

## Dr. Ritamarie's Ultimate Vitamin C Meals and Mixtures

Dr. Ritamarie Loscalzo



## Vitamin C Rich Brussels Paté

### Ingredients:

- 1/4 cup pumpkin seeds
- 1/4 cup sesame seeds
- 1/4 cup hemp seeds
- 1/4 cup macadamia nuts
- 5 large Brussels sprouts (about a cup)
- 1/4 onion
- 1 stalk celery
- 1/4 teaspoon kelp powder
- 1/4 teaspoon sea salt
- 1 teaspoon garlic powder
- 1/2 tomato

### Directions:

1. Cut all vegetables into 1-inch slices.
2. Put everything in food processor with "S" blade and process until relatively smooth but still a bit chunky
3. Season to taste if you prefer it saltier or spicier.

## Red Pepper C Boat Filled with Brussels Paté

### Ingredients:

- 1/2 red bell pepper
- *Vitamin C Rich Brussels Paté*

### Directions:

1. Scoop out seeds from pepper.
2. Fill pepper half with paté or any favorite filling -- guacamole, salsa, nut cheese etc.
3. **Options:** Use other vegetables as the "bread" or wrap – cucumber (slices or "boats" made by slicing longwise and scooping out seeds), zucchini, jicama slices, tomato slices, lettuce, or collard leaves.

## Hi-C Smoothie/Elixir

### Ingredients:

- 4 cups chopped kale
- 1 - 2 medium lemons, to taste (juice, and add a little of the pith and skin)
- 1-inch slice fresh ginger
- 3/4 - 1 cucumber
- 1 zucchini
- 1 tomatillo
- 1 stalk celery
- 1/2 medium or whole small avocado
- 1/2 red pepper
- 6 strawberries
- 1 pinch of cayenne
- 1 pinch of sea salt

### Optional “Elixir-ize” Your Smoothie Ingredients:

**(if you have a high speed blender like a Vitamix or Blendtec)**

- 1 teaspoon goji berry powder or goji berries
- chaga mushroom powder
- rose hips

### Directions:

Blend and enjoy.

## Hi-C Brassica Soup

### Ingredients:

- 1/2 avocado
- 1 1/2 - 2 cups broccoli
- 1 1/2 Roma tomatoes
- 1 stalk celery
- 6 Brussels sprouts
- 1 cup shitake mushrooms
- 2 cups water – or more to desired thickness
- 1/4 - 1/2 onion, depending on size
- 1/4 - 1/2 teaspoon kelp powder
- 1 lemon, juice of
- 1 tablespoons ume plum vinegar  
(can substitute apple cider vinegar or coconut vinegar)
- 1/4 - 1/2 teaspoon salt (to taste)
- 1 teaspoon garlic powder or 1 clove fresh
- 1 teaspoon powdered vitamin c (optional)
- elderberries, soaked (optional)
- rosehips (optional)

### Directions:

Blend and adjust salt and lemon to taste.

## C Rich Salsa

### Ingredients:

- 1/2 bell pepper -- red or orange
- 1 tomato
- 1 tomatillo
- 1/2 bunch fresh cilantro or 1 tablespoon dried
- 1/8 teaspoon sea salt
- 1/2 lime or lemon, juice of
- 1 dash of cayenne pepper or more to taste

### Directions:

1. Chop everything finely using knife or food processor.
2. Serve with jicama, zucchini, or cucumber sliced as chips, or raw crackers.

## Chia Gel

### Ingredients:

- 1/2 cup chia seeds
- 2 1/2 cups water

### Directions:

1. Put chia and water into a quart sized Mason jar or a glass bowl that can be covered.
2. Shake or mix well.
3. Allow to stand at room temperature for 8 hours or overnight or for 12 or more hours in the refrigerator. Store up to a week in the refrigerator.

**Personal Note:** This is the base for several of the chia dishes. This recipe makes enough for 4 days of chia porridge.

## C Mineral Brownies

### Ingredients:

- 1 cup shredded coconut
- 3/4 cup pumpkin seeds
- 3/4 cup macadamia nuts
- 3/4 cup hemp seeds
- 2 teaspoons almond extract
- 1 dropper vanilla stevia
- 1 teaspoon **HealthForce Nutritionals Truly Natural Vitamin C**  
(or other whole food Vitamin C powder)
- 1/3 cup cacao powder
- 1/4 cup *Chia Gel*
- 1 teaspoon mint flakes
- essential oils for flavor - amount as desired
- xylitol, erythritol, or **Lakanto** can be added for extra sweetness as desired
- shredded coconut for topping (optional)

### Directions:

1. Process in food processor until smooth.
2. Press into a wax paper lined glass baking dish.
3. Cut into desired sized pieces.
4. Press a pecan or walnut half or quarter into each slice.
5. Sprinkle with coconut (optional).
6. Put in freezer for 15 minutes or longer until firm.
7. Serve and enjoy.

**Personal Note:** Keep some of these on hand to satiate any sweet tooth attacks.

## **About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN**



Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-management system into a true healthcare system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the **Institute of Nutritional Endocrinology**, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances.

Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with 30 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

## Dr. Ritamarie's Health and Nutrition Books and Programs

**Sweet Spot Solution Program:** Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you'll have an effective and balanced lifestyle approach to reclaiming your health. [www.TheSweetSpotSolution.com](http://www.TheSweetSpotSolution.com)

**Empowered Self-Care Lab:** Our premier membership program, here you'll get access to all of our key hormone and body balancing programs, the complete collection of Dr. Ritamarie's recipe guides and videos, and a roadmap and handbook to guide you to assess your current health status and restore balance naturally. The future of health care is Empowered Self-care. Take charge of your health! [www.EmpoweredSelfCareLab.com](http://www.EmpoweredSelfCareLab.com)

**Body FREEDOM Nutrition Lab:** Using nutrition to restore balance needs to be at the core of all healing systems. And personalized nutrition is the future of healthcare. With so much confusing information about what you should and should NOT eat, emotional resistance is likely when it becomes challenging. The Body Freedom Nutrition Lab guides you to optimally nourish your body while making mealtime a pleasure, and provides you with peak nourishment that's filling, satisfying and aligned to your unique biochemistry and genetics. Here you'll get access to all of our recipe guides and videos, and a roadmap and handbook to guide you to assess your current nutritional status and restore balance naturally.

[www.BodyFREEDOMNutritionLab.com](http://www.BodyFREEDOMNutritionLab.com)

**Energy Recharge Coaching Inner Circle:** Dr. Ritamarie's personalized coaching plan to transform you from flabby, fogged, and fatigued into fit, focused, and fully charged with energy! This is your opportunity to work closely with Dr. Ritamarie and her certified Nutritional Endocrinology coaches to achieve the health of your dreams.

<http://www.EnergyRechargeCoaching.com>

**Find all the Resources You Need for Natural Healing**

**Based on Leading-Edge Science**

<http://www.DrRitamarie.com>