

Dr. Ritamarie's

GUT

REVITALIZING

EASY

ENERGIZING

NATURAL

CLEANSE



**THE G.R.E.E.N. CLEANSE
COMMUNITY RECIPE COLLECTION**

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DrRitamarie@DrRitamarie.com

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If you enjoy the information in this program, we would like to encourage you to show your support by sharing your testimonial with us, sharing our website with your friends and family, and supporting our continued work by considering our other programs and products.

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About The GREEN Cleanse Program

This material is part of the **GREEN Cleanse Program** which is a step-by-step method for giving your body a refreshing cleanse that will help restore your energy and reduce your toxicity. Program members have access to a complete website of resources, modules, and materials developed to help heal their conditions.

www.GREENCleanseProgram.com

This e-book provides delicious recipes you can use to supplement the recipes in the *GREEN Cleanse Recipe Collection* and beyond the program.

1. Guided Coaching Through a 7-Day Cleanse

You will have a proven step-by-step, day-by-day plan to follow — and you'll get to customize the cleanse to account for your unique needs by choosing the Light, Standard, or Deep Cleanse option. The habits and education you'll learn during your week of cleansing will be invaluable tools for long-term health.

2. Implementation Tools to Simplify New Habits

With menus to follow, recipes, gut healing protocols, cleansing tips, and de-stress strategies, there's no more guessing about what to eat or what to do.

3. Support and Accountability that Goes Above and Beyond

With loving support and guidance every step of the way, you'll be able to stay on track when temptations threaten to sabotage your success. Even with the best of the best tools and training, it's hard to implement new behaviors and create new habits without support. That's why a strong system of support is built into the *GREEN Cleanse Program* to accelerate your success.

For more details on the benefits of becoming a *GREEN Cleanse Program* member, please visit:

www.GREENCleanseProgram.com

Introduction to the Community Recipe Collection

We are ever so grateful to the generous, wonderful, and creative members who shared their green smoothies, soups, and personal tips and notes with us. Along with a number of my own additional recipes, we've created a community collection of recipes sure to keep you blending and bursting with energy.

Please keep in mind that since these recipes were contributed by members, they may occasionally contain some ingredients that I don't recommend (like agave, etc.). As with any recipe, you can make substitutions with stevia for sweetness or with ingredients that are handy and available.

Enjoy the journey!

A handwritten signature in black ink, appearing to read 'Rita S', with a stylized flourish at the end.

Dr. Ritamarie

P.S. If you would like to contribute a recipe that could be added to a future edition of this GREEN Cleanse Community Recipe Collection, please e-mail your contribution to helpdesk@drritamarie.com. Please put "GREEN Cleanse recipe contribution" in your subject line. If you happen to have a good quality photo of your creation you're willing to share, we would love to add those to our e-book. Thank you!

Smoothies with Fruits

Avocado Mango Surprise

By Zcoach

Ingredients:

- 1/2 large avocado
- 1/2 mango
- 1/3 large banana
- 1/3 medium cucumber
- 1 handful of parsley
- 1 small tomato
- 1/3 - 1/2 medium red pepper
- 2 - 3 leaves of collard greens
- 1 small handful of kale
- 1 large handful of spinach
- 1 small handful of mixed sprouts
- 1 clove garlic
- 1/2 lemon, juice of
- 1/2 lime, juice of
- dash of chives
- dash of dill
- 16 - 20 ounces of water

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Baja Green Smoothie

By Tonyacole

Ingredients:

- 1 bunch of romaine lettuce
- 1 cup fresh pineapple
- 1 lime, juice of
- 1 handful of cilantro

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Black Tang Energy

By Dr. Ritamarie

Ingredients:

- 1 lemon, juice of
- 1 lime, juice of
- 1 head of romaine lettuce
- 2 teaspoons mint, dry
- 2 small apples
- 1 frozen banana
- 6 leaves kale
- 1/2 teaspoon bladderwrack (a sea weed also known as “black tang”)
- 1/2 pound spinach

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: Bladderwrack is a form of kelp with a high iodine content that has been used for the stimulation of the thyroid gland as a treatment for obesity and cellulite.

Blackberry Greens

By Dr. Ritamarie

Ingredients:

- 1 cup frozen blackberries
- 1 cup red grapes
- 1 plum
- 2 - 3 handfuls mixed greens
- 1 lemon, juice of
- 1 teaspoon kelp powder
- 1-inch piece of ginger
- springs of fresh mint, to taste

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Blue Mint Delight

By Dr. Ritamarie

Ingredients:

- 1/3 pineapple
- 1/2 bag frozen blueberries
- 2 - 3 cups spinach
- 1/2 teaspoon dried mint (or a few sprigs fresh)

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Blue Sunflower

By Dr. Ritamarie

Ingredients:

- 1/2 pineapple
- 1 bag frozen blueberries
- 1 tub of sunflower greens (purchased at **Whole Foods**)

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Blue-Pin-Ba Green Smoothie

By Dr. Ritamarie

Ingredients:

- 1 bag frozen blueberries (12 ounces)
- 1/3 bunch collard greens
- 1/3 bunch kale
- 2-3 handfuls spinach
- 1/4 of a pineapple, skin removed
- 1 - 2 bananas (I used frozen)
- 1 lemon peeled
- 1 cup water (or more if you like it thinner)

Directions:

Blend well.

Personal Note: This makes a full Vita-mix so cut the recipe in half for smaller blenders.

Breakfast Smoothie

By Jacqueline

Ingredients:

- 2 cups frozen strawberries (approx.)
- 1 medium banana
- 1 thick slice of ginger
- 1 head of romaine lettuce
- 1 1/2 cup of water (I like my smoothies thin)

Directions:

1. Place all ingredients in a blender and blend until smooth and creamy.
2. Add more water if it is too thick.

Bright Green Balancing Act

By Katherine

Ingredients:

- 1 mango
- 1 orange
- 1/2 pear
- 1-inch slice of pineapple
- 1/2 - 1 bunch kale
- 2 tablespoons of dried kelp pieces (to taste)
- lemon juice (to taste)

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Cherriettes of Green

By Dr. Ritamarie

Ingredients:

- 1/2 small bag frozen peaches
- 1 small bag frozen cherries
- several handfuls baby spinach
- a little water to move the blades, or more for a thinner smoothie

Directions:

1. Place all ingredients in a blender and blend until smooth and creamy.
2. Add more water if it is too thick.

Personal Note: I made it thick and ate it with a spoon. Very yummy.

Cher-Mango Green

By Dr. Ritamarie

Ingredients:

- 1/2 pound spinach
- 4 leaves kale
- 1 small bag frozen cherries
- 1/2 bag frozen blueberries
- 1 frozen banana
- 1/2 bag frozen mango

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Cherry Peach SubLime

By Dr.Ritamarie

Ingredients:

- 1 bag frozen peaches
- 1 bag frozen cherries
- 8 cups spinach
- 1 whole lime, juice of
- 2 cups water

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Cin-ple Pear

By Dr. Ritamarie

Ingredients:

- 2 pears
- 1 apple
- 1 bunch of spinach (perhaps 1/4 to 1/3 of a pound)
- 1 teaspoon cinnamon
- water as needed to blend

Directions:

1. Place all ingredients in a blender and blend until smooth and creamy.
2. Add more water if it is too thick.

Dandy Tropical Delight Smoothie

By Dr. Ritamarie

Ingredients:

- 1 cup pineapple
- 1 mango
- 1/2 bag frozen peaches
- 1/2 bag frozen cherries
- 1 - 3 handfuls of spinach
- 1 handful of dandelion greens

Directions:

1. Place all ingredients in a blender and blend until smooth and creamy.
2. Add more water if it is too thick.

Dark Chocolate Cherry Bliss

By Seos

Ingredients:

- 1 bag frozen cherries
- 1 handful of raw cacao nibs (I'm still playing with what is the perfect amount)
- 1/2 cup shredded coconut
- 2 handfuls of spinach
- water as needed to get the cherries going in the blender

Directions:

1. Place all ingredients in a blender and blend until smooth and creamy.
2. Add more water if it is too thick.

Personal Note: I added a little too many cacao nibs and it was a tad bitter, so I put in a teaspoon of agave nectar.

Dessert Smoothie

By Dr. Ritamarie

Ingredients:

- 2 cups frozen mango
- 1 cup frozen strawberries
- 1 frozen banana
- 5 cups spinach
- 1/2 cup water

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

"Dreamy" Green Smoothie

By 29tomygrave

Ingredients:

- 1/3 fresh, sweet pineapple
- 1 small sized papaya
- 2 - 3 frozen bananas
- 2 handfuls spinach
- 1 cup water

Directions:

1. Blended it in my Blendtec blender until there was no grassy look to it.
2. Poured the lovely green into 2 16 oz size and 1 12 oz size glasses to enjoy.

Figgy Pina Strawlada

By Dr. Ritamarie

Ingredients:

- 1 1/2 cups strawberries
- 1 1/2 cups pineapple
- 1 cup figs
- 3 handfuls spinach
- 1 handful sunflower greens
- 1 teaspoon kelp powder
- 2 - 3 sprigs fresh spearmint

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: To make this recipe a “liver lover” version, add a handful of dandelion greens and juice from half a lemon. It’s a bit more bitter, but pleasant nonetheless.

Gingery Peach

By Dr. Ritamarie

Ingredients:

- 3 ripe, fresh peaches
- 1/4-inch slice ginger
- 2 - 3 handfuls spinach
- 1 teaspoon kelp powder

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Hot Detox Smoothie

By Dr. Ritamarie

Ingredients:

- 1 bag frozen tropical fruit
- 1/4 large tub of spinach
- 1 handful of dandelion greens
- 1 sliver of jalapeño
- water

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Hot n' Tropical

By Dr. Ritamarie

Ingredients:

- 1/3 pineapple
- 1/2 papaya
- 1 mango
- 2 limes
- 1/2-inch piece ginger
- 1 bunch kale
- 1 stalk celery
- 1/2 cucumber

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Katherine's Wednesday Smoothie

By Katherine

Ingredients:

- 1 mango
- 1 orange
- 1-inch slice of pineapple
- 1 bunch kale
- kelp, to taste
- lemon juice, to taste
- 1/2 pear

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Lamb-ango Papaya Green Smoothie

By Dr. Ritamarie

Ingredients:

- 1 large mango
- 1/2 very large papaya (equivalent to one regular sized one)
- 2-inch thick piece of pineapple
- 1 handful parsley
- 1 head of kale
- 1 handful lamb's quarters
- 1/2-inch piece of ginger
- 1 lemon

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Lemon Breakfast Delight

By Dr.Ritamarie

Ingredients:

1 apple
2 pears
2 handfuls sunflower greens
2 - 3 handfuls of kale
1 whole peeled lemon
1 pinch of cardamom
cinnamon, to taste
water as needed

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Mango Parsley Smoothie

By Michelle

Ingredients:

- 1 bunch of Italian parsley (I use flat leaf)
- 1 small bag of frozen mango
- 1 or 2 cups of water

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Mango Parsleyberry Delight

By Dr. Ritamarie

Ingredients:

- 2 mangos
- 1 bunch parsley
- 1 cup strawberries
- 1 lime, juice of

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Mango-Parsley Pudding

By Georgina

Ingredients:

- 2 large mangoes
- 1 bunch parsley
- 2 cups water

Directions:

Place all ingredients in a blender and blend until smooth and creamy.

Personal Note: It leaves a wonderful, fresh taste in the mouth.

Mango & Spinach

By Georgina

Ingredients:

- 1 mango
- 200 grams spinach

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Minty Cherry Green

By Dr. Ritamarie

Ingredients:

- 1 small bag frozen cherries
- 1 handful kale
- 1 handful sunflower greens
- 1 handful romaine lettuce
- 1 teaspoon vanilla extract/flavor
- 1/2 lime, juice of
- 2 - 3 sprigs, fresh mint (or to taste)
- water

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Morning Smoothie

By Zcoach

Ingredients:

- pear
- mango
- banana
- spinach
- celery
- mixed sprouts
- kale
- ginger

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: I didn't write down the exact recipe for this so vary the ingredients to your personal taste.

Nopalito Smoothie

By Aces

Ingredients:

- 4 oranges, juice of (about 1 1/2 - 2 cups) depending on desired sweetness
- 3 - 4 cups of spring lettuce mix
- 3 - 4 cups of baby spinach
- 3 stalks of celery with top leaves
- 1 cup of papaya (ripe)
- 1/2 - 3/4 cup of nopal cactus (aka "prickly pear")

Directions:

1. Blend the spring mix and spinach first.
2. Then add celery, papaya, and last of all the nopal.
3. You may want to decrease orange juice and add some water.

Personal Note: I buy nopal cactus in bags already chopped up.

Orangey-Kale Blueberry Thirst Buster

By Dr.Ritamarie

Ingredients:

- 1 orange
- 1 bag frozen blueberries
- 1 1/2 frozen bananas
- 1 full bunch of kale
- 1-inch slice of ginger
- 1 - 2 cups water

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Papaloupe Green Dream

By Deannacg623

Ingredients:

- 2/3 whole papaya - slightly overripe
- 2/3 whole cantaloupe - slightly overripe
- 1 - 2 heads of romaine lettuce

Directions:

1. Juice the overripe fruits first with a little bit of water (1/4 cup or less).
2. When combined, add in lettuce and blend.
3. Enjoy!

Parsleycado Delight

By Metta

Ingredients:

- 1 small bunch parsley
- 4 large celery stalks
- 1 large ripe pear
- 1/2 of a large avocado

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

PBS Smoothie

By Dr. Ritamarie

Ingredients:

- 1/3 of a pineapple
- 1 frozen banana
- 2 cups spinach

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Peacherrrie Green Smoothie

By Dr. Ritamarie

Ingredients:

- 1/2 lb baby spinach
- 1/2 small bag frozen peaches
- 1 small bag frozen cherries

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Pear of Hearts

By Dr. Ritamarie

Ingredients:

- 2 pears
- 2 heads of romaine hearts
- 1/2 teaspoon cinnamon (approx.)
- 1 splash of lemon juice

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Pearugula

By Georgina

Ingredients:

- 2 pears
- 100 grams arugula (aka, "rocket")
- 1 handful of hazelnuts

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: I find that the hazelnuts balance the bitterness of the arugula; however, for the cleanse week the nuts should be omitted. Maybe adding another pear would fill the void of the hazelnuts. I tried this smoothie with watercress too, and it is absolutely great. I only used about 80 grams watercress as it has a strong flavor.

Persimmony Spinach Smoothie

By Dr. Ritamarie

Ingredients:

- 2 persimmons
- several handfuls spinach
- a splash of lemon juice
- a little water

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Pina-Grapefruit Smoothie

By Terytunz

Ingredients:

- 1/2 pineapple
- 1 shaved grapefruit
- 4 ice cubes and/or water as needed for blending

Directions:

1. In your blender, combine ingredients and desired water (ice cubes will help prevent too much heat build up in high powered blenders).
2. Use as much of the white under-skin of the grapefruit as possible, since this is where all the bioflavonoids are.

Personal Note: This drink can be a little bitter from the grapefruit, but it is wonderful for any inflammatory conditions such as arthritis or joint pain if you have some every day, especially in the morning.

Pina-Mango Smoothie

By Terytunz

Ingredients:

- 1/2 pineapple
- 2 mangoes
- 4 ice cubes and/or water as needed for blending

Directions:

1. In your blender, combine ingredients and desired water. Wow! Very tropical!
2. Add some organic coconut, and you have a Pina-Mango Coloda!

Pineapple Tip: Wait for your pineapple to ripen, then use a paper towel to twist off the top and discard. Soak the pineapple for 10 minutes in lukewarm water and veggie/fruit-wash. Scrub with a stiff brush. Repeat. Turn the pineapple upside down and use a very sharp knife to shave off the leathery spines, which are what leave the woody debris in the smoothie.

Pome-Green-It

By Seos

Ingredients:

- pomegranate
- kiwi
- banana
- blueberries
- celery
- spring mix of greens

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: I didn't write down the exact recipe for this so vary the ingredients to your personal taste.

Rise and Sunflower Shine

By Dr. Ritamarie

Ingredients:

- kale
- sunflower sprouts
- romaine lettuce
- frozen cherries
- fresh mint
- vanilla flavor/extract

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: I didn't write down the exact recipe for this so vary the ingredients to your personal taste.

Saturday Smoothie

By Dr. Ritamarie

Ingredients:

- 1/2 pineapple
- 1 small bag frozen cherries
- 4 cups spinach
- 1 teaspoon vanilla extract/flavor

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Simple Pleasure

By Dr. Ritamarie

Ingredients:

- 1/2 pineapple
- 1 mango
- 3/4 of a large container of baby spinach

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Slurp for Sore Eyes

By Stacey Terry

Ingredients:

- 1 banana
- 1 pint fresh blueberries
- 1 handful green grapes
- 1 small fennel (greens and bulb)
- 2 handfuls spinach
- water (or ice) as needed for blending

Directions:

1. Combine fruit and water and blend until smooth.
2. Add your greens a handful at a time and blend in between.
3. Do a final blend to get a smooooooth finish.

Personal Note: This green smoothie recipe was not only tasty... turns out this particular creation has some *real* visual appeal.

Bananas – Retina protection: I haven't tried this, but apparently you can get some extra eye mileage out of your banana peels by boiling them in water or juicing them. Use the juice or the boiled banana peel water as your smoothie base and gain some extra retina protection benefits.

Blueberries – Protection from glaucoma: Blueberry consumption may offer a great deal of protection against retinal degeneration (particularly diabetic retinopathy and diabetic cataracts). Blueberries may also offer significant protection against the development of glaucoma because of its collagen enhancing actions.

Grapes – Macular degeneration: Grapes can prevent the age related loss of vision or macular degeneration. 3 servings a day can reduce the risks of macular degeneration by over 36%.

Fennel – Points to keep an eye on: Pliny, a Roman natural philosopher, believed that fennel improved eyesight. Thus, fennel juice was used as an effective cure for defective vision, night blindness and cataract. It was the custom to wash the eyes of a new-born baby with fennel water.

Spinach – Macular degeneration: a yellow pigment in spinach, called lutein, which is plentiful in spinach has been shown to have a reputation for protecting against macular degeneration by boosting macular pigment which protects the eyes.

Sun Ginger Paradise

By Dr. Ritamarie

Ingredients:

- 1/2 pineapple
- 1 mango
- 1-inch slice ginger
- 2 handfuls spinach
- 1 handful of sunflower greens

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Sunberry Snack

By Dr. Ritamarie

Ingredients:

- 1 cup sunflower greens
- 1 cup strawberries

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Sunny Pineapple

By Dr. Ritamarie

Ingredients:

- 1/3 pineapple
- 1/2 small bag of frozen blueberries
- 3/4 container sunflower sprouts
- 1 small handful cilantro
- 1 large handful parsley
- 1 small piece ginger
- sprinkle of kelp powder

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Sweet Treat

By Dr. Ritamarie

Ingredients:

- cherries
- mangoes
- spinach
- vanilla extract/flavor

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: I didn't write down the exact recipe for this so vary the ingredients to your personal taste.

Tangerine Green

By Dr. Ritamarie

Ingredients:

- tangerines
- limes
- banana
- kale
- collard greens
- dandelion greens
- ginger
- turmeric
- galangal

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: I didn't write down the exact recipe for this so vary the ingredients to your personal taste.

Tropical Beach "2 Go"

By Dr. Ritamarie

Ingredients:

- 2 cups pineapple
- 2 cups mango
- 2 cups kale
- 2 cups water

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Tropical Fruit Greenery

By Dr. Ritamarie

Ingredients:

- 1 frozen banana
- 1 cup frozen mangoes
- 2 cups pineapple
- 1 orange
- a few sprigs fresh mint
- 2 cups kale
- 2 cups spinach
- 1 - 2 cups water

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Vanilla Cabberrie Sweetness

By Dr. Ritamarie

Ingredients:

- 1 bag frozen cherries
- 1/2 pineapple
- 2 - 3 cups green cabbage
- 6 leaves kale
- 1 teaspoon vanilla extract/flavor
- 1 celery stalk
- 1/2 lemon, juice of

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Wild Morning Smoothie

By Dr. Ritamarie

Ingredients:

- 1 bag frozen blueberries
- 1 bag mixed tropical fruit (purchased from **Whole Foods**)
- 1 frozen banana
- 1 bunch kale
- 1 handful of wild greens from the farmers market (use any you have available)
- 2 lemons, peeled
- 1-inch piece of ginger
- 2 cups water

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Smoothies with Low-Sugar Fruits (Low-Glycemic)

Celery Lime Aid

By Deannacg623

Ingredients:

- 10 key limes, hand-juiced
- 2 whole stalks of organic celery
- 6 packets of green-leaf stevia (more or less depending upon your taste)

Directions:

1. Juice the limes with a hand-juicer. Put the juice in a quart container.
2. Juice the celery in a regular juicer, preferably high-powered. Pour into same quart container as lime juice.
3. Mix and whisk to get rid of frothiness, then add in stevia.
4. Put cover on container and shake.
5. Refrigerate or drink straight over ice. (Tastes best cold!)

Ginger Lemonade

By Metta

Ingredients:

- 2 lemons, juice of
- 1-inch piece of ginger peeled and grated
- stevia

Directions:

1. Combine and blend.
2. Add water to fill the blender and sweeten to taste with stevia. Blend and enjoy!

Personal Note: I also add drops of a strong alkalizer to raise the alkalinity of all my beverages.

Granny's Green Groove

By Dr. Ritamarie

Ingredients:

- 1 bunch kale
- 1 head hearts of romaine
- 1 lemon, juice of
- 1 lime, juice of
- 1 teaspoon dried mint
- 2 small granny smith apples
- 1/2 teaspoon bladderwrack powder
- stevia as needed to sweeten

Directions:

1. Blend all ingredients until smooth.
2. Add water to desired consistency.

Grapefruit Green

By Tonyacole

Ingredients:

- 1 bunch of kale
- 1 grapefruit, juice of
- 1/2 teaspoon sea salt
- 1 cup of water

Directions:

1. Blend all ingredients until smooth.
2. Add water to desired consistency.

Parsley Delight

By Marianne

Ingredients:

- 3/4 bunch of parsley with some stems
- 1 green apple, cored
- 2 stalks celery
- water as needed to blend

Directions:

1. Blend all ingredients until smooth.
2. Add water to desired consistency.

Blended Green Drinks without Fruit (Low-Glycemic)

Dandy Cuppa Roma

By Dr. Ritamarie

Ingredients:

- 4 Roma tomatoes
- 2 stalks celery
- 1 scallion
- 2 chives
- 1/3-inch slice ginger
- 1/2-inch piece turmeric
- 1 teaspoon kelp powder
- 1 bunch kale
- 1 handful dandelion greens
- 1 lemon, juice of

Directions:

1. Blend all ingredients until smooth.
2. Add water to desired consistency.

Hot Spring Sun

By Dr. Ritamarie

Ingredients:

- 1 handful of sunflower greens
- 1 bunch kale
- 1 handful of spring mix
- 1 handful of parsley
- 1-inch piece ginger
- 1 sliver of jalapeño

Directions:

1. Blend all ingredients until smooth.
2. Add water to desired consistency.

Mexican Mixer

By Dr. Ritamarie

Ingredients:

- 2 whole tomatoes
- 1 red bell pepper
- 1 sliver of hot pepper
- 1-inch piece of fresh turmeric
- 1-inch piece ginger
- 3 scallions
- 3 celery stalks
- 1 handful of dandelion greens
- 2 handfuls kale
- 1 teaspoon kelp powder
- 1 lime, juice of
- 1 dash of chili powder
- 1 dash of cumin
- water to desired consistency

Directions:

1. Blend all ingredients until smooth.
2. Add water to desired consistency.

Savory One

By Michelle

Ingredients:

- 1 yellow pepper
- 2 or 3 tomatoes
- 5 celery stalks
- 7 romaine leaves (they were medium size)
- garlic powder, to taste
- cumin, to taste
- kelp powder, to taste
- lemon juice, a splash

Directions:

1. Blend all ingredients until smooth.
2. Add water to desired consistency.

Personal Note: It got warm in the Vita-mix and when I poured it in to my glass, I squeezed some lemon juice on the top. That really tastes like a treat!

Spicy Spinach Sipper

By Zcoach

Ingredients:

- 2 - 3 handfuls of spinach
- 1 small handful of kale
- 1 clove garlic
- 1/3 red bell pepper
- 2 stalks celery
- 1/3 of cucumber
- 4 small tomatoes
- 1-2 tablespoons of lemon juice
- 2 - 3 sprigs of fresh parsley
- 1 pinch of dill
- 1 pinch of cilantro
- 1 pinch of rosemary
- 1 pinch of turmeric
- 1 pinch of black pepper
- 2 cups water

Directions:

1. Blend all ingredients until smooth.
2. Add water to desired consistency.

Tomato Sauce in a Glass

Contributed by Marianne

Ingredients:

- 7 purple cherry tomatoes
- 1 hothouse red tomato
- 4 stalks of celery with leaves
- 3 large handfuls (about 3 cups) of spring mix greens
- 1 large stalk of green scallion
- 1 clove garlic
- 1 pinch of dried oregano
- 1 pinch of dried turmeric
- 1 lemon wedge, juice of
- 1/2 - 1 cup water

Directions:

Blend and add seasonings as desired.

Personal Note: I made this smoothie twice, the second time substituting a bunch of dandelion greens for the spring mix. This yields about 3 cups of green smoothie. The last cup poured out of the blender was thick and had many tomato seeds. So I strained out the seeds.

Zuppa Delizioso

By Katherine Enyart

Ingredients:

- 4 small tomatoes
- 2 carrots
- 1 clove garlic
- 3 scallions
- 1/2 large red bell pepper
- 2 large handfuls of spinach
- 1 handful alfalfa sprouts
- 1 squeeze of lime juice
- 1 pinch of kelp powder
- 1 pinch of basil
- 1 small pinch of oregano

Directions:

Blend in a high-powered blender until warm or add a little hot water.

Soups

Note about Fats: All soups can be made creamier by adding your choice of fat (these are optional) including choices such as:

- 1 avocado
- 2 tablespoons nut butter
- 1 tablespoon or more coconut butter
- 1 tablespoon or more tahini
- 1/4 cup soaked nuts or seeds

During the cleanse week, **omit any fats from your soup** to maximize your detox benefits.

Note about Heating: If you feel that the raw soups are too “cold,” you can gently heat up your soups to 110°F using a stove, crock pot, electric skillet, or dehydrator.

Beetango Soup

By Tinag

Ingredients:

- 3 medium sized beets
- all the beet greens with red stems attached
- 1 large handful of spinach
- 1 mango
- 1 orange (try to leave the white under the skin on)
- 1/2 cup of water (more or less)
- lime juice squeezed on top
- tabasco sauce, sprinkle
- a little sea salt

Directions:

1. Wash the beets and peel any parts that don't look so good around the top near the greens.
2. Blend all ingredients until smooth and adjust liquids to desired consistency.
3. Sprinkle a dab of tabasco sauce, lime juice, and sea salt on top.

Bell Pepper Bowl Booster

By Dr. Ritamarie

Ingredients:

- 2 cups kale
- 2 cups spinach
- 1/2 cup cilantro
- 1 stalk celery
- 1 cucumber
- 1 red bell pepper
- 1 orange bell pepper
- 1 clove garlic
- 1 sliver of jalapeño
- 1 sliver of ginger
- 1/2 teaspoon powdered kombu

Directions:

Blend all ingredients until smooth and adjust liquids to desired consistency.

Bok Choy and Basil Spice Bowl

By Dr. Ritamarie

Ingredients:

- 1 stalk mustard greens
- 1 garlic scallion
- 3 tomatoes
- 1 small head of bok choy
- 1/2 cup fresh basil
- 2 collard green leaves
- 2 cups mixed spring greens
- 1 beet
- 1 pepper (hot if desired or bell pepper for milder)
- 1 carrot

Directions:

Blend all ingredients until smooth and adjust liquids to desired consistency.

Cherry Tomato Green Soup

By Dr.Ritamarie

Ingredients:

- 8 small cherry tomatoes
- 1 large tomato
- 4 celery stalks
- 4 cups spring mix
- 2 green scallions
- 2 cloves garlic
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried turmeric
- 1 whole lime, juice of
- 3-inch piece of kombu sea vegetable
- 1/2 cup water

Directions:

Blend all ingredients until smooth and adjust liquids to desired consistency.

Cilanger Cleanse Tomato Soup

By Dr.Ritamarie

Ingredients:

- 1 bunch kale
- 1 tomato
- 1 red bell pepper
- 1-inch slice ginger
- 1 cucumber
- 3 stalks celery
- 1 bunch cilantro
- 1/2 bunch dandelion greens
- 2 cloves garlic
- 2 scallions
- water to desired thickness

Directions:

Blend all ingredients until smooth and adjust liquids to desired consistency.

“Coll” of Spring Soup

By Dr. Ritamarie

Ingredients:

- 6 small tomatoes
- 2 stalks celery
- 1 chunk cucumber
- 1 yellow bell pepper
- 1/2 red bell pepper
- 1 sliver of jalapeño
- 3 tomatillos
- 1 bunch collard greens
- 2 handfuls spring mix
- 1 handful cilantro
- 1 small handful basil
- 1 lime, juice of
- 1/2-inch slice ginger
- 1 small piece of leftover red onion
- 1/2 - 1 teaspoon kelp powder
- 1 cup water

Directions:

Blend all ingredients until smooth and adjust liquids to desired consistency.

Fabulous Squash Soup (Cooked)

By Tinag

Ingredients:

- 1 large acorn/hubbard squash cut in 1/2 with seeds removed
- 1 whole yellow onion
- 1 large garlic clove, minced
- 1 teaspoon of olive oil
- almond milk or rice milk

Directions:

1. Cut your large squash in half and remove seeds (roast these later).
2. In my toaster oven, I put both sides on the tray skin side up. Roast at 400 degrees for 1 hour.
3. Remove from oven and let cool a few minutes.
4. Scoop out the squash meat into the blender.
5. While squash is cooking, dice 1 whole yellow onion (I use a lot because I love onion) and mince 1 large garlic clove.
6. In heated pan add 1 teaspoon of olive oil, and sauté the onion until it's mostly cooked, then add garlic.
7. When the onion starts to stick a little (because I use so little oil) I add some water and continue cooking cook and add water until done (just judge for yourself).
8. Add almond milk (or rice milk - I had almond on hand) to the squash in your blender and blend well.
9. Add the onion/garlic mixture and blend a little more, not too much so the soup has some texture and something to chew.

Personal Note: I actually ran out of the almond milk (store-bought) and grabbed a new container, started to add it, and realized it was vanilla flavored. BUT, it was fantastic! I don't know if it was the vanilla or what but it was one of the best soups I have ever eaten.

Italian Soup

By Katherine

Ingredients:

- 4 tomatoes
- 2 carrots
- 1 clove garlic
- 3 scallions
- 1/2 large red bell pepper
- 1 handful alfalfa sprouts
- 2 handfuls of spinach
- kelp powder, to taste
- basil, to taste
- lime juice, to taste
- 1 pinch of oregano

Directions:

Blend all ingredients in a **Vita-mix** until the mixture is just warm.

Savory Cabbage Soup

By Dr. Ritamarie

Ingredients:

- 2 tomatoes
- 2 lemons
- 1 cucumber, peeled
- 1 package of broccoli shoots
- 1 handful dandelion greens
- 1 handful green cabbage
- 1/2 small zucchini
- 2 cloves garlic
- a few handful spinach
- 2 stalks of celery
- 1 sliver of jalapeño

Directions:

Blend all ingredients until smooth and adjust liquids to desired consistency.

Spicy Tomato Green Soup

By Dr. Ritamarie

Ingredients:

- 4 tomatoes
- 1 head kale
- 1 lemon, juice of
- 1 teaspoon dried basil
- 1 sliver of jalapeño
- 1/4 small onion

Directions:

Blend all ingredients until smooth and adjust liquids to desired consistency.

Spinachitalian Tomato Soup

By Dr. Ritamarie

Ingredients:

- 2 cups tomatoes
- 1/2 cup fresh basil
- 3 stalks celery
- 1 cucumber
- 1 handful kale
- 2 handfuls spinach
- a few blades fresh rosemary
- 1 clove garlic
- 1 teaspoon kelp powder

Directions:

Blend all ingredients until smooth and adjust liquids to desired consistency.

Tomasc-Alive Basil Soup

By Dr. Ritamarie

Ingredients:

- 3 cups of tomatoes (I put them in whole, mine were small)
- 3 celery stalks
- 2 scallions
- 3 garlic chives
- 2 cloves garlic
- 1 teaspoon powdered kelp
- 1 small red bell pepper
- several handfuls fresh basil
- 1 bunch of collard greens
- 1 cup or more water

Directions:

Blend all ingredients until smooth and adjust liquids to desired consistency.

About Dr. Ritamarie Loscalzo



Dr. Ritamarie Loscalzo is a leading authority on nutrition and health. She's an author, speaker, and health practitioner with over 2 decades of experience. She empowers health through education, inspiration, and loving care. She's a doctor of chiropractic with certification in acupuncture, a certified clinical nutritionist, a Diplomat of the American Clinical Board of Nutrition, and a medical herbalist.

Dr. Ritamarie's passion for creating delicious foods that support optimum health led her to develop recipes that not only taste great, they energize and

heal as well. She not only teaches the power of raw and living foods, she *lives* the vibrant life that eating this way creates.

Because most people bite off more than they can chew when they embark on a new health regimen, Dr. Ritamarie focuses on simple, effective ways to change your diet to achieve optimal good health. She dishes out simple steps with a dash of fun to motivate you to achieve your health goals.

In 2011, Dr. Ritamarie was voted as “Best Nutrition Trainer” by the VegHealth awards.

Dr. Ritamarie resides in Austin, Texas with her husband and sons. She can be reached at www.DrRitamarie.com.

For a free packet of recipes and information on creating optimum health through good nutrition, visit www.JumpstartYourEnergy.com.

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