

ACCELERATED HEALING DETOX BOOTCAMP

WEEKLY MEAL PLAN Interval 3

	BREAKFAST	LUNCH	SNACKS (OPTIONAL)	DINNER
DAY 21	HEALING ANTI-AGING BERRY BLAST 32 OZ	Carrot tuna with veggie sticks or collard wrap	ORGANIC APPLE SLICES WITH ALMOND BUTTER SPREAD	BEDTIME SMOOTHIE 16-32 OZ
DAY 22	HEALING ORANGE MANGO SMOOTHIE 32 OZ	CITUS SALAD ROASTED ROMA TOMATO/PEPPER SOUP 1 SLICE EZEKIEL BREAD TOASTED	Guacamole with fresh carrots, celery, broccoli, cherry tomatoes	HEALING GIVE IT A REST SMOOTHIE 16-32 OZ
DAY 23	HEALING PINEAPPLE TANGERINE CREAM SMOOTHIE 32 OZ	CHICKPEA CHICK'UN SALAD ON EZEKIEL BREAD	ORGANIC BLUEBERRIES WITH RAW ALMONDS 16 OZ	SLEEPY TIME SMOOTHIE 16-32 OZ
DAY 24	HEALING MANGO BANANA SMOOTHIE 32 OZ	HEALING CUCUMBER SALAD AND HEALING ROASTED BUTTERNUT SQUASH SOUP	Guacamole with fresh carrots, celery, broccoli, cherry tomatoes	BEDTIME SMOOTHIE 16-32 OZ
DAY 25	HEALING ANTI-AGING BERRY BLAST 32 OZ	CHICKPEA CHICK'UN SALAD ON EZEKIEL BREAD	ORGANIC BLUEBERRIES WITH RAW ALMONDS 16 OZ	HEALING GIVE IT A REST SMOOTHIE 16-32 OZ
DAY 26	HEALING GREEN MANGO BOWL	CITUS SALAD ROASTED ROMA TOMATO/PEPPER SOUP 1 SLICE EZEKIEL BREAD TOASTED	HEALING KALE CHIPS	SLEEPY TIME SMOOTHIE 16-32 OZ
DAY 27	HEALING ORANGE MANGO SMOOTHIE 32 OZ	ALL-IN SALAD BLACK BEAN SOUP CILANTRO BROWN RICE	ORGANIC APPLE SLICES WITH ALMOND BUTTER SPREAD	HEALING GIVE IT A REST SMOOTHIE 16-32 OZ

Accelerated Healing Detox Bootcamp

WEEKLY MEAL PLAN Interval 3

	BREAKFAST	LUNCH	SNACKS	DINNER
DAY 28	HEALING GREEN MANGO BOWL	BLACK BEAN BOWL	HEALING KALE CHIPS	BEDTIME SMOOTHIE 16-32 oz
DAY 29	HEALING PINEAPPLE TANGERINE CREAM SMOOTHIE 32 OZ	ALL-IN SALAD BLACK BEAN SOUP CILANTRO BROWN RICE	ORGANIC APPLE SLICES WITH ALMOND BUTTER SPREAD	SLEEPY TIME SMOOTHIE 16-32 OZ
DAY 30	HEALING MANGO BANANA SMOOTHIE 32 OZ	BLACK BEAN BOWL	ORGANIC BLUEBERRIES WITH RAW ALMONDS	BEDTIME SMOOTHIE 16-32 oz

*THE FOOD PLAN IS NOT TO BE RESTRICTIVE IN ANY WAY. IT IS TO PROVIDE A PLAN FOR EASE OF EXECUTION. YOU MAY USE ANY OF THE RECIPES ON THIS PAGE AT ANY TIME.

HAVE YOU SPOKEN WITH YOUR DOCTOR. TAKE YOUR READINGS TO YOUR DOCTOR. YOUR MEDICATIONS MAY NEED TO BE ADJUSTED OR DISCONTINUED.

*DRINK PURE UNCARBONATED WATER IM FOR AT LEAST 64 OZ THROUGHOUT THE DAY. YOU ARE RELEASING TOXINS IN YOUR URINE AND STOOL. PLEASE NO OTHER BEVERAGES. CARRY YOUR WATER BOTTLE WITH YOU. TRY TO STOP DRINKING LONG BEFORE BEDTIME FOR A FULLER NIGHTS SLEEP. (YOU MAY STILL GET UP TO URINATE.. TOXINS BE GONE!). PLEASE NO CAFFEINATED DRINKS!

Welcome!

You are about to change your life forever! We are so excited to participate in this transformation journey with you.

You will look back on this time as a pivotal moment in your health--and it is.

This is a very powerful program that will lower and normalize blood pressure and blood sugar levels. You must include your doctor in this plan if you are being treated for Hypertension or Diabetes with blood pressure-lowering medication or glucose-lowering medication. If you are on long-acting insulin, this is particularly important as your fat and sugar consumption will be lowered dramatically and your blood sugar levels normalize.

Your doctor may suggest cutting your long-acting insulin in half and monitoring your blood sugar and decreasing the dosage as you progress in the detoxification. Or you doctor may switch you to using only regular insulin to decrease elevated blood sugars, if needed. You will notice a drastic lowering of these parameters as you progress through the detox.

The first 3 days of this journey will be your most difficult. After 3 days, the headaches, nausea, flu-like symptoms and stomach issues are a thing of the past. You may even experience some vomiting. This will depend on the amount of toxins that your body is getting rid of. The more toxins you have, the more symptoms you may experience.

We recommend decreasing animal products like animal milk, meat, cheese and butter as well as excess sugar, coffee and black tea to minimize these symptoms 2-3 days before starting the detox.

Also, if you are on a blood pressure medication like Losartan or another "sartan" drug, you will need to contact your doctor if you experience too much vomiting (more than 2 times) to avoid any untoward effects since these drugs can lower your sodium levels. If, (doesn't have to happen), this happens, contact your doctor, slow down the detox by consuming a salted vegetable broth until the vomiting stops. Follow your doctor's instruction. But ask if your "sartan" drug can be changed.

If you are on insulin, please tell your doctor that you will be changing your diet to low sugar, low fat foods so that your medication can be altered as needed. Please monitor your blood sugar and blood pressure levels closely as this is a very powerful tool to lower your blood pressure and blood sugar levels.

Disclaimer

The information provided is for educational purposes only and does not replace the sound advice of your healthcare provider. Your participation in this bootcamp is at your own risk since your blood pressure will be lowered and most often normalized. This may mean that blood pressure-lowering agents may make the blood pressure go too low. It is for this reason that your blood pressure must be monitored daily if you are on medication and your doctor must be notified.

In addition, this is a very powerful tool for lowering blood sugar levels so that they will normalize. Any blood sugar-lowering medications may make blood sugar levels go too low which can be life-threatening. It is for this reason that you must monitor your blood sugar levels 3 times daily (if on oral glucose-lowering medications) or 5 times daily (if on insulin— long-acting or short-acting) and your doctor must be notified.

Pain 2 Wellness Healthcare or its partners are not responsible for any untoward effects. Instructions must be followed carefully as this is a very powerful tool at lowering blood pressure and blood sugar levels.

Done with the Disclaimers

Here we are starting Interval 3. It has been a challenge, but we got some chewing in over the last 5 days. It is nice to chew. You will do a lot of it now.

We are adding in some more textures. We have some really tasty soups and bowls coming along with the salads and other delights. Is your blood pressure better? How are your blood sugar levels?

Are you sleeping better? Have you noticed that your knees don't hurt as much? Can you do more than you could before? It is an amazing feeling. So glad for you!

As we add some of these great dishes in, you can check out how to make them by watching some of the YouTube videos in the **Creative Cooking Series** at **Dr. Helen PS**. We had an opportunity to film 12 episodes on the 3ABN network to share with you. It was so much fun! All 6 of my sisters were my Sous Chefs. Truly a blessing. I had all my sisters with me. Isn't that a song?

In addition, we wrote an Ebook of all the recipes found in that series in the Reverse it! Ebook. You can [download it here](#). The hardcopy is forthcoming.

If you are interested in learning more about what we do at Pain 2 Wellness Healthcare, please visit our website at www.pain2wellnesshealthcare.com. We are located in Madison, AL. We do see clients virtually should you require further assistance. You may make an appointment with us by calling our offices at 256-325-5700.

That all being said, let's go!



Accelerated Healing Phase 1 Interval 3 (Days 21-30)

Give yourself a hand. You have done an amazing job because you are still here. You almost gave up, but you didn't. Congratulations!

We enter interval 3 with energy and with vim, vigor and vitality (my 6th grade teacher used to say that to me and I remembered). That is how Whole Food Plant-Based (WFPB) foods preserve your memory).

It is time start introducing in some delicious cooked food elements. You will not only learn how to put together incredibly tasty WFPB meals, but you will learn how to slowly readjust your palate to healthier sensations as we introduce cooked foods.

We will start with adding one cooked meal at lunch time that is light, yet filling. These meals will allow you to continue to detox without feeling cheated.

Accelerated Healing Phase 1 Interval 3

(Days 21-30)

Fresh Air

Enjoy deep breathing exercises to increase oxygenation and eliminate toxins. The beautiful sun translates to vitamin D in your skin so make sure to get yourself some. If there is no sunshine or it is winter time where you are, you may benefit from Vitamin D at 5,000 IU daily. I like [this brand](#). It's a great idea to get your vitamin D levels checked regularly.

Sleeping

Our goal is to get you more relaxed so that you can sleep restfully. You will notice that the evening meal is a relaxing smoothie or calming drink. This is a great way to lower stress to lower cortisol. Improving cortisol levels will lead to better glucose control hormonal balance and better sleep.

Exercise

It is time to work on strengthening exercises now. You can lift light weights. If you are not accustomed to working with weights, begin with 1-2 pounds as ankle and wrist weights. Alternatively, dancing, yard work, brisk walking, biking or swimming work.

DETOX

INTERVAL 3 GREEN RECIPES DAYS 21-30

Start each morning with 8 oz fresh water with the juice of 1/2 lemon to get your digestion started

HEALING PINEAPPLE TANGERINE GREEN CREAM

- 2 handfuls of fresh kale (about 5-6 c)
- 6 Tangerines, peeled
- 1 cup fresh pineapple
- ¼ - ½ avocado
- 3 T chia seeds
- 1 frozen banana
- 4 c water
- 1 t ashwagandha powder
- 1 c ice (optional)

HEALING MANGO BANANA

- 1 ripe frozen banana
- 2 ripe frozen mango (about 2 cups)
- 6 c fresh kale
- 2 T chia seeds
- 1 t ashwagandha powder
- water for desired consistency



DETOX

INTERVAL 3 GREEN SMOOTHIE RECIPES DAYS 21-30

Start each morning with 8 oz fresh water with the juice of
1/2 lemon to get your digestion started

HEALING ANTI-AGING BERRY BLAST

5 c red swiss chard
2 c frozen mixed berries or
blueberries
1 c coconut water
1 c pomegranate juice
1 c filtered water
2 T chia seeds
1 t ashwagandha powder

HEALING ORANGE MANGO

3 c spinach, packed
3 c kale, packed
2 large oranges, organic to use
zest or wash extremely well
2 carrots
2 c frozen or ripe mango
1-2 c coconut water (or water)
¼ c flaxseeds
½-1 t orange zest (optional)
1 t ashwagandha powder



Flavor

INTERVAL 3 SHOPPING LIST FOR SMOOTHIES DAYS 21-30

Start each morning with 8 oz fresh water with the juice of
1/2 lemon to get your digestion started

GREENS

red swiss chard (about 3 bunches)
small spinach clamshell
Fresh kale at least 10-12 leaves

FRUITS

frozen blueberries (2 cups)
frozen bananas (2)
frozen berries (2 cups, optional)
frozen mango (4 cups)
avocado (1)
lemon (1)
tangerines (6)
oranges (2)
fresh pineapple

ROOTS

carrots (2)

MISCELLANEOUS

chia seeds
flaxseeds
ashwagandha powder

LIQUIDS

pure water (filtered, non-
carbonated)
almond milk
coconut water (3 cups)
pomegranate juice

Accelerated Healing Phase 1 Interval 3 (Days 21-30)

How are you feeling? Make sure to keep your doctor in the loop. Recall that this program is very powerful at lowering blood sugar levels and blood pressure levels. Your doctor may need to adjust your medications.

Use your Success Journal to record your readings and keep a record of what foods and how foods affect your blood pressure and blood sugar levels. Share them with your doctor.

Now we are moving on to more chewable foods. I know you miss chewing. Well, here you go. These are clean foods that are less likely to cause gas, bloating, inflammation or allergic reactions. The menus have been carefully developed for your best success.

Remember to chew your food thoroughly and savor the flavors. Enjoy!

Let's go!

DETOX (bonus)

INTERVAL 1 GREEN RECIPES DAYS 16-20

Start each morning with 8 oz fresh water with the juice of 1/2 lemon to get your digestion started

HEALING TROPICAL SMOOTHIE

6 c kale
1 kiwi, peeled
1 c pineapple chunks
1 inch fresh ginger
1 mango, peeled
2 T chia seeds
1c almond milk
2 c water

BLUEBERRY BEET SMOOTHIE

5-6 c kale
½ large beet
1 banana
1 pint blueberries
1 handful of almonds
1 T flaxseeds
juice of ½ lemon
2 c water



Detox (bonus)

INTERVAL 3 SHOPPING LIST FOR SMOOTHIESDAYS 21-30

Start each morning with 8 oz fresh water with the juice of
1/2 lemon to get your digestion started

GREENS

red swiss chard (about 3 bunches)
small spinach clamshell
Fresh kale at least 15 leaves

FRUITS

frozen blueberries (2 cups)
frozen bananas (1)
kiwi (1)
frozen mango (2 cups)
frozen pineapple (1 cup)
lemon (1)
tangerines (6)
oranges (2)
fresh pineapple

ROOTS

fresh ginger
large beet

MISCELLANEOUS

raw almonds
flaxseeds

LIQUIDS

pure water (filtered, non-
carbonated)
almond milk



NIGHTTIME SMOOTHIES

INTERVAL 3 SHOPS DAYS 21-30

Start each morning with 8 oz fresh water with the juice of
1/2 lemon to get your digestion started

GREENS

Large clamshell spinach (1)
kale leaves (25)

FRUITS

frozen bananas (5)
frozen blueberries (10 cups)
avocado (3)
lemons (6)
fresh blueberries (5 cups)

rolled oats

HERBS

lavender flowers or dried
lavender

MISCELLANEOUS

almond butter
raw almonds
tart cherry juice
chamomile tea
non-carbonated fresh water

POWDERS

ashwaghandha



NIGHTTIME SMOOTHIES

INTERVAL 3 GREEN RECIPES DAYS 21-30

Start each morning with 8 oz fresh water with the juice of 1/2 lemon to get your digestion started

HEALING GIVE IT A REST

5 c fresh kale
2 c fresh frozen blueberries
3 c water
1/2 avocado
1/2 t lavender flowers if dried (or 1 t if fresh depending on your taste)
1 lemon, juiced
1 t ashwagandha powder

BEDTIME SMOOTHIE

1/4 c rolled oats, uncooked
1 c spinach fresh
1/2 c chamomile tea brewed and cooled
1/2 c tart cherry juice
1 banana, frozen
1 T almond butter

PS One of the best ways to relax is with natural lavender. I love the smell and taste of lavender. It is so relaxing. I also use lavender pillows for my eyes while sleeping or a drop a few drops on my pillow for a relaxing evening. Here, I added it for taste. Lavender lemonade is also a winner. ' Lemon is added to give it a zing.

DIRECTIONS

Healing Give It a Rest

Place all ingredients in a high-speed blender (preferably) and blend until smooth

Bedtime Smoothie:

Place uncooked oats in blender. Blend until finely ground. Add spinach, chamomile tea, cherry juice, bananas, and almond butter to the blender. Puree until smooth.
Enjoy!



NIGHTTIME SMOOTHIES

INTERVAL 3 GREEN RECIPES DAYS 21-30

Start each morning with 8 oz fresh water with the juice of 1/2 lemon to get your digestion started

SLEEPY TIME SMOOTHIE

5 c fresh kale
2 c fresh frozen blueberries
3 c water
½ avocado
½ t lavender flowers if dried (or 1 t if
fresh depending on your taste)
1 lemon, juiced
1 t ashwagandha powder

SHOPPING LIST

kale 5-6 leaves
avocado (1)
lavender flowers
lemon (1)
Ashwagandha

PS

PS One of the best ways to relax is with natural lavender. I love the smell and taste of lavender. It is so relaxing. I also use lavender pillows for my eyes while sleeping or a drop a few drops on my pillow for a relaxing evening. Here, I added it for taste. Lavender lemonade is also a winner. '

Lemon is added to give it a zing and honey is optional.



GOOD FOOD

INTERVAL 3 SALADS/SOUPS/BOWLS SHOPPING LIST DAYS 21-30

Start each morning with 8 oz fresh water with the juice of
1/2 lemon to get your digestion started

VEGETABLES

carrot pulp (4 cups)
mixed greens (1)
English cucumber (2)
Brussels sprouts(12)
butternut squash (1)
green leaf lettuce (1)
yellow pepper (2)
red sweet peppers (3)
roma tomatoes (10)
purple cabbage (1)

NUTS/SEEDS

raw cashews
raw almonds
pumpkin seeds

MISCELLANEOUS

pure maple syrup

HERBS/SPICES

fresh cilantro
fresh basil
fresh sage
nutritional yeas
kelp granules
onion powder
bay leaf
turmeric
pink salt/celtic salt

PRODUCE

lemon (1)
lime (2)
celery
cherry tomatoes (2 pints)
mandarin oranges (3)
fresh garlic (2 bulbs)
red onion (2)
sweet onion (2)

CANS

olives
chickpeas
low fat coconut milk

DRY

black beans (1 lb)
brown rice
Ezekiel bread

black salt (optional)
dried basil
dried tarragon
dried oregano
cinnamon
chili powder
cumin powder
black pepper/turmeric
vegan bouillon cubes



Clean & tasty

Green Mango Bowl

INGREDIENTS

2 c spinach, organic
1 1/2 c frozen mango chunks
1 frozen banana, chopped
1/2-1 c non-dairy milk
1 t moringa powder
juice of 1/2 lemon
Toppings
5 T chia seeds, divided
4 strawberries, sliced, divided
1/2 c blueberries, divided
2 T coconut flakes, divided
1/2 c almonds, divided
1/2 c granola, divided

DIRECTION

Put all ingredients in a high speed blender in the order listed and blend smooth, but maintain a stiff texture. Put the mixture in 2 bowls and divide toppings between the two bowls.

*Preferable to make your granola or a low fat granola without canola oil.

SERVING

2

TIME

15 MINS

LEVEL

easy



INGREDIENTS

4 cups rolled oats
 $\frac{3}{4}$ c flax seed, ground
 $\frac{3}{4}$ c almond flour
 $\frac{1}{2}$ c sunflower seeds
1 c chopped or sliced almonds
 $\frac{1}{2}$ c chopped pecans
 $\frac{1}{2}$ t salt
 $\frac{1}{2}$ c maple syrup
 $\frac{1}{2}$ c honey
 $\frac{1}{4}$ c coconut oil, melted
2 T ground cinnamon
1 T cardamon
1 T vanilla extract
1 T almond extract
 $\frac{1}{2}$ c freeze dried blueberries, unsweetened
cranberries or other unsweetened dried fruit,
optional
 $\frac{1}{4}$ - $\frac{1}{2}$ c flaxseeds



DIRECTIONS

Preheat the oven to 325 degrees F (165 degrees C). Line two large baking sheets with parchment paper.

Combine the oats, ground flax seed, sunflower seeds, almonds, pecans, and walnuts in a large bowl. Stir together the salt, maple syrup, honey, melted coconut oil, cinnamon, cardamon, vanilla and almond then pour over the dry ingredients, and stir to coat. Spread the mixture out evenly on the baking sheets.

Bake in the preheated oven until crispy and toasted, about 15 minutes. Stir once and continue baking 10 more minutes. Cool for 10 minutes then stir in the flaxseeds and blueberries before storing in an airtight container.

Doc's Granola

LEVEL
moderate

TIME
45
mins

SERVING
MULTIPLE



PS I always purchased granola and it was always expensive. Then one day, I looked at the ingredients and said, "wow, I can make this myself!" Then, I did. I use freeze dried blueberries, but you can certainly use any fruit you like. I put the flax seeds in after the mixture is almost cooled to ensure that the omega 3s in the flaxseeds are untainted. It is a delicious part of breakfast, brunch or even desert. Store in an airtight container. I keep mine in the fridge. Make a batch and enjoy!

If you want to cheat, you can use Pure Elizabeth Original granola. It is a delicious alternative, but can be expensive.





Chickpea Chick'un Salad

INGREDIENTS

2 15 oz can garbanzo beans, smashed

1 1/2 t chicken-like seasoning

2 T nutritional yeast flakes

¼ c sweet onion, chopped

1 t dried tarragon

1 t ground garlic

1 t onion powder

1 t dried basil

1 1/2 t black salt

1-2 organic tomatoes, chopped

salt to taste

**cashew mayo amount based on your
preference**

DIRECTIONS CHICKPEA CHICK'UN SALAD

Drain and rinse the beans. Smash the beans in a bowl and add seasonings

Mix well. Add ½ c cashew mayo (see recipe) and combine well

Spread on gluten-free bread, add 2 lettuce leaves tomato, cucumber and enjoy!

***spread on Ezekiel bread, gluten-free crackers or fresh vegetable sticks.**



INGREDIENTS

1 c raw cashews soaked and rinsed

½ c water

2 t ACV

2 t lemon juice

¾ t pink salt

1 large clove garlic

1 t smoked paprika

dash cayenne pepper

DIRECTIONS CHICKPEA CHICK'UN SALAD

Mix all ingredients in a high speed blender until cream. Transfer to a small mason jar. Store up to 5 days



Cashew Mayonnaise



Carrot Tuno

The carrot pulp is the perfect texture to pull off this mock tuna. You can be creative and add your own touch.

INGREDIENTS

2 cups carrot pulp, drained
3 T cashew mayonnaise
2 ½ T nutritional yeast flakes
4 t kelp granules (dulse works also)
1 celery stalk finely chopped
1 small onion, finely chopped
1 t dried basil
2 dashes turmeric
⅛ t salt

DIRECTIONS CARROT TUNO

Add 2 cups carrot pulp to a bowl. Add kelp granules, celery onion, turmeric, nutritional yeast, salt and pepper and combine well. Refrigerate for about 30 minutes (optional) and serve on a bed of lettuce as a nice lunchtime meal.





INGREDIENTS

1 cup of raw unsalted cashews, soaked and rinsed
1/2 c water
2 t of apple cider vinegar
2 t of freshly squeezed lemon juice
3/4 t pink Himalayan sea salt
1 large garlic clove



DIRECTIONS CASHEW MAYO (2)

Begin by preparing the cashews for blending by soaking. The quick method is to soak your cashews in hot water for at least 20 minutes.

Drain and rinse the cashews and add them to a blender along with the rest of the ingredients. Blend until smooth and a bit fluffy. Refrigerate to thicken.

It will also thicken up a bit more once it has chilled... it's amazing. Store your in a sealed container in the fridge for up to about a week or even a little longer - it keeps well.

A close-up photograph of a bowl of black bean soup. The bowl is bright yellow and hexagonal. The soup is a dark, rich brown color, filled with numerous black beans. Some beans are whole, while others are broken apart. There are also some translucent, gelatinous pieces of food, possibly onions or carrots, visible in the soup. A small garnish of fresh green cilantro leaves is placed in the center of the soup. The bowl is sitting on a light-colored, textured surface, possibly a tablecloth or placemat. The background is slightly out of focus, showing a light blue and white patterned surface.

Black Bean Soup

DIRECTION

In a bowl soak overnight the beans with enough water

In a pot sauté the onion and garlic. Add the overnight soaked black beans to the pot and cover with water. Bring it to boil and simmer until the beans are soft.

Finish with chopped cilantro and season with salt to taste.



Black Bean Soup

INGREDIENTS

1 pound (16 ounces or scant 2 ½ cups)
dried black beans*

1 medium red onion, chopped

4 medium cloves garlic, peeled and
smashed

2 bay leaves

1 t sea salt

1 t ground cumin

6 c water**, more if needed

2 T finely chopped cilantro, optional

1 T lime juice



Cilantro Brown Rice

DIRECTION

Rinse rice in 2-3 changes of water. In a deep skillet or boiler, dry saute rice over medium heat for 5 minutes stirring constantly to prevent burning. This keeps the rice kernels from getting too fat and mushy. Add water, bay leaf and salt. Boil according to package directions about 30 minutes. When complete add, lemon and lime juice. Allow to cool slightly and add fresh cilantro.

Cook's note:

I like for the water to be about 1 inch above the rice. For rice that is less firm add a little more water.



Cilantro Brown Rice

INGREDIENTS

1 ½ cups long-grain brown rice or brown basmati rice, rinsed

3 c water

1 bay leaf

¼ cup chopped fresh cilantro

2 tablespoons lime juice (from about 1 lime)*

1 ½ teaspoons lemon juice (from 1 small lemon)

½ teaspoon fine sea salt





Black Bean Bowl

DIRECTION

Prepare each component according to directions (the beans will take the longest, approximately 1 to 2+ hours on the stove, but all of the components will keep well if made in advance).

When you're ready to serve, divide the rice into bowls. Top with a generous portion of black beans, kale, tomatoes, avocado and onions. Finish it off and a dollop or two of chimichurri sauce.



Black Bean Bowl

INGREDIENTS

Left over black beans, (see recipe-beans, beans! Good for your heart)

Cilantro Lime Brown Rice

2 c raw organic kale

½ red onion, sliced

toasted pepitas (green pumpkin seeds)

1 avocado, sliced

cherry tomatoes, halved (not pictured)

chimichurri sauce



DIRECTION

Place all ingredients in the blender combine well. Sprinkle with chili peppers.



Chimichurri Sauce

INGREDIENTS

- 1 bunch fresh cilantro or 1 c packed***
- ½ c fresh flat-leaf parsley, packed***
- 2 T fresh oregano* (about 3-4 sprigs, leaves released)**
- 2 T fresh basil***
- 3 large garlic cloves**
- 2 T fresh lime juice (about 2 juicy lime)**
- ½ small avocado**
- 1 T apple cider vinegar**
- ¼ water**
- ½ t salt**
- 1 t crushed red pepper (optional)**

DIRECTION

Place all ingredients in the blender combine well.
Sprinkle with chili peppers.



Guacamole INGREDIENTS

- 1 bunch fresh cilantro or 1 c packed*
- ½ c fresh flat-leaf parsley, packed*
- 2 T fresh oregano* (about 3-4 sprigs, leaves released)
- 2 T fresh basil*
- 3 large garlic cloves
- 2 T fresh lime juice (about 2 juicy lime)
- ½ small avocado
- 1 T apple cider vinegar
- ¼ water
- ½ t salt
- 1 t crushed red pepper (optional)

Clean & tasty

Healing Cucumber Salad

INGREDIENTS

4 roma tomatoes

1 English cucumber

½ medium red onion

1 can jumbo black olives 1 small clove fresh garlic

1 T ACV

1 T Bragg's amino acids or coconut aminos

1-2 T water if using Bragg's

½ dried oregano

1 t ground garlic

pepper to taste

Chop tomatoes and cucumber into bite sized pieces and slice the olives and onions. Toss in minced garlic and season with ACV, aminos, oregano, garlic and water (if needed--amino acid can be a little salty, not so with coconut aminos. Toss together and enjoy!



Clean & tasty

Roasted Roma Tomato and Red Pepper Soup

INGREDIENTS

6 organic roma tomatoes

1 carton organic cherry tomatoes

1 organic yellow pepper, cut lengthwise, seeds and veins removed

1 organic red pepper, cut lengthwise, seeds and veins removed

6 garlic cloves

3 stalks of basil

2 organic sweet peppers

~~Preheat oven~~ Preheat oven to 400 degrees. Roast together tomatoes, peppers, garlic and basil for 20 minutes. Discard charred basil. Blend all roasted vegetables until smooth in a blender adding a 3 leaves of fresh basil. Serve hot.

PS This is one of the easiest soups I have ever made. I washed and halved the tomatoes. Tomatoes are so good for you with over 10,000 phytonutrients including lycopene and vitamin C. These along with peppers and fresh basil were first roasted while I dressed. When I finished getting dressed for work I went back down and put it in my high speed blender and voila! Tonight's dinner!



Clean & tasty

Roasted Butternut Squash and Sage Soup

INGREDIENTS

SERVINGS 4-6

1 large butternut squash

3 large garlic cloves, minced

1 c coconut milk

1 T pure maple syrup

¼ t ground cinnamon

2 T fresh sage, coarsely chopped and divided

Water to desired consistency start with 1 c slowly added

salt to taste

pumpkin seeds for garnish

crema for garnish

Preheat oven to 425 degrees. Toss squash, oil, salt, garlic and sage in a large pyrex baking dish. Bake until light gold and tender about 40 minutes. Let cool.

When the roasted butternut squash is cool enough to handle, place the flesh in a blender along with second teaspoon of sage. Add coconut milk and maple syrup to the blender and blend until completely smooth. Transfer the soup to a saucepan and heat it, stirring frequently, until hot.

Use fresh sage leaf and sprinkle of cinnamon for garnish. Serve hot!



Clean & tasty

Healing Carrot Ginger Soup

INGREDIENTS

3 c baby carrots
2 c fresh kale
1 t onion powder
1 t turmeric
½ t ground cumin
1 T sweet onion, finely chopped
1½ inch ginger
2 T cashews
the juice of ½ fresh lime (whole lime if dry)
salt

Put all ingredients in a high speed blender and blend until smooth. It will heat in the container after about 5 minutes if you have a vitamix. You will have to blend longer to smooth if you do not have a high speed blender.



Clean & tasty

CITRUS SALAD

INGREDIENTS

1 clamshell of mixed greens
1 c cherry tomatoes
1 c cucumber, diced
1/2 c mandarin oranges
1/2 c raw almonds

Citrus Dressing

2 mandarin oranges, peeled
1 large garlic clove
1 T coconut oil, melted
1/4 c amino acids
1/4 c organic ACV

Assemble washed and dried ingredients. Layer each ingredient so that each layer will be filled with yumminess.



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Citrus Salad Dressing

INGREDIENTS

Citrus Dressing

2 mandarin oranges, peeled

1 large garlic clove

1 T coconut oil, melted

1/4 c amino acids

1/4 c organic ACV

Assemble washed and dried ingredients. Make dressing by placing all items into a food processor. Adjust taste to your liking if needed.



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Healing All-In Salad

INGREDIENTS

15 oz organic chickpeas
3 cups raw kale (~3 leaves)
¼ purple cabbage, thinly sliced
12 fresh brussels sprouts, thinly sliced
½ c green leaf lettuce, sliced
6 oz black olives, sliced
¼ thinly sliced red onion
dulse flakes (optional)

Toss all salad ingredients together and put aside. In a small food processor, mix together dressing ingredients and pour over salad. Sprinkle Dulse flakes on top particularly if there is hypothyroid disease or slowed metabolism.



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Tangy Salad Dressing

INGREDIENTS

4 T lemon juice
¼ raw cashews, soaked, rinsed
2 large garlic cloves
3 T maple syrup
3 T Apple Cider Vinegar (with the mother)
1 t dried basil
¼ t smoked paprika
2 pimento seeds (allspice seeds) crushed
1 t salt

Prepare cashews by covering with boiling water for about 15-20 minutes. Rinse and then place in blender with all the other ingredients in a high speed blender and blend smooth. Add ½ c water or to your desired consistency. Less if you want it thicker. Mine is more of a vinaigrette. Serve over your favorite salad.





DIRECTION

Wash and dry kale with salad spinner if available. Remove kale from its stem (can use stem for a vegetable broth with other vegetables) and put into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Massage kale with cheesy sauce.

Sprinkle with nutritional yeast flakes to finish, Place in dehydrator for 12-24 hours. Alternatively, Preheat an oven to 300 degrees. Line a cookie sheet with unbleached parchment paper. Bake until the edges brown but are not burnt, 10 to 15 minutes. Watch closely. Remove ones that are crispy and put bake any that require more baking for 3-5 minutes. Personally, the dehydrator works best, but you will still have a tasty result in the oven.



Savory Kale Chips

INGREDIENTS

1 bunch of kale
1 T nutritional yeast flakes
cheesy sauce

"Cheesy Sauce"

2 c raw cashews, soaked
2 T nutritional yeast flakes
2 T smoked paprika
1-2 garlic cloves
1 T amino acids
1 T apple cider vinegar with the mother
juice of 1 lemon
1 t red pepper flakes, optional

INGREDIENTS

Organic apples 1 or 2, sliced

Almond butter 1-2 T

(you can make your own or you can purchase almond butter with nothing added.

APPLES AND ALMOND BUTTER SNACK

DIRECTIONS

Spread almond butter on your apple slices and enjoy!

Great snack!





INGREDIENTS

1 c blueberries

¼ c raw almonds

BLUEBERRIES AND ALMONDS SNACK

DIRECTIONS

**Combine blueberries and almonds for a
delicious pick me up.**

Great snack!



Though all of the smoothie recipes are found in Reverse it!, we have tried to make it easier here for your shopping pleasure. We have picked some of our favorite recipes for you to choose from, but you can choose any that you like from the book. Our goal is to not focus on the sugar, but more on the fiber. As such, this is a good time to use some of the pulp that we saved from juicing. However, you will only need about a 1/4 cup size of the fiber since it is more concentrated in the pulp. Make sure to drink plenty of water-1/2 body weight in ounces.

Spirulina is a sea vegetable that is full of nutritional gifts. It is a great source of protein, 60% protein as a matter of fact. This is more than 2 times the protein found in red meat. It is also a great source of phytonutrients, iron, manganese, B vitamins, iodine (great for those with low functioning thyroid), potassium, copper and gamma-linolenic acid (GLA). It is a detoxifier and can even detox heavy metals including mercury.

Spirulina also has anti-cancer properties, lowers cholesterol, lowers blood pressure, it is anti-fungal and boosts energy and even promotes weight loss. Moreover, it is a booster of your immune system. Who doesn't need that?

Spirulina is said to be able to end world hunger in small children within a few weeks with just 1 gram per day, according to economist Urs Heierli, PhD.

It is usually green, but you can find it in a beautiful blue color as well. It makes incredibly beautiful breakfast bowls. You can easily add in Spirulina to your smoothies or smoothie bowls.

I think it is a good idea to freeze your fruit so the smoothies come out nice and cold. This is optional. I like mine cold.

As you can see, we are slowly introducing foods that we recommend to be in permanent rotation in your pantry as they will pack in nutrition to your meals.

Monitor your waist line, your weight, blood pressure and blood sugar, if applicable. Comment in the Facebook group.