

Green Smoothie

Basic Ingredients	Why
2-3 pieces of Fruit	<ul style="list-style-type: none"> • Antioxidants • Soluble fibre • Sweeten taste to offset bitter taste of greens
As many Greens as you like	High Nutrient Density
Nuts, Seeds or Flax	Whole food fat for better absorption of nutrients
Liquid to make smooth	<ul style="list-style-type: none"> • Hydration • Antioxidants from fruit juice, but not too much fruit juice because of available sugars
Creative Additions	Provides more interest taste-wise and a wider variety of nutrients

Suggestions	Why
Fruit	
<ul style="list-style-type: none"> • Berries – fresh or frozen • Apple • Banana • Grapes • Tropical: Pineapple, Papaya, Mango • Dates • Juices: Tart cherry, Apple 	<ul style="list-style-type: none"> High in antioxidants Soluble fibre Fiber / potassium Antioxidants Antioxidants / sweet rich taste Fibre / sweet Fibre / sweet Sweet / good antioxidants-don't use too much as it can spike blood sugar
Greens	
Kale Chollards Black kale Chard Lettuce Spinach Cabbage Arugala Parsley Cilantro	All the dark leafy greens are great for High Nutrient Density They are 100 on the Nutrient Density Scale – the highest of the high They also provide good fibre
Nuts, Seeds or Flax	
Ground Flax seed Sunflower seeds Pumpkin seeds Almonds Cashers	Omega-3 oils Protein / least costly of the nut, seed, flax category Protein and Zinc Protein Protein
Additions	
avocado	Whole food oil / adds creamy taste and texture
Lemon / lime / orange	<ul style="list-style-type: none"> • increases absorption of minerals in the greens up to 50% • tangy taste
Ginger Jalapeño Hot sauce Chili flakes	<ul style="list-style-type: none"> • Add warming influence in winter time • Antioxidants • Add tang

Soup

Basic Ingredients	Why
Onion	<ul style="list-style-type: none"> These form a great foundation to build the rest of the soup on If you have home made stock from your peelings, this adds good foundational flavour as well. Most people say the vegetable stock from the store doesn't add much flavour for the price.
Garlic	
Ginger	
Celery (optional as a base)	
Herbs and Spices	<ul style="list-style-type: none"> Adds variety to the soups so we don't get tired of the same thing
Sustaining Veggies	<ul style="list-style-type: none"> These give a soup more "lasting power" so we aren't hungry soon after
Flavouring Veggies	<ul style="list-style-type: none"> These provide the variety of interest in flavour
Healthy Fat	<ul style="list-style-type: none"> Adds depth of flavour and helps with absorption of nutrients
Protein	<ul style="list-style-type: none"> This is important if your soup is the main dish of the meal

Suggestions	Why
Herbs and Spices <ul style="list-style-type: none"> Oregano Marjoram 	<ul style="list-style-type: none"> These add a sense of heartiness and provide staying power from the soup so we don't get hungry as soon after eating
Sustaining Veggies <ul style="list-style-type: none"> Cauliflower Winter squash Potato Cabbage 	
Flavouring Veggies <ul style="list-style-type: none"> Carrots Celery Turnip Daikon Broccoli Kale Collards Swiss Chard Peas Corn 	
Healthy Fat <ul style="list-style-type: none"> Avocado Oil 	
Protein <ul style="list-style-type: none"> Beans Lentils Barley Brown Rice 	<ul style="list-style-type: none">

Bean / Lentil Dish

Basic Ingredients	Why
Beans or Lentils	<ul style="list-style-type: none">• Protein and Carbohydrate
Onion	<ul style="list-style-type: none">• These form a great foundation to build the rest of the dish on
Garlic	<ul style="list-style-type: none">• If you have home made stock from your peelings, this adds good foundational flavour as well. Most people say the vegetable stock from the store doesn't add much flavour for the price.
Ginger	
Vegetables and Greens	<ul style="list-style-type: none">• Provides the variety of taste and texture to keep these dishes interesting
Suggestions	Why
Beans or Lentils	Beans and Lentils are a great source of plant-based protein.
<ul style="list-style-type: none">• Red lentils• Green lentils• French green lentils• Black lentils• Aduki beans• Black beans• Pinto beans• Garbanzo Beans (Chickpeas)	They contain as much protein, ounce for ounce as red meat. They are anti-inflammatory without any saturated fat or cholesterol that all animal protein contain.
Vegetables and Greens	<ul style="list-style-type: none">•
<ul style="list-style-type: none">• Carrots• Peas• Corn• Celery• Turnip• Daikon• Broccoli• Kale• Collards• Swiss Chard	

Grain Dishes and Bowls

Basic Ingredients	Why
Grain	Provides plant-based protein and complex carbohydrates
Veggies for the Bowl	Provide variety of taste and nutrients
Oil free sauce	Provides flavour and healthy fat in the whole food form

Suggestions	Why
Grains:	
<ul style="list-style-type: none"> • Brown rice • Millet • Oat groats (whole oats) • Quinoa • Buckwheat • Amaranth 	<ul style="list-style-type: none"> • Rich flavour • Crunchy – use 50% more water to cook millet than other grains • Creamy, nutty flavour • Light texture, highest protein content of all grains • Unique flavour, it's actually a seed and not a grain • Rich, nutty flavour with sticky quality like sticky rice
Veggies for the Bowl	
<ul style="list-style-type: none"> • Carrots • Celery • Peas • Corn • Turnip • Daikon • Broccoli • Kale • Collards • Swiss Chard 	
Oil Free Sauce	All these sauce recipes are on the website
<ul style="list-style-type: none"> • Bitchin Sauce • Caesar • Dijon • Fermented Cashew • Orange Cashew • Tahini Sauce 	

Directions for cooking Grains:

Use 2x the amount of water to grain, e.g. 1 cup dry rice to 2 cups water = 2 cups cooked rice

Use 3x the water for millet, e.g. 1 cup dry millet to 3 cups water = 3 cups cooked millet

You can add a pinch of salt at the beginning (unlike cooking beans and lentils) and also a 1" piece of Kombu

We usually use 1 cup of cooked grain per bowl and 3 cups cooked veggies with 2-3 tablespoons of sauce

Oil Free Sauces and Dressings

Basic Ingredients		Why
Nuts or seeds	Protein, unsaturated fat and omega fatty acids, richness, creaminess	
Liquid		
Seasoning		
Suggestions	Why	
Nut or Seeds:		
<ul style="list-style-type: none">• Cashews• Almonds• Sunflower seeds• Pumpkin seeds		
Liquid:		
<ul style="list-style-type: none">• Water• Vinegar• Lemon or Lime juice		
Seasoning		
<ul style="list-style-type: none">• Garlic• Ginger• Nutritional yeast• Salt• Pepper• Onion Powder• Garlic Powder• Ground Cumin		
Directions:		
Use a ration of 2 parts liquid to 1 part nuts or seeds		
Blend well in a high speed blender		

Generic Oil Free Dressing

Basic Ingredients	Why
30-50% Fruit	<ul style="list-style-type: none">• Antioxidants• Soluble fibre• Sweeten taste to offset bitter taste of greens