



DETOX & EVOLVE HEALTHY RECIPES



GROCERY LIST

VEGETABLES	FRUITS	GRAINS RICE BEANS
Acorn Squash Artichokes Asparagus Beets (especially red beets) Bell Pepper Butternut Squash Carrots Celery Cilantro Cucumber Endive Fennel Green Beans Leafy Greens Leeks Mustard Greens Peas Potatoes (red best) Pumpkin Radishes Rutabaga Spaghetti Squash Spinach Sweet Potatoes Swiss Chard Turnips Winter Squash Zucchini	Apples (cooked) Apricots (dried) Berries Cranberries Coconut flakes (unsweetened) Dates Sour Cherries Currants Figs Grapefruit (moderation) Grapes Lemons Limes Mangoes Melons Oranges (sweet, moderation) Papaya Peaches Pears (cooked) Pineapple (moderation) Pomegranates Plums Strawberries Raisins	Amaranth Basmati rice Barley Black beans Brown lentils Buckwheat Couscous Mung dal (split yellow) Mung beans (green) Oats Quinoa Red Lentils

SPICES	SEEDS/NUTS	DAIRY
<p>Ajwan Asafetida (hing) Basil Black Pepper Cardamom Cinnamon Cilantro (fresh) Cloves Coriander Cumin (seeds and/or ground) Dill Fennel Fenugreek Garlic Ginger (fresh) Mint Mustard Seeds Nutmeg Oregano Parley (fresh) Turmeric (fresh if possible) Thyme Rosemary Saffron</p>	<p>Pumpkin Seeds Sesame Seeds Sunflower Seeds Pine nuts Almonds</p>	<p>Almond Milk (ideally homemade) Cow's Milk (ideally non-homogenized)</p>
	OILS	TEAS
	<p>Coconut oil Sunflower oil Sesame oil Ghee</p>	<p>Chamomile Clove Eucalyptus Fennel Fenugreek Fresh Ginger Juniper Berry Lavender Lemon Grass Marshmallow Root Peppermint (fresh better) Raspberry Rosehips Saffron</p>

GUIDELINES FOR GOOD DIGESTION

Follows these guidelines as best as possible throughout your Detox+Evolve program and onward! These ayurvedically inspired observations will support proper digestion.

- Eat fresh foods
 - Ideally NO frozen, preserved, microwave, canned, processed, GMO's or leftovers
- Drink room temperature or warm water (or tea)
 - NO iced or refrigerated drinks, NO sodas and soft drinks
- Use mineral rock salt or black salt and avoid sea salt or table salt
- Use natural sweeteners
 - To include raw honey, unbleached organic sugar maple syrup, brown rice syrup, sucanat
- Be mindful while eating
 - Don't eat while watching the TV, reading, driving, talking on the phone, texting, etc.
Engage only when in pleasant conversation or company
- Eat only when hungry and after previous meal has been digested
- Eat main meal at midday
- Avoid eating when emotionally upset
- Evening meal should be lighter and completed between 6pm-7pm



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CARDAMOM SEMOLINA

INGREDIENTS

- 3/4 cup semolina
- 1/2 cup filtered water
- 1/2 cup milk
- 1/4 tsp cardamom or 1 crushed pod
- 3 soaked, peeled and sliced almonds
- 1 teaspoon ghee
- little honey to sweeten (if desired)

DIRECTIONS

Heat up the ghee in a small pot, add the semolina and let it turn golden stirring for 2-3 minutes. Add the liquids and the cardamom and keep stirring for another 2-3 minutes until the semolina is cooked. If you like it more liquid add a little extra water or milk. Serve with almonds on top and drizzle with honey. Makes 1-2 servings.

HOT GRAIN CEREAL

INGREDIENTS

- 1 cup of your grain:
 - steel cut oats for Vata
 - quinoa for Pitta
 - millet for Kapha
- 2 cups filtered water
- 2 cups milk
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cardamom
- 1/4 cup honey

DIRECTIONS

Put water and your grain in a small saucepan and bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the grain is tender and the mixture thickens, about 20 minutes, adding more water if necessary. When the grain is almost done, put the milk, ginger and cinnamon in another small saucepan. Warm the mixture over low heat. Pour the warm milk mixture over the grain and drizzle with honey. Makes 2-3 servings.

ASPARAGUS SOUP

INGREDIENTS

- 1 teaspoon ghee
- 1/2 pound asparagus, trimmed and cut in 1/2-inch pieces
- 1 tablespoon chopped fennel fronds
- 1 potato in small cubes
- 2 cups vegetable stock
- 2 cups filtered water
- pinch freshly ground black pepper
- some salt to taste
- chopped parley for garnish or sliced toasted almonds

DIRECTIONS

Heat the ghee in a large saucepan over medium high heat. Add the potato, asparagus and fennel and sauté for 4 to 5 minutes. Pour in the stock and water, bring to a boil then lower the heat and simmer for 10 to 15 minutes. Transfer the soup to a blender and blend until smooth. Add little salt and pepper for taste. Makes 4 servings.

BROWN LENTIL SOUP

INGREDIENTS

- 1 cup brown lentils
- 4 cups vegetable broth
- 4 cups water
- 1 small onion, chopped
- 1 carrot, finely chopped
- 1 stalk of celery, finely chopped
- 1/2 stalk of leek, finely chopped
- 2 tbsp. olive oil
- 2 blades of thyme (or 1/2 tsp)
- 2 blades of rosemary (or 1/2 tsp)
- Kosher salt and fresh black pepper, to taste
- 2 tbsp flat-leaf parsley, coarsely chopped

DIRECTIONS

Heat up the olive oil in a deep pot, add the onion, vegetables and the thyme and rosemary. Let simmer for 6-7 minutes, until onion is tender. Rinse the lentils and place in the with broth and water. Bring to a boil, then lower heat and cook, partially covered, for 25-30 minutes. Taste, adjust seasonings. Optional take out half out the soup and blend for a smoother texture, put back and mix with remaining lentils. Remove from heat, garnish with fresh parsley, and serve. Can be served with rice (Vata, Pitta) or buckwheat (Kapha) noodles.

BUTTERNUT SQUASH SOUP

INGREDIENTS

- 1/2 cup yellow onion
- 2 cloves garlic
- 1 tsp fennel seeds
- 4 cups water
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 fresh ginger
- 2 tbsp olive oil
- 4 cups butternut squash
- 1/2 whole lime

DIRECTIONS

Sauté the onions. When beginning to brown, sauté the ginger and garlic. Add remaining ingredients and bring to a boil. Cook till butternut squash is tender - about 20 minutes.

COLLARD GREENS

INGREDIENTS

- 1 potato
- 1/8 teaspoon turmeric
- 1 cup water
- 1/16 teaspoon salt (mineral salt)
- 1/8 teaspoon black pepper
- 1/4 lemon
- 1 teaspoon sunflower oil
- 2 lbs collard greens

DIRECTIONS

Chop collard greens finely, place all ingredients in water & bring to a boil. Lower heat, cover, and simmer until potatoes are soft and collard greens tender

LEEK ENTREE

INGREDIENTS

- 2 lbs mixed greens: 2 stalks of leek, with little leafy greens (spinach, mustard greens etc.)
- 1 tbsp. olive oil
- pinch black pepper
- pinch salt
- half a lemon

DIRECTIONS

Rinse all greens, steam or sauté with little oil and water for 10 to 15 minutes, until tender. While the greens cool off, mix the olive oil with the lemon juice, salt and pepper. Serve the greens on a plate, sprinkle the olive oil and lemon vinaigrette over and enjoy!

Serves 2.

Note: you can also substitute the leek and greens with 2 artichokes. Boil in hot water for 45 minutes until tender. Put the vinaigrette in two small bowls and dip leave by leave into vinaigrette!

ROASTED ROOT VEGETABLES

INGREDIENTS

- 1 fennel bulb sliced
- 2 medium carrots cut into thick 1/4 " thick slice
- 1 parsnip cut into 1/2" cubes
- 1 large red beet cut into 1/2" cubes
- 1 small onion sliced
- 4 red potatoes, sliced
- 1 tsp thyme
- 1 tsp rosemary
- 1 tsp oregano
- 2 tablespoons olive oil

DIRECTIONS

Preheat oven to 400, put the oil in a baking dish and place veggies and herbs on top. Let bake for 20 min, then stir and turn veggies and bake for another 20 minutes. Serve with basmati rice or quinoa. Makes 4 servings.

SAFFRON ROSE RICE

INGREDIENTS

- 2 Tbs ghee
- 1 cup basmati rice
- 1/4 tsp mineral salt
- 1/4 tsp cinnamon
- 1/8 tsp saffron (soak the saffron in 2 Tbs water for 10 minutes) then add in
- 1/4 tsp cardamom
- 1/4 tsp rose water
- 1/4 tsp rose petals for garnish if you like
- 1/2 c almonds (soaked and peeled)
- 1/2 c golden raisins
- 4 bay leaves

DIRECTIONS

Chop and roast almonds on med. heat for 5 minutes to brown them, at 2.5 minutes add in raisins. Bring 2 1/2 cups of water to a boil then remove from heat and set aside roast rice in a pan until slightly browned. add ghee and stir until all rice is coated. Add rice mixture, rose water, almonds, raisins, saffron water and spices to the boiled water. Cook over low heat for about 30 minutes or until rice is soft. Garnish with rose petals.

SESAME GREEN BEANS

INGREDIENTS

- 1½ lb. green beans, trimmed
- 3 Tbs. tahini paste
- 3 Tbs. lemon juice
- 1 clove garlic, minced (1 tsp.)
- 1½ tsp. gomasio or toasted black or white sesame seeds

DIRECTIONS

Cook green beans in large pot of boiling salted water 4 minutes, or until crisp tender. Meanwhile, whisk together tahini, lemon juice, and garlic in small bowl. Drain green beans, and reserve 2 Tbs. cooking water. Stir cooking water into tahini mixture. Season with salt and pepper, if desired. Toss green beans with tahini mixture, and sprinkle with gomasio. Alternately, line green beans up on platter, pour tahini sauce down center, and sprinkle with gomasio.

STUFFED WINTER SQUASH

INGREDIENTS

- 1 acorn or butternut squash, cut in half lengthwise
- 1/2 cup quinoa
- 1/2 cup millet
- 2 cups filtered water
- pinch salt
- 1/2 cup black olives, chopped
- 1 small onion chopped
- 1 tsp. fresh ginger root, grated
- 2-3 tbsp. olive oil
- 1 tsp. paprika
- 1/4 tsp ground cloves
- pinch black pepper and salt to taste

DIRECTIONS

Preheat the oven to 350F, place the squash face down and bake for one hour. While it is baking prepare the casserole. Rinse and cook the grains with water and a pinch of salt for about 30 minutes. Heat up the olive oil in a pan and add the onion, the ginger and sauce until the onion is translucent, add in paprika and ground cloves. Set aside until the grains have cooked, then add in the grains and the olives. Add pepper and little more salt for taste. When the squash is done, take it out the oven, scoop out the seeds and place it back face side up, fill with the casserole mixture and bake for 10 to 15 minutes.

SWEET POTATOES WITH PUMPKIN SPICE AND MUSTARD SEEDS

INGREDIENTS

- 1/4 cup yellow onion
- 2 cups sweet potato, chopped
- 1/8 tsp mustard seed
- 1/8 tsp salt
- 1/8 cinnamon
- 2 tbsp sunflower oil
- 1/8 tsp nutmeg
- 1/8 ginger (dried)

DIRECTIONS

Chop the potatoes and boil with salt. Remove when soft but not mushy. Cut onion in long thin wedges. Sautee mustard seeds in oil until they begin to pop. Add remaining spices, let cook for a few seconds, and onion for an additional thirty seconds or until onions are translucent. Add potato and fry gently without mashing them. Sprinkle with a dash of salt when done. Caution: Popping mustard seeds can be tricky. Make sure the pot is covered. To add spices, remove from heat, wait until seeds stop popping, and spices and mix with oil. Return to heat until spices being to fry. Adding the onion keeps the pan temperature low enough to avoid burning spices.

BAKED FRUIT DESSERT

INGREDIENTS

- 4 to 6 ripe bananas, peeled and sliced in half lengthwise (Vata) or 6-8 pears, cut in half (Pitta) or 6-8 peaches and 2-4 dried figs, cut in half (Kapha)
- Juice of 2 oranges (Vata) or 1 cup of pear (Pitta) or apple juice (Kapha)
- 3/2 cup organic coconut milk
- 2 to 3 tbsp. maple syrup or 1 1/2 tbsp sucanat
- 1/2 tsp. ground cinnamon
- 1/3 cup raisins (Vata and Kapha) or 1/3 cup dried cranberries (Pitta)
- 1/3 cup slivered almonds
- 1 tbsp ghee (omit for Kapha)

DIRECTIONS

Preheat the oven to 350 degrees Fahrenheit.

Arrange the fruit in a baking dish to hold them in a single layer, stir together the fruit juice and coconut milk and pour over the fruit. Sprinkle with the spices maple syrup or sucanat. Sprinkle the raisins or cranberries, almonds and the ghee (except for Kapha) on top. Bake for 20 to 25 minutes or until fruit are soft. Carefully transfer into the serving plates, spoon some sauce from the baking dish over each portion. Makes 4 servings.