



REAL FOOD SOLUTIONS

Spring Program Cleansing Cookbook



Cleanse. Awaken. Renew.

2017

SPRING PROGRAM: Table of Contents

Welcome	4
What's in Season in Spring?	5
Getting Started	6
Tips for Cleansing	8
Week 1: 21-Day Cleanse	10
Week 2: Ditch the Dairy	12
Week 3: Create a Clean Slate	14
After the Cleanse	16
Menu Plans	18
Shopping Strategies	22
Real Food Check List	24
Bridge Foods	26

BREAKFAST

BYO Tea	28
BYO Smoothie	29
Green Smoothie	29
Tart & Tangy Green Smoothie	29
Maca Power Shots	29
Cashew Elixir	29
Go Green at Breakfast	30
Greens Sauté	31
Eggs Deconstructed	31
Quinoa Porridge With an Indian Flair	32
Raw Granola	32
Chocolate Chia Pudding	32

Look for these symbols used
throughout the cookbook:



fast/easy



vegan
(dairy and
egg-free)



**budget-
friendly**

SALADS & SIDES

Radish & Arugula Salad	33
Asian Beet Salad	33
Colorful Rainbow Slaw	34
Kale Salad with Chick Peas & Lemon Ginger Dressing	34
Spinach Salad with Roasted Beets and Strawberries	35
BYO Salad	35
Quinoa & Asparagus Salad	36
Lentil Chickpea Salad with Radish and Herbs	36
Salad Dressings	
Basic Dressing	37
Pesto Dressing	37
Green Goddess Dressing	37
Ginger Honey Lime Dressing	37

SOUPS

Carrot Coconut Soup	38
Swiss Chard & Cilantro Soup	38
Beet Carrot Ginger Soup	39
Asparagus Soup	39
Spring Vegetable Soup	39

ENTREES

Thai Chicken Burger	40
Chicken Paillard	41
Cast-Iron Roasted Chicken & Vegetables	41
BYO Wrap	41
Pork Tenderloin with Strawberry Balsamic Sauce	42
Lime Marinated Flank Steak - Classic	42

FROM THE SEA

Spicy Tuna Cakes	43
Spring Fish in Parchment	43
Miso-Glazed White Fish	44
Cedar Plank Salmon	44

SPRING PROGRAM: Table of Contents

VEGGIES ON THE SIDE

Spicy Braised Kale & Chickpeas	45
Swiss Chard with Raisins and Almonds	45
Braised Leeks.....	46
Herbed Peas.....	46
Tart & Tangy Asparagus.....	47
Crunchy Carrot Salad	47
Marinated Mushrooms.....	47
Grilled Parsnips.....	47
Roasted Spring Veggies.....	47
Roasted Baby Potatoes	47

SPECIAL SAUCES

Chermoula	48
Gremolata Sauce	49
Salsa Verde (Green Sauce)	49
BYO Pesto	49

SAVORY SNACKS

BYO Kale Chips	50
Carrot Cashew Spread	50
Chickpea Hummus.....	50

CLEANSING JUICES

Lemon Ginger Water.....	51
Citrus & Beet Happy Juice.....	51
Morning Detox Drink & Alkalizer	51
Carrot Zinger	51

New!

BYO! Ready to get creative in the kitchen? You don't need to follow a recipe every time you prepare food. Our BYO (Build-Your-Own) sections provide you with the basic tools and formulas for building your own custom recipes. Get innovative and have fun!

We thank Kath Gallant, co-founder of Dig In, for the amazing recipes she contributed to this spring cookbook. Kath is the owner of the award winning Blue Moon Evolution restaurant in Exeter, NH. Although Kath has retired from Dig In, we are in deep gratitude for all the seeds she planted to help grow our community.





Photo by Vicki Pfeiffer

Welcome!

"We want to help you build the connection between what you eat, where it comes from, and how it makes you feel."

Dear Friends,

We are excited to support you, and help you love yourself from the inside out! When you make a commitment to eat real food, your choices become more simple and more satisfying to your body.

By choosing to eat real food, you are making a pledge to yourself. We are here to help you transform habits and create a lifestyle that isn't about denial or deprivation. It's time for you to check in with yourself. Be honest about how well you know and love your own body!

Eating well is empowering. It not only gives you a sense of self, it also gives you the most important thing: your health.

When you feel better, you make better decisions.

We call this empowered eating.

When your body is struggling to digest and eliminate processed foods, it cannot maintain balance. Giving your system a break from all the additives, chemicals, and sugary foods will improve digestion, support your organs, and help your brain to function at its best. You will also lose weight, strengthen your immune system, and increase your overall energy.

Spring is a time to cleanse your body after a long winter of heavy foods. Bitter greens cleanse your digestive tract, which makes you feel lighter. By eating a lot of greens and

raw vegetables, you naturally reduce cravings and decrease your appetite. Greens help build your internal rain forest and strengthen the blood and respiratory systems.

Get ready for some greens!

Over the next six weeks we'll guide and support you, but it is up to you to do the work. Create a daily practice and become more conscious of your lifestyle. Do you need to slow down and be more mindful? Be sure to plan more time for shopping and mealtime preparation.

Starting on page 6, we've laid out the plan for each week. To help you stay on track we've included menu plans for the 21-Day Challenge.

As part of the cleanse you will slowly eliminate caffeine, alcohol and common allergens that can throw your body off balance.

This spring we encourage you to also incorporate movement into your daily routine. Your day could start with stretching and meditation. Later, get your heart pumping for at least 20 minutes, and be sure to include some type of strength training at least once per week.

Dig In to Spring!

Remember, nobody knows more about your body than you. Trust yourself and love your body, because it's the only one you've got! Learning to adore and nurture yourself is fundamental to transforming your habits, curbing your cravings, and leaning into life to make the most of every day.

Listen to your intuition and say goodbye to your inner critic.

Let's Dig In Together!

Your Dig In Team

*“Health is a relationship
between you and your body.”*

— Terri Guillemets

What's in Season in Spring?

**Enjoy the fresh taste of spring
with these seasonal foods!**

Arugula

Asparagus

Bok Choy

Chard

Fiddleheads

Garlic scapes

Green garlic

Herbs

Kale

Lettuce

Mint

Morels

Mushrooms (cultivated)

Mushrooms (wild)

Nettles

Pea greens

Peas & pea pods

Radishes

Rhubarb

Scallions

Spinach

Prep for Success

"Get off the rollercoaster and find out how your body can feel without pumping it up and numbing it down." —Tracey Miller

Get clear. Identify what you want and need to feel healthier. Take stock of your energy level, your digestion, your attitude, and even your weight. What do you want to be different? What does your body need? Write it down to make it real.

Create a healthy kitchen, because this is where good health starts. If you keep cookies in the house, you're only tempting fate. Fill your pantry and refrigerator with healthy foods, and set yourself up for success. Make sure to open the tips each day to get ideas on how to refresh your kitchen.

Reduce your caffeine and alcohol. Start small by cutting the amount you consume in half. Find replacements, such as sparkling water with lemon and green or herbal tea, to help you wean yourself off.

TIPS:

- ☐ Set your goals and intentions for this cleanse.
- ☐ Create a healthy kitchen.
- ☐ Create caffeine and alcohol replacements.

WHY

Why reduce caffeine and alcohol?

Find the real you, without stimulants (caffeine) and depressants (alcohol).

It's fine to enjoy a caffeinated beverage or a glass of wine occasionally, but when you use them as crutches to make it through the day, your body gets out of balance.

Caffeine pumps you up by stimulating the excretion of stress hormones, which can lead to more anxiety, irritability, indigestion, and insomnia. The consumption of caffeinated drinks can cause blood sugar swings and increase your secretion of hydrochloric acid, which leads to an increased risk for ulcers. Too many cups of Joe can also cause adrenal exhaustion and a compromised immune system.

Although alcohol can make you feel good at a party, it is actually a depressant, which means that any amount you drink can make you more likely to get the blues.

It is also dehydrating. When you overdo it, alcohol stimulates the production of insulin, which then makes you metabolize glucose more quickly, resulting in low blood sugar. (Hence, you wake up craving cold pizza!)



TIPS

It's time for a makeover!

If you're going to embrace a real foods diet, you'll need real foods in your pantry and fridge. Take some time to clear out any foods that don't support your new journey and make room for the foods that are going to make you thrive on it. Here are 5 quick tips on how to recognize real vs fake (processed) food while you're out shopping:

1. Real food doesn't come from a package, it comes from the earth. Opt for buying the whole vegetable versus the canned version.
2. Real food doesn't come with a long list of ingredients on the label that you can't pronounce. (Hexametaphosphates, anyone?)
3. Real foods don't have ingredients because they are the ingredients.
4. When shopping for real foods at the grocery store, stay on the perimeter of the store where the produce and meats are. The center aisles are allocated for boxes, packages and cans (processed food!).
5. If you do buy something in a package, be sure to focus on the ingredient list rather than the nutrition facts. The ingredient list provides a much clearer representation of what's actually inside the package. Look for whole ingredients such as onions, carrots, water or sea salt. If you see words like "colors" or ending in "-ose," don't buy it.



TOOLS

Caffeine Substitutes

- Green tea (contains minimal caffeine)
- Hot or cold lemon water
- Hot water with ginger
- Herbal tea
- Kombucha

Write down your intentions:

Write down your goals:

Get Your Green On

"Food is our most intimate connection with nature." —Tracey Miller

Have you noticed that as spring slowly creeps in, your body starts to crave sunshine, warmth, and lighter foods? Just like the cluttered rooms of our homes, our bodies need a spring cleaning to get rid of the junk that accumulates over time. It's always a good feeling to remove the debris. Greens are the magic superfood that are easy to find and are inexpensive.

As you start adding greens to your diet, you'll notice you start crowding out your cravings.

TIPS:

- ☐ Eat greens with (at least) one meal a day.
- ☐ Eat both raw and cooked greens.
- ☐ Hydrate yourself by drinking half your body weight in ounces of water.
- ☐ Eat at least 5–6 servings of fruits and vegetables per day.



WHY

Why get your greens?

Spring greens are inexpensive, and they can be eaten raw or cooked. They offer a whole gamut of goodness:

A powerhouse of nutrition, including vitamin C and K, and minerals such as iron and calcium, as well as phytonutrients like polyphenols (found in kale), which help fight inflammation, combat oxidation, and support the liver—which has a big job!

Rich in chlorophyll (liquid sunshine): Chlorophyll is the pigment that makes plants green. The darker the green, the more chlorophyll it contains. Chlorophyll helps cleanse the body by binding with toxic metals to lead toxic intruders out. It also helps protect cells from oxidative damage by eliminating free radicals.

Packed with fiber: Fiber helps cleanse our blood, it controls our cravings, and it even supports weight loss. Fiber also helps lower cholesterol and blood pressure, and it stabilizes blood-sugar swings.

Hydrating: Leafy greens contain a lot of water, which helps to keep us hydrated and contributes to beautiful skin and hair.

Types of Greens:

Here are just some of the body's natural cleansers: Arugula, bok choy, beet greens, chicory, dandelion greens, escarole, lettuce, kale, spinach, Swiss chard, and more . . .

TIPS

Where to add greens

Greens are a great addition to your eggs or in your smoothie. For lunch, add dark leafy greens to your salads. For dinner, sauté kale or Swiss chard to go with your meal.

See these recipes:

- Greens Sauté (page 31)
- Kale Salad with Chick Peas & Lemon Ginger Dressing (page 34)
- Swiss Chard & Cilantro Soup (page 34)
- Swiss Chard with Raisins and Almonds (page 45)

Favorite ways to eat greens:

TOOLS

How to prep and store your leafy greens

Store sturdier greens like kale loosely wrapped in plastic or vegetable storage bags. Or, wrap them in damp paper towels, place in a perforated plastic bag and refrigerate. Most varieties will keep one week.

Fill a large bowl with water and plunge in leaves. Gently swish the greens around in the water and let soil and sand settle to the bottom. Drain the greens in colander or spin smaller leaves in salad spinner.

For kale and Swiss Chard, separate leaves from stalks.

Place leaves on top of each other and roll up like a cigar. Cut greens into strips.

Recipes I want to try:

Start Cleansing KICK OFF THE 21-DAY CHALLENGE

"Listen to your body. It knows more than you think."—Angela Castrigno

It's time to challenge yourself. Some of the most common (and highly subsidized) foods in our diet are also the ones that many people are sensitive to. Removing these foods along with caffeine and alcohol can make a profound difference on your health, behavior, and attention span. This week you'll eliminate gluten.

One major benefit of eliminating gluten is that you are also cutting back on processed foods, because the majority of foods at the supermarket are either made with wheat or use it as a filler. Preparing food at home will make it easier to avoid gluten. If you eat out be sure to ask about gluten, as it is hidden in many dishes.

TIPS:

- ☐ Eliminate gluten (wheat, barley, rye).
- ☐ Eat greens with 2 meals a day.
- ☐ Slowly eliminate coffee and alcohol.
- ☐ Eat at least 5–6 servings of fruits and vegetables per day.

See meal plans on page 18

WHY

Why eliminate gluten?

Gluten is the protein found in wheat, barley, and rye. Most wheat is highly processed, stripping it of its nutrients. Highly processed foods are also very high on the glycemic index, which means they quickly turn to glucose in your system, causing a blood sugar spike and then a crash.

Many people don't think they have sensitivities, but until you cleanse your body, it may be hard to detect some of the subtle and sneaky symptoms.

Gluten sensitivity (GS) occurs when a person's immune system is intolerant of gluten. In this case your immune system forms antibodies that cause an inflammatory reaction. With gluten sensitivity, you may not see symptoms for up to 72 hours. Some of the symptoms include frequent bloating or gas, daily diarrhea or chronic constipation, migraines or headaches, joint pains or aches, brain fog, depression or anxiety, ongoing fatigue, and chronic eczema or acne.



TIPS

Bread alternatives:

We all love bread. Eliminating it can be a challenge, but it's one of the most highly processed foods that we eat today. Wean yourself off bread slowly by incorporating these gluten-free alternatives first.

- Gluten-free bread/wraps
- Organic corn tortillas/chips
- Lettuce wraps
- Roasted potato skins
- Portobello mushroom caps

My gluten replacements:

TOOLS

How to look for gluten:

The word gluten is rarely used on food labels. Look for these danger words instead: wheat, barley, rye, bulgur, couscous, kamut, semolina, spelt.

Hidden gluten:

- Soy sauce
- Malt
- Beer
- Dressings
- Cereal
- Granola
- Sauces, marinades & gravies
- Processed meat
- Canned soups
- Veggie meat alternatives

Code words:

- Fried
- Coated
- Crispy
- Crusted

Goals for the week:

Ditch the Dairy

DIGGING IN TO THE CHALLENGE

"Calcium is a vital nutrient for all animals, but no animal drinks milk from another mammal like humans do." —Jeri Hull

This week you'll dig deep and eliminate all dairy products from your diet. This is a tough one for many people, as milk is often a staple at breakfast, and cheese has found its way into our everyday lives for lunch, snacks, and dinner. We've been bombarded with messages that milk is a crucial source of calcium, but you can get just as much calcium from foods like dark, leafy greens, sardines and chicken stock.

TIPS:

- ☐ Eliminate gluten and dairy.
- ☐ Eat greens with 2 meals a day.
- ☐ Eat at least 5–6 servings of fruits and vegetables per day.
- ☐ Slowly eliminate caffeine and alcohol.

See meal plans on page 19

WHY

Why eliminate dairy?

It is estimated that 6 out of 10 people are intolerant to dairy, and many people are not even aware of it. If you have an allergy to dairy, it may be to the lactose (the naturally occurring sugar) or to the casein (the protein). Symptoms of lactose intolerance include gas, bloating, stomach cramps, diarrhea, or nausea. Casein is found in large amounts in cheese. If you are intolerant to casein, you may notice itchy skin, wheezing, sinus congestion, watery eyes, chronic ear infections, or difficulty breathing. Casein is also used in many processed foods as a thickener and binding agent. It is even used in non-food products like paint, glues, and plastics! If this isn't enough, intolerance to dairy has also been linked to brain fog, anxiety, and depression.

The likelihood of a lactose or casein intolerance increases as you get older. Pay attention to your digestion, your sinuses, and how you feel in general this week as you eliminate dairy.



TIPS

Getting clean protein into your diet:

Do you rely on dairy as a non-animal source of protein? Try these other clean sources:

- Nuts and nut butters, like almonds and walnuts
- Seeds like hemp, chia, and sunflower
- Legumes like beans and peas
- Cage-free, organic eggs
- Grains like quinoa
- Green vegetables, especially broccoli and spinach

My dairy replacements:

TOOLS

Make your own nut milk:

Many people find satisfaction substituting their morning milk with a nut milk like almond milk. Store-bought nut milks are highly processed. Making your own is much easier than you might think.

To make almond milk:

Soak 1 cup raw almonds overnight in water with a pinch of sea salt. Strain and rinse well. Place almonds in blender with 4 cups of clean water and mix on high until pulverized. Pour mixture in a fine mesh strainer to remove pulp from skins. Store in sealed glass container up to 4 days.

Goals for the week:



Create a Clean Slate

FINAL WEEK OF THE 21-DAY CHALLENGE

"Your body deserves real food." —Tracey Miller

Time to get back to the basics. This week, as you eliminate grains like gluten, corn, and soy, along with all caffeine and alcohol, you are also eliminating virtually all processed food and added sugars.

This week may be the toughest part of the challenge, but it is also the week you are going to find out how your body feels raw, natural, and unaffected by food. In fact, removing these common allergens can have a profound effect on your health, behavior, and ability to focus.

Your authentic self reappears. Your head gets clear. Your body is filled with energy.

TIPS:

- ☐ Eliminate dairy, gluten, corn, and soy.
- ☐ Eliminate red meat and pork (optional).
- ☐ Eliminate all coffee and alcohol.
- ☐ Eat whole real foods every day including fruits and vegetables, fish, rice, quinoa, beans and nuts.

See meal plans on page 20

WHY

Why eliminate corn and soy:

Corn and soy, along with wheat, are two of the most highly processed foods in the Standard American Diet. These highly subsidized products are used as sweeteners, fillers and emulsifiers in everything from cookies and crackers to candy and even soups. Because they are so cheap, they are commonly used in processed foods.

They are both on the list of common allergens. Many people with gluten sensitivity can also have reactions to corn and soy as well.



TIPS

How to stay real in a processed world:

If you can't pronounce it, don't eat it!

Avoid packaging and focus on foods that don't need it!

Don't wait until you're starving to eat. Plan ahead and make sure you have healthy options available.

Carry snacks like nuts, fruit or veggies with you in case the only options are fake food.

Keep it real. You deserve the best.

Snack ideas for the week:

Goals for the week:

TOOLS

How to recognize sneaky sources of corn and soy:

Corn comes in many sneaky forms including dextrose, hydrolyzed corn protein, modified corn starch, vegetable oil (mostly corn or soy), and of course high fructose corn syrup.

Soy fillers can include soy lecithin, soy protein, textured vegetable protein (TVP), Hydrolyzed vegetable protein(HVP), and Natural flavoring and artificial flavors, just to name a few.

It's easy to eat corn and soy several times a day so make sure to read labels to skip these cheap, fake foods!



Discovering Your Best Self

"Nothing tastes as good as healthy feels." —Angela Castrigno

After completely eliminating these common allergens, you are probably feeling pretty darn good. In fact, you might be considering not eating them again, and that is great! However, temporarily adding these allergens back into your diet can be helpful for determining which ones you are actually sensitive to.

If you choose to do this, experiment by adding in the common allergens that you've eliminated, slowly putting them back into your diet. **DO NOT** add more than one every 2–3 days so that you can distinguish any symptoms. This will not only help to pinpoint which foods bother you, but it will also ensure that your body doesn't get overloaded. After all, you've just created a clean slate for your body, and you don't want to sabotage this.

How do you feel? Now that your body is clean, keep it clean. You've invested in yourself and planted seeds for the future by understanding and listening to your body. The best way to sustain your health and keep it in balance is to listen to your intuition, because you know your body best. Make the best decision you can in the moment, and you will have no regrets.

Be true to yourself.

Whether you had many or just one major "aha" moment, the important thing to remember is that health is a journey, not a destination. Your commitment to yourself does not end here!



TIPS:

- ☐ Experiment by adding common allergens back into your diet (optional), but don't add more than one every 2–3 days.
- ☐ Tune in: write down "aha" moments, particularly things you learned about your body.
- ☐ Continue hydrating!
- ☐ Create your perfect eating plan for going forward.
- ☐ Continue hydrating and eating greens every day.

WHY

Why tune in?

You've been treating your body with real whole foods for three weeks, and now it's time to tune in and notice how your body is reacting. Also notice how it reacts if you choose to add any allergens back in. Here are a few questions to think about when you tune in (write down your comments in the notes to self section on the next page):

- How do you feel?
- What is your energy like?
- How is your mood?
- How are you sleeping?
- How does your skin look?

TIPS

These are our top tips for keeping it real after the program:

Be prepared: Use the tools we've provided for you or any other methods that have been working for you over the past few weeks. If it's working, don't stop!

Don't beat yourself up: Negative self-talk doesn't help anything. If you fall off the wagon, get right back on. Don't use it as an excuse to go back to eating unhealthy foods.

Stay committed: Remember that you are doing this for yourself and you can have a positive influence on those around you. (It starts with you!)

Listen and learn: Never stop listening to your body and learning from it. Your health is a journey, not a destination.

Notes to self:

TOOLS

Know the difference between real and fake:

Whole REAL FOODS

Real "whole" food in its most natural form

- Vitamins and minerals act synergistically to protect our bodies from disease
- They are rich in phytochemicals (nutrients found in plant foods)
- They contain natural sugars with more fiber to regulate blood sugar
- There is little to no packaging

Faux "Processed" Foods

Soft drinks, cereals, cookies, desserts, candy, pasta, crackers, breads

- The "life" has been processed out of it
- Grains are milled and stripped of the nutrients bran, germ, and fiber
- They use energy-intensive processing
- They contain questionable additives, preservatives, and food dyes.
- They have a higher sodium content
- The sugar is highly processed and has a much greater impact on blood sugar levels
- There is more packaging
- They contain large amounts of subsidized corn, soy, and wheat (these fillers are in nearly 90 percent of processed foods)

SAMPLE MEAL PLAN: Gluten elimination

Instead of planning for 7 dinners a week, start with 3. Fill the other days in with leftovers and pantry meals. Think of it as a formula:

Meal Planning Formula:

- 3 new meals
- + 1 leftover
- + 2 recycled or pantry meals
(think repurposing, i.e. chicken in a stir fry or salad)
- + 1 night out or healthy carryout
- = 7 dinners

• My three meals:

Pork tenderloin with strawberry balsamic sauce and roasted baby potatoes

Beet carrot ginger soup and spinach salad with roasted beets and strawberries

Bunless Thai chicken burger, colorful rainbow slaw, herbed peas

• My leftover:

Beet carrot ginger soup

• My repurposed or pantry meals:

BYO wrap: strawberry balsamic pork with fresh spinach

Crumbled Thai chicken and greens omelet

• My freebie:

Takeout or dinner out: opt for salad with vinaigrette and added protein if you can

Sunday: Pork tenderloin with strawberry balsamic sauce, roasted baby potatoes, BYO green salad

Prep: Prepare two pork tenderloins with strawberry balsamic sauce and two batches of roasted potatoes. Prepare beet carrot ginger soup. Roast beets. Chop veggies for salads. Pre-make salad dressings. Hard-boil eggs (optional)

Monday: Beet carrot ginger soup, spinach salad with roasted beets and strawberries (optional: add hardboiled egg, leftover pork or some other form of protein)

Prep: Prepare salad.

Tuesday: BYO wrap: strawberry balsamic pork with fresh spinach and red onion, roasted spring veggies

Prep: Prepare wrap and roast veggies. Prepare but don't cook chicken burgers. Prepare colorful rainbow slaw.

Wednesday: Bunless Thai chicken burger, colorful rainbow slaw, herbed peas

Prep: Grill chicken burgers. Prepare rainbow slaw and herbed peas.

Thursday: Beet carrot ginger soup with BYO salad, using leftover roasted veggies

Prep: Prepare your salad.

Friday: Crumbled Thai chicken and greens omelet, BYO green salad

Prep: Prepare omelet and salad.

Saturday: Takeout or dinner out: salad with protein

Breakfast and lunch options:

- BYO smoothie
- Green salad with scrambled eggs
- BYO salad with shredded pork (shred in your food processor and top with balsamic and strawberries)
- BYO wrap with rainbow slaw and sliced hardboiled egg

Shopping list

Salt and pepper	Lemons	Watermelon
Olive oil	Walnuts	radish
Avocado oil	Spinach, farm fresh if possible	Kohlrabi
Pork tenderloin	Red onion	Lime
Strawberries	Goat cheese (optional)	Honey
Good-quality balsamic vinegar	White balsamic vinegar	Shelled fresh peas or frozen peas
Maple syrup	Dark meat chicken to grind, or pre-ground dark meat chicken	Unsalted butter or ghee
Fresh rosemary	Cilantro	Scallions
Dried basil	Shallots	Fresh flat-leaf parsley
Chicken or vegetable stock	Red chili	Chives
Fresh basil	Tamari	Eggs
Baby red potatoes or a mix of red and yellow baby potatoes	Romaine or other greens for wraps, or other wrap vehicle	Greens for omelet
Fresh garlic	Greens for BYO salad	BYO salad ingredients
Onion	Cabbage	BYO salad dressing ingredients
Beets	Celery	Leeks
Carrots		Asparagus
Fresh ginger		BYO smoothie ingredients
Oranges		

Meal Planning Formula:

- 3 new meals
 + 1 leftover
 + 2 recycled or pantry meals
 (think repurposing, i.e.
 chicken in a stir fry or salad)
 + 1 night out or healthy carryout
 = 7 dinners

Sunday: Chicken paillard with marinated mushrooms, spicy braised kale and chickpeas

Prep: Prepare two batches of chicken paillard. Make a large batch of marinated mushrooms and spicy kale and chickpeas. Prepare crunchy carrot salad. Chop veggies for salads. Prepare salad dressings for the week. NOTE: shred extra batch of chicken and freeze.

Monday: Eggs deconstructed using spicy braised kale and chickpeas, crunchy carrot salad

Prep: Prepare eggs deconstructed. Make spicy tuna cakes but don't cook. Make gremolata sauce.

Tuesday: Spicy tuna cakes with gremolata sauce, crunchy carrot salad, BYO salad

Prep: Prepare BYO salad. Cook quinoa for tomorrow's salad. Prepare Swiss chard and cilantro soup.

Wednesday: Quinoa and asparagus salad with Swiss chard and cilantro soup

Prep: Prepare quinoa and asparagus salad.

Thursday: Spicy tuna cakes crumbled over BYO green salad

Prep: Prepare BYO salad.

Friday: Dinner at a friends or dinner out: try a bunless burger with steamed veggies and a side salad

Prep: Take frozen, shredded chicken paillard out of the freezer.

Saturday: Swiss chard and cilantro soup with shredded chicken

Breakfast and lunch options:

- BYO smoothie
- Quinoa porridge
- Omelet or eggs deconstructed with marinated mushrooms
- Quinoa and asparagus salad over fresh arugula or spinach

My three meals:

Chicken paillard with marinated mushrooms, spicy braised kale and chickpeas

Spicy tuna cakes with gremolata sauce, crunchy carrot salad

Quinoa and asparagus salad with Swiss chard and cilantro soup

My leftover:

Swiss chard and cilantro soup with chicken paillard

My repurposed or pantry meals:

Eggs deconstructed using spicy braised kale and chickpeas, crunchy carrot salad

Spicy tuna cakes crumbled over BYO salad

My freebie:

Dinner at a friends or dinner out: try a bunless burger with steamed veggies and a side salad

Shopping list

Salt and pepper	Wine or chicken stock	Scallions
Olive oil	Chickpeas	Sesame seeds
Avocado oil	Hot chili pepper or can use red chili flakes	Quinoa
Boneless, skinless chicken breast, preferably organic	Dolphin-safe tuna packed in water	Asparagus
Garlic	Eggs	Leeks
Lemons	Fresh parsley	Red potatoes
Red chili flakes	Fresh dill	Chicken stock
Portabella mushrooms	Garlic powder	Chard
Red onion	Cayenne pepper, ground	Coconut milk or almond milk (optional)
Red bell pepper	Cumin	Eggs
Tamari	Honey	BYO salad greens and ingredients
Balsamic vinegar	Carrots	BYO salad dressing ingredients
1 bunch Dinosaur or curly kale	Jalapeno	BYO smoothie ingredients
	Cilantro	

SAMPLE MEAL PLAN: Gluten, Dairy, Corn & Soy Elimination

Meal Planning Formula:

- 3 new meals**
+ 1 leftover
+ 2 recycled or pantry meals
(think repurposing,
i.e. chicken in a stir fry or salad)
+ 1 night out or healthy carryout
= 7 dinners

• My three meals:

Spring vegetable soup

Lentil chickpea salad with radish and herbs

Asian beet salad (optional: add grilled fish
or chicken), carrot coconut soup

• My leftover:

Spring vegetable soup

• My repurposed or pantry meals:

BYO wrap using lentil salad with radish and herbs

BYO salad using topped with Asian beet salad

• My freebie:

Host a potluck

Sunday: Spring vegetable soup with BYO salad

Prep: Prepare spring vegetable soup and BYO salad. Prepare lentil chickpea salad with radish and herbs. Chop veggies for salads and make salad dressings. Prepare carrot coconut soup

Monday: Lentil chickpea salad with radish and herbs

Prep: Prepare Asian beet salad.

Tuesday: Asian beet salad (optional: add black beans, grilled fish or chicken), carrot coconut soup.

Prep: prepare protein for salad (optional)

Wednesday: Spring vegetable soup, BYO salad

Prep: Prepare BYO salad.

Thursday: BYO wrap using lentil salad with radish and herbs, carrot coconut soup

Prep: Prepare BYO wrap.

Friday: BYO salad using topped with Asian beet salad (optional: add black beans, grilled fish or chicken)

Prep: Prepare BYO salad and protein (optional)

Saturday: Freebie night!

Celebrate your cleanse by hosting a potluck and sharing your favorite real foods dish with your friends.

Breakfast and lunch options:

- BYO smoothie
- Asian beet salad with hard-boiled egg
- Carrot coconut soup

Shopping list

Salt and pepper	Beluga lentils or French green lentils	for added protein (optional)
Olive oil	Chickpeas	Caraway seeds
Avocado oil	Radishes	Coconut milk
Onion	Fresh mint	Pumpkin seeds (optional)
Garlic	Fresh dill	Eggs (optional)
Leeks	Dijon mustard, smooth or grainy	BYO salad greens and ingredients
Carrots	Raw apple-cider vinegar	BYO salad dressing ingredients
Celery	Avocado	Greens or other vehicle for BYO wrap
Mushrooms	Beets	BYO smoothie ingredients
Vegetable or chicken stock	Shallot	
Great Northern white beans	Sesame oil	
Chicken, preferably organic (optional)	Rice vinegar	
Lemons	Maple syrup	
Fresh parsley	Sesame seeds	
	Black beans, fish or chicken	

My three meals:

My leftover:

My repurposed or pantry meals:

My freebie:

Breakfast ideas:

Lunch ideas:

Shopping list

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							

How to Shop for Real Foods.

Macronutrients fall into three categories: **Carbohydrates, Protein and Fat**. Each one is an essential part of a healthy diet. Carbohydrates provide fuel, protein is a building block for nearly every part of your body, and fat regulates body temperature, protects your bones and organs and is vital in absorbing nutrients. Here's how we recommend shopping for each.

1. Carbohydrates - Fruits, Vegetables & Grains

Carbohydrates contain starches, sugar and fiber, all of which are necessary for maintaining energy and healthy digestion. Look for carbohydrates with these vital components still intact. Processed grains and even vegetables lose their nutrients and fiber over time. Try to buy as fresh as possible. Opt for complex carbohydrates found in grains and vegetables over simple carbohydrates, which are found in white rice and refined breads, pastas and pastries.

Fruit and Vegetables

- Look for what's fresh and in season, this is what your body wants!
- Preserve anything you can, such as freezing blueberries and strawberries. You can also freeze vegetables such as corn (kernels), roasted tomatoes, kale, and beans.
- As a money saver, follow the rules of the "Dirty Dozen" and "Clean Fifteen", purchasing organic when shopping for anything on the Dirty Dozen list. (See Dig In member page.)

Whole Grains

- Skip processed grains like refined flours and opt for whole grains like brown rice, quinoa, buckwheat, millet, or wheat berries.
- Be aware of gluten containing grains: wheat, barley and rye, or anything containing these, which may be well hidden. (Who knew soy sauce contained wheat?) Oats do not naturally contain gluten but since they are stored in the same facilities as wheat they have traces of gluten. Steel cut oats may be a better option.

Beans, a carbohydrate or a protein?

- Beans contain significant amounts of vegetarian protein, but they are also starchy and fibrous, which classifies them as a carbohydrate AND a protein.
- Dried beans are less expensive than canned beans, but be sure to soak them before you cook them. Adding a squeeze of lemon makes them more digestible.
- Be creative and try different varieties including adzuki, black, black eye, cranberry, garbanzo, kidney, great northern, navy, and pinto.

2. Protein

Protein comes from animal meat, grains, seeds and even some vegetables. Its role is to build and repair your muscles, bones, skin, cartilage and blood. Protein also plays a vital role in producing enzymes and hormones. Good sources include: clean red meat, pork and poultry, wild fish, eggs, cheese, tofu, beans, lentils, yogurt, nuts, and seeds.

Animal Protein: meat, poultry and fish

- For the healthiest, highest quality product, opt for meat that has been raised on grass and poultry on a clean vegetarian, grain diet; animals that have been raised free-range and are antibiotic free – as nature intended. Fish should be as local as possible, in season and wild-caught.
- Select baked turkey, ham or chicken lunchmeat that has been sliced fresh over highly processed packaged lunchmeats.
- Educate yourself on the product you are eating – where was it raised? How was it raised? Don't hesitate to ask your butcher or farmer questions.

Vegetarian Protein

- While animal product contains the highest amount of protein, there are many vegetarian forms, including beans, nuts, eggs, cheese, tofu and tempeh.
- Be sure to purchase non-GMO soy products.
- When possible, buy cage-free organic eggs and dairy product.
- Purchase nuts that are unseasoned and preferably unsalted.

3. Fats

Fats include oil, butter, nuts and seeds. Fat is essential for fueling the brain, protecting bones, building healthy cells, regulating body temperature and absorbing nutrients. Fat is also essential in cooking – fat equals flavor! There are a variety of fats including monounsaturated, polyunsaturated, saturated and trans fats. The first three are all necessary to a healthy diet in varying degrees. Industrial made trans fats should be avoided – the body doesn't even recognize these as food.

Plant-based oils

- Use high quality oils that are cold pressed such as extra virgin olive oil.
- Avoid dark colored oils on high heat. These oils should be used for dressings or sautéing on a low-medium heat.
- For high heat cooking use avocado oil, coconut oil or lard.
- Avoid highly processed oils such as corn or soybean oil, palm oil and sunflower oil, which are sometimes labeled as vegetable oils. These oils are high in Omega-6 fatty acids which can cause inflammation in your body.
- Aim for good sources of Omega-3 essential fatty acids that come from walnuts, flax seed, chia seeds and fish.

Menu Tips:

- Stretching leftovers: Use leftover protein and vegetables in a green salad or serve over your favorite whole grain. Make up a quick batch of Gremolata (page 49) to serve with.
- Toss roasted vegetables in a pot, cover with stock and simmer for 10–15 minutes. Puree in your blender or food processor for an easy soup. Season with your favorite herbs and spices.
- Pureed soups tend to thicken in the refrigerator. This makes a wonderful sauce over animal protein, grains or roasted vegetables.
- Wrap it up: using a chard leaf, make a wrap with a mix of leftover vegetables, protein or grains.
- Stock your freezer with leftovers for busy evenings.

Prep work, make it fun!

Weekend Groundwork: Take 20

Even just 20 minutes of planning on the weekend can save you time and money during the week.

Plan your work and work your plan.

Set aside some time for prep work – this will be your biggest weapon in making daily meal preparation a cinch.

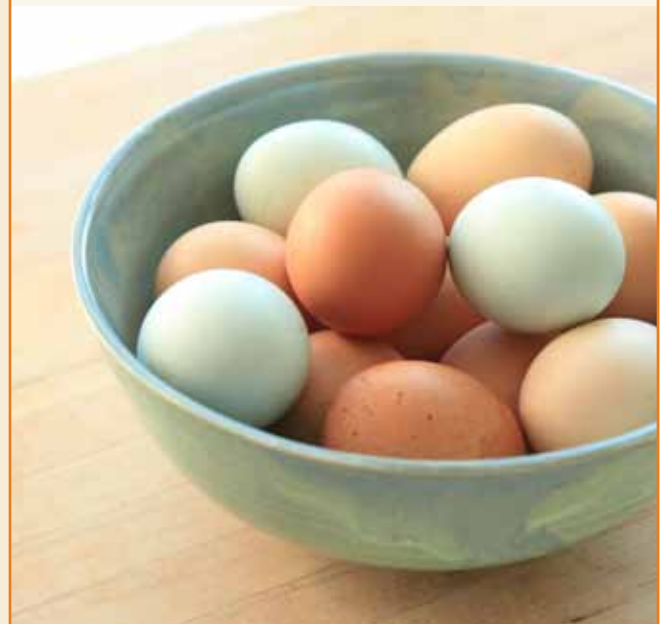
Chop veggies for a raw snack, for salads, or for roasting later in the week. Make some hummus (page 50) for your raw veggies.

Hard boil a dozen eggs for a quick, protein-packed breakfast or snack.

Make a large batch of quinoa, brown rice or your grain of choice. Bonus: freeze half of the batch for later use.

Cook an extra week's worth of chicken, both white and dark meat in your slow cooker. Use later in the week for salads, soups or tacos.

Invite your family to get involved with planning on a lazy Sunday afternoon. Turn up the music, sing along and make it fun!



REAL FOOD CHECKLIST

1st Choice	2nd Choice	Avoid
Fruits		
Seasonal fruits, apricots, mango, citrus, pineapple, strawberries	Frozen whole fruits and berries	Canned, imported fruits. Jams, jellies with sweeteners
Vegetables		
Artichokes, asparagus, beets, carrots, fennel, fiddlehead ferns, greens, mushrooms, peas, radishes, rhubarb, scallions	Frozen vegetables, homemade canned vegetables such as tomatoes	Canned vegetables with high sodium, and other additives and preservatives
Dehydrated Vegetables & Herbs		
Herbs, sun-dried tomatoes and sugar-free, dried fruits		Packaged vegetables with MSG, yeast extracts, and fillers
Beans & Legumes		
Dried adzuki, black, black-eyed peas, chickpeas (garbanzo), kidney, lentils, navy, pinto, split peas	Frozen peas, green beans	Canned beans with high sodium, and other additives and preservatives. Instant mixes. Refried beans with added fillers
Grains		
Whole grains: Amaranth, brown rice, buckwheat, millet, oats, popcorn, quinoa, wheat berries, wild rice	Barley, couscous, farro, jasmine rice, sprouted grain breads	Processed breads/crackers, white rice/pasta. Refined flours
Nuts		
Raw almonds, Brazil nuts, cashews, pecans, pine nuts, pistachios, walnuts	Macadamia nuts, peanuts	Nuts that are highly salted or covered in oils and preservatives
Seeds		
Chia, flax, hemp, pumpkin (pepitos), sesame, sunflower		Seeds that are salted or covered in oils and preservatives
Dairy Products		
Organic whole, full fat cheese and milk; cottage cheese, yogurt, kefir (from both goats and cows) from grass fed cows and goats	Antibiotic- and hormone-free dairy products	Dairy products with added sugars and sweeteners

1st Choice	2nd Choice	Avoid
Meat & Fish		
Local organic meats or grass fed: Beef, bison, chicken, lamb, pork, turkey, venison, duck	Lunch meats like whole roasted turkey breast, or baked ham. Antibiotic- and hormone-free meats without nitrates.	Foie Gras, veal, factory-farmed meats with added hormones and antibiotics or preservatives, processed lunch meats.
Fish: Seasonal and local fish, including Bluefin tuna, bluefish, cod, dogfish, flounder, haddock, hake, crab, lobster, mackerel, monkfish, Pollock, skate, scallops, squid, shrimp, wild salmon	Frozen filets	Processed and battered fish sticks, and shrimp
Oils/Fats		
Avocado oil, extra virgin olive oil, walnut oil, lard, coconut oil, grass fed butter	Peanut oil, safflower, sesame oil, organic canola oil	Soybean oil, canola oil, processed salad dressings, hydrogenated oils
Vinegars		
Raw apple cider vinegar	Balsamic, sherry, red or white vinegar, red wine vinegar	White vinegar
Other		
Condiments: Mustard, salsa	Mayonnaise, tamari, relish (if not high in sugar), ketchup	Mayonnaise blends with preservatives and added fillers, added food dyes, fake sweeteners, high fructose corn syrup
Sweeteners: Maple syrup, honey, dates	Agave, brown rice syrup, coconut sugar, stevia	Corn syrup, white or brown sugar
Flours: Almond flour, coconut flour, buckwheat	Oatmeal flour, garbanzo flour, spelt flour, brown rice flour	Highly processed white flours including barley, potato, white rice, and rye
Chocolate: Dark chocolate (70%+) cacao, raw cacao (unheated)	Milk chocolate	Processed chocolate and candy bars with added sugars, soy fillers
Sea salt		



Bridge Foods

Making A Smooth Transition

It can be challenging to eliminate foods from your diet that have been a staple in your household for years (we know!) Processed foods like bread, pasta and baked goods are very addictive for most of us, so we've put together a little list of "bridge foods" to help you wean yourself off of the highly processed stuff.

Bread – Gluten free bread/wraps*, organic corn tortillas/chips, lettuce wraps, roasted potato skins or Portobello mushroom caps

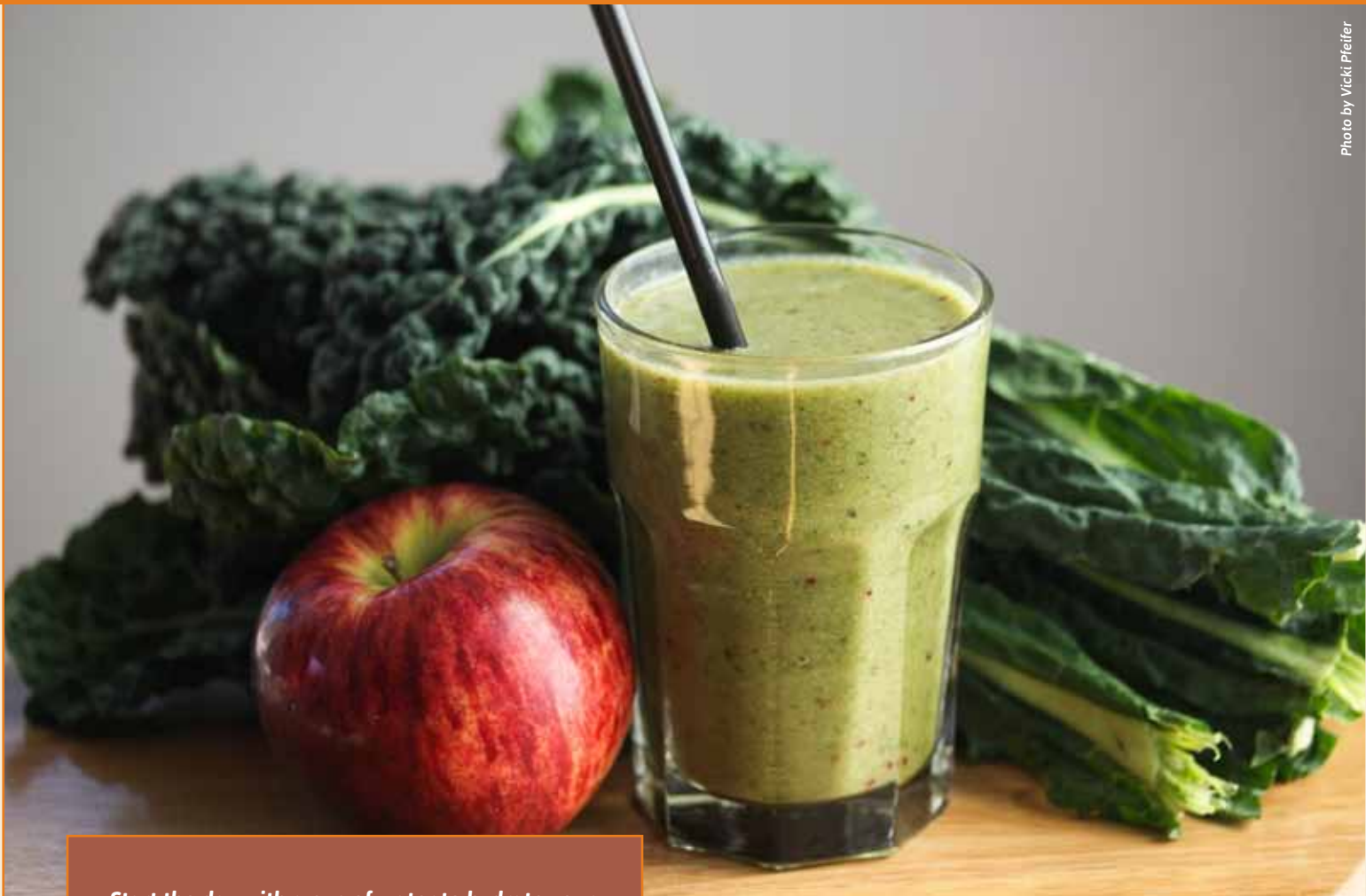
Pasta – Gluten free pasta (quinoa or brown rice pasta)*, spiraled veggies, quinoa, brown rice or spaghetti squash

Snacks & Treats – Gluten free crackers*, dark chocolate (at least 70% cacao), natural alternative sweeteners such as raw honey or pure maple syrup, *gluten free baked goods

**A note on gluten free products: Some bridge foods are just that – they carry you from one place to another. They are not meant to be a permanent alternative as they are still processed foods, which you eventually want to eliminate completely!*

Recipes





Start the day with a cup of water to hydrate your body after a long night sleep and then enjoy one of these smoothies, or some warm tea to tell your body you are ready for a great day!

Smoothies are an easy way to start your day with a filling, nutrient-dense breakfast. Time-saving tip: make before bed the evening before, freeze in a Mason jar and pull it out of the freezer as soon as you wake up for a breakfast to go.



BYO: Tea

Making your own soothing tea couldn't be easier. Steep any of these combinations for a few minutes in boiling water and enjoy when it's cooled enough to sip.

- **Peeled fresh ginger root with a slice of orange or lemon**
- **Peeled fresh turmeric root with a slice of lemon**
- **A stem of fresh mint**
- **A drizzle of honey, a sprinkle of cayenne pepper, and a slice of lemon**
- **A drizzle of maple syrup with ½ teaspoon of raw apple cider vinegar**



BYO: Smoothie

Building a smoothie is not a perfect science. Experiment and discover your favorite flavor combinations.

In general, a smoothie consists of:

- **A raw green, like spinach or kale**
- **Fruit, like frozen berries, apple chunks, peeled grapefruit slices, pineapple chunks**
- **Avocado or banana for a creamy texture**
- **Optional: nondairy milk, like coconut, almond, or cashew milk**
- **Water, as necessary, to thin**

Note: Freezing your greens and fruit or adding ice gives the smoothie an icy character.

Green Smoothie – Classic

Serves 2

2 cups chopped kale (any variety)
1½ cups frozen banana
1 cup frozen pineapple
Liquid of your choice, enough to cover
(water, almond milk, apple juice)

Mix all ingredients in a blender and follow your bliss!

Tart & Tangy Green Smoothie

Green smoothies don't have to be sweet to be satisfying. Green apple and basil make this version refreshingly tart.

Serves 2

1 green apple, peel on, chopped well
¼ cup chopped basil
½ avocado, pitted and peeled
2 cups organic, raw spinach
1 cup water or coconut water
6 ice cubes

Mix all ingredients in a blender and enjoy!

Maca Power Shots

Maca is an ancient Peruvian root in the radish family that is known to increase energy, regulate hormones, and contribute to healthy skin. **Makes 4 shots, or 1 large shake**

½ cup raw cashews, soaked overnight
1½ cups water
1–2 large Medjool dates, pitted
1 banana, peeled
1 tablespoon maca powder
Sprinkle of nutmeg

Drain cashews; discard soaking water. In high-powered blender, combine cashews with 1½ cups water, blending at highest power into liquid. Add dates, banana, and maca powder. Blend until smooth. Pour into glass and top with a dusting of nutmeg.

Cashew Elixir

Cashews are great for nut milk because you don't have to strain them. This creamy milk is great for breakfast or a snack. Keep it in the fridge as a go-to snack. **Serves 2**

1 cup cashews, soaked for at least two hours and rinsed
3 or 4 organic Medjool dates (2 teaspoons maple syrup or honey are substitutions)
4 cups water
1 teaspoon vanilla extract (or almond extract)
1 pinch cinnamon
Pinch of sea salt
3 tablespoons chia seeds

Blend all ingredients, except chia seeds, in blender until smooth, about 1–2 minutes. Pour in to large glass jar and add chia seeds. Chill in refrigerator. Will store for up to 4 days.



Photo by Vicki Pfeiffer

Go Green at Breakfast

Move over highly processed cereal!
It's time to try some greens for breakfast.
By starting the morning with nutrient-dense, high-fiber greens, you can reduce your cravings throughout the day, increase your energy, and gently cleanse your body.

Here are some simple ways to get greens into your breakfast:

- Add spinach, parsley, basil, or cilantro to your eggs.
- Enjoy your eggs with sautéed greens. (See page 31.)
- Include greens like spinach or kale in your smoothies.
- Add leafy greens to your quiche or frittatas.
- Try a salad for breakfast, topped with an egg and crumbled nitrate-free bacon.
- Create a lettuce wrap and fill it with scrambled eggs and black beans.

Why Go Green?

If you are sincere about getting healthy, get serious about adding more greens into your diet. Here's what they have to offer:

A powerhouse of nutrition: Leafy greens are full of vitamins, minerals, disease-fighting phytochemicals, and chlorophyll. They are an excellent source of vitamin C and K,

minerals such as iron and calcium, as well as phytonutrients like polyphenols (found in kale), which fight inflammation and oxidation. Alpha lipoic acid (found in spinach) stabilizes blood sugar, and it helps improve cardiovascular function.

Rich in chlorophyll: Chlorophyll is the pigment that makes plants green. The darker the green, the more chlorophyll it contains. Chlorophyll binds with toxic metals to help you eliminate them from your body. It also helps protect cells from oxidative damage by eliminating free radicals (the ugly things that cause cancer).

Packed with fiber: Leafy greens are packed with fiber, which helps cleanse your blood, controls your cravings, and even supports your weight loss. Fiber helps lower cholesterol and blood pressure, and it stabilizes blood-sugar swings by slowing the absorption of carbohydrates into your bloodstream.

Hydrating: Leafy greens also contain a lot of water, which helps keep you hydrated and contributes to beautiful skin and hair.

Types of Spring Greens:

Arugula, bok choy, beet greens, chicory, dandelion greens, escarole, kale, lettuce, spinach, Swiss chard, and watercress.

Get yo' greens in!

Greens Sauté

Serves 4

1½ pounds red or Swiss chard, kale, spinach, or bok choy
1 tablespoon extra-virgin olive oil
¼ cup onion, chopped, more to taste
2 garlic cloves, thinly sliced
2 tablespoons water
Salt and pepper, to taste
1 lemon, cut into wedges (optional)
Ginger (optional)
Tamari (optional)

Wash the chard leaves (or those of kale, spinach, or bok choy), and strip them from the stalks. Chop the stalks, and cut the greens into ribbons. In a large skillet, heat oil over medium heat. Sauté onions and stalks for about 4–5 minutes.

Add the garlic, and sauté for another 3 to 4 minutes or until golden. Add the greens, and stir to coat with the oil. Add the water, and cook until the greens are wilted and soft, about 5 minutes (6 to 7 minutes for kale). Do not over cook; taste as you go. For the best flavor, keep the greens bright green and a little crisp. Continue to add water if the greens dry out. Season with salt and pepper.

Eggs Deconstructed

Deconstructed eggs are a grain-free approach that my family has adopted to start the day. We often use leftover vegetables from our dinner the night before, but a simple veggie scramble will also suffice. Here is an example of the morning scramble I call a “deconstructed dairy-free omelet.” This is the basic recipe, but have fun and add any vegetables you desire. Delicious served aside salsa or tangy hot sauce!

Serves 2

1 tablespoon butter or ghee
¼ onion, chopped
¼ celery, chopped
¼ cup shredded carrot
4 eggs
Large handful of greens (kale, spinach, chard, or other hearty braising greens)

In a large, heavy-bottomed sauté pan, melt butter over medium-high heat. Sauté onion, celery, and carrot until onions are clear. Drop eggs on top of sautéed vegetables and cook until whites are set and opaque. Add greens and water and cover with a lid. Turn heat down to low. Cook for 2–3 minutes until greens are wilted and eggs are done to your liking. (Recipe by Kath Gallant.)



Photo by Vicki Pfeiffer

Quinoa Porridge With an Indian Flair

Most people don't think of quinoa as a breakfast grain, but this warm porridge has an Indian flavor to it that is warming and satisfying. You can even use leftover quinoa; just warm it up with the milk, vanilla, and cardamom. **Serves 2**

- ½ cup rinsed quinoa, uncooked**
- 1¾ cup unsweetened almond milk (or coconut milk), divided**
- ½ cup water**
- ¾ teaspoon vanilla extract**
- ¼ teaspoon coarse salt**
- ¼ teaspoon ground cardamom**
- ¼ teaspoon cinnamon**

Topping options:

Coconut flakes

Almonds

Fresh fruit such as pears, apples, berries, or bananas

In a saucepan, bring the quinoa, ¾ cup of the milk, water, vanilla, salt, cardamom, and cinnamon to a boil. Reduce the heat and simmer, covered, until the liquid is absorbed, about 15 minutes. Top with remainder of the almond milk. Garnish with your choice of toppings.

Raw Granola

This makes a great cereal. **Serves 3–4**

- 2 cups raw almonds, soaked for 8 hours and then drained**
- ½ cup raisins**
- 2 teaspoons lemon juice**
- 1 teaspoon ground cinnamon**
- ½ teaspoon ground nutmeg**
- Raw honey, to taste**

Topping options:

Almond milk

Apples

Berries

Coconut flakes

Place the almonds, raisins, lemon juice, cinnamon, and nutmeg in a food processor, and rough-chop. Serve in bowl. Add honey and almond milk. Garnish with your choice of toppings.

Chocolate Chia Pudding

When soaked, chia seeds get gelatinous and are perfect for creamy pudding. They are loaded with fiber and Omega-3 essential fatty acids. This pudding tastes decadent but is so good for you! **Serves 2**

- 3 tablespoons chia seeds**
- ½ cup almond, coconut, or organic milk**
- 1–2 tablespoons raw cacao powder**
- ½ banana**
- 1 to 2 teaspoons maple syrup**
- Dash ground cinnamon and/or vanilla extract (to taste)**

Mix all ingredients in a blender. Spoon into two small glasses or bowls, and put them in the fridge to set for at least two hours or overnight.



Photo by Vicki Pfeiffer

Chocolate Chia Pudding

Lift up your lunches with these fresh salad recipes or *Build Your Own Salad* (see page 35). Prepare a salad over the weekend and enjoy through the week for lunch (or breakfast!)

Radish & Arugula Salad

We love lemon and olive oil on just about anything. Add a little extra flavor to this spicy salad with some chopped-up red onion or fresh avocado. **Serves 2–3**

10–12 medium or small red radishes, scrubbed
3 large celery stalks, trimmed and peeled
1 cup tightly packed fresh arugula
1 tablespoon fresh lemon juice, plus more to taste
¼ teaspoon kosher salt, plus more to taste
2 tablespoons extra-virgin olive oil
Freshly ground black pepper

Trim the root and stem ends of the radishes. Halve them lengthwise and then slice them into slivers that are ⅜ inch thick; you should have roughly 1½ cups.

Slice the celery crosswise the same width as the radishes. Combine with the sliced radishes and the arugula in a medium bowl. Add lemon juice, salt, and olive oil; toss well. Add several generous grinds of black pepper. Taste and adjust the seasonings. Serve. (Recipe by Kath Gallant.)

Asian Beet Salad

This raw salad brings a whole new meaning to beets. Raw beets are sweet and crunchy and not as earthy as roasted beets. **Serves 4**

3–4 medium-size beets, peeled and coarsely grated (3–4 cups)
2–3 tablespoons finely chopped shallot or sweet red or white onion (optional)
¼ cup sesame oil
4 tablespoons rice vinegar, or more to taste
1 teaspoon maple syrup
1 clove garlic, minced (optional)
Few shakes of toasted sesame seeds

Put the beets in a bowl, and combine with the shallot or onion and minced garlic. Combine the oil, vinegar, and maple syrup, and shake until smooth. Pour the dressing over the beets, and toss until well coated. If you have time, marinate the mixture in the fridge for an hour or so. Sprinkle on the toasted sesame seeds before you serve.



Photo by Vicki Pfeiffer

Colorful Rainbow Slaw

Colorful Rainbow Slaw

This delightful confetti-like salad is a burst of color in the early spring. The watermelon radish adds a bright component with the orange carrot and green celery. If kohlrabi is not available, substitute with cabbage. **Serves 4**

2 cups shredded cabbage
1 cup shredded carrot
1 cup sliced celery
1 cup shredded watermelon radish
1 cup shredded kohlrabi

Dressing:

Half a lemon, juiced
Half a lime, juiced
Half an orange, juiced
1 clove garlic minced
1 teaspoon salt
2 tablespoons honey
½ cup extra virgin olive or avocado oil

Place shredded vegetables in a large mixing bowl. Pour dressing ingredients into a jar with lid and shake until well mixed. Pour dressing over shredded vegetables and toss. Let marinate for half an hour or so. Will keep 4–5 days in the refrigerator. (Recipe by Kath Gallant.)

Kale Salad with Chick Peas & Lemon Ginger Dressing

This salad is simple but substantial. You could add some tuna or chicken to make it a complete meal! **Serves 4**

3 cups kale
½ tablespoon fresh lemon juice
1 teaspoon lemon zest
½ teaspoon fresh ginger (grated)
2 tablespoons extra-virgin olive oil
¼ teaspoon sea salt
1 cup cooked chick peas
Salt and pepper, to taste
¼ cup crumbled goat cheese or feta (optional)

Wash kale by submerging it into water. Dry with towel or napkins. Devein the kale by folding it in half and stripping off the ribbing. Take leaves and stack them on top of each other. Roll like a cigar and cut into ribbons.

Mix the lemon juice, zest, ginger, olive oil, and salt together and shake well.

Toss the dressing with the kale. Top with chickpeas and cheese.

Need the Kale? Knead the Kale...

A simple technique to make this naturally tough and hardy green more palatable is to massage it. Kneading your kale quickly “cooks” and breaks it down, making it easier to digest. Simply sprinkle with a little salt and citrus and massage until the kale begins to wilt and turn bright green.

Spinach Salad with Roasted Beets and Strawberries

Spinach is one of the first greens available in spring. The cold ground makes it deliciously sweet!

Salad (Serves 2)

2 beets, peeled and cut into ½-inch cubes

1–2 tablespoons avocado oil

Salt and pepper, to taste

½ cup walnuts

2 cups tightly packed spinach, farm fresh if possible, torn into bite-sized pieces

10 strawberries, sliced

¼ red onion, sliced very thinly

Goat cheese for garnish (optional)

Preheat oven to 400°F. In an ovenproof dish, toss beets with oil, salt, and pepper. Roast for 25 minutes, stirring halfway through. Set aside or chill in refrigerator. Lower oven heat to 375°F.

Toast walnuts in an ovenproof dish at 375°F for 5 minutes, being careful not to burn. Set aside. In a large bowl, combine spinach, roasted beets, sliced strawberries, and red onion. Toss with dressing (recipe follows). Top with goat cheese and walnuts.

Dressing (Serves 4–6)

Freshly squeezed juice from 1 orange

Finely grated zest from ½ orange

2 tablespoons white balsamic vinegar

½ cup extra virgin olive oil

Salt and pepper

Combine all ingredients in a jar with a lid and shake vigorously. Store unused portion in the refrigerator for up to a week.

BYO: Salad

Make a meal out of your salad with these spring toppings filled with protein, fiber and fat.

TOPPINGS:

Proteins:

Beans (legumes)

Hard-boiled egg

Chicken

Fish

Grilled meat

Nuts & Seeds:

Almonds

Cashews

Hazelnuts

Pecans

Pine nuts

Pumpkin seeds

Sesame seeds

Sunflower seeds

Walnuts

Fruit:

Avocado

Grapefruit

Oranges

Strawberries

Dried cherries

Dried cranberries

Raisins, dark or golden

Fresh herbs:

Basil

Chives

Cilantro

Mint

Parsley

Veggies:

Asparagus

Beets (shredded raw or roasted)

Carrots

Celery

Fennel (anise)

Onion

Radish

Roasted potatoes

Scallions



Photo by Vicki Pfeiffer



Lentil Chickpea Salad with Rasish and Herbs

Quinoa & Asparagus Salad 🌱

This salad has a wonderful punch of protein and lemon to really excite your taste buds. We've featured asparagus in this classic dish to highlight the taste of spring. Serve on a bed of your favorite greens or as side dish. **Serves 4**

For the salad:

- 1 cup quinoa**
- 2 cups water**
- ½ teaspoon sea salt**
- ½ bunch parsley, minced**
- 2 cups cooked asparagus, cut into 1" pieces**

For the dressing:

- 2–3 cloves garlic, minced**
- ¼ cup lemon juice**
- 3 tablespoons extra-virgin olive oil**
- 1 teaspoon sea salt**

Rinse the quinoa well with warm water, and drain. Boil the water with salt, and quinoa. Reduce heat to low and simmer for 12–15 minutes or until all the water is absorbed. Fluff and place into a large salad bowl, and allow it to cool.

To make the dressing, combine the garlic, lemon juice, olive oil, and sea salt. Pour over the quinoa, and toss well. Add the parsley and asparagus to the quinoa and toss gently.

Lentil Chickpea Salad with 🌱 Radish and Herbs

Lentils are a great source of vegetarian protein. This is a perfect spring salad entrée with radish and fresh herbs.

Serves 4 (entrée portions)

- 2 cups dried black beluga lentils or French green lentils**
- 2 large garlic cloves, halved lengthwise**
- 2 tablespoons extra-virgin olive oil**
- 4 cups water**
- 1 (15-ounce) can chickpeas, rinsed and drained**
- 1 large bunch radishes, cleaned and thinly sliced**
- ¼ cup fresh mint, chopped**
- ¼ cup fresh dill, chopped**
- ½ cup basic salad dressing from page 37**
- 1 avocado, chopped**
- Fresh leafy greens for garnish (optional)**

Pick over the lentils to remove any bits of debris, and rinse under cold running water in a mesh strainer. In a medium pot, combine lentils, halved garlic cloves, olive oil, and 4 cups water. Bring the water to a boil, then reduce heat and simmer gently until the lentils are cooked through and tender, 20–30 minutes. Drain lentils and discard the garlic cloves.

In a large serving bowl, combine the lentils, chickpeas, chopped radishes, and herbs. Drizzle with dressing and toss to combine. Top with avocado and serve over fresh greens.

Salad Dressings

Use the end of a jelly, mustard, or mayonnaise jar to make a simple dressing. Play with flavored vinegars or nut oils to enhance flavors. For each recipe place all ingredients in the jar and shake vigorously. Season to taste. If you don't have a leftover jar, either whisk in a small bowl or blend in a blender, place in dressing bottle and serve.

Basic Dressing

1 teaspoon Dijon mustard,
smooth or grainy
4 tablespoons raw apple-cider
½ cup extra-virgin olive oil
Salt and pepper
Lemon (optional)
Garlic (optional)
Herbs (optional)

Mix in jar and shake.

Pesto Dressing

½ cup fresh basil leaves, washed
¼ cup extra virgin olive oil
1 tablespoon cider vinegar
1 garlic clove, chopped
⅛ teaspoon sea salt

Place in a high-powered blender
or food processor. Pulse until
smooth.

Green Goddess Dressing

2 large garlic cloves, peeled
½ medium avocado, pitted and peeled
½ cup chopped fresh parsley
¼ cup cider vinegar
¼ teaspoon salt
Pepper to taste
½ cup extra-virgin olive oil

Place in a high-powered blender or
food processor. Pulse until smooth.

Ginger Honey Lime Dressing

Juice of 1 lime
Juice of ½ lemon
2 tablespoons peeled
and grated ginger
1½ teaspoons honey
Salt and pepper, to taste
6 tablespoons extra-virgin
olive oil or avocado oil

Mix in jar and shake.



Light soups are a wonderful way to work spring produce into your diet when there is still a chill in the air. Try using your leftover roasted veggies to make a smooth puree.

Carrot Coconut Soup

Carrot Coconut Soup

This soup was given to Tracey by her friend Lisa Wilson, many years before she started the Raw Food Institute. It is warm and delicious.

2 tablespoons extra-virgin olive oil
2 sweet onions
5–6 large carrots
1 teaspoon caraway seeds
1 quart of chicken or vegetable stock
1 (14-ounce) can organic coconut milk
Garnish: Toasted pumpkin seeds, watercress

Heat oil in an a pot over medium heat. Sauté the onions until they start to caramelize (about 10 minutes). Add carrots and caraway seeds and cook for an additional 10–15 minutes until carrots get soft. Add the stock. Cook for another 5–8 minutes. Add the coconut milk, and take the soup off the stove. Let it cool for a few minutes. Add the soup to a blender or food processor in batches and transfer back to the pan. Heat to desired temperature. Serve and enjoy!

Swiss Chard & Cilantro Soup

Swiss chard makes a lovely fresh soup in the late spring and early summer. This soup is filling and can be a meal all on its own. **Serves 4**

2 tablespoons extra-virgin olive oil
2 leeks, white part only, chopped
3 red potatoes, peeled and sliced
7 cups chicken or vegetable stock, divided
1 bunch chard, stemmed and coarsely chopped (8 cups)
1 cup chopped fresh cilantro
1½ teaspoons salt
Freshly ground pepper to taste
⅓ cup coconut milk or almond milk (optional)

In a soup pot, heat olive oil on medium heat. Add the leeks and potatoes. Cook for about 8–10 minutes or until they are lightly brown. Add ½ cup of stock and stir, scraping the bottom of the pot. Add chard, cilantro, and salt. Cook for another 3–4 minutes or until the chard wilts; then add the remaining stock. Simmer for 12–15 minutes. Add coconut milk or almond milk.

In a blender (or with an immersion tool), puree the soup. Return to the pot and season to taste with the salt and pepper.

Beet Carrot Ginger Soup

This earthy soup is one of Teri's favorites for spring. A squeeze of lemon at the end brings the soup to life. **Serves 4**

3 medium beets (about 1 pound)
1 tablespoon extra-virgin olive oil
1 cup onion, chopped
1 pound carrots, peeled and coarsely chopped
1 tablespoon fresh ginger, minced
1 large garlic clove, minced
Salt and pepper, to taste
6 cups vegetable or chicken stock
1 teaspoon finely grated orange rind
Freshly squeezed lemon juice, to taste
Chopped avocado for garnish (optional)

Under running water, peel beets. Dice into large chunks.

Heat a large soup pot on low heat and coat bottom of the pan with oil. Add onion and sauté until translucent. Add the carrots, ginger, garlic, salt, and pepper. Turn heat up to medium and cook for 5 minutes, stirring frequently. Add beets and stock. Simmer the soup, covered, for 50 minutes. Add orange rind and stir well.

In a food processor or blender, puree the soup in batches. Transfer pureed soup back to soup pot, and add a squeeze of lemon juice. Taste and adjust seasonings. Serve the soup hot or chilled, garnished with chopped avocado.

Asparagus Soup

This dairy free soup is creamy and delicious. **Serves 3–4**

1 onion
1 potato, diced
1 pound asparagus (woody ends trimmed)
1 teaspoon of each: dried basil, thyme, sage
4 cups vegetable or chicken stock
½ cup white wine (optional)

Sauté the onion for 5 minutes. Cut off the asparagus tips, and set them aside. Add in potato, asparagus (without the tips) and herbs, and cook until soft. Add in wine (if using), and cook down for 4 to 5 minutes on medium heat. Add in the stock. Bring to a simmer for approximately 15 to 20 minutes. Turn off the burner and let the soup cool for 2–3 minutes. Put the soup in a blender, and blend until creamy. Put the mixture back in the pot, toss in the asparagus tips, and cook until tips are tender about 5–6 minutes.

Spring Vegetable Soup

The perfect comfort food for a cool spring day. Make it vegetarian or add animal protein with shredded chicken.

Serves 4

2 teaspoons extra-virgin olive oil
1 large onion, chopped
2 garlic cloves, crushed
1 medium leek, sliced
2 medium carrots, peeled and sliced into coins
2 ribs of celery, chopped
Salt and pepper, to taste
½ pound mushrooms, chopped
6 cups vegetable stock or chicken stock
1 (15-ounce) can great northern white beans, drained and rinsed, or ¾ cup dried and cooked
1–2 cups cooked, shredded chicken (optional)
Juice of ½–1 lemon
1 tablespoon fresh parsley

Heat oil in a large soup pot over low-medium heat. Sauté onion and garlic, stirring occasionally, until onion is soft. Add leek, carrots, and celery, sprinkle with salt and pepper, and cook until vegetables are softened, about 6 minutes. Add mushrooms and cook for 1 minute. Add stock and beans, bring to a gentle simmer, then turn heat to low. Cook, uncovered, for 15 minutes. Add chicken, if using, and heat through. Add juice of ½ lemon and stir. Taste and adjust seasonings, adding more lemon juice or salt and pepper if desired. Stir in parsley just before serving.

Culinary Tip

Puree leftover vegetables with stock or water to make a quick soup! Add your favorite spices.



Photo by Vicki Pfeiffer

Chicken Paillard

Shake up your dinner routine with these seasonal entrees.

Thai Chicken Burger \$

Try these burgers as an alternative to beef burgers. **Serves 4**

1 pound ground chicken (preferably dark meat)
2 garlic cloves, very finely minced
½ cup cilantro, finely chopped
2 shallots very finely minced
1 teaspoon red chili, very finely minced (or to taste)
2 teaspoons tamari
½ teaspoon coarse sea salt
½ teaspoon freshly ground black pepper
2 tablespoons avocado oil
Romaine lettuce for wraps

Preheat a grill to medium heat. Thoroughly mix the chicken with the garlic, cilantro, shallots, red chili, tamari, salt, and pepper. Form the mixture into 4 burgers, each about ¾-inch thick.

Rub each burger with a bit of the oil. Grill first side for about 8 minutes. Flip burgers and grill second side for another 5 minutes, or until burger is nicely marked and firm to the touch. Place burgers in Romaine lettuce with slices of avocado, lettuce, and mayonnaise, or drizzle burgers with Thai Herb-Lime dressing (see below).

Thai Herb-Lime Dressing

1 teaspoon minced garlic
1 Serrano chili, finely chopped (don't remove seeds)
1 tablespoon maple syrup
¼ cup fresh lime juice
2 tablespoons tamari
2 tablespoons fresh basil leaves, finely chopped
2 tablespoons fresh cilantro, finely chopped
2 tablespoons fresh mint leaves

In a mortar and pestle, mash the garlic, chili, and maple syrup. Stir in the lime juice, fish sauce, and herbs. (Alternately, blend all ingredients in a food processor.)

Chicken Paillard

In this recipe, you tenderize the meat so it cooks faster and doesn't dry out. This is a really simple preparation and it changes up your chicken to make it crispy and tender at the same time. You can add fresh herbs to the marinade it as well. Serve it over a bed of greens with the one of the sauces on page 45. **Serves 2–3**

2 boneless, skinless chicken breasts
2 garlic cloves
Juice from half a lemon
1 teaspoon crushed red pepper flakes
½ cup extra virgin olive oil

Lay the chicken flat. If the breasts are thick, you can split the chicken in half horizontally. Cover the chicken with plastic wrap (or put in a plastic bag); pound the meat with the flat side of a meat mallet or the bottom of a small pan until they are about half-inch thick.

Marinate the chicken in the olive oil, garlic, red pepper flakes, lemon and season generously with salt and pepper.

Heat a large skillet over medium heat and add 1–2 tablespoons oil. Cook chicken until opaque throughout, 1–2 minutes per side. Or, optionally you can grill the chicken.

Culinary Tip

Gently pounding the thick end of a chicken breast with a kitchen mallet helps to ensure even cooking.

Cast-Iron Roasted Chicken & Vegetables

A well-seasoned cast iron pan is the key to this simple dinner preparation. This is an easy family favorite! **Serves 4–5**

1½ pounds boneless chicken breast (4 pieces)
4 cloves chopped garlic, divided
2 tablespoons fresh rosemary, destemmed, divided
1 teaspoon Dijon mustard, divided
⅓ cup extra-virgin olive oil, divided
1 teaspoon salt
½ teaspoon pepper
3 carrots, cut in 1½-inch pieces
4 medium-sized potatoes, cut in 1½-inch pieces
2 parsnips, cut in 1-inch pieces

Heat oven to 450°F, and place two 12-inch seasoned cast-iron skillets in the oven. Toss the chicken in a stainless-steel bowl with half of the garlic, half of the rosemary, half of the mustard, and half of the oil. After covering chicken with the marinade, divide it between the two heated skillets, placing breasts in the center of each pan, and reduce the temperature to 425°F. Toss the vegetables in the remaining garlic, rosemary, mustard, pepper and oil and let marinade for approximately 5 minutes.

Remove the cast-iron skillets from the oven, flip the chicken, and add half of the marinated vegetables to each pan (do not crowd the vegetables). Return pans to oven and roast 20 minutes. Give the vegetables a gentle stir and roast for an additional 10 minutes, until the potatoes are fork-tender. (Recipe by Kath Gallant.)

BYO: Wrap

Going gluten-free doesn't mean you have to give up sandwiches or burgers. Try some of these bread alternatives or get creative and invent your own.

- **Baked potato or sweet potato skin**
- **Hollowed out portabella mushroom for an open-faced sandwich, or two mushrooms for a burger**
- **Collard leaf**
- **Romaine lettuce leaf**



Flank Steak

Pork Tenderloin with Strawberry Balsamic Sauce

Balsamic vinegar and strawberries come together in a sauce that is pure decadence over roasted pork tenderloin. **Serves 4**

- 10 ounces of halved strawberries,**
- ¼ cup good-quality balsamic vinegar**
- 1 tablespoon maple syrup**
- 1 (16-ounce, approx.) pork tenderloin, trimmed of fat**
- ½ teaspoon each, salt and pepper**
- 1 tablespoon fresh rosemary, chopped**
- 1 teaspoon dried basil**
- 2 tablespoons avocado oil**
- ¼ cup chicken stock**
- ½ cup shredded basil leaves, to garnish**

Place halved strawberries in a bowl with vinegar and maple syrup. Set aside for 15 minutes.

Preheat oven to 400°F. Season pork tenderloin with salt, pepper, rosemary, and basil. Heat a heavy skillet over medium-high heat and add oil. Sear tenderloin, turning to brown on all sides. Transfer pork to a casserole dish and set skillet aside without rinsing. Place pork in oven and cook for 8–10 minutes, or until tenderloin reaches an internal temp of 145°F. Transfer to a plate and cover loosely with foil. Rest for 5 minutes before slicing.

While pork is cooking, reheat skillet over medium heat and add stock to deglaze the pan. Bring to a boil. Add strawberry mixture, reduce heat to low, and simmer for 6–8 minutes. Season with salt and pepper.

Drizzle strawberry balsamic sauce liberally over pork and garnish with shredded basil.

Lime Marinated Flank Steak - Classic

This Asian Fusion-style marinade, adapted from a recipe created by Mark Bittman, lends great flavor to a very economical cut of meat. Use the broiler, or kick on the grill for a quick spring barbeque. **Serves 4–6**

Marinade

- 4 tablespoons freshly squeezed lime juice**
- 2 tablespoons tamari**
- 1 teaspoon minced garlic**
- 1 teaspoon fresh ginger, peeled and minced or grated (or 1 teaspoon ground ginger)**
- 1 teaspoon honey**
- Salt and freshly ground black pepper to taste**
- 1 flank steak (2–2½ pounds)**

Combine marinade ingredients in a shallow bowl or platter. Marinate the steak for 30 minutes at room temperature, or for up to 4–5 hours in the fridge. Make sure to flip occasionally so that all the meat is covered with the marinade.

Remove the meat from the marinade and dry it well with paper towels. Discard remaining marinade.

Grill or broil the steak about 4 inches from the heat source for 3–4 minutes per side on medium heat, or until nicely browned. Move the meat to a cooler part of the grill (or lower the broiling rack) and cook for another 2 minutes per side. Check for doneness by touch, with a thin-bladed knife, or, preferably, with an instant-read thermometer (125°F is about right for rare to medium-rare).

Let rest for 5 minutes before cutting into thin slices, across the grain, using a sharp carving knife. (Recipe by Kath Gallant.)

Tuna Cakes

Fish is a perfect low fat option for lightening up your protein intake.

In the spring, fishermen in New England are catching cod, dogfish, flounder, haddock, skate, scallops, and squid. You'll start getting more local fish starting in June, such as bluefin tuna, bluefish, and crabs. Make sure to ask your fish monger where your fish was caught. Support your local fishermen by buying what is in season!

Spicy Tuna Cakes ⌚ \$

Short on time? Tuna is the quintessential pantry meal. This recipe is quick, easy, and delicious. **Serves 4 (about 12 patties total)**

3 (5-ounce) cans dolphin-safe tuna packed in water, drained
3 eggs
2 tablespoons lemon juice (about ½ a large lemon)
Pinch of finely grated lemon zest (optional)
½ cup chopped red onion
1 tablespoon fresh parsley, chopped
1 tablespoon fresh dill, chopped
1 teaspoon garlic powder
Dash of cayenne pepper, about ⅛ teaspoon or to taste
Avocado oil for cooking

Combine all ingredients in a medium-sized mixing bowl and blend with clean hands to combine. Form small, well-packed patties, about 1½ inches in diameter.

Heat a skillet over medium heat. Coat bottom of the skillet thickly with avocado oil. Cook cakes for 3–4 minutes per side, until golden brown. Cook in batches if necessary.

Spring Fish in Parchment ⌚

Using parchment paper to cook your fish is one of the surest ways to keep it moist. Line the parchment with leafy greens such as spinach or chard to make it a complete meal! **Serves 2**

2 handfuls spinach or Swiss chard, cleaned and cut
2 (6-ounce) fillets of flounder, halibut, tilapia, salmon, or red snapper, or more if you want additional servings or leftovers
Salt and freshly ground pepper
3 quarter-sized slices fresh ginger, peeled and cut into julienne strips
1–2 garlic cloves minced
4–6 asparagus stalks, cleaned and trimmed
A splash of white wine
Extra-virgin olive oil
Fresh herbs, (such as parsley, chives, tarragon, or summer savory)
1 scallion, white and tender green cut into lengthwise strips

Preheat the oven to 425°F. Cut off an 18-inch piece of parchment paper, and fold it in half. Lay out the parchment and place a handful of the greens in the middle. Place the fish on top. Salt and pepper the fish. Put the ginger, garlic, and asparagus on top of the fish, salt again lightly, and splash wine and olive oil on top. Sprinkle the herbs over all. Bring two sides of the parchment together and roll them tightly toward the fish. Tuck the sides under. Pleat it all around to make an airtight package. Place on the sheet pan, and bake for 12 minutes or until fish is flaky. If you have a fairly thick fillet, you may need to bake it 1 or 2 minutes more. Place the parchment on your plate and enjoy!



Cedar Plank Salmon

Miso-Glazed White Fish

May and June bring the harvest of our local white fish. Try to source sustainably; any flaky white fish will do. **Serves 4**

- ½ cup miso paste**
- ¼ cup maple syrup**
- 2 teaspoons toasted sesame oil**
- 2 tablespoons of mirin, or white wine**
- 1½ pounds of white fish, 1 inch thick**
- 1 bunch of scallions, sliced**

Combine miso, maple syrup, sesame oil, and mirin or white wine. Stir well.

Rinse fish filets and pat dry with paper towel. Brush about 2 tablespoons of miso mixture on each fish filet. Marinate for 30 minutes to 1 hour.

Preheat broiler on your oven. Place fish in an oven-proof pan and broil for 4 minutes, or until top has caramelized. Remove fish from broiler and brush with remaining glaze. Lower oven to 375°F and cook an additional 5–6 minutes until fish is firm to touch. Top with scallions and serve. (Recipe by Kath Gallant.)

Cedar Plank Salmon

This is an exciting dish for a dinner party or special family gathering. The simplicity of the marinade transforms the salmon, and the cedar plank cooking process fills the air with beautiful fragrant smoke. The exciting presentation is appealing to the eye, and very simple. **Serves 4**

- 1 (6 inch x 14 inch) cedar plank, soaked two hours**
- 1 large onion, thinly sliced**
- 2 tablespoons whole mustard seed**
- ½ cup tamari**
- 2 tablespoons maple syrup**
- 1 tablespoon Dijon mustard**
- 1½ pounds wild salmon**

Blend sliced onion, mustard seed, tamari, maple syrup, and mustard in a sealable plastic bag and add salmon. Marinate for 2 hours. Preheat grill to medium-high. Drain cedar plank. Lift salmon filet out of marinade and place on plank. Cover with marinated onion mixture. Grill on medium-high for 25–30 minutes, till internal temp of filet is 135°F. Slide off plank and enjoy! (Recipe by Kath Gallant.)



These veggie dishes make a delicious side, or double up and prepare a few for a filling vegetarian meal.

Spicy Braised Kale & Chickpeas

Serves 4

- 2 large garlic cloves, minced**
- ¼ cup extra-virgin olive oil or avocado oil**
- 1 bunch dinosaur or curly kale, tough stems removed**
- ½ cup water, wine, or chicken stock**
- 1 (15-ounce) can chickpeas, drained and rinsed**
- 1 small hot chili pepper, seeded and minced, or generous pinch of red pepper flakes**
- 1 teaspoon salt**

In a large frying pan over low heat, warm the garlic in the oil, stirring often, until softened but not browned, about 7 minutes. Remove from pan and set aside.

Stack kale leaves and roll into cigar shape. Cut into ribbons. Place the kale in pan. Add water, wine, or stock, and cook uncovered until kale is wilted but still vibrant green. Coat with the olive oil and garlic. Cook for 8–10 more minutes. Don't overcook! Taste as you go. Add in the chickpeas, chili pepper (or flakes) and salt, and heat through for 3–4 minutes. Remove from heat and serve immediately.

Swiss Chard with Raisins and Almonds

This savory, sweet, and spicy combination is a great intro to Swiss chard if you haven't tried it. **Makes 3–4 servings**

- ¼ cup dry sherry or white wine**
- ½ cup raisins**
- 2 tablespoons extra-virgin olive oil**
- ½ cup sliced almonds**
- 3 garlic cloves, thinly sliced**
- 2 bunches Swiss chard, center ribs and stems removed, leaves cut into 2-inch pieces (about 16 cups)**
- 1–2 tablespoons jalapeño, seeded, thinly sliced (use more if you like a lot of heat)**
- 1 tablespoon finely grated lemon zest**
- 2 teaspoons (or more) fresh lemon juice**
- Kosher salt**
- Freshly ground pepper**

Bring sherry or wine and raisins to a simmer in a small saucepan. Remove from heat; let cool. Heat oil in a large, heavy pot over medium-high heat. Add almonds and cook, stirring frequently, until just beginning to brown, about 2 minutes. Add garlic and cook, stirring, until fragrant but not browned, about 1 minute more. Add chard by handfuls to pot, tossing to wilt between additions, and cook until tender, about 4 minutes.

Add raisins with soaking liquid, jalapeño, lemon zest, and 2 teaspoons lemon juice. Season with salt, pepper, and more lemon juice, if desired, and toss to combine.



Photo by Vicki Pfeifer

Tart & Tangy Asparagus

Braised Leeks

This simple dish celebrates the beautiful leeks emerging into spring. Great with a grilled protein or spring baked chicken.

A quarter cup of parmesan makes a great finish! **Serves 4**

- 8 small leeks**
- 4 tablespoons unsalted butter**
(or 2 tablespoons extra-virgin olive oil)
- ½ cup chicken stock**
- ½ cup dry white wine**
- Salt and pepper, to taste**
- ¼ cup finely chopped parsley**

Preheat oven to 350°F.

To prep leeks, remove outer leaves, chop off roots, and split lengthwise. Rinse, keeping layers intact. You will have a long half-moon leek.

In a large cast-iron skillet, melt butter. Sauté the leeks, cut-side down, in butter, 3–4 minutes on each side. Add stock and wine. Raise temperature to bring liquid to a boil. Place in oven for about 15 minutes. Sprinkle with salt, pepper, and parsley. Enjoy!

Herbed Peas

Serves 3–4

- 2 cups shelled fresh peas (from about 2 pounds of pods), or frozen peas, thawed**
- 1 tablespoon unsalted butter or ghee**
(or extra-virgin olive oil if dairy free)
- 4 scallions, thinly sliced**
- 1 teaspoon finely grated lemon zest**
- ¼ cup chopped fresh flat-leaf parsley**
- 2 tablespoons thinly sliced fresh chives**
- Kosher salt**
- Freshly ground pepper**

If using fresh peas, cook in a large saucepan of boiling salted water until tender, about 3 minutes; drain and set aside (do not cook frozen peas).

Melt butter in a medium saucepan over medium heat. Add scallions and peas and cook, stirring constantly, until scallions are just beginning to soften and peas are heated through, about 1 minute. Remove pan from heat and stir in lemon zest. Stir in parsley and chives; season with salt and pepper.

Bake for 30–40 minutes, until firm and golden brown. To help them hold their shape, cool on the baking sheet for 5 minutes before removing. (Recipe by Kath Gallant.)

Tart & Tangy Asparagus

Serves 4–6

2 pounds asparagus
¾ cup extra-virgin olive oil
½ cup white balsamic vinegar
 (or white, rice or balsamic vinegar)
4 cloves minced garlic
1 tablespoon Dijon mustard
1 teaspoon crushed red pepper
Salt and pepper, to taste

Blanch the asparagus for 2–3 minutes and then plunge into an ice bath. Blend the remaining ingredients. Marinate the asparagus with the rest of the ingredients for 4–8 hours. Serve chilled or at room temperature.

Crunchy Carrot Salad

This carrot salad is quick and delightfully fresh. It pairs nicely with the Miso Glazed Whitefish on page 44. **Serves 4–6**

¼ cup extra-virgin olive oil
4 tablespoons fresh lemon juice
2–4 garlic cloves, mashed or minced
1 teaspoon cumin
1 tablespoon honey
Salt to taste
1 pound carrots, coarsely grated
½ jalapeno, finely minced
¼ cup chopped fresh cilantro
3 scallions, chopped
1–2 tablespoons sesame seeds to garnish

Mix the oil, lemon juice, garlic, cumin honey, and salt. Toss with the grated carrots, jalapeno, cilantro, and scallions. Sprinkle with sesame seeds to garnish. Serve chilled or at room temperature.

Marinated Mushrooms

Serves 4

2 cups diced portabella mushrooms
¼ red onion, minced
1 red bell pepper, minced
2 cloves garlic, minced
¼ cup tamari
1 tablespoon balsamic vinegar
¼ cup olive oil

Prepare the ingredients, combine, and marinate for at least 30 minutes. These will keep for at least four days in the fridge.

Grilled Parsnips

Cooking parsnips caramelizes their natural sugars. Grilling adds a complementary charred flavor for a surprisingly delicious side. **Serves 4**

4 parsnips, peeled and sliced vertically into ¼-inch slices
Extra-virgin olive oil
Salt and pepper

Heat grill. Brush olive oil generously onto parsnip slices, covering front and back, and sprinkle with salt and pepper. Turn grill to lowest heat and grill parsnips approximately 3 minutes per side, until slightly charred and fork tender.

Roasted Spring Veggies

This lovely combination of spring veggies is delicious with basic pesto. **Serves 4**

½ pound medium carrots, peeled and cut in half vertically
½ pound small leeks, cleaned well
½ pound asparagus, woody ends trimmed
4 cloves garlic, not peeled
2 tablespoons avocado oil, or more as needed
Salt and pepper
1–2 tablespoons chopped fresh parsley

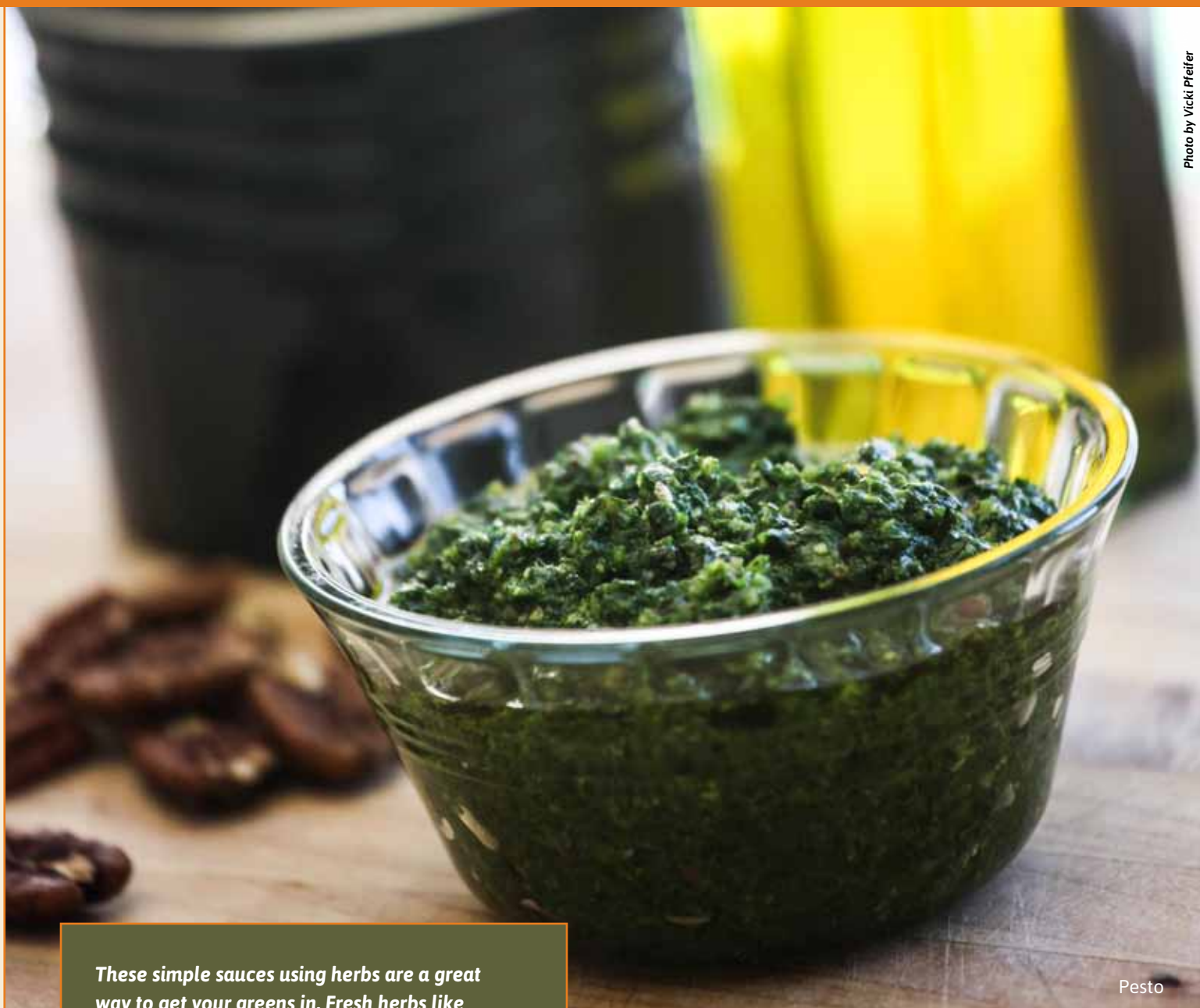
Preheat oven to 450°F. Combine vegetables, garlic, and oil in a large bowl. Season with salt and pepper and toss to coat. Spread out in a single layer on a large, rimmed baking sheet. Roast, stirring halfway through, until tender, golden brown, and charred in spots, about 20 minutes. Toss with chopped fresh parsley. Serve warm or at room temperature.

Roasted Baby Potatoes

This classic side dish is always a crowd pleaser. Tasty with any pesto combination. **Serves 4**

1 pound baby red potatoes or a mix of red and yellow baby potatoes, chopped into ½-inch cubes
Avocado oil
2 cloves of garlic, minced
2 tablespoons fresh rosemary, minced
Salt and pepper

Preheat oven to 425°F. Place potatoes onto a large, rimmed baking sheet and toss lightly with oil. Sprinkle with garlic, rosemary, salt and pepper, and toss again to coat evenly. Roast in oven for 20 minutes. Gently stir potatoes and roast for another 10–15 minutes, until golden brown and crispy.



Pesto

These simple sauces using herbs are a great way to get your greens in. Fresh herbs like cilantro and parsley are loaded with vitamin C and have naturally occurring antibacterial compounds within their tissues to ward off infection and illness. They are also loaded with beneficial nutrients like vitamin K which is a natural blood thinner.

These sauces will perk up grilled chicken, fish or vegetables.

Chermoula

¾ cup packed fresh cilantro leaves
½ cup extra virgin olive oil
3 tablespoons juice from 1 lemon
4 medium garlic cloves, peeled
1 teaspoon ground cumin
1 teaspoon paprika
¼ teaspoon cayenne pepper
Salt to taste

Put the ingredients in a food processor. Process and scrape the sides several times until smooth, about 15 seconds. Serve on veggies, chicken, fish, or burgers.

Gremolata Sauce 🕒 🌿 💰

Serves 4

- 2 cloves garlic
- 1 bunch parsley — bottom part of the stem removed (washed)
- Juice from half a lemon
- ⅓ cup extra virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper

Toss garlic cloves in food processor and pulse a few time until it is finely diced. Add the parsley, lemon juice and salt and pepper. Mix the ingredients for about 30 seconds, then start drizzling olive oil into the food processor. Mix for approximately 2-3 minutes for a smooth consistency. You should be able to pour the sauce. Add more olive oil if needed. Season to taste. Drizzle over chicken or grilled veggies.

Salsa Verde (Green Sauce) 🕒

- 1½ cups parsley
- ¾ cup basil
- ¾ cup mint
- 6 tablespoons capers, rinsed
- 3 or 4 anchovy filets
- 3 cloves garlic
- 1½ cups extra virgin olive oil
- 6 tablespoons red wine vinegar
- 3 tablespoons Dijon mustard
- 1 teaspoon coarse salt

Combine ingredients in a food processor; blend until smooth. Serve at room temperature over meat or grilled vegetables.



BYO: Pesto

Pesto is a tasty, easy way to sneak greens into your diet. Eat it with eggs, mix it into your salad, spread it on your burger or wrap, or serve it with roasted veggies. Here's the basic formula:

- 2 cups greens and fresh herbs, mixed
- 2 cloves garlic
- ¼ cup nuts
- ½ cup hard cheese*
- Juice of 1 lemon
- Salt and pepper, to taste
- ½ cup extra-virgin olive oil

**For a dairy-free pesto, use 2½ cups greens and omit cheese. Adding spinach in place of dairy is a great option.*

Roughly chop greens and garlic. Add to a food processor along with nuts, cheese (if using), lemon juice, salt, and pepper. Blend for a few seconds on medium speed. With your food processor still running, drizzle in olive oil and whirl until everything is well chopped and blended into a paste. Season with salt and pepper as necessary, and add more oil if pesto is too dry.

Try these combinations:

Classic

- ½ cup basil + 1½ cups parsley, garlic, pine nuts, parmesan, lemon, salt and pepper and olive oil listed in the quantities above.

Kale (dairy-free)

- Kale leaves, garlic, almonds, lemon, salt and pepper, and olive oil listed in the quantities above.

Pistachio Mint (dairy-free)

- 1 cup mint leaves + 1 cup spinach, ½ cup pistachios, lemon, lime, salt and pepper and olive oil listed in the quantities above.

Collard Greens

- Collard greens, garlic and pecans listed in the quantities above, 1 cup parmesan, ½ cup pitted kalamata olives, salt and pepper, olive oil



Prepare yourself with these snacks the next time a crunchy, salty craving strikes!



BYO: Kale Chips

Even those who are less enthusiastic about greens find satisfaction in this crispy, salty snack.

- **1 bunch kale**
- **1 tablespoon extra-virgin olive oil**
- **Salt and pepper, to taste**
- **Seasoning of choice (see list below)**

Preheat oven to 350°F. Tear kale leaves into 1-inch pieces and discard stems. Spread leaves onto a baking sheet. Drizzle with olive oil and sprinkle with salt, pepper, and seasonings. Bake for 5 minutes and then turn chips. Bake another 5 minutes or until chips are crisp.

Try these seasoning combinations or create your own.

- **Curry powder, cumin, paprika, and ground ginger**
- **Salt and a drizzle of raw apple cider vinegar**
- **Lemon zest, garlic powder, and red chili flakes**
- **Parmesan cheese**

Carrot Cashew Spread

This spread is equally good with whole grain crackers or as a quick breakfast when spread on toasted slices of whole grain bread. **Serves 8**

- 3 carrots, chopped**
- 1 cup raw cashew or walnut pieces, divided**
- 15 dried apricots, quartered (about ½ cup)**

Put carrots into a small pot and cover by 2 inches with water. Bring to a boil, reduce heat to medium-low, cover and simmer until tender, about 10 minutes. Add ¾ cup cashews and apricots, cover and continue to simmer until carrots are very soft, 5 to 7 minutes more; reserve ½ cup of the cooking water, and then drain well. Transfer carrot mixture and reserved water to a food processor and purée until smooth. Chill for at least 1 hour, then garnish with remaining cashews and serve. Based on a recipe from Whole Foods.

Chickpea Hummus

Make your own hummus instead of buying it. Add your favorite veggies—like red pepper, spinach, or even zucchini—to give it more flavor.

- 1 (14-ounce) can chickpeas, drained and rinsed**
- 1 tablespoon extra-virgin olive oil**
- 3 cloves garlic**
- 3 tablespoons tahini (sesame butter)**
- Splash of lemon juice**

Purée all ingredients in a food processor, and blend until smooth. Add the chickpea water slowly and as needed to make the hummus the right consistency.



Hydration and nourishment is critical during a cleanse. These drinks are alkalizing and give a powerful punch of nutrients.

Lemon Ginger Water

8 ounces water
Juice of one lemon or 1 drop lemon essential oil
1-inch knob of ginger (peeled)

Combine with hot, warm or cold water to infuse the flavor!

Citrus & Beet Happy Juice

This is my favorite spring drink. It makes me feel amazing all day. (Tracey)

1 medium beet peeled and quartered
2 peeled carrots
1 tablespoon of fresh ginger (skin removed)
1 grapefruit peeled (Cut the ends and cut peel off with a knife)
1 lemon peeled (Cut the ends and cut peel off with a knife)
1 orange (Cut the ends and cut peel off with a knife)
2 cups water of water
Apple (optional)
1 teaspoon unrefined coconut oil (optional)
1 drop essential oil such as lemon, wild orange or grapefruit

Place all ingredients in a blender and blend for 90 seconds. Pour the juice through a fine mesh strainer into a bowl. Press pulp down with a spatula until you get all the juice out. Discard pulp enjoy! Will store in the fridge for 2 days.

Detox Drink & Alkalizer

There are many variations of this drink. The cayenne adds a detoxifying effect. Find your own unique combination to start the day.

8–10 ounces water
1 tablespoon raw apple cider vinegar
Juice of one lemon (optional)
Pinch (or two) of cayenne pepper (optional)
1 teaspoon maple syrup (optional)

Blend together and drink.

Carrot Zinger

Carrots are one of the sweetest vegetables. This morning Zinger will help you start out your day jumping like a rabbit!

4 carrots
Two lemons (Cut the ends and cut peel off with a knife)
2 tablespoons fresh ginger
2 cups water
1 tablespoon unrefined coconut oil (optional)

Place all ingredients in a blender and blend for 90 seconds. Pour the juice through a fine mesh strainer into a bowl. Press pulp down with a spatula until you get all the juice out. Discard pulp. Will store in the fridge for 2 days.



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