rise, plus letting it ferment longer (like 36 hours before baking) essentially pre-digests and breaks down the grain.

Not all starches you eat get digested. These starches that are resistant to digestion function like soluble fiber. There are many studies that show these starches have great benefit on human health, such as improved insulin sensitivity, lower blood sugar levels, reduced appetite and various benefits for digestion. When you eat **resistant starch**, it ends up in your large intestine, where the bacteria digest it and turn it into short-chain fatty acids. The most important of these short-chain fatty acids is butyrate. **Butyrate is the preferred fuel of the cells that line your colon.** Therefore, resistant starch both feeds the friendly bacteria and indirectly feeds the cells in your colon by increasing the amount of butyrate. Resistant starch has several beneficial effects on your colon. It reduces the pH level, potentially reduces inflammation. The short-chain fatty acids that aren't used by the cells in your colon travel to your bloodstream, liver and the rest of your body, where they may have various beneficial effects. Just like oils, there are many different types of resistance starches. Some of our favorites are **green banana flour** (great for pancakes) or **potato starch**. Potato starch is inexpensive and can be used as a supplement in a smoothie. It has little to no flavor. But our favorite type of resistant starches is to make any starch resistant, whether it's pasta, white rice, potatoes, yams, etc is to cook them and refrigerate them, and then reheat them. Something about the cooking and reheating changes the starch into a resistant starch.

In other words, **we are not saying things are bad for you. There may be starches that don't do well for your body, or the way they are prepared is the problem, or the quality of the food.** Please experiment, listen to your body, and find a way to love such a delicious and essential macro for your body.

Understanding Food Sources

animal meat

If you choose to eat animal meat or not is totally your preference, and we will never tell you what you are *supposed* to eat. Again, we believe **food choices are very personal** and are yours to make. If you do eat animal meats these are some important things to consider. First off, it is very rare to find any culture through the history of time that has subsisted only on a plant-based diet without getting any nutrients from animals. There are many nutritional benefits from eating animal products. Many **vitamins, like K and A**, that humans simply cannot get from plants. Things like bone broths or organ meats are loaded with **minerals and micro nutrients** that are hard to find elsewhere. Humans require the synergistic relationship from animals that graze off the grass (land) to digest and assimilate the nutrients for us. Technically, humans are not grass dwellers, but rather, evolved from tree dwellers, which means we can't really, or are not meant to, eat grasses. If you've ever had a shot of wheatgrass and felt nauseated then you know what we mean. It means that animals can play an important role to help nourish our bodies. The challenge is two fold as we see it.

One, the source of animal food is all wrong. Commercially farmed animals, even most *organic* animal meats, are not grass-fed. Instead they are fed a **feed that is primarily composed of corn**. This means instead of reaping the many nutritional benefits from the animal that is eating off the land, instead, you are simply eating corn (or whatever the feed is), which is not the animals intended diet. Studies have shown that over **90% of American cattle are actually nothing but corn**, and because of the amount of corn-fed meat (and other processed foods containing corn) Americans consume, over 60% of an American is actually corn. If you eat meat, **look for grass-fed meats. If you eat eggs, look for pastured-raised. Organic and/or free-range are not trustworthy enough labels for your meats.**

The second challenge as we see it, is we no longer eat from snout-to-tail as our ancestors did. Our culture today is **nearly all muscle meat**, which in excess can have a negative impact, such as a cause of cancer. Our ancestors who hunted for their food, would **use the whole animal**, eating not just the muscle meat, but the **organs and use the bones to make broths and stews**. This is why we **incorporate offal into our diets either through bone broth, consuming organ meats** (liver, heart, tongue, sweetbreads...) or taking an organ meat complex supplement on a daily basis.

To summarize, we do not discourage meat eating, or animal products. **Meats, such as beef, lamb, goat, rabbit, wild games, pork, poultry** all may be part of any healthy diet. The two most important things are to know **the source of the animal - grass-fed, pasture-raised, wild**. And secondly, try to **eat more of the whole animal** not just the muscle meat.

Side note on chicken. **Chickens are probably the most over bred and farmed animal**. The regulations on packaging are very misleading. We eat very little chicken due to the fact that it is very hard to find good quality chickens anywhere, including Whole Foods, where two years ago, the main chicken company they carry was called out for being a factory farm with terrible conditions and quality control. Occasionally we eat a **pasture-raised roasted chicken**. Today's chickens do not have the same nutritional value and are often loaded with Omega-6, a more inflammatory fatty acid. **Game fowls are a better choice** if you can find them.

Understanding Food Sources

dairy

Dairy has become one of the big allergens that health and wellness clinicians look at in today's cleanses. Many times, dairy is to be completely removed while on a cleanse. Often it is cited for digestive issues and mucus/sinus problems. Like everything in NOURISH, dairy is a food category that we will ask you to lean into and listen to your body as you learn more about it. For us dairy includes **animal milks and cheeses from cows, sheep, and goats.**

Like animal meats, much of the dairy industry is farmed all wrong, **pumping in hormones** and feed that is just not natural or part of the animal's diet. In addition to the all the commercial farming techniques, there is also a genetic mutation that happened among European cows centuries ago, dividing the Northern European cows from the Southern European. This gene mutation is called **A1 and A2 cows.** Northern European cows have the A1 gene, which is where casein exists, producing lactose. **Most people have allergies to the casein/lactose** in dairy. This may explain why certain cheeses, like an Italian parmesan or other cheeses from Southern Europe, don't create the same reaction to your system. There is one milk company called **A2 Milk that produces milk only from A2 cows.**

The other thing that has happened to dairy is the **homogenization and pasteurization of milk.** Pasteurization is necessary to kill potentially harmful bacteria, but it can also be so strong that it kills everything in the milk (like an antibiotic to your system). But the homogenization process actually changes the molecular structure of the milk making it far less absorbable to the human body. If we drink milk, we always look for **raw milk, which is non-homogenized, and often not pasteurized.** It is usually very hard to find raw milk since stores won't carry it due to regulations. Raw milk also spoils very quickly, which milk should do. It's bizarre to see a milk container with an expiration date for a month or so after you buy it! Raw milk that is from grass-fed cows is loaded with healthy vitamins and nutrients, just like grass-fed meat. Things like **Vitamin A, Vitamin K, copper, Lactoferrin (helps with iron), sugar, protein, calcium, selenium** and more. Same with **raw milk cheeses.**

Again, eating dairy is something you have to feel into for yourself. If it doesn't work for you, then know that. If it hasn't worked for you in the past and you want to try, then look into some of the different dairy sources. **Look for Southern European cheeses, raw milk, try goat or sheep milk over cow,** or listen to your instincts and experiment with what feels right for you. Yes, there is lots of money and industry that has interrupted and hijacked our food industry, and with that see if you can separate the industry from the foods and listen to your body. Dairy is not bad. You may need to take a break or consume less to find what works for you, or to know it doesn't.

Understanding Food Sources

sugar

There are many forms of sugar, most of which are so processed that **the body does not know what to do with them**. Culturally, we are **addicted to sugar** since it is found in nearly all processed foods which makes up a huge portion of our food supply. Like many other food sources we discuss in NOURISH, the source is what's crucial to look at. **Raw cane sugar (directly from the plant) is eaten all over the world**, and even contains minerals and nutrients. Maple syrup (once called grade B, but now dark robust) is loaded with vitamins and minerals. **Sugars are naturally occurring and the easiest source of usable energy for the body.**

The problem lies in the types of sugars and the foods they are added into, which is usually baked goods loaded with simple carbohydrates and other processed foods. (For example, it's not the sugar itself, but it's the sugars combined with carbs that get stuck to the teeth and cause cavities.) Because **hidden sugars are in so many foods**, there is a significant overconsumption of sugar on a daily basis. This is harmful because the body can convert only so much sugar into glucose and insulin per day. Once that quota is met, then the rest of the sugars are converted into fructose and then **stored in the liver as fat**. Sugar can be found in many unsuspecting foods. Sugar sources, additives and artificial sweeteners to watch out for include: **refined white sugar, corn syrup, dextrose, sucrose, aspartame, confectioners sugar, rice syrup, glucose, caramel, granulated sugar, lactose, agave nectar, malt sugar, sorbitol, and high fructose corn syrup**. In addition to more obvious sources of sugar like baked goods, sugar **can also be found in foods such as salad dressing, soda, energy drinks, pasta sauce, breakfast cereal, dried and canned fruit, fruit juice, jam, alcohol and dairy.**

While **each individual tolerates and/or reacts differently to sugar**, effects on the body to watch out for can include: **digestive issues, weight gain, difficulty concentrating, seasonal allergies, irritability and mood swings, anxiety, skin and nail fungal issues, and vaginal or urinary tract infections**. Other things to note is that sugar can be highly addictive and **trigger cravings, cause inflammation, act as a hormonal disruptor** and feed an **overgrowth of candida** (which negatively impacts gut health) and assimilation of nutrition. Again, you may have a strong reaction to sugar or tolerate it just fine in moderate amounts so we invite you to **pay attention to your body's signals** and choose your food sources wisely.

What to Stock.

Dark Robust Maple Syrup
Local Honey
Black Strapped Molasses
Coconut Sugar

Non-Sugar Sweeteners
Stevia (only Omica Organics brand)
Swerve, Xylitol, or Erythritol

Understanding Food Sources

fruit

While fruit does have **beneficial nutrients, fiber, antioxidants, and phytochemicals, it is pure fructose** (which is a type of sugar.) Fruit juice is especially high in sugar — when you consume juices, you are consuming the food without any of its fiber. It's basically all sugar, even vegetable juices. Historically, fruit worked as a summer crop that was in abundance for a short period of time. You would eat as much of it as you wanted, or could, then it would be gone. The summertime fruit season was very important to our survival. All the excess eating was then stored up in the body **(fructose stored as fat)** that was then burned off through the scarce winter months when food was limited. Think of a bear hibernating. Winter was a time for humans to naturally fast, and in doing so, use the excess fructose that was being stored in the body for energy. Ironically, we were heaviest in the summer/fall months, and thinnest in the winter/spring months. Nowadays, we've reversed that. We have food that is available all year. You can live in Chicago and go to Costco in December to get a huge container of blueberries grown thousands of miles away. We can eat fruit year round, and we think it is healthy for us because it's fruit. This is not true. When choosing to eat fruit, **try to eat what is in season**. For example, **citrus in the winter**, berries in Summer and apples in Fall. Also, some fruits are higher in sugar than others. Tropical fruits such as pineapple, mango, grapes, and bananas are very high in sugar. **Lower sugar fruits include berries, kiwi, green apples, pears, olives and avocados** (olives and avocado are a great source of quality fat and low sugar fruits). If you are looking to cut back on sugar, try eating fresh, whole fruit in moderation and avoid juice and dried fruit.

Honoring Nature and her rhythms teaches us a lot. Fruit or sugar is not the problem, **it is how often and when we eat it that is**. We recommend eating fruit when it is **seasonal to your area, in moderation, and understanding that in excess it actually is stored as fat in the liver**, (which can be beneficial if you are fasting.)

Understanding Food Sources

alcohol

For the most part, every cleanse asks you to eliminate alcohol. There is good reason for this - **alcohol wreaks havoc on your main organ of detoxification, the liver.** If your liver is not able to function optimally, then your ability to produce antioxidants is diminished. And today's world with chronic stressors and environmental toxins bombarding your system makes some believe our body's can't even produce enough antioxidants on their own to combat the number of free radicals. In addition to limiting your liver's ability to function at the level it needs too, **alcohol is one of the biggest disrupters to your sleep. Alcohol raises your heart rate,** which is one factor that reduces your recovery rate, and it lowers your heart rate variability (HRV), which **lower HRV is another sign of poor recovery and immune health.** So alcohol in excess has a **negative effect on your digestion, antioxidant production, cardiovascular health, your central nervous system, sugar levels, inflammation, and more.** This is all in excess, so an occasional or a limited amount of alcohol may be beneficial to you. This is something for you to listen to and gauge. We probably recommend asking yourself during this time, *What would it be like to choose not to drink alcohol or to limit it?* And see what you feel like.

If you choose to drink alcohol, we recommend **dry irrigated, low alcohol, biodynamic wines.** These wines use the **native wild yeasts,** and due to the dry irrigation, their roots have to go further into the soil and earth, adding more minerals to the wine. Generally, we recommend **staying away from beer since it is mostly brewed with gluten** producing grains (barley, rye, wheat). If you choose to have liquor, things like **gin or a potato vodka, or tequila** tend to be cleaner than whiskeys. One great trick with any alcoholic beverage is something that mixologists know, and that is to **add bitters to your drink.** Bitters are the food group that helps your bile and liver mitigate the affects of alcohol. In fact, the word melancholy means black bile, referring to unhealthy bile and the affect of making yourself embittered (the emotional response to an unhealthy liver or gall bladder).

For the sake of cleansing, **we encourage little to no alcohol.** If anything it can be a time to let yourself feel what happens if you don't drink or show yourself you don't have to drink. We feel it is healthy to be able to move in and out of any relationship regarding what we put into our bodies, whether that is alcohol or anything.

Understanding Food Sources

coffee

Coffee has one of the highest sources of **antioxidants, including polyphenols**. Coffee is loaded with **health benefits**, such as, improved brain function, energy levels, reduces heart disease, cancer, type 2 diabetes, Parkinson's, Alzheimers, and depression, and many more positive benefits. We see the main issue with coffee is in the **quality of it**. The majority of coffee sold and consumed is full of **mold**. We see the mold being the reason most people have a negative reaction to coffee. If you drink coffee, stock up on brands like **Bulletproof or Kion** that insure they are **mold free with third party lab tests**. Or ask your local roaster, and choose **single origin varietals from Central or South America**. And to learn more about caffeine's affects on your body, **see Food, Caffeine...& Your Sleep PDF in your Resource guide under sleep**.

"Imagine if we had a food system that actually produced wholesome food. Imagine if it produced that food in a way that restored the land. Imagine if we could eat every meal knowing these few simple things: What it is we're eating. Where it came from. How it found its way to our table. And what it really cost. If that was the reality, then every meal would have the potential to be a perfect meal. We would not need to go hunting for our connection to our food and the web of life that produces it. We would no longer need any reminding that we eat by the grace of nature, not industry, and that what we're eating is never anything more or less than the body of the world. I don't want to have to forage every meal. Most people don't want to learn to garden or hunt. But we can change the way we make and get our food so that it becomes food again—something that feeds our bodies and our souls. Imagine it: Every meal would connect us to the joy of living and the wonder of nature. Every meal would be like saying grace."

- Michael Pollan

Shopping Lists

food sourcing

Below are guidelines for a shopping list and a recommendation for products and staples we have come to love and trust and stand behind.

Grass-Fed Butter and/or Ghee Kerry Gold Irish Butter, Organic Valley Ghee

Oils Good, cold pressed olive oil (not too cook with), Avocado oil (Primal Kitchen), MCT oil (preferably Brain Octane)

Leafy Green Vegetables Stock up on spinach, kale, brussels sprouts, swiss or red chard, bok choy, cabbage, celery

Root Vegetables Sweet potatoes, yams, parsnips, butternut squash, delicata squash, carrots

Fruits Avocados, olives, winter citrus fruits like grapefruit and oranges

Grass-Fed Meats Meat and lamb are best

Pasture-Raised Eggs Free range and organic may not mean pasture raised

Wild-caught Fish Sardines, anchovies, sockeye salmon, haddock, lake trout

Sweeteners Stevia, erythritol, dark grade pure maple syrup

Bone Broth We recommend the trusted brand Brodo

Spices Turmeric, ginger, pepper, garlic, cinnamon and cayenne

A wonderful question a wise friend once shared is to ask: Is this my ego telling me that I can't or can eat something or is it deeper wisdom?

RECIPES

The following is a compilation of seasonal recipes that fit within the NOURISH guidelines. You can plug in any of the meals to all three weeks of the cleanse. Feel free to use any personal recipes you enjoy that fit within the guidelines. Remember to eat seasonal whole foods, eliminate processed foods and be aware of where your food is sourced from.

Mealtime prayer...

In this plate of food I see the entire universe supporting my existence.

RECIPES: STAPLES



Bone Broth

from Wellness Mama

Ingredient		Amount
Bones from a healthy source	2	pounds
Chicken feet for extra gelatin (optional)	2	
Onion	1	medium
Celery	2	stalks
Apple Cider Vinegar	2	tbsp
Optional: 1 bunch of parsley, 1 tbsp or more of sea salt, 1 tsp peppercorns, additional spices/herbs (turmeric, ginger), 2 cloves of garlic for the last 30 minutes of cooking		

You'll also need a large stock pot to cook the broth in and a strainer to remove the pieces when it's done.

Instructions:

- If you are using raw bones, especially beef bones, it improves flavor to roast them in the oven first. Place them in a roasting pan and roast for 30 minutes at 350.
- Then, place the bones in a large stock pot (5 gallon recommended). Pour (filtered) water over the bones and add the vinegar. Let sit for 20-30 minutes in the cool water. The acid helps make the nutrients in the bones more available.
- Rough chop and add the vegetables (except the parsley and garlic, if using) to the pot. Add any salt, pepper, spices or herbs, if using.
- Now, bring the broth to a boil. Once it has reached a vigorous boil, reduce to a simmer and simmer until done.
- During the first few hours of simmering, you'll need to remove the impurities that float to the surface. A frothy/foamy layer will form and it can be easily scooped off with a big spoon. Throw this part away. Check it every 20 minutes for the first 2 hours to remove this. Grass-fed and healthy animals will produce much less of this than conventional animals.
- During the last 30 minutes, add the garlic and parsley, if using.
- Remove from heat and let cool slightly. Strain using a fine metal strainer to remove all the bits of bone and vegetable. When cool enough, store in a gallon size glass jar in the fridge for up to 5 days, or freeze for later use.

Stock

from The Complete Vegan

Vegetable stock is a wise investment. It is simple to prepare and can enliven sauces and stir-fries, as well as soups, with its complex goodness. Only oil rivals stock as a flavor enhancer, and stock has the distinct advantage of being a lighter option. A simple cup of broth, perhaps with a bit of miso stirred in, is a great restorative when you're feeling run-down. The minerals in the vegetables become concentrated in the cooking liquid, providing a warming infusion of nutrients that are easy to assimilate. Set aside an hour and try your hand at the ancient task of stock-making.

The Basic Technique

Follow these simple steps, using whatever produce you have on hand. The three ingredients we recommend including in every batch are potatoes, onions, and mushrooms, which lend a special depth of flavor to the liquid.

Step One

Collect on your work surface a variety of vegetables, preferably organically grown. Use fresh potatoes, not green or sprouting ones, and scrub them well - but don't peel them. Dried-out mushrooms and vegetable trimmings like spinach stems, celery tops, and pea pods are great for stock. Other good ingredients include broccoli stems, carrots, green beans, zucchinis, bell peppers and turnips.

Step Two

Clean and chop the vegetables to measure about 16 cups. Place the vegetables in a large stockpot and add a few cloves of unpeeled garlic, 2 big bay leaves, a teaspoon of whole black peppercorn and a small bunch of rinsed fresh parsley.

Step Three

Cover the ingredients with about 20 cups of cold water, enough so the vegetables are well submerged. Bring to a simmer over medium-high heat, reduce the heat to medium and simmer uncovered, for 30 to 40 minutes, stirring occasionally.

Step Four

Turn off the heat and let the mixture steep for an additional 30 minutes. Strain and store the stock in a clean glass jar or pitcher in the refrigerator. It will stay fresh for up to a week. To store stock for longer periods, freeze it in 2-cup quantities and thaw as needed.

Dressings and Sauces

Basic Oil and Vinegar Salad

1/4 cup apple cider or balsamic vinegar
1/2 cup extra virgin olive oil
1 tsp dijon mustard
1 tsp lemon juice
1 small shallot or garlic clove, minced (optional)
Sea salt and freshly ground black pepper to taste

Avocado Tahini Dressing *by Nava Atlas*

1 medium ripe avocado, peeled and diced
1/2 cup tahini (sesame paste)
1/2 teaspoon ground cumin
2 to 4 tablespoons minced fresh parsley or cilantro, to taste
Combine all ingredients in a food processor and blend until smooth. Add 1/4 to 1/2 cup water as needed for desired consistency. Use within 3 days.

Goddess Mint Dressing

3 tablespoons tahini
2 tablespoons apple cider vinegar
2 tablespoons tamari (or coconut aminos)
2 tablespoons maple or brown rice syrup
2 tablespoons lemon juice
1/4 cup fresh mint
Filtered water as necessary
Blend ingredients and add water as needed for consistency you desire.
Use on salads, over veggies or grain. Refrigerate up to 7 days.

Miso Tahini Sauce *by Kate O'Donnell*

1/2 cup tahini
2 tablespoons white miso
1/4 cup fresh lemon juice
1/4 cup olive oil
1/8 teaspoon freshly ground pepper
2 tablespoons warm water
In medium bowl, mix tahini, miso and lemon juice until they form a paste. Whisk in the olive oil and pepper until combined. Add the warm water and whisk. Add more warm water until the consistency is thin enough for drizzling. Shake vigorously before using. Refrigerate 5-7 days. Use as salad dressing, on veggies,

Dairy Free/Vegan Pesto *by The Minimalist Baker*

2 cups packed fresh basil
3 tablespoons pine nuts or pistachio (try sunflower seeds if nut-free)
3 cloves large garlic, peeled
2 tablespoons lemon juice
3-4 tablespoons nutritional yeast
1/4 teaspoon sea salt (plus more to taste)
2-3 tablespoons extra virgin olive oil
3-6 tablespoons water (plus more if needed)

In a small blender, add the basil, nuts, garlic, lemon juice, nutritional yeast, and sea salt to form paste. Add olive oil a little at a time then add tablespoon of water until desired consistency.

RECIPES: SOUPS



Winter Detox Soup

by Sue Moran

Recipe serves	
	4

Ingredient	Amount
Olive oil	2 tbps
Shallot, peeled and thinly sliced	1 large
Garlic, minced	2 cloves
Vegetable stock (or meat stock if you prefer)	32 oz
Piece of fresh ginger, peeled and minced	1 inch
Carrot, peeled and thinly sliced	1 large
Golden beet, peeled and sliced	1 medium
Broccoli florets	1 handful
Cauliflower florets	1 handful
Pea pods, halved if large	1 handful
Mushrooms, any variety	1 handful
Red cabbage, shredded	1 handful
Bell pepper, cut in strips	1 medium
Baby kale or spinach	1 handful
Grape tomatoes	1 handful
Chili pepper or serrano pepper, sliced (optional)	1 medium
Salt and pepper to taste.	

Heat the olive oil in a large heavy bottomed pan. Gently sauté the shallot, garlic and ginger for a few minutes until softened. Add the broth to the pan and bring up to a simmer. Add the carrots and beets and simmer for several minutes. Add in the broccoli and cauliflower florets and the hot pepper, if using, and simmer for another couple of minutes. The veggies should be just barely tender. If not, cook a bit longer. Next go to the pea pods, mushrooms, red cabbage and bell pepper. Bring back to a boil and then turn down the heat again, these veggies don't require much cooking at all. Season to taste with salt and pepper. When you are ready to serve, throw in the leafy greens and tomatoes and give everything a stir.

Cleansing Soup Recipe

by Cate Stillman

Recipe serves	
	6

Ingredient	Amount	
Leek/onion/shallot (choose one or omit)	1	large
Coconut oil or ghee	2	tbps
Bay leaves	3	
Sweet potato, squash or turnip - peeled and chopped	1	large
Vegetable stock (or meat stock if you prefer)	5	cups
Piece of fresh ginger, peeled and minced	1	inch
Dried turmeric	1/2	tsp
Zucchini, chopped	1	small
Kale, chard or collard green, minced	2	cups
Spinach, coarsely chopped	1	large handful
*optional: squeeze of lemon, fresh chopped parsley, fresh chopped cilantro, flax oil, fresh black pepper, sprouts, seeds		

Heat the pan and add the ghee or oil. Saute the onion/leek/shallot until translucent. Add the sweet potato/turnip/squash and sauté until tender. Stir in the stock, bay leaves, ginger and turmeric. Simmer for 10 mins. Add the zucchini and kale and cook over low heat for 20 mins covered. Stir in the spinach, letting the spinach wilt. Remove the bay leaves. Option to puree half the soup to make creamier. Garnish with any or all of the listed optional ingredients.

Tip: Make in the morning and eat all day. Eat for up to two days and then make fresh batch to ensure optimal nutrients in food.



Wellness Broth

by Cate Stillman

Ingredient	Amount	
Water	4	cups
Celery stick	1	stalk
Kale or collards	3	stalks
Fresh parsley	1	cup
Green beans	1	cup
Piece of fresh ginger, peeled	1	inch
*optional: squeeze of lemon, fresh chopped parsley, fresh chopped cilantro, flax oil, fresh black pepper, sprouts, seeds		

Bring the water to a boil in a medium-sized pot. Meanwhile, chop all the vegetables and slice the ginger; add to the pot. You can also add a few slices of lemon, or squeeze in the juice of a lemon wedge at the end. Simmer on a low boil for half an hour. Store hot in a thermos and consume throughout the day.

Red Chard Miso Soup

by Rich Roll

Recipe serves	
	6

Ingredient	Amount
Udon noodles or gluten free noodles (optional)	8 ounces
Brown cremini mushrooms	1 small package
Sesame oil	1 tsp
Green onions	1/2 cup
Red chard, cut into 1" strips	1 small bunch
Apple cider vinegar	4 tbsp
Filtered water	4 1/2 cups
Yellow miso	1/2 cup
Lemon, juice of	1 small
Namah shoyu/tamari/coconut aminos`	2 tbsp
Fresh cilantro (optional), chopped	1 bunch
Sea salt	1 pinch

In medium pot, boil water and cook the noodles according to the package (if you are using noodles). Drain, set aside. Wash and stem the mushrooms. In a large soup pot, saute the mushrooms in sesame oil over medium heat. Add the green onions and stir for 30 seconds. Add the chard and stir again for 30 seconds. Add 2 Tbsp of the apple cider vinegar and stir again. Then quickly add 4 cups of filtered water. You want the veggies warmed but still bright color. In a separate small bowl, mix the miso and the remaining 1/2 cup water; using whisk or a fork, whisk the miso until smooth. Add the lemon juice, and name shoyu to the miso mixture and whisk again. Then whisk the entire mixture into the pot with the veggies and simmer for 5 min. Add the udon and cilantro. Add the remaining 2 Tbsp vinegar and sprinkle of sea salt. Adjust the seasonings and enjoy.

Mixed Veggie Miso Soup

by Naomi Whittel

Recipe serves	
	6

Ingredient	Amount	
Coconut oil	1	tblsp
Yellow onion, diced	1	medium
Grated ginger	1	tblsp
Garlic	3	cloves
Turmeric	1	tsp
Cumin	2	tsp
Sea salt	2	tsp
Black pepper	2	tsp
Shitake mushrooms, sliced	3	cups
Carrots, diced	2	large
Broccoli florets	2	cups
Bok choy, shredded	1	large bunch
Bone broth or vegetable broth	4	cups
Miso paste	1/4	cup
Dulse flakes (for serving)		

Melt the oil in a large saucepan over medium heat. Saute the onion for about 5 minutes or until translucent. Stir in the ginger and garlic, stir to combine. Add turmeric, cumin, salt and pepper and cook for about 2 minutes, stirring constantly to prevent burning. Mix in the vegetables and cook for another 2 minutes. Add in the birth, lower the heat to a gentle simmer and cook for about 5-10 minutes. Remove from heat. Gently mix in the miso, and the delve flakes and stir to combine. Divide amongst 4 bowls. Great as a snack or make it a meal by serving alongside a mixed greens salad. Store leftovers in an airtight glass container in the refrigerator for up to 3 days.

Red Lentil Soup with Coconut Milk and Toasted Cumin

by Marie Simmons

Recipe serves	
	4-6

Ingredient	Amount
Extra virgin olive oil	2 tbsp
Onion, chopped	1 cup
Cumin seeds	1 tsp
Garlic clove, grated	1 medium
Madras curry powder	2 tsp
Red lentils	1 1/2 cups
Coconut milk, 13.5 oz can (regular or light)	1 can
Jalapeno pepper, seeded and chopped (optional)	1 tsp
Sea salt	1 tsp
Fresh lime juice	1 tbsp
Fresh cilantro, chopped for garnish (optional)	

Heat the oil in a soup pot until it is hot enough sizzle a piece of onion. Add the onion and cook over medium-low heat, stirring occasionally, until softened, about 5 minutes. Add the cumin and garlic and cook, stirring for 30 seconds.

Add 4 cups water and the lentils and bring to a boil. Reduce the heat to low and cook, covered, stirring once or twice, until the lentils are very soft, about 20 minutes.

Stir in the coconut milk and heat through. Add salt and the jalapeño to taste. Stir in the lime juice. Garnish with cilantro.

Lentil Soup with greens

by Nava Atlas

Recipe serves	
	8

Ingredient	Amount
Extra virgin olive oil	2 tbsp
Onion, finely chopped	1 large
Garlic clove, gminced	2 medium
Carrots, thinly sliced	2 medium
Celery stalks	2 large
Dried lentils, sorted and rinsed	1 cup
Bay leaves	2 leaves
Paprika	1 tsp
Dried oregano, basil, thyme	1/2 tsp each
Chard, kale, any leafy green, stemmed and cut into thinly sliced ribbons	1 12 oz bunch
Fire roasted tomatoes	1 15-16 oz can
Fresh parsley or dill, minced	1/4 cup
Sea salt and fresh ground pepper to taste	

Heat the oil in a soup pot. Add the onion and garlic and sauté over medium-low heat, until the onion is golden.

Add the carrots, celery, lentils, bay leaves, seasoning and 6 cups water. Bring to a simmer, then cover and simmer gently for 25 to 30 minutes, or until the lentils and vegetables are tender. Add the greens, tomatoes, and simmer over low heat for 10 minutes longer, or until the greens are tender to your liking.

Adjust the consistency with a bit more water if it is too thick, then season with salt and pepper, and serve. The soup thickens as it stands; add water and adjust seasonings as needed.

Hearty Chard and Vegetable Soup

by Nava Atlas

Recipe serves	
	6-8

Ingredient	Amount	
Extra virgin olive oil	2	tbsp
Onion, chopped	1	medium
Garlic clove, minced	2	medium
Carrots, diced	2	large
Potatoes, diced	2	medium
Celery stalks, diced	2	large
Eggplant, peeled and diced	2	cups
Vegetable broth (32 ounce container or stock)	1	32 ounce
Diced tomatoes	1	14-16 oz can
Pureed tomatoes	1	14-16 oz can
Sun-dried tomatoes	1/4	cup
Paprika	1	tsp
Zucchini, quartered lengthwise and thinly sliced	1	small
Chard, any variety, leaves chopped	10	ounces
Fresh parsley, minced	1/4	cup
Sliced basil leaves, salt and pepper to taste		

Heat the oil in a large soup pot. Add the onion and garlic, and sauté over medium-low heat until golden. Add the carrots, potatoes, celery, eggplant and broth. Bring to a simmer, then stir in the diced, pureed, dried tomatoes and paprika. Return to a summer, then cover and simmer gently for about 25 minutes until the vegetables are nearly tender.

Add the zucchini and chard and simmer gently, about 8 to 10 minutes longer, until all the vegetables are tender but not overdone.

Stir in the parsley and basil; adjust the consistency with more water if necessary. Season with salt and pepper. Let the soup stand off the heat for an hour or two if time allows, then heat through, or serve once. If desired, pass around extra chopped basil/and or parsley for topping individual servings.

Variations:
The soup is also good with an equivalent amount of kale or escarole. Add it at the same time as you would add the chard. If you have a bunch of beet greens on hand, these would also work in addition to, or in place of, some of the chard.

Winter Squash and Red Bean Stew with Hardy Greens

by Nava Atlas

Recipe serves	
	8

Ingredient	Amount	
Extra virgin olive oil	1	tbsp
Onion, chopped	1	large
Garlic clove, minced	3	medium
Red bell pepper, diced	1	medium
Prebaked peeled, diced squash (pumpkin or butternut)	2	medium
Diced tomatoes with liquid	1	28 ounce can
Red or black beans, drained and rinsed	2	cups
Cumin, ground	2	tsp
Collard greens, kale or chard, stemmed and cut thinly	12	ounces
Red pepper flakes to taste (optional)		
Salt and pepper to taste		
Fresh cilantro	1/4	cup

Heat the oil in a large soup pot. Add the onion and sauté over medium heat until translucent. Add the garlic and red bell pepper and continue to sauté until the onion is golden.

Add the squash, tomatoes, beans, chili peppers or pepper flakes, cumin, and 3 cups water. Bring to a gentle boil, then simmer gently, covered for 10 minutes.

Stir in the greens in batches, until they're all in and wilted, then simmer gently for 10 minutes longer, or until tender to your liking.

Season with salt and pepper, then stir in the cilantro. Serve at once.

Sweet Potato Ginger Soup with Avocado

adapted from Bulletproof

Recipe serves	
	4

Ingredient	Amount
MCT oil (preferably Brain Octane)	2 tbsp
Sweet potatoes, cubed	3 cups
Carrots, peeled 1/4 inch sliced	1.5 cups
Fresh ginger, grated	1 tbsp
Filtered water	3 cups
Sea salt	1/2 tbsp
Extra virgin olive oil	2 tbsp
Avocado, peeled and sliced	1/2 medium

In a large sauté pan heat MCT oil over medium low heat.

Add sweet potatoes, carrots, and ginger and cook for 5 minutes, stirring occasionally.

Add water and let cook for 30 minutes.

Add salt and stir.

Pour into a blender and blend until smooth.

Add two tablespoons of extra virgin olive oil and blend again.

Top with avocado. Option to serve with white rice and drizzle of olive oil.

White Bean Kale Soup with Fingerling Potatoes

by Julie Ann Elrod

Ingredient	Amount	
Great northern white beans, drained	2	15 oz cans
Kale, chopped	3	cups
Cabbage, chopped	1	cup
Carrots, chopped	3	large
Celery stalks, chopped	2	medium
Fingerling potatoes, chopped into large chunks	6 to 8	whole
Fresh parsley, finely chopped	1/2	cup
Vegetable broth	3	cups
Water	2	cups
Turmeric powder	1/2	tsp
Cumin	1/2	tsp
Tarragon	1	tsp
Oregano	1	tsp

In a large soup pot combine vegetable broth, water, onion, turmeric, cumin, tarragon and oregano. Bring to a boil, cover, and simmer for 5 minutes.

Add carrots, celery, cabbage, potatoes, and parsley and simmer for 15-20 minutes. Stir in beans and kale; simmer until the greens are slightly wilted and potatoes are tender.

RECIPES: Salads and Greens



Basics

Green Salad +/- Added Protein +/- Root Veggies

Salad greens (organic greens)

Add fish, beans, hummus, tofu, tempeh

Add root vegetables

See dressings.

Avocado Kale Salad *by Gabriel Cousins*

1 bunch dinosaur kale (lacinato kale)

1 avocado

1 stalk celery

1/4 cup olives

2 tablespoons olive oil

2 teaspoons lemon juice

1 teaspoon salt

Variations:

10 olives any variety

1 cup shredded veggies

1/2 cup pine nuts

2 tablespoons pomegranate seeds

Remove main part of kale stem and finely chop leaves into bowl. Add salt and massage again. Add olives. Blend avocado, olive oil, and celery to cream and pour over salad. Mix well and completely coat the kale leaves. The order in which you add the ingredients is crucial; if you add the oil too early the kale will not wilt as well.

Marinated Bitter Greens *by Terry Walters*

4 cups chopped Fall salad greens (watercress, endive, radicchio romance lettuce)

Marinade:

1 shallot, minced

2 tablespoons apple cider vinegar

4 teaspoons liquid stevia* (optional)

2 teaspoons honey mustard

1/2 teaspoon bragg liquid aminos or coconut aminos

3 tablespoons toasted sesame oil

1/4 cup extra virgin olive oil

Place greens in a large bowl. Whisk together marinade ingredients either by hand or with handheld blender. Pour marinade over greens, toss to coat and set aside 10 minutes. Toss again, transfer greens to salad bowl or individual plates and serve. Serves 4.

Garlicky Greens *by Nava Atlas*

1 bunch of greens of your choice: spinach, kale, collards, chard, turnip greens, escarole, broccoli rabe, mustard greens

2 tablespoons extra virgin olive oil

3 to 4 garlic cloves, crushed

To taste: juice of a lemon, apple cider vinegar, salt, pepper

Cut away leaves from stems. Heat the oil in a large pan, add the garlic and sauté over low heat for 2 to 3 minutes, until golden. Add the greens and cook over medium heat, stirring frequently. Add small amounts of water or broth to keep pan moist. Cook under tender, 5-8 minutes depending on heat and greens. Add seasonings to taste. *option to add pomegranate seeds, kalamata olives, red pepper flakes or toasted pine nuts.

Stir-Fried Sesame Kale and Red Cabbage

by Nava Atlas

Recipe serves

6

Ingredient

Amount

Kale, any variety

12 ounces

Red cabbage

1/2 small head

Olive oil

1 1/2 tbsp

Red onion, quartered and thinly sliced

1 medium

Fresh or jarred ginger

2 tsp

Dark sesame oil

2 tbsp

Sesame seeds

2 tbsp

Salt and pepper to taste

Strip the kale leaves from the stems. Stack a few leaves and cut them into narrow strips.

Cut the red cabbage into thin slices about 2 inches long. Heat the olive oil in a stir-fry pan or large skillet. Add the onion and sauté over medium heat, until golden and soft. Add the ginger, kale, cabbage. Turn the heat up to high and stir-fry for 3 to 4 minutes, stirring frequently, until both are brightly colored and tender-crisp.

Remove from the heat. Stir in the dark sesame oil and the sesame seeds. Season with salt and pepper and serve at once.

Warm Greens with Citrus Dressing and Pomegranate

by Terry Walters

Recipe serves	
	4-6

Ingredient	Amount	
Greens, any variety (bok chow, kale, collards)	2	bunches
Watercress	1	bunch
Pomegranate Seeds	1/2	large
<i>Dressing:</i>		
Juice of an Orange	1	small
Extra virgin olive oil	2	tbsp
Fresh ginger, grated	1/2	tsp
Apple cider vinegar	1	tbsp
Mirin or rice wine vinegar	1	tbsp
Tamari or coconut aminos	1	tbsp

In a small bowl, whisk together all dressing ingredients.

Prepare greens by trimming and discarding dried ends. Cut leaves into bite-sized pieces. Keeping watercress aside, place all other greens in large sauté pan. Add citrus dressing and sauté 2 minutes or until bright green and tender. Fold in watercress and cook 1 more minute. Remove from heat and serve topped with pomegranate seeds.

Option to add lean protein.

Broccoli with Olives, Orange Zest and Parsley

by Marie Simmons

Recipe serves	
	4

Ingredient	Amount	
Broccoli, stems and florets cut into 1/2 inch pieces	6 to 8	cups
Garlic clove, coarsely grates	1	clove
Coarse salt, plus more to taste	1/2	tsp
Extra virgin olive oil	2	tbsp
Fresh Italian parsley, chopped	1/4	cup
Orange zest, grated	1	tsp
Kalamata olives, pitted and chopped	1/4	cup
Crushed red pepper (optional)	1	pinch

Bring a large saucepan half full of water to a boil. Add the broccoli and cook until tender, 3 to 4 minutes. Drain and rinse with cold water. Set aside.

Mash the garlic and salt in a mortar and pestle. If you do not have a mortar and pestle, mash the grated garlic with the salt in a saucer using the back of a spoon. Heat the oil and garlic mixture in a large skillet over medium to low heat, stirring, until the garlic begins to sizzle, 1 to 2 minutes. Stir in the crushed red pepper.

Add the broccoli, parsley and orange zest to the skillet and cook, stirring, over medium heat until the broccoli is hot and coated with the seasonings, about 3 minutes. Sprinkle with olives and serve.

*Can sub cauliflower for broccoli. Can add 1 cup of halved cherry tomatoes to pan with cauliflower and sprinkle pine nuts.

Roasted Cauliflower and Kale

by Kate O'Donnell

Recipe serves	
	2

Ingredient	Amount
Cauliflower, chopped into florets	1 head
Ground turmeric	1 tsp
Ghee or coconut oil, melted	2 tbsp
Kale, de-stemmed and chopped	1 bunch
Olive oil	2 tbsp
Salt	1/2 tsp
Lemon, juice of	1/2 small
Hemp seeds	1 tsp
Tahini	2 tbsp
Freshly ground pepper	1 tsp

- Preheat oven to 350F.
- Place cauliflower in mixing bowl, sprinkle with turmeric and the salt, then toss with melted ghee or oil. Transfer to a baking dish and roast for 25-30 minutes, tossing once after about 12 minutes. Remove from the oven when the florets are lightly browned. Place the kale in the same mixing bowl, and drizzle with olive oil and lemon juice.
- Massage the oil and juice into the kale until coated; the leaves should begin to soften. Let stand for 10 minutes.
- Add the warm cauliflower, hemp seeds, and pepper to the kale. Toss.
- Transfer the mixture to serving bowls and drizzle each bowl with tahini.

Pan Seared Brussels Sprouts with Hazelnuts

Marie Simmons

Recipe serves	
4	

Ingredient	Amount	
Brussels sprouts	1	pound
Coarse sea salt	1/2	tsp
Garlic clove, chopped or grated	1	clove
Extra virgin olive oil or ghee	2	tbsp
Hazelnuts, ground toasted and skinned	1/4	cup
Freshly ground pepper to taste	1/2	tsp

- Make the garlic and salt in a mortar with a pestle. If you don't have a mortar and pestle, was the garlic with the salt in a saucer with the back of a spoon.
- Bring 1 inch water to a boil in a large skillet. Add the Brussels sprouts and boil for 2 minutes. Drain and shake dry. Wipe out the skillet.
- Heat the oil or ghee in the skillet until it is hot enough to sizzle a brussels sprout. Add the brussels sprouts and cook over medium to high heat, stirring constantly, until the sprouts begin to brown, 3 to 4 minutes.
- Reduce the heat to low and add the garlic mixture and hazelnuts. Cook, stirring, until the garlic and ground nuts are evenly distributed, about 1 minute. Add a grinding of black pepper. Serve.

Tip: When prepping the hazelnuts, grind toasted hazelnuts in a food processor or nut chopper. If only raw unpeeled hazelnuts are available, toast them until lightly browned and the skins begin to crack, about 12 minutes. Pour the hot nuts onto a rough dish towel, cover and cool for 15 minutes. Rub the towel vigorously over the nuts to loosen and remove the skins. If some of the skins remain clinging to the hazelnuts, don't worry, they'll add flavor and texture.

Oven Baked Kale Chips

from Oh She Glows

Recipe serves	
	8

Ingredient	Amount	
Kale leaves	1/2	bunch
Extra virgin olive oil or melted coconut oil	1/2	tbsp
Nutritional yeast	1.5	tbsp
Garlic powder	1	tsp
Chili powder	3/4	tsp
Onion powder	1/2	tsp
Smoked paprika	1/2	tsp
Sea salt or pink Himalayan salt	1/4	tsp
Cayenne pepper (optional)	1/8	tsp

- Preheat oven to 300F. Line a large rimmed baking sheet with parchment paper.
- Remove leaves from the stems of the kale and roughly tear it up into large pieces. Wash and spin the leaves until thoroughly dry.
- Add kale leaves into a large bowl. Massage in the oil until all the nooks and crannies are coated in oil. Now sprinkle on the spices/seasonings and toss to combine.
- Spread out the kale onto the prepared baking sheet into a single layer, being sure not to overcrowd the kale.
- Bake for 10 minutes, rotate the pan, and bake for another 12-15 minutes until the kale begins to firm up. The kale will look shrunken, but this is normal. Bake for 22-25 minutes.
- Cool the kale on the sheet for 3 minutes before eating. Enjoy immediately as they lose their crispiness with time.
- Repeat this process for the other half of the bunch.
-



RECIPES: Roots, Veggies and Cooked Grains

Roasted Root Vegetables (Option for Truffle Oil)

by Terry Walters

Recipe serves	
	4

Ingredient	Amount	
Brussels sprouts	12	sprouts
Rutabaga, peeled and diced	1	large
Fennel bulb halved and sliced into strips	1	bulb
Daikon, peeled and diced	1	medium
Onion, cut into wedges	1	large
Garlic cloves, peeled	8	cloves
Extra virgin olive oil	3	tbsp
Balsamic vinegar	2	tbsp
Coarse sea salt	2	tsp
Optional: add White truffle oil, Chopped fresh tarragon		

- Preheat oven to 425F.
- Prepare brussels sprouts by trimming off dry ends, peeling away any damaged leaves and cutting in half.
- Place vegetables in large bowl and toss with oil, vinegar and salt. Put into 2 glass roasting dishes and roast for 45 minutes or until caramelized.
- Toss vegetables every 10-15 minutes to prevent burning and encourage even browning. Remove from heat, drizzle with truffle oil*, toss with fresh tarragon and serve.

Spiced Sweet Potato Fries

by Terry Walters

Recipe serves	
4	
Ingredient	Amount
Sweet potatoes or yams	4 medium
Extra virgin olive oil	1 tbsp
Balsamic vinegar	1 tbsp
Maple syrup (optional)	1 tbsp
Cinnamon	2 tsp
Coarse sea salt to taste	

- Preheat oven to 400F.
- Wash potatoes (or yams) and remove blemish spots and dried ends. Slice into sticks and place in large bowl. Drizzle on remaining ingredients and toss to distribute evenly. Spread coated potatoes in single layer on cookie sheet and bake for 10 minutes.
- Remove from oven, flip slices and bake another 10-20 minutes or until tender and browned. Cooking time will vary depending on thickness of potato slices. Serve hot.

Coconut-Lime Baked Sweet Potatoes

by Kate O'Donnell

Ingredient	Amount	
Sweet potatoes or yams	2	medium
Coconut oil, plus extra for subbing onto skins before baking	2	tbsp
Full-fat coconut milk	1/4	cup
Lime, juiced	1/2	small
Ground coriander	1/2	tsp
Ground turmeric	1/2	tsp
Black mustard seeds	1/4	tsp
Coarse sea salt	1/4	tsp
Fresh cilantro, roughly chopped	2	tbsp

- Preheat oven to 350F.
- Pick the potatoes a few times with a fork. Rub coconut oil all over the skins. Place on a rimmed baking sheet, and bake for 50-60 minutes, or until soft. Remove from the oven and allow to cool until you can handle them.
- Cut each sweet potato in half lengthwise and scoop out the insides, leaving a 1/4 inch shell on all sides. Place the skins back on the baking tray and set aside. Transfer the inside flesh to a food processor or mixing bowl. Add the coconut oil, coconut milk, lime juice, coriander, and turmeric. Pulse or stir just until smooth.
- Divide the sweet potato filling among the four skins. Return the stuffed sweet potatoes to the oven and bake for 10 minutes, then turn the oven to broil and crisp the tops for 2-3 minutes. Remove from the oven and garnish with mustard seeds, sea salt and cilantro.

Sweet Potato, Spinach and Quinoa Bowl

by Ashley Dentino

Ingredient	Amount	
Sweet potatoes or yams	2	large
Extra virgin olive oil	3	tbsp
Quinoa, fully rinsed and uncooked	1	cup
Baby spinach	5	ounces
Lime, juice from and zest	1	small
Fresh cilantro, chopped	1/4	cup
Coarse sea salt	3/4	tsp
Pumpkin seeds, hulled	1/4	cup
Optional: add avocado	1/4	medium
Black pepper to taste		

- Preheat oven to 450F.
- Peel the sweet potato and cut into 1/4 inch thick slices. In a bowl, toss with 3 tablespoons of olive oil and 1/4 teaspoon of sea salt. Place the slices in a single layer on a baking sheet. Roast for about 20 minutes, or until tender and slightly browned.
- Set aside to cool slightly.
- Meanwhile, place the quinoa in a pot over medium-high heat. Cook, stirring, until lightly toasted, about two minutes. Add 2 cups of water and bring to a boil over high heat. Simmer, uncovered, until quinoa turns translucent and water is almost absorbed. About 10 minutes. Then stir in the baby spinach all at once, place a lid on the pot, and cook over low heat for 5 minutes more.
- To make the dressing, whisk together the remaining 2 tablespoons of olive oil, the lime zest and juice, the remaining 1/2 teaspoon salt, and freshly ground black pepper to taste.
- In a large bowl, place the roasted potato, quinoa-spinach mixture, chopped cilantro and pumpkin seeds. Drizzle with the dressing and toss gently to coat.

Serve warm or at room temperature. Keeps well in the refrigerator for up to 3 days. Can also be served chilled.

Cauliflower, Potato and Chickpea Curry

Adapted from A Beautiful Plate

Ingredient	Amount	
Head of cauliflower, trimmed	1	large
Yukon gold potatoes	3/4	pound
Olive oil	2	tbsp
Onions, chopped	3	medium
Garlic cloves, minced	4	small
Fresh ginger, peeled and finely grated	1	inch
Ground coriander	1	tbsp
Ground cumin	1	tbsp
Ground cardamom	1/2	tsp
Chopped tomatoes, canned	24	ounces
Chickpeas, drained and rinsed canned	15	ounces
Vegetable broth	2	cups
Garam masala	1	tbsp
Light coconut milk	3/4	cup
Fresh cilantro, chopped large bunch		
Salt and pepper to taste		

- Preheat oven to 450F.
- Cut the cauliflower into medium-sized florets. Chop the potatoes into 3/4-inch chunks roughly. Place cauliflower and potatoes in a large soup pot and fill with cold water. Season the water heavily with salt. Bring to a rolling boil over the stove. Remove from the heat immediately, and drain gently into a colander. Place colander over the pot to stay warm while you prepare the remaining ingredients.
- Heat the oil in a large, heavy pot Add the onions, garlic, and ginger, and saute, stirring every few minutes, for about 8 to 10 minutes, or until the onions are very soft and translucent. Adjust heat if necessary.
- Add the ground coriander, cumin, cardamom, red pepper flakes, and salt and pepper, and cook, stirring frequently, for 2 to 3 minutes, or until very fragrant. Add the tomatoes with their juices and drained chickpeas, and stir mixture together. Add the cauliflower and potatoes. Add the vegetable broth (or water, if using)-the broth/water should almost reach the top of the vegetable mixture-and bring to a low simmer. Simmer mixture for 10 minutes, stirring occasionally, until the cauliflower and potatoes are fork tender.
- Stir in the garam masala and coconut milk, simmer for an additional 10 minutes, and season to taste with salt and pepper. Don't be afraid of salt-this dish needs heavy seasoning!
- Finish the soup by sprinkling and stirring in 1/2 to 3/4 cup roughly chopped cilantro. Serve with quinoa or rice.

Lime Cilantro Cauliflower Rice

from Bulletproof

Ingredient	Amount	
Head of cauliflower (or package cauliflower rice)	1	head
Grass-fed butter	2	tbsp
Lime, juiced	1	medium
MCT oil	2	tbsp
Fresh cilantro, chopped	1/2	cup
Sea salt to taste		

- If using whole cauliflower, chop into florets and pulse in food processor. Go slow. You don't want to over pulse. Looking for the texture of rice.
- Heat a large sauté pan to medium and melt the butter. When the butter is melted add the cauli-rice. You don't want to brown the cauli-rice.
- Cook it gently for 5-10 minutes, stirring and turning it over frequently. Once the cauli-rice is cooked thoroughly, turn off the heat and add the lime juice, oil, cilantro, and salt to taste.
- Mix evenly in the pan and transfer to dish to serve.

Quinoa with Parsley, Pesto, Toasted Hazelnuts and Mushrooms

by Alice Hart

Recipe serves	
	4

Ingredient	Amount	
Dried mushroom (porcini for example)	1/2	ounce
Grass fed butter	2	tblsp
Olive oil	1	tblsp
Fresh mushrooms, mixed variety and sliced	9	ounces
Shallots, finely chopped	2	small
Garlic clove, finely chopped	1	clove
Quinoa	1	cup
Pesto (see sauces), to desired taste		
Fresh Parsley, finely chopped	1/4	cup
Hazelnuts, toasted and roughly chopped	1/2	cup
Lemon, a squeeze		

- Place the dried mushrooms in a heatproof measuring jug and add enough just boiled water to reach the 1 1/3 cups mark. Set aside.
- Melt half the butter with the olive oil in a deep frying pan. Keep the heat high and fry the mixed fresh mushrooms briskly for a couple minutes, stirring until they are golden. Tip into a bowl and set aside. Return the pan to a slightly more gentle heat. Add the remaining butter and the shallots to the pan and cook for a few minutes until softened. Add the garlic and quinoa and cook, stirring, for about 5 minutes until the quinoa takes on a pale golden color.
- Strain got soaked mushrooms through a sieve, reserving water, and roughly chop, then add them to the quinoa. Pour in the strained mushroom water and bring to a boil. Throw in a good pinch of salt, then lower the heat and simmer gently for 18-20 minutes until they quinoa is soft and the liquid is absorbed. Fold in the browned mushrooms and set aside.
- Stir in a couple of tablespoons of pesto through the salad, plus a squeeze of lemon. Spoon a little more pesto over the salad and sprinkle with hazelnuts. Best served warm.

Buddha Bowl

by Naomi Whittel (adapted)

Recipe serves	
4	
Ingredient	Amount
Quinoa or rice, cooked	2 cups
Cauliflower florets	2 cups
Brussels sprouts, quartered	2 cups
Broccoli or broccolini	1 bunch
Coconut oil, divided	2 tbsp
Coconut aminos	1 tbsp
Radish, diced	4 whole
Sesame seeds	1/4 cup
Sea salt and black pepper to taste	
<i>Creamy Tahini Dressing</i>	
Tahini	1/4 cup
Maple syrup	1 tbsp
Lemon, juiced	1/2 small
Warm water	1/2 cup
Sea salt	1 pinch

Optional:

Add wild fish, add non-gmo tempeh, add avocado slices

- Preheat oven to 350 degrees.
- Prepare quinoa according to package directions. Set aside.
- Place the cauliflower, brussels sprouts and broccolini on a baking tray. Drizzle 1 tablespoon oil over vegetables and sprinkle with a pinch of salt and pepper. Roast vegetables in the oven for about 20 minutes or until fork tender. When done, remove from oven and set aside to cool. Note: Make sure vegetables are roughly the same size to ensure even cooking time.
- If adding tempeh: heat remaining oil in medium pan over medium heat. If adding tempeh, stir in and coat with oil. Cook for about 2 minutes on one side so the tempeh forms a nice golden brown crust. Flip tempeh, add coconut aminos, a dash more salt and pepper and cook for another 2 minutes. When the tempeh has a golden crust on all sides, remove from heat and set aside.
- If adding lean protein or fish: cook as desired and set aside.
- Arrange 4 salad bowls on the tabletop. Place 1/2 scoop quinoa in each bowl. Next, layer in the vegetables. Then, top with protein. Sprinkle sesame seeds on top. Drizzle dressing evenly amongst 4 bowls and enjoy.

Roasted Butternut Squash with Kale and Nutty “Parmesan”

by Angela Liddon

Recipe serves		
3 to 4		
Ingredient	Amount	
Butternut squash	2	pounds
Garlic cloves, minced	2	large
Fresh parsley, chopped	2 to 3	tbsp
Extra virgin olive oil	1/2	tbsp
Fine grain sea salt	1/2	tsp
Lacinato kale, de-stemmed and roughly chopped	1 to 2	cups
<i>Almond Pecan Parmesan “Cheese”</i>		
Almonds	1/4	cup
Pecans	1/4	cup
Extra virgin olive oil	1	tsp
Nutritional yeast	1	tbsp
Sea salt	1/8	tsp

- Preheat oven to 400F.
- Peel the squash. Chop into 1-inch chunks and place into casserole dish.
- Add minced garlic, parsley, oil and salt into casserole dish and stir until well combined with the squash. Do not add the kale yet.
- Cover casserole dish with a lid (or tin foil with a few holes poked) and bake at 400F for about 45 minutes.
- Meanwhile, process the parmesan ingredients together until chunky (or just chop by hand and mix in a bowl). Make sure to leave lots of nut pieces for texture.
- After about 45 minutes (of when squash is just fork tender), remove from the oven and reduce heat to 350F. Stir in the chopped kale and sprinkle the parmesan all over the squash. Bake for another 5-8 minutes, until the nuts are lightly toasted. Watch closely so you don’t burn them. Remove and serve.

Delicata Squash Stuffed with Lentils and Sweet Potatoes

by Terry Walters

Recipe serves	
	3 to 4

Ingredient	Amount	
Delicata squash	2	small
French of black lentils, dried	1	cup
Water or vegetable stock	2	cups
Virgin coconut oil	2	tbsp
Sweet potatoes, small (purple, white, orange)	3	small
Dried parsley	2	tbsp
Sea salt	1/4	tsp
<i>Olive oil to taste</i>		

- Preheat oven to 400 degrees
- Halve squash lengthwise, remove and discard seeds, and place cut-side down in casserole. Fill casserole with enough water to cover bottom of pan by 1/4-inch. Cover with foil and bake 35 minutes or until squash is tender throughout. Remove from oven and set aside.
- Place lentils and water or stock in rice cooker or pot over high heat. Bring to boil, reduce heat and simmer covered until lentils are soft and water is absorbed (about 25 minutes). Remove from heat and set aside to cool slightly before fluffing.
- In large cast iron skillet over high heat, melt coconut oil. Chop sweet potatoes into 1/2-inch cubes and place in skillet. Sauté until cubes are seared and soft throughout. Fold in cooked lentils, parsley and salt and fold to combine. Drizzle with olive oil to moisten and remove from heat. Carefully remove squash halves from casserole and place cut side up on serving dish. Fill with lentil mixture and enjoy.

Roasted Sweet Potato, Rainbow Chard, and Kale Magic Noodle with Creamy Basil Dressing

by Mitchel Bleier

Recipe serves	
	2

Ingredient	Amount	
Sweet potato, peeled and diced	1	large
Extra virgin olive oil	3	tbsp
Rainbow chard, washed and shredded	1	cup
Lacinto kale, washed and shredded	1	cup
Shirataki noodles	2	packets
Sea salt	1	tsp
Dressing (5 servings):		
Avocado	1/2	medium
Olive oil	1/4	cup
MCT oil	2	tbsp
Apple cider vinegar	1/4	cup
Fresh basil leaves, small handful		

- Preheat oven to 350F. Mix peeled diced sweet potatoes in 2 tablespoons of olive oil and teaspoon salt.
- Line a baking sheet with tin foil and spread sweet potatoes on to baking sheet. Place in oven and cook for 25 - 30 minutes, until lightly brown and tender.
- Heat 1 tablespoon of olive oil in a sauté pan over medium low heat. Sauté chard and kale in 1 tablespoon olive oil over medium heat. Stir. Cover with lid and let cook for 3-5 minutes.
- Boil a pot of water. Add Shirataki noodles (keep in the bag) cook for 2 minutes on medium heat. To assemble salad: Take noodles out of bag. Drizzle with a little olive oil and separate noodles.
- Add sweet potatoes and cooked chard, kale to the noodles. Pour the creamy basil dressing over the noodles and vegetables and toss until full mixed.

Kitchari

Inspired by Eat, Taste, Heal and the Everyday Ayurveda Cookbook

Ingredient	Amount	
<i>Main ingredients</i>		
Split mung dal (or other legumes like red lentil)	1	cup
Grain (white or brown basmati rice, quinoa, millet)	2	cups
Chopped veggies (carrot, squash, sweet potatoes, greens)	4	cups
Water (add more if you like more soupy)	5	cups
<i>Ingredients for Tempering</i>		
Ghee	2	tbsp
Coriander	1	tsp
Cumin	1	tsp
Turmeric	1/2	tsp
Pumpkin seeds (or sunflower)	1/4	cup
Lemon (or lime)	3	tbsp
Sea salt to taste	1/8	tsp
Chopped parsley as a topping		

- Soak the mung and your grain overnight. Rinse thoroughly before cooking.
- Stovetop method: add the filtered water in a stockpot on a medium heat. Add mung dal and grains and chopped veggies. Once it starts to boil, turn the heat to summer and cook for 35-45 minutes.
- For the Tempering: Grab a small cast iron skillet or saucepan. Add ghee on medium heat. Add kitchari spices. Cook until fragrant. Add pumpkin seeds. Cook until they start to pop. Add the lemon and maple syrup and let it sizzle for 1 to 2 minutes. Pour over the top of your kitchari. Add salt to taste and parsley.

Basics

How To Prepare Quinoa

1 cup quinoa
1 3/4 cup stock pinch of sea salt
or filtered water

Rinse quinoa well with warm water and drain through a fine mesh strainer. Note: it is very important to rinse quinoa before cooking. It has a natural saponin coating that repels insects and can be very bitter to taste. Rinsing also helps prepare quinoa for digestion. Even better, soak it overnight.

In a medium sized pot, place quinoa, broth or water and sea salt. Cover and bring to a boil. Reduce heat to low and simmer for about 20 minutes or until liquid has been absorbed.

Serving suggestions:

- While still warm in pot, toss in a hearty handful of greens and cover. Let wilt for a few minutes and then toss with chopped almonds and your favorite dressing/sauce.**
- Top with fresh herbs, chickpeas and your favorite dressing/sauce.**
- For a warm breakfast option, top with toasted, sliced almonds, toasted coconut flakes, and a splash of almost milk.**
- Remove from over, flip slices and bake another 10-20 minutes or until tender and browned. Cooking time will vary depending on thickness of potato slices. Serve hot.**

How to Cook Legumes

1 pound dried beans or lentils
2 tbsp, plus 1 tsp salt
1/4 yellow onion, left whole
1 clove garlic
1 bay leaf
1 tbsp oil

Presoak the Beans: 6 to 8 hours before you cook the beans, dissolve 2 tbsp of salt into 6 cups of water. Add the beans (rinse them first to remove any residual dust and dirt) and cover with a plate or a towel.

Drain the Beans: When the beans are done soaking, drain them in a colander or sieve. Place the pressure cooker on the stove and add the drained beans. Add 8 cups of water, 1 tsp of salt, onion, garlic, bay leaf and oil to the pot. Secure the lid according to instruction manual and turn the flame up to high. Keep an eye on the pot and when it reaches high pressure, reduce the flame to medium/medium low and start timing the beans. When the time is up, turn off the heat. Allow the pot to cool down and release pressure naturally. Unlock and remove the lid, tilting the lid away from you and allowing any condensation to drip back into the pot. Using a slotted spoon, fish out and discard the onion, garlic and bay leaf. Your beans are now ready to use. If you want to store them, measure out 1 1/2 cups of beans into 2-cup storage containers. Add liquid to cover, leaving 1/2 inch of headspace. Seal and store in the refrigerator for 4 to 5 days or in the freezer for up to one year.

RECIPES: SEAFOOD, POULTRY, MEAT



Baked Wild Alaskan Salmon

by Julie Ann Elrod

Recipe serves	
2	
Ingredient	Amount
Wild Alaskan salmon fillets	2 6-8 oz filets
Garlic cloves, minced	2 small
Extra virgin olive oil or ghee	4 tbsp
Lemon juice	1 tbsp
Cumin	1/4 tsp
Coriander	1/4 tsp
Crushed red pepper (optional)	1/4 tsp
Fresh ground black pepper	1 tsp
Fresh curly parsley, chopped	1 tbsp

- Preheat oven to 375F.
- Mix olive oil, garlic, lemon, juice, cumin, coriander, crushed red pepper, black pepper and parsley in a small bowl. Pour a small amount of this marinade in the bottom of the baking dish. Lay fillets in dish and cover with remaining mixture. Place dish in refrigerator and allow to marinate for one hour, occasionally turning the fillets.
- Remove from refrigerator and allow dish to warm to room temperature, approximately 5-10 minutes.
- Bake in over, uncovered for 12-15 minutes, until fish is flakey and separates easily with a knife.
-

Poached Wild Sockeye Salmon

by Mitchel Bleier

Recipe serves		
2		
Ingredient	Amount	
Wild sockeye salmon	2	6-8 oz filets
Celery stalk, cut into large pieces	1	stalk
Fennel bulb, sliced	1/2	bulb
Bay leaf	1	medium
Dried oregano	1	tbsp
Dried rosemary	1	tsp
Lemon, juiced	1	medium
Sea salt to taste		

In a large saucepan combine 1 quart of cold water with lemon juice, celery, fennel, herbs, bay leaf, and salt.

Add salmon to poaching liquid. Set over medium heat and bring poaching liquid to 170F, adjusting heat to maintain water temperature. C

Cook salmon until it registers 115F, about 20 minutes.

Transfer salmon to plate and let it rest for 5 minutes.

Pacific Cod with Lemon and Dill

by Julie Ann Elrod

Recipe serves		
2		
Ingredient	Amount	
Pacific cod fillets	2	large
Extra virgin olive oil	1 1/2	tbsp
Grass-fed butter or ghee	1/2	tbsp
Lemons, halved	1	small
Cherry tomatoes, chopped	4	whole
Fresh dill, finely chopped	1/4	cup
Onion minced	1	tbsp
Cumin	1	tsp
Coriander	1/2	tsp
Parchment paper pieces; folded in half and cut in a large circle		

- Preheat oven to 425F.
- Heat oil in small sauce pan over medium heat. Saute onion, cumin, coriander in oil for approximately 1-2 minutes.
- Open the folded parchment paper and lay flat on a hard surface. Lightly coat one side of each piece of paper with butter (or ghee) spread and lay one fillet on top of each. Pour olive oil mixture over the fillets. Sprinkle with dill and the juice of half a lemon. Lay slices of the other lemon on top along with tomatoes. Fold parchment paper over the fish and create a seal by creasing along each edge. Bake the two packets for approximately 20 minutes until the fish is flaky. Be sure to open the packets with caution to allow steam to be released.

Pan Seared Cod with Crispy Broccolini

by Rachel Devaux

Recipe serves	
	2
Ingredient	Amount
<i>Cod</i>	
Pacific cod fillets	2 large
Extra virgin olive oil	2 tbsp
Mushroom, sliced	3 cups
Shallots, chopped	2 tbsp
Cherry tomatoes, halved	1 cup
Capers	2 tbsp
Ghee	2 tbsp
Bone broth or vegetable broth	1/2 cup
Lemon	1 small
Pink salt and ground pepper to taste	
<i>Broccolini</i>	
Broccolini	1 bunch
Avocado or olive oil	1 tbsp
<i>Potatoes</i>	
Fingerling potatoes	6 small
Avocado or olive oil	1 tbsp
Salt and pepper to taste	

If frozen, thaw cod completely.

Heat oil in a large skillet on medium heat, then add mushrooms, shallots, and garlic to sear for 5 minutes. Add cod, cherry tomatoes, pink salt and pepper and brown for several minutes. Next, add capers, ghee, bone broth, ½ squeezed lemon, basil and cover pan to let cook for 5-7 minutes on medium to low heat. Remove from heat once cod is flake tender. Spoon broth over the fish and serve!

Slice potatoes very thin and saute on medium heat with oil, salt and pepper until browned on either side, about 10-12 minutes.

Turn oven on broil (500 degrees F). Slice off ½ inch from broccolini stems, lay flat on parchment paper, spray or toss with oil and season with pink salt + pepper. Broil in oven for 8-12 minutes.

Veracruz Style Fish

by Marcia Smart

Ingredient	Amount	
Any flaky whitefish, snapper, trout, bass, cod	2	pounds
Extra virgin olive oil or cooking oil	1	tbsp
Fresh vine ripe tomatoes diced	1.5	pounds
White or yellow onion, diced	1/2	medium
Garlic cloves, grated	3	cloves
Green olives	10	whole
Capers	2	tbsp
Pickled jalapeños	1	tbsp
Bay leaf	1	leaf
Salt to taste		

Tip: you can substitute the fresh tomatoes with canned: (1) 14.5 ounce can fire-roasted tomatoes.

- Heat oil and sauté the onion, salting it with about 1/4 teaspoon of salt. Let it sweat and cook down until softened, about 7-10 minutes.
- Pour the diced tomatoes into a bowl. Mash the tomatoes slightly with a potato masher or a pastry blender. Drain the tomatoes through a fine mesh sieve over a bowl to save the juice.
- Add the drained tomatoes, grated garlic, onions, capers, jalapeños and bay leaf.
- Preheat the oven to 425 degrees. In a glass or ceramic baking dish, place 1/4 cup of the reserved tomato juice from the drained tomatoes in the base of the dish. Top with the fish and a sprinkling of salt and pepper. Spoon the Veracruz sauce over the top of the fish.
- Bake in the top third of the oven for 15 minutes, until fish flakes slightly around the edges and is opaque. Serve.

Roasted Chicken

by Mitchel Bleier

Ingredient	Amount	
Pasture raised roasting chicken	3 to 4	pound
Grass-fed butter, melted	2	tbsp
Grass-fed butter, cut into 4 equal pieces	2	tbsp
Fresh thyme	1	large bunch
Lemon	1/2	medium
Garlic, halved crosswise	1	head
Yellow onion, thickly sliced	1	large
Carrots, cut into 2 inch chunks	2	medium
Celery stalks, cut into 2 inch chunks	2	medium
Olive oil to taste		
Sea salt to taste		

- Preheat the oven to 425 degrees F.
- Remove the chicken giblets. Rinse the chicken inside and out. Remove any excess fat and leftover pin feathers and pat the outside dry.
- Liberally salt and the inside of the chicken.
- Carefully loosen the skin from the breast using a pairing knife. Try not to tear the skin. Stuff the cavity with the bunch of thyme, lemon half, and the garlic.
- Place the pats of butter between the skin and the breast, massaging them around.
- Brush the outside of the chicken with the butter and sprinkle again with salt.
- Tie the legs together with kitchen string and tuck the wing tips under the body of the chicken.
- Place the onions, carrots, and celery in a roasting pan. Toss with salt, 20 sprigs of thyme, and olive oil.
- Spread around the bottom of the roasting pan and place the chicken on top.
- Roast the chicken for 1 1/2 hours, or until the juices run clear when you cut between a leg and thigh.
- Remove the chicken and vegetables to a platter and cover with aluminum foil for about 20 minutes.
- Slice the chicken onto a platter and serve it with the vegetables.

Lemon Chicken Skillet with Broccoli

from Whole Kitchen Sink

Recipe serves		
4		
Ingredient	Amount	
Chicken breasts, pasture raised	4	medium
Broccoli florets	3	cups
Bone broth	1	cup
Lemons, juiced	1/4	cup
Cherry tomatoes, chopped	4	whole
Olive oil or ghee	1	tbsp
Garlic, minced	1/2	tbsp
Onion powder	1/2	tsp
Chili powder	1/2	tsp
Salt and pepper to taste		
Parsley and lemon slices to garnish		

1. Heat oil in a large skillet over low to medium heat. Season the chicken breasts with chili powder, onion powder, salt and pepper on both sides and add to the skillet
2. Heat oil in a large skillet over medium heat. Season the chicken breasts with chili powder, onion powder, salt and pepper on both sides and add to the skillet
3. Squeeze 1/2 lemon over chicken or dump in the juice, cooking for 5 minutes on each side
4. Add in broccoli, garlic, and chicken broth into the skillet. Let cook for an additional 10 minutes, stirring broccoli occasionally and flip chicken breasts one more time until chicken is cooked completely and broccoli is fork tender
5. Top with chopped parsley and another squeeze of lemon or lemon slices

Beef Stew

from Bulletproof

Recipe serves	
4	
Ingredient	Amount
Grass-fed stewing beef (beef chuck), cut into 1-inch cubes	2 pounds
Ghee or coconut oil	3 tbsp
Fresh ginger, half inch peeled and thinly sliced	1 cube
Ground turmeric	1 tbsp
Grass-fed organic bone broth	3 cups
Carrots, peeled and cut into 1-inch pieces	1/2 pound
Sweet potatoes, peeled and cubed	1/2 pound
Zucchini, chopped	1 large
Unsweetened coconut milk	2 cups
Fresh cilantro, chopped to tasted	
Sea salt to taste	

Lightly sprinkle salt on the meat cubes. Heat 1-2 Tbsp of the ghee in a pan on medium high heat. When it starts to bubble slightly, add the meat. Brown all sides of the meat cubes in single-layer batches. Be careful not to burn the meat. Remove the last batch of meat. Add the remaining ghee and the ginger and stir often until fragrant, about 2 minutes. Add the turmeric and stir frequently for 1 minute. Add the broth and the beef and bring to a boil, stirring the sides and bottom of the pan so nothing is stuck. Reduce the heat to medium-low, cover, and simmer, stirring occasionally for 45 minutes - 1 hour, or until meat is tender. Add the carrots and sweet potatoes and simmer for 15 minutes. Add the zucchini and simmer for 5-10 minutes. Stir in coconut milk. Garnish with cilantro.

Lamb or Beef Burgers

from Bulletproof

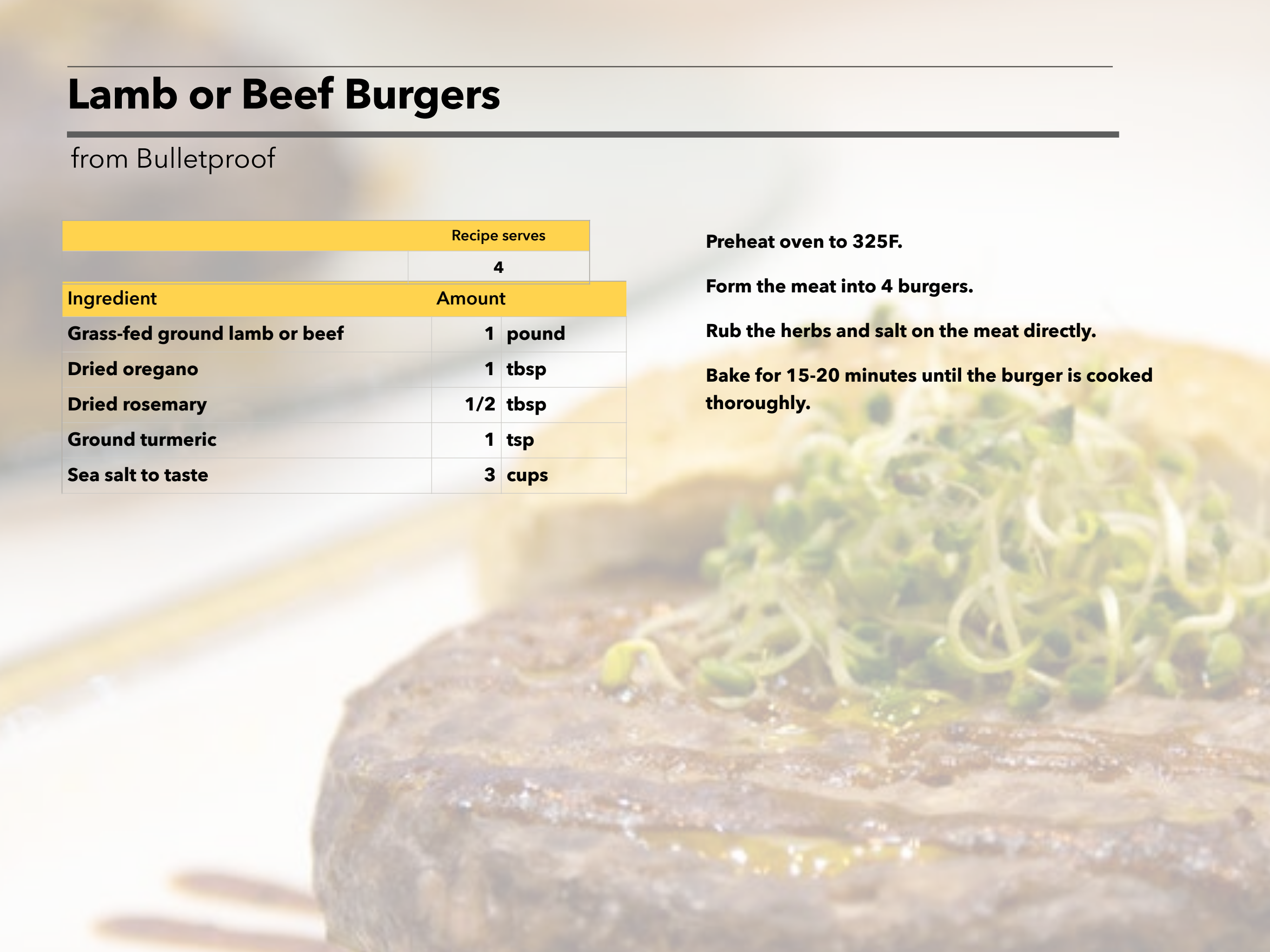
Recipe serves	
4	
Ingredient	Amount
Grass-fed ground lamb or beef	1 pound
Dried oregano	1 tbsp
Dried rosemary	1/2 tbsp
Ground turmeric	1 tsp
Sea salt to taste	3 cups

Preheat oven to 325F.

Form the meat into 4 burgers.

Rub the herbs and salt on the meat directly.

Bake for 15-20 minutes until the burger is cooked thoroughly.



RECIPES: Breakfast



Paleo Granola

by Julie Clark

Recipe serves	
	7 cups

Ingredient	Amount	
Pepitas, raw (pumpkin seeds)	1	cup
Sunflower seeds, raw (unsalted, not in shells)	1	cup
Shredded coconut (unsweetened)	1	cup
Almonds, sliced	1	cup
Pecans, chopped (unsalted)	2	cups
Coconut oil	1/3	cup
Vanilla	3	tsp
Cinnamon	2	tsp
Dash of salt (optional)		

Preheat oven to 325 degrees. Mix all dry ingredients together in a large bowl. Melt the coconut oil and pour it in a small bowl. Add the cinnamon, vanilla and salt. Stir well. Pour the oil mixture over the dry mixture and stir to combine and every coat. Spread the granola on a baking sheet and bake fo 20 minutes. Stir then bake for an additional 5 minutes. Allow the granola to cool completely, then store it in an airtight container.

Serve in bowls with nut milk or eat dry.

Almond Overnight Oats

by Alice Hart

Recipe serves	
	4

Ingredient	Amount	
Gluten free old fashioned oats	2	cups
Cinnamon stick	1/2	small
Unsweetened almond milk *see recipe	2	cups
Sliced raw almonds, toasted	1/2	cup
Pure maple syrup (optional)		

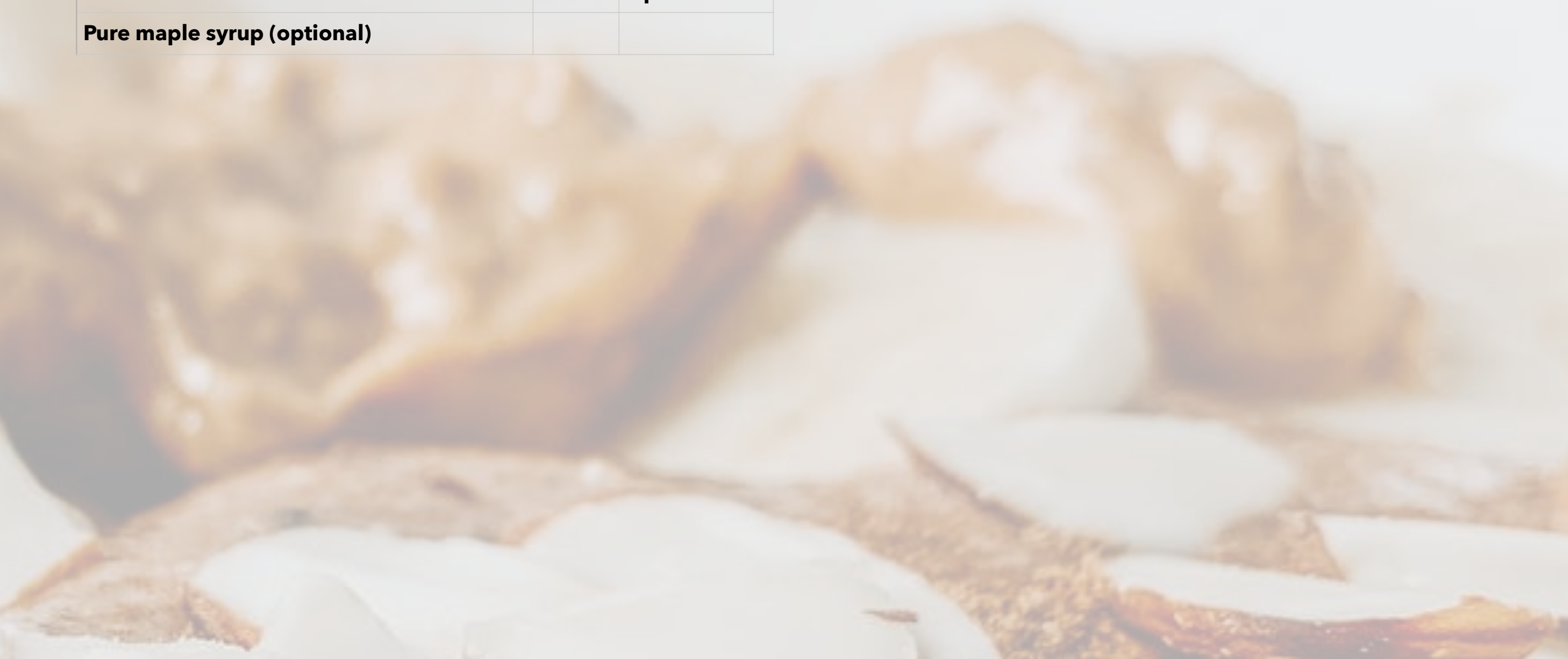
- Soak the oats and cinnamon in half the almond milk the night before and keep in the refrigerator overnight. The oats will soften beautifully, enough in fact to be eaten just as they are.
- Assuming you are going to cook the oatmeal, place the soaked mixture in a saucepan with the remaining almond milk. heat gently, stirring constantly for a few minutes until the mixture turns thick and creamy. add a little more water if it looks too thick.
- Remove the cinnamon stick and divide the oatmeal between bowls. Top with almonds and drizzle of maple syrup.

Hot Quinoa Cereal

by Cate Stillman

Ingredient	Amount	
Quinoa, soaked overnight and rinsed	1/4	cup
Raisins	1	handful
Water	1/2	cup
Organic nut milk	1/2	cup
Cinnamon	1/4	tsp
Pure maple syrup (optional)		

- Put the water and quinoa in a small saucepan and bring it to a boil over high heat.
- Reduce the heat and simmer, stirring occasionally, until the quinoa is tender and the mixture thickens, about 20 minutes.
- Add cinnamon. Warm the mixture over low heat.



Creamy Chia Pudding

by Rachel Devaux

Recipe serves	
	2

Ingredient	Amount	
<i>Pudding</i>		
Unsweetened almond milk <i>*see recipe (or other unsweetened nut milk alternative)</i>	2	cups
Chia seeds	1/2	cup
Hemp seeds	3	tbsp
Flaxseed, ground	2	tbsp
Vanilla extract	1	tsp
Cinnamon	1/4	tsp

- *Toppings: nuts, coconut butter, nut butter, cacao nibs*

This can be enjoyed as breakfast or dessert.

Combine all pudding ingredients in a bowl or jar and stir vigorously.

Store in an air-tight container or mason jar overnight—or at least for an hour—to allow mixture to thicken.

Add your toppings in the morning, and enjoy!

Tip: Feeling like a warm breakfast instead? Combine all ingredients in a small saucepan over the stove to heat for 3-5 minutes, stirring continuously. Add toppings and serve!

Tofu Scramble

by Nora Taylor, adapted

Recipe serves	
	2

Ingredient	Amount	
Firm tofu	1	16 ounce block
Nutritional yeast	2	tbsp
Ghee	1	tbsp
Salt	1/2	tsp
Turmeric	1/4	tsp
Garlic powder	1/4	tsp
Non-dairy milk, unsweetened and unflavored	2	tbsp

- Heat the ghee in a pan over over medium heat. Mash the block of tofu right in the pan, with a potato masher or fork. You can also crumble it into the pan with your hands. Cook, stirring frequently, for 3 to 4 minutes until the water from the tofu is mostly gone.
- Now add the nutritional yeast, salt, turmeric and garlic powder. Cook and stir constantly for about 5 minutes.
- Pour the non-dairy milk into the pan, and stir to mix. Serve immediately with sliced avocado, option for hot sauce, parsley or steamed kale.

Note: Tofu scramble is also good with all sorts of vegetables mixed in.

Spinach and Cheese Omelet

by Mitchel Bleier

Recipe serves	
	1

Ingredient	Amount	
Eggs, pasture raised	3	small
Ghee or grass-fed butter	1	tbsp
Spinach	1	cup
Cheese, grass-fed	1/3	cup
Sea salt to taste	1/4	

Heat a pan on medium-low heat and melt butter or ghee.

Add the spinach to the pan and let the spinach wilt.

Whisk together the eggs, add the salt, and add the egg mixture to the pan with the spinach.

Add the cheese and let it cook until the egg sets.

Flip one side of the egg onto the other and let it cook a little longer on each side until fully cooked through.

Add a salad or avocado and enjoy.

Cassava and Green Banana Pancakes

by Mitchel Bleier

Recipe serves	
	about 6

Ingredient	Amount
Filtered water or nut milk (more or less depending on how thick you like the batter)	1.5 cups
Cassava flour	1 cup
Green banana flour	1/2 cup
Ghee or MCT oil	2 tbsp
Swerve, xylitol or erythritol	2 tbsp
Vanilla powder	1/2 tsp
Sea salt	1/4 tsp
Baking soda	1 tsp

**Green banana flour and cassava are great starches because they are a resistant starch. Enjoy some maple syrup and ghee with them.*

Mix all dry ingredients together (flours, sweetener, salt, and baking soda)

in a large bowl. In a separate bowl whisk eggs, add water/milk, butter, and vanilla extract and whisk together.

Pour the wet mixture into the dry mixture and mix until batter is smooth.

Add the coconut oil or ghee to a fry pan and wait until pan is at medium heat.

Pour desired amount of pancake mixture into fry pan and flip over once bubbles appear all over the top.

Cook until golden brown.

RECIPES: Beverages



The Basics

Water

Lots and lots of room temperature water. Sipping warm to hot water throughout the day will help break down excess toxins in your body and move things through. Feel free to add lemon to warm or hot water, especially in the morning, for an added digestive boost.

Homemade Almond Milk

**10 almonds, soaked overnight in enough water to cover
1 cup warm water
1 tsp honey**

Drain the almonds, reserving the soaking water, and remove the skins. Place the nuts in a food processor or blender with the soaking water and the cardamom and pepper. Blend at high speed for 5 minutes.

Combine the almond mixture with the warm water. Stir in the honey. Drink at once.

Green Smoothie

**3-4 leaves and stems of greens - kale, chard, and/or collard
Handful of spinach
1 cup coconut milk, coconut water, almond milk or water
1 apple cut up
1 tsp of spiraling or other green powder of choice
1 tbsp of maca powder
1 handful of frozen berries of choice - blueberry, strawberry, blackberry
**Optional add-ins*
small piece of ginger, small piece of turmeric, 1 tsp chia or flax**

Teas

Tea

Any herbal tea is fantastic. If you are limiting coffee, try Roastaroma by Celestial Seasonings as a replacement.

Also, try this perfect for Fall Digestive Tea (by Kate Stillman)

- 2 cups water
- 1/2 inch piece of fresh ginger root
- 1/2 tsp fennel seeds
- 1/2 tsp cinnamon
- 1 tsp licorice root powder

In a small saucepan, bring 2 cups water to a boil. Coarsely chop the ginger root (skin on is fine). Add the chopped ginger, fennel seeds, cinnamon and licorice powder to the water. Reduce heat to low and simmer, covered, for 10-15 minutes. Pour through a small tea strainer into 2 mugs to serve. Take 6 ounces with or after meals.

Homemade Yogi Tea

Yield 4 cups

- 1/2 tsp cinnamon powder or 1 stick
- 1 tsp coriander powder
- 1/2 inch piece of fresh ginger, diced into sticks
- 1 petal of star anise (not whole star)
- 1/2 tsp fennel seed
- 2 tbsp coconut sugar

Boil all of the above in 32 ounces of water, then turn down to simmer, covered, for 15-20 minutes. Stir early to make sure the sweetener isn't stuck to the bottom. Strain and serve.

Matcha Green Tea Latte

- 1/2 tsp Matcha Green Tea Leaf Powder
- 8oz of your favorite nondairy milk
- 1 tsp coconut oil (optional)
- 1 tsp honey (optional)

Boil water in tea kettle. Place powder in blender (if no blender, no worries, use a mug, add a couple ounces of hot water to the tea powder. On the stovetop, warm milk, honey and coconut oil. Take it off the stove just before it reached boiling point. Add milk to blender or mug. Blend and stir.

Cumin Coriander Fennel Tea (CCF)

Equal parts cumin, coriander and fennel seeds. Put in a tea strainer, steep for at least 2 minutes. Sip throughout the day or at least 20 min prior to each meal.

Golden Milk *by Dr. Weil*

**Perfect for an evening drink just before bed
Heat 2 cups light, unsweetened coconut milk (or almond milk)
Add 1/2 tablespoon peeled, grated fresh ginger
Add 1 tablespoon peeled, grated fresh turmeric**

Heat all ingredients in a saucepan. Stir well. Bring to a simmer covered for 10 minutes. Strain and sweeten to taste.

RECIPES: Dessert



Sweet

Goji Berry Energy Bites

1/2 cup sesame seeds

1/2 cup hemp seeds, plus 3 tbsp

2 tbsp raw cacao

1 tbsp maca

1 cup dates, pitted

1/2 cup goji berries

1 tbsp maple syrup

1 tsp vanilla extract

1 tbsp water

Pinch of sea salt

Dash of cinnamon

1/2 cup shredded coconut (optional)

In a food processor, combine all ingredients. Add more dates and water if too dry. Shape small amounts of mixture into tiny, bite sized balls, roll them in coconut or extra hemp seeds if using. Store in a sealed container in the refrigerator or freezer.

Coconut Chocolate Mousse

from KetoDietApp

1 can full fat coconut milk, refrigerated for days

3 tbsp cacao powder

3 tbsp sweetener (swerve is great)

1 tbsp vanilla powder or extract

Do not shake the can. When you open the can the top should be very thick. Spoon a little out and then pour whatever liquid is at the bottom of the can out. The coconut fat should be solid. If it's not, refrigerate it after you make it to let it sit, or just eat a soupier mousse. Put the coconut fat in a medium size bowl. Using a hand mixer, mix for a minute just to smooth it out. Then add cacao powder, sweetener, and vanilla. I recommend mixing it by hand to incorporate the powder before turning the mixer back on. Mix again with the electric mixer until all ingredients are incorporated and it is smooth and creamy. Refrigerate or eat immediately.

Salted Chocolate Avocado Pudding

by Angela Liddon

3/4 cup packed avocado (1 medium avocado)

1/2 cup unsweetened raw cacao or cocoa powder

1/4 cup pure maple syrup

2 tablespoons coconut oil, melted

2 tablespoons unsweetened almond milk

1 tablespoon natural smooth roasted almond butter

1/2 teaspoon pure vanilla extract

1/4 fine sea salt, or to test

- **Add the avocado, cocoa powder, maple syrup, melted coconut oil, milk, almond butter, vanilla and salt into a food processor or blender. Process until super smooth.**
- **Taste and adjust salt and sweetener, if desired**
- **Spoon into airtight container, covers and chill 1 to 2 hours**

Optional Coconut Cream Topping:

1 can whole fat coconut milk (refrigerate overnight), 1 tsp vanilla, 1 tsp maple syrup. Blend under smooth and whipped.

Dark Chocolate

Enjoy a square of quality dark chocolate

Stuffed dates

Stuff a date with a nut or nut butter

DETOX BATH RECIPES



Bath

Sea Salt and Baking Soda

2 lbs baking soda

2 lbs sea salt

Essential Oils of choice (optional)

Pour sea salt and baking soda into a hot bath, as hot as you can handle (add essential oils if using). Soak for 20-45 minutes. Do not rinse the body after, just towel off. This bath is good for detoxing from exposure to environmental radiation and toxins, as well as, helping with digestive challenges.

Bentonite Clay and Epsom Salt Bath

1/2 cup Bentonite clay

1 cup epsom salts

Essential Oils (optional)

Fill a bath tub with hot water, clay, epsom salts, and essential oils if using. Soak in tub for 20 minutes. Bentonite clay has toxin-binding powers that lies in its negative ionic charge and absorption abilities, which pull positively-charged ions from the bloodstream for elimination. Pesticides, heavy metals, and harmful bacteria are all positively charged, making them susceptible to the clay's pull.

Apple Cider Vinegar Bath

1/2 tsp Matcha Green Tea Leaf Powder

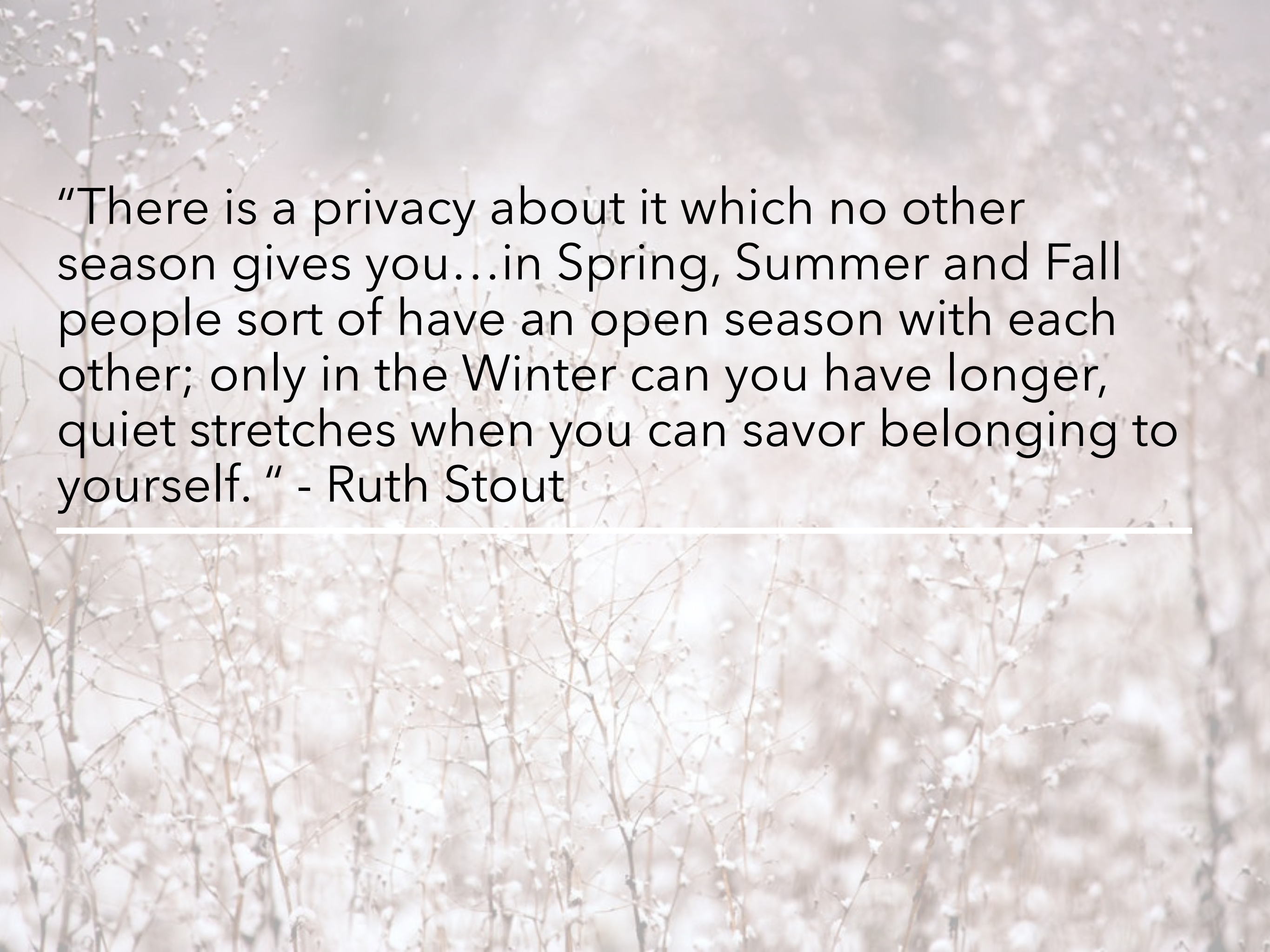
8oz of your favorite nondairy milk

1 tsp coconut oil (optional)

1 tsp honey (optional)

Add the apple cider vinegar to a bath tub full of hot water, as hot as you can handle. Soak for 20-45 minutes. This bath is a great overall detoxifier and for muscle aches and pains brought on by physical exertion. It is also helpful and the best detox bath choice for those with candida issues that affect the skin as it returns the skin to an optimal, slightly acidic ph which is a difficult environment for candida to thrive. An ACV bath draws excess uric acid out of the body. Uric acid is created when the body breaks down substances called purines in certain foods and drinks. Most uric acid is eliminated via the kidneys in the urine, but some folks such as those with gout can have issues with excess levels.

An ACV cleansing bath can provide welcome relief for those with joint problems, arthritis, gout, bursitis, or tendonitis. It also is very helpful for those with excessive body odor problems.



"There is a privacy about it which no other season gives you...in Spring, Summer and Fall people sort of have an open season with each other; only in the Winter can you have longer, quiet stretches when you can savor belonging to yourself. " - Ruth Stout

Poetry

Mary Oliver

THE JOURNEY

One day you finally knew
What you had to do, and began, Though the voices around you Kept
shouting
Their bad advice,
Though the whole house
Began to tremble
And you felt the old tug
At your ankles.
"Mend my life!"
Each voice cried.
But you didn't stop.
You knew what you had to do, Though the wind pried
With its stiff fingers
At the very foundations,
Though their melancholy
Was terrible.
It was already late
Enough, and a wild night,
And the road full of fallen Branches and stones.
But little by little,
As you left their voices behind, The stars began to burn Through the sheets
of clouds, And there was a new voice, Which you slowly
Recognized as your own,
That kept you company
As you strode deeper and deeper Into the world,
Determined to do
The only thing you could do, Determined to save
The only life you could save.

WILD GEESE

You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert repenting.
You only have to let the soft animal of your body
love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting -
over and over announcing your place
in the family of things

Jan Richardson

A BLESSING FOR TRAVELING IN THE DARK

Go slow
if you can.
Slower.
More slowly still.
Friendly dark
or fearsome,
this is no place
to break your neck
by rushing,
by running,
by crashing into
what you cannot see.

Then again,
it is true:
different darks
have different tasks,
and if you
have arrived here unaware,
if you have come
in peril
or in pain,
this might be no place
you should dawdle.

I do not know
what these shadows
ask of you,
what they might hold
that means you good
or ill.

It is not for me
to reckon
whether you should linger
or you should leave.

But this is what
I can ask for you:

That in the darkness
there be a blessing.
That in the shadows
there be a welcome.
That in the night
you be encompassed
by the Love that knows
your name.

Joy Harjo

REMEMBER

Remember the sky that you were
born under,
know each of the star's stories.
Remember the moon, know who
she is.
Remember the sun's birth at dawn,
that is the
strongest point of time. Remember
sundown
and the giving away to night.
Remember your birth, how your
mother struggled
to give you form and breath. You
are evidence of
her life, and her mother's, and hers.
Remember your father. He is your
life, also.
Remember the earth whose skin
you are:
red earth, black earth, yellow earth,
white earth
brown earth, we are earth.

Rainer Maria Rilke

LET THIS DARKNESS BE A BELLTOWER

Quiet friend who has come so far,
feel how your breathing makes
more space around you.

Let this darkness be a bell tower
and you the bell. As you ring,

what batters you becomes your
strength.

Move back and forth into the
change.

What is it like, such intensity of
pain?

If the drink is bitter, turn yourself
to wine.

In this uncontainable night,
be the mystery at the crossroads
of your senses,
the meaning discovered there.

And if the world has ceased to
hear you,
say to the silent earth: I flow.
To the rushing water, speak: I am.

Rumi

THE GUEST HOUSE

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!

Even if they're a crowd of sorrows,

who violently sweep your house
empty of its furniture,

still, treat each guest honorably.

He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

Marie Howe

HURRY

We stop at the dry cleaners and the grocery store
and the gas station and the green market and
Hurry up honey, I say, hurry,
as she runs along two or three steps behind me
her blue jacket unzipped and her socks rolled down.

Where do I want her to hurry to? To her grave?
To mine? Where one day she might stand all grown?
Today, when all the errands are finally done, I say to her,
Honey I'm sorry I keep saying Hurry —
you walk ahead of me. You be the mother.

And, Hurry up, she says, over her shoulder, looking
back at me, laughing. Hurry up now darling, she says,
hurry, hurry, taking the house keys from my hands.

Diane Ackerman

SCHOOL PRAYER

In the name of daybreak
and the eyelids of morning
and the wayfaring moon
and the night when it departs,

I swear I will not dishonor
my soul with hatred
but offer myself humbly
as a guardian of nature,
as a healer of misery,
as a messenger of wonder
as an architect of peace.

In the name of the sun and its minors
and the day that embraces it
and the cloud veils drawn over it
and the uttermost night
and the male and the female
and the plants bursting with seed
and the crowning seasons of the firefly
and the apple, I will honor all life

— wherever and in whatever form
it may dwell — on Earth my home,
and in the mansions of the stars.

John O'Donahue

FOR THE ARTIST AT THE START OF THE DAY

May this be a morning of innocent beginning,
When the gift within you slips clear
Of the sticky web of the personal
With its hurt and hauntings,
And fixed fortress corners,
A morning when you become a pure vessel
For what wants to ascend from silence,
May your imagination know
The grace of perfect danger,
To reach beyond imitation,
And the wheel of repetition,
Deep into the call of all
The unfinished and unsolved
Until the veil of the unknown yields
And something original begins
To stir toward your senses
And grow stronger in your heart...

FOR ONE WHO IS EXHAUSTED

You have traveled too fast over
false ground;
Now your soul has come, to take
you back.
Take refuge in your senses, open up
To all the small miracles you rushed
through.
Become inclined to watch the way
of rain
When it falls slow and free.
Imitate the habit of twilight,
Taking time to open the well of
color
That fostered the brightness of day.
Draw alongside the silence of stone
Until its calmness can claim you.
Be excessively gentle with yourself.

THIS IS THE TIME TO BE SLOW

This is the time to be slow,
Lie low to the wall
Until the bitter weather passes.

Try, as best you can, not to let
The wire brush of doubt
Scrape from your heart
All sense of yourself
And your hesitant light.

If you remain generous,
Time will come good;
And you will find your feet
Again on fresh pastures of promise,
Where the air will be kind
And blushed with beginning.

Ruth Forman

LET IT HEAL

Listen to the song and let it tell you how
be quiet be quiet be still
let the angels put their hands on where it hurts
and
smooth be quiet be still
ask for prayers around you and bathe in song
be quiet be quiet be still
sit in children's laughter twice a day
be quiet be quiet be still
leave your thoughts for another time
wrap yourself in daylight
knit yourself a friend tighter than you imagined
let good people close to you
move away from those that suck from you
be safe be quiet be still

if you have no hands
write
if you have no feet
walk
if you have no voice
sing
and a chorus will carry you
if you have no eyes
see
if you have no arms
hug
be thankful be quiet be still

and the pouring come upon you
like holy water
and the healing a new plant

break the ground
emerge clean and willing
sorry and thankful
new and quiet
rejoice
like children at kickball
wise like grandmother's on the
stoop
ready to live
and whole
ready
and
whole.

Mark Nepo

BEING HERE

Transcending down into
the ground of things is akin
to sweeping the leaves that
cover a path. There will always
be more leaves. And the heart
of the journey, the heart of our
awakening, is to discover for
ourselves that the leaves are not
the ground, and that sweeping
them aside will reveal a path,
and finally, that to fully live,
we must take the path and
keep sweeping it.

David Whyte

THE WINTER OF LISTENING

No one but me by the fire,
my hands burning
red in the palms while
the night wind carries
everything away outside.

All this petty worry
while the great cloak
of the sky grows dark
and intense
round every living thing.

What is precious
inside us does not
care to be known
by the mind
in ways that diminish
its presence.

What we strive for
in perfection
is not what turns us
into the lit angel
we desire,

what disturbs
and then nourishes
has everything
we need.

What we hate
in ourselves
is what we cannot know
in ourselves but
what is true to the pattern
does not need
to be explained.

Inside everyone
is a great shout of joy
waiting to be born.

Even with the summer
so far off
I feel it grown in me
now and ready
to arrive in the world.

how easily
you can belong
to everything
simply by listening.

And the slow
difficulty
of remembering
how everything
is born from
an opposite
and miraculous
otherness.
Silence and winter
has led me to that
otherness.

So let this winter
of listening
be enough
for the new life
I must call my own.

THE OPENING OF EYES

That day I saw beneath dark clouds
the passing light over the water
and I heard the voice of the world
speak out,
I knew then, as I had before
life is no passing memory of what
has been
nor the remaining pages in a great
book
waiting to be read.

It is the opening of eyes long
closed.
seen for the silence they hold.
It is the heart after years
of secret conversing
speaking out loud in the clear air.

It is the vision of far off things
It is Moses in the desert
fallen to his knees before the lit
bush.
It is the man throwing away his
shoes
as if to enter heaven
and finding himself astonished,
opened at last,
fallen in love with solid ground.

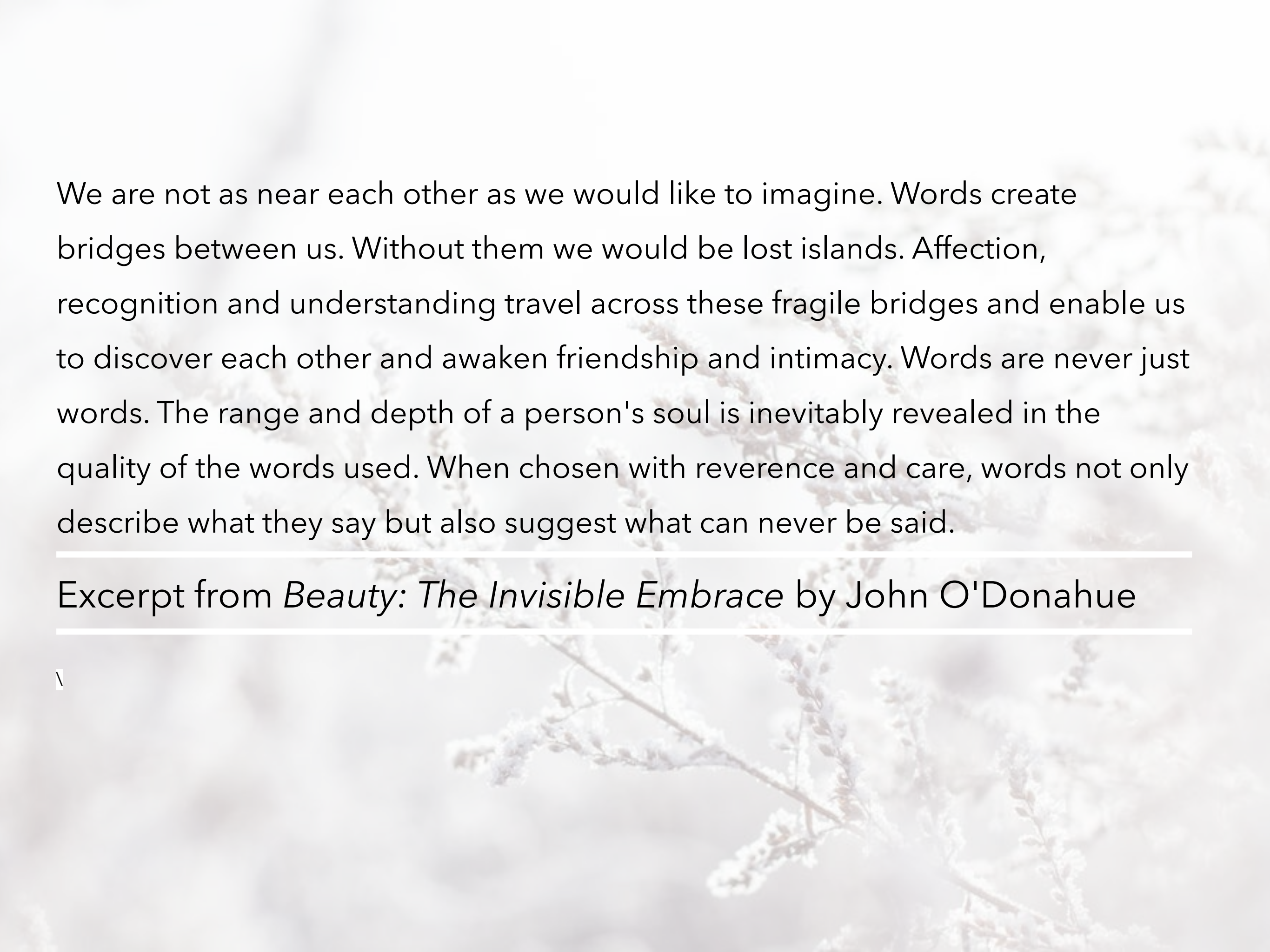
BE YOUR PRAYER

anonymous

As we walk into words that have waited for us
So be awake to the life that is loving you
and sing your prayer, laugh your prayer,
dance your prayer, run
and weep and sweat your prayer,
sleep your prayer, eat your prayer,
paint, sculpt, hammer and read your prayer,
sweep, dig, rake, drive and hoe your prayer,
garden and farm and build and clean your
prayer,
wash, iron, vacuum, sew, embroider and pickle
your prayer,
compute, touch, bend and fold, but never
delete
or mutilate your prayer.

Learn and play your prayer,
work and rest your prayer,
fast and feast your prayer,
argue, talk, whisper, listen and shout your prayer,
groan and moan and spit and sneeze your
prayer,
swim and hunt and cook your prayer,
digest and become your prayer.

Release and recover your prayer.
Breathe your prayer.
Be your prayer.



We are not as near each other as we would like to imagine. Words create bridges between us. Without them we would be lost islands. Affection, recognition and understanding travel across these fragile bridges and enable us to discover each other and awaken friendship and intimacy. Words are never just words. The range and depth of a person's soul is inevitably revealed in the quality of the words used. When chosen with reverence and care, words not only describe what they say but also suggest what can never be said.

Excerpt from *Beauty: The Invisible Embrace* by John O'Donahue

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