

SUMMER
WHOLE FOOD
CLEANSE MEAL
PLAN,
SHOPPING
LIST &
RECIPES



WHOLE FOOD SUMMER CLEANSE

PHASE ONE & THREE MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Tropical Greens Smoothie	Garlic Shrimp & Sautéed Swiss Chard	Super Easy Summer Soup (makes extra for dinner on Wed.)	Almond Butter and Banana Bites / Frozen Peaches with Coconut Butter
TUE	Boiled Eggs with Sautéed Spinach	Lemon Basil Chicken Salad (leftovers for Thurs. lunch)	Summer Quinoa & Spinach & Strawberry Salad	Avocado Boats/ Creamy Energy Boosting Shake
WED	Ginger Toasted Millet (save leftovers for Friday)	Leftover Summer Quinoa	Super Easy Summer Soup	Almond Butter and Banana Bites / Frozen Peaches with Coconut Butter
THU	Peachy Green Smoothie	Leftover Lemon Basil Chicken Salad	Summer Stir Fry with Brown Rice & Cucumber Salad	Toasted Beet Chips / Grilled Pineapple with Coconut Shavings
FRI	Leftover Ginger Toasted Millet	Leftover Stir Fry & Brown Rice	Artichoke & Chickpea Bowl and Summer Salad (make enough salad for Sat)	Toasted Beet Chips / Grilled Pineapple with Coconut Shavings
SAT	Tropical Greens Smoothie	Mediterranean Salmon Salad	Farm Fresh Pasta Salad with Summer Salad	Carrots & Celery with Hummus / Pineapple Watermelon Popsicles
SUN	Breakfast Veggie Hash	"Curry" with Summer Veggies	Portobello Spinach and Egg Sandwich	Carrots & Celery with Hummus / Pineapple Watermelon Popsicles

Summer WF Cleanse Shopping List - Phase 1 & 3

Produce

- 2lbs pre-washed spinach
- 3 bunches of kale
- 2 heads of butter lettuce
- 1 head romaine lettuce
- 3 bunches Swiss chard
- 1 bunch carrots
- 1 bunch celery
- 2 small heads of bok choy
- 3 cucumbers
- ½ cup snow peas
- ½ cup sugar snap peas
- 1 small package of shiitake mushrooms
- 1 small package white mushrooms
- 2 Portobello mushrooms
- 4 shallots
- 2 white onions
- 1 red onion
- 1 bunch green onions
- 3 heads of garlic
- 5 medium zucchinis
- 2 medium yellow squash
- 2 medium summer squash
- 1 small handful of green beans
- 1 bunch asparagus
- 1 sweet potato
- 6 avocados
- 5 beets
- 1 nectarine
- 1 peach
- 1 small seedless watermelon
- 3 pineapples
- 1 pint of strawberries
- 1 pint blackberries
- 1 bunch bananas
- 1 mango
- 2 bunches mint
- 1 bunch cilantro
- 1 bunch parsley
- 3 bunches basil
- 1 bunch chives
- 7 lemons
- 3 limes
- 1 ginger root
- 1 package mung bean sprouts

Grains, Beans and Canned Goods

- 2lbs of quinoa
- 2lbs of brown rice
- 1lb millet

- 2 packages of kelp noodles
- 1 can of black beans (Eden Organics)
- 2 cans of white beans (Eden Organics)
- 4 cans garbanzo beans
- 1 can full fat coconut milk
- 1 can sustainably caught salmon
- 4 cartons of vegetable broth (4 cup size)

Condiments

- Sliced Almonds
- Pistachios (shelled)
- Pine Nuts
- Sea Salt
- Pepper
- Italian Seasoning
- Chipotle Seasoning
- Sesame Seeds
- Cumin
- Turmeric
- Coriander
- Garlic Powder
- Cinnamon
- Nutmeg
- Ground Ginger
- Unrefined Coconut Oil
- Coconut Butter
- Extra Virgin Olive Oil
- Sesame Oil
- Apple Cider Vinegar
- White Miso
- Gluten Free Tamari
- Capers
- Kalamata Olives
- Jar of artichoke hearts
- Almond Butter
- Cashew Butter
- Stevia (liquid)
- Unsweetened coconut flakes

Meat / Dairy / Eggs / Refrigerated Section

- 2 Rotisserie Chickens
- 1 ½ lb medium shrimp, peeled and deveined
- ½ dozen eggs
- 1 carton of unsweetened almond milk
- 1 coconut water – you may want to buy several to have as a drink
- small container of ghee
- Hummus

Frozen

- Peaches

Miscellaneous

- Raw Cacao Powder
- Maca Powder
- Chia Seeds (if you can buy in bulk only get 1 cup)
- Hemp Seeds (if you can buy in bulk only get ½ cup)

WHOLE FOOD SUMMER CLEANSE

PHASE TWO MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Creamy Cashew Smoothie	Collard Green Banh Mi	Zucchini and Basil Soup with Pineapple Summer Salad	Beet Chips / Almond Butter and Banana Bites
TUE	Non-Dairy Berry Parfait (save one for breakfast on Wed)	Leftover Zucchini Soup and Pineapple Summer Salad	Summer Stir Fry with Brown Rice	Creamy Roasted Broccoli / Creamy Energy Boosting Shake
WED	Non-Dairy Berry Parfait	Leftover Summer Stir Fry with Brown Rice	Super Easy Summer Soup (make extra for lunch tomorrow)	Avocado Boats / Pineapple & Watermelon Popsicle
THU	Berry Cleansing Smoothie	Leftover Summer Soup	Farm Fresh Pasta Salad with Cucumber Salad	Creamy Roasted Broccoli / Mixed Summer Fruit Salad
FRI	Berry Cleansing Smoothie	Leftover Farm Fresh Pasta Salad	“Curry” with Summer Veggies	Creamy Energy Boosting Shake/ Blueberry Lemon Chia Pudding
SAT	Ginger Toasted Millet	Collard Green Banh Mi and Cucumber Salad	Summer Quinoa with Creamy Roasted Broccoli	Beet Chips / Blueberry Lemon Chia Pudding
SUN	Creamy Cashew Smoothie	Leftover Summer Quinoa	Artichoke Heart & Chickpea Bowl with Toasted Beet Chips	Almond Butter and Banana Bites /Mixed Summer Fruit Salad

Summer WF Cleanse Shopping List - Phase 2

Produce

- 4 bunches of kale
- 1 head romaine lettuce*
- 2 bunches collard greens
- 1 bunch Swiss chard*
- 1 package baby spinach
- 1 bunch carrots
- 1 large head of broccoli
- 2 small heads of bok choy
- 4 cucumbers
- 1 small package of shiitake mushrooms
- 2 shallots
- 1 red onion*
- 3 white onions
- 1 bunch green onions*
- 2 heads of garlic*
- 9 medium zucchini
- 2 medium yellow squash
- 2 medium summer squash
- ½ cup sugar snap peas
- ½ cup snow peas
- 1 bunch asparagus
- 6 avocados
- 9 beets
- 2 nectarines
- 2 peaches
- 1lb cherries
- 1 small seedless watermelon*
- 2 pineapples*
- 3 pint of blueberries
- 1 pint blackberries
- 1 bunch bananas*
- 1 bunch mint
- 1 bunch cilantro*
- 1 bunch parsley*
- 2 bunches basil*
- 11 lemons*
- 2 limes
- 1 ginger root*
- 1 package mung bean sprouts*

Grains, Beans and Canned Goods

- 1lb of quinoa*
- 2lbs of brown rice*
- 1lb millet*
- 2 packages kelp noodles
- 1 package Gluten Free Oats (Bob's Red Mill)
- 6 cans garbanzo beans

- 1 can white beans
- 5 cartons of vegetable broth (4 cup size)*
- 1 can unsweetened coconut milk

Condiments

- Sliced Almonds*
- Raw Cashews
- Sunflower Seeds
- Sea Salt*
- Pepper*
- Sesame Seeds*
- Cumin*
- Garlic Powder*
- Turmeric*
- Nutmeg*
- Coriander*
- Ground Ginger*
- Cinnamon*
- Unrefined Coconut Oil*
- Extra Virgin Olive Oil*
- Sesame Oil*
- White Miso*
- Gluten Free Tamari*
- Jar of artichoke hearts*
- Almond Butter*
- Cashew Butter*
- Stevia (liquid)*
- Vanilla

Refrigerated Section

- small container of ghee*
- 1 carton of unsweetened almond milk
- 1 bottle of unsweetened cranberry juice
- Hummus*

Frozen

- Raspberries
- Mixed berries

Miscellaneous

- Bob's Red Mill Protein Powder
- Maca Powder*
- Raw Cacao Powder*
- Chia Seeds*
- Hemp Seeds*

* These are items you may already have from week one. Do a quick inventory before shopping for week two.

Breakfast

Tropical Greens Smoothie

[Serves 1]

INGREDIENTS:

- 1 cup coconut water or water
- 1 large handful spinach
- ½ banana
- ½ cup tropical fruit such as mango and pineapple
- 3 sprigs of mint

Blend and enjoy!

Berry Cleansing Smoothie

[Serves 1]

INGREDIENTS:

- ½ cup unsweetened cranberry juice
- ½ cup mixed fresh or frozen berries – strawberries, blueberries & raspberries
- ½ cucumber
- ½ cup ice (not needed if using frozen berries)

Blend and enjoy!

Creamy Cashew Smoothie

[Serves 1]

INGREDIENTS:

- 1 cup unsweetened almond milk
- 1 tablespoon cashew butter
- 1 scoop plant protein powder (Bob's Red Mill is a great brand)
- ½ avocado
- ½ cup frozen raspberries

Blend and enjoy!

Peachy Green Smoothie

[Serves 1]

INGREDIENTS:

- ½ bunch kale
- 1 handful spinach
- 1 cup frozen peaches
- ½ cup coconut water

Blend and enjoy!



Ginger Toasted Millet with Blackberry Chia Sauce

[Serves 4]

INGREDIENTS:

- 3/4 cup millet
- 1/2 cups unsweetened almond milk
- 2 teaspoons coconut oil
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cinnamon
- dash of salt

In a saucepan, heat the coconut oil on medium heat. Add the millet and spices and stir to coat. Cook for 5 – 10 minutes until toasted and popping a bit. Add the almond milk and simmer for 15-20 minutes until liquid is absorbed and millet is tender. While cooking, make the Blackberry Sauce

Blackberry Chia Sauce:

- 2 cups blackberries (if you can't find blackberries, blueberries or raspberries also work well!)
- 1/4 cup chia seeds
- zest and juice of 1 lemon

Simmer the blackberries in a saucepan over medium-low heat until juices start to release. Mash them on the side of the pan with a wooden spoon. Stir in chia seeds and lemon juice and remove from heat. Let sit for 5 minutes so that the chia seeds can absorb the blackberries.

If you need more liquid, add a tablespoon of water a little at a time.

Note that sauce can be made ahead of time and stored in the refrigerator

Boiled Eggs with Sautéed Spinach

(For phase 1 and phase 3)

[Serves 1]

INGREDIENTS:

- 2 eggs
- 2 cups spinach
- 1 tablespoon extra virgin olive oil
- 1 garlic clove
- squeeze of lemon
- salt and pepper

Place eggs in a saucepan and cover with water. Bring to a boil and then remove from heat and let sit for 10 minutes.

Add oil and garlic clove to a sauté pan. Heat over low heat until garlic begins to sizzle. Remove clove and add spinach. Cook for 2 – 5 minutes until wilted. Season with lemon juice, salt and pepper.

Non-Dairy Berry Parfait

[Serves 2]

INGREDIENTS:

- ½ cup soaked raw cashews (soak at least 20 minutes – up to an hour)
- ½ cup unsweetened almond or coconut milk from a carton (not canned)
- ½ teaspoon vanilla
- 1 cup frozen berries
- 1/3 cup rolled gluten-free oats (no need to cook these!)
- 1 tablespoon hemp seeds

Combine cashews, milk and vanilla in a blender and blend until smooth to make cashew cream. Layer ingredients in a small cup: Dollop of cashew cream, spoonful of berries, top with oats and hemp seeds and enjoy!

Breakfast Veggie Hash

(For phase 1 and phase 3 if including eggs)

[Serves 2]

INGREDIENTS

- 1 cup chopped sweet potato (1/4 inch in size is what you are shooting for)
- ½ cup chopped asparagus
- ½ cup sliced mushrooms
- ¼ cup chopped red onion
- 1 can black beans (15oz)
- 1 tablespoon dried Italian Seasoning
- 1 teaspoon ground turmeric
- 2 eggs (optional)
- 2 tablespoons coconut oil
- sea salt to taste

In a large sauté pan, heat coconut oil over medium heat. Add all of the veggies and sauté for 10 minutes. Add beans and spices and heat through, another 3-5 minutes.

Eggs can be scrambled in during the last 3 minutes of cooking.

Veggies can be chopped and prepped in advance. Note on chopping: Shoot for ¼ inch in size for your veggies. They will cook quicker and more evenly that way.

Lunch & Dinner

Garlic Shrimp

(For phase 1 and phase 3)

[Serves 4]

INGREDIENTS:

- 1 ½ lbs medium to large shrimp. Buying them peeled and deveined will save you a lot of time
- 1 cup quinoa (optional)
- 4 cloves of garlic, minced
- 1 shallot, chopped
- Zest and juice of one lime
- 1/3 cup parsley, chopped
- ½ teaspoon salt
- 1 tablespoon extra virgin olive oil

Combine shrimp, garlic, shallot, lime zest and salt in a bowl. Let marinate for 20 minutes or overnight.

Heat oil in a sauté pan over medium heat. Add shrimp and any extra juices from the bowl. Cook for 8-10 minutes until shrimp are pink all the way through.

Finish by tossing the shrimp with parsley and lime juice. Enjoy over a bed of spinach and/or quinoa. If using quinoa, you can use leftover quinoa you have or make a new batch. To make a new batch of quinoa, combine 1 cup of quinoa with 2 cups of water. Bring to a boil and then cover and simmer for 20 minutes.

Lemon Basil Chicken Salad

(For phase 1 and phase 3)

[Serves 4]

INGREDIENTS:

- 1 rotisserie chicken, shredded (not during phase 2)
- 1 celery stalk, chopped
- ½ cucumber sliced
- 1 avocado, sliced
- Head of butter lettuce

DRESSING INGREDIENTS:

- ¼ cup lemon juice (usually 1 lemon)
- ½ cup olive oil
- 4-5 large basil leaves, chopped
- salt and pepper to taste
-

Put all of the salad ingredients (except avocado) into a bowl and set aside.

Mix together the ingredients for the dressing and mix into the salad a little at a time. You may have extra dressing to use for another day.

Top with sliced avocado.

Pineapple Summer Salad with Mint Dressing

[Serves 4]

INGREDIENTS:

- 1 head of kale, cut into small ribbons
- 1 cucumber chopped
- 1 beet, shredded
- 2 tablespoons sunflower seeds
- 2 tablespoons hemp seeds
- 1 cup chopped fresh pineapple

Combine all ingredients in a large bowl. Dress only what you will eat with the dressing below.

MINT DRESSING INGREDIENTS:

- ¼ cup fresh squeezed lemon juice
- 2/3 cup olive oil
- 1 teaspoon pepper
- 1 tablespoon fresh mint

Whisk all ingredients together and season with salt. Pour enough onto salad to coat all the veggies.

Mediterranean Salmon Salad

(For phase 1 and phase 3)

[Serves 2]

INGREDIENTS:

- 1 can of sustainably caught salmon, drained
- ½ celery, diced
- ¼ cucumber, diced
- 1 tablespoon capers
- 5-6 chopped kalamata olives
- 1 tablespoon hemp seeds
- 1 tablespoon olive oil
- Squeeze of half lemon
- salt and pepper to taste.

Mix all the ingredients together and serve in a lettuce wrap or on a bed of greens.

Portobello Spinach and Egg Sandwich

(For phase 1 and phase 3)

[Serves 2]

INGREDIENTS:

- 2 portobello mushrooms, stem removed
- 1 teaspoon extra virgin olive oil
- 2 tablespoons hummus
- 1 cup spinach (1/2 cup per mushroom)
- 2 eggs
- 1 tablespoon chives, chopped (optional)
-

Heat oven or toaster oven to 400°. Brush the outside of the mushrooms with olive oil and season with salt and pepper.

Spread the hummus inside the mushroom cap, top with spinach (press down on spinach to make it fit). Crack an egg over the top of the spinach and sprinkle it with salt and pepper.

Place on a baking sheet lined with foil and cook for 15 minutes until the whites are cooked through. Top with chives.

Spinach and Strawberry Salad with Basil-Mint Dressing

[Serves 2]

INGREDIENTS:

- 4 cups baby spinach
- 1 cup chopped strawberries
- 1 cucumber, diced
- 1 avocado, diced
- ½ cup white beans, drained and rinsed
- ¼ cup pine nuts or sliced almonds

Mix all ingredients in a bowl and dress with Basil-Mint Dressing (recipe below)

BASIL-MINT DRESSING

INGREDIENTS:

- 3 tablespoons apple cider vinegar
- ½ cup olive oil
- 2 cloves garlic, minced
- 2 tablespoons chopped basil
- 1 tablespoon chopped mint
- salt and pepper to taste

Whisk all ingredients together and dress your salad.

Artichoke Heart and Basil Chickpea Bowl

[Serves 2]

INGREDIENTS:

- 1 cup brown rice
- 1 15oz can of chickpea or garbanzo beans (Eden Organics is a great brand)
- 4 artichoke hearts, chopped
- large handful of basil, chopped
- 1 zucchini, chopped
- 1 handful spinach

DRESSING INGREDIENTS:

- ½ lemon, juiced
- 2 garlic cloves, minced
- ¼ cup olive oil
- salt and pepper to taste

Cook brown rice by combining 2 cups of water with 1 cup of brown rice in a pot over high heat. When the water comes to a boil, cover the pot and turn heat down to the lowest setting for 45 minutes. (Do not stir. Simply set a timer and let the rice cook.)

In a bowl mix together the beans, artichoke hearts, zucchini and basil together.

In a separate bowl, whisk together the lemon, garlic, olive oil, salt and pepper

Fill individual serving bowls with rice and mixed greens. Spoon the bean mixture onto the greens and pour dressing over each bowl

Collard Green Banh Mi

[Serves 1]

INGREDIENTS:

- 1 large collard green with thick part of stem removed
- ½ cucumber, cut into matchsticks
- 1 carrot, cut into matchsticks
- ½ avocado, sliced
- small handful of sprouts – mung bean sprouts are most common and can be found in the produce section
- 2 sprigs of basil, chopped
- 3-4 sprigs of mint, chopped
- small handful of cilantro, chopped

Roll all the ingredients in the collard green like you would a burrito. Serve with dipping sauce.

Dipping Sauce

INGREDIENTS:

- ¼ cup extra virgin olive oil
- 1 teaspoon ginger, minced (grating it with a zester is an easy way to do this)
- 1 garlic clove, minced
- 1 green onion, sliced

Mix all ingredients and serve with Collard Green Banh-Mi

"Curry" with Summer Veggies

[Serves 4]

You can add chicken to this dish as an option during phase 1 and 3.

INGREDIENTS:

1 onion, peeled and diced
3 cloves garlic, minced
1 teaspoon turmeric
1/2 teaspoon cumin
1/2 teaspoon coriander
1/2 teaspoon ginger
1/8 teaspoon cinnamon
1 medium summer squash, diced
1 zucchini
2 baby bok choy, chopped
1/2 cup sugar snap peas
2 cups garbanzo beans, cooked or canned
1 cup shredded chicken (optional, not during phase 2)
1 15oz can of unsweetened coconut milk (I recommend Native Forest brand)
1 cup vegetable broth
2 bunches of any type of greens, washed and cut (kale, bok choy, escarole, collards, turnip greens, etc.)
Salt and pepper to taste
Fresh basil and cilantro for garnish
2 tablespoons coconut oil

In a large pot heat coconut oil and sauté onions until they are soft (about 6-8 minutes). Add the garlic and spices. Add the vegetables, beans (or chicken), and coconut milk. Bring to a simmer and add the vegetable stock. Simmer until the veggies are tender (about 10 minutes). Add the greens, then season with salt and pepper.

Serve with brown rice. Garnish with basil and cilantro

Super Easy Summer Soup

[Serves 4]

INGREDIENTS:

- 4 cups vegetable broth (make sure it's sugar-free)
- 2 cups cooked brown rice
- 2 cups cooked chicken (optional for phases 1 & 3)
- 2 cans of garbanzo beans (remove if using chicken)
- 1 heaping teaspoon chipotle seasoning (or any Mexican spice)
- 2 avocados, diced
- 1 summer squash, chopped
- 1 zucchini, chopped
- 1 small handful cilantro, chopped
- 2 green onions chopped
- salt to taste
- lime wedges for garnish

If you don't have pre-cooked rice on hand you can either purchase some in the frozen section or make a batch by combining 2 cups of water with 1 cup of brown rice in a pot over high heat. When the water comes to a boil, cover the pot and turn heat down to the lowest setting for 45 minutes. (Do not stir. Simply set a timer and let the rice cook.)

Heat the broth in a pot over medium heat, Add rice, optional chicken and garbanzo beans, and chipotle spice and heat through for 10 minutes. Add zucchini and squash and cook for 5 more minutes.

Ladle into bowls and top with cilantro, green onions and avocado.

Summer Quinoa

[Serves 4]

INGREDIENTS:

- 2 cups quinoa, rinsed and soaked for 20 minutes
- 4 cups vegetable broth (make sure it's sugar-free)
- 4 cloves of garlic minced
- 2 shallots, chopped
- ½ bunch swiss chard, cut into ribbons
- 1 15oz can of white or garbanzo beans (Eden Organics is a great brand)
- 1 zucchini, grated
- 1 yellow squash, grated
- 1 carrot, grated
- large bunch of basil, cut into ribbons
- ½ cup almond slivers
- zest and juice of one lemon
- ¼ cup olive oil

In a pot, combine quinoa, vegetable broth, garlic and shallots. Cook on medium heat for 15 – 20 minutes until liquid is absorbed. Stir in the rest of the ingredients and season with salt and pepper.

Cucumber Salad

[Serves 4]

INGREDIENTS:

- 1 English Cucumber sliced thinly
- 1 lemon
- Black or Traditional Sesame Seeds

Mix all the ingredients in a bowl and enjoy!

Farm Fresh Pasta Salad

[Serves 4]

INGREDIENTS:

- 2 packages of kelp noodles
- 1 can of chickpeas
- 3 cloves garlic, minced
- ½ red onion, thinly sliced
- 1 zucchini, thinly sliced
- 1 yellow squash, sliced thinly
- zest and juice of one lemon
- 1 handful chopped parsley
- ½ cup olive oil.

Sauté onion and garlic in a pan with ¼ cup olive oil for 5 minutes. While the onion and garlic are cooking, drain and rinse the kelp noodles. Then chop the noodles coarsely, so they easily separate. Add kelp noodles to the pan with the garlic and onion, along with the zucchini and yellow squash and sauté for 10 minutes. Add the lemon, remaining ¼ cup olive oil, and parsley. Add in chickpeas. Continue cooking until the kelp noodles have softened.

Sautéed Swiss Chard with Shallots

[Serves 2]

INGREDIENTS:

- 1 tablespoon ghee
- 1 large shallot, finely chopped
- 1 teaspoon apple cider vinegar
- 2 bunches swiss chard
- 1/2 cup vegetable broth (make sure it's sugar-free)

Separate the Swiss chard leaves from the stems and chop the stems up like you would a piece of celery.

Heat the ghee in a sauté pan over medium heat, add the shallots and chopped chard stems and cook until tender, 5-8 minutes. Add the greens and apple cider vinegar and sizzle for a couple more minutes until the greens are ultra bright green. Add the broth and cover. Let steam for 3 – 5 more minutes. Season with salt, pepper

Zucchini and Basil Soup

[Serves 4]

INGREDIENTS:

- 2 tablespoons ghee (can be bought at the store)
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves of garlic, minced
- 4 zucchini sliced with skin on
- 6 cups of vegetable broth (make sure it's sugar-free)
- Cashew Cream (optional, recipe to follow)
- Small handful of fresh basil
- Salt & pepper

Melt the clarified butter or ghee in a large pan, add the olive oil and once hot add the onion and garlic with a little salt. Once the mixture starts to brown a little (about 7-10 minutes) add the zucchini and sauté for 3-5 minutes more.

Add the vegetable broth and lower the heat a little. Let the flavors meld and the zucchini soften – 15 – 20 minutes.

Puree mixture and then strain through a fine mesh strainer back into your pot. Stir in the cream and basil and then season with salt and pepper.

Cashew Cream

INGREDIENTS:

- ½ cup raw cashews, soaked overnight
- ½ - ¾ cup water

Soak cashews overnight, then drain and rinse them. Place in a high powered blender with ½ cup water. Puree until smooth. Add a little more water as needed to create the consistency of heavy cream. You may strain the cream through a mesh strainer to remove any coarse pieces.

Summer Stir-Fry with Ginger Sesame Miso

[Serves 4]

INGREDIENTS:

Rice:

- 1 1/2 cup brown rice
- 3 cups water or veggie broth
- 1 garlic clove minced

Ginger Sesame Miso:

- 2 tablespoons white miso
- 1/2 cup Gluten Free Tamari
- 2 cloves minced garlic
- 1 inch fresh ginger, minced
- 1 teaspoon toasted sesame oil

Stir-Fry:

- 2 tablespoons coconut oil
- 1 small white onion
- 2 cloves of garlic minced
- 2 teaspoons ginger minced
- 1 package of Enoki or Shitake Mushrooms
- 1/2 cup snow peas
- 1/2 bunch of asparagus, cut into 1/2" pieces
- 2 carrots, cut into 1/2" pieces
- 1/2 bunch kale, cut into ribbons
- 1 handful mung bean sprouts

Mix the rice, garlic and broth in a pot over high heat. When the broth comes to a boil, turn heat down to a simmer and cover. Cook until all the liquid has been soaked in the rice for about 45 minutes.

In a small saucepan combine all the ingredients for the ginger sesame miso sauce and simmer for 5 minutes to let the flavors meld. Remove from heat.

In a wok or large pan with sides, heat coconut oil and add garlic, ginger and onions. Let simmer until brown. Add a little more oil if needed and toss in all of your veggies (except the sprouts). Give them a good mix and cover your pan so the veggies can steam. Steam for 5-10 minutes depending on how "al dente" you want your veggies.

Scoop a large spoonful of rice into a bowl; add a generous helping of veggies, a spoonful of ginger miso sauce and then top with sprouts.



Summer Salad

[Serves 4]

INGREDIENTS:

- 1 large head of butter lettuce
- 1 handful of green beans, cut into $\frac{1}{4}$ inch “coins”
- 1 shredded beet
- 1 nectarine or peach, chopped
- $\frac{1}{4}$ cup shelled pistachios

Dressing

INGREDIENTS:

- $\frac{1}{4}$ cup freshly squeezed lemon juice
- $\frac{1}{2}$ cup olive oil
- 1 garlic clove, minced
- small handful of chopped basil

Hand tear the butter lettuce into a salad bowl. Add the rest of the ingredients and toss with the salad dressing.

Snacks

Creamy Roasted Broccoli

[Serves 2-4]

INGREDIENTS:

- 2 cups broccoli, chopped
- 1 tablespoon extra virgin olive oil
- ¼ cup hummus
- salt and pepper to taste

Heat oven to 400°. Place the broccoli on a baking sheet and toss in the olive oil and season with salt and pepper. Roast for 25 minutes.

Place roasted broccoli in a bowl and stir in hummus until broccoli is coated.

Avocado Boats

[Serves 2]

INGREDIENTS:

- 1 large avocado
- 2 romaine lettuce leaves
- 4 large basil leaves, chopped
- 1 tablespoon lemon juice
- salt and pepper to taste

Smear avocado into romaine leaves, top with basil, lemon juice and season with salt and pepper.

Almond Butter and Banana Bites

[Serves 1]

INGREDIENTS:

- 1 banana
- 2 tablespoons almond butter
- 1 tablespoon hemp seeds (optional)

Spread the almond butter on the banana, sprinkle with hemp seeds and cut into bite-sized pieces.

Carrot and Celery Sticks with Flavored Hummus

[Serves 1]

INGREDIENTS:

- 2 carrots, cut into sticks
- 2 celery stalks, cut into sticks
- 2 tablespoons hummus

Dip carrots and celery in hummus and enjoy!

Beet Chips

[Serves 2]

INGREDIENTS:

- 4 medium beets, thinly sliced
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 2 tablespoons extra virgin olive oil
- salt to taste

Heat oven to 375°. Place the beet chips on a baking sheet and toss with the olive oil and spices. Roast for 30 minutes until crispy. Check periodically and turn over with a spatula and continue cooking – careful not to burn.

Treats

Frozen Peaches with Warmed Coconut Butter

[Serves 2]

INGREDIENTS:

- 1 ½ cups frozen peaches
- ¼ cup coconut butter
- 2 tablespoons sliced almonds

Put the frozen peaches in 2 serving bowls. Warm the coconut butter by placing it in a steamer for 10 minutes. Stir and drizzle on the frozen peaches. Top with sliced almonds.

Blueberry Lemon Chia Pudding

[Serves 2]

INGREDIENTS:

- 1 ½ cups unsweetened almond or coconut milk (in a carton, not canned)
- ¼ cup chia seeds
- Zest of 2 lemons
- 1 pint of blueberries

Mix all ingredients in a bowl and refrigerate for 3-4 hours or overnight.

Creamy Energy Boosting Shake

[Serves 1]

INGREDIENTS:

- ½ cup unsweetened almond milk
- 1 tablespoon cashew butter
- ½ avocado
- ¼ cup raw cacao powder
- 2 teaspoons maca powder (optional)
- 2-3 drops of stevia
- ½ cup ice

Blend and Enjoy!

Mixed Summer Fruit Salad

[Serves 2]

INGREDIENTS:

- 1 peach, chopped
- 1 nectarine, chopped
- ½ cup cherries, pits and stems removed
- ½ cup or one pint of blueberries
- Zest and juice of one lemon
- 1 teaspoon mint, chopped

Mix all ingredients in a bowl and enjoy!

Grilled Pineapple with Coconut Shavings

[Serves 2]

INGREDIENTS:

- ½ pineapple cut into rings
- ½ cup unsweetened coconut shavings

Grill pineapple rings over medium heat for 3 minutes on each side. Top with coconut shavings and enjoy.

Pineapple and Watermelon Popsicles

[Makes 6 popsicles]

INGREDIENTS:

- ½ pineapple, chopped
- ½ medium seedless watermelon, chopped
- juice and zest of 1 lime
- 1 tablespoon chopped mint

Blend all ingredients in a blender and pour into popsicle molds and freeze for several hours or overnight.