



# Vegetarian Recipes



# Recipes

## Mushroom Frittata with Yam and Onion Hash

**Serves: 2**

### Ingredients:

3 tbsp avocado oil  
3 yams, peeled and diced  
1 onion, chopped  
4 cloves garlic, minced  
5 eggs  
2 cups cremini mushrooms  
1 tsp dried thyme  
Himalayan sea salt and freshly ground pepper to taste  
1 avocado, sliced for garnish



### Directions:

Peel the yams and dice into bite sized pieces. Skin the onion and chop. Add 2 tsp. avocado oil to an electric skillet set at 3500F, or a large sauté pan and heat until oil shimmers. Add the yams, garlic, onion and seasoning. Stir well and cover to steam for 5-8 minutes, checking to make sure the garlic and onion don't burn.

Once the yams are softened, remove cover and cook until the yams are browned and the onions caramelized. Brush off any dirt from the mushrooms, cut off the hard end of the stem and discard. Chop the mushrooms into quarters. In another skillet, heat one tsp of avocado oil on medium heat and add the mushrooms. Season to taste and stir. Cover and let simmer, stirring occasionally.

Once they release their liquid, after cooking for about 15 minutes, remove the cover and let them re-absorb their liquid. Tasty!

While the mushrooms cook, beat the eggs with seasoning and add to the pan of mushrooms once all of their liquid has been absorbed. Let the eggs cook until the bottom is slightly browned, then put the pan under the broiler to cook the top. Make sure your pan is oven proof! Serve with the yam and onion hash and sliced avocado.



# Recipes

## Quickie Veggie Egg Muffins

**Makes:** 8

**Oven Temp:** 3500F

### Ingredients:

8 eggs  
1 cup diced red bell pepper  
1 cup diced onion  
1 cup chopped broccoli  
Himalayan sea salt and fresh ground pepper to taste



### Directions:

Preheat the oven to 3500F. Line an 8-muffin tin with paper liners.

Chop pepper, onion and broccoli into small pieces. Add 1 tbsp avocado oil to a sauté pan and sauté the onion, pepper and broccoli with seasoning until they are lightly browned. Set aside. Beat the 8 eggs with salt and pepper in a bowl or measuring cup with a pouring lip – you will appreciate the convenience when pouring later!

Using a spoon, divide the browned veggies evenly into the 8 paper cups. Pour the egg mixture over the veggies, making sure you have enough for each cup. Cook in the oven for 18-20 minutes or until the egg sets in the middle.

This is a very versatile recipe. You can use your favorite veggies. Just remember, water-dense vegetables like tomatoes have a tendency to make your muffins soggy. Try sun-dried tomatoes as an alternative option. You don't like broccoli? Substitute kale leaves – grab a handful, cut out the center stem, blanch and dice up!

You can really switch up the flavor if you start getting bored of plain seasoning. Experiment with spices like turmeric, which is mildly aromatic, has scents of orange or ginger and is good for fighting inflammation. Sauté with veggies.

Don't get it on your clothes! Thyme is my go to for egg dishes. It is more flavorful if it is fresh, and you only use the tiny leaves.



# Recipes

## Mushroom & Brown Rice Kale

### Enchiladas in Red Sauce

*Original Recipe from Sunny Side Up Nutrition*

**Servings: 4**

**Oven Temp: 3500F**

#### Ingredients:

3 tbsp olive oil or avocado oil  
1 tbsp ground chia seeds\*\*  
1/4 cup chili powder  
2 cups vegetable stock  
2 of each dried chilies – pasilla and California,  
soaked and deseeded  
1 8 oz can of tomato paste  
1/2 tsp ground cumin  
1 tsp dried oregano  
Himalayan sea salt and freshly ground pepper to taste



#### Directions:

Soak the chilies in hot water until they soften, about 20 minutes. Deseed them and process them with 1/4 cup of the vegetable stock in a blender or food processor.

Heat oil until it is shimmering, about 2 minutes. Add the chili powder, stir with a wooden spoon and cook for a minute, then pour in the remaining vegetable stock, chili bend, tomato paste, cumin, oregano, salt and pepper. Stir well to combine.

Bring to a simmer and cook for 15 minutes. Add the ground chia seeds and stir for another 2-5 minutes until the sauce has thickened a bit. Pour the sauce into a large, deep sided baking dish and set aside.



# Recipes

## Mushroom & Brown Rice Kale Enchiladas in Red Sauce (Continued)

*Original Recipe from Sunny Side Up Nutrition*

### FOR ENCHILADAS

#### Ingredients:

- 2 tbsp olive or avocado oil
- 1 bunch large flat leaf Italian (lacinato) kale 8-10 leaves
- 1 lb cremini (brown) mushrooms, chopped
- 1 medium onion, diced
- 1 bunch cilantro, chopped
- 1 cup cooked brown rice, in a large bowl
- 3 cloves garlic, minced
- 1 egg, beaten
- Himalayan sea salt and freshly ground pepper to taste



#### Directions:

Add the kale to a pot of boiling water and blanch for about 2 minutes. While the leaves are softening, fill a large bowl with cold water. When the leaves are just soft enough to drape over a spatula, put them into the bowl of cold water to stop the cooking. Pat them dry with paper towels or a dish towel.

Heat the oil in a large frying pan and add the mushrooms and garlic, season with salt and pepper. Stir occasionally until the mushrooms release their liquid, then add the diced onions and cook until the onions are transparent and the liquid has been re-absorbed. Add the mushroom mixture to the bowl of rice. Add cilantro and mix thoroughly. Add the beaten egg and mix again.

Set up your enchilada rolling station – mixture to your left, kale front and center and baking dish of sauce to your right. Spoon 1-2 tbsp of mixture onto one end of a kale leaf, roll and fold in the sides as you go. Place the roll in the baking tray on the bed of enchilada sauce. Repeat until you have used all of your filling. Cover the baking dish with foil and bake for 35 minutes. Remove the foil and bake an additional 10 minutes.

\*Chia seeds gel up just like gelatin so you can use them anywhere gelatin is called for. You can also use milled chia, which is also known as chia flour, in place of cornstarch in any recipe. You can add the whole seeds or the milled version to smoothies, oatmeal, bread, granola, or any other baked good or dessert. Since chia is tasteless, it is versatile and easy to use anywhere, not to mention incredibly nutritious for you! If you don't like chia in a recipe, flax seeds work just as well.



# Recipes

## Spaghetti Squash with Marinara Sauce

Original Recipe by Dave Burns

**Servings: 4**

**Oven Temp: 4000F**

### Ingredients:

2 spaghetti squash  
1 onion, diced  
1 carrot, finely diced  
1 stalk celery, finely diced  
2 cloves garlic, finely diced  
3 oz organic tomato paste  
1 15 oz can organic tomato sauce  
1 15 oz can organic diced tomatoes  
1/2 tsp dried parsley  
1/2 tsp dried basil  
1/2 tsp dried thyme  
1/2 tsp dried sage  
1/2 tsp dried oregano  
1 bay leaf  
1 tbsp olive oil  
Himalayan sea salt and freshly ground pepper to taste



### Directions:

In a large pan, heat the oil over high heat until it starts to shimmer. Add the onions and reduce the heat to medium high. Sauté the onions until they start to turn translucent, about 5 minutes. Add the garlic, carrot and celery. Sauté for 5 minutes more. Add the tomato paste, tomato sauce, diced tomatoes and all of the herbs. Stir well to combine.

Bring to a boil then reduce heat to a simmer. Cover and let simmer for at least 30 minutes. I like to leave the sauce for an hour.

Once the sauce has been simmering for 30 minutes, taste it and season as necessary. You can also add some liquid, water or vegetable stock, at this point if you feel that the sauce is too thick.

While the sauce is simmering, prepare the spaghetti squash.



# Recipes

## Spaghetti Squash with Marinara Sauce (*continued*)

Original Recipe by Dave Burns



### FOR THE SPAGHETTI SQUASH

Preheat the oven to 400°F while you prepare the squash.

Use a chef's knife to cut the spaghetti squash lengthwise from stem to tail. Spaghetti squash are really tough and hard, so be cautious and work slowly. You can cradle the squash in a balled-up dish cloth on your counter to keep it steady as you cut.

Use a soup spoon to scrape out the seeds and just the stringy bits from inside the squash. The flesh is what we want to cook. The inside should look clean and fairly smooth. Discard the seeds, or save them and roast them for a snack!

Place the squash halves cut-side down in a roasting pan. Transfer the squash to the oven and cook for 30 to 45 minutes. Smaller squash will cook more quickly than larger squash. Check the squash after 30 minutes to gauge cooking. The squash is done when tender and you can easily pierce a fork through the flesh all the way to the peel. The flesh will separate easily into spaghetti-like strands. Taste it for doneness – if the noodles are still a bit crunchy for your taste, put the squash back in the oven for another 15 to 20 minutes.

Use a fork to gently pull the squash flesh from the peel and separate the flesh into strands. The strands wrap around the squash horizontally. Rake your fork in the same direction to make the longest "noodles."

Serve the squash immediately with the marinara sauce.



# Recipes

## Zucchini Pasta Puttanesca

Original Recipe by Dave Burns

**Servings: 4**

### Ingredients:

1 tbsp olive oil  
4 cloves garlic, finely chopped  
5-6 Roma tomatoes, chopped  
20 Kalamata olives, chopped  
1/2 tsp red pepper flakes  
3 tbsp capers (with their brine) Himalayan sea salt and freshly ground pepper  
1/4 cup flat leaf parsley  
2 large zucchini, cut into 'noodles'  
(use the julienne setting on a mandolin, a spiralizer, or a box grater if you don't want to cut them by hand)



### Directions:

*Puttanesca is a tangy, somewhat salty Italian pasta dish invented in the mid-20th century. This version isn't nearly as salty as we are omitting the anchovies to make this dish vegetarian.*

Add the olive oil to a large skillet and heat over medium high until the oil starts to shimmer. Reduce the heat to medium and add the garlic and pepper flakes and cook until the garlic just starts to brown, don't let it burn! Garlic becomes very bitter tasting when it turns too brown.

Add the olives, capers (with brine) and tomatoes to the pan and stir to ensure that nothing sticks to the bottom of the pan. Allow to cook through for about 5 minutes, just until the tomatoes start to break down.

Season to taste with salt and pepper. Remember, Puttanesca sauce usually uses anchovies for seasoning, so feel free to go a bit heavy on the salt, although it's not recommended on the Strong Finish program.

Add the zucchini 'noodles' and allow to heat through for another 5 minutes. Stir in the chopped parsley and serve.



# Recipes

## Cauliflower Crust Pizza

Original Recipe by [joeandsue.blogspot.ca](http://joeandsue.blogspot.ca)  
and [nutritionstripped.com](http://nutritionstripped.com)

**Servings: 2**

**Oven Temp: 4000F**

### Ingredients:

- 4 tsp olive or avocado oil
- 2 cups cooked, riced cauliflower (1 head)
- 2 eggs, beaten
- 1 tbsp ground chia seeds
- 1 tbsp coconut flour
- 1 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp crushed garlic
- 1/2 tsp garlic salt



### Directions:

Preheat oven to 4000F and line a cookie sheet with parchment paper then spread with a thin coat of olive or avocado oil.

Remove the leaves and stems from 1 medium head of cauliflower, chop the florets into chunks, then grate the cauliflower with a cheese grater or add to a food processor and pulse just until it looks like rice. Don't over-process it!

Add the riced cauliflower to a microwave safe bowl and microwave on high for 6-8 minutes, stirring halfway through. If you don't like using microwaves or don't have one, you can steam the cauliflower in a pan with a little water.

If the mix is too moist, put it into cheesecloth and squeeze out the excess moisture, then let cool.

While the cauliflower mix is cooling, combine the remaining ingredients and whisk well. Stir in the cooled cauliflower mixture. (**continued**)



# Recipes

## Cauliflower Crust Pizza (continued)

Original Recipe by [joeandsue.blogspot.ca](http://joeandsue.blogspot.ca)  
and [nutritionstripped.com](http://nutritionstripped.com)

### Directions:

Form into a loose ball and transfer the mixture to the oiled parchment paper-lined pan.

Form the mixture into a flattened pizza pie shape, the thinner the pie the crispier the crust will be, but don't go less than 1/2 inch thick or the crust may crack and pull away from the rest of the dough.

Brush with olive oil so it will brown.



Bake at 400°F for 10-15 minutes or until golden brown and firm, then carefully flip the pie using two spatulas if you have to, and brown for another 10-15 minutes.

Remove from oven, top with your favorite toppings and bake for another 10-15 minutes.

Please note some toppings are more moist than others and may need additional cooking time.

### Variations:

For a fun change for the kids, try using a purple cauliflower!

Experiment with the consistency and try making smaller pies to use as sandwich wraps! Can you picture their little faces when they open their lunch and find a purple sandwich?!

Some sauces and toppings to try:

\***Spinach pesto with sundried tomatoes, garlic and olives**

\***Roasted beet spread with sautéed mushrooms and basil leaves**

\***Roasted curried butternut squash spread with caramelized onions and thinly sliced apple**

\***Roasted eggplant spread (everything tastes better roasted!) with asparagus and red peppers**



# Recipes

## Jicama Apple Slaw

**Servings:** 6

### Ingredients:

- 2 navel oranges
- 1/4 cup fruity olive oil
- 1/4 cup lime juice
- 1/2 bunch cilantro, stems removed
- 2 large Granny Smith apples cut into matchsticks (julienned)
- 1 medium jicama, peeled and julienned
- 2 plums, julienned
- 1-2 tbsp minced jalapeno
- 1/2 bunch mint leaves, sliced finely orange-infused olive oil (see recipe below)
- 2 avocados



### Directions:

*Jicama\**, pronounced “hee-ka-ma,” is a root vegetable native to Mexico. It is a member of the morning glory family and is related to the sweet potato, but it more closely resembles water chestnuts in color, texture and flavor. The soluble fiber found in jicama, inulin, is a beneficial prebiotic food that stimulates the activity of the healthy bacteria growth in the digestive system.

Take a zester and shave the skin from the navel oranges. Put the zest in a mason jar with 1/4 cup fruity olive oil. Secure the lid firmly and give it a good shake. Set aside.

#### FOR THE SLAW

Wash the cilantro, dry it with paper towels and chop it up, discarding the stems. Mix the lime juice and cilantro in a large bowl. Julienne the apples and toss in the lime juice.

Give the orange infused olive oil another shake. Using a small, sharp knife, peel the jicama, making sure to remove the papery brown skin and the thick flesh just underneath.

Julienne the jicama and add to the apple mixture. Give the orange infused olive oil another good shake. (*continued*)



# Recipes

## Jicama Apple Slaw

**Servings: 6**

### Directions:

#### FOR THE SLAW (*continued*)

Julienne the plums and add to the apple jicama mixture. Give the orange infused olive oil another good shake.

Mince the jalapeno and add according to preference. Give the orange infused olive oil another good shake then pour over the slaw and toss to mix well. Wash and dry the mint in paper towels, the slice finely and add to the bowl. Mix everything together.

Place the salad onto a serving plate, and then add a little more shredded mint leaves for garnish. Serve with sliced avocado.

When purchasing jicama, choose one that is firm and heavy for its size. Jicama that is soft or shriveled or very large is likely to be tough and woody. Whole, uncut jicama can be kept in a cool, dark place for up to two weeks, or up to three weeks in the refrigerator. If you do not use all of the jicama, peel it and store it tightly wrapped in the refrigerator crisper, where they will keep for up to one week. Enjoy jicama sliced and baked, julienned in a salad, chopped in stir-fries and soups, and mixed with other veggies and fruits to emphasize its sweetness or starchy texture.

A favorite Mexican recipe is chilled jicama slices sprinkled with chili powder, salt and lime juice. Try getting the kids on board with jicama and make jicama tater tots! Note: Make sure to use a silicone pan for this recipe, it will be worth the cost and these tots will be so popular with the kids you'll be making them over and over! You can use a 12 count silicone muffin pan or try a 24 count for mini-tots.

Preheat the oven to 325°F. In a large bowl, combine 3 1/2 cups shredded jicama, squeezed dry in a towel first, 2 beaten eggs, 1 tbsp ground chia seeds, 2 tbsp olive oil, 3 minced green onions, 1 tsp Himalayan sea salt and 1/2 tsp fresh ground pepper. Spoon into silicone muffin pan and gently pack down with the back of a spoon or spatula. Bake 12 count pan for 50-60 minutes and 24 count mini's for 30-40 minutes. Let them rest for 5 minutes then run a spatula around the edge of each cup to free the edges.

Pop out onto their tops so they are bottoms up and enjoy!





# Recipes

## Brown Rice Risotto

### Ingredients:

2 shallots  
2 cloves garlic  
1/2 cup brown rice (medium grain sprouted brown rice, short grain is the best)  
4 cups vegetable stock  
1 tbsp avocado oil  
Juice and zest from 1 lemon  
1 tsp dried thyme  
Himalayan sea salt and freshly ground pepper to taste



### Directions:

Heat the vegetable stock in the microwave and pour into a saucepan. Alternatively, heat vegetable stock in a saucepan on high until it comes to simmer, then turn the heat down to medium-low. Keep the stock warm on the stove top over medium-low heat.

Finely chop the shallots and garlic. Sautee the shallots in oil over high heat until translucent. Add garlic and sauté for an additional minute. Add rice and sauté until rice begins to look translucent.

Add 1 ladle of stock, lemon zest, lemon juice and thyme and sauté until the stock is mostly absorbed. Reduce the heat to medium-high.

Keep adding stock and stirring. As stock is absorbed, add more. Don't allow to boil, just keep a good simmer. This will take some time, so be patient! Keep stirring the risotto to break down the rice so that you get the correct texture. It should be creamy and smooth.

Check for seasoning and adjust to taste.



# Recipes

## Brown Rice Risotto

Original Recipe by Dave Burns

### Ingredients:

A large winter squash, such as pumpkin, kabocha or spaghetti squash  
Neutral oil, such as avocado or coconut Himalayan sea salt  
Optional additions – see recipe notes

### Equipment:

Baking sheet  
Parchment paper  
Spoon and spatula  
Airtight container



### Directions:

Preheat oven to 300°F. Cut the squash according to how you are going to use it. Scoop the seeds from the cavity and place in a bowl. Pinch away most of the large chunks of squash flesh and strings, but leave some intact. They taste really good too!

Drizzle the seed mixture with avocado, olive or coconut oil. Use approximately 1 tsp for 3/4 cups of seeds. Place the seed mixture on a parchment lined baking tray. Spread out so they are in a single layer, though some overlapping is fine. Roast until the seeds are just starting to brown, about 20 to 25 minutes, stirring after 10 minutes so they toast all over. Remove the tray from the oven and let the seeds cool on the tray. Use a spatula to scoop up the seeds and display in a favorite bowl. Enjoy right away or keep for a few days in an airtight container.

### Recipe Notes:

**Sweet Pumpkin Seeds** – omit or reduce the salt and toss with cinnamon, allspice, nutmeg or other ‘sweet’ spices. Toss well to coat evenly then roast the seeds on a parchment-lined baking sheet for 10 to 15 minutes. Toss and cook for another 10 to 15 minutes.

**Hot Pumpkin Seeds** – Toss the seeds with a little sriracha or chili flakes. A little cumin might be nice, or curry powder. Roast as with sweet seeds.

**Savory Pumpkin Seeds** – Add herbs, such as chopped rosemary, dried oregano, and/or spices such as smoked paprika, chili powder, or cumin to the seeds before roasting. Check carefully to be sure the herbs and spices aren’t browning too quickly. If so, roast at a slightly lower heat.



## JUICING & SMOOTHIES



## Tips for Juicing

- 1. Watch the sugar!** We are trying to detox from sugar, so make your juices at least 70% low sugar vegetables and no more than 30% high sugar ingredients. Low sugar vegetables are leafy greens (like kale, spinach, arugula, beet greens, collard greens, herbs, etc.), cruciferous vegetables (such as broccoli, cauliflower, asparagus, cabbage, etc.), celery, cucumbers, bell peppers, onions, radishes, tomatoes and zucchini. High sugar ingredients are fruits (apples, oranges, grapefruit, melon, peaches, pears, etc.) and starchy vegetables (such as beets, carrots and sweet potatoes).
- 2. Go green, baby!** Green apples have less sugar than other varieties, so use these to sweeten your detox juices. If you have a favorite juice recipe that has several high-sugar ingredients (such as carrot-apple-ginger-beet), just balance it out with a green juice for the next choice!
- 3. Balance the bitter!** Many ingredients in detox juices are highly alkaline (such as celery and kale), which can taste very bitter. Use small amounts of lemon juice, ginger or garlic to balance the bitter taste of alkaline vegetables. Don't use them all at once! Half of a lemon, an inch of garlic root OR a few cloves of garlic are generally all that is needed.
- 4. Organic, please!** Most of us are on a budget, and (hopefully!) part of that budget is reserved for organically grown foods. Here is the place to splurge on the organic varieties over the conventional. At the very least, it is strongly advised to buy organic leafy greens (kale, spinach, etc.) for juicing. These vegetables have a large surface area and can collect lots of pesticides if conventionally grown.
- 5. Beneficial oils optional!** For increased nutrient absorption and even more health benefits, consider adding a tablespoon of organic oil to your juice. Coconut oil, extra virgin olive oil and flaxseed oil are excellent choices. These oils help your body absorb nutrients from the juice while providing heart- healthy fatty acids. Don't overdo it! Limit this addition to no more than two juices per day. Rotate the oils – use coconut oil one day and olive oil the next!
- 6. Experiment, have fun!** If you are new to juicing, green juices may be shocking to your palate. Do what you can, but don't force yourself to gulp down something you hate. Juicing should be an enjoyable way to enhance your health and experience foods and flavors in a new manner. Don't let any of these guidelines inhibit you from trying a new juice recipe – all juices containing a mix of fresh vegetables and fruits will provide healthful nutrients to your body!

\*Juicing is an incredibly popular way to detox, and with good reason. Juices from fresh fruits and vegetables are rich in vitamins, minerals, and nutrients and are easily digested by the body. Starting your 28-Day Strong Finish with a 3 day juice cleanse will accelerate detoxification and prepare your digestive tract to absorb all of the beneficial nutrients to follow during the program!

## Pink Pom!

1 large apple

1/2 thumb ginger root

1/2 lemon

1 large orange

1 pomegranate

## Directions:

Process all ingredients through juicer.

Recipe: <https://juicerecipes.com/recipes/pink-pom-118>



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## Pumpkin Cordial

2 medium apples

1 tsp 2.6 cinnamon (ground)

1 cup cranberries

1/2 thumb ginger root

1/4 tsp nutmeg (ground)

1/2 orange (peeled)

2 cups pumpkin (heaping) (cut in cubes)

### Directions:

Process all of the ingredients except for the cinnamon and nutmeg through juicer.

Stir the ground cinnamon and nutmeg into your juice.

Recipe: <https://juicerecipes.com/recipes/pumpkin-cordial-116>



## Fennelicious

2 medium apples

1 fennel bulb (with fronds)

1/2 thumb ginger root

1/2 lemon

1 orange (peeled)

10 peppermint leaves

### Directions:

Process all ingredients through juicer.

Recipe: <https://juicerecipes.com/recipes/fennelicious-103>



## Holiday Lemonade

3 medium apples

1/2 cup, whole cranberries

1/4 thumb ginger root

1/2 lemon

1 large orange

### Directions:

Process all ingredients through juicer.

Recipe: <https://juicerecipes.com/recipes/holiday-lemonade-89>



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## The Fog Cutter

2 medium apples

1/4 head, small cabbage (red)

4 medium carrots

1/2 thumb ginger root

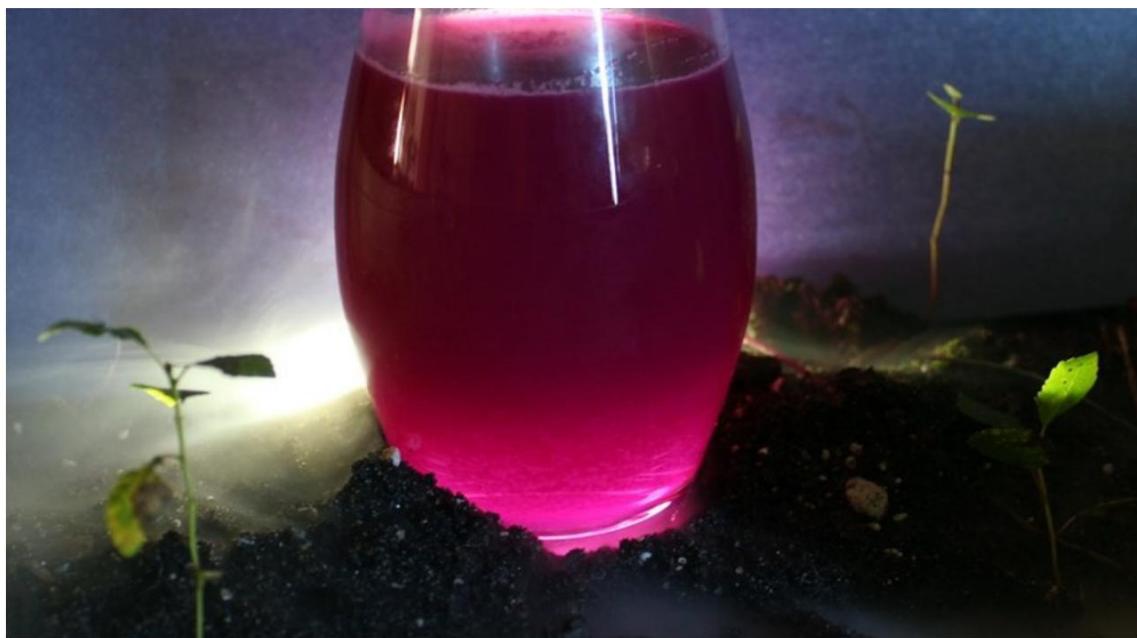
1 lemon

4 handfuls of spinach

### Directions:

Process all ingredients through juicer.

Recipe: <https://juicerecipes.com/recipes/fog-cutter-81>



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## Pomegranate Pizazz

1 medium apple

1 cucumber

1/2 lemon

1 large orange

1 cup pomegranate arils (seed/juice sacs)

### Directions:

Process all ingredients through juicer.

Recipe: <https://juicerecipes.com/recipes/pomegranate-pizazz-94>



## Tips for Smoothies

Smoothies are incredibly easy to make and clean up, and modern products are making it even easier!

The modern kitchen is more likely to be equipped with one of these blending products than a juicer, making smoothies a very popular alternative to juicing. Unlike juices, smoothies contain all of the fiber from the fruits and vegetables from which they are made.

**Keep it simple!** There are three basic components to any detox smoothie:

- Greens (such as kale, spinach, chard, celery, cucumber, etc.) provide vitamins, minerals, fiber and chlorophyll, a powerful detoxifying component of plants.
- Liquid (such as water, green tea, coconut water, or almond milk) is used to thin out the smoothie.
- Fruit balances the greens, adds vitamins, minerals and fiber, and enhances the texture. Fruit may be fresh or frozen.

**The freezer is your friend!** You may find it convenient (and less expensive) to buy frozen fruits. A handful of frozen mixed berries, frozen diced mango or pineapple, or any other frozen chopped fruit is about half of a cup. The frozen fruit will be cooling and add a creamier texture to your smoothie!

**Add some pizazz!** There are many additions you may sneak into any smoothie to increase the nutrient content. Try one at a time to keep from getting overwhelmed!

- Lemons, limes and ginger can help offset the bitter alkaline taste of greens and celery.
- Half of an avocado will boost vitamins, minerals and healthy fats while providing a creamy texture.
- Nuts, such as almonds, almond butter, and flax meal will increase fiber, mineral and healthy fats in your smoothies.
- Cilantro, mint, fennel, watercress or arugula can add a little spice!
- Spirulina packs protein and chlorophyll, a powerful detoxification agent!
- Raw cacao powder adds a chocolaty flavor, plus essential minerals like magnesium. Try some with almond butter for a heavenly post-workout recovery shake!
- A tablespoon of organic oil, such as coconut, extra virgin olive oil or flaxseed oil, will provide healthy fats and help your body absorb more of the nutrients in the smoothie. This addition is most beneficial if you are using water or tea as your liquid, as almond milk already contains beneficial fats.
- PhysX Protein powder is an excellent addition to your post-workout recovery shake!

**Experiment, have fun!** Don't let these guidelines keep you from trying something new! As long as you make sure your smoothies contain some vegetables, some fruit, a non-dairy base and no added sugar, you can't go wrong. If you do have a smoothie that doesn't comply, just have a green smoothie next time to balance it out. Be realistic! Don't try to force yourself to drink a

## Spiced Persimmon Protein Smoothie

4 oz butternut squash

1 persimmon – topped

1 tsp pumpkin pie spice

1 tbsp pea protein

2 dates

1 & 1/4 cup water

1 cup ice

### Directions:

Blend everything together until you reach a smoothie consistency.

Recipe: <https://greenblender.com/smoothies/recipes/spiced-persimmon-protein>



## Cranberry Energy

1 & 1/2 oz swiss chard

1 apple – chopped

3 oz cranberries

1 tbsp hemp seed

1 tsp lucuma powder

1 cup almond milk

**1 cup ice**

### Directions:

Blend everything together until you reach a smoothie consistency.

Recipe: <https://greenblender.com/smoothies/recipes/cranberry-energy>



## **Spiced Apple**

1 & 1/2 oz baby spinach

1 apple – chopped

1 pear – chopped

1 tsp cinnamon

1 tbsp flax seed

1 cup water

1 cup ice

### **Directions:**

Blend everything together until you reach a smoothie consistency.

**Recipe:** <https://greenblender.com/smoothies/recipes/spiced-apple>



## Spiced Cinnamon Apple

5 oz carrots – chopped

1 apple – chopped

1 tsp cinnamon

3 tbsp walnuts

1 cup water

1 cup ice

### Directions:

Blend everything together until you reach a smoothie consistency.

Recipe: <https://greenblender.com/smoothies/recipes/spiced-cinnamon-apple>



## Pumpkin Pie Cheesecake

5 oz butternut squash

1 banana – peeled

3 tbsp cashews

1 tsp lucuma powder

1 tsp pumpkin pie spice

1 & 1/4 cup water

1 cup ice

### Directions:

Blend everything together until you reach a smoothie consistency.

Recipe: <https://greenblender.com/smoothies/recipes/pumpkin-pie-cheesecake-2-smoothie-recipe>



## SYMPTOM SPEADSHEET

Symptom	Date/Before	Date/After	Difference
Nausea or vomiting			
Diarrhea			
Constipation			
Bloated Feeling			
Belching or passing gas			
Heartburn			
Intestinal/Stomach pain			
Mood Swing			
Anxiety/Fear			
Anger, irritability, or aggressiveness			
Depression			
Fatigue or sluggishness			
Apathy or lethargy			
Hyperactivity			
Watery or itchy eyes			
Swollen, reddened, or sticky eyelids			
Bags or dark circles			
Under Eyes			
Blurred vision			
Headaches			
Faintness/Dizziness			
Insomnia			
Irregular, rapid, or skipped heartbeat			
Chest pain			
Aches or pain in joints			
Arthritis			

1 = Occasionally have it, effect is not severe

2 = Occasionally have it, effect is severe

**RATING**

0 = Never

3 = Frequently have it, effect is not severe

4 = Frequently have it, effect is severe

## SYMPTOM SPEADSHEET

Symptom	Date/Before	Date/After	Difference
Nausea or vomiting			
Diarrhea			
Constipation			
Bloated Feeling			
Belching or passing gas			
Heartburn			
Intestinal/Stomach pain			
Mood Swing			
Anxiety/Fear			
Anger, irritability, or aggressiveness			
Depression			
Fatigue or sluggishness			
Apathy or lethargy			
Hyperactivity			
Watery or itchy eyes			
Swollen, reddened, or sticky eyelids			
Bags or dark circles			
Under Eyes			
Blurred vision			
Headaches			
Faintness/Dizziness			
Insomnia			
Irregular, rapid, or skipped heartbeat			
Chest pain			
Aches or pain in joints			
Arthritis			

1 = Occasionally have it, effect is not severe

2 = Occasionally have it, effect is severe

**RATING**

0 = Never

3 = Frequently have it, effect is not severe

4 = Frequently have it, effect is severe