

Easy Recipes for Cooking Zippi Style



Cook, Assemble, Blend, Have Fun!

Recipes, Stories, and Tips



Easy Recipes for Cooking Zippi Style

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INTRODUCTION

Welcome to the world of creating meals on the Vitaliti Zippi 14-Day Accelerated Cleanse!

You are going to have a great time as you shift your taste buds and learn to make a few simple meals that you will love and continue to use after the 14 days. Remember that when in doubt, you can always make Designs for Health or Arbonne protein shake or drink some PaleoGreens. Remember that STRESS makes you FAT, and you do not have to be perfect but you do have to get started!

Preparation is the key so be sure to go to the grocery store. I generally go to Trader Joe's or Whole Foods weekly to buy chopped ready to go salad items, frozen veggies, beans, green apples, raw organic nuts and seeds, avocados, and organic canned beans. I go to Costco once or twice a month to get certain low cost staples like frozen organic berries, organic spinach, organic kale, organic chopped carrots, organic lemon juice, lemons, organic Quinoa, organic cooked brown rice bowls, and Kirkland Organic No-Salt Seasoning. I freeze extra fresh spinach and kale for shakes. Then, I get pantry and unique items at Whole Foods as needed like millet, dry beans, unsweetened rice milk, Nutritional Yeast, Coconut Aminos, Gluten-free Tamari, etc. If I am feeling ambitious I will make my own hummus. Otherwise, I will buy some looking for the lowest fat version.

I've also noticed recently that mainstream stores (especially Safeway) are carrying lots of Zippi Worthy items. And, there are specialty and local supermarkets like Sprouts, Berkeley Bowl, and Harvest House that have lots of Zippi Worthy foods.

Another super option is to check out your local farmer's market or to join a Community Sustainable Agriculture (CSA) group. If you belong to a CSA, you will get a box of locally grown veggies each week and this can form the staple of your household meals.

To get ready for the week, I make sure that my fridge is filled with chopped ready to go salad items, apples, avocados, lemons, and my new favorites Pasta Zero (sweet potato version only – no soy). My freezer is filled with frozen organic veggies (for side dishes and shakes) and frozen organic berries. My pantry needs to have unsweetened rice milk, quinoa, brown rice, gluten free steel cut oats (Bob's Red Mill), some seeds, Coconut Aminos, nutritional yeast, Pepper Plant Hot Sauce, DFH Pure Pea Protein, DFH unsweetened PaleoFiber, DFH PaleoGreens, organic teas (many).



MY WEEK CENTERS ON THE FOLLOWING MEALS:

BREAKFASTS (SOMETIMES ONE OR A COMBO OF):

- Designs for Health or Arbonne protein shakes with fresh spinach (a lot), fresh kale (a little), berries, unsweetened rice milk, and ground flax seeds
- Gluten free steel cut oats with Designs for Health or Arbonne protein, unsweetened rice milk, and ground flax seeds
- Side veggies: small salads, or green drinks, or blended veggies, or leftover veggies, veggie soup, etc.

LUNCHES (SOMETIMES ONE OR A COMBO OF):

- Salads with beans, quinoa, brown rice, lentils, millet or some other starchy carb
- Vegetable soups (home made)
- Leftover veggies or frozen veggies with nutritional yeast, coconut aminos and Pepper Plant hot sauce

DINNERS

- Hot soups and starchy carb (quinoa, millet, etc.)
- Grilled or roasted veggies
- Side green salads with cut-up veggies
- Layers of beans, frozen veggies (microwaved in glass only), chopped tomatoes (Pomi brand – boxed only), and toppings / spices

For universal spices on salads or veggies, I use nutritional yeast, a no-salt spice blend (like 21-Seasoning Salute from Trader Joe's or organic no salt seasonings).

Because the base of the Zippi program is Low-Carb Veggies, I have 6 main "Go Tos" that form the greater part of my meals I will often have more than one of these with my meal (*See the recipe sections for all of the details*).

TI'S 6 MAIN "GO-TOS"

1. BIG TI SALADS; TI'S FABULOUS DRESSING (p. 16 and p. 28)
2. Frozen Organic Veggies, microwaved in a glass bowl and then "topped" (p. 27)
3. Homemade Veggie broths and veggie purees (pp. 6-8)
4. Saucy bowls of Kelp noodles or Pasta Zero / Shirataki Noodles (Japanese yam or Konjac only – no soy)
5. ROASTED VEGGIES (p. 25)
6. Designs for Health or Arbonne protein shakes with veggies added (pp. 12-14)

It's simple to make these dishes, and I think more like I am assembling than anything else. I am the "Semi-Homemade Lady," so I honestly buy everything that is already chopped and ready to roll for me.



MY SHORTCUTS:

GO TO TRADER JOE'S:

- All the chopped veggies and salad items that I like (make sure and grab some bagged organic veggies too); in addition to the Low Carb Veggies that go into my Big Salad (see recipe), I sometimes get cut squash, cooked beets, and cooked lentils
- All the frozen organic veggies I like (sometimes I get conventional veggies too if there's something that doesn't come organic) and the frozen spice trays (garlic, cilantro, basil)
- Hummus, Vinegar-free Salsa or Pico de Gallo, Guacamole, Tahini Sauce
- Stevia, certain spices, ground flax meal, whole flax seeds, raw nuts or seeds

GO TO WHOLE FOODS:

- Nutritional Yeast (bulk section or supplement section)
- Unsweetened rice milk
- Dried shitake mushrooms, seaweeds, nori sheets in the seaweed section
- Spices: flavored liquid Stevia, Xylitol, and others not available at Trader Joe's
- Bragg Liquid Aminos and Gluten Free Tamari (International isle); Boxed Chopped and Pureed Tomatoes (Pomi brand); Boxed cooked beans (look for them – 365 brand)
- Any frozen organic veggies missing from Trader Joe's (especially frozen Kale)

Start with what feels easy to you and then go from there. Do not let yourself get overwhelmed by the task of shopping and assembling food. Do what you can manage and then build from there. Make sure you get your 8-10 servings of veggies in during your meals or as a green drink or Alkaline broth (see recipe) in between meals.

Share your favorite new recipe with us at [Facebook.com/VitalitiWellness](https://www.facebook.com/VitalitiWellness).

I know you will come up with some killer something that you can't wait for us to learn about.

Relax, enjoy. Remember it takes about 20 times of trying something to develop a taste for it. We have 14 days and we eat every 4-6 hours that we are awake before 7 pm, so some of us will be eating 4 meals a day and making a Recovery Drink every time we work out. I can guarantee you'll invent or find something that you love during that time so make sure you let us know.

Let's get COOKING....

All my best,



ALKALINE BROTH

About Alkaline Broth

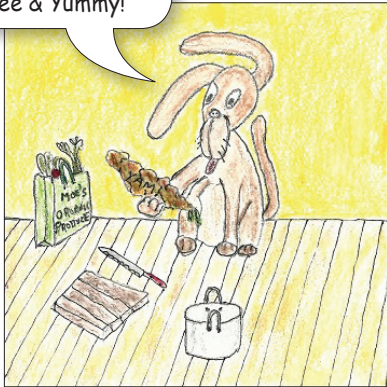
I love Alkaline Broth. I first learned about it when from Ed Bauman who runs Bauman College, an incredible school that trains Nutritionists and Holistic Chefs. I had the privilege of teaching Business Practices and of working in the kitchen at a Vitality Retreat (that's a fast). I came to love making and drinking Alkaline broth and it is almost my cure-all for everything! Give it a try. With permission, here are Ed's recipe and then my shortcut recipe.

If you can't get into the groove of making it, you can try Design for Health's PaleoGreens but they are not the same thing. The PaleoGreens are the best greens on the market. They do not have any fiber or fillers, glutens or other potentially allergenic ingredients. And, they are harvested at exactly the right time in the right place to maximize the amount of nutrients in the ingredients. I make Alkaline broth whenever I can. The broth is incredibly revitalizing and there is nothing quite like a warm cup of broth in the evening.

Both PaleoGreens and the Alkaline broth (broth only, no pureed veg) can be drunk in unlimited amounts between meals and are great sources of nutrients from veggies. If you are trying to count your veggies (since we want you to eat 8-10 servings of Low Carb veggies), 1 tsp PaleoGreens = 2 servings of Low-Carb veg. You can divide the number of veggie servings you put into your Alkaline broth by the amount of broth you make to find out your servings of veggies you have in your broth.

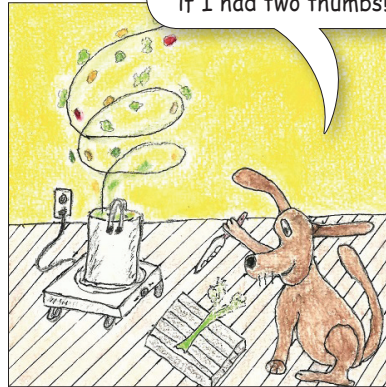
(Alkaline Broth recipe next page)

Alkaline Broth...Mmm...
Yippee & Yummy!



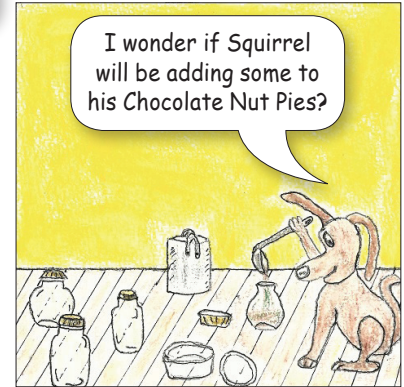
The shopping bag is full of: yams, carrots, celery, onions, kale, collard or similar greens, and some dried seaweed.

This would much easier
if I had two thumbs!



The Rule of Thirds: 1/3rd root veggie chunks, 1/3rd soup-base veggie chunks (onions, celery, carrots) and 1/3rd coarse shredded greens...
When the pot's half-filled with chunks, add water to two inches below rim, bring to boil, reduce heat, and simmer 4-5 hours.

I wonder if Squirrel
will be adding some to
his Chocolate Nut Pies?



After simmering, pour off broth into containers.
Be sure to save and freeze what's left for use in all sorts of recipes.



ALKALINE BROTH

(Recipe Courtesy of Ed Bauman)

Ingredients:

- 2 cups yams
- 1 medium potato with skin
- 1 cup collard greens
- 1 cup zucchini
- 1 cup cabbage
- 1 cup green beans
- 2 cups celery

Slice into strips:

- 1 cup onion

Chop roughly:

- Half tsp fresh parsley
- Half tsp dill
- 1 clove garlic

Leave whole:

- Seasonal greens: kale, mustard, chard, spin, broccoli, dandelion, etc.
- 6 slices fresh ginger
- 1/4 cup seaweed: nori, dulse, etc.

Directions:

Place the above ingredients in a large pot. Fill with fresh, filtered water. Bring the full mixture to a boil. Then simmer 4-6 hours. Strain the broth. Discard and compost the remnants of the vegetables or puree and eat alongside your shake. Enjoy the broth within 2-3 days. Plan ahead and place what you know you won't drink in glass jars (2/3 full) and freeze.

Bauman, Ed (2005), Recipes & Remedies for Rejuvenation, Bauman College Publications



TI'S NO BRAIN / NO PAIN ALKALINE BROTH RECIPE

I am like the Semi-Homemade lady on the food network. I like things to be already chopped, washed and ready to roll. I know that makes me less than an Organic Goddess but it also helps me to get it done. Otherwise, sometimes my ingredients for my alkaline broth go from being in the Crisper to being in the "Rotter". (Has that ever happened to you?)

Ingredients:

- 1/3 Rough Cut Root Veggies (*I use sweet potatoes – buy chopped and ready if you want at Whole Foods; I love beets but they generally involve some scrubbing. You might consider parsnips as well.*)
- 1/3 Crunchy Low-Carb Veggies (*I use celery, onions, carrots – can do ready to go Mirepoix at Trader Joe's; also like frozen washed leeks from Trader Joe's; a bag of dried Shiitake mushrooms from Whole Foods*)
- 1/3 Leafy Veggies (*I often go with frozen organic kale and collard greens from Whole Foods*)
- Seaweed: I put in a pack of Wakame or Kombu
- Flax: If I remember, I add some flax seed at the end

Directions:

Rough cut the ingredients. Put in big stock pots (I make several batches at once). Fill stock pots with water. Bring to a boil. Turn down to simmer. Let it simmer for 4-6 hours. I drain some of the liquid for broth and then pull out the sweet potatoes and puree the rest with a little broth for a great organic fibrous vegetable puree. Stays good only a few days so be sure to freeze what you can't use.

Feel free to add any herbs you want and to substitute different veggies if you don't like the taste of the broth you made.

I use Gluten Free Tamari, Coconut Aminos, Pepper Pant, Nutritional Yeast, Twenty-one Spice, garlic powder, ginger powder, and Cayenne Pepper to season the broth and the puree.



THE ULTIMATE “EASY BUTTON”

I have searched long and hard for “Easy Buttons” or products that will make life easy, food tasty and get great results on the our Cleanse Programs. We recommend Designs for Health Pure Pea Protein Powder or Arbonne Protein because we have used both brands consistently in our programs with excellent results. They meet our criteria of needing to be dairy free and soy free. Designs for Health Pure Pea is less sweet than Arbonne and works great in a savory shake if you plan to add veggies.

BASIC SHAKE INGREDIENTS *(Applies to all shakes)*

Follow the Easy Button Schedule around how much protein, and fiber, etc. you need to add.

Liquid: Start with $\frac{3}{4}$ - 1 cup; add more water for a thinner or ice for a thicker shake

Use one or more of the following:

- Water
- Unsweetened Rice Milk
- Unsweetened Almond Milk

Protein Powder:

- Add 1 serving for women
- Add 1 – 2 servings for men

Fiber Powder:

- Add a 1 serving
- Healthy Fat: Choose one of the following (not both!):
 - (Option 1) Add 1 Tbsp of raw nuts or seeds (raw and organic) - NO Peanuts
 - (Option 2) Add 1-2 tsp of nut butter (no peanut butter)

Low-Carb Veggies: (choose as many as you like of the following or any others on the Food Resource list)

- Add a handful of fresh or frozen spinach
- Add a 1-2 tsp PaleoGreens
- Add a whole raw zucchini or shredded zucchini

Starchy Carb: (choose one of the following (not more than starchy carb per meal)

- (Option 1) $\frac{1}{4}$ cup of frozen or fresh berries
- (Option 2) $\frac{1}{2}$ of a green apple
- (Option 3) $\frac{1}{4}$ cup brown rice



SHAKE RECIPES

Add Designs for Health or Arbonne Protein Powder, Designs for Health Fiber and PaleoCleanse to the following recipes according to the “Easy Button” Schedule.

BLUEBERRY PECAN

- ¼ cup blueberries
- 1 cup unsweetened almond or rice milk
- 1 Tbsp raw pecans

LEMON BLUEBERRY ENERGY

- 1 cup unsweetened almond or rice milk
- 1 tsp almond butter
- ¼ cup blueberries
- 1 cup fresh spinach
- 1 tsp Designs for Health C + BioFizz or Arbonne Citrus Energy Fizz Stick or squeeze ½ a lemon and add some zest too

APPLE PIE

- ½ cup unsweetened rice or almond milk
- ½ cup water or ice
- ¼ cup sour green apple, sliced
- A few dashes of Pumpkin Pie Spice or cinnamon, nutmeg and cloves to taste
- 1 Tbsp raw pecans or slivered or sliced raw almonds

COCOBERRY

- ¼ cup organic coconut milk
- ½ -1 cup water
- ¼ cup frozen or fresh raspberries, or strawberries, or blueberries

TANGY COCOBERRY

- ¼ cup organic coconut milk
- 1 tsp Designs for Health PaleoReds, dissolved in ½ cup water
- ¼ cup of unsweetened blackberries (can substitute blueberries, raspberries, strawberries – any berry you have on hand or desire)

**LEMON/LIME REFRESHER**

- ¼ cup coconut milk
- ½ -1 cup water
- If you have it, put in ½ a lemon or lime – include some of the rinds in your shake for increased vitality; if you don't have it fresh, just add 2 Tbsp lemon or lime juice

REALLY CHOCOLATY

- 1 cup unsweetened chocolate almond milk
- 1 tsp unsweetened cocoa powder
- 1½ tsp almond butter
- ½ tsp Xylitol; or one Truvia packet (If you have it, even better with a few drops of the liquid Stevia toffee flavor!)

BUILDING ON REALLY CHOCOLATY:

- Mayan Cinnamon Chocolate Twist
- Add a few dashes of Cinnamon to the above
- Ti's add: a dash of Cayenne Pepper

MINT CHOCOLATE

- Add 1-2 tsp Designs for Health Mint PaleoGreens

MINT CHOCOLATE CHIP

- Add 1-2 tsp Designs for Health Mint PaleoGreens
- Substitute 1-2 tsp Raw Cacao Nibs for the Fat for almond butter

CHOCOLATE PASSION ENERGY

- Add an Arbonne Pomegranate Energy Fizz Stick
- Add ¼ cup of berries (I like strawberries or raspberries)
- For the Fat, consider substituting ¼ cup coconut milk or 1 Tbsp ground flax seed instead of the almond butter



PROTEIN SHAKES WITH VEGETABLES & BLENDED MEALS

I am a person who started using protein shakes as Recovery Drinks but was not at first sold on the idea of protein shakes being meal replacements. I found that I wanted something else right after I drank one, and so I was better off making the shake as my protein and having veggies with it. However, with my busy schedule, there are some instances where putting my meal in one container makes life really “easy.”

The solution, I found, was putting Veggies in my shakes. I had always added a teaspoon of Design for Health PaleoGreens to my shakes, but now I started adding handfuls of spinach, moved into adding frozen kale, squash, and carrots. The works! Here are some of my favorites!

WHY?

Try adding some Veggies to your shake. If you start with a small amount, you will not taste them and you will find your energy is better and the shake stays with you longer. The energy and extra fiber in the Veggies is the key to creating well-being and is right in line with The RESET. Plus, this will help you get in more of your servings of Veggies (remember we are trying for 8 -10 servings per day).

SOME EASY STARTS TO ADDING GREENS TO SHAKES

- Add a handful of fresh or frozen spinach
- Add a teaspoon of Mint PaleoGreens to a chocolate shake
- Add a raw zucchini or shredded zucchini

MORE ADVANCED GREEN OPTIONS

- Fresh or frozen kale (blend longer)
- Celery, cucumber, and parsley with Water (as a side drink or blended with a shake)

As I started doing more shakes for meals, I began to have a craving for some warmer foods and foods that I could eat with a spoon or fork while still adding Designs for Health or Arbonne protein powder. Sometimes, I would just make the warm veggies or soups as sides to my protein shakes, but other times I experimented with adding the protein powder to my veggies with some great results. Many soups that you would order in a restaurant have a touch of cream and a touch of sweetener, so adding the protein powder to a pureed veggie can make for a wonderful dish!



SUSIE'S LEGENDARY GREEN SHAKE

Susie made me this shake when I was visiting her in Reno. It is spicy and cool at the same time and very energizing.

- 1/3 of a medium cucumber
- 1/3 of a medium zucchini
- ½ cup frozen spinach
- ¼ cup butternut squash
- ¼ inch of jalapeño (add in ¼ inch increments to taste)
- A handful of cilantro (stems and leaves)
- Juice from a lime half
- Vanilla protein powder
- 1 cup almond or rice milk
- 1 Tbsp raw nuts

PUMPKIN SPICE

- ¾ cup unsweetened vanilla almond or rice milk
- ¼ cup pumpkin puree
- 1 Tbsp pecans or walnuts
- Pumpkin pie spice to taste or add nutmeg and cloves
- ¼ tsp Xylitol or 1 package of Truvia for extra sweetness; a few drops liquid Stevia works well too

SAVORY SHAKE *(Courtesy Karen Diggs, NC and Therapeutic Chef www.benourishedsf.info)*

- ¼ of an avocado
- ½ cup steamed zucchini*
- ¼ cup fresh herbs such as parsley, cilantro, or dill
- 8 oz. filtered water or organic low-sodium vegetable broth
- Fresh ground pepper
- Pinch of cayenne
- ½ tsp grated ginger
- *Instead of zucchini, you can also use steamed or raw spinach, steamed Cauliflower, Broccoli, Spinach, kale, herbs, etc... Spices (try "Trader Joe's 21 Spice Salute") or add steamed beets or butternut squash, etc. Fiber is optional depending on the quantities of veggies you add



TI'S SOUP PUREES WITH A PROTEIN BOOST

You can steam or microwave (glass bowl only) any veggie that you desire, or that you have available, with unsweetened rice milk or almond milk until it is soft. Then, take the liquid and the veggie and carefully pour in your blender (the immersion blenders work great with this idea). Blend slowly, letting the steam out of your blender, and add Designs for Health or Arbonne protein powder. Don't be afraid of adding unsweetened cocoa powder or the chocolate protein. In Aztec and Mayan cooking and other cultures, chocolate was often an ingredient in a recipe. If you want to bring out the flavors a little more, try a dash of Gluten Free Tamari or Bragg Liquid Aminos but not too much as it brings a salty flavor that can be overwhelming.

I also make soup purees and do not add protein powder to them. In those instances, I might experiment with more savory ingredients like garlic, onion, ginger, etc. When making a savory soup the Designs for Health protein powder works better than the Arbonne because it is not as sweet.



TI'S PROTEIN SQUASH

Squash can be a sweet vegetable, just like sweet potato. When I mash and add protein powder, it is so good that I have served it as dessert at a team meeting and everyone was asking me for the recipe!

- Steam or microwave fresh cubed butternut squash (available at Trader Joe's and Whole Foods; can substitute frozen if necessary) in unsweetened rice or almond milk (just enough to cover it). Add Designs for Health or Arbonne protein powder to make it chocolaty add ½ tsp of unsweetened cocoa powder and one Truvia packet.
- Optional fat: sprinkle walnut pieces, pecans, almond slivers, flax meal, etc. on top.
- Optional flavors: Try adding pumpkin pie spice or cinnamon. Sometimes I add a dash of Bragg Liquid Aminos if I want to add a savory flavor.
- If you are using this as a "dessert," be sure to have lots of Low-Carb veggies (big salad, pureed soup, etc. for dinner. Then, the ½ cup butternut squash and 2 scoops of protein powder can be your Protein and your Starchy Carb. Fat can be used on top of your Veg or on your "dessert."

TI'S PROTEIN CAULIFLOWER MASH

Same idea as the Protein Squash, cauliflower is also a yummy base for protein powder.

- Take fresh or frozen cauliflower and microwave in a glass bowl or steam on the stove with enough unsweetened rice milk or almond milk to cover
- When soft, mash with 2 scoops Designs for Health or Arbonne protein powder
- Add some spices: pumpkin pie spice, cinnamon, or nutmeg
- You can also put the whole mixture in the blender with 1 Tbsp cashews for healthy fat. This will give a very creamy consistency which is nice.
- Since the cauliflower is a Low-Carb Veggie, you can have as much as you want. Use your 2 scoops of Designs for Health or Arbonne protein and the Tbsp of cashews can be your fat.
- You can also put the cauliflower and heated nut milk in the blender.



DRESSINGS, DIPS, MARINADES, SAUCES

One of the simplest things to eat to get satisfied and experience the abundance and variety of the foods that you can enjoy is to make a big salad and include all the Low Carb veggies that you love in unlimited amounts.

The operative question is “What salad dressing can I use?” Most bottled salad dressings have vinegar and sugar, so they are out during the 30 days.

My father is French, so salad and salad dressing have been a part of our upbringing. It may be a little known fact to Americans, but all French people know how to make a quick salad dressing or “vinaigrette.” The answer to the vinaigrette on The RESET is lemon juice! When in doubt, substitute lemon juice for vinegar when making salad dressing and add a splash of Gluten Free Tamari, Bragg Liquid Aminos, or Coconut Aminos to give it a little bit of a salty kick.

TI'S ALWAYS FABULOUS SALAD DRESSING – OIL FREE

Ingredients:

- 1 avocado
- ½ cup lemon
- ½ cup water (may substitute unsweetened no sugar added organic rice milk instead of water if you want a creamier consistency)
- 1-3 Tbsp low sodium gluten free Tamari (tastes salty, so add according to your taste)
- 1 clove of garlic (or a few shakes of organic garlic powder)
- (Ti's favorite optional: one pinch of chili powder and one dash of cayenne pepper)

Directions:

Put all of the ingredients in the blender and blend until smooth. You may want to add the low sodium gluten free Tamari one Tbsp at a time so you can get it to the right saltiness level for you.

Options:

- Unsweetened almond milk or rice milk instead of water to make it creamier
- Bragg liquid aminos instead of low sodium gluten free Tamari
- Lime juice instead of Lemon juice
- Add powdered mustard, cayenne pepper, fresh or dried herbs like basil, dill or thyme.

Portions: ¼ of the dressing = 1 serving of fat



TI'S ALWAYS FABULOUS SALAD DRESSING

Ingredients:

- 2/3 cup Cold Pressed Olive, Walnut, Truffle, or Avocado Oil
- 2/3 cup Organic Lemon Juice – Make sure there are no additives (use less lemon juice if this tastes too lemony)
- 2-4 Tbsp Bragg Liquid Aminos or low sodium gluten free Tamari (tastes salty so you can start with less and add as desired)

Directions:

For variety choose one to unlimited spices (depends on your mood): Italian spices, Trader Joe's 21 spices, Mrs. Dash, cayenne pepper, garlic powder, mustard powder, or any herbs and spices you love. Fresh herbs can be great chopped and added to salads. I love fresh basil, lemon thyme, and parsley as options. You can find fresh herbs in the produce section at Trader Joe's.

Portions:

1 fat serving = 1 tsp of oil. If you use the recipe as listed, then your serving size would be a little over 2 tsp for one serving of fat.

TAHINI AND LEMON DRESSING

Ingredients:

- ½ cup Tahini
- ½ cup organic lemon juice
- ¼ cup water
- 1 clove fresh garlic
- Small amount Cleanse Worthy sweetener (1 Tbsp Xylitol or 1 packet Truvia)
- ½ tsp dried basil
- ½ tsp dried thyme

Directions:

Blend ingredients. Whole recipe makes 12 servings. When using on your salad, use approximately 1 Tbsp for a fat serving.

Clarification: Whole Foods sells Tahini which is a sesame seed paste. You can find it in the aisle with the peanut butter and other nut butters. You can substitute almond butter in this recipe as well. Also, you can add a little Low Sodium Gluten Free Tamari for an Asian kick. Trader Joe's has a "Tahini Sauce" that is whipped. If you use the Trader Joe's Tahini Sauce, you can have double the amount of salad dressing because the whipped version is lower in fat than the version at Whole Foods.

**GINGER-FLAXSEED DRESSING**

(Courtesy Deborah Coffey, NC Green Cuisine)

For 2 cups, blend:

Ingredients:

- 1 Tbsp flax seeds
- 1 cucumber chopped
- 8 Tbsp (1/2 cup) sunflower seeds
- 1 Tbsp fresh grated ginger
- 1 tsp sesame oil
- 1-½ cups water

Serving Size: 2 Tbsp = 1 fat serving



HUMMUS

(Makes about 2 ½ cups)

I love hummus as a dip for veggies and as salad dressing. On the Zippi, we're limited to a 2 Tbsp serving because it counts as our healthy fat. Hummus gives a little extra Protein and Starchy Carb to whatever you are eating but you only need to count it as a fat.

Ingredients:

- 1 15-ounce box or 1-2/3 cups cooked garbanzo beans (chickpeas)
- 1/4 cup tahini (sesame seed paste)
- 3 Tbsp lemon juice
- 3 Tbsp organic flax or olive oil
- 2 medium cloves garlic
- 1/4 tsp ground coriander
- 1/4 tsp ground cumin
- 1/4 tsp paprika
- Dash of cayenne
- Water to thin

Directions:

In a blender or food processor, combine the garbanzo beans, tahini, lemon juice, and oil until the mixture reaches the consistency of a paste. Use water to thin, as needed. Add the garlic, coriander, cumin, paprika, and cayenne and continue blending.

Additions:

- Add chopped green onions or scallions at the end to change the consistency
- Puree in other veggies to allow more per serving (red peppers, zucchini, steamed cauliflower all work great)
- 2 Tbsp = 1 serving of fat

Leave out the olive oil to reduce the fat content!

**BEAN DIP**

Ingredients:

- 1 box (Whole Foods 365 brand) cooked organic beans
- 1 clove of fresh garlic chopped or 1 Tbsp chopped garlic
- 3 tsp water
- Dash of Bragg Liquid Aminos
- 2 Tbsp Lemon Juice
- Herbs of your choice (I love parsley, cilantro, or basil)

Directions:

Finely chop the garlic (or buy it chopped) and combine in blender or food processor with the beans and the finely chopped fresh or dried herbs. Start blending and slowly pour in olive oil, liquid Aminos and lemon juice.

Serving size: ¼ of the recipe = 1 serving of Starchy Carb



TI'S BASIC GRILL MARINADE

I use this marinade for chicken, fish, seafood or veggies that I am putting on the grill. This was a big hit for a family Challenge Day picnic that we did at the firehouse for the Cleansing firefighters and their families.

Ingredients:

- 1/4 cup expeller pressed or cold compressed organic olive oil for low/medium heat, or grape seed oil or coconut oil for higher temperatures
- 1/8 cup Bragg Liquid Aminos or Gluten Free Tamari
- 2 garlic cloves, peeled and minced
- 1/4 cup organic lemon juice
- Pepper
- Fresh or dried herbs: choose any (cilantro, parsley, etc.)

Options:

Add Truvia or Xylitol to sweeten

Directions:

Portions: Put ingredients in a Ziploc bag and add protein source. Place in refrigerator for 15-20 minutes for fish or longer for other ingredients if you want. You need enough marinade to coat whatever you are grilling so adjust the proportions to your food. This is enough for about 8 servings of protein. You will discard the marinade that you are not using and that's good because, otherwise, there would be more fat than you would want per serving. When you are grilling, you can apply a little extra marinade from your bag if anything is sticking, or for extra flavor.



SWEET LEMON TAMARI MARINADE

Ingredients:

- 1 Tbsp Asian sesame oil
- 1/2 cup Gluten Free Tamari
- 1/4 cup Truvia or 1/2 cup Xylitol (this is a sweetener, so use for desired sweetness)
- 2 gloves garlic, minced
- 2-1/4 inch thick slices of ginger
- 1/2 cup lemon juice (Meyer lemons are the best in this!)

Directions:

Susie uses this marinade for fish and sprouted tofu. Put ingredients in a zip lock bag and add protein source. Place in refrigerator for 5-10 minutes. Remove the excess marinade before you grill. When ready to cook place on hot grill, or in a pan for a “wet sauté” method.

Portions: This recipe has 3 servings of fat (1 Tbsp of oil = 3 servings of fat). So, if you use the marinade as a “sauce” then you want to make 3 servings of protein. If you are just grilling, you will not use as much of the oil in the protein itself because some of it will be left in the bag. You can thicken the marinade to use as a sauce by adding Agar (buy in seaweed section at Whole Foods) and stirring on low in a pan.

GARLIC MARINADE *(Adapted from How to Grill with Steven Raichlen)*

This is a great marinade for halibut or salmon.

Ingredients:

- 1/4 cup Gluten Free Tamari
- 3 Tbsp lemon juice
- 3 Tbsp Truvia
- 1 Tbsp chopped cilantro leaves
- 6 garlic cloves, crushed using the side of a knife
- 1 Tbsp peeled and grated ginger

Directions:

Put ingredients into a food processor and puree. Spoon onto both sides of the fish fillets and cover with plastic wrap and marinate for 30 minutes to 1 hour. Then grill and enjoy with veggies or a salad and a healthy fat.



SAUCES

I love making things taste rich and creamy. I like to do “mock pastas” using Shirataki or Pasta Zero (made from Japanese Yam or konjac), kelp noodles, broccoli slaw, or zucchini and add rich and robust Cleanse worthy sauces to them. Here are my favorites.

TI'S “MAC AND CHEESE” SAUCE

Ingredients:

- 1 cup unsweetened almond milk or rice milk (add some lite coconut milk for more creaminess but remember ¼ cup is another serving of fat)
- 2 tsp Tahini
- 1 tsp Powdered mustard
- 1 tsp dried onion
- 1 tsp garlic powder
- 2 Tbsp nutritional yeast
- Red Pepper Flakes
- Dash of Bragg Liquid Aminos to taste (salty)
- Add Agar to thicken as desire

Directions:

Combine all the ingredients in a blender except for the Agar. Put in a saucepan and add Agar to thicken as desired. Simmer kelp noodles (buy in refrigerated section at Whole Foods near hummus) in this sauce for hours to make “Ti’s Mac and Cheese.” I also will pour over steamed broccoli slaw or slightly warmed, raw zucchini threads. It’s great baked into veggies as well. Really good on anything...

For portion sizes, this is one serving of fat. You can double or triple the recipe for more people or if you want to save some for later.

Options:

- Add Paprika or smoked paprika for color and flavor
- Use fresh garlic, shallots or onions instead of powdered
- Add nutmeg as a twist ingredient
- Fresh herbs added at the end for color and flavor like Cilantro, Basil, or parsley

Protein:

- Can add Wild Canned Salmon, sardines, canned crab or any other animal protein
- Could also go vegan! And have a thick protein shake for dessert.



TI'S WAY EASY MARINARA SAUCE

Start with a box of chopped POMI tomatoes from Whole Foods. Simmer over the stove and add a bag of frozen artichokes, frozen peppers, frozen leeks or a chopped onion, a bag of chopped mushrooms ready to go. Add 2 frozen cubed garlic and 2 cubes of frozen basil from Trader Joe's, a dash of Bragg Liquid Aminos, 2 Tbsp of nutritional yeast.

Substitutions: Fresh peppers. For frozen add a bag of frozen spinach

Additional Spices: Italian seasonings; cayenne pepper



BRING ON THE LOW-CARB VEGGIES

ROASTED VEGETABLES

Roasted veggies are another one of my “Go To’s” on the VitaliTi RESET. I make a big giant batch and eat it a bunch of ways: as a main vegetarian dish, on top of a salad, in a broth, over brown rice or quinoa, wrapped in a Nori sheet. I will even puree them. There are lots of possibilities. Keep changing the veggies and you’ve got plenty of variety! Roasted Veggies or a Big Salad go with me to any dinner party.

Ingredients:

- Zucchini
- Carrots
- Onions
- Leeks
- Cauliflower
- Broccoli
- Whole garlic
- Spices – thyme, rosemary, garlic, 21 Spice Salute, etc
- Veggie broth
- Optional: Organic grape seed oil

Directions:

Place vegetables in a casserole dish – top with a dash of veggie broth and fresh spices like thyme or dried spices like 21 Spice Salute. Add small amounts of organic low sodium vegetable broth or water to the pan to keep them from sticking. Roast in the oven at 325 until tender (15-45 min depending on your vegetables). Keep checking on them to make sure they are not sticking.

It is also satisfying with brown rice, quinoa or another Starchy Carb.

You can also roast your Starchy Carbs by adding beets or sweet potatoes. These would substitute for combining with rice or quinoa.

Roasted veggies can be turned into a delicious soup by blending them with some organic low-sodium vegetable broth and unsweetened rice milk. Add spices, coconut aminos, nutritional yeast, Pepper Plant sauce, organic miso, gluten free tamari, lemon, cayenne pepper etc. as desired to taste.



SAVORY ROASTED CAULIFLOWER

Ingredients:

- 1 large Cauliflower
- 1 tsp grape seed oil
- 1 dash of Bragg Liquid Aminos
- 1 Large Leek
- 1 Shallot or ¼ Onion
- 2 cloves of Garlic minced
- ¼ cup Vegetable broth
- Pepper to taste
- Optional: add cayenne pepper or chili flakes

Directions:

Preheat oven to 400 degrees F. To shortcut this recipe, I buy the chopped and washed cauliflower from Trader Joe's. I put the prewashed and chopped cauliflower in a baking dish with a chopped leek. Add 1 tsp of oil, ¼ cup veggie broth, and a dash of Bragg. Bake for 30 minutes at 400 degrees. Add minced shallot or onion, and garlic and stir. Bake another 15 minutes. Add extra broth at any time if anything is sticking. Season to taste!

TI'S FAVORITE FAKE OUT PASTAS (SEE MORE FAKE OUT PASTA "OPTIONS" ON PAGE 32!)

I like to make fake out "Pasta" using Shirataki noodles made from Japanese Yam or Konjac (also called Pasta Zero and Miracle Noodles), Kelp noodles, Broccoli Slaw, or strips of Zucchini. Susie likes cooked spaghetti squash or shredded raw cabbage. I think the key with Kelp noodles is to make sure you rinse them well and simmer them for several hours in the sauce. With the Broccoli slaw, you can steam it in the liquid for a few minutes to your desired tenderness. The Zucchini is great raw or you can cook it slightly. Watch out for mushy Zucchini.

Sauces: See Sauce Section: Ti's "Mac and Cheese"; Marinara, or your favorite.

Protein options:

- Go vegan! Blend greens into your sauce, add lots of veggies or have a thick protein shake for dessert like frozen yogurt or pudding.



FROZEN ORGANIC VEGGIES WITH TOPPINGS

Another of my easy “Go To’s” for the Vitaliti Zippi is to stock your freezer with all kinds of frozen organic Low-Carb veggies: green beans, kale, spinach, broccoli, cauliflower, etc. or whatever is available. I am no longer afraid of the microwave as long as I microwave in a glass bowl only (no plastic at all) and step away from it when it’s cooking. And, you can always steam on the stove or heat with a bit of vegetable broth.

Directions:

Start with any of your frozen veggie. Put in a glass bowl. Microwave until heated.

Toppings:

- Chopped Pomì tomatoes
- Canned beans or lentils (count ¼ cup as a Starchy Carb)
- Nutritional Yeast
- Dash of Coconut Aminos, Bragg Liquid Aminos, or gluten free Tamari
- 21 Seasoning Salute or other salt free seasoning blend
- Pepper Plant sauce



TI'S BIG EASY SALAD

This is another "Go To." At any grocery store, buy everything you find that is shredded, washed, cubed, etc in the fresh produce section. Try to buy organic when given the choice. Combine into your salad bowl. Add Ti's Basic Dressing. Top with spices, nutritional yeast, cayenne pepper, etc.

Ingredients:

- Pre-washed organic spinach, kale or other mix
- Pre-grated carrots
- Pre-grated cabbage
- Pre-washed, chopped mushrooms
- Broccoli slaw
- Sugar snap peas
- Chinese pea pods
- Cherry tomatoes
- Washed, ready to be chopped Endive

Directions:

Get out all of the ingredients, a large bowl, and an extra large Tupperware container. Make a giant bowl of salad for your current meal and an extra Large Tupperware container of veggies and salad for later.

Rinse the tomatoes. Combine all the chopped / washed ingredients in a giant bowl and in the Tupperware; chop things that require a little extra love (like the Endive) and add to the mix. Put the Tupperware in the refrigerator without dressing or added toppings.

Add ½ - 1 cup of a protein/Starchy Carb (quinoa, lentils, beans, brown rice, millet, etc.) to your bowl or plate to complete the meal.

Get the right proportion of salad dressing for your healthy fat, add a bunch of spices, nutritional yeast. YUM!

The key to the big easy salad is having ingredients that are pre-washed and pre-chopped or doing the work all at once and having them ready to go into Tupperware. Assemble more than you need at one time. Also, make big batches of starchy carbs like quinoa or brown rice. Freeze what you won't eat in a few days in single servings for other meals. Keep organic beans in the pantry and organic cooked brown rice in the freezer or pantry.



STEAMED VEGGIE "STIR-FRY"

Ingredients:

- ½ cup chopped onions
- ½ cup chopped celery
- 1 bag grated carrots
- 1 box sliced mushrooms (straw mushrooms are great in stir fry)
- 1 bag washed / chopped broccoli (or broccoli rabe)
- 1 head bok choy (if available)
- 1 clove chopped garlic
- 1 inch fresh minced ginger (or ½ tsp ginger powder)
- Optional: water chestnuts (canned), snow peas, snap peas, colorful organic bell peppers
- ½ cup water or ½ cup organic low-sodium broth



STEAMING "STIR FRY" SAUCE

Ingredients:

- 1 Tbsp gluten free tamari
- 1 tsp dried mustard
- 2 Tbsp water
- Pinch of cayenne pepper, crushed red pepper flakes or 1-2 tsp Pepper Plant sauce for spiciness (add more as desired)
- ½ powdered ginger (if not using fresh ginger)
- 1 tsp agar agar (to thicken)
- Optional: other spices like 2 tsp fresh cilantro or 2 Trader Joe's frozen Cilantro cubes; 5-spice Chinese seasoning; etc.

Directions:

Chop ½ medium onion, 1 clove of garlic, and 1-inch fresh ginger (if fresh ginger is not available, use ½ tsp powdered ginger). Put the onion in a large sauce pan or wok and wet sauté on medium heat, stirring often until soft and translucent, about 4-5 minutes. The onions will make their own liquid but add water as needed to keep them from sticking to the pan. Add the chopped garlic and ginger and cook a minute more. Set the onion and garlic aside.

Meanwhile, rinse the bok choy and cut off the bottom stem part at the base of each head. Separate into individual leaves. If the white sections are big, you can slice them in half lengthwise, or into thirds.

Tip: If stir-frying larger bok choy, slice off the green leaf tips. Add the thicker white sections to the wok first, and then throw in the leaves at the end.

Wash and chop any other veggies that need preparation.

Combine all the Stir Fry Sauce Ingredients except the agar agar. Add 2 Tbsp of water or vegetable broth to the pan and add the broccoli florets and bok choy. Begin stirring so that nothing sticks and add the Stir Fry Sauce. Continue to add vegetables in order of how cooked you want them. I add celery, then mushrooms, then add shredded carrots last when I am almost done so that they stay crispy. Add back in the onions and garlic to heat them up before serving. Add agar agar at the end and stir well to thicken the sauce.

Add other spices as desired and top with fresh herbs as desired.



CRISTIANA'S CREAMY GAZPACHO SOUP

Ingredients:

- 4 medium tomatoes
- 1/2 cucumber
- Then add as desired:
- 1/3 red bell pepper
- Handful of baby carrots
- 1/8 cabbage or broccoli
- 1 tsp olive oil

Directions:

Blend above ingredients in a blender.

Substitutions: onion, garlic, celery, spinach, broccoli, etc.

Starchy Carb: Add ½ green apple

Fat substitutions or additions: ¼ avocado for the olive oil or both if you are sharing with someone

Portions: 1 serving fat; Depending on number of veggies, counts as some great Low -Carb veggies

This raw soup tastes great on its own, but try heating it and mixing in some Designs for Health or Arbonne vanilla protein powder and it tastes like you've added Cream. You can also add in the fiber.

SEAWEED

Seaweeds are my power foods so they deserve a special shout out. They are fantastic for stress and energy and they are a Low-Carb Veggie. They add tons of flavor and nutrition to any meal.

Use sheets of Nori to wrap up a salad, burrito, roasted veggies, wild salmon, anything! Put any seaweed (wakame, kombo, hijiki, etc.) in a large cup of water to hydrate. Wait for a few minutes until it softens. Dilute the water to taste and drink the water (very salty, good for adrenals). Chop the now soft seaweed for salads or to mix with chicken, fish, etc. Break up dry and use in soup or broth (adds a nice mineral salt, lots of minerals, especially calcium and magnesium). Munch on dry sheets with a meal. Dulse is ready to go straight out of the bag. Buy chopped and sprinkle on salads, soups, steamed veggies for a salty taste and power packed nutrition. Agar Agar is a great thickener – use it to thicken sauces, stir fries, etc.



TI'S FAVORITE NOODLES: SHIRATAKI (ALSO CALLED PASTA ZERO OR MIRACLE NOODLES)

Find the brands that are made with Japanese Yam or Konjac in the refrigerator case at Whole Foods next to the Tofu.

Or, order them online at amazon.com.

- Open the bag, strain the water from the noodles, rinse noodles, and pat dry with a paper towel
- Dry sauté the noodles (put nothing in the pan but the Shirataki) until all the liquid is evaporated.
- Add your favorite Cleanse Worthy Sauce (for example, use my Cheesy Sauce or Marinara Sauce)
- Add Agar Agar (another seaweed located in the dried seaweed section – comes in a powdered form - to thicken any sauce)



Great news! Because they are made from fiber, you can eat an unlimited amount of this “pasta”.

KELP NOODLES

Find these in the refrigerated section at Whole Foods next to the pickles.

- Rinse noodles well
- Simmer them in a sauce for several hours (example, use my Cheesy Sauce or Marinara Sauce)

Good news! Because they are a Low-Carb veggie, you can eat an unlimited amount of this “pasta”.

- Add Agar (another seaweed located in the dried seaweed section to thicken any sauce)

OTHER “FAKE OUT” PASTAS

- Broccoli Slaw
- Strips of Zucchini
- Shredded raw cabbage
- Bean Sprouts
- Spaghetti squash

Dry sauté or steam with a small amount of liquid for just a minute, mix into one of the other “FAKE OUT” Pastas or enjoy on their own. Add your favorite Cleanse Worthy sauce!



STARCHY CARBS OR VEGAN ENTREES

HOT BREAKFAST CEREAL

Ingredients:

- 1/4 cup cooked amaranth, millet, quinoa or brown rice
- 1 scoop Designs for Health or Arbonne protein powder
- 1 Tbsp chopped pecans (or any other nut)
- 1/4 cup of blueberries, or blackberries, or raspberries, or strawberries or sour apple
- Unsweetened rice or almond milk

Directions:

Add ½ cup or more unsweetened rice milk and any fruit if frozen to grain in a saucepan or in a glass bowl in the microwave. Remove from heat and stir in protein powder. Top with chopped nuts. If using fresh fruit, can put fresh fruit on top. 1 serving

You can make a batch of grains and freeze single servings to warm up for breakfast, lunch, dinner, etc. I often eat this with a side veggie!

GLUTEN FREE STEEL CUT OATS *(Bob's Red Mill Gluten Free)*

Ingredients:

- 1/4 cup cooked Bob's Red Mill Gluten Free Steel Cut Oats
- 1 scoop protein powder
- 1 Tbsp chopped walnuts (or any other nut)
- 1/4 cup of blueberries, or blackberries, or raspberries, or strawberries or sour apples

Directions:

Bring 3 cups water to boil and add 1 cup dry Gluten Free Steel Cut Oats. Reduce heat to low; cover and cook for 10-20 minutes. Stir occasionally. Remove from heat and let stand for two minutes.

Variations: add nutmeg, and/or cinnamon, unsweetened rice or almond milk, or a splash of unsweetened coconut milk beverage, or sweeten with Truvia



QUINOA SALAD

Ingredients:

- 1 cup quinoa (uncooked)
- 1 cup celery, sliced ½ inch thick
- 1 cup red onion, finely chopped

Dressing

Ingredients:

- 3 Tbsp Organic, cold pressed olive oil
- 2 Tbsp lemon juice
- 1 Tbsp Xylitol (if desired, for sweetness)
- 1 Tbsp Bragg Liquid Aminos to taste

Directions:

Rinse quinoa thoroughly. Add quinoa and two cups filtered water, veggie stock, or alkaline broth to a saucepan and bring to a boil (do not use bullion). Reduce heat and let simmer until quinoa is tender, about 15 minutes. Fluff quinoa with a fork and let cool. Chop all other ingredients and place in a large bowl. Mix dressing in a separate bowl and set aside. Add cooled quinoa to chopped vegetables and toss in dressing. Serve on a bed of lettuce. Serves 6



VEGGIE BURGERS

Ingredients:

- 2.5 cups canned, drained, rinsed organic beans (garbanzo or black are my favorites)
- Dash of Bragg Liquid Aminos
- 1/3 cup fresh cilantro
- 1 onion
- 1 carrot
- 1 stalk celery
- 1 red pepper
- 1 cup micro sprouts chopped
- Zest of one large organic lemon
- Grape-seed oil to pat burgers before they go in the pan

Options:

- Change up your veggies – use what you have
- Seasonings: Smoked paprika, powdered or minced garlic

NON VEGAN VEGGIE BURGER OPTION:

- add 4 eggs

Directions:

Dice up all the veggies. Put $\frac{3}{4}$ of the beans, onion, veggies, and herbs in the blender and pulse until relatively smooth (if using eggs, crack the eggs and put the eggs in the blender). Mix in a bowl with the remaining $\frac{1}{4}$ mixture that did not go in the blender. Pat oil on both sides and bake at 325 for 10 minutes per side or grill in a pan for 7-10 minutes. Turn up the heat if it's not browning.

Toppings:

- Avocado Slices (1/4 = healthy fat)
- Sliced raw or grilled red onions
- Sliced Roma tomatoes
- Grilled vegetables



RICE AND BEANS

Trader Joe's has frozen brown rice and already-cooked brown rice in the pantry section. Both are great standbys.

You can also do this recipe from scratch by cooking the brown rice and the beans or semi-scratch. Cook one or the other!

- Combine equal parts cooked brown rice and drained and rinsed organic canned beans (try black beans, mung beans, etc.). Also can use cooked lentils from Trader Joe's.
- Heat in a pan with spices
- Add a dash of Bragg Liquid Aminos

A little more effort:

- Wet sauté an onion and some garlic and then add your rice and beans

Spice possibilities:

- Cardamom, cumin, coriander powder, turmeric, coriander seeds, cumin seeds
- 1 tsp Allspice, 1 tsp dill, 3 Tbsp chopped mint leaves (topping), ¼ cup parsley (topping)
- Italian seasonings, Nutritional yeast, cayenne, Chili powder, Organic taco seasonings
- Garlic powder, Top with parsley

Sauce possibilities:

- Add a vinegar free Pico de Gallo or salsa
- Serve with guacamole as your healthy fat
- Add some Pomì boxed chopped tomatoes

Add a fat:

- Top with pine nuts



ITALIAN QUINOA

We suggest you make a large batch of this and use it for several meals. You can have it as your main course and then use it in the stuffed pepper recipe below, or as a topping for salads. What you are not going to eat within 2-3 days, freeze in ½ cup or 1 cup servings if you want single serving portions or in larger portions if you are going to make a meal for many people. If you are going to make the stuffed pepper in a future week, put aside or freeze ½ cup of Italian Quinoa for each pepper you'll be making.

Ingredients:

- 2 cups quinoa (uncooked)
- 1 box POMI chopped tomatoes (26.45 ounces) plus ¾ cup water (substitutions: 2 cans of Muir Glen Organic tomatoes – BPA free cans – plus ¼ cup water; or make your own equivalent 4 cups of chopped tomatoes and filtered water – approximately 8 medium tomatoes)
- 1-2 tsp Bragg Liquid Aminos or Coconut Aminos
- 1 clove garlic, chopped
- ½ medium onion, chopped
- 1-2 tsp Italian Seasonings
- 3 TBS fresh basil (if unavailable use ½ tsp dried basil)
- 3 carrots, shredded (approximately 3 cups shredded carrots)

Directions:

Chop ½ medium onion and 1 clove of garlic. Put the onion in a large sauce pan and wet sauté on medium heat, stirring often until soft and translucent, about 4-5 minutes. The onions will make some liquid on their own but keep adding some water as needed to keep them from sticking to the pan. Add the chopped garlic and cook a minute more. Turn off the heat. Add the Italian seasonings and fresh or dried basil.

Rinse quinoa thoroughly and pour through a strainer to remove the rinse water. Add quinoa, a box of POMI chopped tomatoes, (or use a substitution listed above), the water, and 1-2 tsp Bragg or Coconut Aminos to the saucepan with the sautéed onions, garlic, and herbs. Give the mixture a good stir to distribute the onions, garlic and herbs. Bring to a boil. Then reduce the heat, cover, and let simmer until quinoa is tender, about 15 minutes.

While the quinoa is cooking, shred the carrots (you can use a box grater or buy already shredded carrots). After 15 minutes, turn the heat off on the quinoa, add the carrots and replace the cover. Remove the pan from the heat and let it stand with the lid on for a few minutes to lightly steam the grated carrots. Fluff with a fork.

Add Pepper Plant hot sauce (available at Whole Foods) or cayenne pepper to taste to add heat. Add more Bragg or Coconut Aminos to add saltiness.

Eat within 2-3 days or freeze what you don't use for Stuffed peppers, salad toppings, etc.



STUFFED BELL PEPPERS

Make the Italian quinoa (see recipe above) the day before so that it is ready to go or pull 2 cups from the freezer.

Pepper Ingredients:

- 4 Organic Bell Peppers (may use any color desired: green, red, yellow, orange, purple, etc.)
- 2 cups Italian quinoa (recipe above)
- ¼ cup water

Marinara Sauce Topping Ingredients:

- 8 mushrooms, chopped or ½ box chopped mushrooms
- 3 medium tomatoes, chopped (or 1 box POMI chopped tomatoes)
- ½ cup water
- 1 clove garlic, chopped
- 1 tsp nutritional yeast
- ½ tsp Italian seasonings (and / or several teaspoons of fresh oregano and/ or basil)
- ½ tsp Bragg or Coconut Aminos
- Pinch of Truvia, Erythritol (brand name Zero), or Xylitol as desired for sweetness (do not overdo)
- 1 TBS tomato paste optional to add more depth to the sauce (try Muir Glen – non BPA cans, Bionaturae which is available in glass jars – both at Whole Foods)

Pepper Directions:

Preheat oven to 375 degrees or if using an outdoor grill, turn the grill to medium high heat.

Wash the peppers. Cut the tops off the peppers 1 inch from the stem end (do not discard). Remove the seeds from the peppers. Arrange the cut side of the peppers up in a baking dish, then stuff the peppers with Italian quinoa (approximately ½ cup each). Place the cut pepper lids back on top of the peppers. Add ¼ cup of water to the baking dish.

Put the oven or grill safe dish with the peppers in the preheated oven or grill and cook approximately 20-40 minutes, checking for desired consistency. We like the pepper skin to get kind of wrinkly at the top, and it was about 40 minutes on the grill.

While the peppers are cooking, start on Marinara Sauce Topping for the peppers.

(Recipe continues next page)



(Recipe continued from previous page)

Stuffed Bell Peppers Marinara Directions:

Clean the mushrooms with water and a damp paper towel as needed. Shake off any excess moisture. (Skip this step if the mushrooms are chopped and cleaned already). Chop mushrooms finely. Place finely chopped mushrooms in a medium hot pan with no oil and stir as needed. Mushrooms will produce their own water and continue cooking and stirring occasionally until all the moisture has been evaporated and the pan is dry. At this point, the mushrooms will start to change color. If they start to stick to the pan, just add a little water to “wet sauté.” You can also turn down the heat to medium low. The whole process will take about 10 minutes. When the mushrooms have all turned deep golden to reddish brown, they are done.

While the mushrooms are cooking, peel and finely chop a clove of garlic and chop the tomatoes. After the mushrooms have been sautéed (about 10 minutes) add the garlic, tomatoes, ½ cup water and Bragg or Coconut Aminos to the mushrooms and continue to sauté. Keep the heat about medium low so that it simmers and does not over boil. Add water as necessary to thin the sauce. If fresh tomatoes are not in season or not tasty, just use a box of POMI chopped tomatoes. You can also add a spoon or two of tomato paste to add more depth to the sauce. After the sauce starts to cook down and thicken, add spices as desired, especially Italian seasonings but also considering fresh, chopped basil or oregano, onion powder, nutritional yeast, cayenne pepper, or the Pepper Plant hot sauce (Whole Foods). If you desire a slightly sweeter sauce, add a pinch of Truvia, Xylitol or Erythritol at the end (do not overdo sweetener).

Continue to simmer the sauce, adding water as needed until the peppers are ready.

Remove the peppers from the oven. Generously pour Marinara topping sauce over the peppers before serving. You may also want to sprinkle the tops with additional nutritional yeast as desired (gives the idea of Parmesan cheese).

Serving Suggestion: Serve extra Italian Quinoa on the side with the sauce on top depending on portion requirements for Starchy Carbs and Protein. Add a side vegetable like Italian green beans (recipe below), and a large salad.



ITALIAN GREEN BEANS

Ingredients:

- 1 pound fresh or frozen green beans, whole or cut in half
- ½ medium onion, chopped
- 1 clove garlic, minced
- 8 mushrooms, chopped or 1 box chopped mushrooms

Directions:

Put fresh green beans in a large bowl of cold water to rinse. Lift beans from the water and leave and rinse again if needed. Break or cut off the end (the top and the tail) and leave whole or cut into even pieces. Skip this step if using already cleaned frozen beans.

Chop ½ onion and 1 clove garlic. Cut the garlic as finely as possible if you do not want to eat bits of garlic but either way, it will add a wonderful flavor. Find a large enough sauté pan to hold the beans. Heat the pan to medium and add the ½ chopped onion. Without adding any oil, stir the onions often until soft and translucent, about 4-5 minutes. The onions will make some liquid on their own but keep adding some water as needed to keep them from sticking to the pan (the “wet sauté” method). Add the green beans to the onion and continue to wet sauté, adding water or organic low sodium vegetable broth (or Alkaline Broth if available) as needed to keep from sticking. Cover the pan and turn to low and continue cooking for 5 minutes while you prepare the mushrooms.

Meanwhile, after adding the beans to the onions, clean the mushrooms with water and a damp paper towel as needed. Shake off any excess moisture. Slice mushrooms. (Skip these steps if the mushrooms are chopped and cleaned already). Place sliced mushrooms in the pan with the green beans and onions 5 minutes after adding the green beans. Add small amounts of water as needed to keep the beans from sticking to the pan.

Keep the lid on the pan and continue to wet sauté the whole combination for another 5-15 minutes or until the green beans are cooked to your liking. Check often. Just before they reach their desired doneness, remove them from the stove, because they continue to cook after you remove them from the heat. Serve immediately. If you cannot serve them immediately, remove the beans from the stove when they are still under cooked. They will continue to cook while in the pan. Then re-heat for another few minutes just before serving if needed.

Serving Suggestion: Make a big batch of these. Consider doubling the recipe. Have them as a side dish with dinner. Eat leftovers cold on a green salad or use them as crudité's like carrots for side dishes. Make them into a bean salad. Try them as a hot side dish with breakfast!



GRILLED TOFU

Ingredients:

- 1 package organic, sprouted Tofu – firm, extra firm, or super firm (*We like Wildwood from Whole Foods*)
- Sweet Lemon Tamari Marinade For Grilled Tofu (*See page 22*)

Directions:

Remove Tofu from package. Press the tofu to remove excess moisture, which will allow more flavors to be absorbed while cooking. Put two layers of paper towels on your cutting board and place the Tofu on top of the paper towels. Put a fresh paper towel on top of the tofu. Gently press down on the towel to remove any initial water. Remove the top towel and place two new paper towels on top of the tofu. Carefully place a bowl or other weight on top of the towels to press down on the tofu. Let it sit for at least fifteen minutes.

Meanwhile, prepare desired marinade. We suggest the sweet lemon tamari marinade, but you can use any marinade or spices that you desire.

After pressing the tofu, slice the tofu into thin pieces (approximately ¼ - ½ inch slices). We do about 6 slices from one 14-ounce package.

Put the sliced tofu in the marinade, either in a container or in a Ziploc bag. Refrigerate for at least 30 minutes in the marinade for best results.

Heat the grill up on high for 20 minutes while the tofu is soaking in the marinade. Then turn down to medium for cooking.

Remove the tofu from the marinade and cook on a medium hot grill or grill pan for approximately 4-10 minutes on each side, until browned, drizzling with extra marinade.



STEAMED SPINACH

Ingredients:

- 1 pound (16 ounces) fresh, washed spinach
- 2 TBS water

Directions:

Place spinach and water in microwavable glass bowl. Cover and cook until spinach starts to wilt – approximately 1-2 minutes depending on your microwave

Alternatively, heat water in a sauté pan on the stove. Add the spinach and stir, cooking until wilted – about 2 minutes. Top with one or several of the following: nutritional yeast, 21-Seasoning Salute, coconut aminos, Pepper Plant sauce, cayenne pepper, crushed red pepper, lemon etc.

Variations:

- Finely chop a clove of garlic. Put a small amount of water in the pan and wet sauté the garlic and a pinch crushed red pepper (more if desired) for a minute before adding more water and the spinach.
- Add 1 TBS raw pine nuts to the cooked spinach as a healthy fat.



LOW-CARB VEGGIE SOUP

Ingredients:

- 8 cups Alkaline Broth or low-sodium organic vegetable broth
- 1 box chopped POMI tomatoes
- 3 Celery stalks, cut into 1 inch slices
- 4 large carrots, unpeeled and cut into ½ inch slices
- 1 teaspoon dry basil, rosemary,
- 1 large onion, chopped
- 1 clove garlic, minced
- 2 whole bay leaves
- 3 cups raw spinach
- 2 cups raw kale

Directions:

Place veggie broth in a large pot and add tomatoes, onion, celery, and spices. Bring to a boil then simmer for 40 minutes. Then add spinach and kale and simmer for 10 more minutes or until tender.

Serving Suggestions: Eat with a side of brown rice or quinoa for your starchy carb and a ¼ of an avocado per person for your healthy fat.

BEAN SALAD

Ingredients:

- 2 15 oz cans of organic beans of your choice (drained and rinsed) – (black and/or kidney)
- 2 cups cooked brown rice (or quinoa)
- 2+ Tbsp Lemon juice (fresh squeezed)
- 2 Tbsp Oil (sesame, flax, olive, etc)
- Herbs to taste (basil, thyme, tarragon etc, fresh preferred)

Directions:

Mix all ingredients, serve at room temperature. Makes 6 cups (8, ¾ cup servings) – freeze extra servings.



BEAN & CORN FIESTA

Ingredients:

- 2 15 oz cans of beans of your choice (drained, rinsed) – make sure they have no salt added
- 1 15 oz (or smaller) can of corn or 1 bag of frozen corn
- 1 15 oz (or smaller) can of tomatoes – make sure they are low sodium

Seasoning:

- Salsa seasoning is good (red pepper flakes, garlic, onion, etc), thyme, 21 spice salute, etc.
- Fresh basil or cilantro

Directions:

Heat on the stovetop to warm and to cook down a bit. If it looks too dry, you could add a bit of vegetable stock or water. Set some aside in the freezer to save for later.

Makes 7+ cups (~9, ¾ cup servings) – freeze extra servings.

The Bean & Corn Fiesta is a Complete Lean Protein by itself. Serve ¾ cup Bean & Corn Fiesta in a bowl topped with 3 times the amount of Low-Carb veggies. I like a giant bed of lettuces (spinach and arugula are my favorites), tomato slices, pepper slices, mushrooms, celery. For your fat, it's delicious with a ¼ of an avocado, lemon juice, and a drizzle of Bragg Liquid Aminos. I also like adding more spices, especially Cayenne Pepper, and the 21 seasoning No Salt Blend.

**PUMPKIN AND BLACK BEAN CHILI** *(Original recipe by Jennifer Bushman - courtesy of Molly Geil – modified by Vitaliti)*

Ingredients:

- 2 Tbsp or more organic low sodium vegetable broth or water
- 1 onion, chopped
- 2 carrots, peeled, thinly sliced
- 1 red bell pepper, seeded, chopped
- 3 large jalapeño chilies, minced (about 4-1/2 Tbsp)
- 2 cups 1-inch diced roasted pumpkin
- 1 28-ounce can crushed tomatoes with added puree
- 4 cups water
- 2 15-ounce cans black beans, rinsed, drained
- 2 15-ounce cans kidney beans, rinsed, drained
- 1/2 cup brown rice or millet
- 2 Tbsp lemon juice
- 5 garlic cloves, minced
- 2 Tbsp chili powder
- 1 1/2 tsp ground cumin
- 1 1/2 tsp ground coriander
- 1/2 tsp ground cinnamon

Directions:

- Wet sauté onion, carrots, red bell pepper and jalapeños, in heavy large pot over medium heat adding small amounts of the organic low sodium vegetable broth or water as needed to keep them from sticking or burning, about 8 minutes.
- Add tomatoes, pumpkin, 4 cups water, beans, rice/millet, lemon juice, garlic, and spices.
- Bring to boil. Reduce heat to medium-high and cook, uncovered, until rice/millet is tender and mixture thickens, stirring often, about 20 minutes.
- Ladle chili into bowls and serve.



LENTILS A LA NATHALIE

By Nathalie Atwell: Here is a great lentils recipe. Nathalie does it in her pressure cooker so it doesn't take long. Then you can freeze single portions for later...

Ingredients:

- 2 Tbsp low sodium organic vegetable broth or water
- 1 onion chopped
- 2 garlic cloves minced
- 2 medium tomatoes chopped
- 1/4 tsp turmeric
- 1/4 tsp cumin
- 1/4 tsp coriander
- 1/4 tsp ginger
- Dash Bragg Liquid Aminos
- Black pepper
- 4 cups of water
- a few carrots sliced
- 1 yam cubed
- 2 cups of lentils rinsed

Directions:

- Wet sauté the onion and garlic in heavy large pot over medium heat adding small amounts of the organic low sodium vegetable broth or water as needed to keep them from sticking or burning, about 8 minutes.
- Once the onions are browned, add the tomatoes and sauté a few more minutes.
- Add the spices, mix well and then add the additional 4 cups of water.
- Add the carrots, yams and lentils and bring to a rapid simmer over medium-heat.
- Then reduce the heat to maintain a very gentle simmer (only a few small bubbles).
- Cook, uncovered, for 20-30 minutes. As water as needed to make sure the lentils are covered. If you are using a pressure cooker, cook for 10 minutes after the pressure cooker starts to make noise.



SPICY CHICKPEA CURRY

Ingredients:

- 3-inches fresh ginger, peeled and grated or 3 Tbsp minced ginger
- 6 large garlic cloves
- 2 Tbsp low sodium organic vegetable broth or water
- 1 large white or yellow onion, chopped
- ½ cup minced fresh cilantro
- 1 Tbsp curry powder
- 1 Tbsp ground cumin
- 2 Tbsp ground coriander
- 2 Tbsp ground turmeric
- Pinch cayenne pepper
- 4 large tomatoes, seeded and chopped
- 1 Granny Smith apple, chopped finely
- 3 cups cooked chickpeas, drained (rinsed if canned)
- 1 Tbsp fresh lemon juice
- 2 Tbsp Low Fat unsweetened shredded coconut
- 1 cup reduced fat coconut milk, plus more to taste (Can reduce the fat content further by using the So Delicious brand of Coconut Milk Beverage)

Directions:

Finely grate ginger and garlic. Wet sauté the onion and garlic over medium-low heat until the onion is soft and translucent (about 8 minutes). Use small amounts of low sodium organic vegetable broth or water to keep the onion and garlic from burning or sticking. Mix in the cilantro, curry powder, cumin, coriander, turmeric, and cayenne pepper, stir and sauté for 1-2 more minutes. Stir in tomatoes, apple, and chickpeas, and cook over low heat, covered, stirring occasionally until the tomatoes have cooked down into a pulpy stew (about 20 min). Add the lemon juice and shredded coconut, and simmer, uncovered, stirring occasionally for 5 minutes, just to thicken and blend. Turn off the heat, stir in coconut milk, cover, and let it rest for 10 minutes before serving.

There are 7 servings of fat in this recipe. Approximately ¼ cup = 1 serving Starchy Carb and 1/2 Fat. (Amount of fat per serving depends on which brand of Coconut Milk or shredded coconut you use – 5 grams of fat = 1 serving of Healthy Fat)



PEA SOUP

Ingredients:

- 1/2 cup frozen organic peas, thawed
- 1 inch slice sweet red bell pepper
- 1 inch slice carrot
- 1 small clove garlic
- 1/4 cup onion
- 1 cup boiling organic vegetable broth
- Dash pepper, oregano, salt to taste
- 1 scoop Designs for Health or Arbonne vanilla protein powder

Directions:

Blend everything in blender.

Counts as your Starchy Carb and part of your Protein



FOR THE CARNIVORES

CHICKEN, FISH, OR VEGGIES – WET SAUTÉ METHOD

Herbs, spices, pepper, etc

Directions:

Add ¼ cup of water or veggie broth to a pan and heat. Add the main ingredients and any spices cover the frying pan, and let your ingredients cook. Turn over when ready. Stir frequently and add more broth as needed. Add your spices and some Agar if you want to thicken the sauce. You can make it a creamy sauté by using unsweetened almond milk.

GRILLED SALMON

Marinate protein for 15 minutes using basic marinade recipe in Sauces and Marinades section (place in zip lock bag – expel the excess air or cover in a shallow bowl)

Directions:

Lightly oil grill rack

Preheat grill to medium

Cook the fish until opaque (approximately 8-10 minutes; turn once). May season with sea salt or pepper when finished (taste first because the Bragg Liquid Aminos in the marinade is salty)

SIMPLE SALMON

- Wild Salmon
- Lemon slices

Poach a piece of salmon the size of the palm of your hand. Top with lemon slices.

**SHRIMP KEBABS WITH BRAZILIAN COCONUT MARINADE** *(Adapted from How to Grill by Steven Raichlen)*

This is a great recipe that the entire family helps with. Set up veggie assembly stations for each member and have fun!!

Ingredients:

- 16 jumbo or extra large shrimp – Costco has some in their freezer section
- 2 onions – wedge into 1/8ths – save ½ of an onion for marinade
- 1 red, yellow and orange sweet bell pepper plus half a pepper diced
- 8 medium to large mushrooms
- 4 cloves garlic, sliced in half
- 1 to 2 jalapeno peppers, diced
- 12 ounces unsweetened reduced fat coconut milk or So Delicious unsweetened Coconut Beverage
- 3 Tbsp fresh squeezed Lime juice
- 2 tsp organic cold pressed Olive oil
- 1 tsp white pepper or black pepper
- 1/3 cup fresh cilantro, chopped
- 1 inch fresh ginger, peeled

Directions:

Rinse shrimp, de-vein and peel if required. Cut onions into 1/8ths. Core and wash out seeds in the bell peppers and cut into squares. Clean mushrooms and cut into quarters. Assemble kebabs – peppers, onion, shrimp, and mushroom; repeat until all veggies and shrimp are gone.

Prepare marinade:

Add onions, peppers, garlic, ginger, and jalapeño to blender or food processor and chop. Add lime juice, oil, white pepper and coconut milk. Add cilantro and pulse a few times to just mix.

Lay kebabs in a glass baking dish and pour marinade over them. Refrigerate for 1 to 2 hours, covered, turning the kebabs every 15 to 20 minutes.

Grill and enjoy with 1/4 cup cooked germinated brown rice or quinoa.

Options: You can use zucchini or eggplant or any veggies that will stay on the kebab sticks



EGG VEGGIE SCRAMBLE

Ingredients:

- 2 eggs
- 1 Tbsp coconut milk
- Sliced mushrooms
- Chopped spinach
- Diced green onions
- 2 sun-dried tomatoes slices, chopped – not in oil

Directions:

Beat the eggs, add coconut milk. Add vegetables into a medium-hot skillet and sauté. Add egg mixture when vegetables are almost done cooking. Cook until eggs are done.

CHICKEN, TURKEY, WILD SALMON BURGER

Ingredients:

- 1 tsp grape seed oil
- 1 Tbsp of Bragg Liquid Aminos (this is salty so use to taste)
- 1/2 of a yellow onion (to taste)
- 3 Cloves of garlic confit or one clove of unroasted garlic (to taste)
- Optional: black pepper, cayenne, smoked paprika or other spices.

Directions:

Mix all ingredients and grill or fry.

Substitution: To make this lower on the food chain, use canned beans as your protein (I love black bean burgers – see Veggie Entrée Section).

Toppings:

- Avocado Slices (1/4 = healthy fat)
- Sliced raw or grilled red onions
- Sliced Roma tomatoes
- Grilled vegetables
- Sautéed mushrooms (use wet sauté method)



SARDINE LOVE

Ingredients:

- 1 small red onion finely chopped
- 1 clove garlic peeled and crushed
- 1 Tbsp of finely chopped parsley
- Group black pepper
- 4-1/2 oz. can of sardines in water
- 1 Tbsp of lemon juice

Directions:

Combine all the ingredients in a blender or food processor until blended and smooth. Add a squeeze of lemon juice if needed and freshly ground black pepper to taste. Serve with veggie sticks or on a salad.

ROASTED CHICKEN

- Organic free-range whole chicken
- Oranges & Lemons
- Herbs & Garlic
- Organic Chicken Broth

Directions:

Stuff cavity with oranges and lemons. Put fresh herbs and lots of garlic under the skin

1/2 to 1 cup of organic chicken broth pour over top, rub olive oil salt and pepper over skin of chicken. Bake in a roasting pan for 75-90 minutes in 350° F oven.



CILANTRO & CHILI CHICKEN OR FISH

Ingredients:

- 3-4 Chicken breast or Fish filets thinly sliced lengthwise (organic cage free chicken or wild fish). Great recipe with scallops or shrimp to a bunch of cilantro – leave some to make guacamole to dip!
- 4-5 serrano chilies, ribbed and seeded and finely chopped (leave one with the seeds and ribs for some spice if desired)
- 3-4 green onions sliced
- 3-4 limes juiced
- 2 Tbsp olive oil (cold pressed)

Directions:

Marinate chicken or fish with the ingredients all day or overnight. Put chicken on skewers or directly on grill.

COCONUT CHICKEN, FISH, SHRIMP, OR SCALLOPS

Ingredients:

- 1-2 Tbsp low sodium vegetable broth or water
- 3 cloves of garlic, minced
- 1 shallot, minced
- 1/2 medium white onion, chopped into small pieces. (Note: You can buy all three already chopped at Trader Joe's if you don't have time to prepare)
- 2 boneless organic, free-range chicken breasts or wild fish filets or wild shrimp or scallops
- 2 large bunches of organic broccoli
- 2/3 cup Reduced Fat Coconut Milk or So Delicious Brand Coconut Milk Beverage

Directions:

In skillet, on medium heat, wet sauté white onion pieces, shallot and garlic, adding low sodium vegetable broth or water to keep from sticking or burning. Cook until onions start to caramelize. Take out of skillet and set aside. Place protein food into skillet you used to cook initially. If they are thick, filet them (cut them open and spread out), sprinkle sea salt lightly over them and cook on medium heat. 1/3 cup reduced fat coconut milk or coconut milk beverage and continue to let protein cook, turning frequently. When food starts to cook through, place another 1/3 cup reduced fat coconut milk or coconut milk beverage over the top of chicken, for example. Put the garlic, shallot, onion mixture on the top of the chicken and let cook the milk is absorbed into the meat. Keep turning frequently until chicken is no longer pink and reduce to lower temperature while you are preparing rice/quinoa and broccoli. Fish, shrimp and scallops are generally faster cooking. Steam broccoli until done. Serve chicken and broccoli with a 1/2 cup of brown rice or quinoa. For extra flavor you can add a small amount of Bragg Liquid Aminos to the rice or quinoa.



PESTO SAUCE WITH SEAFOOD OR CHICKEN & VEGETABLES

Ingredients:

- 1 cup fresh Basil
- 1/2 tsp Olive or Walnut Oil
- Salt and Pepper
- 2 tsp Pine Nuts
- 1/2 Garlic clove
- Chicken (organic, free-range;) or Challenge Worthy Seafood

Directions:

Blend pesto sauce ingredients in a food processor or blender until smooth. Set aside. Steam veggies of your choice (I love cauliflower, green beans, and broccoli). Cook Chicken or Seafood (I like scallops, shrimp or salmon for this) with the wet sauté method, then toss pesto with veggies and protein.



CHICKEN OR SALMON SALAD WITH HUMMUS

Make a Ti's Salad or another giant salad with all your favorite

Ingredients:

- Lettuces
- Shredded carrots
- Celery
- Radishes
- Cucumbers
- Snap peas
- Other ingredients:
- 1-2 tsp lemon juice
- Dash Bragg Liquid Aminos or Coconut Aminos

Directions:

Toss protein and carbs with Hummus, lemon juice, and Bragg Liquid Aminos as your dressing.

Substitutions:

- 2 Tbsp Guacamole
- Tahini Sauce

Protein:

- 1 palm-sized chicken, sliced = 1 serving
- 1/4 cup canned salmon = 1 serving

Healthy Fat:

- 2 Tbsp Hummus = 1 serving



DESSERTS

My favorite dessert is to make a thick Designs for Health protein shake, use it as my “protein,” but eat it as dessert. I might use ice or flax or chia seeds to make it thick, use less water and eat it with a spoon. I get clever with the ingredients and the toppings: adding cacao nibs to the shake; shredded unsweetened coconut, slivered almonds, or berries in Xylitol as a topping. Be sure to count your toppings as a Healthy Fat or Starchy Carb.

HOT CHOCOLATE

Heat a cup of unsweetened chocolate almond milk, add flavored toffee, chocolate or vanilla liquid stevia.

POPSICLES

Play around with freezing PaleoReds, C + BioFizz, PaleoGreens, unsweetened rice milk flavored with liquid stevia, unsweetened chocolate rice milk etc.



Appendix: Sample Meal Plan for Zippi 14-Day Cleanse

	Meal 1	Beverage "Snack"	Meal 2	Beverage "Snack"	Meal 3 (Optional)	Meal 4	Beverage "Snack"
Day 1	Brown Rice* Breakfast Cereal	Detox Tea or Organic Green Tea	Ti's Big Easy Salad with Leftover Brown Rice or Beans or Cooked Lentils, Dressing, side low-Carb veggie	Water or Mineral Water with lemon and/or lime and 1 tsp PaleoGreens	Shake with veggies or a side salad	Italian Quinoa*, Italian Green Beans, side Salad, Dressing	Detox or Herbal Tea with unsweetened rice or almond milk, Stevia (to taste) & cinnamon
Day 2	Quinoa* Breakfast Cereal	Tea or Water	Ti's Big Easy Salad with leftover Italian Green Beans, Leftover Brown Rice, Dressing	Detox Tea, Organic Green Tea or Herbal Tea	Shake with veggies or a side salad	Stuffed Bell Peppers* w/Italian Quinoa, steamed spinach w/pine nuts, 21 spice seasoning, sliced raw carrots and tomatoes or other fresh low-Carb veggies	Water or Mineral Water with lemon and/or lime
Day 3	Egg Veggie scramble, side salad (optional)	Drink with 1 tsp PaleoGreens	Leftover Stuffed Bell Peppers with Low-Carb veggies, 1/4 Avocado sliced	Water or Mineral Water with lemon and/or lime and 1 tsp PaleoGreens	Shake with veggies or a side salad	Roasted or Grilled Low-Carb Veggies*, Brown Rice, 1/4 Avocado sliced	Detox Tea- See Day 1
Day 4	Shake	Detox Tea, Organic Green Tea or Herbal Tea	Leftover Low-Carb Veggies with Brown Rice on a bed of organic baby greens, Dressing	Detox Tea, Organic Green Tea or Herbal Tea	Shake with veggies or a side salad	Cristiana's Creamy Gazpacho Soup* or Vegan Low-Carb veggie Soup, Ti's Big Salad and Dressing	Water or Mineral Water with lemon and/or lime
Day 5	Steel Cut Oats Breakfast Cereal	Detox Tea, Organic Green Tea or Herbal Tea	Leftover Soup, Ti's Big Easy Salad with Brown Rice or Quinoa and Dressing	Water or Mineral Water with lemon or lime and 1 tsp Greens	Shake with veggies or a side salad	Grilled Salmon* or Tofu with Sweet Lemon Tamari Marinade, Grilled Asparagus with Sesame Seeds and Ginger Carrots	Detox Tea or Herbal Tea
Day 6	Shake (pg 8), Detox Tea or Organic Green or Herbal Tea	Fizz Stick drink with 1 tsp Greens	Salmon Salad with Hummus and top with Brown Rice or Quinoa or Cooked Lentils, leftover Asparagus and Carrots	Fizzy Stick Drink with 1 tsp Greens	Shake with veggies or a side salad	Quinoa Salad with Steamed or Roasted Low-Carb Veggies and Side Salad (if desired)	Water or Mineral Water with lemon and/or lime
Day 7	Egg Veggie scramble or shake	Green Tea or Herbal Tea	Leftover Gazpacho Soup with Raw, Steamed or Roasted Veggies on the Side	Energy Drink with 1 tsp Greens	Shake with veggies or a side salad	Shrimp or Just Veggie Kebabs with Brazilian Coconut Marinade over Brown Rice	Detox Tea or Herbal Tea

■ *Make more than one serving of your entries to use them as other meals or freeze them for later use For Healthy Fat and Starchy Carbs Reference Portion Guide for correct quantities



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