THE BEAUTY DETOX SOLUTION

EAT YOUR WAY TO RADIANT SKIN, RENEWED ENERGY AND THE BODY YOU’VE ALWAYS WANTED

BY KIMBERLY SNYDER, C.N.
The Beauty Food Circle

80% Beauty Fruits, Greens and Vegetables

20% Beauty Protein, Carbohydrates, Starches and Fats
# The High-Mineral Foods Chart

## HIGH MINERAL-CONTAINING GREENS

<table>
<thead>
<tr>
<th>Arugula</th>
<th>Cucumber</th>
<th>Radicchio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bok choy</td>
<td>Dandelion</td>
<td>Romaine lettuce (and green and red leaf)</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Escarole</td>
<td>Spinach</td>
</tr>
<tr>
<td>Celery</td>
<td>Frisée</td>
<td>Swiss chard</td>
</tr>
<tr>
<td>Chard</td>
<td>Kale (three types)</td>
<td>Watercress</td>
</tr>
<tr>
<td>Collard greens</td>
<td>Mustard greens</td>
<td>Wheatgrass</td>
</tr>
</tbody>
</table>

## HIGH MINERAL-CONTAINING HERBS

<table>
<thead>
<tr>
<th>Basil</th>
<th>Dill</th>
<th>Mint</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cilantro</td>
<td>Fennel</td>
<td>Parsley (two types)</td>
</tr>
</tbody>
</table>

## HIGH MINERAL-CONTAINING VEGETABLES

<table>
<thead>
<tr>
<th>Asparagus</th>
<th>Endive</th>
<th>Radishes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beets</td>
<td>Green beans</td>
<td>Rutabaga</td>
</tr>
<tr>
<td>Bell peppers</td>
<td>Jerusalem artichokes</td>
<td>Sea vegetables, all types</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Leek</td>
<td>Squash, all varieties</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Mushrooms</td>
<td>Sweet potatoes</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Okra</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Carrots</td>
<td>Onions</td>
<td>Turnips</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Parsnip</td>
<td>Yams</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Peas</td>
<td>Zucchini</td>
</tr>
</tbody>
</table>
The High-Mineral Foods Chart (continued)

**HIGH MINERAL-CONTAINING SPROUTS**

<table>
<thead>
<tr>
<th>Alfalfa</th>
<th>Clover</th>
<th>Sunflower</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli</td>
<td>Radish</td>
<td></td>
</tr>
</tbody>
</table>

**HIGH MINERAL-CONTAINING FRUITS**

<table>
<thead>
<tr>
<th>Acai berries</th>
<th>Durian</th>
<th>Oranges</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Figs</td>
<td>Papaya</td>
</tr>
<tr>
<td>Avocado</td>
<td>Goji berries</td>
<td>Pears</td>
</tr>
<tr>
<td>Bananas</td>
<td>Grapefruit</td>
<td>Pineapples</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Grapes</td>
<td>Plums</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Huckleberries</td>
<td>Pomegranate</td>
</tr>
<tr>
<td>Cherimoya</td>
<td>Lemons</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Cherries</td>
<td>Limes</td>
<td>Tangerines</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Olives</td>
<td></td>
</tr>
</tbody>
</table>

**HIGH MINERAL-CONTAINING NUTS AND SEEDS**

<table>
<thead>
<tr>
<th>Almonds</th>
<th>Hemp seeds</th>
<th>Pumpkin seeds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brazil nuts</td>
<td>Macadamia nuts</td>
<td>Sesame seeds</td>
</tr>
<tr>
<td>Cacao</td>
<td>Pecans</td>
<td>Sunflower seeds</td>
</tr>
<tr>
<td>Coconuts</td>
<td>Pine nuts</td>
<td>Walnuts</td>
</tr>
</tbody>
</table>

**HIGH MINERAL-CONTAINING ROOTS**

<table>
<thead>
<tr>
<th>Ginger</th>
<th>Maca</th>
<th>Turmeric</th>
</tr>
</thead>
</table>
### Best Beauty Nuts and Seeds

<table>
<thead>
<tr>
<th>Almonds</th>
<th>Coconuts</th>
<th>Pecans</th>
<th>Sesame seeds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brazil nuts</td>
<td>Filberts</td>
<td>Pine nuts</td>
<td>Sunflower seeds</td>
</tr>
<tr>
<td>Chia seeds</td>
<td>Hemp seeds</td>
<td>Pumpkin seeds</td>
<td>Walnuts</td>
</tr>
</tbody>
</table>

### Best Beauty Legumes and Beans

<table>
<thead>
<tr>
<th>Adzuki beans</th>
<th>Garbanzo beans (chickpeas)</th>
<th>Kidney beans</th>
<th>Mung beans</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black beans</td>
<td>Great northern beans</td>
<td>Lentils</td>
<td>Navy beans</td>
</tr>
<tr>
<td>Black-eyed peas</td>
<td>Green peas</td>
<td>Lima beans</td>
<td>Pinto beans</td>
</tr>
</tbody>
</table>

### Beautiful Plant Sources of Calcium

<table>
<thead>
<tr>
<th>Boy choy</th>
<th>Cauliflower</th>
<th>Kale</th>
<th>Sesame seeds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli</td>
<td>Collard greens</td>
<td>Romaine lettuce</td>
<td>Spinach</td>
</tr>
<tr>
<td>Cactus (nopales)</td>
<td>Cucumber</td>
<td>Sea vegetables</td>
<td>Turnip greens</td>
</tr>
</tbody>
</table>
# Beauty Grains and Starches

## BEST BEAUTY CHOICES

<table>
<thead>
<tr>
<th>Beauty Grain/Starch</th>
<th>Beauty Grain/Starch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amaranth</td>
<td>Quinoa</td>
</tr>
<tr>
<td>Buckwheat (also called kasha)</td>
<td>Soba noodles (made of buckwheat)</td>
</tr>
<tr>
<td>Millet</td>
<td>Starchy vegetables (winter squash, yams, sweet potatoes, etc.)</td>
</tr>
</tbody>
</table>

## NEXT BEST BEAUTY CHOICES

<table>
<thead>
<tr>
<th>Beauty Grain/Starch</th>
<th>Beauty Grain/Starch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, all varieties</td>
<td>Chickpeas</td>
</tr>
<tr>
<td>Black-eyed peas</td>
<td>Gluten-free crackers, pastas and other foods</td>
</tr>
<tr>
<td>Brown or wild rice</td>
<td>Lentils</td>
</tr>
</tbody>
</table>

## WORST BEAUTY CHOICES—AVOID THESE

<table>
<thead>
<tr>
<th>Beauty Grain/Starch</th>
<th>Beauty Grain/Starch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Processed and refined starches and sugars</td>
<td>Wheat and wheat products</td>
</tr>
<tr>
<td>Rye and barley</td>
<td>White rice</td>
</tr>
</tbody>
</table>
### Best Beauty Fruits

<table>
<thead>
<tr>
<th>Acai Berries</th>
<th>Cranberries</th>
<th>Kumquats</th>
<th>Plums</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Cucumbers</td>
<td>Lemons</td>
<td>Pomegranates</td>
</tr>
<tr>
<td>Apricots</td>
<td>Currants</td>
<td>Limes</td>
<td>Prunes</td>
</tr>
<tr>
<td>Avocados</td>
<td>Figs</td>
<td>Mangoes</td>
<td>Raisins</td>
</tr>
<tr>
<td>Bananas</td>
<td>Goji Berries</td>
<td>Nectarines</td>
<td>Raspberries</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Gooseberries</td>
<td>Oranges</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Grapefruits</td>
<td>Papayas</td>
<td>Tangerines</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Grapes</td>
<td>Peaches</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Cherimoyas</td>
<td>Guavas</td>
<td>Pears</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Cherries</td>
<td>Honeydew Melon</td>
<td>Persimmons</td>
<td></td>
</tr>
</tbody>
</table>

### Fruits That Are Lower in Sugar

<table>
<thead>
<tr>
<th>Blackberries</th>
<th>Grapefruit</th>
<th>Limes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blueberries</td>
<td>Green Apples</td>
<td>Lemons</td>
</tr>
<tr>
<td>Cranberries</td>
<td>Kiwis</td>
<td>Pomegranates</td>
</tr>
<tr>
<td>Currants</td>
<td>Kumquats</td>
<td>Strawberries</td>
</tr>
</tbody>
</table>
# Best Beauty Greens and Vegetables

<table>
<thead>
<tr>
<th>Artichokes (Jerusalem)</th>
<th>Collard greens</th>
<th>Parsley</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arugula</td>
<td>Dandelion greens</td>
<td>Parsnips</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Dill</td>
<td>Peppers</td>
</tr>
<tr>
<td>Bean sprouts (all varieties)</td>
<td>Endive</td>
<td>Radishes</td>
</tr>
<tr>
<td>Beet greens</td>
<td>Escarole</td>
<td>Romaine lettuce</td>
</tr>
<tr>
<td>Beets</td>
<td>Frisée</td>
<td>Scallions</td>
</tr>
<tr>
<td>Bok choy</td>
<td>Green beans</td>
<td>Shallots</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Kale</td>
<td>Spinach</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Lamb's quarters</td>
<td>Swiss chard</td>
</tr>
<tr>
<td>Cabbage (green, red or Chinese)</td>
<td>Leeks</td>
<td>Turnips</td>
</tr>
<tr>
<td>Carrots</td>
<td>Lettuce</td>
<td>Watercress</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Mushrooms</td>
<td>Wheatgrass</td>
</tr>
<tr>
<td>Celery</td>
<td>Mustard greens</td>
<td></td>
</tr>
<tr>
<td>Chard</td>
<td>Okra</td>
<td></td>
</tr>
<tr>
<td>Chives</td>
<td>Onions</td>
<td></td>
</tr>
</tbody>
</table>
### Best Beauty Sprouts

<table>
<thead>
<tr>
<th>Adzuki</th>
<th>Clover</th>
<th>Lentil</th>
<th>Radish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alfalfa</td>
<td>Cow pea (black-eyed pea)</td>
<td>Millet</td>
<td>Sesame</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Fenugreek</td>
<td>Mung</td>
<td>Sunflower (my favorite!)</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Green pea</td>
<td>Mustard</td>
<td>Triticale</td>
</tr>
<tr>
<td>Chickpea</td>
<td>Kamut</td>
<td>Oat</td>
<td>Watercress</td>
</tr>
</tbody>
</table>

### Best Beauty from the Sea

<table>
<thead>
<tr>
<th>Arame</th>
<th>Hijiki</th>
<th>Kombu</th>
<th>Wakame</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dulse</td>
<td>Kelp</td>
<td>Nori</td>
<td></td>
</tr>
</tbody>
</table>
### Your Beauty Detox Shopping List

<table>
<thead>
<tr>
<th>CONDIMENTS, OILS AND SWEETENERS</th>
<th>ALKALINE GRAINS</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Raw, unrefined apple cider vinegar</td>
<td>• Amaranth</td>
</tr>
<tr>
<td>• Unrefined, raw coconut oil</td>
<td>• Buckwheat (kasha)</td>
</tr>
<tr>
<td>• Grapeseed oil</td>
<td>• Millet</td>
</tr>
<tr>
<td>• First cold-pressed extra-virgin olive oil</td>
<td>• Quinoa</td>
</tr>
<tr>
<td>• Celtic or Himalayan sea salt</td>
<td>• Gluten-free products made of grains above, including breads, crackers, cereals, etc.</td>
</tr>
<tr>
<td>• Stone-ground or Dijon mustard</td>
<td></td>
</tr>
<tr>
<td>• Low sodium tamari</td>
<td></td>
</tr>
<tr>
<td>• Nama shoyu unpasteurized soy sauce (contains gluten)</td>
<td></td>
</tr>
<tr>
<td>• Organic, unpasteurized (if possible) miso paste</td>
<td></td>
</tr>
<tr>
<td>• Bragg Liquid Aminos</td>
<td></td>
</tr>
<tr>
<td>• Nutritional yeast</td>
<td></td>
</tr>
<tr>
<td>• Raw cacao</td>
<td></td>
</tr>
<tr>
<td>• Raw tahini</td>
<td></td>
</tr>
<tr>
<td>• Stevia (powdered and liquid) or Xylitol</td>
<td></td>
</tr>
<tr>
<td>• Raw honey (optional and for occasional use; not vegan; contains fructose)</td>
<td></td>
</tr>
<tr>
<td>• Dried figs and dates (optional and for occasional use)</td>
<td></td>
</tr>
<tr>
<td>• Vanilla extract</td>
<td></td>
</tr>
<tr>
<td>• Unsweetened almond or hemp milk (unless you always make your own)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SEA VEGETABLES</th>
<th>BASIC SPICES</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Arame</td>
<td>• Black pepper</td>
</tr>
<tr>
<td>• Dulse flakes or chunks</td>
<td>• Cajun spice (I love this spice blend! Be sure to get a non-salt-containing variety.)</td>
</tr>
<tr>
<td>• Kelp</td>
<td>• Cayenne pepper</td>
</tr>
<tr>
<td>• Nori wrappers</td>
<td>• Cinnamon</td>
</tr>
<tr>
<td>• Wakame</td>
<td>• Coriander</td>
</tr>
<tr>
<td></td>
<td>• Cumin</td>
</tr>
<tr>
<td></td>
<td>• Curry powder</td>
</tr>
<tr>
<td></td>
<td>• Dill, dried</td>
</tr>
<tr>
<td></td>
<td>• Italian seasoning</td>
</tr>
<tr>
<td></td>
<td>• Oregano</td>
</tr>
<tr>
<td></td>
<td>• Paprika</td>
</tr>
</tbody>
</table>
Your Beauty Detox Shopping List (continued)

- Rosemary, dried
- Turmeric

**RAW AND UNSALTED NUTS AND SEEDS**
- Almonds
- Flaxseeds
- Hemp seeds
- Macadamia nuts
- Pecans
- Pine nuts
- Pumpkin seeds
- Sunflower seeds
- Walnuts
- Young coconuts

**ALGAE**
- Chlorella (tablets)
- Spirulina

**BASIC FRUITS, VEGETABLES AND HERBS**
Remember to choose your fruits and vegetables based on what is local and seasonal.
- Acai berries (sold frozen at the supermarket)
- Apples
- Arugula
- Avocados
- Bananas
- Basil
- Blueberries
- Cabbage (weekly essential for Probiotic & Enzyme Salad)
- Celery
- Cilantro
- Collard greens
- Cucumber
- Dill
- Kale
- Lemons
- Limes
- Mustard greens
- Nectarines
- Onions
- Oranges
- Papaya
- Parsley
- Pears
- Plums
- Raspberries
- Red leaf lettuce
- Romaine lettuce
- Spinach
- Sprouts (sunflower, clover, etc.)
- Strawberries
- Swiss chard
- Tomatoes
## Blossoming Beauty Sample One-Week Menu

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FIRST THING</strong></td>
<td>A cup of hot water with the juice of half a lemon</td>
<td></td>
</tr>
<tr>
<td></td>
<td>One probiotic supplement with one full pint of water</td>
<td></td>
</tr>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Two or three celery stalks</td>
<td></td>
</tr>
<tr>
<td>(always the same)</td>
<td>Followed by <em>Raw Rolled Oat Cereal</em> or one to two pieces of toasted, plain gluten-free sprouted millet bread (with a small amount of organic butter, if necessary)</td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Start with a digestive enzyme</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Large serving of <em>Dharma’s Kale Salad</em></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Followed by a large bowl of minestrone soup or <em>Delish Squash Bisque</em>, along with a handful of gluten-free crackers (optional)</td>
<td></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td>Veggie sticks dipped in <em>Sally’s Salsa</em></td>
<td></td>
</tr>
<tr>
<td>(at least three hours later)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Start with a digestive enzyme</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Large green salad with <em>Oil-Free Red Pepper and Cilantro Dressing</em> and ½ cup of <em>Probiotic &amp; Enzyme Salad</em></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Followed by lightly steamed broccoli and a piece of baked fish with lemon, or an <em>Alkaline-Grain Veggie Burger</em></td>
<td></td>
</tr>
<tr>
<td><strong>LATE NIGHT</strong></td>
<td>If you experience cravings, have herbal tea with stevia or more veggie sticks dipped in <em>Sally’s Salsa</em> or <em>Green Bean-Miso Dip</em></td>
<td></td>
</tr>
<tr>
<td><strong>BEFORE BED</strong></td>
<td>One probiotic supplement</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Two to four capsules of a magnesium-oxygen supplement, as needed</td>
<td></td>
</tr>
<tr>
<td>TIME</td>
<td>MEAL</td>
<td>INGREDIENTS</td>
</tr>
<tr>
<td>-----------</td>
<td>-----------------------------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>FIRST THING</strong></td>
<td>A cup of hot water with the juice of half a lemon</td>
<td>One probiotic supplement with one full pint of water</td>
</tr>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Two or three celery stalks</td>
<td>Followed by Raw Rolled Oat Cereal or one to two pieces of toasted, plain gluten-free sprouted millet bread (with a small amount of organic butter, if necessary)</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Start with a digestive enzyme</td>
<td>Large romaine salad with Oil-Free/Balsamic-Free Italian Vinaigrette Dressing Followed by the Open-Faced Avo Beauty Sandwich</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td>Veggie sticks dipped in Raw Chickpea-Less Hummus</td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Start with a digestive enzyme</td>
<td>Large mixed green salad with Kim's Classic Dressing and ½ cup of Probiotic &amp; Enzyme Salad Followed by one to two cups of lightly sautéed spinach with garlic and coconut oil, and baked or roasted chicken, or Greek-Inspired Millet Salad</td>
</tr>
<tr>
<td><strong>LATE NIGHT</strong></td>
<td>If you experience cravings, have herbal tea with stevia or more veggie sticks dipped in Sally's Salsa or Green Bean-Miso Dip</td>
<td></td>
</tr>
<tr>
<td><strong>BEFORE BED</strong></td>
<td>One probiotic supplement</td>
<td>Two to four capsules of a magnesium-oxygen supplement, as needed</td>
</tr>
<tr>
<td>Time</td>
<td>Meal Description</td>
<td></td>
</tr>
<tr>
<td>------------</td>
<td>----------------------------------------------------------------------------------</td>
<td></td>
</tr>
</tbody>
</table>
| **FIRST THING** | A cup of hot water with the juice of half a lemon  
               | One probiotic supplement with one full pint of water                               |
| **BREAKFAST**  | Two or three celery stalks  
               | Followed by Raw Rolled Oat Cereal or one to two pieces of toasted, plain gluten-  
               | free sprouted millet bread (with a small amount of organic butter, if necessary)  |
| **LUNCH**      | Large mixed green salad with Asian Miso-Carrot Dressing and ½ cup of Probiotic  
               | & Enzyme Salad  
               | Followed by Fresh Romaine Soft Tacos                                             |
| **SNACK**      | Veggie sticks dipped in ½ cup of Beauty Guacamole                                  |
| **DINNER**     | Start with a digestive enzyme  
               | Dharma's Kale Salad and ½ cup of Probiotic & Enzyme Salad  
               | Followed by Veggie-Turmeric Quinoa                                               |
| **LATE NIGHT** | If you experience cravings, have herbal tea with stevia or more veggie sticks  
               | dipped in Sally's Salsa or Green Bean-Miso Dip                                     |
| **BEFORE BED** | One probiotic supplement  
               | Two to four capsules of a magnesium-oxygen supplement, as needed                  |
Blossoming Beauty Sample One-Week Menu (continued)

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
</tr>
</thead>
</table>
| FIRST THING| A cup of hot water with the juice of half a lemon  
One probiotic supplement with one full pint of water |
| BREAKFAST  | Two or three celery stalks  
Followed by Raw Rolled Oat Cereal or one to two pieces of toasted, plain gluten-free sprouted millet bread (with a small amount of organic butter, if necessary) |
| LUNCH      | Large serving of Spirulina Spinach Salad or Dharma’s Kale Salad |
| SNACK      | Celery sticks with ½ cup Raw Chickpea-Less Hummus |
| DINNER     | Start with a digestive enzyme  
Large serving of Sunday Salad and ½ cup of Probiotic & Enzyme Salad  
Followed by quinoa pasta topped with an organic marinara sauce and vegetables or Rainbow Stuffed Peppers |
| LATE NIGHT | If you experience cravings, have herbal tea with stevia or more veggie sticks dipped in Sally’s Salsa or Green Bean-Miso Dip |
| BEFORE BED | One probiotic supplement  
Two to four capsules of a magnesium-oxygen supplement, as needed |
### Blossoming Beauty Sample One-Week Menu (continued)

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal Description</th>
</tr>
</thead>
</table>
| FIRST THING| A cup of hot water with the juice of half a lemon  
One probiotic supplement with one full pint of water                                                                                |
| BREAKFAST  | Two or three celery stalks  
Followed by Raw Rolled Oat Cereal or one to two pieces of toasted, plain gluten-free sprouted millet bread (with a small amount of organic butter, if necessary) |
| LUNCH      | Start with a digestive enzyme  
Large mixed green salad with Oil-Free Red Pepper and Cilantro Dressing  
Followed by the Open-Faced Avo Beauty Sandwich                                                                                     |
| SNACK      | Veggie sticks with Green Bean-Miso Dip                                                                                                          |
| DINNER     | Start with a digestive enzyme  
Large serving of Dharma’s Kale Salad and ½ cup of Probiotic & Enzyme Salad  
Followed by one to two cups lightly steamed vegetables topped with lemon and a dash of Celtic sea salt, and some poached wild Alaskan salmon, or a veggie omelet with two organic eggs or Millet “Couscous” Salad |
| LATE NIGHT | If you experience cravings, have herbal tea with stevia or more veggie sticks dipped in Sally’s Salsa or Green Bean-Miso Dip                           |
| BEFORE BED | One probiotic supplement  
Two to four capsules of a magnesium-oxygen supplement, as needed                                                                          |
### Blossoming Beauty Sample One-Week Menu (continued)

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal Description</th>
</tr>
</thead>
</table>
| **DAY SIX**| **FIRST THING**  
A cup of hot water with the juice of half a lemon  
One probiotic supplement with one full pint of water  

**BREAKFAST**  
(always the same)  
Two or three celery stalks  
Followed by Raw Rolled Oat Cereal or one to two pieces of toasted, plain gluten-free sprouted millet bread (with a small amount of organic butter, if necessary)  

**LUNCH**  
Start with a digestive enzyme  
Large green salad with Dreamy Creamy Avocado Dressing  
Followed by one to two cups of East-West Baked Vegetables  

**SNACK**  
(at least three hours later)  
Veggie sticks with Green Bean–Miso Dip  

**DINNER**  
Start with a digestive enzyme  
Large green salad with Oil-Free/Balsamic-Free Italian Vinaigrette Dressing and ½ cup of Probiotic & Enzyme Salad  
Followed by lightly steamed broccoli and a piece of baked fish with lemon, or Raw Tabouli Salad with Hemp Seeds topped with two hardboiled organic eggs  

**LATE NIGHT**  
If you experience cravings, have herbal tea with stevia or more veggie sticks dipped in Sally’s Salsa or Green Bean–Miso Dip  

**BEFORE BED**  
One probiotic supplement  
Two to four capsules of a magnesium-oxygen supplement, as needed
**Blossoming Beauty Sample One-Week Menu (continued)**

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>MEAL</th>
</tr>
</thead>
</table>
| SEVEN  | FIRST THING | A cup of hot water with the juice of half a lemon  
One probiotic supplement with one full pint of water |
|        | BREAKFAST   | Two or three celery stalks  
Followed by Raw Rolled Oat Cereal or one to two pieces of toasted, plain gluten-free sprouted millet bread (with a small amount of organic butter, if necessary) |
|        | LUNCH       | Israeli Chopped Salad followed by the Ananda Burrito |
|        | SNACK       | Veggie sticks dipped in 1/2 cup of Beauty Guacamole |
|        | DINNER      | Start with a digestive enzyme  
Large serving of Sunday Salad and 1/2 cup of Probiotic & Enzyme Salad  
Followed by Quinoa, Avocado and Corn Salad |
|        | LATE NIGHT  | If you experience cravings, have herbal tea with stevia or more veggie sticks dipped in Sally’s Salsa or Green Bean-Miso Dip |
|        | BEFORE BED  | One probiotic supplement  
Two to four capsules of a magnesium-oxygen supplement, as needed |
## Radiant Beauty Sample One-Week Menu

### Day One

**First Thing**
A cup of hot water with the juice of half a lemon
One probiotic supplement with one full pint of water

**Breakfast**
Sixteen to thirty ounces of the Glowing Green Smoothie
Wait twenty minutes, and only if you are still hungry, follow with a small avocado or half of a large avocado

**Lunch**
Start with a digestive enzyme
Large serving of Dharma’s Kale Salad
Followed by Raw Red Pepper and Tomato Soup and a handful of gluten-free crackers (optional)

**Snack**
Eight to twenty ounces of the Glowing Green Smoothie
or Rain Forest Acai Smoothie

**Dinner**
Start with a digestive enzyme
Large green salad with Oil-Free/Balsamic-Free Italian Vinaigrette Dressing and ½ cup of Probiotic & Enzyme Salad
Followed by Beauty Nut Pâté or Macadamia Nut and Sundried Tomato Mash on collard green wraps

**Before Bed**
One probiotic supplement
Two to four capsules of a magnesium-oxygen supplement, as needed

---

### Day Two

**First Thing**
A cup of hot water with the juice of half a lemon
One probiotic supplement with one full pint of water

**Breakfast**
Sixteen to thirty ounces of the Glowing Green Smoothie
Wait twenty minutes, and only if you are still hungry, follow with a small avocado or half of a large avocado

**Lunch**
Large green salad with Kim’s Classic Dressing
Followed by Fresh Romaine Soft Tacos

**Snack**
Fresh seasonal and organic fruit

**Dinner**
Start with a digestive enzyme
Large green salad with Oil-Free Red Pepper and Cilantro Dressing and ½ cup of Probiotic & Enzyme Salad
Followed by East-West Baked Vegetables and baked fish with lemon or the JMP Raw Lasagna

**Before Bed**
One probiotic supplement
Two to four capsules of a magnesium-oxygen supplement, as needed
Radiant Beauty Sample One-Week Menu (continued)

<table>
<thead>
<tr>
<th>DAY THREE</th>
</tr>
</thead>
</table>
| **FIRST THING** | A cup of hot water with the juice of half a lemon  
One probiotic supplement with one full pint of water |
| **BREAKFAST** (when we really feel hungry) | One full grapefruit (or seasonal fruit)  
Wait twenty minutes, and only if you are still hungry, follow with a small avocado or half of a large avocado |
| **LUNCH** | Large green salad with Dreamy Creamy Avocado Dressing  
Followed by the Ananda Burrito or an Open-Faced Avo Beauty Sandwich |
| **SNACK** (optional at least three hours later) | Eight to twenty ounces of the Glowing Green Smoothie |
| **DINNER** | Start with a digestive enzyme  
Large green salad with Omega-3 Flax Dressing and ½ cup of Probiotic & Enzyme Salad  
Followed by Veggie-Turmeric Quinoa or Basic Yams with East-West Baked Vegetables |
| **BEFORE BED** | One probiotic supplement  
Two to four capsules of a magnesium-oxygen supplement, as needed |

<table>
<thead>
<tr>
<th>DAY FOUR</th>
</tr>
</thead>
</table>
| **FIRST THING** | A cup of hot water with the juice of half a lemon  
One probiotic supplement with one full pint of water |
| **BREAKFAST** (when we really feel hungry) | Sixteen to thirty ounces of the Glowing Green Smoothie  
Wait twenty minutes, and only if you are still hungry, follow with a small avocado or half of a large avocado |
| **LUNCH** | Start with a digestive enzyme  
Large serving of Sunday Salad  
Followed by Cauliflower Energy Soup and a handful of gluten-free crackers (optional) |
| **SNACK** (optional at least three hours later) | Fresh seasonal and organic fruit |
| **DINNER** | Start with a digestive enzyme  
Large green salad with Asian Miso-Carrot Dressing, with ½ cup Probiotic & Enzyme Salad  
Followed by lightly steamed asparagus and baked fish with lemon or veggie omelet made with two organic eggs or an Alkaline-Grain Veggie Burger |
| **BEFORE BED** | One probiotic supplement  
Two to four capsules of a magnesium-oxygen supplement, as needed |
### Radiant Beauty Sample One-Week Menu (continued)

| DAY SIX | FIRST THING | A cup of hot water with the juice of half a lemon  
One probiotic supplement with one full pint of water |
| DAY SIX | BREAKFAST (when we really feel hungry) | Sixteen to thirty ounces of the *Glowing Green Smoothie*  
Wait twenty minutes, and only if you are still hungry, follow with a small avocado or half of a large avocado |
| DAY SIX | LUNCH | Large bowl of *Spirulina Spinach Salad* |
| DAY SIX | SNACK (optional at least three hours later) | Veggie sticks dipped in *Sally’s Salsa* |
| DAY SIX | DINNER | Start with a digestive enzyme  
Large green salad with *Oil-Free Red Pepper and Cilantro Dressing*, with ½ cup *Probiotic & Enzyme Salad*  
Followed by *Quinoa, Avocado and Corn Salad* or *Rainbow Stuffed Peppers* |
| DAY SIX | BEFORE BED | One probiotic supplement  
Two to four capsules of a magnesium-oxygen supplement, as needed |

| DAY SIX | FIRST THING | A cup of hot water with the juice of half a lemon  
One probiotic supplement with one full pint of water |
| DAY SIX | BREAKFAST (when we really feel hungry) | One whole grapefruit (or seasonal fruit)  
Wait twenty minutes, and only if you are still hungry, follow with a small avocado or half of a large avocado |
| DAY SIX | LUNCH | Start with a digestive enzyme  
Large serving of *Dharma’s Kale Salad*  
Followed by *Italian-Style Sweet Potatoes* or *Ganesha’s Sweet Potatoes* |
| DAY SIX | SNACK (optional at least three hours later) | Eight to twenty ounces of the *Glowing Green Smoothie* |
| DAY SIX | DINNER | Start with a digestive enzyme  
Large green salad with *Kim’s Classic Dressing*, with ½ cup *Probiotic & Enzyme Salad*  
Followed by *Bruce’s Pine Nut Parmesan* or *Beauty Nut Pâté* and sprouts on collard green wraps |
| DAY SIX | BEFORE BED | One probiotic supplement  
Two to four capsules of a magnesium-oxygen supplement, as needed |
Radiant Beauty Sample One-Week Menu (continued)

<table>
<thead>
<tr>
<th>Time of Day</th>
<th>Meal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>FIRST THING</td>
<td>A cup of hot water with the juice of half a lemon</td>
</tr>
<tr>
<td></td>
<td>One probiotic supplement with one full pint of water</td>
</tr>
<tr>
<td>BREAKFAST</td>
<td>Sixteen to thirty ounces of the Glowing Green Smoothie</td>
</tr>
<tr>
<td>(when we really</td>
<td>Wait twenty minutes, and only if you are still hungry, follow with a small</td>
</tr>
<tr>
<td>feel hungry)</td>
<td>avocado or half of a large avocado</td>
</tr>
<tr>
<td>LUNCH</td>
<td>Raw Tabouli Salad with Hemp Seeds and a bowl of Cauliflower</td>
</tr>
<tr>
<td></td>
<td>Energy Soup</td>
</tr>
<tr>
<td>SNACK</td>
<td>Fresh seasonal and organic fruit</td>
</tr>
<tr>
<td>(optional at</td>
<td></td>
</tr>
<tr>
<td>least three</td>
<td></td>
</tr>
<tr>
<td>hours later)</td>
<td></td>
</tr>
<tr>
<td>DINNER</td>
<td>Start with a digestive enzyme</td>
</tr>
<tr>
<td></td>
<td>Large serving of Sunday Salad and ½ cup of Probiotic &amp; Enzyme Salad</td>
</tr>
<tr>
<td></td>
<td>Followed by East-West Baked Vegetables topped with three ounces of raw</td>
</tr>
<tr>
<td></td>
<td>unpasteurized goat’s cheese (optional) or a scoop of Macadamia Nut and</td>
</tr>
<tr>
<td></td>
<td>Sundried Tomato Mash</td>
</tr>
<tr>
<td>BEFORE BED</td>
<td>One probiotic supplement</td>
</tr>
<tr>
<td></td>
<td>Two to four capsules of a magnesium-oxygen supplement, as needed</td>
</tr>
</tbody>
</table>
### True Beauty Sample One-Week Menu

#### Day One

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
</tr>
</thead>
</table>
| **First Thing** | A cup of hot water with the juice of half a lemon  
One probiotic supplement with one full pint of water |
| **Breakfast** | Sixteen to thirty-two ounces of the *Glowing Green Juice*  
Wait twenty minutes, and only if you are still hungry, follow with a piece of fruit or the *Glowing Green Smoothie* |
| **Lunch** | Large bowl of *Dharma’s Kale Salad* |
| **Snack** | Eight to twenty ounces of the *Glowing Green Smoothie* |
| **Dinner** | Start with a digestive enzyme  
Large green salad with *Omega-3 Flax Dressing* and ½ cup of *Probiotic & Enzyme Salad*  
Followed by the *Alkaline-Grain Veggie Burger* |
| **Before Bed** | One probiotic supplement  
Two to four capsules of a magnesium-oxygen supplement, as needed |

#### Day Two

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
</tr>
</thead>
</table>
| **First Thing** | A cup of hot water with the juice of half a lemon  
One probiotic supplement with one full pint of water |
| **Breakfast** | Sixteen to thirty-two ounces of the *Glowing Green Juice*  
Wait twenty minutes, and only if you are still hungry, follow with a piece of fruit or the *Glowing Green Smoothie* |
| **Lunch** | Large green salad with *Kim’s Classic Dressing*  
Followed by the *Ananda Burrito* |
| **Snack** | Eight to twenty ounces of the *Glowing Green Smoothie*  
or veggie sticks with *Sally’s Salsa* |
| **Dinner** | Start with a digestive enzyme  
Large bowl of *Dharma’s Kale Salad* or *Sunday Salad*  
Followed by *Italian-Style Sweet Potatoes* or *Ganesha’s Sweet Potatoes* |
| **Before Bed** | One probiotic supplement  
Two to four capsules of a magnesium-oxygen supplement, as needed |
## True Beauty Sample One-Week Menu (continued)

### DAY THREE

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FIRST THING</strong></td>
<td>A cup of hot water with the juice of half a lemon One probiotic supplement with one full pint of water</td>
</tr>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Sixteen to thirty-two ounces of the Glowing Green Juice Wait twenty minutes, and only if you are still hungry, follow with a piece of fruit or the Glowing Green Smoothie</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>A large bowl of Spirulina Spinach Salad Followed by the Avo-Tomato Lunch Plate</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td>Eight to twenty ounces of the Glowing Green Smoothie or the Thirty-Second Spirulina Superfood Drink</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Start with a digestive enzyme Green salad with Oil-Free Red Pepper and Cilantro Dressing and ½ cup of Probiotic &amp; Enzyme Salad Followed by lightly steamed broccoli and a piece of baked fish with lemon or the Quinoa, Avocado and Corn Salad or the JMP Raw Lasagna</td>
</tr>
<tr>
<td><strong>BEFORE BED</strong></td>
<td>One probiotic supplement Two to four capsules of a magnesium-oxygen supplement, as needed</td>
</tr>
</tbody>
</table>

### DAY FOUR

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FIRST THING</strong></td>
<td>A cup of hot water with the juice of half a lemon One probiotic supplement with one full pint of water</td>
</tr>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Sixteen to thirty-two ounces of the Glowing Green Juice Wait twenty minutes, and only if you are still hungry, follow with a piece of fruit or the Glowing Green Smoothie</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Large serving of green salad with Asian Miso-Carrot Dressing Followed by a bowl of Cauliflower Energy Soup</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td>Eight to twenty ounces of the Glowing Green Smoothie</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Start with a digestive enzyme Large serving of Sunday Salad and ½ cup of Probiotic &amp; Enzyme Salad topped with one scoop of Bruce’s Pine Nut Parmesan or three ounces of raw goat’s cheese</td>
</tr>
<tr>
<td><strong>BEFORE BED</strong></td>
<td>One probiotic supplement Two to four capsules of a magnesium-oxygen supplement, as needed</td>
</tr>
</tbody>
</table>
### True Beauty Sample One-Week Menu (continued)

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FIRST THING</strong></td>
<td>A cup of hot water with the juice of half a lemon</td>
</tr>
<tr>
<td></td>
<td>One probiotic supplement with one full pint of water</td>
</tr>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Sixteen to thirty-two ounces of the Glowing Green Juice</td>
</tr>
<tr>
<td>(when we really</td>
<td>Wait twenty minutes, and only if you are still hungry, follow with</td>
</tr>
<tr>
<td>feel hungry)</td>
<td>a piece of fruit or the Glowing Green Smoothie</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Israeli Chopped Salad</td>
</tr>
<tr>
<td></td>
<td>Followed by Fresh Romaine Soft Tacos</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td>Eight to twenty ounces of the Glowing Green Smoothie or a piece of</td>
</tr>
<tr>
<td>(optional at least three hours later)</td>
<td>fruit</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Start with a digestive enzyme</td>
</tr>
<tr>
<td></td>
<td>Large serving of green salad with Oil-Free/Balsamic-Free Italian</td>
</tr>
<tr>
<td></td>
<td>Vinaigrette Dressing</td>
</tr>
<tr>
<td></td>
<td>Followed by a veggie omelet made with two organic eggs or Veggie-Turmeric Quinoa or a scoop of Macadamia Nut and Sundried Tomato Mash</td>
</tr>
<tr>
<td><strong>BEFORE BED</strong></td>
<td>One probiotic supplement</td>
</tr>
<tr>
<td></td>
<td>Two to four capsules of a magnesium-oxygen supplement, as needed</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Time</th>
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</tr>
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<tbody>
<tr>
<td><strong>FIRST THING</strong></td>
<td>A cup of hot water with the juice of half a lemon</td>
</tr>
<tr>
<td></td>
<td>One probiotic supplement with one full pint of water</td>
</tr>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Sixteen to thirty-two ounces of the Glowing Green Juice</td>
</tr>
<tr>
<td>(when we really</td>
<td>Wait twenty minutes, and only if you are still hungry, follow with</td>
</tr>
<tr>
<td>feel hungry)</td>
<td>a piece of fruit or the Glowing Green Smoothie</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Large serving of green salad with Dreamy Creamy Avocado Dressing</td>
</tr>
<tr>
<td></td>
<td>Followed by a bowl of Raw Red Pepper and Tomato Soup</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td>Eight to twenty ounces of the Glowing Green Smoothie</td>
</tr>
<tr>
<td>(optional at least three hours later)</td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Start with a digestive enzyme</td>
</tr>
<tr>
<td></td>
<td>Large serving of green salad with Oil-Free/Balsamic-Free Italian</td>
</tr>
<tr>
<td></td>
<td>Vinaigrette Dressing</td>
</tr>
<tr>
<td></td>
<td>Followed by Greek-Inspired Millet Salad or Rainbow Stuffed Peppers</td>
</tr>
<tr>
<td><strong>BEFORE BED</strong></td>
<td>One probiotic supplement</td>
</tr>
<tr>
<td></td>
<td>Two to four capsules of a magnesium-oxygen supplement, as needed</td>
</tr>
<tr>
<td>Time</td>
<td>Meal Description</td>
</tr>
<tr>
<td>--------------</td>
<td>----------------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| **FIRST THING** | A cup of hot water with the juice of half a lemon  
One probiotic supplement with one full pint of water |
| **BREAKFAST**  | Sixteen to thirty-two ounces of the **Glowing Green Juice**  
Wait twenty minutes, and only if you are still hungry, follow with a piece of fruit or the **Glowing Green Smoothie** |
| **LUNCH**      | Large bowl of **Dharma’s Kale Salad**  
Followed by a bowl of **Cauliflower Energy Soup** |
| **SNACK**      | Eight to twenty ounces of the **Glowing Green Smoothie** |
| **DINNER**     | Start with a digestive enzyme  
Large serving of green salad with **Kim’s Classic Dressing**  
Followed by **Beauty Nut Pâté** or **Bruce’s Pine Nut Parmesan** on collard green wraps |
| **BEFORE BED** | One probiotic supplement  
Two to four capsules of a magnesium-oxygen supplement, as needed |
Beauty Recipes
The Everyday Beauty Basics

GLOWING GREEN SMOOTHIE

YIELD: about 60 ounces

All right, my loves, remember that this is the true shining star of the whole plan! Blossoming Beauties, don’t worry. You will get to enjoy this soon enough. For everyone else, remember that I encourage you to mix and match seasonal greens and fruit for this smoothie. If you love arugula or kale, throw it in the mix! (The exception is melons, which should always be eaten on their own.)

The Glowing Green Smoothie is best when cold. Here is where a good blender is absolutely critical so it tastes right. See page 161 and my website (www.kimberlysnrder.net) for more info. A good blender is the only new piece of kitchen equipment you’ll really need to invest in, but down the line you may decide also to get a juicer. It also tastes best when made with a high quality blender. When made properly, the smoothie won’t be chunky at all, but nice and smooth.

Some of us like to throw a few ice cubes in there, which is fine. It keeps okay covered in the fridge for up to two days. For my busy friends, you can make a big batch once a week and freeze it in portion-sized glass containers. You can then thaw out your serving for the next day the night before. This can really help you stick to the plan and ensure you are getting your Glowing Green Smoothie every morning.

Lastly, I’ll say to my newbies that you are in for a treat! You would never think a bright green drink would be so delicious…but it is!

INGREDIENTS
1½ cups water
1 head organic romaine lettuce, chopped
½ head of large bunch or 3/4 of small bunch organic spinach
3-4 stalks organic celery
1 organic apple, cored and chopped

1 organic pear, cored and chopped
1 organic banana
Juice of ½ organic lemon
Optional:
½ bunch organic cilantro (stems okay)
½ bunch organic parsley (stems okay)

DIRECTIONS:
Add the water and chopped head of romaine and spinach to the blender. Starting the blender on a low speed, mix until smooth. Gradually moving to higher speeds, add the celery, apple and pear. Add the cilantro and parsley if you choose. Add the banana and lemon juice last.

BEAUTY SECRET
Fresh herbs, like cilantro and parsley, have wonderful cleansing properties and can help extract heavy metals and other toxins out of the body. I encourage you to throw them in if you like the taste!
GLOWING GREEN JUICE

YIELD: about 16 ounces

As with the Glowing Green Smoothie, I fully encourage you to mix and match your greens. But the Glowing Green Juice has less fruit; the juice should be made almost entirely of greens. The apple gives some sweetness, but if you don’t need it, leave it out, or if you are concerned about the sugar, you can use stevia to sweeten your juice without any sweet fruit at all. The lemon really helps cut through the “grass” taste and adds a nice balance. Plus we know now that lemon juice is a great liver supporter!

Here is a partial list of some greens I throw in my Glowing Green Juice: lacinato kale, curly kale, cilantro, parsley, spinach, dandelion greens, romaine lettuce, red leaf lettuce, swiss chard and arugula. Occasionally, you can even throw some carrots or beets in there, but they do have a lot of vegetable sugar, so treat them with the same moderation as you would with fruit, so they make up a smaller percentage of the overall juice.

If you are on a tight budget, remember to seek out local farmers, who usually have really good prices on produce. Local farmers also tend to use more sustainable farming practices and less or no pesticides. Romaine lettuce, apples and carrots are usually pretty inexpensive items that we can source.

INGREDIENTS:
1 bunch organic kale, or 1 bunch organic spinach
3–4 stalks organic celery
1 small organic apple, cut in quarters
Juice of ½ organic lemon

DIRECTIONS:
Run all the ingredients through a juicer, putting a small amount of produce at a time through the mouth of the juicer. You can then pour it into a glass to drink. The fiber will be dumped into another container. With a juice, the order we put the produce in doesn’t really matter.

Ideally we would drink the juice within about 15 minutes of making it, to ensure the full preservation of its enzymes. Juicing is a different way of processing produce than blending, and our Glowing Green Juice should not be stored the way the Glowing Green Smoothie can be for a day or two. However, in a crunch we can cover it and keep it cold, to enjoy a few hours later. This recipe makes about 16 ounces, which is a good quantity of juice to begin with. Over time you can work up to 32 ounces over the course of your morning, until lunch. If it is more convenient for you to make it all at once and store half of it in the fridge for a few hours, as mentioned above, go for it! Even though we may lose a few enzymes, it is worth it to keep you on the plan and keep your mornings light. Plus you’ll still be getting so much goodness from the juice in the form of chlorophyll, minerals and more!

PROBIOTIC & ENZYME SALAD

YIELD: about 12 cups

For this recipe, you’ll need four 24-ounce or three 32-ounce clean glass jars that have been sterilized by dipping them in water that has been boiled.
BASE INGREDIENTS
1 medium head green cabbage, shredded in a food processor or finely sliced by hand
Leave 6 of the large outer leaves on the side, intact

 LIQUID BRINE MIXTURE INGREDIENTS
4 cups water
4 inches ginger, peeled and grated
1 Tbs. unpasteurized miso paste

DIRECTIONS:
Place the shredded green cabbage in a large mixing bowl. Blend the Liquid Brine Mixture in your blender until smooth, and pour over the shredded cabbage. Mix very well. Pack the mixture into the sterilized glass jars. Use a wooden spoon to really pack the mixture in tightly. Leave 2 inches of room at the top of the jars so the salad has room to expand. Fold a few of the outer cabbage leaves into very tight rolls, and place them on top of the mixture to fill that 2-inch space. Tightly close the jars.

Leave the jars in your pantry for 5 days. Be sure the room temperature is around 65 to 70 degrees. If it is slightly colder, wrap a towel around each jar and keep in the pantry. After the 5 days, remove the outer cabbage leaves and discard. Move the jars to the refrigerator (which slows down the fermentation process). Bubbling is a good sign that healthy probiotics are teeming.

Unveil your Probiotic & Enzyme Salad and enjoy at least ½ cup at dinner every night, and also at lunch, when possible. Once the seal has been broken on each jar, the salad will keep in the refrigerator for up to 1 month.

BEAUTY SECRET
This is a sacred, super-nutritious salad that has a bounty of enzymes and friendly flora to help us digest our food, restore our pH, increase immunity and make us more clean and balanced. Remember that a lack of friendly intestinal flora is at the root of disease and squashes our beauty.

BEAUTY TIP
Be sure to buy oat groats!
They look like long, puffy brown rice grains. The pale white flaky oats or steel-cut oats you may be used to using when making hot oatmeal have been processed and are not acceptable. It is very important to get organic oat groats, which reduce any chance of cross-contamination with other crops, such as wheat. For variety, you can replace the oat groats for buckwheat groats, which you must also soak overnight and rinse well.

RAW ROLLED OAT CEREAL

YIELD: 2 servings

I know many of you were disappointed to learn about the beauty-busting properties of refined and pack-
aged cereals, which are largely made out of wheat. But don’t worry, because I think you will love how
tasty this simple recipe is, and how much the consistency closely resembles regular cooked oatmeal!

This is quite a filling breakfast, and the combination of the fibrous, complex carbs of the oat groats
and the raw, fibrous avocado will keep us full for a long while!

INGREDIENTS
½ cup raw organic oat groats, ¼ tsp. Celtic or Himalayan sea salt 1–2 Tbs. cold filtered water, soaked overnight and rinsed well ½ tsp. stevia
½ avocado

DIRECTIONS:
Place the soaked oats in a food processor along with the avocado, and blend. Add the sea salt and
stevia. If you like it thick and chunky, you can nix adding the water altogether. Otherwise, you can add
1 tablespoon to make it a bit thinner, and add a second tablespoon as needed. Enjoy after you’ve had
your celery sticks, raw spinach or other veggies first!
Beauty Dips and Dressings

RAW CHICKPEA-LESS HUMMUS

**YIELD:** 6-8+ servings

This yummy dip has been a crowd pleaser at many events and parties I’ve hosted. Because it has a zucchini base instead of a chickpea base, it is lighter and easier to digest. Unsprouted chickpeas can make us gassy and bloated since they contain a mix of protein and starch. I’ve even been known to use this dip as a salad dressing!

**INGREDIENTS**
- 2 organic zucchinis, chopped
- ¾ cup raw tahini
- 2 Tbs. nutritional yeast
- ½ cup fresh lemon juice
- 3 garlic cloves, chopped
- 2½ tsp. Celtic sea salt

**DIRECTIONS:**
Blend all the ingredients in the blender together until smooth.
Dip celery, red peppers and cucumbers in the hummus for a great snack or appetizer.

SALLY’S SALSA

**YIELD:** large bowl, to serve about 6+

My mother, Sally, is a great cook and was my first nutrition and health guru. I grew up having lots of salad and fruit, and she never gave me dairy milk, soda or candy! I declared myself a vegetarian at age thirteen, and she accepted it and learned to make vegetarian meals for me, as seafood and some chicken were consumed in our household regularly for dinner meals. Besides being incredibly selfless and always putting her personal needs behind her family’s needs, she taught me to think on my own and question the prevailing authorities, instead of just accepting information put out into the mainstream as facts. Thanks, Mom. Love ya! This is really her recipe, and I love how she uses bell peppers in salsa. Yummy!

Make a hearty bowl of this every week to keep for you and your family to snack on. It is so yummy. Try dipping veggie sticks in it. It tastes amazing and you will realize you don’t need dense snack foods, like nuts. This is the perfect veggie dip snack to keep us on track and prevent us from messing up our Beauty Food Pairings with improper snacks between meals.

**INGREDIENTS**
- 4 large tomatoes
- 1 large yellow bell pepper
- 2 Tbs. fresh lemon juice
- 1 large sweet onion
- 2 cups chopped cilantro
- ½ tsp. Celtic or Himalayan sea salt
- 1 large orange bell pepper
- ½ tsp. ground black pepper
- Cayenne pepper, to taste

**DIRECTIONS:**
Turn on some good music in your kitchen! Then dice the tomatoes, onion and bell peppers and add to
a large mixing bowl. Add the chopped cilantro, black pepper, lemon juice, sea salt and cayenne pepper, and adjust the seasonings to taste.

**BEAUTY GUACAMOLE**

**YIELD:** about 2 cups, 3–4 servings

**INGREDIENTS**

<table>
<thead>
<tr>
<th>3 medium avocados</th>
<th>1 medium garlic clove, chopped very finely</th>
<th>Cayenne pepper, to taste</th>
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</thead>
<tbody>
<tr>
<td>Juice of ½ a lemon</td>
<td>¼ tsp. Celtic or Himalayan sea salt</td>
<td>1 cup chopped tomatoes</td>
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</tbody>
</table>

**DIRECTIONS:**

Slice the avocados lengthwise and remove the pit. Scoop out the green avocado flesh and add to a medium-size mixing bowl. Add the lemon juice and mash the avocados, using a fork. Make it as smooth as you like, or if you like your guacamole chunky, the way I do, then don't mash too much! Add the garlic, sea salt and cayenne pepper and mix well.

Add the chopped tomatoes last, and mix well again. I like putting the tomatoes in as the last ingredient, after everything else has already been thoroughly mixed, because I don't like it when tomatoes get too mushy.

Enjoy the guacamole with veggie sticks as a filling, wonderful afternoon snack! You can also serve the guacamole on top of a large green salad for a great lunch or dinner.

**GREEN BEAN-MISO DIP**

**YIELD:** just under 2 cups, 3–4 servings

This is a very light dip that doesn't have concentrated protein like nuts or concentrated fat like avocados. If you like green beans, then this dip has your name written all over it. It's great for an afternoon pick-me-up, sans caffeine, and we won't interfere with our important Light to Heavy eating routine.

**INGREDIENTS**

<table>
<thead>
<tr>
<th>¼ cup vegetable broth or plain water, for sautéing</th>
<th>½ tsp. Celtic or Himalayan sea salt</th>
<th>½ cup parsley, chopped</th>
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</thead>
<tbody>
<tr>
<td>½ cup chopped white onions</td>
<td>2 Tbs. fresh lemon juice</td>
<td>2 tsp. organic, unpasteurized miso</td>
</tr>
<tr>
<td>1½ cups organic green beans</td>
<td>2 Tbs. nutritional yeast</td>
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</tbody>
</table>

**DIRECTIONS:**

Gently cook the onions in the vegetable broth or water for a few moments, on medium heat, until they soften, and then add the green beans. Stir in the salt. Take off the heat, and allow the onions and green beans to cool down for a few minutes.

Add the softened onion and green bean mixture to a blender, and then add in the lemon juice, miso, nutritional yeast and parsley. Blend until smooth.
Serve the dip with your favorite veggie sticks and enjoy as a delicious, easily digestible snack between meals!

**KIM’S CLASSIC DRESSING**

**YIELD:** about 2 servings

This is my favorite simple dressing and I use it for many of my salads. There is nothing fancy about it, and I simply shake and pour the ingredients right over a salad, yet it tastes delicious and gives me all the flavor I need—without the need for any oil at all.

This is enough dressing for one head of kale, a container of mixed greens, or a large bowl of baby spinach. I always make the whole head of kale, and if we don’t finish it, it holds up pretty great for lunch leftovers the next day!

**INGREDIENTS**

- Juice of 1 Meyer lemon
- 3–4 Tbs. dulse flakes
- Handful of chopped fresh basil or dill
- ¼ cup nutritional yeast
- Cayenne pepper to taste
- Splash of Bragg Liquid Aminos or nama shoyu (raw, unpasteurized soy sauce)

**DIRECTIONS:**

Mix all ingredients together. Throw everything on freshly washed salad greens and toss well!

**DREAMY CREAMY AVOCADO DRESSING**

**YIELD:** about one cup

This is an absolutely delicious dressing that requires no oil! Remember avocado contains water and its own enzymes and is much less dense than oil, making it a better fat source.

**INGREDIENTS**

- 1 avocado
- 1 small garlic clove, minced
- ¼ cup filtered water
- 1 Tbs. fresh dill
- 3 drops liquid stevia
- ½ tsp. Celtic sea salt
- 2 Tbs. fresh lemon juice

**DIRECTIONS:**

Cut the avocado in half, peel it and chop the avocado flesh into pieces and put into a blender. Add the rest of the ingredients and blend until creamy and smooth. This dressing can be used as a dip for vegetable sticks or tossed with greens for a fantastic salad.
BEAUTY SECRET

Nutritional yeast can be a lifesaver for those transitioning and maintaining this diet. It gives density and adds a “cheesy” flavor to salads. It is somewhat acid-forming, similarly to how nuts and seeds are, so it fits into the 20 percent acid-forming food part of our Beauty Food Circle. Nutritional yeast is grown on mineral-enriched molasses and is pasteurized at the end of the growth period. As the yeast in it is completely inactive, it is generally considered not to aggravate a candida issue, though if you have a serious case of candida, you may want to hold off on consuming it until you reach the Radiant Beauty phase. It is also wheat-and gluten-free, making it much different than the live baking yeasts most of us think of when we hear the word “yeast,” which can continue to grow in our digestive tract and actually use up the store of B vitamins in our body.

Nutritional yeast also contains the trace mineral chromium, also known as the glucose tolerance factor (GTF). This is necessary to regulate blood sugar and is important for diabetics and those that have a tendency toward low blood sugar, making this a very useful ingredient. Nutritional yeast contains eighteen amino acids and is rich in fifteen different minerals and the B complex vitamins.

As with all new foods that you may never have tried, it is advisable to try a moderate amount to see if any adverse or allergic reaction ensues. For those who don’t experience any such reaction, nutritional yeast can be a very helpful, important ingredient! I absolutely love it, and even though it is slightly acid-forming, as I mentioned, I believe the positives far outweigh the negatives, and it has really helped me stick to the plan!

OMEGA-3 FLAX DRESSING

YIELD: about 1/4 cup

This simple salad dressing is packed with lots of good stuff! It contains our essential omega-3 fatty acids, cleansing apple cider vinegar and lemon juice, and a bit of mineral-packed sea salt.

INGREDIENTS

- 2 Tbs. olive oil
- 4 Tbs. flax oil
- 1 Tbs. raw apple cider vinegar
- 1 1/2 Tbs. fresh lemon juice
- 1/2 tsp. Celtic or Himalayan sea salt

SWEET BASIL-LIME DRESSING

YIELD: about 1/3 cup

I love this dressing so much! There is something so happy about the combination of the basil and the lime and the sweet flavor. My favorite way to enjoy it is with mixed greens or arugula.
INGREDIENTS:
1 very small garlic clove, or 1/2 medium-sized garlic clove
2 Tbs. fresh squeezed lime juice

1 cup fresh basil leaves
3 Tbs. olive oil
1 Tbs. water

1/2 tsp. Celtic sea salt
1/2 tsp. powdered stevia or 2-3 drops of liquid stevia

DIRECTIONS:
Blend the ingredients together until smooth and serve fresh.

ASIAN MISO-CARROT DRESSING

YIELD: about 1 cup

This delicious Asian-inspired dressing works best on crunchy chopped romaine lettuce. It has a gorgeous orange color!

INGREDIENTS:
2 medium carrots, grated
2 Tbs. organic, unpasteurized miso
1 inch gingerroot, peeled and grated

1 Tbs. sesame oil
1 Tbs. grapeseed oil
3 Tbs. fresh lemon juice

3 Tbs. water

DIRECTIONS:
Blend all the ingredients together until smooth. This dressing will remain fairly chunky and thick.

OIL-FREE/BALSAMIC-FREE ITALIAN VINAIGRETTE DRESSING

YIELD: about 1/2 cup

The traditional chefs in Italy would probably shake their heads in disbelief at the thought of not using either oil or balsamic vinegar in this dressing, but we know why it is beneficial to us to cut back on both! I think you will find this quite tasty, even sans olive oil.

INGREDIENTS:
2 1/2 Tbs. raw apple cider vinegar
1 tsp. organic Dijon mustard
1/2 tsp. Celtic sea salt

1 1/2 tsp. Italian seasoning
1/2 cup filtered water

DIRECTIONS:
Blend all the ingredients together and enjoy!

BEAUTY SECRET

Balsamic vinegar is acid-forming in our bodies, and we should avoid consuming it regularly. Raw apple cider vinegar, on the other hand, is cleansing and promotes the formation of friendly bacteria in our system.
**OIL-FREE RED PEPPER AND CILANTRO DRESSING**

**YIELD:** about 1 cup

If you like red pepper, then you are in for a treat. This has a great flavor, so much so that you won't miss the oil.

**INGREDIENTS**
- ½ red pepper, seeded and cored
- ¾ cup fresh cilantro
- 1 small tomato
- 1 garlic clove
- 1½ Tbs. fresh lemon juice
- ½ tsp. Celtic sea salt
- 1 Tbs. filtered water
- ¼ tsp. black pepper
- ½ tsp. organic, unpasteurized miso paste
- 1 tsp. raw apple cider vinegar

**DIRECTIONS:**
Blend all the ingredients together until smooth. Enjoy fresh, or store up to 2 days in the refrigerator.

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**OIL-FREE BASIL LOVER’S DRESSING**

**YIELD:** about ¾ cup

When I went back to my handwritten recipe notes to type them up for this book, the note I had next to this dressing was simply “Yum.” If you love basil the way I do, then I think you’ll love this dressing! Fresh herbs are so potent and are bursting with so much flavor that you will realize that you were just conditioned to think that salad dressings have to have oil.

**INGREDIENTS**
- 1½ Tbs. apple cider vinegar
- ¼ cup cold filtered water
- 3 Tbs. low-sodium tamari
- ½ Tbs. organic, unpasteurized miso
- 1 tsp. raw apple cider vinegar
- 1 garlic clove
- 2 Tbs. fresh lemon juice
- 1 cup fresh basil
- 2 Tbs. nutritional yeast
- 3 drops liquid stevia

**DIRECTIONS:**
Blend all the ingredients together until smooth. This dressing is best served fresh.
MINTY FRESH SALAD DRESSING

YIELD: about ½ cup

This light dressing works especially well on mixed greens. It will leave you feeling super fresh and upbeat!

INGREDIENTS

½ medium cucumber, chopped  ¼ cup fresh basil  ¼ tsp. Celtic sea salt
½ cup fresh mint leaves  2 Tbs. olive oil  1 Tbs. fresh lemon juice

DIRECTIONS:

Blend all the ingredients together until smooth. This dressing is definitely best served fresh, rather than stored.
Beauty Salads

Dharma's Kale Salad

YIELD: 1-2 servings

I learned a version of this recipe from one of my fellow yoga students at our teacher Dharma's studio. I eat this hearty, delicious salad as the basis of dinner several nights a week at least. It is one of my favorite meal staples. This incredible salad provides a substantial mix of protein-building amino acids, enzymes, minerals (including important ones found in sea vegetables) and antioxidants.

**BASE INGREDIENTS**

1 head lacinato (dinosaur) kale is best, but curly kale works also
2 handfuls sprouts, any kind you like (I like sunflower sprouts and clover sprouts best)
3 vine-ripened tomatoes, sliced
1-2 avocados, sliced
1 handful fresh dill, chopped (Optional, but I love the taste it adds to this salad)

Optional for serving:
Untoasted nori wrappers

**DIRECTIONS:**

Take the kale stems one by one, and strip the leaves off the thick stems by hand. Save the stems and juice them later. Once you have gotten the leaves off, add a pinch of sea salt to them and tear them into little pieces for easy digestion. It is important not to chop the kale with a knife but rather to use your hands to break it up. Otherwise it is a different salad with a different energy. Using your hands really helps break down and soften the kale, which is important to help digest it well.

Place the kale in a large bowl. Add the dressing ingredients and mix well. Add the sprouts, tomatoes, avocado slices and dill and mix well again. Feel free to add other raw veggies that you love. Cut the nori wrappers (if using) into halves or quarters and scoop the salad into them, making mini wraps. Delicious!

**DRESSING INGREDIENTS**

Juice of 1 or 1½ Meyer lemons (or regular lemons if unavailable)
3-5 Tbs. nutritional yeast
Cayenne pepper to taste
3-5 Tbs. dulse flakes or chopped dulse strips
Pinch of Celtic or Himalayan sea salt
1 Tbs. olive oil (Optional, I usually leave it out)

**BEAUTY SECRET**

Kale is a powerful beauty food that is packed with phytochemicals, fiber and chlorophyll, a major blood builder. The cleaner our blood, the more beautiful we are.
SUNDAY SALAD

YIELD: about 2 servings

There is a beautiful mix of colors in this salad, which I believe truly makes the salad more satisfying and nourishing on so many different levels. And this salad contains our secret ingredient—Cajun spice mix! It adds a great natural kick of flavor. Be sure to get a brand that doesn’t contain any salt.

BASE INGREDIENTS
3 cups fresh mesclun or herb salad
2 large handfuls chopped basil
1 cup sliced sundried tomatoes
1–2 ripe avocados, diced
2 handfuls clover sprouts
5–8 radishes, sliced
Kalamata olives (optional)

DRESSING INGREDIENTS
3–5 Tbs. dulse flakes
3–5 Tbs. nutritional yeast
Cayenne pepper to taste
½–2 Tbs. Cajun spice mix (More or less!
Start with ½ Tbs. and adjust to taste. I love it, so I personally load it on there!)
Juice of 1–1½ lemons
Olive oil (Totally optional. I usually don’t add it.)

DIRECTIONS:
Add the mesclun and the chopped basil to a large bowl, and mix with the ingredients that make up the dressing. Purists might say to mix the dressing ingredients first and add the dressing to the base, but for this salad I like to just throw it all in there! I guess I’m not a purist. Make sure the salad is mixed well, and adjust the seasonings to taste. Add the sundried tomatoes, avocado, sprouts, radishes and olives last, and toss. Kick back, and take your time enjoying every flavor!

BEAUTY SECRET
Lemon is an amazing cleanser with over two hundred enzymes. It is one of the most restorative foods for the liver.

RAW TABOULI SALAD WITH HEMP SEEDS

YIELD: about 2 servings

BASE INGREDIENTS
1 huge bunch curly parsley or Italian flat parsley, or 2 smaller bunches
½ white onion, diced
1 organic tomato, diced
5–6 heaping Tbs. hemp seeds

DRESSING INGREDIENTS
Juice of 1 lemon
1 garlic clove, minced
¼ cup cold-pressed olive oil
½ tsp. Celtic or Himalayan sea salt

DIRECTIONS:
Chop the parsley and place it in a large bowl, along with the onion, tomato and hemp seeds. In a blender,
combine the lemon, garlic, olive oil and sea salt, and blend until smooth.
Pour the dressing over the salad and mix well, and you’re ready to go!

**BEAUTY SECRET**

Parsley is rich in the beauty vitamins A and C, and in folic acid, and has flavonoids that act as antioxidants—to put the kibosh on free radicals that damage our cells and can age us. Parsley is also very high in iron, and the high vitamin C content assists the absorption of iron. It is a blood purifier and helps to kill bacteria in the body. Parsley is an excellent restorative digestion remedy. It also helps cleanse the liver of toxins and rejuvenates it!

**BEAUTY SECRET**

Hemp seeds are 33 percent easily digestible plant protein, and two tablespoons serve up a whopping eleven grams of protein! Loaded with the perfect ratio of omega-3 fats and the beauty minerals magnesium, zinc, iron and phosphorus, these little seeds are perfect little gifts of nutrition from nature.

**ISRAELI CHOPPED SALAD**

**YIELD:** about 9 cups

This recipe exemplifies what I mean when I talk about leftovers! This makes a nice big batch for you and your family to enjoy, or for you to have for lunch for a few days. If you do the latter, you could slice up an avocado and put the slices on top for more bulk and it would instantly make a really delicious lunch. This salad is also great to bring to a summer party or potluck.

**INGREDIENTS**

1 large cucumber, diced (Peeling is optional. I like to keep the skin on organic cucumbers because there is lots of zinc in the skin.)
3 large tomatoes, diced
1 large zucchini, diced
1 cup chopped white onion

1½ cups chopped parsley
3 Tbs. chopped mint
2 Tbs. olive oil
4 Tbs. fresh lemon juice
1 tsp. freshly ground black pepper
1 tsp. Celtic sea salt

**DIRECTIONS:**

Place the diced cucumber, tomatoes, zucchini and onion in a large bowl. Add the parsley and mint, and mix well. Add the olive oil, lemon juice, black pepper and Celtic sea salt, mix and adjust the seasonings to taste. Enjoy!
SPIRULINA SPINACH SALAD

YIELD: 2 servings

I'll admit it up front. Spirulina powder may be an acquired taste for some. Some like it right off the bat, but some have to try it out for a while before they get to really love it. Remember that over time our taste buds may change! Chlorophyll-rich spirulina is certainly worth trying for the fantastic benefits. You never know. You might fall in love at first bite!

INGREDIENTS

Large bowl baby spinach leaves
1 large tomato, diced
1-2 ripe avocados

2 handfuls adzuki, lentil, or garbanzo (chick pea) bean sprouts, or a combination (to add crunch)

1/2 tsp. spirulina powder, to start

Splash of olive oil
Celtic or Himalayan sea salt, to taste

DIRECTIONS:

Be sure to wash and dry the spinach very thoroughly. We do not want any soggy spinach for this salad! Add it to a large bowl and toss in the tomato, avocado and sprouts. Start with 1/2 teaspoon of spirulina powder, a splash of olive oil and a bit of salt. If you like what you taste and want to go a bit further, feel free to add more spirulina!

AVO-TOMATO LUNCH PLATE

YIELD: 1 serving

Back to basics, this recipe relies on the flavors of fresh, natural plant foods! Avocado, tomato and basil are a combination that must have made Mother Nature smile to herself, knowing how fantastic it would be when we earthlings discovered it!

INGREDIENTS

1 large tomato or 2 small plum tomatoes
1 medium avocado

Handful of basil leaves
1/2 Tbs. olive oil (optional)
Black pepper to taste
Celtic sea salt, to taste (optional)

DIRECTIONS:

Cut the tomato into thin slices, and arrange over a plate.

Cut the avocado in half lengthwise using a large, sharp knife, and twist the halves to separate them. Lift out the pit with the knife and spoon out each half from the peel. Carefully slice the avocado into strips.

Place the avocado slices on top of the tomato, and sprinkle the basil leaves over the top. Add the olive oil and seasonings to taste. If you feel you don't need the olive oil or salt, leave them out! I often do. The perfect bite would include a combination of avocado, basil and tomato all together.
Beauty Wraps and Sandwiches

FRESH ROMAINE SOFT TACOS

YIELD: about 2 servings

Who says healthy raw snacks and meals have to be time consuming? This is a really fast little dish when you are on the go or Hungry with a capital H! It is a great idea to always keep a bag of romaine hearts for this very reason. I used to nibble on a variation of these tacos as a snack when I worked at a raw food longevity center in New York and was taking a break. A few of these tacos also make a great lunch!

INGREDIENTS
1 large avocado
1 Tbs. fresh lemon juice
Cayenne pepper to taste
1 tomato, chopped
½ cucumber, chopped
1 Tbs. chopped sweet white onion
1 heart romaine lettuce

DIRECTIONS:
Slice the avocado lengthwise and remove the pit. Scoop out the green avocado flesh and add it to a medium-size mixing bowl. Add the lemon juice and sprinkle some cayenne pepper in there, and mash the avocado up, using a fork. Make it as smooth or as chunky as you like. Add the chopped tomatoes, cucumber and sweet white onion, and mix well.

Chop the hard end of the romaine head off so the leaves fall off intact. Scoop some of the avocado mixture onto each leaf, and top with some of the clover sprouts. Roll up the leaves, and enjoy!

OPEN-FACED AVO BEAUTY SANDWICH

YIELD: 1 sandwich

This is a perfectly Beauty Food Paired sandwich. It is very satisfying and filling, and is excellent as the main course of a heavier lunch or even a casual, quick dinner. It is so much better than all those processed meat sandwiches, which are ill-combined and should be taken off the menu! Typically one Avo Beauty Sandwich is a serving, unless you have been really active.

INGREDIENTS
1 slice gluten-free millet bread or another gluten-free bread
Stone-ground mustard
½ avocado, sliced
2-3 thin tomato slices
Cayenne pepper
Celtic sea salt (optional)
Clover sprouts
Probioitic & Enzyme Salad

DIRECTIONS:
Toast the bread lightly, and then spread on the mustard. Layer the avocado and tomato on top, and sprinkle with cayenne pepper and sea salt to your desired taste. Top with clover sprouts and some Probiotic & Enzyme Salad, and you have a delicious sandwich to enjoy!
THE ANANDA BURRITO

YIELD: about 3 burritos

I have made dozens of versions of this super-easy “burrito” and in fact, it is a lunch food I personally eat often, after a green salad. It is tasty, and instead of using a gluten-filled flour tortilla or a corn tortilla, we are using nori wrappers, which have so many beautifying minerals.

If you bring your lunch to work, you could pack up the filling and the nori wrappers separately, and assemble the burritos there.

**DRESSING INGREDIENTS**
- 1 Tbs. organic Dijon mustard
- 1 tsp. fresh lemon juice
- ½ tsp. nutritional yeast
- Black pepper, to taste
- Celtic or Himalayan sea salt, to taste (optional)

**BASE MIXTURE INGREDIENTS**
- 1 cup diced celery (about 2 long stalks)
- ½ cup diced white onion
- ½ cup chopped parsley
- 1 avocado
- Untoasted nori wrappers (available at a health market or online)
- Sprouts
- Optional add-ons:
  - Handful of baby spinach or a few kale leaves
  - A few Tbs. Probiotic & Enzyme Salad

**DIRECTIONS:**
Mix the mustard, lemon juice and nutritional yeast together in a medium bowl and set to the side. Add the celery, onion and parsley to the dressing bowl. Mix everything together very well. Season with black pepper and a little bit of sea salt to suit your taste.

Cut the avocado lengthwise and remove the pit. Scoop out the flesh and cut it in lengthwise strips. Lay a nori wrapper flat on a plate, and lay some avocado strips right down the center (the long way) a few inches from the edges. Next, spoon some of the celery mixture on top of the avocado strips. Top with sprouts and any add-ons you like. Wrap up the nori as you would a burrito, by folding the ends up, then rolling. Hold the burrito in your hands so all the folds are held securely in place. Beginners—or anyone really!—should definitely eat these over a plate. Enjoy and experiment to find your own favorite combinations!
CAULIFLOWER ENERGY SOUP

YIELD: about 4 servings

Cauliflower lovers, you will be in heaven with this soup! I never really considered myself a hard-core cauliflower lover until I started making this delicious soup. Whenever I make it, I slurp it up pretty fast! The turmeric, besides its wonderful health and detoxifying properties, gives the soup a nice yellow hue, so it doesn’t come out a pasty white or ugly gray color!

If you are new to raw soups or it is wintertime, you probably won’t want to eat this soup super cold right out of the fridge. You can heat it over the stove at the lowest possible temperature, stirring well. Remember that you don’t want the temperature to get near 118 degrees, which is the temperature that would destroy the enzymes in this raw soup. So warm very gently and slowly!

INGREDIENTS
- 1 medium head cauliflower, with outer green leaves removed and chopped into pieces
- 3 Tbs. organic, unpasteurized miso paste
- ½ ripe avocado
- 2 cups filtered water
- Juice of 1 lemon
- 2½ Tbs. of Bragg Liquid Aminos or nama shoyu (raw, unpasteurized soy sauce)
- ½ tsp. turmeric
- Chopped parsley, as a garnish
- 1 tsp. Himalayan sea salt

DIRECTIONS:
Add all the ingredients to a blender and blend until smooth. If you’d like a thinner texture, try adding a bit more water. Enjoy!

BEAUTY SECRET
Turmeric is an Ayurvedic spice that has amazing antioxidant properties. It inhibits oxidation and protects us from free radical damage, and also helps us clean up metabolic waste. It also supports our liver, while adding some bright color to this soup!

RAW RED PEPPER AND TOMATO SOUP

YIELD: about 4 servings

This light soup is filling and can be enjoyed on its own or with a salad.

INGREDIENTS
- 1 organic red pepper, cored, deseeded and chopped
- 3 medium-sized, organic, vine-ripened tomatoes
- ½ organic celery stalk
- 1 cup unsweetened almond milk
- ¼ cup chopped sweet onion
- 1 Tbs. nutritional yeast
- ¾ tsp. Celtic or Himalayan sea salt
- 1 very small garlic clove
- 1 Tbs. fresh lemon juice
DIRECTIONS:
Blend everything until smooth in a blender and serve. This is where the Vitamix is really helpful, as you can make this soup and clean up in less than 5 minutes!

DELI SH SQUASH BISQUE

YIELD: about 6 servings

INGREDIENTS
1 medium acorn squash 1 tsp. grated ginger 2–3 carrots, cubed
1 Tbs. coconut oil or vegetable broth ½–1 tsp. Celtic or Himalayan sea salt, or to taste 2 cups water
2 garlic cloves, minced ¼ tsp. black pepper 1 cup unsweetened almond milk
1 large sweet onion, minced 3 celery stalks, cubed

DIRECTIONS:
Cut the acorn squash open, remove the seeds and the peel, and cut the flesh into 1-inch cubes.
Heal the coconut oil or vegetable broth in a large cooking pot. Lightly sauté the garlic, then add the onion and the grated ginger. Do not overcook! Use medium rather than high heat. Add salt and black pepper and stir in.
Add the rest of the vegetables and gently cook over low heat, until they start to soften. Add water and cover, simmering the vegetables for 30 minutes or so, or until tender. Pour the mixture into blender and puree. Add the unsweetened almond milk. Return the soup to the cooking pot and keep on low heat. Serve and enjoy!

EAST-WEST BAKED VEGETABLES

YIELD: about 4 servings

Sometimes baked veggies are so yummy! As long as we are having plenty of raw greens and veggies every day, it is okay to have some baked vegetables in the mix. This dish is especially delicious in wintertime, when we naturally crave warmer foods.

INGREDIENTS
3–4 carrots, peeled and cut into chunks 2 large zucchini, cut into 1-inch cubes 1 Tbs. dried rosemary
2 large sweet potatoes, cut into chunks 5 cups bok choy, chopped into 1-inch pieces ¼ cup Bragg Liquid Aminos or nama shoyu
1 small cauliflower, cut into ½-inch florets 3 Tbs. fresh parsley ¼ cup raw coconut oil
DIRECTIONS:
Preheat oven to 350°F. Place all the vegetables and the rosemary, mixed up, in a glass ovenproof casserole dish with a lid. Add the coconut oil and the Bragg Liquid Aminos or nama shoyu and coat the vegetables.

Cover and bake in the oven for about 55 minutes, or until the vegetables are tender. Add a bit more Bragg Liquid Aminos or nama shoyu to taste, if desired, and serve with a salad.

BASIC YAMS

YIELD: 2-3 servings

INGREDIENTS
2 pounds organic yams
1 Tbs. coconut oil (or to taste)
½ tsp. Celtic or Himalayan sea salt

DIRECTIONS:
Preheat oven to 375°F. Wash the yams and cut them into 1½-inch pieces, which is small enough to ensure the yams cook well. Bake in the oven for 1½ hours, or until the outer part of each piece of yam is golden brown.

Top with coconut oil as desired, as well as the salt. Enjoy following or along with a large green salad.

ITALIAN-STYLE SWEET POTATOES

YIELD: about 2-3 servings

INGREDIENTS
2 pounds organic sweet potatoes, cut into 2-inch chunks
2 Tbs. grapeseed oil
1 Tbs. dried oregano
1 Tbs. dried rosemary
Cayenne pepper, to taste (optional)
½ tsp. Celtic or Himalayan sea salt (or to taste)

DIRECTIONS:
Preheat oven to 350°F. Toss the cubed sweet potatoes with the grapeseed oil, oregano, rosemary, cayenne pepper and sea salt in a glass baking dish. Bake in the oven for about 1½ hours, or until cooked through well and crispy on outside. While baking, check occasionally and gently stir as needed.

GANESHA'S SWEET POTATOES

YIELD: about 2-3 servings

A personal favorite! The combination of the sweet potatoes with the coconut oil and Indian spices
makes this an especially mouthwatering treat! Whenever I am craving Indian food, I make these sweet potatoes, and my taste buds are completely satisfied. Of course, my tummy is happy that I decided to forgo the cream, heavy oils and copious amounts of table salt that are part of many traditional Indian food dishes.

Leftovers are great to pack for lunch the next day, to top your large green lunch salad!

**INGREDIENTS**
2 pounds organic sweet potatoes, cut into 2-inch chunks
2 Tbs. coconut oil
1 Tbs. curry
1 tsp. Celtic or Himalayan sea salt (or to taste)
½ tsp. turmeric

**DIRECTIONS:**
Preheat oven to 350°F. Toss the cubed sweet potatoes with the coconut oil, curry, turmeric and sea salt. Bake in the oven for 1½ hours, or until cooked through well and crispy on outside.
Beauty Grain Dishes

**MILLET “COUSCOUS” SALAD**

**YIELD:** about 6 servings

This makes a great light lunch. Or to add more bulk to a dinner, you can top some of this couscous salad over a green salad. Millet is used to replace bulgur wheat, as it has a similar, harder consistency. We cleverly avoid the gluten by opting for a higher quality alkaline-forming grain, and we won’t even miss it!

**INGREDIENTS**

| 6 cups water | 1–2 cups finely chopped fresh basil (depending on how much you like!) | ¼ tsp. freshly ground black pepper |
| 2 cups dry millet | 1 cup finely chopped fresh mint | ½ cup fresh lemon juice |
| 2 large zucchini, diced | 1⅛ Tbs. olive oil | |
| 10–12 cherry tomatoes, halved | 1 tsp. Celtic or Himalayan sea salt | |
| 1 large sweet onion, diced | | |

**DIRECTIONS:**

**Pre-prep:** Be sure to soak the millet overnight in water, and rinse well before using.

In a saucepan over high heat, bring the water to a boil. Reduce the heat, and then add the millet and simmer until the millet has a softer texture, around 15 to 20 minutes. Pour the millet through a strainer and set it to the side to let it cool down.

In a large bowl, combine the zucchini, tomatoes, onions, basil, mint, oil, sea salt, black pepper and lemon juice and mix well. Stir in the millet, and mix again really well. This is meant to be served on the cooler side, so it is a good idea to refrigerate it for an hour or two before serving. Great on salads!

**VEGGIE-TURMERIC QUINOA**

**YIELD:** 4 servings

Sometimes you just gotta have some hot food! This dish gives me my Indian food kicks, along with Ganesha’s Sweet Potatoes. This is as basic and easy a stir-fry as you’ll ever find, and it includes my two favorite Indian spices: curry and turmeric. Thankfully it is possible to get those Indian-style flavors without the cream, table salt and overcooked veggies and legumes that make Indian food so heavy and difficult to digest—and cause all the burping and bloating! I love this dish in the winter. I eat a salad while I’m making the quinoa, then toss the dish together so I can eat it right away, when everything is piping hot. Yummy and satisfying!

**INGREDIENTS**

| 1½ cups water | 1 Tbs. curry | 2 cups broccoli or cauliflower, cut into little pieces |
| ¾ cup dry quinoa | ½ tsp. turmeric | |
| 1–2 Tbs. coconut oil | 1 red bell pepper | |
1 medium onion, diced
1 1/2 tsp. Celtic sea salt (or to taste)

**DIRECTIONS:**
**Pre-prep:** Be sure to soak the quinoa overnight in water, and rinse well before using.

Place the water in a saucepan and bring to a boil. Reduce the heat, add the quinoa and simmer until the water is absorbed and the grains become translucent and soft (about 10 to 15 minutes). Pour the quinoa through a strainer and set it to the side in a bowl.

Heat the coconut oil in a large skillet. Add the diced onions, and lightly sauté for a few minutes, adding the sea salt, curry and turmeric. Add the other vegetables and lightly sauté for 5 to 6 minutes, or until they become softened (but not overcooked). Add the cooked quinoa to the skillet and stir everything together. Adjust the flavoring to how you love it! Some like it with a stronger curry flavor than others!

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**RAINBOW STUFFED PEPPERS**

**YIELD:** 6 servings

My love of stuffed peppers first started at sleepaway camp when I was ten or eleven years old, as they used to serve them in the mess hall every so often. I used to be so happy on those days! Then, while in my first semester studying abroad in Australia, I lived in a dorm, and the cafeteria there served stuffed peppers often, which I loved. Of course, they always used white rice, and there was cheese involved— not Beauty Detox foods! I like using quinoa in this recipe because it is pretty soft. The quinoa is a good contrast to the peppers, which we won’t boil to death, in order to preserve the nutrition, unlike the way that I have had them in the past!

**INGREDIENTS**

<table>
<thead>
<tr>
<th>6 red, yellow, orange or green peppers, or a combination</th>
<th>1 medium white onion, chopped</th>
<th>3/4 tsp. black pepper</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cups water</td>
<td>2 cups of broccoli florets</td>
<td>1 tsp. oregano</td>
</tr>
<tr>
<td>3/4 cup dry quinoa</td>
<td>4 cups finely chopped kale</td>
<td>2 Tbs. low-sodium tamari</td>
</tr>
<tr>
<td>2-3 Tbs. raw coconut oil</td>
<td>2 medium carrots, diced</td>
<td></td>
</tr>
<tr>
<td>6 garlic cloves</td>
<td>1 cup minced basil</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 tsp. Celtic or Himalayan sea salt</td>
<td></td>
</tr>
</tbody>
</table>

**DIRECTIONS:**
**Pre-prep:** Be sure to soak the quinoa overnight in water and rinse well before using.

**Instructions For Preparing The Peppers:**

Make an incision at the rounded top of each pepper, about 1 to 1 1/2 inches from the stem.

Cut all around the stem in an even circle. Then pull out the stem and the seeds. Discard stem, and save the rest of the pepper top to chop and add to the filling. If necessary, clean out any remaining seeds from inside the pepper and discard.
Place water in a saucepan and bring to a boil. Reduce the heat, add the quinoa and simmer until the water is absorbed and the grains become translucent and soft (about 10 to 15 minutes). Pour the quinoa through a strainer and set it to the side in a bowl.

Sauté the garlic in the coconut oil until gently cooked, then add the onions, and stir until the onions become translucent. Add the broccoli, kale, carrot, chopped pepper tops (from preparing the peppers) and basil, and cook gently for a few minutes. Add the sea salt and other seasonings to the veggie mixture and stir it up! Add the cooked quinoa and mix everything together well.

Adjust the seasonings to your taste. The mixture should taste slightly saltier than your taste, as the seasoning will be less concentrated when we stuff the plain bell peppers. Once you are satisfied with your filling, spoon it into each pepper, right up to the top.

Place the peppers tightly together in a glass baking dish so they remain upright. Bake at 350°F for 45 minutes. Garnish with fresh basil just before serving.

**ALKALINE-GRAIN VEGGIE BURGERS**

**YIELD:** about 7 patties

Most commercial veggie burgers you buy in the frozen section of supermarkets are made with processed soy or textured vegetable protein (TVP). We say no thanks to those! These delicious veggie burgers are made instead with actual vegetables (!) and the alkaline-forming grains millet and amaranth.

This makes a delicious dinner. Even my dad likes them, and he has had his share of beef burgers in his day!

**INGREDIENTS**

| 1½ cups water | 3 cups spinach, finely chopped | 1 Tbs. cumin |
| ½ cup dry millet | 2 stalks of celery, finely minced | ½ tsp. black pepper |
| 2 garlic cloves, finely minced | 2 small carrots, peeled and minced | 1 cup amaranth flour |
| 2 Tbs. raw coconut oil or grapeseed oil, divided | 2 tsp. Celtic or Himalayan sea salt |
| 1 large onion, finely minced |

**DIRECTIONS:**

**Pre-prep:** Be sure to soak the millet in water overnight and rinse thoroughly before using.

In a saucepan over high heat, bring the water to a boil. Reduce the heat, then add the millet and simmer until the millet has cooked to a softer texture, around 15 to 20 minutes. Pour the millet through a strainer and set it to the side to cool down.

Sauté the garlic in enough coconut oil until gently cooked, then add the onions, and stir until the onions become translucent. Add the spinach, celery and carrots and cook gently for a few minutes. Then add the sea salt and other seasonings and stir in. Add the cooked millet and stir well. Adjust the seasonings to your taste. Turn off the heat and add the amaranth flour to the mixture. Stir well until everything starts to bind together and the mixture cools.

Form the cooled mixture into patties with your hands, about 3 to 4 inches in diameter. Place them
on a large plate.

Heat a large pan to a fairly high temperature (to prevent sticking), and coat with about 1 tablespoon of coconut oil or grapeseed oil. Sauté each patty on both sides until firm and browned.

Enjoy! You can put them right on a salad, or if you want them to be more like traditional burgers, cut the patties into thirds and pile them on romaine leaves or wrap in collard greens (see instructions for making a collard green wrap on page 222). Top with clover sprouts, and add some mustard and organic ketchup. Voila! You have a true veggie burger in a veggie “bun”!

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**GREEK-INSPIRED MILLET SALAD**

**YIELD:** about 6 servings

**BASE INGREDIENTS**

- 6 cups water
- 2 cups dry millet
- ½ cup pitted and chopped Kalamata olives
- ½ cup drained capers
- ¼ cup minced scallions

**DRESSING INGREDIENTS**

- 2 Tbs. fresh lemon juice
- 1 Tbs. minced shallot
- 1 Tbs. Dijon mustard
- 2 tsp. dried oregano
- 1½ tsp. Celtic sea salt
- ¼ cup olive oil
- 2 Tbs. raw apple cider vinegar

**DIRECTIONS:**

Pre-prep: Be sure to soak the millet overnight in water and rinse well before using.

In a saucepan over high heat, bring the water to a boil. Reduce the heat, then add the millet and simmer until the millet has cooked to a softer texture, around 15 to 20 minutes. Pour the millet through a strainer and set it to the side to cool down.

Blend all the dressing ingredients together until smooth in a blender, or simply add them to a small bowl and whisk well with a fork. Add the millet to a large mixing bowl, then pour the dressing on top, and add the olives, capers and scallions. Mix well and enjoy your delicious meal, which will evoke memories or images of the beautiful Mediterranean part of the world!

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**QUINOA, AVOCADO AND CORN SALAD**

**YIELD:** about 6 servings

This salad is really great—especially for a summer picnic. My favorite green salad to eat it on top of is spinach.

**BASE INGREDIENTS**

- 3 cups water
- 1½ cups dry quinoa
- Raw kernels of 2 ears of organic corn (preferably white, if available),

**DRESSING INGREDIENTS**

- 2 avocados, sliced and cut into 1-inch pieces
- 3 Tbs. finely chopped red onion
- 1 Tbs. fresh lemon juice
- 1 Tbs. olive oil
- 2 Tbs. Bragg Liquid Aminos or low-sodium tamari
shaved right from the cob  

1 Tbs. brown rice vinegar

**DIRECTIONS:**

**Pre-prep:** Be sure to soak the quinoa overnight in water and rinse well before using.

In a saucepan bring the water to a boil. Reduce the heat, add the quinoa and simmer until the water is absorbed and the grains become translucent and soft (about 10 to 15 minutes). Pour the quinoa through a strainer and set it to the side in a bowl.

Blend all the dressing ingredients together in a blender until smooth, or simply add them to a small bowl and whisk well with a fork.

Add the kernels of corn to the quinoa, along with the avocado and chopped onion. Mix well. Pour the dressing on top of the mixture and mix well again. Enjoy this yummy dish with relish!
Beauty Nut Dishes

**BRUCE’S PINE NUT PARMESAN**

**YIELD:** about 2–3 ounces

I named this delicious dairy-free cheese after my dad, because I don’t think he met a cheese he didn’t like, and I am always trying to come up with alternatives! I love my dad so much, and he is a very sweet and wonderful man. I want him to be as healthy as possible. Sometimes I even use this cheese as a salad dressing. I also like to put it in those squeeze bottles with a spout that ketchup and mayonnaise are typically served out of, and to squeeze it as a dressing on collard green wraps loaded with lots of sprouts and other veggies. Yummy!

**INGREDIENTS**

- 1 cup pine nuts, soaked two hours and rinsed well
- ½ cup cold filtered water
- ½ tsp. Celtic or Himalayan sea salt
- 1 Tbs. chopped onion
- 3 Tbs. fresh lemon juice
- 1 very small garlic clove
- 1 Tbs. nutritional yeast
- 1 tsp. coconut oil
- 4 drops liquid stevia

**DIRECTIONS:**

Blend all the ingredients in a food processor or blender until smooth and store in refrigerator.

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**Serving Idea: How to Make Collard Green Wrappers**

Place a collard green leaf on a plate with the darker side down and the lighter side facing up. Cut off and discard the stem (or save for green drinks!). Add some nut pâté or any filling you are working with, slices of avocado, sprouts, etc., to the middle of the collard green leaf, keeping at least two inches away from all the sides. Fold one of the long sides of the collard green leaf up toward the middle, and then tuck up both of the shorter ends. Then roll the other long side up as well and wrap firmly together. Next turn the stuffed collard green leaf over so the folded side is on the plate, and make a diagonal cut with a very sharp knife toward the center. Voilà! That’s it!

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**BEAUTY NUT PÂTÉ**

**YIELD:** about 1½ cups

This is a very special and delicious nut pâté. It is packed with beauty minerals, amino acids and phytonutrients. You will love the taste!
INGREDIENTS
½ cup almonds
½ cup pumpkin seeds
½ cup sunflower seeds
2 Tbs. fresh lemon juice
1½ Tbs. Bragg Liquid Aminos or nama shoyu (raw, unpasteurized soy sauce)

1 small organic zucchini, chopped (about ¼ cup)
1-inch piece of ginger, peeled and grated
1 very small garlic clove or
½ medium clove, finely chopped
1 heaping Tbs. chopped white onion
1 tsp. cayenne pepper
1 heaping Tbs. nutritional yeast
½ tsp. turmeric

DIRECTIONS:
Pre-prep: Soak the almonds, pumpkin seeds and sunflower seeds overnight and rinse well before using.

Put the lemon juice and Bragg Liquid Aminos or nama shoyu in the blender (or food processor) first. Then add the zucchini, ginger, garlic and onion. Lastly add the cayenne pepper, nutritional yeast and turmeric and blend very well, until smooth.

Add the seeds and nuts once the liquid mixture is smooth, and blend again. You may have to keep pushing the mixture down the sides of the blender to keep it moving, or if you have a Vitamix, be sure to use the mixing pole. If your blender is very weak, you may have to chop the nuts up before adding them to the liquid mixture to ensure that it blends well.

Enjoy by scooping on top of a green salad, but be sure to eat a good majority of the salad first. Or wrap in collard greens with sprouts per the instructions under Bruce's Pine Nut Parmesan.

BEAUTY SECRET
Pumpkin seeds are a major beautifying food, as they are loaded with our beauty minerals zinc, calcium, potassium and magnesium, as well as B vitamins and collagen-repairing vitamin C and vitamin E. Need more benefits? They also contain essential amino acids and omega-3 fatty acids.

MACADAMIA NUT AND SUNDRYED TOMATO MASH

YIELD: about 1 cup

Okay, I'll admit it. This is my favorite nut pâté in the world! I am pretty obsessed with it, so when I make it, I polish it off pretty fast. I made this recipe once on an EI segment, and afterward the producers, who hadn't had lunch yet, gobbled it right up. It is particularly fabulous on a bed of baby spinach leaves!

INGREDIENTS
1 cup raw, unsalted macadamia nuts, soaked two hours and rinsed well
½ cup sundried tomatoes, chopped
⅛ tsp. Celtic or Himalayan Black pepper to taste

2 Tbs. finely chopped parsley (any variety)
2 Tbs. fresh lemon juice           sea salt

DIRECTIONS:
Place the macadamia nuts in the food processor with the lemon juice, and blend well. Next add the chopped sundried tomatoes and sea salt, and blend again. The mixture will be moist and crumbly but not liquid. Spoon the mixture into a medium bowl, and mix in the chopped parsley.

Enjoy by scooping on top of a green salad (again, spinach is highly recommended!), but be sure to eat a good majority of the greens first. Or wrap in collard greens with sprouts. Right before serving, I like to add some fresh cracked black pepper to the top, which seems to give it an extra bit of spark.

THE JMP RAW LASAGNA

YIELD: 9 x 13 inch lasagna

When we think of lasagna, what do we envision? Layers of white-flour-based pasta noodles sandwiching several different kinds of melted, heated dairy cheese, with some red sauce and most typically some kind of meat. So in other words, the worst Beauty Food Pairing combination you can imagine—starch, dairy and animal protein. And yes, we might also envision the cellulite and flabby arms it gives us!

This recipe is going to change the way you view lasagna forever! There are many varieties of raw lasagna in the raw food community. But I don’t want to have to use a dehydrator and wait eight to ten hours for the lasagna to be ready. I am a huge marinara fan, so I think the sauce is really important, and the cheese should taste as much like regular cheese as possible! I think you will love this raw lasagna. It is a huge crowd pleaser and will convince your skeptical spouse, parent, sibling or friend that lasagna doesn’t have to contain noodles of dairy cheese, processed starch and meat to taste amazingly yummy!

INGREDIENTS
8 organic yellow zucchini
1/4 cup fresh lemon juice
1/2 tsp. Celtic or Himalayan sea salt
1 Tbs. Italian seasoning

MARINARA SAUCE
3 large organic tomatoes
1/4 cup chopped white onion
2 medium garlic cloves

RICOTTA CHEESE
2 Tbs. fresh lemon juice
1/2 cup water
2 Tbs. Bragg Liquid Aminos

1/2 cup chopped fresh basil
3 1/2 cups sundried tomatoes (if you purchase the ones that are dried, you will have to soak for an hour or so)
3/4 tsp. Celtic or Himalayan sea salt
1 medium garlic clove
2 cups pine nuts

PARMESAN CHEESE
1 cup walnuts, chopped
2 Tbs. nutritional yeast
1 tsp. Italian seasoning
1/2 tsp. Celtic or Himalayan sea salt
DIRECTIONS:

Pre-prep: Soak the pine nuts and walnuts in water for 2 to 4 hours, and drain and rinse well.

Slice the yellow zucchini very thinly with a sharp knife. If you happen to have a mandoline, you could certainly use that, but it is not necessary. Be careful with your little fingers!

Place the zucchini slices in a large bowl, and add the lemon juice, sea salt and Italian seasoning. Be sure to coat the zucchini, so that every part of the zucchini is marinating in the mixture. The lemon will “cook” the zucchini and soften it up so it has a consistency more like pasta noodles. Set this to the side. Ideally you would let the zucchini marinate on its own for at least 4 to 6 hours before you serve the lasagna. Be sure to mix it every few hours.

Marinara Sauce: Create the marinara sauce by placing the fresh tomatoes in the blender first and blending them with the onion, garlic, sea salt and fresh basil. Add the sundried tomatoes last, after you have blended the rest of the ingredients, since they are of a harder consistency. They will give the sauce a nice thick consistency.

Ricotta Cheese: Make the ricotta cheese in the blender by first adding the lemon juice, water and Bragg Liquid Aminos, then the garlic clove and lastly the pine nuts. Yummy! Don’t eat too much when you are scooping it out of the blender!

Parmesan Cheese: To create the Parmesan cheese, add the walnuts to the food processor and grind until fine. Add the nutritional yeast, Italian seasoning and sea salt, and mix well. (You can use a good blender in place of the food processor, but be sure it is completely dry before using.)

To assemble, layer the strips of marinated zucchini in a 9 x 13 inch baking dish, alternating with the marinara sauce and the ricotta cheese. Keep going until you use up all the zucchini, sauce and cheese. Garnish the top of the lasagna with the Parmesan cheese and some fresh basil leaves.

Warm the oven to under 200°F or the lowest setting, for half an hour. Then turn the oven off and open the door to let it cool down for a few minutes. When moderately warm (we want the temperature to stay under 118°F) place the lasagna in the oven and let it “bake” for at least one hour before serving. It’s really amazing when the lasagna is slightly warm, rather than super cold right out of the fridge. Enjoy with loved ones!
Beauty Smoothies

HOMEMADE ALMOND OR HAZELNUT MILK

YIELD: 2–3 servings

These nut milks keep up to two days in the refrigerator. Unsweetened almond milk can be found at Trader Joe’s or your local health store. But there is nothing quite as delicious as freshly made, completely raw and live, preservative-free nut milk made in your own blender.

These nut milks can be enjoyed on their own or as a base in smoothies, such as the Rain Forest Acai Smoothie or the Watermelon Slush Smoothie, or in Happy Cow Dairy-Free Hot Chocolate. These nut milks can also be enjoyed in recipes like Delish Squash Bisque.

INGREDIENTS
2 cups raw almonds or 2 cups raw hazelnuts (soaked overnight)
2½ cups filtered water (feel free to use more or less, depending on how thick you like your milk)
Stevia or dates, to sweeten to your taste (optional, and be sure to get dates with pits and remove them yourself)

DIRECTIONS:
Rinse the soaked nuts very well with a strainer. Place the soaked nuts and the water in a blender and blend on high until smooth. Pour the mixture through a cheesecloth into a separate container. Squeeze all the liquid out of the cloth with your hands, so you get all the milk out, and discard all the nut pulp and nut fiber. If you are in a rush, pour the liquid through a fine strainer (though you won’t get every drop of milk out, the way you would with the cheesecloth).

Do a quick rinse of the blender, and put the strained milk back in the blender. Add the stevia or dates to sweeten to your taste, or leave it out altogether if you like your milk plain.

BEAUTY SECRET

Acai berries are loaded with beneficial nutrients and antioxidants, including omega-3 fatty acids, amino acids, minerals, key vitamins and fiber. The omega-3 fatty acids found in acai berries maintain the structure and fluidity of cell membranes, facilitating the inflow of nutrients and the outflow of waste products, promoting youthful, smooth and radiant skin by keeping skin cells hydrated and strong.
RAIN FOREST ACAI SMOOTHIE

YIELD: 1 serving

This doubles as a great snack or a great dessert! I went through a good two-year run of having this for dessert many times a week after dinner! Just be sure to wait at least half an hour after eating to enjoy this, as this would be a liquid dessert. Acai berries can be purchased frozen in health stores and made into smoothies.

INGREDIENTS
3½ ounces frozen acai berries ½ Tbs. raw cacao ½ avocado (optional, to make the smoothie thicker and more filling)
2 cups unsweetened almond milk Stevia to taste

DIRECTIONS:
Using a good blender, blend the acai berries and almond milk at a low speed until you’ve broken down the acai berries. Then move to a higher speed. Once it is smooth, add the cacao and the stevia. Add the avocado if you want a denser snack or dessert. Enjoy!

THIRTY-SECOND SPIRULINA SUPERFOOD DRINK

YIELD: 1 serving

INGREDIENTS
1 fresh young coconut, both water and soft inner meat or 2 cups natural, non-artificially sweetened coconut water
1 heaping Tbs. spirulina powder
½ Tbs. raw cacao
Stevia to taste

DIRECTIONS:
Blend all the ingredients together and enjoy immediately.

BEAUTY SECRET
Coconut water is packed with potassium and electrolytes and is especially great when you are active.

BEAUTY SECRET
Spirulina is 67 percent green algae protein, and it also contains omega-3 fatty acids, all the essential amino acids, and B vitamins, and is a plentiful source of minerals, including iron and magnesium.
WATERMELON SLUSH SMOOTHIE

YIELD: 1 serving

INGREDIENTS
1 small watermelon  2½ cups unsweetened almond milk

DIRECTIONS:
Pre-prep: Cut the watermelon into small chunks and freeze 3 cups overnight.

Simply blend the frozen watermelon and the almond milk in a blender. That’s it! These two ingredients combine so magically that you won’t need any kind of sweetener. But be sure to freeze the watermelon! It is not the same at all if you do not. Try it for yourself and enjoy this insanely satisfying summer treat!

BEAUTY SECRET
Seasonal in summer, watermelon has great cooling and hydrating properties, as well as amazing cleansing and detoxifying effects. Always try to purchase organic watermelons that contain their own seeds, the way nature made them.
Beauty Desserts

RAW PECAN LOVE PIE

YIELD: 1 pie

Pecan pie always conjures up memories of pie being made and given with love. There is something very nurturing and loving about pecan pie! Please note: This dessert is not appropriate for my Blossoming Beauties. Don’t worry, though. There are other desserts and smoothies to choose from!

CRUST INGREDIENTS
2½ cups dates (with pits) 1 cup finely ground coconut flakes 1½ cups walnuts (soaked, 4 hours)

DIRECTIONS:
Pit the dates yourself, extracting each pit and discarding it. Add the dates, coconut flakes and walnuts to a food processor and process on high until thoroughly mixed. Press the mixture into the bottom and sides of a round 9" pie plate. Set the pie plate to the side.

FILLING INGREDIENTS
¾ cup filtered water 1 cup organic Thompson raisins ½ cup maple syrup
1 cup raw pecans, soaked about 1 Tbs. vanilla extract 1 tsp. Celtic sea salt
15 minutes, plus more to garnish 1 tsp. nutmeg

DIRECTIONS:
Blend all the filling ingredients together in a blender until smooth. Pour the filling into the pie shell and garnish with raw pecans. Chill the pie in the freezer overnight or for at least 5 hours before serving. Slice it up and enjoy!

HAPPY COW DAIRY-FREE HOT CHOCOLATE

YIELD: 1 serving

Great for snuggly cold winter nights, or anytime you want a comforting cup of warm hot cocoa!

INGREDIENTS
1 cup Homemade Almond or Hazelnut Milk, or if it’s not possible to make it, use a store-bought brand, unsweetened 1 tsp. raw cacao powder
Stevia to taste

DIRECTIONS:
Heat the almond milk in a saucepan, but do not bring it to a boil! Pour the almond milk into a mug, spoon the cacao powder into the mug and mix well. Add some stevia to sweeten the drink, as needed. Kick back and enjoy!
RAW CACAO TRUFFLES

YIELD: about 33 truffles

These are one of my absolute favorite treats—whenever someone tries one, they ask me for the recipe. When I tell them, they can’t believe it’s raw! My Blossoming Beauties: this dessert is not appropriate for you, but if you get a chocolate craving you can try the Happy Cow Dairy-Free Hot Chocolate or the Chia Seed Delight.

INGREDIENTS
2 cups ground raw almonds
¾ cup raw cacao powder
6 dates, pitted
½ cup raisins
1 Tbs. coconut oil
Pinch of Celtic or Himalayan sea salt
3 Tbs. – ¼ cup cold, filtered water

Optional:
1 cup shredded, dried organic unsweetened coconut flakes
3 Tbs. maple syrup

Pre-prep: Soak almonds in water for twenty-four hours, then rinse well. Dry them in a dehydrator, or on the lowest setting of your oven with the door cracked open. We do not want to use soggy or wet almonds in this recipe!

Grind the almonds in a food processor, then add the cacao, dates, raisins, coconut oil and a pinch of sea salt. Once everything is blended well, add the water to make the mixture moist.

Roll up your sleeves, take a small amount of the mixture, and roll balls roughly the size of golf balls, or a touch smaller, between your palms. Add your love! Dip each ball in a smaller bowl containing the coconut flakes, and roll in the flakes to cover each ball evenly.

Keep in fridge to help the truffles harden for at least two hours.

BEAUTY SECRET

In its raw form, cacao contains many beneficial rejuvenating and antiaging elements, including antioxidants and magnesium. It should be eaten in moderation, however, as cacao contains caffeine and theobromine, which is an alkaloid or chemical compound that may be toxic in large doses.

CHIA SEED DELIGHT

YIELD: 1 serving

This is a very filling dessert that helps cap off a meal with something sweet, that will also help keep us from getting hungry late at night.
INGREDIENTS
¼ cup raw, organic chia seeds 1 ½ Tbs. raw cacao powder
1 cup Homemade Almond or Hazelnut Milk, or 1 tsp. stevia or xylitol to sweeten, or more to taste
store-bought, unsweetened

DIRECTIONS:
Place chia seeds in a bowl. Blend the almond milk, cacao powder and stevia or xylitol in the blender until well mixed and the desired level of sweetness is reached. Pour over chia seeds and mix well. Let stand for at least 10 minutes before mixing again and serving. Enjoy!

BEAUTY SECRET
Chia seeds are loaded with antioxidants, vitamins, minerals and fiber. They feature a perfect balance of essential fatty acids: 30% of chia seed oil is Omega-3 oil and 40% is Omega-6 oil. Studies also show that eating chia seed slows down our bodies’ conversion of carbohydrate calories into simple sugars. This is great for preventing spikes in blood sugar, whether you are diabetic or not. Chia seeds are also highly hydrophilic, capable of absorbing 10 times their weight in water, and of great help in keeping bodies hydrated. Chia seeds gel when wet and, when in our digestive systems, this gel prevents absorption of some of the food (and calories) that we eat. This makes the chia seed a great for those of us looking to lose weight!