

Meal Plan & Recipes, Week 1

The first thing you need to know about this meal plan is that you don't need to follow it. The idea behind the challenge is to follow a raw, vegan, organic, low-glycemic diet for 3 weeks. It doesn't matter how you do it.

This is a sample meal plan that is very high in some of the most nutritious foods you can eat (such as greens), and it includes an element of fasting, which is a very good way to detox. There is one main entrée daily, a green smoothie, and a green juice, so, if you follow this plan, you are doing a light fast every day in between entrees, when just consuming the smoothie and juice. So, you have one main meal a day, and that can be lunch or dinner.

It is a very satisfying way to eat, however, and you will probably not feel hungry. One thing I want to emphasize is that you can eat whatever and whenever you want and in whatever quantity you want – as long as it is raw, organic, and vegan, if you want to be within the parameters of the challenge. Some of you might want to ease into it more slowly, incorporating some cooked vegan foods, such as beans, rice, or potato, and you can also do that. Others, for budgeting reasons, have difficulty buying all organic; if you need to buy some conventional produce, so be it. You will still be consuming a greatly reduced toxic load compared to a diet including meat. (Herbicides, pesticides, and fungicides are concentrated in an animal's flesh after they consume these in their feed; you'll consume about 30 times less even in conventional produce by eating lower on the food chain.) To receive the full benefits of the challenge; however, I recommend doing 100% raw, vegan, and organic.

Dr. Cousen's phase chart is the Cliff's notes for the diet. You can choose to follow Phase 1, Phase 1.5, or Phase 2. Phase 1 is very low glycemic; the only fruits that are allowed are non-sweet fruits, such as lemons and limes. It is a very healing diet, and a great choice if you have diabetes, cancer, or an autoimmune condition.

Phase 1.5 is essentially the same as a Phase 1 diet, plus grapefruit, cherries, grapes, and berries (except blackberries). Phase 2 adds the sweeter fruits, such as mango and bananas, in moderation. The diet I have outlined is a Phase 1.5 diet, so if you want to go with Phase 1, eliminate the Phase 1.5 and Phase 2 fruits, and if you want to go with a Phase 2 diet, you can add the sweeter fruits outlined in the chart.

A raw, organic, vegan diet is more expensive (in the short term), as high-quality food costs more than processed food. I have tried to make the meal plan affordable, but there is just no getting around the higher cost. Some of the spices, etc., you will probably have on hand already; if not, the initial cost will be higher as you stock your pantry. Also, you will need a high-quality blender and a food processor; if you don't have these, you will need to invest in them. Once you have these items, though, you have them, and your subsequent costs are reduced. Smoothies are less expensive than juices, so you can replace the juices with smoothies, if you choose a Phase 1.5 or Phase 2 diet. There are other small ways you can reduce the initial cost; for example, you can purchase only plain stevia at first, and add various flavors of stevia later.

Breakfast, Green Juices, 6 total:

- 2 Lizzie and Ama's Green Lemonade
- 2 One Love
- 2 Jugo Fabuloso!

Main Meal:

- Monday: Mac 'n' Cheez (Save 1/2 of cheez sauce for Wed.)
- Tuesday: Savory Spicy Pecan Loaf, on cucumber slices
- Wednesday: Broccoli 'n' Cheez
- Thursday: Guacamole and crudité's/flax crackers
- Friday: stuffed peppers
- Saturday leftovers (shop)

Secondary Meal, Smoothies, 7:

- Cherry Vanilla Kale Smoothie
- Strawberry Lime Smoothie
- Raspberry Lemon Smoothie
- Strawberry Basil Smoothie
- Strawberry Mint Smoothie
- Cherry Ginger Kale Smoothie
- Blueberry Arugula Smoothie

Snacks:

- almond butter and crudité's/apple slices
- Chia porridge
- Fruit according the phase of the diet you have chosen

Beverages:

- Spring water
- Herbal tea

SHOPPING LIST

juices:

2 bunches kale or other leafy greens
2+2+2 cucumbers
8+8+8 stalks celery
3 inches ginger
2+2 lemons with peel
stevia (grape, vanilla, orange, apricot, or
combo) 8 carrots
2 heads Romaine
2 bunches broccoli
2 limes
1 bunch cilantro
1 bunch collard greens

entrees:

1 3/4 c macadamia nuts
1+1+1 lemons
olive oil
salt
chili powder
cayenne
turmeric
cumin
poultry seasoning black pepper cinnamon
allspice
2 zucchini or yellow squash
1 c pecans
broccoli florets, 2 bunches (use stems for juice)
2 avocados
1 tomato
1/4 c fresh cilantro
flax crackers
1 red or yellow pepper
olive oil
pine nuts (optional)
1/2 c walnuts
1 T raisins, or plain stevia
parsley, small bunch

smoothies:

1 bag frozen organic cherries
2 bags frozen organic strawberries
1 bag frozen organic raspberries
1 bag frozen organic blueberries
1 bunch red kale
1 bunch green kale
5-oz container arugula
20-oz container spring mix
20-oz container of 50/50 spinach and spring mix
blend
2 limes
4 lemons
1 package hemp seeds
fresh ginger root
cinnamon
cardamom (optional)
fresh or dried mint, or peppermint stevia
stevia, 1 plain, 1 orange, 1 vanilla, 1 peppermint,
or substitute flavored with plain only

Shopping list, snacks and beverages:

1 jar almond butter
1 small bag carrots (for guacamole dipping, as
well)
1 bunch celery (for guacamole dipping, as well)
fresh fruit: any combination of seasonal Phase
1.5 fruit - grapes, grapefruit, green apples
pecans
coconut oil
vanilla stevia
pumpkin pie spice
cinnamon
Himalayan or Celtic sea salt
Shredded coconut (optional)
Spring water
Herbal tea of your choice (can sweeten with
stevia)

Recipes – Week 1

JUICES

Lizzie & Ama's Green Lemonade

1 bunch kale or other leafy greens
1 cucumber
4 stalks celery
1/2" piece fresh ginger root
1 lemon with peel
2 squirts stevia (grape, vanilla, orange, apricot, or combo)

Calories: 90

Protein: 6 g

One Love Juice

1 cucumber
1 bunch Romaine
4 stalks celery
2 broccoli stems
juice of 1 lime
1 squirt stevia (orange, grape, vanilla, peppermint, strawberry...)

Calories: 239

Protein: 18 g

Jugo Fabuloso!

1 cucumber
4 carrots
4 stalks celery
1 lemon
1/2" piece fresh ginger root
1 handful cilantro
6 large collard green leaves

Calories: 379

Protein: 28 g

ENTREES

Mac 'n' Cheez (adapted from recipe from Tree of Life Rejuvenation Center)

1 3/4 c macadamia nuts
2-4 T lemon juice
1/4 c water
1/4 c olive oil
1/2 t salt
1/2 t chili powder

pinch cayenne
pinch turmeric
black pepper to taste
2 large zucchini, 2 large yellow squash, or 1 of each

Blend all ingredients except squash until smooth. Save half of cheez sauce for Broccoli 'n' Cheez recipe. Serve remaining half over julienned or spiralized zucchini and/or squash noodles. (Massage about 1/8 t salt into "noodles" to soften them.)

Per serving (2):
Calories: 599
Protein: 8 g

Broccoli 'n' Cheez

2 bunches broccoli – florets only; use stems for juicing salt to taste
cheez sauce leftover from Mac 'n' cheez recipe
Remove florets from broccoli stems. Sprinkle florets with Himalayan or Celtic sea salt, and massage salt into florets. Pour sauce over broccoli.

Calories: 1277
Protein: 24 g

Simplified Savory Spicy Pecan Loaf (adapted from recipe in *Rainbow Green, Live Food Cuisine*, by Gabriel Cousens, MD)

1 c pecans
2 T lemon juice
2 T water
1 T olive oil
1/2 t Celtic salt
2 t cumin
3/4 t poultry seasoning
1/4 t turmeric

Place all in food processor and process until well blended.

Calories: 814
Protein: 18 g

Guacamole (adapted from recipe in *Rainbow Green, Live Food Cuisine*, by Gabriel Cousens, MD)

1 clove garlic, minced
2 avocados, cut into chunks
1 tomato, diced
1/4 cup fresh cilantro, finely chopped, or substitute 1 1/2 t dried cilantro
2 T lime juice
1/2 t cumin
1/4 t black pepper
1/4 t Celtic salt

Stir together. For a faster preparation and a creamy guacamole, chop garlic in food processor; then add other ingredients except tomato and blend. Add diced tomatoes and stir.

Calories: 677
Protein: 9

Stuffed Peppers (adapted from recipe in *Rainbow Green, Live Food Cuisine*, by Gabriel Cousens, MD)

2 T olive oil

1/2 c soaked walnuts

1 T raisins (omit raisins for phase 1-1.5, and use a few drops plain or grape stevia instead)

1 t cinnamon

1/2 t allspice

Celtic salt and pepper to taste 1/2 c parsley, finely chopped red or yellow bell pepper

Process all ingredients except bell pepper in food processor, until mealy. Serve a dollop atop a bell pepper half.

Calories: 580.41

Protein: 8

SMOOTHIES

Cherry Vanilla Kale Smoothie

3/4 c water

1 bunch red kale, torn into big pieces

1 c frozen cherries

1 squirt vanilla stevia

2 T hemp seeds

Fill the blender, beginning with the water and the kale, and blend until smooth.

Calories: 278

Protein: 14 g

Strawberry Lime Smoothie

3/4 c water

1/3 of 20-oz container of 50/50 spinach and spring mix blend

1 c frozen strawberries

juice of 2 limes

1 squirt plain or orange stevia

2 T hemp seeds

Fill the blender, beginning with the water and the greens, and blend until smooth.

Calories: 232

Protein: 12

Raspberry Lemon Smoothie

1/3 of 20-oz container of spring mix

3/4 c water

1 c frozen raspberries

juice of 1 lemon

1 squirt plain or orange stevia

2 T hemp seeds

Fill the blender, beginning with the water and the greens, and blend until smooth.

Calories: 252

Protein: 11 g

Strawberry Basil Smoothie

1/3 20-oz container of spring mix
3/4 c water
1 c frozen strawberries
juice of 1 lemon
1 squirt plain or orange stevia
1 sprig fresh basil, or substitute with 1 t dried basil
2 T hemp seeds

Fill the blender, beginning with the water and the greens, and blend until smooth.

Calories: 265

Protein: 10 g

Strawberry Mint Smoothie

1/3 20-oz container 50/50 spinach and spring mix
3/4 c water
1 c frozen strawberries
juice of 1 lemon
1 squirt plain, orange, or peppermint stevia
1 sprig fresh mint (or substitute peppermint stevia)
2 T hemp seeds

Fill the blender, beginning with the water and the greens, and blend until smooth.

Calories: 226

Protein: 12

Cherry Ginger Kale Smoothie

3/4 c water
1 bunch green kale, torn into big pieces
1 c frozen cherries
1 squirt plain stevia
1/2" fresh ginger root
2 T hemp seeds

Fill the blender, beginning with the water and the kale, and blend until smooth.

Calories: 123

Protein: 12 g

Blueberry Arugula Smoothie (inspired by Ritamarie Loscalzo, MS, DC, CCN, DACBN)

5-oz container arugula c 25, p 2
3/4 c water
1 c frozen blueberries c 79, p .65
1 T cinnamon
1/4 t cardamom
juice of 1 lemon c 11, p .17
1 squirt vanilla stevia
2 T hemp seeds c 113, p 10

Fill the blender, beginning with the water and the arugula, and blend until smooth.

Calories: 228

Protein: 13 g

SNACKS & BEVERAGES

Chia Porridge

1c almonds or pecans soaked (12 hours for almonds, or 1-2 hours for pecans), or substitute 2 T nut butter

3c water

1 1/2 T coconut oil

1/4 t raw vanilla powder (optional)

1/2 c chia seeds

1 t pumpkin pie spice

1 t cinnamon

1/4 to 1/2 t salt

1-2 squirts vanilla stevia

1/4 c raw shredded coconut (optional)

Soak the almonds, preferably overnight. Drain the almonds and, in a high-speed blender, blend with water and coconut oil for about 3 minutes. Pour into a med to large bowl. Add all other ingredients and stir. The mixture will become porridge/pudding like. Call it porridge if you have it for breakfast, and pudding, if you have it for dessert. Makes ~ 4 cups, or 4 servings. I keep mine in cup-sized mason jars in the fridge.

4 servings

Per 1 serving (~1 c):

Calories: 272

Protein: 10.17