



**ADRENAL
ENERGY REBOOT**

DR. RITAMARIE LOSCALZO

Recipe Collection



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About The Adrenal Energy Reboot Program

This material is part of the Adrenal Energy Reboot Program which is a step-by-step method for assessing and restoring the health of your adrenal glands. By providing support for your adrenals, you can turn *sick and tired* into **quick and fired** with full-throttle energy, naturally! Program members have access to a complete website of resources, modules, and materials developed to help heal their conditions.

www.CAFEprogram.com

This e-book provides delicious recipes for empowering you make delicious, adrenal supporting foods that boost your energy to the brim!

Introduction to the Recipe Collection

The Adrenal Energy Reboot Recipe Collection is a quick and handy reference to keep in your kitchen whenever you need an energy boost. By adding recipes to your diet that are designed to support your adrenal glands, you'll get back your get-up-and-go!

The recipes in this collection are made with ingredients that are recommended for adrenal support and repair. All of the recipes are free of sugar, dairy, grains, and gluten. Most of the recipes have no fruit, and those that contain fruit use low-sugar fruits like blueberries, green apple, and grapefruit, so they are appropriate for those requiring a low-glycemic diet.

My goal is to make mealtime a pleasure and offer recipe ideas that will energize and excite you.

Enjoy!



Dr. Ritamarie

Using the Recipe Collection

This page provides a few key tips for using *The Adrenal Energy Reboot Recipe Collection*.

Tips:

- **Document Tips:** Any time a recipe from this collection is used as an ingredient in another recipe, you'll find its title in *italics*. Any time a specific brand of product is mentioned, you'll find its name in ***bold italics***.

For example:

Ingredients:

- 1 tablespoon ***Sunwarrior Ormus Greens***
 - 1 tablespoon ***HealthForce Nutritionals Vitamineral Green***
 - 2 tablespoons ***Chia Gel***
 - 1 tablespoon lemon juice
 - 2 - 4 drops mint essential oil
-
- **Brands:** You'll find occasional brand name suggestions that I've researched to be pure of allergenic materials and/or to be of the highest quality for many of the recommended products. Adrenal Energy Reboot Members, you'll find a complete list of products and ordering options in my "*Creating a Healing Kitchen*" document that's included as a bonus in your program.
 - **Essential Oils/Flavors:** Recipes in this collection may suggest the optional use of essential oils, flavors, and extracts. All essential oils should be **food grade**. Also, since most commercial/grocery store shelf extracts and flavors are made with alcohol and other "unknowns," be sure you are using high quality products that are healthy. Again, I list many great suppliers of safe essential oils, flavors, and extracts in my "*Creating a Healing Kitchen*" bonus document.
 - **Ingredient Index:** This e-book contains an index that can be used to help you make the most of your available ingredients at home. Simply look up the food(s) you wish to use or use up and select the recipes you prefer from those listed in the index.

Meal Planning

Adrenal Nourishing Breakfast

- Start your day with greens: low carb, moderate protein and fat breakfast and an omega-3 fat source
 - Green smoothie
 - Green juice
 - Green powder
 - Protein powder
 - Chia pudding
 - Hemp milk shake
 - Dehydrated grain-free bread with flax/coconut butter
- Adrenal support herbal tea: licorice, ginseng, lemon balm -- No caffeine

Adrenal Nourishing Lunch

- Large veggie salad with omega-3 rich salad dressing and seed toppings
- Green blender soups
- Cut up vegetables with dips made with healthy fats – coconut, avocado, omega-3 rich seeds, raw nuts, soaked and sprouted
- Wraps using green leaves and nori sea vegetable and filled with greens, sprouts, sauerkraut and topped with an omega-3 rich dressing or spread

Adrenal Nourishing Dinner

- Veggie salad with omega-3 rich salad dressing and seed toppings
- Green blender soups
- Wraps using green leaves and nori sea vegetable and filled with greens, sprouts, sauerkraut and topped with an omega-3 rich dressing or spread
- Steamed vegetables
- “Big Bowl” – filled with steamed and/or raw veggies and a blended vegetable sauce, made from the steam water, vegetables and a fat to thicken: chia seed, avocado, tahini, nut butter, coconut or raw nuts or seeds

Adrenal Nourishment

Foods

- **Green leafy vegetables**
- **Low-glycemic fruits**
- **Sea vegetables:** kelp, dulse, nori, etc.
- **Garlic and onions**
- **Sunflower lecithin**
- **Mushrooms:** shiitake, maitake, reishi, cordyceps, and chaga
- **Omega-3 rich foods:** hemp seeds, chia seeds, flax seeds, algae, and deep ocean fish
- **Probiotic and prebiotic rich foods:** kefir, rejuvelac, sauerkraut, coconut yogurt, seed yogurt, Jerusalem artichoke, and chicory

Supplements

- **Vitamins:** vitamin C; vitamins B6, B5 (pantothenic acid), B2, and B3 (niacin); and vitamin E
- **Antioxidants:** bioflavonoids
- **Trace Minerals:** manganese, iodine, selenium, chromium, zinc, and potassium
- **Amino Acids:** tyrosine, phosphatidylserine

Herbs (Adaptogenic)

- Maca
- Ashwaganda
- Licorice
- Ginseng
- Rhodiola
- Schizandra
- Reishi
- Cordyceps
- Chaga
- Lemon balm
- Chamomile
- Hops

Elixir Herb Options		
<ul style="list-style-type: none"> • Ashwagandha • Astragalus • Chaga • Cordyceps • Eleuthero • Gotu Kola 	<ul style="list-style-type: none"> • Gymnostemma • He Shou Wu • Licorice *** • Maca • Mucuna Pruriens • Reishi 	<ul style="list-style-type: none"> • Rhodiola • Schizandra • Shiitake • Siberian Ginseng • Tulsi
<p>*** Licorice can increase blood pressure if overused. Do not include if you have a tendency towards high blood pressure.</p>		

Adrenal Energy Reboot Members: For more recommendations, please refer to the *Adrenal Energy Reboot: Diet, Lifestyle, Nutrition, and Herbs - Recommendations Checklist*.

Fresh Green Juice

Making Juice Without a Juicer: While it's easy to make juice with a juicer, if you don't have nor want the extra equipment, you can still make fresh juice if you have a decent blender and a nut milk bag. Simply blend your ingredients (you may need to chop first or add a little water to get things moving), and then strain through a nut milk bag.

Left-over pulp from your juices can be used to make dehydrated crackers or other recipes (if you have a dehydrator).

Blood Sugar Balancer Juice

Ingredients:

- 1 cucumber
- 2 stalks celery
- 1 cup green beans
- 1/4 teaspoon cardamom
- 1/4 teaspoon cinnamon

Directions:

Run all the ingredients above through a juicer.

Personal Note: Blood sugar balance is critical to proper adrenal function. Start your day with this energizing beauty.

Benefits to the Body: Green beans and cinnamon help to restore insulin receptors and keep your blood sugar steady.

Green Water

Ingredients:

- 1 handful leafy green vegetables (any variety such as dark green/red lettuces, kale, spinach, parsley, etc.)
- fresh ginger root, lemon, mint (optional additions)
- water as needed for blending

Directions:

1. Place a handful of leafy green vegetables in the blender.
2. Cover with water and blend until vegetables are completely puréed. Add enough water to fill the blender and blend until vegetables are completely dissolved.
3. Pour liquid into a 1 1/2 to 2 quart container and fill with water.
4. Shake well before drinking.
5. Sip throughout the day in place of water.
6. Add fresh ginger root, lemon, or mint to the blend for a nice flavor. The resulting beverage should be a pale green, translucent color.

Personal Note: This is a good way to start including blended greens in your diet. It is a very light, mild tasting beverage which can be enhanced by the addition of lemon/lime juice or herbs and spices.

Jumpstart Your Day Energy Drinks

AM Energy Uplifter Shake

Ingredients:

- 32 ounces water
- 1 tablespoon **Sunwarrior Ormus Greens**
- 1 tablespoon **HealthForce Nutritionals Vitamineral Green**
- 1 tablespoon maca powder
- 1 teaspoon cordyceps mushroom powder (optional, if sensitive to mushrooms)
- 1/2 teaspoon ashwaganda powder
- 2 tablespoon *Chia Gel*
- 1 tablespoon lemon juice
- 2 - 4 drops mint essential oil

Directions:

Put all ingredients in a jar and shake well or put in blender and blend until well combined.

Personal Note: You can use any combination of essential oils or flavorings to make your own version of this recipe. Some of my favorites are cinnamon, vanilla, orange, almond, and basil. Add oregano and basil oil for an Italian drink that supports your immune system.

Quick and Easy Green Protein Energizer Drink

Ingredients:

- 2 tablespoons **HealthForce Nutritionals Green Sage Protein Magic Mint** (or any other green powder). This brand contains 16 grams of protein per serving.
- 2 tablespoons **Sunwarrior Warrior Blend Protein Powder**, or **HealthForce Nutritionals Warrior Food**, or hemp protein or your favorite protein powder
- 1 tablespoon maca powder
- 2 cups water

Directions:

1. Shake all together in a glass jar and add your favorite flavors: lemon juice, essential oils, cinnamon, vanilla, etc.
2. You can also blend with ice cubes for a smoother texture.

Personal Note: Starting your day with a protein-rich meal is super nourishing for your adrenals.

Smoothie with Low-Sugar Fruits

Adrenal Booster Blueberry Pomegranate Green Smoothie

Ingredients:

- 1 head kale
- 1 handful broccoli sprouts
- 1 cup sunflower sprouts
- 1 handful arugula
- 1/2 head collard greens
- 1 pinch kelp powder
- 1 teaspoon each (optional) of herbs: ashwaganda powder, nettles powder, cordyceps mushroom powder
- 2 cups frozen blueberries
- 3 tablespoons lemon juice
- 2 tablespoons pomegranate powder or lucuma powder (optional)
- 2 cups water, or more to desired consistency
- 1 - 2 tablespoons hemp seeds (optional for extra omega-3)
- 1 - 2 tablespoons coconut butter or shredded coconut (optional to help conversion of omega-3)
- stevia (optional)

Directions:

1. Blend until very smooth.
2. Add stevia if needed for sweetness.

Blended Adrenal Boosting Green Drink Without Fruit

For those who are currently not tolerating even the low-sugar fruits, here's a recipe of blended greens that uses lemon and herbs for flavor. Stevia, essential oils, and spices can be added for additional flavor. Use these as a spring board and adjust the flavor to your liking. A trick to make non-sweet smoothies delicious is to use enough lemon or lime to balance the bitter and add a strong herb. Ginger, cayenne, curry, and cinnamon are all good choices.

Super Charged Parsley De-Parcher

Ingredients:

- 1 bunch of parsley
- 1 cup of water
- 1 cucumber
- 1 stalk celery
- 1/2 red bell pepper
- 1 teaspoon nettles powder
- 1 teaspoon maca powder
- 1 teaspoon vanilla powder or extract
- 1-inch slice of ginger (optional)
- 1 - 2 lemons or limes, juice of

Directions:

Blend all ingredients and adjust to taste.

Elixirs

An elixir is defined as a magical or medicinal potion.

Healing Elixir Base Recipe Guidelines

Ingredients:

- **Liquid base:** 2 cups herbal tea, nut or seed milk, fresh juice or water
- **Fat source:** (Only if not made with nut milk as the liquid base) 2 tablespoons nut butter, 1/2 - 1 avocado (depending on size), *Chia Gel*, 1 handful of nuts (preferably soaked), 1/2 cup coconut meat, or 2 tablespoons coconut butter
- **Herbs:** a variety of powdered herbs, mushroom powders, and/or green powders – quantity varies depending on the herb from several teaspoons to several tablespoons
- **Flavorings:** a few drops of essential oils, a dropper full of flavor extracts, up to 2 teaspoons or more of carob powder, vanilla, or raw cacao powder
- **Sweetener (low-glycemic):** green leaf stevia or flavored stevia (chocolate, vanilla, English toffee, orange, raspberry), xylitol, or erythritol (**Zero**), or **Lakanto**.
Sweetener (high-glycemic): higher glycemic sweeteners like dates, raisins, coconut nectar and raw honey are **only recommended if** you are not over weight, do not experience blood sugar imbalances, and are free of candida infections.
- **Salt:** a pinch of sea salt or sea kelp powder

Directions

1. If you're using a tea base, boil water and allow herbs to steep 10 minutes or longer to get to full flavor and strength.
2. Put water, fat, herbs, flavorings, sweetener and salt in blender.
3. Blend until smooth, then adjust flavorings and sweeteners to taste.

Adrenal and Immune Boosting Elixir

Ingredients:

- 1 tea bag of **Spring Dragon Longevity Tea**
- 16 ounces purified water
- 4 large Brazil nuts
- 1 tablespoon raw organic walnuts
- 1 tablespoon hemp seeds
- 1 teaspoon chaga mushroom powder
- 1 teaspoon maca powder
- 1/2 teaspoon reishi mushroom powder
- 1/2 teaspoon cordyceps mushroom powder
- 1/4 teaspoon astragalus powder
- 1/2 teaspoon ashwaganda powder
- 2 tablespoons raw carob powder or raw cacao powder (or 1/2 and 1/2)
- 1 tablespoon **Artisana Coconut Butter** or 2 tablespoons dried coconut
- 1/4 teaspoon stevia green leaf powder, or 3-4 drops your choice flavored **Sweet Leaf Stevia**, or 1 teaspoon **Lakanto**

Directions:

1. Boil water and steep tea bag for 10-15 minutes.
2. Combine all ingredients in blender and blend until smooth.

Energize Me Elixir

Ingredients:

- 1 tea bag of **Spring Dragon Longevity Tea**
- 1 tea bag of **Tulsi Licorice Spice***
- 16 ounces purified water
- 4 large Brazil nuts
- 1 tablespoon pumpkin seeds
- 2 heaping teaspoons coconut powder
- 1/2 cup *Chia Gel*
- 1/2 teaspoon cordyceps mushroom powder
- 1 teaspoon ashwaganda powder
- 1/4 teaspoon rhodiola powder
- 1 heaping tablespoon schisandra berries
- 1/4 teaspoon Eleuthero aka Siberian ginseng
- 1 teaspoon **HealthForce Nutritionals Vanilla Maca**
- 2 heaping teaspoon cinnamon
- 1 pinch of salt
- 1 handful macadamia nuts
- 6 drops **Omica Organics Butterscotch Stevia** for sweetener
- 6 drops **dōTERRA Wild Orange** essential oil

Directions:

1. Boil water and steep tea bags for 10-15 minutes.
2. Combine all ingredients in blender and blend until smooth.
3. Adjust sweetness and flavor with essential oils as desired.

***Important:** Be careful with licorice if you have high blood pressure.

Mushroom-Free Easy Energizing, Hormone Harmonizing Elixir

Ingredients:

- 1 tea bag of one of the following teas: **Spring Dragon Longevity Tea**, **Yogi Tea**, **Egyptian Licorice** or **Licorice Mint** or ginseng (your favorite brand)
- 16 ounces purified water
- 4 large Brazil nuts
- 1 tablespoon raw organic walnuts
- 1 tablespoon hemp seeds
- 1 tablespoon **Artisana Coconut Butter** or 2 tablespoons dried coconut
- 1 teaspoon **Ultimate Super Foods Mucuna Pruriens**
- 1 teaspoon **Longevity Warehouse Rose Hips Extract**
- 1 tablespoon **HealthForce Nutritionals Maca Powder**
- 1/4 teaspoon astragalus powder
- 1 teaspoon ashwaganda powder
- 2 tablespoons raw carob powder or raw cacao powder (or 1/2 and 1/2)
- 1/4 teaspoon stevia, green leaf powder, or 3-4 drops your choice flavored **Sweet Leaf Stevia** (or 1 teaspoon **Zero** if you don't favor the taste of stevia)

Directions:

1. Boil water and steep tea bag for 10-15 minutes.
2. Combine all ingredients in blender, blend and enjoy.

Simply Energizing Elixir

Ingredients:

- 1 tea bag of **Yogi Tea Egyptian Licorice Mint**
- 16 ounces purified water
- 1/4 cup hemp seeds
- 1/4 cup *Chia Gel*
- 1 tablespoon green powder, your choice (my favorite is **HealthForce Nutritionals Green Sage Protein Magic Mint**)
- 1 tablespoon **Artisana Coconut Butter** or 2 tablespoons dried coconut
- 1 teaspoon **Ultimate Super Foods Mucuna Pruriens**
- 1 tablespoon maca powder
- 1/4 teaspoon astragalus powder
- 1 teaspoon ashwaganda powder
- 2 tablespoons raw carob powder
- 1 teaspoon almond extract
- 1/4 teaspoon stevia, green leaf powder, or 3-4 drops your choice flavored **Sweet Leaf Stevia** (or 1 teaspoon **Zero** if you don't favor the taste of stevia)

Directions:

1. Boil water and steep tea bag for 10-15 minutes.
2. Combine all ingredients in blender, blend and enjoy.
3. Adjust sweetener and spices to taste

Spicy Chai Elixir

Ingredients:

- 16 ounces purified water
- 1 scoop protein powder, your choice
- 2 tablespoon **Artisana Coconut Butter** or 2 tablespoons dried coconut
- 1 tablespoon maca powder
- 1 teaspoon Siberian ginseng
- 1/4 teaspoon astragalus powder
- 1/2 teaspoon rhodiola powder
- 1/2 teaspoon ashwaganda powder
- 1/2-inch slice ginger
- 2 teaspoons cinnamon
- 1/4 teaspoon cloves
- 1/4 teaspoon cardamom
- 1/2 teaspoon turmeric
- 4 drops cinnamon essential oil
- 1/4 teaspoon stevia, green leaf powder, or 3-4 drops your choice flavored **Sweet Leaf Stevia** (or 1 teaspoon **Zero** if you don't favor the taste of stevia)

Directions:

1. Combine all ingredients in blender, blend, and enjoy.
2. Adjust sweetener and spices to taste.

Breakfast Entrée

Blueberry Chia Porridge

Ingredients:

- 1/4 recipe *Chia Gel*
- 1/2 cup fresh nut or seed milk (optional)
- 1 tablespoon flax seed, freshly ground (optional)
- 2 tablespoons hemp seeds
- 1/2 cup blueberries, quick pulsed in food processor or hand chopped
- 1/4 cup shredded unsweetened raw coconut
- 1 teaspoon cinnamon
- 1/8 teaspoon cardamom
- 1 teaspoon cordyceps mushroom powder
- 1 tablespoon maca powder (**HealthForce Nutritionals Vanilla Maca** goes well)
- stevia if desired for extra sweetness

Directions:

1. Put *Chia Gel* in a bowl.
2. Sprinkle in ground flax seeds and stir well.
3. Stir in remaining ingredients and stir well.
4. Check sweetness and add stevia if desired.

Cashew Yogurt

Ingredients:

- 1 cup water
- 1 heaping cup raw cashews
- 1 teaspoon probiotic powder, **HealthForce Nutritionals**

Directions:

1. Blend the cashews and water in a high speed blender until smooth.
2. Add the probiotic powder and blend at low speed just until it is incorporated.
3. Pour mixture into a clean glass jar and just rest the lid on top to keep mixture clean but to allow air in.
4. Let mixture sit at room temperature in a warm location for 24 hours.
5. Close lid and refrigerate.

Chia Porridge

Ingredients:

- 1/4 recipe *Chia Gel*
- 1/4 cup shredded unsweetened raw coconut
- 1 tablespoon pumpkin seeds
- 1 tablespoon hemp protein powder (or your favorite)
- 1 teaspoon spirulina
- 1/2 teaspoon cordyceps mushroom powder
- 1 tablespoon maca powder (**HealthForce Nutritionals Vanilla Maca** goes well)
- 1/2 dropper trace minerals (optional)
- 1/2 dropper zinc (optional)
- 4 drops flavored stevia
- cinnamon essential oil

Directions:

1. Put *Chia Gel* in a bowl.
2. Sprinkle in ground flax seeds and stir well.
3. Stir in remaining ingredients and stir well.
4. Check sweetness and add stevia if desired.

Lunch and Dinner Entrées

Soup

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

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.

Basic Green Soup Recipe

Ingredients:

- 2 - 4 cups greens
- 1 - 2 cups water
- 1/4 cup lemon or lime juice
- seasonings
- herbs – your choice from the adrenal herb list
- other vegetables like carrot, red bell pepper, tomato, cucumber

Directions:

Blend all together and adjust to taste.

Coco-Gin Curry Vegetable Soup

Ingredients:

- 6 cups choice of vegetables: broccoli, cauliflower, green cabbage, zucchini, kale, etc.
- 2 cups tender leafy greens like spinach or arugula
- 2 stalks celery, finely minced
- 1/4 cup coconut butter or 1/4 cup shredded coconut or 1/2 fresh coconut (meat)
- 1 teaspoon curry powder or 1 teaspoon curry paste
- 1/2 teaspoon kelp powder
- 1/4 teaspoon sea salt or to taste
- 1 pinch cayenne if desired
- 1-inch piece ginger
- 1 teaspoon reishi mushroom powder
- 2 tablespoons **Sunwarrior Warrior Blend Protein Powder**
- 1/4 cup hemp seeds
- 1 small piece turmeric, fresh (if available)
- 1 clove garlic
- 1 lime, juice of (optional)

Directions:

1. Steam vegetables (retain the steam water).
2. Put baby greens in a large bowl with minced celery.
3. When vegetables are lightly steamed, take half and put in a blender with 2 cups steam water.
4. Blend with remaining ingredients.

Salad

Kale Salad with Kick

Ingredients:

- 1 head of Lacinato (aka “dinosaur”) kale or curly kale, stems removed
- 1 red bell pepper, diced
- 1/4 red onion, diced
- 1 cup shitake mushrooms
- 1 clove garlic, crushed
- 1/4 cup pine nuts or sunflower seeds
- 1/2 cup cherry tomatoes, quartered
- 1/4 teaspoon whole, unrefined sea salt
- 1/2 cup cauliflower, sliced thin

Marinade:

- 3 tablespoon lemon juice
- 1 tablespoon olive oil
- 1/4 - 1/2 teaspoon unrefined whole sea salt
- 1 teaspoon Italian seasoning
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1 teaspoon cumin powder
- 1/4 teaspoon black pepper

Directions:

1. Stack 3 - 4 kale leaves at a time. Slice crosswise into thin ribbon strips, using a down and through motion, keeping the tip of the knife on the cutting board.
2. Pour marinade over cut kale.
3. Add the crushed garlic and salt.
4. Use your hands to massage the marinade into the kale. The kale will wilt and become soft. It will take on a “cooked” like appearance.
5. Taste the kale. If there is still bitterness, add additional salt and/or lemon juice to balance. Gently toss with tomato quarters, cauliflower, red pepper, and pine nuts.

Sandwiches, Wraps, and Rolls

Basic and Balanced Raw Food Sandwich

If you need a quick and satisfying lunch, it's easy to make a raw food version of any traditional sandwich.

Traditionally, sandwiches are built around the following ideas:

- Wrapper – bread, taco shell, burrito shell, or some sort of crust
- Filling – meat, cheese, tuna, or some sort of spread
- Sauce or topping – typically mayonnaise, mustard, ketchup
- Garnishes – tomato, lettuce, sprouts, relish and the like

You can build any number of living food delights when you mix and match wholesome ingredients.

Wrapper Ideas:

- **“Bread”**: dehydrated crackers, jicama slices, tomato slices, turnip or rutabaga slices, sweet potato or winter squash slices
- **Roll-ups**: romaine lettuce leaves, collard greens, kale, chard leaves, cabbage, thinly sliced zucchini or summer squash, nori sheets
- **Boats**: hollowed out cucumbers, zucchini, or winter squash; romaine hearts; celery; red, yellow, or orange bell peppers

Filling Ideas:

- Nut or seed patés, guacamole, nut or seed cheeses, ground up nut or vegetable burgers (taco “meat”)

Topping Ideas:

- Nut or seed based sour cream, sauces and creamy dips, avocado based dips and sauces, grated or finely ground seeds

Garnish Ideas:

- Grated, chopped, julienned or spiralized vegetables like carrots, celery, squash, beets, jicama, etc.

Collard Roll-Ups

Ingredients:

- 2 - 3 collard green leaves, raw, blanched or lightly steamed
- 2 - 3 handfuls arugula (1 handful for each collard leaf)
- 2 - 3 small handfuls broccoli sprouts (1 handful for each collard leaf)
- 2 tablespoons sauerkraut for each collard leaf
- 2 tablespoons *Creamy Nut Cheese* for each collard leaf, or you can substitute the nut cheese with any other raw dip or spread you have on hand

Directions:

1. Lay out your collard leaf and fill with amazing and body-healing ingredients!
2. Essentially, you'll want to layer your ingredients, roll them up tight, and cut into chunks.

Veggies and Sides

“Braised” Garlic Greens

Ingredients:

- 1 head kale, de-stemmed and shredded or chopped into small pieces
- 1 head collard greens, de-stemmed and shredded or chopped into small pieces
- 4 cups baby spinach, washed and drained
- 2 lemons, juice of
- 3 cloves garlic
- 1 teaspoon turmeric or 1 1/2-inch piece of turmeric
- 1 teaspoon sea salt

Directions:

1. Rinse and chop greens and place in a bowl.
2. Cover greens with salt and massage until they wilt. Continue until the greens have shrunk in size and there is green water in the bowl.
3. Drain the liquid, reserving for later.
4. Add 1/2 the lemon juice and massage again.
5. In a separate bowl, combine remaining lemon juice and oil with a few teaspoons of the reserved liquid.
6. Press garlic and turmeric into the juice/oil mixture and stir or shake well.
7. Pour dressing over greens and toss well, squeezing with hands so that the marinade penetrates the greens.
8. Allow to sit at room temperature for 15 minutes or longer, preferably in a salad press, or warm in dehydrator at 140°F for 15 - 30 minutes before serving.

“Pasta”

“Noodles”

Ingredient Variations:

- zucchini or yellow squash, peeled if desired
- jicama
- winter squash
- carrots
- daikon radish
- yams or sweet potatoes
- turnips
- rutabagas

Directions:

1. Use any combination of firm vegetables or tubers.
2. Using a spiral vegetable slicer, create noodles.
3. A mandolin or food processor can be used to create thin strips, but they will be only as long as the vegetables used, so zucchini and yellow squash are the best choices.
4. Using a variety of vegetables creates a pretty rainbow of color.
5. If the “noodles” are too hard, pour a little salt over them and allow them to sit at room temperature for a few minutes until softened.
6. Cabbage can be cut into 1-inch by 1/4-inch pieces and used in place of small “macaroni” shaped pasta. Be sure to cover with salt to soften before using cabbage.
7. Top with a favorite sauce.

Personal Note: The *Saladacco Spiralizer* creates angel hair-like noodles while the *Spirooli Spiral Slicer* makes fettuccini-like noodles. A hand cranked potato peeler can accomplish similar results, although the results are not as uniform.

Energy Jumpstart Noodle Dish

Ingredients:

- 1 cup arame sea vegetable
- 1 package konjac noodles
- big bowl of veggies – steamed, wilted (marinated), or finely chopped raw
- 1 tablespoon tahini
- 1 teaspoon cordyceps mushroom powder
- 1 lemon, juice of
- 1/2 teaspoon kelp powder
- 1/2 teaspoon sea salt
- 1 pinch cayenne
- 1-inch piece ginger
- 1 clove garlic
- 1 cup water or steam water from making veggies or vegetable juice

Directions:

1. Set first 3 ingredients aside. Blend all remaining ingredients together.
2. Soak arame in enough water or steam water to completely cover. Soak for 15 minutes.
3. Rinse and drain, reserving the soak water.
4. Rinse and drain the konjac noodles.
5. Combine veggies and noodles then pour sauce over and mix well.

Personal Note: This dish is delicious, energizing, and filling!

Sea Vegetable Dish

Arame Konjac Noodles with Energy Recharge Sauce

Ingredients:

- 1 cup arame
- 2 packages of konjac noodles (these have calcium)
- soak water – enough to cover arame twice

Sauce Ingredients:

- 2 tablespoons almond butter (you can make it with tahini, cashew butter, coconut butter, etc.)
- 1 lemon, juice of
- 1/2 - 3/4 cup of the arame soak water (it's full of minerals)
- 1 pinch of sea salt
- 1/2 teaspoon kelp powder
- 1 tablespoon **HealthForce Nutritionals Warrior Food** protein powder
- 1 tablespoon shitake mushroom powder
- 1/4 teaspoon cordyceps mushroom powder
- 1 tablespoon maca powder (plain, unflavored)
- 1 tablespoon Thai seasoning
- 1/2 teaspoon **Thai Kitchen Green Curry Paste** (available at most supermarkets)
- 1/2-inch piece of ginger

Directions:

6. Soak arame in a large bowl in enough water to cover it twice for 15 minutes.
7. Drain arame, retaining the water.
8. Rinse and drain the konjac noodles (discard the rinse water).
9. Mix konjac noodles and arame in a large bowl.
10. Make sauce.
11. Pour sauce over arame and noodles and stir.

Personal Note: You can also add extra veggies if desired, i.e. red peppers, green onions, shredded carrots, etc.

Wakame Cucumber Salad

Ingredients:

- 1 cup wakame seaweed, soaked
- 2 large cucumbers, quartered and sliced
- 1 medium tomato, chopped
- 1/2 cup basil, fresh, finely chopped
- 1/2 medium lemon, juiced
- 1/2 medium lime, juiced
- 2 cloves garlic, minced
- 1 tablespoon flax oil
- 1/8 teaspoon toasted sesame oil (for strong flavor, omit if you prefer)
- 1 teaspoon sea salt

Directions:

1. Soak wakame for 5 to 15 minutes in pure water.
2. Chop the tomato and quarter and slice the cucumber thinly.
3. Slice the wakame.
4. Place cucumber, wakame, and tomato in a bowl.
5. In a separate small bowl, combine the basil, lemon and lime juice, garlic, flax and sesame oils.
6. Toss with the vegetables, sprinkle with salt to taste, and serve.

Cooked Meals

Creamy Green Soup

Ingredients:

- 1 bunch of broccoli
- 1 zucchini
- 1 stalk of celery
- 1/2 - 1 medium sized onion
- 1 avocado or 1/4 cup coconut meat (fresh or from jar)
- choice of adrenal herbs – my favorite is to add mushroom powder – i.e. reishi, cordyceps, shitake, maitake, and/or chaga
- 1 bunch of green leafy veggies such as spinach, chard, collards, kale or dandelion greens
- water for steaming

Directions:

1. Steam veggies until just tender and place in blender along with steaming water. Be careful not to burn yourself.
2. Blend until creamy.
3. Add avocado and blend again.
4. Add additional water if too thick.
5. Add a pinch of sea salt and a tablespoon of flax oil. Season to taste with basil, cilantro, or other favorite herbs.

Indian Stir Fried Vegetables

Ingredients:

- 1 cup organic cauliflower
- 1 cup organic broccoli
- 2 cups shredded cabbage
- 1 shredded carrot (omit if your blood sugars are affected)
- 1 stalk celery
- 1 small onion, finely chopped
- 1 clove garlic
- 2 teaspoon cumin
- 1 teaspoon turmeric
- 1 tablespoon brown mustard seed
- 2 - 3 curry leaves (available from **Mountain Rose Herbs**) or 2 teaspoons curry powder
- 1/4 – 1/2 teaspoon turmeric powder
- 1 tablespoon fresh grated ginger
- 1/4 teaspoon sea salt
- 1/4 cup steam water from vegetables
- 1 teaspoon olive oil (optional)

Directions:

1. Cut first 4 vegetables into bite-sized pieces and steam with chopped onions for 5 minutes.
2. Put 1/4 cup water in a skillet and add spices. Simmer until the spices have absorbed the water.
3. Put the steamed vegetables in a pan with remaining ingredients (except olive oil) and sauté for a few minutes until everything is tender. Add more steam/water if needed to keep moist.
4. Turn off flame and stir in olive oil, if using.
5. Salt to taste.

Paté, Dips, and Dressings:

Basic Guidelines

Nut dips are not only very filling, satisfying, and nutritious, but they're also rich in antioxidants, minerals and fatty acids. They make excellent sandwich fillings and dips. Patés and sauces are usually made in a food processor from soaked nuts and/or seeds, a variety of vegetables, and a variety of herbs and spices. The consistency of paté is similar to tuna salad and can be used the same way while dips, sauces, and dressings are thinner and creamier.

Once you've made the very specific recipes a few times, you can begin to experiment. I encourage you to take the basic recipe guidelines and run with them to create your own unique variations. Try different varieties of herbs and spices. Don't be afraid to try something new; some of my best recipes have been discovered that way.

Ingredients for Creating Ethnic Variations:

- **Indian:** cumin, turmeric, ginger, coriander, garam masala and curry powder
- **Thai:** lime juice, cilantro, ginger, galangal, lemongrass, and coconut or even a pre-mixed Thai curry spice mix. **Note:** If you're gluten or MSG sensitive, make sure you read the labels of your seasonings before you put them in your shopping basket and recipes.
- **Italian:** garlic, basil, oregano, rosemary, thyme or a pre-mixed package
- **Mexican:** chili powder, cilantro, jalapeño, cumin, and oregano

Adjusting for Calories and Texture:

The proportion of nuts and seeds to vegetables can be varied from recipe to recipe. Adjust the quantity of nuts and seeds based on your caloric needs and the texture you're trying to achieve.

- **Thin and active and need more calories:** Lean more towards using a greater portion of nuts and seeds.
- **Wanting to shed unwanted extra weight:** Lean towards more vegetables.
- **Texture:** Creamier results require a higher proportion of nuts. Almonds are denser and grittier than macadamia nuts and cashew nuts, and thus yield a less creamy consistency.

Preparing Nuts and Seeds for Recipes

Nuts and seeds are easier to digest and more nutritious if you activate them first. When you cover them in water and let them soak, the germination process begins. The enzyme inhibitors, which keep the nut or seed from sprouting, are deactivated and the proteins and fats begin to break down into smaller molecules. The nuts and seeds are then easier to digest.

To Activate Nuts and Seeds:

1. Place them in a glass jar or ceramic bowl and completely cover with enough water to allow for doubling in size.
2. Soak on kitchen counter or in the refrigerator for 4 hours or up to 8 hours. Harder nuts like almonds and hazelnuts require longer soaking time while softer and more delicate nuts and seeds require less time.
3. Rinse and drain.
4. You can use them immediately, or you can leave them in the strainer and allow them to begin to sprout.
 - Sunflower seeds sprout in 4 - 6 hours.
 - Almonds don't fully sprout, but develop a short tail.
 - Macadamia nuts don't sprout at all. They turn mushy if left in water too long. It's less important to soak the nuts that don't have skins like macadamia nuts and cashews. In fact, soaking either of these for too long causes them to get really mushy and lose their taste.

Activated nuts can be stored in the refrigerator for up to 4 days. After that, they begin to get moldy. If you have a dehydrator, you can dehydrate the activated nuts for a couple of days, then store in the freezer. This way, you can just use what you need without having to soak in advance. Some people soak a pound or two of nuts for 4 - 8 hours then dehydrate so they always have a handy supply of activated nuts.

Once you get the hang of the basic recipe, you can whip out a dip, sauce, or dressing in a matter of minutes. I taught it to my son when he was 11. He makes the *Basic Creamy Dip Base* as a dip and a cheese for a quick pizza.

Basic Creamy Dip Base

Ingredients:

- 1 cup soaked nuts (cashews and macadamia nuts make the creamiest dips and sauces. My favorite is 1/2 and 1/2 macadamia and cashew. Almonds have a nice flavor but are not quite as creamy. Mixing them half and half with cashews or macadamia nuts works well, but changes the color from white to purplish).
- 1 lemon or lime, juice of, or to taste
- 1/4 teaspoon sea salt, or to taste
- 1/3 - 1/2 cup water - depending on thickness desired
- adrenal support herbs or medicinal mushroom powders to taste (start with 1/2 teaspoon and work your way up)

Directions:

1. Place nuts in blender with lemon or lime juice, 1/3 cup of water, and sea salt.
2. Blend until creamy.
3. Add water slowly, if needed, to create the desired consistency. This should have the consistency of sour cream, yogurt, or mayonnaise.
4. Stir in adrenal support herbs to taste.
5. **Vitamix** and **Blendtec** blenders create the creamiest results, but most good blenders will do a good job if you process them long enough. If the blender starts to heat the ingredients too much, turn it off and let it rest for a little while before continuing.

Variations:

- For a cheddar cheese-like sauce, cut a red bell pepper into chunks and put in blender. Blend until it liquefies. Add the nuts, salt and lemon juice and omit the water. Add more nuts to thicken if the result is too thin. Add water if it's too thick.
- Peel and cut a cucumber and blend until liquefied. Omit or reduce the water.
- Increase or decrease the lemon or lime juice according to taste.
- Finely chop an onion for a traditional onion dip flavor. Stir in the onions a small amount at a time to prevent the onions from overpowering the dip.
- Add herbs after making the sauce: garlic, chives, dill, and basil are just a few ideas. Garlic dill and garlic chive are amongst my favorites.
- Add ethnic themed spices or a packaged pre-mix (read the ingredient label first).

Basic Paté Base

Ingredients:

- 1 - 2 cups nuts or seeds*, either a combination or a single type
- 1 - 4 cups vegetables (e.g. carrots, celery, cabbage, tomatoes, onions)
- a few tablespoons to a cup or more of fresh herbs
- a few teaspoons to a couple of tablespoons dried herbs and spices
- 1 - 2 teaspoons or to taste of unrefined sea salt (good choices are Celtic or Himalayan salt, pink salt, Hawaiian sea salt, or sea salt water)
- 1- 2 tablespoons or up to 1/3 cup cold processed unrefined oil** (optional)
- 1 - 2 tablespoons your choice adrenal supporting herbs or mushroom powders

Direction Variations (Depending on desired texture):

Option 1: Cut vegetables into 1-inch pieces. Place all ingredients into food processor and process to desired consistency. Season to taste.

Option 2: Pulse-chop vegetables to small pieces (minced). Pulse-chop herbs to mince. Put nuts and/or seeds into food processor and process to desired consistency. Add vegetables and herbs and season to taste.

Option 3: Put all ingredients through a juicer with the blank screen in place or blend and strain through a nut milk bag. Season to taste.

Personal Notes:

*Nuts and seeds are usually soaked 6 hours or overnight, and then rinsed with a few exceptions. To achieve a rich creamy consistency, as in walnut or pine nut pesto, the nuts may be used unsoaked. Sesame seeds and hemp seeds are usually not soaked, but may be if desired. Flax seeds generally don't make good patés because of their tendency to soak up water and create a sticky or gummy consistency.

**Your choice of oil depends on the taste desired. Olive oil, coconut oil, macadamia nut oil, pumpkin seed oil, and sesame oil are all good choices, as long as they are cold pressed and kept protected from high heat, light, and air. I do not use flax oil in patés because it is extremely sensitive to temperature and air exposure; I use it only when I'm going to eat immediately. This may be a good tip for you to follow as well.

Spreads and Paté

Boost Your Energy Vegetable Spread

Ingredients:

- 1 zucchini
- 1 stalk broccoli
- 1 handful dandelion greens or arugula
- 1 scoop **Sunwarrior Warrior Blend Protein Powder**
- 2 carrots (optional)
- 4 tablespoons tahini
- 2 tablespoons hemp seeds
- 1/2 cup sunflower seeds, soaked for 4 - 6 hours
- 4 tablespoons lemon juice
- 1 clove garlic
- 1/2 teaspoon kelp powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1/2 teaspoon curry powder
- 1/2 teaspoon Celtic, Himalayan, or pink sea salt

Directions:

1. Place all ingredients in food processor and process until smooth.
2. Adjust seasonings to taste.

Dip

Sour 'Cream' and Onion Dip

Ingredients:

- 1/2 cup cashews or macadamia nuts, or a combination
- 1/2 cup hemp seeds (or additional macadamia and cashew nuts)
- 1/4 cup lemon juice, or more for a more 'sour' cream
- 1/4 - 1/2 cup water
- 1/4 teaspoon Himalayan salt, or other whole, unrefined salt
- 1 cup onions, minced or 1 teaspoons dried granulated onions

Directions:

1. Place nuts in blender and grind to powder on high speed. If nuts are soaked, or if you are using a **Vitamix** or other high speed blender, skip this step.
2. Add 1/4 cup of water, salt, and lemon juice.
3. Blend on high speed for several minutes. Mixture should be thick and creamy.
4. Adjust amount of water to achieve desired consistency. You can add more lemon if a more sour cream is desired.
5. Stir in onions.

Dressing:

Creamy Garlic Salad Dressing

Ingredients:

- 1/2 cup sunflower seeds soaked 6 hours or overnight
- 1/4 cup flax oil
- 1/4 cup lemon juice
- 1 teaspoon dried mustard
- 1 teaspoon turmeric
- 1/2 cup *Chia Gel*
- 1 clove garlic
- water, to desired consistency

Directions:

1. Put all ingredients in a blender and blend until smooth and creamy.
2. Start with 1/2 cup water and adjust to taste.
3. Add additional seasonings if desired.

Variations:

- **Italian:** Add 1/2 teaspoon each dried basil, oregano and thyme and a clove of garlic.
- **Asian:** Use sesame oil, some miso, ginger and some tamari if desired.
- **Mexican:** Use lime juice instead of lemon and add cilantro, cayenne, and cumin.
- **Thai:** Substitute lime juice and add coconut, lemongrass, cilantro, ginger, garlic and a dash of cayenne.

Pesto, Sauce, and “Cheese”

Pesto

Nutrition-Packing Pesto Sauce

Ingredients:

- 1 cup fresh basil, packed or 1/4 cup dried
- 1 cup raw kale, chopped
- 2 cups raw spinach
- 1 tablespoon kelp powder (optional)
- 1/3 cup walnuts
- 1/3 cup pumpkin seeds or hemp seeds
- 1 clove garlic
- 1/2 teaspoon sea salt
- 1 tablespoon olive oil

Directions:

1. If you have a food processor: Put all ingredients in food processor and process until smooth, but with a bit of texture.
2. If you don't have a food processor yet: Put everything except the greens in the blender and add enough water to keep it moving. Blend until smooth. Finely mince the greens and stir in.
3. Adjust salt and basil to taste.

Personal Note: This pesto sauce is great served over gluten-free brown rice or quinoa noodles. You can serve the gluten-free brown rice or noodles to the rest of the family while you keep your blood sugar steady with konjac, kelp or zucchini noodles

Sauce

Tahini Coconut Curry Sauce

Ingredients:

- 2 tablespoons coconut butter
- 1/4 cup macadamia nuts
- 1 cup water
- 1 tablespoon tahini
- 1/2-inch sliver of ginger (or more if you like a lot of ginger)
- 1/2 teaspoon turmeric
- 1/2 teaspoon cordyceps mushroom powder
- 1/2 teaspoon maca powder
- 1 clove garlic
- 1/4 teaspoon kelp powder (optional)
- 1 small lime or lemon, juice of
- 1 teaspoon curry powder
- 1/2 teaspoon turmeric

Directions:

1. Place ingredients in blender and process until smooth and creamy.
2. If the sauce is too thick, add extra water. If too thin, add a few more macadamia nuts.

“Cheese”

Creamy Nut Cheese

Ingredients:

- 1 cup cashews, macadamia nuts or a combination, soaked 4 - 6 hours if possible
- 1 large lemon, juice of
- 1/2 cup water
- 1/4 teaspoon sea salt
- 1 tablespoon nutritional yeast (optional) – gives a more “cheesy” flavor and adds B-Vitamins

Directions:

1. Put all ingredients into blender or **Vitamix**.
2. Blend on high speed for several minutes. Mixture should be thick and creamy.
3. Adjust amount of water for desired consistency.

Other Variations:

- Other nuts, like pine nut, Brazil nuts or almonds can be substituted for the cashews or macadamia nuts. The resulting cheese will not be as white and creamy as when using cashews and macadamia nuts, and the taste will be somewhat stronger.
- For “cheddar cheese”, use red bell pepper instead of all or part of the water. Put the red bell pepper in the blender and blend until liquefied. Add a little bit of water if needed to get the blender moving. Add the remaining ingredients, except the water, and blend. Add water if needed to thin to desired consistency.

Dessert

Adrenal Energizing Candy – General Guidelines

Ingredients:

- 2 heaping tablespoons nut butter
- 1 scoop protein powder
- 1 tablespoon green powder
- 2-3 teaspoons of a variety of herbs and medicinal mushroom powders
- 2 tablespoons coconut oil
- 1 teaspoon flavor extract (vanilla, almond, etc.)
- 2 tablespoons finely shredded coconut
- 4 drops essential oil, or to taste (cinnamon, peppermint, lemon, orange, etc.)
- low-glycemic sweetener: stevia drops or powder, erythritol, lo han

Directions:

1. Put all ingredients except coconut oil in a bowl and stir until well combined.
2. Add coconut oil and stir until smooth.
3. Add shredded coconut and stir well (if desired).
4. Add stevia or other sweetener if desired for extra sweetness.
5. Spoon into candy molds or ice cube trays or spread into a baking dish lined with wax paper.
6. Freeze until solid, about half an hour.

Adrenal Support Chocolate Mints: Low-Glycemic

Ingredients:

- 3 - 4 tablespoons almond butter
- 1 teaspoon cordyceps mushroom powder
- 2 teaspoons maca powder
- 1 teaspoon astragalus powder
- 1/4 teaspoon licorice root
- 1 heaping teaspoon **HealthForce Nutritionals Elite Green Protein Cool Green**
- 1 teaspoon **HealthForce Nutritionals Warrior Core Foundation**
- 1 pinch of salt
- 2 tablespoons coconut oil
- 1 pinch of **Ultimate Superfoods Raw Shilajit Powder**
- 2 teaspoons carob powder
- 1 teaspoon cacao powder
- 6 drops liquid chocolate stevia
- 4 drops peppermint essential oil

Directions:

1. Put all ingredients in a bowl and stir until well combined.
2. Spoon into candy molds or ice cube trays or spread into a baking dish lined with wax paper.
3. Freeze until solid, about half an hour.

Personal Note: If you are a hyper adrenal person, it's probably not a great idea to use too much chocolate because it's going to make you more hyper. If you tend to have sluggish adrenals, a little bit of chocolate is not going to hurt you. It will give you a little bit of a boost, but don't get addicted to it. You can switch off a coffee addiction to a chocolate addiction. That's still a stress on your adrenals. It's better to use carob and chocolate extract or chocolate stevia. Then you get the chocolate flavor without the stimulating effects. You could put a little bit of chocolate because it's a great source of magnesium.

Astragalus is really supportive to your immune system! It is a bit bitter, so use according to taste.

Adrenal Tonic Chocolate Mints: Low-Glycemic

Ingredients:

- 2 tablespoons almond butter
- 1 scoop ***Immortal Machine Superfood Drink Powder*** (or your choice of protein powder)
- 1 tablespoon green powder
- 1 teaspoon ashwaganda powder
- 1 teaspoon cordyceps mushroom powder
- 2 teaspoons chaga mushroom powder
- 1 tablespoon coconut oil
- 1 teaspoon almond extract
- 2 tablespoons finely shredded coconut
- 4 drops peppermint oil

Directions:

1. Put all ingredients in a bowl and stir until well combined.
2. Add stevia if desired for extra sweetness. I found it to be fine without stevia.
3. Spoon into candy molds or ice cube trays or spread into a baking dish lined with wax paper.
4. Freeze until solid, about half an hour.

Green Protein Energy Candy: Low-Glycemic

Ingredients:

- 2 tablespoons almond butter
- 1 scoop *Immortal Machine Superfood Drink Powder* (or your choice of protein powder)
- 1 tablespoon green powder
- 1 teaspoon ashwaganda powder
- 1 teaspoon cordyceps mushroom powder
- 2 teaspoons chaga mushroom powder
- 1 tablespoon coconut oil
- 1 teaspoon almond extract
- 2 tablespoons finely shredded coconut
- 4 drops cinnamon essential oil

Directions:

1. Put all ingredients in a bowl and stir until well combined.
2. Add stevia if desired for extra sweetness. I found it to be fine without stevia.
3. Spoon into candy molds or ice cube trays or spread into a baking dish lined with wax paper.
4. Freeze until solid, about half an hour.

Mint Chocolates: Low-Glycemic

Ingredients:

- 1 tablespoon tahini
- 1 tablespoon coconut butter
- 1 tablespoon carob powder
- 1 teaspoon green powder
- 1 teaspoon protein powder
- 1/2 teaspoon cordyceps mushroom powder
- 2 drops peppermint essential oil
- 6 drops **Medicine Flower Chocolate Flavor Extract** plus 3 drops stevia OR 3 drops chocolate stevia (optional)

Directions:

1. Put all ingredients in a bowl and stir until well combined, adding just enough water to make a smooth paste or blend until smooth.
2. Add stevia if desired for extra sweetness. I found it to be fine without stevia.
3. Add a tablespoon of chopped nuts for a crunchy candy (optional).
4. Spoon into candy molds or ice cube trays or spread into a baking dish lined with wax paper.
5. Freeze until solid, about half an hour.

Scrumptious Energy Candy: Low-Glycemic

Ingredients:

- 2 tablespoons almond butter
- 2 tablespoons coconut oil
- 1 tablespoon green powder
- 1 teaspoon astragalus powder
- 1 teaspoon cordyceps mushroom powder
- 1 teaspoon chaga mushroom powder
- 2 tablespoons cacao powder (or carob)
- 1 teaspoon almond extract
- 4 drops peppermint oil or cinnamon oil (or your favorite)

Directions:

1. Put all ingredients in a bowl and stir until well combined.
2. Add stevia if desired for extra sweetness. I found it to be fine without stevia.
3. Spoon into candy molds or ice cube trays or spread into a baking dish lined with wax paper.
4. Freeze until solid, about half an hour.

Miscellaneous

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.

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

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.EmpoweredSelfCare.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

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>

www.DrRitamarie.com

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