

GET OFF YOUR **ACID**

7 DAY
CLEANSE

Lose Weight
Naturally
WITHOUT
Being Hungry!



SUMMER MEAL PLAN & recipes

AlkaMind
GET OFF YOUR **ACID**.

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Dr. Daryl Gioffre 7-Day Cleanse Sample

meal plan

	BREAKFAST	LUNCH	DINNER	DESSERT (Optional)
MON	Tropical Greens Smoothie	Avocado, Tomato, & Red Onion Salad	Ultimate Summer Gazpacho	Green Apple with Almond Butter & Cinnamon
TUES	Blueberry Bliss Smoothie	Leftover Ultimate Summer Gazpacho	Collard Green Banh Mi and Cucumber Salad	Tropical Monkey
WED	Mint Morning Blast Smoothie	Leftover Collard Green Banh Mi	Zucchini Pasta w/ Spinach Lemon Pesto	Avocado Chocolate Mousse
THU	Summer Refresher Smoothie	Leftover Zucchini Pasta w/ Spinach Lemon Pesto	Ultimate Summer Stir Fry	Cinnamon Ginger Fruit w/ Sweet Tahini Dip
FRI	Omega Morning Blast Smoothie	Leftover Ultimate Summer Stir Fry	AlkaTastic Burrito Bowl	Blueberry Lemon Chia Pudding
SAT	Protein Power Smoothie	Ultimate Chilled Summer Greens Raw Soup	Summer Quinoa with Steamed Artichokes	Creamy Energy Boosting Shake
SUN	Quinoa Morning Porridge	Radiant Raw Red Pepper Bisque	Spinach & Strawberry Salad w/ basil, Mint Dressing	Mixed Summer Fruit Salad

Dr. Daryl's 7-Day Cleanse Sample

Shopping List

ORGANIC GREENS, VEGGIES		ORGANIC GREENS, VEGGIES continued		ORGANIC FRUIT		NUTS, NUT-BUTTERS, OILS, SPICES		GRAINS, BEANS, SEEDS, CANNED GOODS		LIQUIDS, SUPPLEMENTS, MISC	
#		#		#		#		#		#	
Basil	1/4 cup	Mixed Greens (Kale, Arugula, Spinach)	3 - Handfuls	Avocado (Haas)	7	Almond butter (raw)	9 tbsp.	Adzuki Beans (can, Eden)	can, Eden brand	AlkaMind Daily Greens	
Bok Choy	1 head	Onion (red)	1	Banana	5	Caraway Seeds	1 tsp.	Black Beans (can, Eden)	can, Eden brand	AlkaMind Daily Minerals	
Broccolini (or Broccoli)	1-Bunch	Parsley	1/4 cup	Blueberries	3 1/2 cup	Cashews	1/4 cup	Chia Seeds	1/2 cup	Almond Milk (unsweetened)	1.5 cups
Carrot	3	Red Bell Pepper	2	Cherries	1/2 cup	Cayenne	1 tsp.	Flaxseed Ground	1 tbsp.	Apple Cider Vinegar	3 tbsp
Celery	3 Stalks	Shallots	2	Date	7	Cinnamon	5 tsp.	Garbanzo Beans (can, Eden)	can, Eden brand	Cacao Nibbs	1 tbsp
Cilantro	1 1/2 -Cups	Spinach	10 -Cups	Green Apple	3	Coconut Nectar	1 tbsp.	Hemp Seed Powder	1 tbsp.	Cacao Powder	1/4 cup
Collard Green	1	Sprouts (Alfalfa or Mung Bean)	Handful	Lemons	7	Coconut Oil (Cold Pressed)	7 tbsp.	Hemp Seeds	1 tsp	Coconut Milk (can, Native Forest)	1 cup
Cucumber	8	Swiss Chard	1/2 bunch	Lime	2	Cumin	2 tsp.	Quinoa	5 cup	Coconut Milk (carton, unsweetened)	5.5 cup
Garlic	18 cloves	Tomato (Cherry)	1/2 cup	Mixed Berries	1/2 cup	Olive Oil (Extra Virgin)	4 cups	White Beans (can, Eden)	can, Eden brand	Coconut Water	4 cups
Ginger	7 -Inch	White Onion	1	Nectarine	1	Paprika (Garnish)				Maca Powder	2 tsp
Green Onion (Scallion)	3	Yellow Squash	1	Peach	1	Pepper				Plant-Based Protein Powder - Vega or Sun Warrior	1 scoop
Jalapeno	1	Zucchini	5	Pear	1	Pinenuts	1/4 cup			Vanilla Extract	1 tbsp
Mint	5 -Sprigs			Strawberries	2 cups	Red Pepper Flakes				Vegetable Stock (Organic)	7 cups
				Tomato	4	Salt (Celtic Grey, Himalayan, Redmond Real)	3 tsp			Water (Filtered)	
						Tahini (raw)	3 tbsp.				
						Tamari (Wheat Free)	1/4 cup				

Create Your Own Customized 7-Day Cleanse

meal plan

	BREAKFAST	LUNCH	DINNER	DESSERT (Optional)
MON				
TUES		Leftover		
WED		Leftover		
THU		Leftover		
FRI		Leftover		
SAT		Leftover		
SUN		Leftover		

Master Shopping List

[illegible]

Breakfast

Dr. Daryl Tip & Trick – Make Your Own Alkaline Super Ice

Add coconut water or coconut milk (or almond milk) to your ice tray, and use super ice cubes to blend with smoothies or water to make them more nutritiously refreshing! Can also add mint, basil, or chia seeds to water or coconut water ice cubes...

Tropical Greens Smoothie

[Serves 1]*

INGREDIENTS

- 1 cup coconut water (or water)
- 1 large handful spinach
- ½ banana (frozen)
- ½ cup tropical fruit such as mango or mixed berries
- 3 springs of mint

Blend and enjoy!



Berry Cleansing Smoothie

[Serves 1]*

INGREDIENTS

- ½ cup coconut water
- ½ cup mixed fresh or frozen berries (strawberries, blueberries & raspberries)
- ½ cucumber
- 1 tbsp. raw almond butter
- ½ cup ice (not needed if using frozen berries)

Blend and enjoy!



Protein Power Smoothie

[Serves 1]*

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 tablespoon almond butter
- 1 scoop plant protein powder (VEGA or Sun Warrior are great brands, or can use Hemp Protein, Pea Protein)
- ½ banana (frozen)
- 1 teaspoon cinnamon
- ½ cup frozen blueberries

Blend and enjoy!



Mint Morning Blast Smoothie

[Serves 1]*

INGREDIENTS

- 1 large handful of spinach
- 1 banana (frozen)
- 5 strawberries (frozen)
- 10-12 mint leaves
- 1 heaping tbsp. of raw almond butter
- 1 cup coconut milk (or almond milk)
- Optional: 1 scoop AlkaMind Daily Greens

Blend and enjoy!





Mint Chocolate Chip

[Serves 2]*

INGREDIENTS

- ¼ cup raw almonds (ideally soaked)
- 4 pitted dates
- 1 cup coconut milk (or almond milk - add more for thinner consistency)
- 2 tbsp. cacao nibs (optional)
- ½ cup packed mint leaves
- ½ small avocado
- 1 tsp. chia (add before or after blending)
- 1 cup of ice (coconut ice)

Blend and enjoy!



Omega Morning Blast

[Serves 1]*

INGREDIENTS

- 1 large handful of spinach
- ½ cup blueberries
- 1 tbsp. raw almond butter
- 1 tbsp. chia
- 1 tbsp. ground flaxseed
- 1 tbsp. hemp seed powder
- 1 tbsp. coconut oil
- 1 cup coconut milk (or almond milk)

Blend and enjoy!





Blueberry Bliss Smoothie

[Serves 1]*

INGREDIENTS

1 large handful mixed greens (spinach, kale, Swiss chard – one or combo)
1 cup blueberries (frozen)
1 banana (frozen)
1 tbsp. raw almond butter
1 tsp. cinnamon
1 cup unsweetened coconut milk
1 tbsp. chia seeds

Blend and enjoy!



Raspberry Lime Smoothie

[Serves 1]*

INGREDIENTS

1 handful spinach
1 cup raspberries (frozen)
2 tbsp. lime juice
1 cup unsweetened almond milk
1 tbsp. chia seeds
Optional: 1 scoop plant-based protein powder (Hemp, Pea Protein, or brand like Vega or Sun Warrior)

Blend and enjoy!



■ ■ ■ Summer Berry Smoothie

[Serves 1]*

INGREDIENTS

1 handful spinach
¼ cup strawberries (frozen)
¼ cup blueberries (frozen)
½ banana (frozen)
1 lime (freshly squeezed)
1 tsp. cinnamon
1 tbsp. chia seeds
1 cup coconut water

Blend and enjoy!



■ ■ ■ Summer Refresher Smoothie

[Serves 1]*

INGREDIENTS

½ cucumber
1 handful of spinach
1 small green apple
1 inch piece of ginger
2 tbsp. chia seeds
1 cup coconut water

Two Blending Options:

Option 1: In blender combine all ingredients, blend and enjoy!

Option 2: Combine all ingredients in blender except chia seeds. Add 1 tbsp. of chia seeds and blend all ingredients until smooth. Once blended, add 1 more tbsp. of chia seeds and pulse blender once or twice. This will leave the chia whole. If you have a Vitamix, blend at low Variable speed for 30 more seconds. Enjoy!



Green and Gorgeous Breakfast Smoothie

[Serves 1]*

INGREDIENTS

½ bunch kale
1 handful spinach
½ cucumber
½ cup strawberries
½ cup peaches
½ cup coconut water

Blend and enjoy!



Coco Loco Smoothie

[Serves 1]*

INGREDIENTS

4 oz. fresh coconut meat
1 cup coconut water
1 tbsp. coconut oil
Optional: add frozen banana
Optional: Add coconut ice

Blend and enjoy!



Quinoa Morning Porridge

[Serves 2]**

INGREDIENTS

½ cup rinsed quinoa
1 15oz can of coconut milk
(Native Forest, full fat)
1 teaspoon cinnamon
1 teaspoon chia seeds
1 teaspoon hemp seeds

Combine all ingredients except hemp seeds and simmer for 10 – 15 minutes until liquid is absorbed. Sprinkle with hemp seeds. Enjoy!



Non-Dairy Berry Parfait

[Serves 2]*

INGREDIENTS

½ cup soaked cashews (soak at least 20 minutes – up to an hour)
½ cup unsweetened almond or coconut milk from a carton (not canned)
½ teaspoon vanilla
1 cup frozen berries
1/3 cup rolled gluten-free oats (no need to cook these!)
1 tablespoon hemp seeds

Combine cashews, coconut milk and vanilla in a blender and blend until smooth. Layer ingredients in a small cup: Dollop of cream, spoonful of berries, top with oats and hemp seeds and enjoy



Raw Summer Alkaline Soups

Avocado Gazpacho

[Serves 2]*

INGREDIENTS

2 haas avocados
1 small zucchini chopped
2 stalks of celery chopped
¼ cup parsley chopped
½ cup cilantro chopped
¼ cup Spanish onion chopped
1 garlic clove minced
½ jalapeno seeded and chopped
1 ½ cups filtered water
Juice of 1 lime
Salt and pepper to taste
Garnish with cucumber slices and basil



Blend everything in a food processor with the "S" blade. Blend leaving it slightly chunky or smooth whichever you prefer. Add salt and pepper to taste.

Chilled Cucumber & Arugula Soup

[Serves 4]*

INGREDIENTS

3 cups filtered water
4 cups chopped arugula
1 medium tomato
1 medium red bell pepper
2 medium cucumbers
2 celery stalks
¼ cup lemon juice (freshly squeezed)
¼ cup extra virgin olive oil
1 tsp. sea salt



Blend at high speed to desired consistency, eat right away or serve chilled.



Ultimate Summer Gazpacho

[Serves 4]*

INGREDIENTS

4 large beefsteak tomatoes
1 red bell pepper
1 cucumber
½ red onion
¼ cup fresh cilantro
¼ cup fresh parsley
2 large cloves garlic
½ lime (freshly squeezed)
1 lemon (freshly squeezed)
3 tbsp. extra virgin olive oil

1 tsp. sea salt (add more to taste)
1 tsp. black pepper (add more to taste)

Blend everything in a food processor with the “S” blade. PULSE Blend leaving it slightly chunky or smooth whichever you prefer (I prefer slightly chunky).



Ultimate Chilled Summer Greens

[Serves 4]*

INGREDIENTS

2 cups of filtered water
2 medium cucumbers (chopped)
½ bunch of favorite greens (kale, spinach, arugula, Swiss chard)
2 celery stalks
¼ cup lemon juice (freshly squeezed)
¼ cup extra virgin olive oil
1 clove garlic
1 tsp. sea salt
Garnish with basil, paprika, or cayenne

Blend at high speed to desired consistency, eat right away or serve chilled.



■■■ Radiant Raw Red Pepper Bisque

[Serves 4]*

INGREDIENTS

3 cups filtered water
¼ cup extra virgin olive oil
1 tsp. caraway seeds
2 cloves garlic
2 medium red bell peppers (chopped)
2 medium cucumbers (chopped)
½ medium red onion (chopped)
1 tsp. sea salt
Garnish with paprika or cayenne



Blend at high speed to desired consistency, eat right away or serve chilled.

■■■ Creamy Spinach Basil Soup

[Serves 4]*

INGREDIENTS

4 cups filtered water
1 bunch spinach (chopped to fit in blender)
½ bunch basil (about 2 cups loosely packed)
¼ small red onion
1 medium cucumber
1 medium tomato
2 celery stalks
¼ cup pine nuts
¼ cup extra virgin olive oil
1 clove garlic
1 tsp. sea salt
Optional: pinch of cayenne



Blend at high speed to desired consistency, eat right away or serve chilled.



Chilled Avocado Cucumber Soup

[Serves 1]*

INGREDIENTS

3 organic haas avocados
2 scallions
1 cup cucumber (diced)
2 cups of watercress (or arugula)
2 lemons (freshly squeezed)
1 ½ cups of filtered water
Salt and pepper to taste
Garnish with cherry tomatoes, halved



Combine and blend all ingredients to a puree. Add salt and pepper to taste.

Dinner (use leftovers for Lunch)

Raw Chopped Salad with Lemon Pepper Dressing

[Serves 4]**

INGREDIENTS

1 head of kale, cut into small ribbons
2 stalks of celery, diced
1 cucumber, diced
2 carrots, diced
1 zucchini chopped
1 beet, shredded
1 tablespoon sunflower seeds
1 can of garbanzo beans (drained and rinsed well)



Combine all ingredients in a large bowl. Dress only what you will eat with the dressing below. Put aside extra for lunch the next day.

Dressing:

INGREDIENTS

¼ cup fresh squeezed lemon juice
2 tablespoons apple cider vinegar
2/3 cup olive oil
1 tsp. pepper
1 tsp. dried oregano
sea salt to taste (Celtic Grey, Himalayan, Redmond Real Salt)

Whisk all ingredients together and season with salt. Pour enough onto salad to coat all the veggies.

Spinach and Strawberry Salad with Basil, Mint Dressing

[Serves 2]**

INGREDIENTS

4 cups baby spinach
1 cup chopped strawberries
1 cucumber, diced
1 haas avocado, diced
½ cup white beans (drained and rinsed well, Eden Organics)
¼ cup pinenuts or sliced almonds

Mix all ingredients in a bowl and dress.

Dressing:

INGREDIENTS

3 tbsp. apple cider vinegar
½ cup extra virgin olive oil
2 cloves garlic, minced
2 tbsp. chopped basil
1 tbsp. chopped mint
salt and pepper to taste

Whisk all ingredients together and dress your salad.





AlkaTastic Burrito Bowl

[Serves 2]**

INGREDIENTS

1 cup of quinoa (or brown rice)
1 15oz can of black or adzuki beans
(Eden Organics is a great brand)
2 green onions, sliced
1 lime, juiced
2 garlic cloves, minced
1 heaping tsp. cumin
small handful of cilantro, chopped
red pepper flakes to taste
½ haas avocado, sliced
1 handful mixed greens



Cook quinoa by combining 2 cups of water with 1 cup of quinoa in a pot over high heat. When the water comes to a boil, cover the pot and turn heat down to the lowest setting for 30 minutes.

Use a fork to mash the beans into the onions, lime juice, garlic, cumin, cilantro and red pepper flakes together in a bowl.

Fill individual serving bowls with quinoa and mixed greens. Spoon the bean mixture onto the greens and top with avocado.



Collard Green Banh Mi

[Serves 1]**

INGREDIENTS

1 large collard green with thick part of stem removed
½ cucumber, cut into matchsticks
1 carrot, cut into matchsticks
½ haas avocado, sliced
small handful of sprouts – mung bean sprouts are most common and can be found in the produce section
2 sprigs of basil, chopped
3-4 sprigs of mint, chopped
small handful of cilantro, chopped



Roll all the ingredients in the collard green like you would a burrito. Serve with dipping sauce (optional – can use an endive to tie the collard green).

Dipping Sauce:

INGREDIENTS

¼ cup extra virgin olive oil
1 tsp. ginger, minced (grating it with a zester is an easy way to do this)
1 garlic clove, minced
1 green onion, sliced

Mix all ingredients and serve with Collard Green Banh-Mi



Vegetable Curry

[Serves 4]**

INGREDIENTS

1 onion, peeled and diced
1 tbsp. curry powder
2 carrots, peeled and diced
1 medium sweet potato, diced
2 medium summer squash, diced
Small handful of green beans
2 cups garbanzo beans (cooked or canned, Eden Organics)
1 15oz can of unsweetened coconut milk (I recommend Native Forest brand)
4 cups organic vegetable broth
2 bunches of any type of greens, washed and cut (kale, bok choy, escarole, collards, turnip greens, etc.)
Salt and pepper to taste
Fresh basil strips for garnish
2 tbsp. coconut oil



In a large pot heat coconut oil and sauté onions and curry spices until the onions are soft (about 6-8 minutes). Add the vegetables, beans, and coconut milk. Bring to simmer and add the vegetable stock. Simmer until the sweet potatoes are tender (about 15 minutes). Add the greens, then season with salt and pepper.

Serve with quinoa or brown rice. Garnish with basil.

Tip: Every Sunday, I steam a large amount of quinoa to use during week in soups, salads, etc.

Black Bean Butter Lettuce Cups

[Serves 2]**

INGREDIENTS

8 butter lettuce leaves (these make really nice cups, romaine works as well)

1 15oz can of black beans, drained and rinsed (Eden Organics is a great brand)

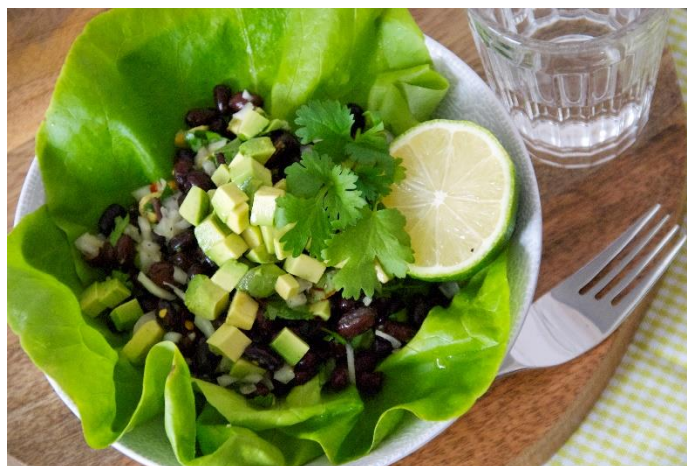
1 haas avocado

1 lime

½ chopped red onion

small handful of cilantro, chopped

Sea salt and red pepper flakes (optional)



Mash beans, onion and cilantro together in a bowl. Spoon into lettuce cups and top with diced avocado and a squeeze of lime juice. Season with salt and red pepper flakes.

Savory Avocado Wrap

[Serves 1]*

INGREDIENTS

1 lettuce leaf

½ avocado sliced

small handful of spinach

½ tomato diced

1 tsp. chopped cilantro

¼ red onion diced (to taste)

½ tsp. cumin

sea salt and pepper to taste

optional: green jalapeno pepper to taste

optional: alfalfa sprouts (add some power!)



Smear the avocado on the lettuce leaf and sprinkle with diced tomato, red onion, cilantro, cumin, salt and pepper, add spinach. Fold in half and enjoy!



Summer Quinoa

[Serves 4]***

INGREDIENTS

2 cups quinoa, rinsed and soaked for 20 minutes

4 cups vegetable broth

4 cloves of garlic minced

2 shallots, chopped

½ bunch Swiss chard, cut into ribbons

1 15oz can of white or garbanzo beans (Eden Organics is a great brand)

1 zucchini, grated

1 yellow squash, grated

1 carrot, grated

large bunch of basil, cut into ribbons

½ cup almond slivers

zest and juice of one lemon

¼ cup extra virgin olive oil



In a pot, combine quinoa, vegetable broth, garlic and shallots. Cook on medium heat for 15 – 20 minutes until liquid is absorbed. Stir in the rest of the ingredients and season with salt and pepper.

■ ■ ■ Farm Fresh Pasta Salad

[Serves 4]**

INGREDIENTS

2 packages of kelp noodles (or 2 zucchini's, made into 'spaghetti' with a spiralizer)
3 cloves garlic, minced
½ red onion, thinly sliced
1 zucchini, thinly sliced
1 yellow squash, sliced thinly
zest and juice of one lemon
1 handful chopped parsley
½ cup extra virgin olive oil.



Drain and rinse the kelp noodles and set aside. Sauté onion and garlic in a pan with ¼ cup olive oil for 5 minutes. Add kelp noodles to the pan, along with the zucchini and yellow squash and sauté for 10 minutes. Add the lemon, remaining ¼ cup olive oil, and parsley.

For added protein you can add a can of garbanzo beans (thoroughly rinsed and washed).

■ ■ ■ Sautéed Greens with Garlic and Parsley

[Serves 2]**

INGREDIENTS

1 tbsp. of coconut oil
3 cloves of finely chopped garlic
juice and zest of one lemon
1 bunch dark, leafy greens such as kale or collard greens
1/2 cup vegetable broth
handful of chopped parsley



Heat the oil, garlic and lemon zest in a sauté pan for about 2 minutes. Add the greens and sizzle for a couple more minutes until the greens are ultra-bright green. Add the broth and cover. Let steam for 3 – 5 more minutes. Season with salt, pepper and a squeeze of lemon. Toss in Parsley just before serving.



Zucchini and Basil Soup

[Serves 4]***

INGREDIENTS

2 tbsp. coconut oil
2 tbsp. extra virgin olive oil
1 medium onion, chopped
2 cloves of garlic, minced
4 zucchinis sliced with skin on
6 cups of vegetable broth (or 4 cups
broth + 2 cups water)
Cashew Cream (optional, recipe to
follow)
Small handful of fresh basil
Salt & pepper to taste



Melt the coconut oil in a large pan, add the olive oil and once hot add the onion and garlic with a little salt. Once the mixture starts to brown a little (about 7-10 minutes) add the zucchini and sauté for 3-5 minutes more.

Add the vegetable broth and lower the heat a little. Let the flavors meld and the zucchini soften...15 – 20 minutes.

Puree mixture in high powered blender and then strain through a fine mesh strainer back into your pot. Stir in the cream and basil and then season with salt and pepper.

Cashew Cream

INGREDIENTS

½ cup raw cashews (ideally soaked overnight)
½ - ¾ cup water

Soak cashews overnight, then drain and rinse them. Place in a high powered blender with enough water to cover a little over the top of the cashews. Puree until smooth. Add more water to create the consistency of heavy cream. You may strain the cream through a mesh strainer to remove any coarse pieces.



Ultimate Summer Stir-Fry

[Serves 4]***

INGREDIENTS

Quinoa:

- 1 1/2 cup quinoa (or brown rice)
- 3 cups organic veggie stock (or water)
- 1 garlic clove minced

Teriyaki Sauce:

- 1/2 cup Gluten Free Tamari
- 1 clove minced garlic
- 1 teaspoon minced fresh ginger

Stir-Fry:

- 1 bunch of broccolini or a small head of broccoli cut into bite size pieces
- 1 celery stalk cut into chunks
- 1 carrot cut into large slices
- 1 head of baby bok choy
- 1 small white onion
- 2 cloves of garlic minced
- 2 tsp. ginger minced
- 2 tbsp. coconut oil
- 1 handful chopped Thai basil (or regular is fine too)
- 1 handful chopped cilantro



Mix the quinoa (or brown rice), garlic and broth in a pot over high heat. When the broth comes to a boil, turn heat down to a simmer and cover. Cook until all the liquid has been soaked in the quinoa about 30 minutes.

In a small saucepan combine all the ingredients for the teriyaki sauce and simmer until reduced by half and thick and syrupy (don't heat too long or it will become too salty, taste as you go). Remove from heat.

In a wok or large pan with sides, heat coconut oil and add garlic, ginger and onions. Let simmer until brown. Add a little more oil if needed and toss in all of your veggies (except the basil and cilantro). Give them a good mix and cover your pan so the veggies can steam. Steam for 5-10 minutes depending on how "al dente" you want your veggies.

Scoop a large spoonful of quinoa into a bowl; add a generous helping of veggies, a spoonful of teriyaki sauce and then top with basil and cilantro.



Cucumber Salad

[Serves 4]*

INGREDIENTS

1 English Cucumber sliced thinly
1 lemon (freshly juiced)
Black or Traditional Sesame Seeds

Mix all the ingredients in a bowl and enjoy!



Tabouli

[Serves 2]**

INGREDIENTS

3 tomatoes, diced
½ cucumber, seeded and diced
10 sprigs parsley
1 tbsp. lemon juice
¼ tsp. fine sea salt
1 tbsp. extra virgin olive oil
Optional: can add 1 cup of steamed quinoa



Mix the diced tomatoes and cucumbers. Mince the parsley and stir into the cucumber and tomato mix. Add lemon juice, salt, olive oil, and quinoa (optional). Mix well.



Italian Zucchini Noodles

[Serves 4]**

INGREDIENTS

4 medium zucchini
cherry tomatoes (add a good handful, cut in halves)
5 cloves garlic, minced
2 tbsp. hemp oil
1 tsp. sea salt
1 tbsp. coconut oil
¼ tsp. red pepper flakes



Using a spiralizer, make zucchini into 'pasta noodles', or can use a vegetable peeler. Heat coconut oil over medium heat, and add the garlic. Cook for 1-2 minutes until the garlic turns golden brown.

'Flash' sauté the zucchini and tomatoes for 1-2 minutes, careful not to overcook. Remove from heat, toss with hemp oil and red pepper flakes, add sea salt for taste.



Summer Salad

[Serves 4]**

INGREDIENTS: **Salad**

1 large head of butter lettuce
1 handful of green beans, cut into ¼ inch "coins"
1 shredded beet
1 nectarine or peach, chopped
¼ cup shelled pistachios

INGREDIENTS: **Dressing**

¼ cup freshly squeezed lemon juice
½ cup extra virgin olive oil
1 garlic clove, minced
small handful of chopped basil

Hand tear the butter lettuce into a salad bowl. Add the rest of the ingredients and toss with the salad dressing.



Zucchini Linguine with Spinach Lemon Pesto

[Serves 2]**

INGREDIENTS

4 zucchinis
3 cups baby spinach
¼ cup basil
3 garlic cloves
Juice of 1 small to medium lemon
¼ cup cashews
½ cup extra virgin olive oil
½ cup cherry tomatoes sliced in half
Salt to taste (Celtic Grey Sea Salt, Himalayan, or Redmond Real Salt)
Pepper to taste



To make Zucchini Pasta: Use a spiralizer (makes zucchini pasta) to make zucchini into long strands (best raw, or 2 minute flash sauté).

To make Spinach Lemon Pesto: In a food processor with an S blade, pulse spinach, basil, garlic, and cashews until finely chopped. With food processor on, slowly add olive oil and lemon juice. Season with salt and pepper

Toss zucchini pasta with Spinach Lemon Pesto and serve. Garnish with cherry tomatoes.

■ ■ ■ Tropical Summer Rolls with Creamy Avocado Dip

[Serves 4]***

INGREDIENTS: **Summer Rolls**

3 cups arugula
2 ripe mangoes sliced in long strips
1 large red bell pepper sliced in long strips
2 jalapenos, seeded, membranes removed, sliced into long strips
1 cucumber sliced into long thin strips
4 green onions – green and white parts chopped
8 round rice papers (can also use lettuce wraps, zucchini sliced with vegetable peeler)



INGREDIENTS: **Creamy Avocado Dip**

2 haas avocados
Juice of 2 limes (freshly squeezed)
¼ cup filtered water
½ cup cilantro
½ cucumber
Salt and pepper to taste

For the Spring Rolls - Place all ingredients for spring rolls on a large plate. Fill a pie pan or shallow pan with warm water. Place a clean towel next to pan. Place one rice paper in water and let sit until pliable but not super floppy. Place on towel and pat with a paper towel. Cover lower third of the paper with arugula. Top with 4 slices of mango, then red bell pepper and jalapeno. Sprinkle with green onions. Fold over one long side to enclose the filling, and then fold over the short sides like a burrito. Lastly, roll up stretching the remaining long side around the roll to seal it. Repeat with remaining rice papers and ingredients.

For the Creamy Avocado Dip - place all ingredients in food processor until smooth. Serve with spring rolls.



Quinoa Stuffed Tomatoes

[Serves 2]***

INGREDIENTS

1 cup quinoa
4 medium tomatoes
3 cups baby spinach
2 cloves of garlic minced
1 can cannellini beans
3 tbsp. basil julienned (thin strips)
2 tsp. coconut oil
2 cups filtered water
Salt (Celtic Grey Sea Salt, Himalayan, or Redmond Real Salt)
Pepper to taste



Preheat oven to 375 degrees. Hollow out the tomatoes by cutting around the top of tomato and scooping out the inside. Slice a small section off bottom of the tomato so tomatoes sit flat on baking sheet. Sprinkle inside of tomatoes with some sea salt.

Cook quinoa by combining 2 cups of water with 1 cup of quinoa in a pot over high heat. When the water comes to a boil, cover the pot and turn heat down to the lowest setting for 30 minutes.

Heat coconut oil in a pan, add garlic and brown lightly. Add beans, crush slightly with a wooden spoon and cook for one minute. Add spinach and cook until wilted. Add basil. Season with salt and pepper.

Mix spinach mixture with quinoa and place insides of tomatoes. Divide filling among the tomatoes. Place on baking sheet lined with parchment paper. Add a little water to the bottom of baking sheet (4 tbsp.). Bake for 15-20 minutes at 375 degrees.



Raw Crunchy “Rice” Salad with Lemon Basil Dressing

[Serves 4]**

INGREDIENTS: **Raw Crunchy “Rice” Salad**

- 1 medium head cauliflower, chopped
- 1 bunch kale, cut into small pieces
- 1 bunch Swiss chard
- ½ cup basil, chopped
- ¼ cup oregano, chopped
- 2 garlic cloves minced
- ½ cup raw shelled hemp seeds
- 1 red bell pepper diced
- 1 carrot julienned
- 1 cup asparagus chopped in 1 inch pieces



INGREDIENTS: **Lemon Basil Dressing**

- ½ cup extra virgin olive oil
- 1 lemon juiced
- 3 tbsp. apple cider vinegar
- 2 garlic cloves minced
- 2 tbsp. basil julienned
- Salt to taste ((Celtic Grey Sea Salt, Himalayan, or Redmond Real Salt)
- Pepper to taste

For the “rice” salad: Place cauliflower into food processor and pulse until resembles rice (not too long or it will become mushy). Place in large bowl. Next, place kale in food processor and pulse until finely chopped. Add kale and all other ingredients to cauliflower. Mix together.

For the Lemon Basil Dressing: Whisk together all ingredients. Season with salt and pepper. Pour over salad and serve.

■ ■ ■ Zucchini Sushi

[Serves 2]***

INGREDIENTS

4 zucchinis
¼ cup parsley
1 can artichoke hearts
2 cloves garlic
1 lemon (freshly juiced)
1 tsp. lemon zest
1 can white beans
¼ raw cashews
1 tbsp. coconut oil
Salt to taste
Pepper to taste



Slice zucchini long ways using a mandolin or slice very thin. Brush with olive oil and set aside. Blend all other ingredients in food processor until paste like. Flash sauté zucchini slices (couple of minutes) in 1 tbsp. of coconut oil, 1 minute on each side (OR use raw). Spread filling on each zucchini slice. Roll up. Season with salt and pepper. Filling can also be used as a veggie dip.

■ ■ ■ Avocado, Tomato, & Red Onion Salad

[Serves 2]*

INGREDIENTS

2 haas avocados
½ red onion diced
1 tomato diced
¼ cup cilantro finely chopped (or parsley)
2 tbsp. extra virgin olive oil
1 tbsp. freshly squeezed lime juice
1 tsp. cumin
Celtic Sea Salt and pepper to taste
½ jalapeno (diced, more or less to taste)



Dice avocados into small pieces and season with salt and pepper. In a small bowl, combine tomatoes, onion, cilantro, and cumin; season with more salt and pepper and arrange over avocados. Drizzle olive oil and lime juice over top, and gently mix all. Add jalapeno for a kick!

Snacks

Steamed Artichoke with Lemon and Herbs

[Serves 2]**

INGREDIENTS

2 artichokes
1 lemon
1 tsp. dried oregano
1 tsp. dried basil
1 tsp. thyme
Sea salt and pepper

Snip off sharp tips on the artichoke leaves and cut off stem. Place in a steam basket and steam for 30 – 40 minutes until tender. You will know it's done when a fork easily pierces the stem. Squeeze fresh lemon, sea salt and dried oregano, basil and thyme.



Green Apple with Almond Butter and Cinnamon

[Serves 1]*

INGREDIENTS

1 green apple, sliced
1 tablespoon raw almond butter
sprinkle of cinnamon

Sprinkle the cinnamon on the almond butter and dip the apple slices in it.



Carrot and Celery Sticks with Flavored Hummus

[Serves 1]*

INGREDIENTS

2 carrots, cut into sticks
2 celery stalks, cut into sticks
2 tablespoons hummus

Dip carrots and celery in hummus and enjoy!



Guacamole and Veggie Sticks

Buy guacamole or make your own with this delicious recipe below.

(Serves 4)**

INGREDIENTS

2 haas avocados
2 tsp. white or red onion, chopped
2 tbsp. cilantro, finely chopped
2 cloves of garlic, minced
2 tsp. freshly squeezed lime juice
2 tbsp. plum tomato (finely chopped)
2 tsp. jalapeño, diced (or Serrano Chile) – spice optional
½ tsp. salt (Celtic Sea Salt, Himalayan, or Redmond Real Salt)



Combine 1 tbsp. of the cilantro with 1 tsp. of the onion and jalapeno in a medium mixing bowl. Add ½ tsp. of the salt and using the back of a spoon push the ingredients against the bottom of the bowl to completely mash.

Add the avocados into the mixture, and using a fork, mash the avocados into the mixture to make an almost smooth, but still chunky, blend. Add in the remaining cilantro, onion, and jalapeno. Stir in the tomatoes and lime juice and season with the remaining salt. Serve with your favorite veggie sticks and enjoy!

Avocado Hummus

[Serves Group]*

INGREDIENTS

- 2 haas avocados
- 1 can white beans (drained and thoroughly rinsed)
- 1 lime (freshly squeezed)
- 1 tbsp. extra virgin olive oil
- ½ tsp. salt (Celtic Grey Sea Salt, Himalayan, or Redmond Real Salt)
- ¼ tsp. cayenne pepper



Blend all ingredients in food processor until smooth. Serve with raw carrots, red bell pepper, or celery.

Moroccan Sesame Dip

[Serves Group]*

INGREDIENTS

- 1/3 cup sesame seeds
- 1 ½ tbsp. lemon juice (freshly squeezed)
- 1/8 tsp. salt
- ½ tsp. cumin
- ¼ tsp. paprika
- ½ date
- 1/16 tsp. cayenne
- 5 sprigs parsley



Blend all ingredients except the parsley until fine and smooth. Mince the parsley and place in a medium sized bowl. Pour the Moroccan sauce in the bowl with the parsley, stir together. Use dip with your favorite vegetables.

■ ■ ■ Baked Zucchini Chips with Cool Dill Dip

[Serves 2]***

INGREDIENTS: **Baked Zucchini Chips**

2 zucchinis sliced thin (can use a mandolin)
2 tbsp. extra virgin olive oil
Salt (Celtic Grey Sea Salt, Himalayan, or Redmond Real Salt)

Thinly slice zucchinis. Blot zucchini chips with a paper towel to absorb excess water. Place zucchini chips on a baking sheet lined with parchment paper. Brush each one with olive oil and sprinkle with salt. Bake at 225 degrees for 2 hours or use a dehydrator at 115 degrees for 12 hours (overnight).



INGREDIENTS: **Dill Dip**

½ cup coconut milk from the can (I use Native Forest, thick part from top)
2 tsp. fresh lemon juice
1 tbsp. chopped parsley
2 tbsp. chopped dill
1 garlic clove minced
Salt (Celtic Grey Sea Salt, Himalayan, or Redmond Real Salt)
Pepper to taste

Blend all ingredients in a food processor. Add a little water if too thick.

Steamed Artichoke with Lemon Dipping Sauce

[Serves 2]***

INGREDIENTS

2 artichokes trimmed

1 tbsp. lemon juice (freshly squeezed)

6 garlic cloves

¼ cup extra virgin olive oil

2 tsp. chopped oregano

Salt (Celtic Grey Sea Salt, Himalayan, or Redmond Real Salt)

Pepper to taste



Smash 5 cloves of the garlic and place in medium size pot with about an inch of water. Place artichokes in the pot. Bring water to a simmer, cover and let steam for about 25 minutes.

For the Lemon Dipping Sauce: Mince the remaining garlic clove and put into a small bowl. Mix in olive oil, lemon juice, oregano, salt, and pepper.

Serve artichoke with dipping sauce on the side.



Crunchy Marinated Carrots

[Serves 4]**

INGREDIENTS

2 bags carrots, peeled and cut into 2 ½ to 3 inch lengths (thickness like a French fry)

1/2 cup apple cider vinegar

1/3 cup extra virgin olive oil

1 tbsp. oregano

2 large cloves garlic, finely grated

salt & pepper to taste (use fine mineral salt, NOT table salt – I use 'Redmond Real Salt')



Place peeled, cut carrots into a large pot, fully submerge in water. Add teaspoon of salt to water. Cook over medium-high heat for 3-4 minutes (this is a flash boil, still keeping the carrots raw with a little crunch). Strain carrots, and rinse with cold water to stop the cooking process, and place in a large bowl.

Add the grated garlic, oregano, apple cider vinegar, and olive oil, and sprinkle with salt and pepper to taste. Stir thoroughly, and place in an air tight container to marinate for 2 hours.

Keep in refrigerator, this healthy alkaline snack can last for weeks.

■ ■ ■ Toasted Kale Chips

[Serves 1]***

INGREDIENTS

1 head of kale torn into large pieces
2 teaspoons extra virgin olive oil
1 teaspoon curry powder (or
seasoning of your choice)
sea salt and pepper

Toss kale with oil and season with
curry powder and sea salt. Bake for
8-10 minutes at 375° or until crispy.
Careful not to burn.



Dehydrator Directions

"Quick" Dehydrator Method: This method doesn't result in chips that qualify as raw food, but the result is still very good and ready in half the time of the low temperature method below. Dry the kale at 145F for 1 hour. Reduce the heat to 115F and dry for an additional 3 to 4 hours until crispy dry. Transfer to airtight containers.

Low Temperature Raw Food Method

Dry the kale at 110F for about 8 hours (overnight or while you're at work). Transfer to airtight containers.

Treats

Frozen Peaches with Warmed Coconut Butter

[Serves 2]**

INGREDIENTS

- 1 ½ cups frozen peaches
- ¼ cup coconut butter
- 2 tbsp. sliced almonds

Put the frozen peaches in 2 serving bowls. Warm the coconut butter by placing it in a steamer for 10 minutes or small saucepan until slightly melted. Stir and drizzle on the frozen peaches. Top with sliced almonds.



Creamy Energy Boosting Shake

[Serves 1]*

INGREDIENTS

- ½ cup unsweetened almond milk
- 1 tbsp. raw almond butter
- ½ avocado
- ¼ cup raw cacao powder
- 2 teaspoons maca powder (optional)
- 2 pitted dates (or 2-3 drops of organic stevia)
- ½ cup ice

Blend and Enjoy!





Mixed Summer Fruit Salad

[Serves 2]*

INGREDIENTS

1 peach, chopped
1 nectarine, chopped
½ cup cherries, pits and stems removed
½ cup or one pint of blueberries
Zest and juice of one lemon
1 teaspoon mint, chopped
Add a heaping spoon of coconut butter.
Optional: add finely chopped mint leaves

Mix all ingredients in a bowl and enjoy!



Blueberry Lemon Chia Pudding

[Serves 2]

INGREDIENTS

1 ½ cups unsweetened almond or coconut milk (in a carton, not canned)
¼ cup chia seeds
Zest of 2 lemons
1 pint of blueberries

Mix all ingredients in a bowl and refrigerate for 3-4 hours or overnight.



Coconut Pops

[Makes 6 Pops]*

INGREDIENTS

½ cup unsweetened shredded coconut
½ cup coconut water
1 can coconut milk (Native Forest)
2 tsp. vanilla (or 4-5 drops Medicine Secret Vanilla)
3 Dates (or 2-3 drops organic stevia)
pinch of Himalayan pink salt (or Celtic Grey Sea Salt)



Blend all ingredients together. Pour into Popsicle molds and freeze overnight.

Frozen Banana Pops

[Makes 4 Pops]*

INGREDIENTS

2 bananas cut in half
½ cup gluten-free rolled oats (preferably Bobs Red Mill Gluten Free)
2 tbsp. cup cacao nibs
2 tsp. cinnamon
2 tbsp. chia seeds
1 tbsp. unsweetened shredded coconut flakes
1 container coconut yogurt or coconut milk



Cut 2 bananas in half. Put a Popsicle stick in each one. Mix toppings together in a bowl. You can use all of these ingredients or some. Using a spoon, cover banana in a thin coating of coconut yogurt or coconut milk and sprinkle on toppings. Place onto a baking small tray lined with parchment paper and freeze.

■ ■ ■ Tropical Monkey

[Serves 2]*

INGREDIENTS

2 frozen bananas
2 tbsp. coconut oil
2 tbsp. cacao powder
1 tbsp. cacao nibs
2 tbsp. chia seeds
2 cups coconut milk



Blend all ingredients in blender except chia seeds until smooth. Add chia seeds after and pulse once or twice.

■ ■ ■ Watermelon Popsicles

[Makes 6 popsicles]*

INGREDIENTS

½ medium seedless watermelon,
chopped
juice and zest of 1 lime
1 tablespoon chopped mint

Blend all ingredients in a blender and pour into Popsicle molds and freeze for several hours or overnight.



Alkaline Power Super Treats

[Makes 24]**

INGREDIENTS

1 cup raw almond butter
6 dates (pitted)
¼ cup flax seeds
¼ cup chia seeds
3 tsp. chia seeds (additional add on at end)
¼ cup cacao nibs
3 tsp. cinnamon
2 tsp. vanilla (or 3-4 drops Medicine Flower Vanilla Drops)
1 cup hulled hemp seeds

In food processor, pulse together almond butter and dates. Add remaining ingredients except the hemp seeds and continue to pulse until a ball forms. Roll into inch sized balls and then coat in hemp seeds and 3 tsp. of chia seeds.

Store for up to a week in airtight container.

Guilt-Free Brownies

[Makes 16]**

INGREDIENTS

¼ cup coconut butter
¾ cup cashews chopped
¾ cup chopped dates (pitted)
1/8 cup unsweetened shredded coconut flakes
1 tsp. cinnamon
2 tsp. vanilla (or 3-4 drops of Medicine Flower Vanilla)
¼ cup cacao powder
pinch of Himalayan pink salt (or Celtic Grey Sea Salt)
pinch cayenne pepper

Grind cashews in food processor until powder. Add dates and grind 1-2 minutes. Add all other ingredients and blend well. Shape into small 1-inch brownies and top with shredded coconut. Put in freezer for about 10 minutes or until firm. Brownies can be kept in freezer for storing.



My Two Favorite Alkaline Desserts Back By Popular Demand!

■■■ Avocado Chocolate Mousse

[Serves 2]*

INGREDIENTS

- 1 ½ haas avocado
- 2/3 cup coconut water (ideally raw)
- 1 tbsp. Vanilla (or 'Medicine Flowers Vanilla' 5 drops)
- 2 tbsp. raw cacao powder
- 3-5 Dates (for sweetness)
- 1 ½ tsp. Celtic Sea Salt



Blend high in blender, enjoy! Refrigerate leftovers to make firm.

■■■ Ginger Cinnamon Fruit / Sweet Tahini Dip

[Serves 2-3]**

INGREDIENTS

- 1 pear
- 1 green apple
- 2 to 3 tbsp. fresh ginger (depending on taste)
- 1 tsp. cinnamon
- 1 tsp. Celtic Sea Salt

Grate ginger into a small mixing bowl. Add sea salt and cinnamon and mix together. Dice fruit into small cubes and place into mixing bowl.



INGREDIENTS SWEET TAHINI DIP

- 3 tbsp. tahini (aka sesame butter, 1 big scoop)
- 3 tbsp. raw almond butter
- 1 tbsp. liquid coconut nectar (or honey, but coconut nectar preferred)
- 2 tbsp. coconut oil
- 2 tsp. wheat free tamari
- ¼ tsp. cayenne (optional)

Mix all ingredients, and drizzle over Ginger Cinnamon Fruit.

Note: The brand I use is 'Coconut Secret Raw Coconut Nectar'

Alkaline Super Teas & Drinks

Dandyroot Tea

[Serves 2]*

INGREDIENTS

4 cups of filtered water
2 tbsp. dandelion root
2 tbsp. chicory root
2 cinnamon sticks
Organic Stevia to taste
Cinnamon powder to garnish



Add the water, dandelion root, chicory root, and cinnamon sticks to a large pot and heat until just under a boil. Let simmer for 5 minutes to release all of the superfood nutrients. Strain and add organic stevia to taste, cinnamon to garnish.

Turmeric Ginger Lemon Detox Tea

[Serves 2-3]*

INGREDIENTS

16-20 oz. of water
1 inch of fresh turmeric root
1 inch of fresh ginger root
1 Lemon Slice

Peel the turmeric and ginger and chop it into small pieces (the smaller the better).



Put into a pot with water, and bring to a boil. Once boiling, bring to a simmer for 10 minutes and serve (simmer longer if you want stronger tea). Squeeze and drop a lemon slice into the cup. Can use leftover pieces in your smoothie.



Cucumber & Turmeric Tea

[Serves 2]*

INGREDIENTS

2 cups boiling water
1 tsp. turmeric powder
4 slices cucumber
2 slices lemon
ice

Brew the turmeric powder in the boiling water, then allow to cool to a warm temperature. Pour the cool tea over ice. Stir in the cucumber and lemon slices, then serve chilled.



Cucumber Lavender Water

[Serves 2]*

INGREDIENTS

8 cups filtered water
1 tsp. dried lavender
1 small cucumber, thinly sliced

Combine all ingredients in a pitcher and refrigerate for up to 12 hours to allow water to infuse.



Watermelon Mint Infused Water

[Serves 2]*

INGREDIENTS

8 cups filtered water
2 cups watermelon cubed
3 sprigs of mint

Combine all ingredients in a pitcher and refrigerate for up to 12 hours to allow water to infuse.

■ ■ ■ Detox Dream Water

[Many Servings]*

INGREDIENTS

Filtered water (sealable jug or container)

1 lemon (slices)

1 medium cucumber (thin slices)

Mint leaves (handful)

1 grapefruit section

Infuse overnight in refrigerator and drink daily.



■ ■ ■ Mojito Fat Flush Water

[Many Servings]*

INGREDIENTS

Filtered water (sealable jug or container)

1 lemon (slices)

2 limes (slices)

1 medium cucumber (thin slices)

Mint leaves (handful)

Infuse overnight in refrigerator and drink daily.





Coco Chia Water

[Serves 1]*

INGREDIENTS

Coconut water
4 tbsp. chia seeds
Fresh lemon slice



Squeeze lemon, put slice in coconut water. Add chia, stir with a spoon and let sit for 5 to 10 minutes, or use a small handheld electric mixer to stir the chia in for 1 minute.



Lemon Water

[Serves 1]*

INGREDIENTS

Filtered Water
Lemon Slice(s)



Chia Gel

[Makes 1 Cup]*

INGREDIENTS

1 cup filtered water
2 tbsp. of chia seeds (black or white)



Whisk together 1 cup of room-temperature filtered water and 2 tbsp. of black or white chia seeds. Wait 3-4 minutes then whisk again, whisk at 10 minutes, then whisk one last time at 20 minutes. Use immediately or store well covered in the refrigerator for up to 1 week. It's ok to double this recipe if desired.

How to Use: Eat a tbsp. of Chia Gel or add it to your favorite smoothie for energy, protein, and Omega 3 Fatty Acids. Makes for a GREAT alkaline energy gel on the cleanse or for working out.
(Chia - 50% Omega 3 Fatty Acids, 20% Protein)