

## Meal Plan & Recipes, Week 2

### Breakfast, Green Juices, 6 total:

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

### Main Meal:

- Monday: Cabbage and Bon-Bon Sauce
- Tuesday: Sunflower Pate on Romaine
- Wednesday: Cabbage and Bon-Bon Sauce (leftovers)
- Thursday: Sunflower pate (leftovers) on cucumber slices
- Friday: Sweet Italian Herb spaghetti
- Saturday: tomato soup and kale salad
- Sunday: 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
- Your Own Personal Blend

### Snacks:

- Pecan butter and carrots/celery/apple slices
- Fruit
- Zucchini bread with coconut butter; substitute ~6 drops stevia (or to taste) for raisins (see recipe below)

## Shopping List, Week 2

### juices:

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

### entrees:

Red or green cabbage  
Himalayan or Celtic sea salt  
1 jar raw Almond butter  
Miso (any flavor)  
Olive oil  
Apple cider vinegar  
Ginger  
cilantro  
Parsley  
Dried chili pepper flakes  
Spring water  
Plain stevia  
Romaine lettuce  
2 cups sunflower seeds  
5+1 large lemons  
1/2 c sesame seeds or 1 jar raw tahini  
dried dill (in spice section)  
fresh parsley  
mustard powder  
shallot  
fresh basil  
2-3+1 medium cloves garlic  
cayenne pepper  
1 bunch kale  
1 avocado  
sprouts of any variety  
onion powder

4+1+4 medium red tomatoes  
3 stalks celery  
3/4 c + 1/4 c walnuts  
1/2-3/4 cup sun-dried tomatoes  
dried basil  
oregano  
black pepper  
cinnamon  
thyme  
2 large zucchini  
sun-dried tomatoes

### smoothies:

1 bag frozen organic cherries  
2 bags frozen organic strawberries  
1 bag frozen organic raspberries  
1 bag frozen organic  
1 bunch red kale  
1 bunch green kale  
1 20-oz container spring mix  
1 20-oz container of 50/50 spinach and spring mix blend  
5-oz container arugula  
2 limes  
3-6 lemons  
1 package hemp seeds  
fresh ginger root  
stevia, 1 plain, 1 orange, 1 vanilla, 1 peppermint,  
or substitute flavored with plain only

### Shopping list, snacks:

2 c pecans  
1 zucchini  
1 1/4 c flax seeds  
cinnamon  
Celtic salt  
Raw vanilla powder or vanilla bean or 1 dropperful vanilla stevia  
1 jar almond butter  
1 small bag carrots  
1 bunch celery  
fresh seasonal fruit (berries, grapes, grapefruit, and/or green apples)

**Recipes, Week 2**  
(See week 1 document for juice and smoothie recipes.)

**Cabbage and Bon Bon Dipping Sauce** (from Tree of Life Rejuvenation Center)

1 head cabbage

1/4 t salt

6 T almond butter

3 T miso

1 T olive oil

2 T apple cider vinegar

1 T ginger

1/2 c cilantro

1/2 c parsley

1-2 t dried chili pepper

1/4-1/2 c water

stevia to taste

Slice red or green cabbage, fairly thinly; then massage salt into cabbage. Blend remaining ingredients well in food processor or blender. Serve sauce over cabbage. Makes 2 large servings.

Per serving (2):

Calories: 560

Protein: 22 g

**Sister's Sunflower Power Pate**

2 c sunflower seeds

1/2 c lemon juice

1/2 c sesame seeds (or 4T tahini)

1/2 t dill

1/2 t salt

12 drops stevia

1 c parsley

1/2 t mustard powder

1/2 shallot

2 cloves garlic

sprig fresh basil (optional)

1T olive oil

1/8 t cayenne

Blend the garlic, shallot, and sesame seeds in a food processor. Add the remaining ingredients and process until slightly chunky.

Per serving (2):

Calories: 535

Protein: 17 g

**Kale Salad**

1 large bunch kale (~4c)

1/4 t salt

1/4 t onion powder

1 avocado

1 tomato, cut into chunks

3/4 c sprouts of any variety

chili pepper flakes

Tear or cut kale into bite-size pieces. (You can strip the leafy part from the stem by pinching the base of the stem, just under the leaf, and dragging pinched fingers up to the top of the leaf.) Massage salt and onion powder into kale. Slice avocado and massage avocado into kale. Add tomato and sprouts. Add chili pepper flakes sparingly, to taste. Makes 2-3 large servings.

Calories: 283

Protein: 8 g

### **Cream of Tomato Soup**

~adapted from Gabriel Cousens, MD, *Rainbow Green, Live Food Cuisine*

4 tomatoes

3 stalks celery

1 c water

3/4 c walnuts

2 T lemon juice

1 t basil

1 t oregano

2t salt (*I decrease to 1t. ~Suzy*)

1/4 t black pepper

1/4 t cinnamon

Blend all in a high-speed blender until smooth and creamy. If you use a Vitamix, blend until slightly warm - tepid.

Calories: 587

Protein: 18 g

### **Sweet Italian Herb Spaghetti** (Brandi Rollins – *Raw food on a Budget*)

Makes 2 1/2 cups, |1-2 Servings

2 large zucchini

4 medium red tomatoes

3/4 cup sun-dried tomatoes

1/2 tsp fresh oregano

1/4 tsp fresh thyme

1/4 cup raw walnuts, whole

1 clove garlic

sea salt to taste

1/2 tsp balsamic vinegar (or substitute apple cider vinegar) 1 handful fresh basil

Prepare the zucchini noodles using a mandoline, spiralizer, or julienne peeler, or paring knife. Place the noodles in a large bowl, add the sea salt, and mix. Blend 2 tomatoes, 1/2 cup of the sun-dried tomatoes, oregano, thyme, walnuts, garlic, and vinegar until smooth. Pour the sauce over the noodles. Chop the basil and remaining tomatoes; add to the noodles. Serve.

Per recipe:

Calories: 454

Protein: 23 g

### **Zucchini Bread** (from *Rainbow Green, Live Food Cuisine*, Gabriel Cousens, MD)

2 c pecans

~6 drops stevia

1 c zucchini

1 1/4 c golden flax seeds

2 t cinnamon

1/2 to 1 t salt

1/4 t raw vanilla powder, or 1/2 vanilla bean

Grind flax seeds in a dry blender container or a coffee grinder. Process zucchini, stevia, and vanilla in a blender until smooth; add a little water, as needed, to blend. Process pecans in a food processor until meal-like. Add cinnamon and salt and combine. Form into 1-2 loafs and slice into 1/4" slices. If you have a dehydrator, dehydrate at 145 degrees for 2-3 hours, and then 115 degrees for 2 hours, or until desired moisture is obtained. If not, serve as is. To serve, spread with coconut oil or coconut butter. Coconut butter may need to be softened by placing a small container of coconut butter in a bowl of warm water, or in the dehydrator for a few minutes.

Per 1/8 recipe:

Calories: 314

Protein: 7 g