## Meal Ideas to Shift to a Plant-Based Diet

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch &amp; Dinner Ideas</th>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green juice or Green smoothies</td>
<td>Green smoothie or vegetable juice</td>
<td>Water! Mineral water! Diluted Fresh Juice</td>
</tr>
<tr>
<td>Fresh fruit</td>
<td>Green salad or occasional seaweed salad, Sprout salad, marinated vegetable salad, slaw or fermented slaw, roasted vegetable salad</td>
<td>Celery (if you need to lose weight), jicama sticks, green bean sticks, fresh vegetables.</td>
</tr>
<tr>
<td>Chia or flax cereal</td>
<td>Vegetable wraps (Use a whole grain tortilla, rice paper, nori or a collard green).</td>
<td>Green smoothies</td>
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<tr>
<td>Hot grain cereal</td>
<td>Roasted potatoes, beets, carrots, turnips, or parsnips.</td>
<td>Fresh fruit</td>
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<td></td>
<td>Grains, legumes, animal protein. Use sparingly, and only after or with green salad.</td>
<td>*** Try to avoid dried fruit and nuts for snacks (due to high sugar and high fat content)</td>
</tr>
</tbody>
</table>

### Food Combining
Suggestions in this table are put in order from first to last.

### Eating Out
Order a large salad first, and then vegetable dishes you can find under appetizer or soups.

### Weight loss
To increase weight loss have a liquid-based breakfast and dinner. Think Smoothies and soups.
Most of us live in a culture where people eat way too much food way too late in the day. The first ticket to more energy is to let your body rest at night instead of digest at night. That brings us to earlier, lighter dinners.

If you can eat a little earlier, and have foods that are a little lighter and easier to digest, then you will most likely experience greater energy tomorrow.

We are not saying goodbye to big, heavy suppers for good. What we are doing is creating a baseline for you to eat lighter, earlier dinners 5 times a week. Then, the two times you eat heavier, later dinners you will start to notice the side-effects and potentially the overall loss of energy.

If you don’t know how this simple habit can make you feel - we can’t gain traction with getting you to do it. So first, let’s just find out what, if any, difference eating an earlier, lighter dinner most of the time can have on you feel - physically, mentally, and emotionally.

Any counter-culture move is radical. To support you’re radical leap into better health - we have some recipes for you.

I find it easiest most days to have the same thing for lunch and dinner. I would do that with any of these recipes. You save on meal prep time and it’s actually easier on your digestion. Simplicity is a major factor in excellent health.
Salads, Slaws and Sauerkraut

Eating leafy greens is a staple of a diet rich in chlorophyll-rich energy. As leafy greens marinate they become a slaw. As slaw ferments it becomes a kraut or a kimchi. Marination adds moisture and digestibility. Fermentation takes moisture and digestibility to the next level. Most everyone, most likely including you, needs more fermented green vegetables for healthier gut microbes.

If you’re new to eating more plants - start with salads. When you’re ready to diversify - add slaws. And when you want to take your health to the next level - start fermenting.

**Basic Cabbage Slaw**
* more sensitive digestive types should marinate slaws for 2 hours.

- ½ cabbage, sliced thinly
- ¼ c minced red onion
- 1/2 t sea salt
- Juice from 1/2 a lemon or lime
- 1 t agave nectar or honey
- 1 t Dijon mustard
- 2 carrots, shredded
- 1/4 c fresh parsley, basil or cilantro, chopped
- 8 oz plain Greek yogurt or 2 T olive oil
- black pepper or red pepper flakes to taste

**Instructions**
1. In a large colander, gently massage the salt into the cabbage. Let sit for 15 or so minutes, patting dry after liquid had sweated out.
2. Add in remaining chopped vegetables and transfer to a large bowl.
3. In a separate bowl, stir together remaining ingredients.
4. Pour over vegetables and combine. Adjust citrus, salt, and pepper for taste.

**Simple Sauerkraut**
* it’s better to watch a video first.

- 1 small cabbage, thinly sliced
- 1 T sea salt
- 2 t caraway or cumin seeds
- 1 quart sterile, wide-mouthed mason jar

In a large bowl, combine the cabbage, the salt and the spice. Massage the salt into the cabbage for 10 minutes. Try to get the water out of the cabbage. When the cabbage is soft, stuff it into the jar. Pause after every handful to stuff it tight and get the air out. Your goal is to have the cabbage submerged in it’s own juice. Once it’s all in there and submerged, lightly cover with a plastic bag. Keep on your kitchen counter. Each day push any air out by shoving the cabbage in deeper. Taste after 3 days. When it’s to your liking, put on a plastic lid, and store in your fridge. Have a bit with lunch and dinner for optimal digestion.
Sweet potato, Spinach + Quinoa Bowl

by Ashley Dentino

In these beginning days of autumn, with weather bouncing back and forth from hot and cold, it’s great to have a few recipes up your sleeve than can be served either warm or chilled. This recipe is a bright, beautiful bowl of roasted sweet potatoes, baby spinach, and quinoa, tossed together with a zingy cilantro-lime dressing and a few crunchy pumpkin seeds. Is it a salad? Sure, you could call it that and even serve it chilled. But if you’re in the mood for a warming dish at dinner, you could just as easily serve it hot.

Ingredients

- 2 large sweet potatoes
- 3 T extra-virgin olive oil
- ¾ t sea salt
- 1 c quinoa (uncooked, rinsed)
- 5 oz baby spinach
- 1 lime (juice from and zest)
- black pepper
- ¼ c fresh cilantro (chopped)
- ¼ c hulled pumpkin seeds

Instructions

1. Preheat the oven to 450°F.

2. Peel the sweet potato and cut into 1/4-inch-thick slices. In a bowl, toss with 1 T of olive oil and 1/4 teaspoon of sea salt. Place the slices in a single layer on a baking sheet. Roast for about 20 minutes, or until tender and slightly browned. Set aside to cool slightly.

3. Meanwhile, place the quinoa in a pot over medium-high heat. Cook, stirring, until lightly toasted, about two minutes. Add 2 cs of water and bring to a boil over high heat. Simmer, uncovered, until quinoa turns translucent and water is almost absorbed, about 10 minutes. Then stir in the baby spinach all at once, place a lid on the pot, and cook over low heat for 5 minutes more.

4. To make the dressing, whisk together the remaining 2 Ts olive oil, the lime zest and juice, the remaining 1/2 teaspoon salt, and freshly ground black pepper to taste.

5. In a large bowl, place the roasted squash, quinoa-spinach mixture, chopped cilantro, and pumpkin seeds. Drizzle with the dressing and toss gently to coat. Serve warm or at room temperature. Keeps well in the fridge for up to three days.
**Spicy Peanut Noodles with Veggies**

by Ashley Dentino

This rice noodle bowl is easy to throw together on a weeknight. You can use whatever seasonal veggies you have on hand or that need to get used up. The peanut butter adds the interest to the dish with a bit of sweet and salty flavor.

**Ingredients**

- 4 T peanut butter
- 2/3 c vegetable broth (or water)
- 1 t red chilis (crushed)
- 2 T honey
- 2 t fresh ginger (minced)
- 2 clv garlic (minced)
- 4 T tamari sauce
- 8 oz gluten-free brown rice noodles
- 2 T olive oil
- 1 medium-sized onion
- 8 c assorted veggies (snow peas, carrots, broccoli, and/or spinach)
- bean sprout (optional, for garnish)
- cilantro (optional, for garnish)
- lime juice (optional, for garnish)

**Instructions**

1. In a bowl, whisk together ingredients for sauce, tasting and adding more of anything you may want. If you like it mild, add less red chiles (1/4 teaspoon) and if you like it hot, add more! Set aside.

2. In a large skillet, heat olive oil over medium heat. Add in onion and cook until onion is fragrant and translucent, 4-5 minutes. Stir in choice of veggies (except spinach) and cook for two more minutes. Next, add in peanut sauce and reduce temperature to low. Cover and let cook until veggies are tender, 6-8 minutes.

3. Cook brown rice noodles according to package while veggies are cooking.

4. Add drained rice noodles to the veggie mixture along with the spinach if using.

5. Serve with bean sprouts, cilantro, and lime juice.
Cleansing Soup
by Cate Stillman

This simple soup is easy on digestion and packed with nutrients. You can make it for dinner or even mono-diet it for a day or two, adding and substituting various vegetables.

Simplifying eating to a soup diet for a few days can help you avoid a cold, recover from a cold, give your body a brief cleanse, or you drop some weight.

Ingredients

1 large leek, thinly sliced
2 t olive oil or coconut oil
3 bay leaves
1 large turnip (kapha) or 1 sweet potato (Vata, pitta), peeled and chopped small
5 c vegetable stock (or 5 c water & 2 vegetable broth cubes)
1” piece of ginger, minced
1” piece of turmeric, minced (or 1/2 t dried)
1 small zucchini, chopped and sliced thin
2 c minced kale
1 large handful of spinach, coarsely chopped
1 lemon juiced
*fresh chopped parsley, flax oil
*fresh black pepper for garnish

Instructions

2. Add the turnip or sweet potato and sauté until they just begin to soften.
4. Add zucchini and kale and cook over medium—low heat for 20 minutes, covered.
5. Stir in spinach and lemon juice, letting the spinach wilt.
6. Remove bay leaves.
7. Puree half the soup in a blender or using a hand blender and serve with parsley and fresh pepper.
Peruvian Quinoa Stew

by Ashley Dentino

The flavors and aromas of this stew are intoxicating, the preparation is fun and the outcome is a hearty bowl that will make you want to close your eyes to savor the goodness. I look forward to fall and winter just so I can enjoy this meal. It's spicy and it warms you up.

Ingredients

½ c quinoa (uncooked)
2 c coarsely chopped onions
6 clv garlic (minced)
3 T extra-virgin olive oil
2 celery stalks (chopped)
2 medium-sized carrots (chopped into 1/4" thick slices)
1 red bell pepper (seeded, cut into 1” pieces)
1 zucchini (seeded, cubed)
8 c vegetable stock
2 chopped tomatoes (canned & undrained)
2 T ground cumin
1 ½ t chili powder
1 T ground coriander
3 pn cayenne (or to taste)
1 T dried oregano (or 2 tbsp fresh)
fresh cilantro (chopped, for garnish)

Instructions

1. Rinse quinoa with cold water. Place rinsed quinoa in pot and cook according to directions.
2. While quinoa is cooking, place onions, garlic and olive oil in a soup pot and sauté on medium heat for 5 minutes.
3. Add celery and carrots to pot and cook an additional 5 minutes.
4. Add bell pepper, zucchini, tomatoes, vegetable stock to soup pot and stir in cumin, chili powder, coriander, cayenne and oregano. Simmer covered for 10-15 minutes.
5. Stir in cooked quinoa and salt to taste.
6. Garnish with cilantro and serve.
Acorn Squash Stuffed!

by Ashley Dentino

If you’ve never had a stuffed acorn squash, you’re in for a real treat. They both delicious and surprisingly filling.

Ingredients

- 2 acorn squash (halved, seeded)
- 1 c wild rice (you could also use quinoa, brown rice or any other grain you like)
- 2 T olive oil
- ½ c dried cranberries
- 1 red bell pepper (diced)
- 1 shallot (large in size, diced)
- 2 clv garlic (minced)
- 2 c mushrooms (sliced)
- 2 c greens (for example baby kale, baby chard and baby spinach)
- 1 can cannellini beans (15-oz can, drained and rinsed)
- 1 T thyme
- 1 t red pepper flakes
- sea salt (to taste)
- pepper (to taste)

Instructions

1. Preheat oven to 400 degrees. In an oven proof sauce pan, fill half way with water and place on the bottom rack (this will give a little steam to your squash). Cut and seed your squash, place on baking sheet with cut side up. Season each squash with about 1/4 teaspoon thyme along with a few twists of the sea salt grinder. Bake for 40-45 minutes, until tender...knife should easily slide into the flesh.

2. Cook your rice according to package. Wild rice will take about the same time as the squash to cook, about 40-45 min. (Quinoa would be great too and add even more protein per serving.)

3. Once the squash and rice are cooked, set aside to cool and begin with the vegetables.

4. In large wok or saute pan, heat oil on medium heat. Add shallots, garlic and bell peppers, saute for about three minutes. Add mushrooms, beans, one T thyme, red pepper flakes, a few twists of salt and pepper, cook for another three minutes. Add leafy greens, stir frequently until they are wilted (you may also want to use a cover in between stirring to help soften the greens). Combine rice and sauteed vegetables in the larger of the two pots. Taste for seasoning adding additional salt and pepper as needed. Stir in the dried cranberries.

5. Scoop mixture into each acorn squash half and serve with any additional seasonings. I like to top mine with some sriracha for that extra heat and flavor I love so much.
Raw Pad Thai
by Ashley Dentino

This recipe is adapted from Ani Phyo's raw pad thai recipe. She's a best-selling raw food author. I know it can often be tough to get excited about raw food dishes, but this one will not disappoint.

Ingredients

2 pk kelp noodles (rinsed in warm running water)
3 carrots (peeled into strips)
1 c bean sprouts
4 shallots (finely chopped)
1 chili (large in size, diced)
½ c cashews (crushed)
½ c coriander leaves
2 limes (quartered)
½ c almond butter
1 c raw coconut oil (liquefied)
4 T tamari sauce
½ c lime juice
2 t ground coriander
1 ½ c filtered water

Instructions

1. In a large bowl, combine the first 7 ingredients (kelp noodles, carrots, bean sprouts, shallots, chili, cashews, coriander leaves).

2. In a small food processor or a blender, combine the almond butter, raw coconut oil, tamari sauce, lime juice, ground coriander and filtered water. Blend until smooth.

3. Pour about half of the sauce over the noodle mix (the rest can be stored in the fridge for two days).

4. Toss the pad thai and either eat straight away or leave the flavors to infuse for about an hour.

5. Just before serving, divide onto plates and garnish with the lime wedges, extra coriander, chili and/or cashews.
Arugula + Grapefruit Salad
by Cate Stillman

Most nights I eat salad for dinner. When the weather turns cold I eat soup or a stew. The liquid content of soup or salad is hydrating and makes nutrients easier to absorb. After you eat soup or salad for dinner most nights, you may really notice the nights when you don’t!

Arugula and grapefruit have weight-reducing qualities. Their exciting tastes of pungent and sour warm the belly and satiate those who are over romaine! This is a very light recipe. For those who want more calories, add 1/2 an avocado or 2 t of olive oil to the mix.

Ingredients

- 2 c mixed greens
- 1/2 c arugula
- 1 c sprouts (onion, radish, alfalfa, or sunflower)
- 1/2 c grated golden beet
- 2 T pumpkin seeds
- 1/2 a grapefruit, squeezed

Instructions

Either toss it all together, or get fancy. To get fancy, roast your pumpkin seeds. Dry roast pumpkin seeds 1 cup at a time in a cast iron skillet until lightly toasted. Allow to cool. Store in a glass jar for future use. Keep them within sight to remind yourself to sprinkle on soups and salads.

Layer your ingredients: Greens, arugula, beets, sprouts, and seeds. Squeeze the grapefruit on top. Lightly toss. Add a pinch of salt and a grind of pepper.
Fennel Snow Pea Salad with Sesame Ginger Dressing
by Cate Stillman

The entire fennel plant is amazing for digestion for all body types. You’ve probably been offered the roasted seeds as you exit an Indian restaurant. In this recipe you can experiment bringing fennel into your salad. For those with weak digestion, steaming raw fennel bulb can let you enjoy fennel in a salad. The heavy sesame dressing balances out the lightness of the other ingredients.

Ingredients: Salad
- 2 c mixed greens
- 1 c fennel bulb, sliced thin
- 1 c snow peas, ends trimmed
- 1/2 c colored pepper, cut into long strands

Ingredients: Dressing
- 1/4 c white sesame seeds
- 2 t toasted sesame oil
- 1/4 c water
- 1 inch chopped ginger
- 2 t lime juice
- 1/2 t tamari
- 1 t agave syrup
- pinch of cayenne (optional)

Instructions
1. Heat a skillet over high heat with 1/4 c of water. When the water boils, add the snow peas and fennel. Cover and allow to steam for 1-2 minutes until slightly softened. Drain. Allow to cool.

2. Mix the dressing in a blender at high speed until combined.

3. Transfer the steamed vegetables to a bowl and mix with the dressing.

4. On your serving plates place the greens. Add the dressed vegetables. Garnish with colored pepper.

Serve immediately.
Vegan Summer Ceviche

by Ashley Dentino

Watermelon in a ceviche is not something you see every day. But it should be. This recipe is the essence of summer: the lime juice gives a nice citrusy brightness, and the sweetness of the tomato and watermelon juices mitigate the acid. Onion, jalapeño and cilantro remind you that the inspiration for this dish comes straight from Mexico. Mushrooms are the "secret" ingredient that replaces the traditional fish, but gives you a similar texture.

Ingredients

1 ½ lb champignon mushrooms (chopped)
5 limes (just under one c of juice)
¼ c purple onion (chopped)
1 jalapeño (chopped finely)
1 ½ c fresh tomato (chopped into cubes about 1/4” or a bit bigger)
1 ½ c cucumber (chopped into cubes about 1/4” or a bit bigger)
1 c watermelon (chopped into cubes about 1/4” or a bit bigger)
4 T fresh cilantro (chopped)
¼ c olive oil
sea salt
pepper

Instructions

1. Put the mushrooms in a skillet over medium heat with 1/4 c of water. Stir the mushrooms frequently until they soften and the water consumes, this process takes about 5 minutes.

2. Transfer the mushrooms to a bowl and mix with the lime juice, onion, pepper, and salt. Make sure the mushrooms are well-covered, and place in refrigerator to cure while you prepare the rest. Total cure time should be about 15 minutes, stirring every 5 minutes.

3. While the mushrooms cure, combine the tomato, cucumber, watermelon, cilantro, and oil in a bowl. Add some salt and pepper. Mix gently but thoroughly.

4. After the mushrooms are cured transfer it along with the lime mixture to the final serving bowl. Feel free to hold back some of the lime juice, which may seem excessive.

5. Pour the tomato mixture onto the mushrooms and stir gently but thoroughly to combine well. Serve immediately and feel free to munch on the ceviche with some gluten-free chips for a little added crunch.
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4. On your serving plates place the greens. Add the dressed vegetables. Garnish with colored pepper.

Serve immediately.
Kitchari for 1 day Recipe

1 c Split Yellow mung Beans
or 2 c mung bean sprouts
1 c White Basmati Rice
1 T Fresh Ginger Root
1 T ghee
1 t each Black Mustard Seeds, and Cumin and fenugreek seeds
1 t each Coriander powder, and fennel and Turmeric powder
1 pinch Hing (asafetida), and cloves
3 Bay Leaves
6-8 c. Water (for thickness preferred)
rock salt, sea salt or Bragg’s, + black pepper to taste
1 c chopped cilantro
lemon slice or spoon of fresh yogurt

Soak rice and beans overnight, if possible. Wash split yellow mung beans (dal) and rice together until water runs clear. Heat a large pot on medium heat. Melt the ghee. Add all the spices (except the bay leaves) and roast for a few minutes. Add dal and rice and stir again. Add water and bay leaves and bring to a boil. Boil for 15 minutes on medium heat. Turn heat to low, cover pot and continue to cook until dal and rice become soft (30-40 minutes). Add salt or Bragg’s to taste. Garnish with cilantro, lemon or yogurt. Add more water when you reheat it later in the day.

* For weak digestion, gas or bloating: Soak your beans overnight, or first par boil the split mung dal (cover with water and bring to boil), drain, and rinse of the bean scum Repeat 2–3 times + add more asafetida if you have major bloating issues.

* Use a pressure cooker to shorten cooking time. Add vegetables after rice + beans are cooked.

Why Kitchari:

Kitchari is the traditional detox food of Ayurveda. The philosophy is simple. The body detoxes when it is given the opportunity. Lighten up what you eat, and nourish the 6 tastes, and 5 senses at the same time, and voila, you’ve created the opportunity.

Kitchari is a considered a complete food in Ayurveda. You can eat it for weeks. Or do kitchari for a day. It’s like baby food. Simple to cook and digest ... and then you don’t have to worry about food for the day.

When to eat Kitchari:

- you’re stressed out or overwhelmed
- you’re sick
- you’re cravings are unhealthy
- you need a change of diet
- you need to give your body a break
- you’re too busy to prepare other food and need deep nourishment

What about vegetables?

This recipe is the most basic for detox or rejuvenation. Adding 2-3 cs of vegetables is a good idea:

Add diced roots in the last 20 minutes of cooking: carrots, beets, turnips, parsnips, or sweet potato.

Stir in greens when done cooking. Allow to sit for a few minutes: kale, chard, collards, celery, or shredded fennel

Stir in delicate greens just before serving: spinach, arugula, alfalfa sprouts, sunflower sprouts.
Plant-Based Breakfasts

**Cooked apples: Breakfast or dessert**

Chop 1-2 apples or pears. Heat a small saucepan. Add ¼ c water and ¼ t cinnamon. When water comes to a boil add apples, and a handful of raisins or chopped prunes. If you like oatmeal add a handful of oats and a little more water to the cooking process.

**Superfood Chia Porridge**

1/4 c dry chia (soaked)
1 T maca powder
1 T hemp seeds
1 T Yacon powder
2 t maple syrup
1 t vanilla powder
pinch of sea salt
1 t coconut oil
1/2 t cinnamon

Soak chia in 1 1/2 c water for 20 minutes. Stir midway through soaking to break up any clumps. Blend all above in blender. Blend just enough to give desired texture.

**Cherry Fig Cereal**

2 T. chia seeds
1/4 c dried cherries, soaked
1 T goji berries, soaked
1 apple, grated
1 T coconut flakes

Soak the chia and dried fruits overnight. Stir in other ingredients. Warm on stovetop. Add nutmilk and sweetener as desired.

**Heavy Almond Oatmeal**

1/4 c whole oats
1/2 c almond or cow milk
1/4 c almonds (soaked overnight in water and peeled)
1/2 t cinnamon
2 t raw honey
1 c water

Boil water in small pot. Add oats, and reduce heat to low. Almost cover, so that steam can escape. Simmer for 5 minutes. Add remaining ingredients. Enjoy.
The age of personalized medicine and personalized self-care is coming into its own. Functional Medicine doctors design specific regimens and formulas to address particular genetic traits in individuals looking to age better than their ancestors.

Ayurveda is based on personalized wellness and planetary rhythm. The Yoga Health Coaching program aligns your personal rhythms into planetary rhythms. While this can be exceedingly difficult, the rewards to access a deeper well of energy and immunity are profound.

At the same time, we can change the way we age and get healthier as a day-to-day experience through eating foods that harmonize with our genetics. There is an art to living in sync with your ancestral palette... and knowing which foods resonate with your specific and unique constitution.

To take a dosha quiz or two or three. Get interested in your constitution. And then start to notice which foods aggravate you? Which foods pacify you? Which foods energize you in a balanced way? All of this noticing gives you information to design your super-human self.

Google your bodytype and food recommendations. Don’t get OCD about it - but learn which foods might be the best for you to eat in the season of their ripeness. Over time, your awareness will hone in on an annual and seasonal diet that is personalized to your bodytype.

Enjoy the exploration. And remember... don’t get all tweaked out about it.
Best Greens:
- butter lettuce, fennel, beet greens, romaine, swiss chard, baby kale leaves, sweet lettuces, lambs quarter, young nettle

Best other green veggies:
- fennel bulb, peas, asparagus, celery, zucchini, red, orange, and yellow peppers

Best roots
- beets, carrots, sweet potatoes, zucchini, parsnips, radishes, winter squashes, maca, turmeric root, ginger root

Best Sprouts:
- sunflower sprouts
- alfalfa sprouts, clover sprouts, radish sprouts

Best Fermented Foods:
- All fermented foods are great for Vata. Live culture miso, kombucha, sauerkraut, kimchee

Best seeds/nuts/fats
- sesame, sunflower, avocado, olives (ghee), chia, flax, almond, pinenuts, macadamias

Best fruits:
- sweet & sour fruits: grapes, cherries, peaches, citrus, pineapples, bananas with seeds, tomatoes, cooked apples

Best Greens:
- Kale, dandelion greens, collards, all lettuces, cilantro, cabbage, nettles, lambs quarter, thistle

Best other green veggies:
- fennel, peas, asparagus, celery, zucchini, peas

Best roots:
- burdock root, sweet potatoes, parsnips, carrots, jicama, turmeric root

Best Sprouts:
- sunflower sprouts, alfalfa sprouts, clover sprouts, mung sprouts, lentil sprouts, broccoli sprouts

Best Fermented Foods:
- Small amounts of homemade sauerkraut

Best seeds/nuts/fats
- sunflower, coconut, avocado, (ghee), chia, flax, almond, hazelnuts

Best fruits:
- sweet juicy fruits, peaches, apples, pears, berries, limes

For example, if you’re constitution is Pitta, eat more foods from the Pitta list.
Green Smoothies

Use a regular blender until you can upgrade to a Vitamix - which will smooth out the texture. Smoothies may be too cold in fall and winter for those with cold constitutions or delicate digestion.

<table>
<thead>
<tr>
<th>Vata Smoothies: mild, heavy, +nourishing</th>
<th>Pitta smoothies: cooling, sweet and bitter. Anti inflammatory</th>
<th>Kapha Smoothies: light, stimulating, and drying</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vata’s best smoothie</strong></td>
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<td>1 c spinach</td>
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<td>1 peeled orange</td>
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<tr>
<td>1 c fresh pineapple</td>
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<td>1/2 inch ginger root</td>
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<td>1/2-1 t spirulina</td>
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<td>1 + t extra virgin coconut oil</td>
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<td><strong>Vata’s superfood smoothie</strong></td>
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<td>1 T maca root</td>
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<td>3 T soaked chia seeds</td>
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<td>1 T goji berries</td>
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<tr>
<td>1/2 T spirulina</td>
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<td>3 dates</td>
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<td>1 c leafy greens</td>
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<td>1 wheatgrass cube</td>
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<td>stevia to taste</td>
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<td><strong>Vata’s Simple Smoothie:</strong></td>
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<td>1 c kale</td>
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<td>6 dates</td>
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<td>handful soaked almonds</td>
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<td>* vata can also add avocado to</td>
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<td>smoothies for more fat!</td>
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<td><strong>Pitta’s best smoothie</strong></td>
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<td>1 T maca</td>
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<td>2 oz. aloe juice</td>
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<td>2 cs leafy greens</td>
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<td>2 T ground flax</td>
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<td>2 stalks celery</td>
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<td><strong>Pitta’s Favorite Smoothie</strong></td>
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<td>1/2 cucumber</td>
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<td><strong>Kapha’s best smoothie</strong></td>
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<td>1 c leafy greens</td>
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<td>1/4 c parsley</td>
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<td>1 t sprouts</td>
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<td>1 c wild blueberries</td>
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<td>1 inch ginger</td>
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<td>squeeze of fresh lemon</td>
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<td>1 c water</td>
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<td><strong>Kapha’s superfood smoothie</strong></td>
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<td>3 T goji berries</td>
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<td>1/2 c blueberries</td>
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<td>1 t raw honey</td>
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<td>2 cs leafy greens</td>
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<td>1/2 T raw honey</td>
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<td><strong>Kapha’s Favorite Smoothie</strong></td>
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<td>2 c radish greens</td>
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<td>1 c water</td>
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<td><strong>Kapha’s Best Smoothie</strong></td>
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<td>1/2 c basil</td>
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<td>1 c romaine</td>
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<td>1 c spinach</td>
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<td>1 grapefruit with seeds</td>
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<td>1 c water</td>
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<td>1/4 lemon</td>
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<td>pinch of cayenne</td>
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</table>
Quick Green Salads

Vata salads: sweet and warm greens and roots with a soft quality (not too cold and crunchy). Marinate your salads!

Pitta salads: sweet and bitter greens and roots with plenty of color and sprouts.

Kapha salads: primarily of spicy & bitter greens and sprouts

**Best Vata Salad**
- 1/2 c fennel, shredded
- 1 c diced chard (stalk is fine)
- 1 c yellow pepper
- 1 c sunflower sprouts
- 1/4 c fresh basil or dill chopped
- 1 T lemon juice
- 2 T olive oil
- 1 t raw honey
- salt and pepper to taste.

Mix the wet ingredients and pour over the veggies. Marinate for 2+ hours at room temperature before eating. Adjust seasonings to taste.

**Simple Pitta Salad**
- 1 c sunflower sprouts
- 2 c lettuce greens
- 1 c grated golden beet
- 1/2 avocado

**Green bean coconut salad**
- 1/2 lb. green beans, slices in half, & in 1” pieces
- juice of 1 lime
- 1 T melted coconut oil
- 2 T minced fresh dill or mint
- salt to taste

Toss and marinate at room temperature for 2+ hours.

**Pitta Sprout Salad**
- 1/2 c lentil sprouts
- 1/2 sunflower sprouts
- 1/2 c alfalfa sprouts
- 1 c lettuce or mixed greens
- 1/2 c jicama
- 1/2 an orange, juiced
- 1 t olive oil

**Simple Kapha Salad**
- 1 bunch arugula
- 4 thinly sliced radishes
- 4 thinly sliced turnips
- 1/2 c fenugreek sprouts
- 1/2 an orange, juiced
- 1 t olive oil

**Daikon-Ginger Salad**
- 1 daikon, grated
- 1/3 c lemon juice
- 1/4 c ginger, finely grated
- 1/4 t cayenne

Let the grated ginger marinate in lemon-cayenne juice for several hours. Pour the marinade over the daikon and serve.
(Daikon is unbalancing for P in large amounts.)

**Mixed Greens and Sprout Salad**
- 2 c mixed greens
- 1/2 c arugula
- 1/2 c fenugreek sprouts
- 1/2 c radish and onion sprouts
- 1/2 c grated golden beet
- 2 T pumpkin seeds
- 1/2 a grapefruit, juiced

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**Zen Kale Salad**
- 2 cs green kale
- 1/4 c sesame seeds
- 2 tbsp sesame oil
- 1 t lemon juice
- 1/2 c celtic salt

Combine kale and salt in a mixing bowl. Massage the salt into the kale. Let sit from 1-12 hours. Add remaining ingredients and mix well.

**Fennel, carrot & Jicama Salad**
- 1/2 fennel bulb
- 1 large carrot
- 1 cut jicama
- 1 t olive oil

(VPK-)

Cut all into thin strips. Add a light dressing of olive oil, lemon juice, salt and pepper.

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Click to take a bodytype quiz.

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### Vata soups: warm, savory and spicy as a general guideline

#### Basic Vata Green Soup
- 1 c fennel
- 1/2 c yellow pepper
- 1 avocado
- 1/4 c fresh basil or dill chopped
- 1 T lemon juice
- 1/2 t agave
- 1 veggie broth cube
dash of cayenne
salt and pepper to taste.
Blend with 4 c boiling water.
Garnish with sunflower sprouts.

#### Basic Vata Red Soup
- 3 c tomatoes
- 1 stick celery
- 5 brazil nuts
- 1 T olive oil
- 1 t lemon juice
- 2 t Italian spice blend
- 1/2 t agave
- 1 veggie broth cube

Blend with 4 c boiling water.
Garnish with fresh basil.

#### Fun Vata Soup
- 1/2 fennel bulb
- 1 large carrot
- 1 c jicama
- 1 avocado
- 1 veggie broth cube
Blend with 4 c boiling water.
Garnish with sunflower sprouts.

#### Basic Pitta Green Soup
- 1/2 an avocado
- 2 c lettuce greens
sprigs of fresh dill or cilantro
- 1 1/2 c zucchini
- 1 veggie broth cube
- 1/2 avocado

Blend with 4 c boiling water.
Garnish with clover sprouts.

#### Basic Pitta Red Soup
- 1/2 c tomatoes
- 1 stick celery
- 5 brazil nuts
- 1 T olive oil
- 1 t lemon juice
- 2 t Italian spice blend
- 1/2 t agave
- 1 veggie broth cube

Blend with 4 c boiling water.
Garnish with sunflower sprouts.

### Pitta Soup: sweet and hearty with plenty of color and sprouts.

#### Minty Asparagus Soup
- 1 c asparagus
juice of 1 lime
- 2 T unsweetened coconut flakes
- 1 c cucumber
- 2 T mint
salt to taste
- 1 veggie broth cube

Blend with 4 c boiling water.
Stir in 1/2 an avocado, diced.
Garnish with sunflower sprouts

#### Curry Carrot Soup
- 1 c chopped carrots
- 1 c fresh carrot juice
- 1 c coconut water, or water
4" leek
- 1 1/2 t yellow curry powder
- 1/2 c unsweetened coconut flakes
- 2 dates, pitted
- 2 stalks celery
- 1 veggie broth cube
Blend with 4 c boiling water.
Garnish with cilantro and sunflower sprouts.

### Kapha soups: spicy, pungent and light

#### Basic Kapha Soup
- 1 c arugula
- 1/4 c basil
- 1 turnip
- 1 cob corn (sliced off)
- 1 veggie broth cube
- 1 T flax oil
cayenne to taste
Blend with 4 c boiling water.
Garnish with fenugreek sprouts.

#### Spicy Ginger Soup
- 1 daikon, grated
- 1 c celery
- 1 big tomato
- 1 T c lemon juice
- 2 T fresh lemongrass
- 2 T ginger, finely grated
- 2 T thai curry paste
- 1 T toasted sesame oil
- 1 veggie broth cube
Blend with 4 c boiling water.
Garnish with sunflower sprouts.

#### Light Seaweed Broth
- 2 sheets nori, cut into strips
- 1 stalk celery, finely chopped
- 1 c lemon juice
- 1/2 c coconut water, or water
- 1 T miso paste
- 1 T thai curry paste
- 1 T toasted sesame oil
- 1 veggie broth cube
Blend miso with 2 c warm water.
Dissolve broth cube and curry paste with 2 c hot water. Stir in remaining ingredients. Garnish with arugula.
Salad Dressings

Vata Basic Detox
1/2 c olive oil
Juice of 1 lemon
raw honey to taste
salt and pepper to taste

Orange Avocado Dill (VP-)
1 c fresh orange juice, with pulp
1/2 avocado
2 T fresh dill
pinch sea salt
Blend

Sesame Ginger
1/2 c white sesame seeds
1 T sesame oil
1/2 c water
1 inch chopped ginger
1 t agave syrup

Lemon Miso Tahini
3 Ts sesame tahini
1 T lemon juice
2 Ts miso

Sweet, Sour & Salty
1/2 a grapefruit, peeled
1 stick celery
2-4 dates
Blend away.

Pitta Basic Detox
1/2 c sunflower oil
Juice of 1-2 lime
maple syrup to taste
salt and pepper to taste

Mint - Cilantro (P-)
1/4 c mint leaves
1/2 c cilantro leaves
1/2 c sunflower oil
1 T dried coconut
1 t raw honey or stevia
juice of 1 lime
a few T water to desired consistency

Pitta Dill
2/3 c sunflower seeds, soaked
5 T sunflower oil
2 T lemon juice
1/2 c chopped dill
1 T tamari
5 T water

Kapha Basic Detox
1/2 c flax oil
Juice of 1 lemon
raw honey to taste
pepper to taste

Flax Ginger (K-)
1/2 c flax oil
Juice of 1 lemon
2 t ginger juice
a few pinches cayenne
1 t raw honey or liquid stevia

Spicy Mustard (K-)
juice of 1 lemon
2 T yellow mustard
1/4 c organic corn oil
1/4 c flax oil
2 dates
1 celery stalk
1 t raw honey
pinch of cayenne

Tomato Chives dressing (K-)
1 tomato
2 T hemp seeds
2 T flax oil
3 T chives
2 t raw honey
squeeze lemon juice
pinch of salt

For a no-fat dressing: Your simplest dressings are squeezing an orange, grapefruit or lemon, and using fennel or celery for salty taste.

Low Fat Dressing:
Blend any juicy fruit (tomato, orange, pineapple, kiwi, mango, nectarine, raspberry, cherry, etc) with celery, bell pepper, tomato, sun dried tomatoes, and/or any fresh or dried herbs.
Vata wrap ingredients:
Avocados
tomatoes
shredded jicama, beets, carrots
sprouts
creamy dressings
cucumber strips
steamed corn
red, orange or yellow pepper
sesame seeds
dulse powder
creamy dressing

Pitta wrap Ingredients
avocado
cucumber strips
carrot strips
fennel strips
sprouts
leafy greens
raw corn
shredded roots
sunflower seeds
savory dressing

Kapha best wrap ingredients
sprouts
greens
shredded cabbage
spicy roots
raw corn
red, orange or yellow pepper
pickled vegetables & fruits
pumpkin seeds
spicy dressing

Vata Wrap Sauce
1 c sesame seeds
1 T grated ginger
3 T miso paste
2 T sesame oil
3 T rice vinegar
2 T honey
1/4 c water (or enough for desired thickness)

Blend.

Pitta Wrap Sauce
4 T dill leaves
1/2 c cilantro leaves
1 c soaked almonds
1 T raw honey
1/2 c water (or enough for desired thickness)

Blend.

Kapha Wrap Sauce
1/2 c basil leaves
1 c soaked pumpkin seeds
3 T flax oil
1 T raw honey
1/2 c water (or enough for desired thickness)

Blend.

Wrap Sauces: Store in fridge and use within 2 days.

Best Tools for Wraps:
Mandolin - cuts long veggies into strips
Spiralizer - cuts veggies into noodles or ribbons
Blender - to make sauces super creamy
The new main course: Roots + Greens

As you transition into a plant-based diet you replace dense foods with plant foods. Vegetables move from the side to the center stage. They start to crowd out your plate.

If we break vegetables into two categories, it goes like this: what you harvest above the ground is a green. What you harvest on or below the ground is a root.

Greens have a lightening effect. Roots have a grounding and heavier effect. If you want to lose weight more quickly - choose greens over roots...& treat roots like they are your meat + potatoes.

If you LOVE the flavor of meat - add a little bit to your greens. For example - brussel sprouts with bacon!

**Roots Include:**
- Starchy vegetables
- Potatoes
- Sweet potatoes + yams
- Winter squashes
- Summer squashes
- Carrots, turnips, radishes, parsnips
- Rutabaga, sunchokes, celeriac
- Summer squashes

**Greens Include:**
- All leafy greens
- Celery
- Asparagus
- Snap + snow peas
- Green beans
- Cilantro, basil, dill
- Artichokes
- Brussel Sprouts

**Mashed Potatoes**
1 lb. thin skinned potatoes  
1 red onion  
1/2 c parsley, chopped  
1/2 t sea salt

**Steamed Asparagus**
1 pound asparagus  
1 leek, chopped  
squeeze of lemon
Steam a pound of asparagus with the chopped leek for 5 minutes. Squeeze a lemon and serve.

**Steamed Artichoke**
Steam 1 large artichoke for 50 minutes (less with a small artichoke). Enjoy peeling it and scraping the marrow with your teeth.

**Sweet Potatoes or Roasted Squash**
Bake a pound of sweet potatoes or slice a winter squash in half, remove the seeds, and bake face down on a cookie sheet.

Bake at 375’ for 1 hour. Wrap in aluminum foil what you don’t eat right away.

**Asian Ginger Greens**
1 bunch of greens de-stemmed (bok choi, chard, collards, kale, turnip greens, etc)  
1 T fresh grated ginger  
1 T toasted sesame oil  
Tamari to taste  
1 t lime juice  
1 t raw sugar or agave
Boil a quart of water. Add greens & simmer gently until they are soft, but still vibrant green. Mix remaining ingredients. Drain greens and stir in sauce.
Resources

I'm often asked, should I buy a high powered blender or a juicer?
You can do a lot more with a blender. They are available here: Raw Food World

Juicers
For Juicers, High Powered Juicers, Dehydrators and Goods!
Champion Juicer - Commercial Model (US Model)
For a less expensive juicer, I like the Breville Juice Fountain.

Blenders
My opinion is this is the best kitchen appliance investment. Vitamix or Blendtec

Fun Sprout Stuff
- EasyGreen Large Trays, 3-pack (15” x 13”, self-draining)
- Amazing Nut Milk & Sprout Bag, Mesh

Tongue Scrapers: Buy online here.

Yogidetox Cleanse kits
Cate designed the amazing, essential cleanse kit to support Yogidetoxers. Includes herbs to stoke digestion and move toxins, as well as a stainless steel tongue scraper, body oil for massage, and sinus lube to clear your nostrils and sinuses. Shipped priority for $45. Buy online here.

Veggie-centric Recipe Blogs

the-raw-advantage
healthygirlskitchen
fattreevegan.com
choosingraw.com
rawveronica.com
thesunnyrawkitchen
therawbuzz.com
terileventhalsblog