



yogidetox

Recipe Booklet

by **Cate Stillman**



www.yogidetox.com

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Best Plant Foods

* if you're constitution is Pitta, eat more foods from the Pitta list.



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

Best Greens:

All greens in enormous amounts! parsley, beet greens, radish greens, kale, cabbage, brussels sprouts, collards, mustard greens, nettles

Best other green veggies:

fennel, broccoli, red, yellow and orange peppers, asparagus

Best roots:

radishes, beets, turnips, ginger root, turmeric root, burdock root, daikon

Best Sprouts:

All sprouts! radish sprouts, onion sprouts, alfalfa sprouts, broccoli sprouts, fenugreek

Best Fermented Foods:

Small amounts of spicy ferments are best: Kimchi, pickled limes

Best seeds/nuts/fats

pumpkin seeds, chia, flax, corn oil, mustard oil

Best fruits:

astringent fruits: grapefruits, pomegranate, apples, pears, tomatoes, berries, cranberries, lemons, limes

raw detox basics

Big Smoothies:

- Start your nutrient consumption with liquid green.
- For those with a huge appetite, make a huge smoothie in the morning.
- Chew your smoothies! Don't guzzle. Mix your saliva in for optimal digestion.
- Add fun wild foods or superfoods. I'm adding wild berries and wild greens to my garden kale and local apples.
- Make enough to share.



Simple Salads:

- Raw or marinated salads - vary your ingredients.
- For more calories add avocado, sunflower seeds, soaked almonds
- Make your own dressings one a week to minimize time and water waste.
- Incorporate some wild foods like berries, dandelion greens, or edible flowers. Wild foods have the most nutrients, energy, and immune boosters.



Marinated chard, shredded carrot, soaked almonds and shredded beets. Simple food.

Living Soups:

- The best greens for fall/winter soups include kale, green beans, swiss chard, celery, and fennel.
- Add fat to soups to make them yummy and if you need to slow the detox down.
- Not all soups need to be green! Make a corn chowder or a tomato-based soup for variety. An Asian miso seaweed soup is a great option for fall and winter, or a butternut, carrot, or beet - based soup for color and nutrients.



raw detox core recipes

Basic Green Smoothie - for 1 quart

- 2 cups fruit
- 1 cup greens
- 1/2 c. sprouts (alfalfa or clover)
- 1 cup greens

- * Add fat to slow your metabolism: 1 tbsp. flax seeds, chia seeds or 1/2 an avocado
- * stevia or honey for sweetness
- * superfoods for nutrient fun! (goji berries, maca, spirulina, cacao, wild berries, etc.!)

Green Lemonade Juice

- 1/2 head kale
- 1/2 bunch celery
- 2 apples
- 1/4-1/2 lemon
- 1" ginger

*Run everything through a juicer or cut the recipe in half, add some water, and make it a smoothie



Marinated Salad

- I assume you know how to make a raw green salad. Eat those too!
- Make at least 30 minutes before eating. Or make in the morning for lunch or dinner!

4 cups thinly sliced raw greens (kale, collards, chard)
1/8 cup freshly squeezed lemon juice
1/8 cup extra virgin olive oil
1/2 teaspoon sea salt
1 clove garlic, crushed or 1 " shredded ginger root

Options:

avocado, grated beets, grated carrots, parsley, sage, rosemary or thyme. Or cilantro, dill, lemon balm, pine nuts, sunflower seeds, pumpkin seeds, raw dried or fresh berries



marinated chard, shredded carrot, soaked almonds and shredded beets

Cate's basic soup

1 Rapunzel veggie bouillon cube
1 small zucchini
1/2 a leek
1/2 c. sprouts of your choice
1 c. chopped asparagus
pinch of cayenne
2 dates
1 clove roasted garlic
1 tbsp. fresh lemon juice
1 tbsp. olive oil
1 Anaheim pepper
4 c. hot water

Blend. Garnish: 1/2 c. chopped parsley
Add salt if your bouillon isn't salted.



warm food recipes

Spicy Lemonade

The staple for the Master Cleanse is a great way to start your day if you have any congestion or want to burn fat.

One serving

- 2 tablespoons of lemon juice
- 2 tablespoons of Grade B maple syrup
- 1/10 tablespoons of cayenne pepper
- 10 oz of filtered water

*If I have congestion in the morning, I'll make a triple dose for breakfast.



Spicy lemonade has 3 simple ingredients to cut mucus and fat: fresh lemons, cayenne and maple syrup.

Kitchari:

- This is a great staple for those needing rejuvenation. Learn to cook it during the pre-cleanse. Make enough to all day during your deep rejuv.
- Experiment with the amount of spices. Don't be afraid to make it yellow (turmeric) and spicy (mustard seeds, ginger, cayenne).
- Use soaked whole mung beans, sprouted mung beans or split mung beans. See what you like best.
- Add your favorite vegetables towards the end of cooking to avoid over cooking.



Simple kitchari with vegetables, garnished with lime and cilantro.

Cooked or Living Soups

- Soups as stocks can be nourishing for any meal of the day.
- Try both raw and cooked soups to expand your repertoire.
- Add more fat (avocados, ghee, coconut oil, soaked almonds) if you're hunger is intense, unless you want to lose weight.
- Use hot spices to make living soups warming. Ginger, cayenne, mustard seeds, cinnamon, etc.



Make a spicy leek and pepper soup if you have any congestion.



simple cooked recipes

Cooked apples: Breakfast or dessert

Chop 1-2 apples or pears. Heat a small saucepan. Add ¼ c. water and ¼ tsp. 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.



Kitchari for 1 day

1 c Split Yellow mung Beans
or 2 c. mung bean sprouts
¼ - ½ c White Basmati Rice
1 Tbs Fresh Ginger Root
1 tsp each Black Mustard Seeds, and
Cumin and Turmeric powder
½ tsp each Coriander powder, and
fennel and fenugreek seeds
1 pinch Hing (asafoetida)
3 Cloves
3 Bay Leaves
7--10 c Water
½ tsp rock salt or Bragg's
1 c. chopped cilantro

Wash split yellow mung beans (dal) and rice together until water runs clear. Heat a large pot on medium heat and then add all the spices

(except the bay leaves) and dry roast for a few minutes. This dry--roasting will enhance the flavor. Add dal and rice and stir again. Add water and bay leaves and bring to a boil. Boil for 10 minutes. Turn heat to low, cover pot and continue to cook until dal and rice become soft (30-40minutes) Add salt or Bragg's to taste. Garnish with cilantro

* 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. if you have major bloating issues.



Cleansing Soup

1 large leek, chopped small
3 bay leaves
1 large turnip (kapha) or 1 sweet potato (Vata, pitta), peeled and chopped small
5 cups vegetable stock (or 5 cups water & 2 vegetable stock cubes)
1" piece of ginger, minced
1" piece of turmeric, minced (or 1/2 tsp. dried)
1 zucchini, chopped small
2 cups minced kale
a large handful of spinach, coarsely chopped
juice of 1 lemon
*fresh chopped parsley, flax oil
*fresh black pepper for garnish

Sauté the leek in a saucepan with a little water or ghee for a few minutes. Add the turnip or sweet potato and sauté until they just begin to soften. Stir in the stock, bay leaves, ginger, & turmeric. Simmer for 10 minutes. Add zucchini and kale and cook over medium--low heat for 20 minutes, covered. At the end, stir in spinach and lemon juice, letting the spinach wilt. Remove bay leaves. Puree half the soup in a blender or using a hand blender and serve with parsley and fresh pepper.



raw detox recipes +

Super Chia Porridge

1/4 cup dry chia (soaked)
1 Tbsp. maca powder
1 Tbsp. hemp seeds
1 Tbsp. Yacon powder
2 tsp. maple syrup
1 tsp. vanilla powder
pinch of sea salt
1 tsp. coconut oil
1/2 tsp. 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 tbsp. chia seeds
1/4 c. dried cherries, soaked
1 tbsp. goji berries, soaked
1 apple, grated
1 tbsp. coconut flakes

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

Fall Fennel Slaw:

2 apples, one chopped, one grated
1 fennel bulb, grated
1/2 lemon
1 carrots
1 c. green cabbage, grated
1 c. red cabbage, grated
1/2 cup dried cranberries
1/2 cup pumpkin seeds

Place apples in bowl. Squeeze the juice from 1/2 lemon over the apples and stir. Add the rest of ingredients and combine.

Creamy Basil Dressing

1/2 cup hemp seeds
1/2 cup fresh basil
1/2 cup water
juice from 1 lemon
2 cloves roasted garlic
1 tbsp. nutritional yeast
1 tbsp. agave nectar

Whisk all ingredients together. Pour over slaw and mix well.

Mesquite Cashew Milk

1/3 cup soaked almonds
1 cup soaked cashews
4 cups water
pinch sea salt
4 tbsp. mesquite powder

Blend and strain. Refrigerate.

Red Hot Tomato Soup

4 large tomatoes
1 red bell pepper
4 tsp cold pressed olive oil
1 tsp grated ginger root
4 green onions
1/8 tsp cayenne
dash of cinnamon
Add water or more tomatoes for desired consistency if needed. Blend in blender or vitamix.

Sequoia's calcium soup by David Wolfe

10 kale leaves
1 handful of parsley
2 cloves of garlic
1/3 of a red onion
2 lemons
1 avocado
1 tomato
2 yellow bell peppers
1 handful of dulse strips or Spirulina flakes
1/2 teaspoon sea salt
1 tablespoon of unpasteurized miso
3 tablespoons olive oil
20 pumpkin seeds.

Shave the outer skin of the lemons leaving the white pith intact. While blending all the ingredients, add distilled water to reach a thick, soupy consistency. This is a great raw soup for kids! An excellent way to introduce important heavy minerals and calcium into the diet.

Curry Squash Soup

4 cups butternut squash, chopped
1 cup fresh apple juice or cider
1/3 cup orange juice
1/3 cup water
2 large stalks celery
1/2 a leek
1 tsp. curry paste
4 pitted and soaked dates
1 tsp sea salt
1 tsp. nama shoyu

Blend all in a high speed blender till smooth and creamy. **If you don't have a high speed blender, steam the squash and celery first. Then, blend. You can reheat on the stove post-blending.

Borscht adapted by Boutenkos

*In high speed blender, blend together for 30 seconds:

2 c. water
2 carrots
2 stalks celery
2 T. lemon juice
1 T raw honey
1/2 c. olive oil
sea salt to taste

Add 1/2 c. walnuts and blend on low speed quickly so walnuts are not completely blended.

Grate:

1/4 head cabbage
1-2 carrots
1 bunch parsley
Add grated ingredients to blended mixture. Warm. Serve.

Serves 7 - 10

* with regular blender, gently steam the veggies first.

rejuv recipes ++

Simple Soup (one serving)

1 cup vegetables (celery, zucchini, carrots, turnips, rutabagas, sweet potatoes)
one vegetable broth cube
2 cups water
sea salt or nama shoyu to taste
chopped parsley or cilantro, to garnish (optional)

Clean the vegetables and dice and slice attractively.

Heat ¼ c. water and ¼ of veggie cube in 2 qt pot on medium heat. Add veggies and sauté until aromatic. Add remaining ingredients and simmer until vegetables are tender. Season with nama shoyu or sea salt, and serve garnished with chopped parsley or cilantro.

Hot Quinoa Cereal

1/4 cup quinoa - soak quinoa overnight, rinse in morning
4 dried apricots, or handful of raisins, soak overnight.
½ cup water
½ cup organic almond or rice milk
1/4 t ground ginger
¼ t. cinnamon

Put the water and quinoa in a small saucepan and bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the quinoa is tender and the mixture thickens, about 20 minutes, add ginger, and cinnamon.. Warm the mixture over low heat.

Wellness Broth

4 cups water
1 celery stick
3 stalks kale or collards
1 cup fresh parsley

1 cup green beans
1" piece of fresh ginger
lemon

Bring the water to a boil in a medium--sized pot. Meanwhile, chop all the vegetables and slice the ginger; add to the pot. You can also add a few slices of lemon, or squeeze in the juice of a lemon wedge at the end. Simmer on a low boil for half an hour. Store hot in a thermos and consume throughout the day. Makes about 4 cups.

Brown Rice

Soak 1 cup brown basmati rice overnight. Rinse.
Boil 2 c. water with ½ tsp. Sea salt, and 1 tsp. ghee. Add soaked rice and simmer, covered on low for 25 minutes. Remove from heat, and keep covered for 5 minutes. Remove cover and allow to rest for 5 minutes. Fluff with fork.

Baked Beets (and/or turnips, parsnips, yams, carrots)

Scrub beets with a vegetable brush. Bake whole for best flavor and to prevent color from bleeding. Rub with ghee or oil or place in a baking dish with a little water. Sprinkle with salt & pepper. Cover and bake in a 350 F oven until tender, 1 hour or longer. Trim the root and stem ends, peel and slice.

Sautéed Turnips

2 medium turnips, cut and peeled (peeling is not necessary if turnips are fresh)
2 T toasted sesame oil

nama shoyu
fresh parsley

Sauté turnips for 3 minutes in oil. Sprinkle with salt and cover. Simmer for an additional 10-15 minutes. The turnips will "sweat" and cook in their own juices (the salt draws the juice out) bringing out their sweetness. If needed, add a little water, cover and simmer until turnips are soft. Turn the heat off and drizzle nama shoyu over turnips. Place in a bowl and sprinkle with fresh parsley before serving.

Lemon Green Beans

½ lb. green beans
1 tbsp. Ghee
½ lemon, juiced
sea salt

Cut off the tough ends of the beans. Bring water to a boil, turn off heat, and allow to cool a moment. Place beans in a shallow pan and pour hot water over them. Allow to stand for 10 minutes or until the beans become tender. Drain and toss with the remaining ingredients. Allow to marinate at least 5 minutes.

Asian Ginger Greens

1 bunch of greens de-stemmed (chard, collards, kale, turnip greens, etc)
1 T fresh grated ginger
1 T toasted sesame oil
nama shoyu to taste
1 t. lime juice
1 t. raw sugar

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.



traditional Ayurveda recipes

Steamed vegetables with Salad Dressing of your choice

Steam or roast vegetables of your choice

- Roots: turnips, beets, parsnips, carrot, sweet potatoes
- Greens: asparagus, green beans, brussel sprouts.
- Steam until tender or
- Roast in a glass baking dish. Coat with olive oil or ghee. Bake at 325", an hour for dense roots, 25 minutes with greens.

Spiced Basmati Rice

3/4 cup basmati rice, soak overnight. Rinse.
1 tablespoons ghee
1 (2 inch) piece cinnamon stick, or a pinch of cinnamon
2 pods green cardamom
2 whole cloves
1/2 tablespoon cumin seed
1/2 teaspoon salt, or to taste
1 1/4 cups water
1/2 small onion, thinly sliced

Place rice into a bowl with enough water to cover. Set aside to soak for 20 minutes (or overnight).

Heat the ghee in a large pot or saucepan over medium heat. Add the cinnamon stick,

cardamom pods, cloves, and cumin seed. Cook and stir for about a minute, then add the onion to the pot. Saute the onion until a rich golden brown, about 10 minutes. Drain the water from the rice, and stir into the pot. Cook and stir the rice for a few minutes, until lightly toasted. Add salt and water to the pot, and bring to a boil. Cover, and reduce heat to low. Simmer for about 15 minutes, or until all of the water has been absorbed. Let stand for 5 minutes, then fluff with a fork before serving.

Spicy Chana Dal With Collards

3/4 cup split dried chana dal, soaked overnight (@health food store or Indian grocer, or use lentils)
1/4 tsp. hing
3 cups water
1 tsp. turmeric
1 tbsp. Grated fresh ginger
1 tsp. salt
1 tablespoon ghee
1 minced cloves garlic
1 tsp. garam masala
1 teaspoons cumin
1teaspoons mustard powder
1/2 teaspoon red chili powder
3 tablespoons lime juice
black pepper to taste
additional ghee as needed
2 cups chopped collard greens.

Put the dal, hing and water in a big pot . Boil the dal until tender – if split, about 45 minutes to an hour. Depending on the dal, it may take longer, and whole dal will take much longer – an hour and a half most likely.

Once the dal is tender, reserve a half cup of any liquid remaining and drain the dal. Return it to the pot and add the collards. Add a little of the liquid back in, and cook over a low heat while you fry the spices. If the dal/collards starts to dry out too much add more of the liquid back in.

In a small skillet, melt the ghee and add the garlic. Sautee the garlic for about two minutes over medium heat. Add all the other spices except the black pepper and red pepper and fry for about a minute, stirring vigorously. Add the red pepper, stir quickly, then take the skillet off the heat and dump the mix into the pot of chollards and dal.

Stir well. Taste. Add the lime juice and the black pepper to taste, and if you feel it needs a bit more fat, add ghee to taste (but not TOO much). Salt to taste. If you eat the dal later in the day, you might need to add more water.



Raw Soups!



Raw Soups kick it up a notch.

For those who sense shifting towards living food means the end of soups... think again. When my husband and I switched to raw soups we were astonished by the nutrient-rich experience and the flavor. The bright color will boggle your senses. The Rapunzel bouillon cubes add flavor without stock.

A great way to start with raw soups is to add boiling hot water to the refrigerator cool vegetables. This renders a soup about 115' so the nutrients are mostly alive. I also like to add Rapunzel veggie broth cubes and fresh herbs for flavor. I use a high powered blender (blendtec or vitamix) for a creamy texture in my raw soups. A regular blender works, but renders a chunky texture. When using a regular blender you can finely chop or put veggies through a food processor first.

Raw Family Green Soup

3 leaves of chard
1 stalk of celery
Half a bunch fresh parsley
Juice of 1 lemon
1 large avocado
2 cups of hot water
Add water as needed and blend to desired consistency. We like to use dulse leaves, grated carrots, grated cauliflower, and sprouts to our bowl of soup.

From '[Green Smoothie Revolution](#)', recipe by [Victoria Boutenko](#)

Bright red tomato soup

2 tomatoes
1 red bell pepper
2 stalks celery
5 sundried tomatoes
1 veggie broth cube
1 tbsp. olive oil
salt and pepper to taste

Fennel Pesto Soup

2 stalks fennel
handful cilantro
1 tbsp. olive oil
big slice lemon juice
1 tbsp. pesto or 1/4 c. fresh basil
1 stalk celery
1 cup green sprouts (alfalfa, sunflower, whatever)
1 veggie broth cube
salt & pepper
pinch of cayenne (for Vatas & Kaphas)
2-3 c. hot water

Pumpkin seed & broccoli Soup

1 stalk celery
small handful pumpkin seeds
big slice lemon juice
1 tbsp. fresh thyme
2 cups broccoli, stalks are fine
1 veggie broth cube
salt & pepper
pinch of cayenne (for Vatas & Kaphas)
2-3 c. hot water



Green Goddess Soup

3 cups sunflower seeds, soaked
1/2 cup parsley
1/2 cup cilantro
2 tbsp dill weed
Juice of 3 lemons
Celtic salt to taste Blend and serve.

Carrot--Ginger Soup

1 cup fresh carrot juice
1 " shredded ginger
1 tbsp. sunflower oil
1 handful mixed sunflower, alfalfa, and clover sprouts
1 tsp masala of choice

Blend the oil, ginger and carrot juice until smooth. Mix in masala or try adding sea vegetables for a different taste. Garnish with sprouts and serve.

Sea Veggie Miso Soup

Balances V, neutral for K, unbalances P
1 handful dulse, alaria, kelp, or nori (or a mixture), soaked
1 tsp fresh ginger
1/2 tsp mellow miso
1 1/2 cups water, heated to 115 degrees

Dissolve the miso in a quarter-cup



Simple Green Smoothies

* any of the juices can be eaten as smoothies as well



Vata's best smoothie

1 cup spinach
1 peeled orange
1 c. fresh pineapple
1/2 inch ginger root
1/2-1 tsp. spirulina
1 + tsp. extra virgin coconut oil
1 cup water

Vata's superfood smoothie

1 tbsp. maca root
3 tbsp. soaked chia seeds
1 tbsp. goji berries
1/2 tsp. spirulina
3 dates
1 cup leafy greens
1 + tsp. extra virgin coconut oil
1 wheatgrass cube
1 cup mango or banana
1 cup water

Vata's Simple Smoothie:

1 cup kale
1 banana
6 dates
handful soaked almonds
1 cup water

Vata's Favorite Smoothie

1 banana
1 c. greens
1 c. pineapple
1 tbsp. coconut oil
1 c. water

* vata can also add avocado to smoothies for more fat!



Pitta's best smoothie

1 cup leafy greens
1 cup sprouts
sliver turmeric root
1 oz. aloe juice
1 apple
1 cup water
stevia leaf for sweetness to taste (a pinch)
1 tsp. extra virgin coconut oil

Pitta's superfood smoothie

1 tbsp. maca
2 oz. aloe juice
2 cups leafy greens
2 tbsp. ground flax
1 orange
1 c. water
1 wheatgrass cube
stevia to taste

Pitta's Simple Smoothie:

2 stalks celery
1 cup greens
1 apple
1 + tsp. extra virgin coconut oil
stevia to taste
water

Pitta's Favorite Smoothie

1/2 cucumber
1/2 c. cilantro
1 c. greens
2 apple
1 cup water
stevia to taste



Kapha's best smoothie

1 cup leafy greens
1/4 cup parsley
1 cup sprouts
1 cup wild blueberries
1 inch ginger
squeeze of fresh lemon
1 cup water
1 grapefruit

Kapha's superfood smoothie

3 tbsp. goji berries
1/2 c. blueberries
1 tsp. raw honey
2 cups leafy greens
2 oranges
1 c. water

Kapha's Simple Smoothie:

2 cups greens
1 pear (use grapefruit in winter)
1/2 tbsp. raw honey
2 c. water

Kapha's Favorite Smoothie

2 c. radish greens
2 radishes
2 apples (use grapefruit in winter)
1 cups water
stevia to taste

Kapha's Best Smoothie

1/2 c. basil
1 c. romaine
1 c. spinach
1 grapefruit with seeds
1 c. water
1/4 lemon
pinch of cayenne



more Detox Smoothies



Pineapple-Papaya Smoothie

1 cup papaya, cubed
1 cup pineapple, cubed
1 medium banana, peeled
2 stalks of celery, chopped
1 cup of fresh Italian parsley

Apple-Pineapple Escarole Smoothie

1 cup water
2 apples, cored
2 cups pineapple, cubed
1 stalk celery
1 head escarole lettuce

Orange Pear Green Smoothie

1 orange
1 pear
1 head green leaf lettuce
5 sprigs of fresh dill
1 cup water

Cucumber & Grapefruit Smoothie

1 medium cucumber, chopped
1 grapefruit
1 orange
2 c. water

Lemon-Lime Detox Smoothie

1/2 medium lemon, peeled
1/2 medium lime, peeled
2 medium bananas
1 large orange
1-2 cups chopped dandelion greens or kale (optional)
1 cup water

Mango-Lime Detox Smoothie

1 mango, peeled and pitted
1 medium lime, peeled
1/2 cup cilantro
1/2 cup water

Kale Watermelon Smoothie

1 carrot, chopped
2 cups watermelon, chopped
1 banana
3 cups kale
1 orange
1 cup water

Strawberry-Orange Smoothie

2 small oranges
1 cup whole strawberries
1 small banana, peeled
1 head romaine lettuce, chopped
1 cup water

Grapefruit and Red Cabbage

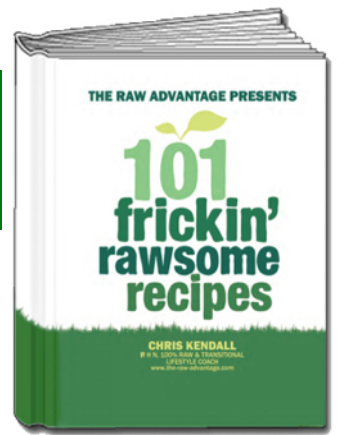
1 grapefruit
1 cup red cabbage
1 banana
spring of parsley
1 cup water

Jazzy Kiwi-Pear Smoothie Recipe

4 kiwifruits, peeled
1 medium pear, cored
2 springs fresh basil
1 cup radish greens
1 medium banana
1 cup water



F & V Detox Recipes



These are recipes that help diversify your diet... and still stick to fruits and vegetables.

[Recipes from Chris Kendall](#)

Quick Dip

1/2 pound of thin-skinned potatoes (ex. fingerlings)
3 stalks of celery
2 sprigs fresh basil
slice of lemon

Steam the potatoes and allow them to cool. Blend potatoes with celery and 1/4 cup of the potato water. Add more water to get desired consistency. Chop basil and stir in with a squeeze of lemon.

Dip fresh sliced veggies into potato dip.

Sweet Dressing

1 orange bell pepper, seeds removed
1 cup pineapple, diced

Blend. Pour over greens

Simplest Dressing

Squeeze an orange, sliced in half, over your greens.

Sweet, Sour & Salty Dressing

1/2 a grapefruit, peeled
1 stick celery
2-4 dates

Blend away.

Simple Salsa

2 cups tomatoes, chopped
1 stalk celery
2 tbsp chopped leeks
1/4 c cilantro
Juice of 1/2 lime or more if it's not very juicy.

Pulse in your blender or food processor until desired consistency.

Dip in with cucumbers, celery, carrots or peppers

Red Soup

1 red pepper, seeded
2 tomatoes
1 carrot, chopped
1/2 stick celery
1/2 a leek, sliced thinly
3 sprigs basil, chopped

Blend red pepper, carrot and tomatoes with 2 cups of water to desired consistency. Stir in chopped leek and basil.

Celery Tomato Soup

1 large Tomato
2-3 Celery Stalks
4-8 oz Orange juice
Garlic
Water (or more juice/tomato)

Celery Cucumber Tomato Soup

1 large Tomato
1-3 Celery Stalks
1/2-1 Cucumber

Mango Tomato Soup

1 large or 2 sm Mango
1-2 Tomatoes
Garlic clove
Optional: mild greens

Mango Blueberry Banana Salad

2 bananas
1/2 cup blueberries
1 mango
Slice the bananas. Blend the berries and mango. Pour the blend over the bananas. Voila.

Passionate Powerful Pineapple Burgers!

1 head Iceberg lettuce
4 tomatoes
1/2 red pepper
1/2 pineapple
cilantro to taste
lime to taste
1 avocado (optional)
Peel back Iceberg leaves until you have many "buns" to place toppings on. Slice half of the tomatoes placing one on the bottom. Slice the pineapple into rounds placing one atop of the tomato. Dice the remaining tomatoes tossing with diced red pepper lime and cilantro to make a salsa. Top with optional avocado slices, salsa and finally another slice of tomato and leaf or two of iceberg! Enjoy!!!!

Note: We're eating similar to the 80-10-10 diet... but we're eliminating the 10% fat for the detox.



F&V & Living Foods Recipes

These are recipes that help diversify your diet... and still stick to fruits and vegetables.

[Recipes from Chris Kendall](#)

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 herb.

Oriental Slaw

1/2 head Napa cabbage (.5 lb / 230 g)
baby bok choy (.5 lb / 230 g)
1 red pepper (.25 lb / 115 g)
1 orange (.25 lb / 115 g)
almonds or pumpkin seeds (1/8 - 1/4 cup/ 30-60 g)
Grate Napa cabbage, finely slice bok choy and 1/2 red pepper, toss all together. Blend orange, red pepper

On Salads:

Salads can be fast, easy and delicious, simply take 1-2 of your favourite greens, add some veggie fruits (tomato, cucumber, zucchini, eggplant, okra) if desired some fruit or some hardier veggies and voilà!-a tasty salad. Once you get used to eating sufficient calories from whole fruits or fruit based dishes, a simple salad or veggie meal can become extremely enjoyable and satisfying as the last course or "dessert".

Sergeant Pineapple Pepper

1 large head red leaf lettuce
1/2 small pineapple
2 red or orange peppers
7 stalks celery
Chop lettuce into bite size pieces, dice 1/2 of the pineapple 1/4 - 1/2 of the peppers and 1/2 of the celery.
Blend remaining pineapple peppers and celery into an amazing frothy dressing.

Pomegranate Explosion Salad

1 - 2 heads butter leaf lettuce
4 stalks celery
2 pomegranates
5 - 6 mandarin oranges
1 cup strawberries

Roughly chop butter leaf and 1/2 mandarins, dice 1/2 celery, hull pomegranates, mix all together well. Blend remaining celery, 2 mandarins and strawberries into a creamy dressing.

Simple Italian Stew

1 head romaine
1 medium zucchini
3 - 4 roma tomatoes
sun dried tomatoes
basil, oregano and Italian parsley to taste

Finely shred bottom 1/4 of romaine, dice 3/4 zucchini and 1/2 tomatoes, mix all together. Blend remaining tomatoes, sun dried tomatoes zucchini and romaine using tamper or a stalk of celery to make thick and chunky. Dice remaining celery add herbs, Mix all together and enjoy

Banana Fennel Pudding

4 bananas
fennel
2 dates or 2 dried figs (pre soak 1 - 4 hours)

Shred or grate fennel, blend banana with dates or figs with just enough soak water to reach a thick pudding consistency. Mix with finely shredded fennel.

Super Saucy Applesauce

Contributed by Swayze
6 small sweet apples
6 dates pitted
1 handful of sweet seedless grapes
Peel, core and chop the apples and place everything into the blender. Blend until a saucy consistency is achieved. This recipe is perfect for using up mealy apples that still have good flavor.

Note: We're using mostly living with some cooked foods. In the 80-10-10 diet they only use living foods.

More Information:

<http://www.loving-it-raw.com/raw-food-diet-plan.html>

Donate a few bucks and receive this cookbook:
[101 Frickin Rawsome Recipes](#)



Cate's Salad

1 bunch of kale
1 grapefruit
2 stalks of celery or fennel

Chop the kale and celery or fennel finely. Peel and dice the grapefruit. Combine and massage for a few minutes. Allow to sit for 15 minutes. Enjoy.



F&V Detox cooked Recipes

Smashed Peas

1/2 lb. frozen peas
2 thin-skinned potato, diced
1 cup onion, diced

Simmer the onion and potato in a 1 cup of water, covered for 20 minutes. Stir in frozen peas. Stir and steam for 2 minutes, covered. Drain. Pulse in blender for a chunky consistency.

Use as a dip or just have a bowl.

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.

Mashed Potatoes

1 lb. thin skinned potatoes
1 red onion
1/2 c. parsley, chopped

Quarter potatoes and chop your onion. Place in pot covered with cold water. Simmer, covered for 20 minutes. Drain. Pulse in blender. Serve. Garnish with parsley.

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.

Note: We're using mostly living with some cooked foods. In the 80-10-10 diet they only use living foods.

Changing the way you eat with the F&V detox is

A typical day on F & V

- breakfast: 2-3 quarts of green smoothie, made of exclusively fruits, vegetables, & water
- lunch: 2-3 bananas, followed by a head of romaine, with a fresh orange squeezed in.
- dinner: fruit salad with 2 fruits, 1 lb. of zucchini stripped, dipped into smashed peas.

*** you might want to eat 4 times a day for the first week on this detox.

F&V on spices:

Dr Douglas Graham, founder of the 80/10/10 Diet, states, "Herbs and spices like GARLIC, onion, curry, cumin, ginger, cayenne, chili powder, and oregano contain alkaloids and other toxic chemicals."

He claims those herbs and spices only transport toxins to your nervous system. Additionally, they irritate your digestive tract and sometimes even causing your body to manufacture mucus for protection.

Note: Ayurveda uses spices as a path to health. However, this is a reductionist diet and many of the imbalances that come from meats, grains, excess fats, etc. use spices to help break down heavier foods. When you eat only fruits and vegetables... you might not need the spices.



Simple Salads



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

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 tbsp. lemon juice
2 tbsp. olive oil
1 tsp. 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.

Zen Kale Salad

2 cups green kale
1/4 cup sesame seeds
2 tbsp sesame oil
1 tsp lemon juice
1/2 tsp 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

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



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

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 tbsp. melted coconut oil
2 tbsp. 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
1/2c. sunflower sprouts
1/2 c. alfalfa sprouts
1 c. lettuce or mixed greens
1/2 c. jicama

Fennel and Apple Salad

1 fennel bulb
2 apples
Grate 1/2 of each ingredient. Thinly slice the other 1/2. Mix and enjoy.



Kapha salads: primarily of spicy & bitter greens and sprouts

Simple Kapha Salad

1 bunch arugula
4 thinly sliced radishes
4 thinly sliced turnips
1/2 c. fenugreek sprouts

Daikon--Ginger Salad

1 daikon, grated
1/3 cup lemon juice
1/4 cup ginger, finely grated
1/4 tsp 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 tbsp. . pumpkin seeds

For the F&V Detox - use these recipes without the avocados, nuts, seeds oils, and salt.



Living Soups



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 tbsp. lemon juice
1/2 tsp. 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 tbsp. olive oil
1 tsp lemon juice
2 tsp. italian spice blend
1/2 tsp. 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 cup jicama
1 avocado
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.

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.

Minty Asparagus Soup

1 cup asparagus
juice of 1 lime
2 tbsp. unsweetened coconut flakes
1 c. cucumber
2 tbsp. 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 tsp. 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 cup arugula
1/4 c. basil
1 turnip
1 cob corn (sliced off)
1 veggie broth cube
1 tbsp. 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 tbsp. cup lemon juice
2 tbsp. fresh lemongrass
2 tbsp. ginger, finely grated
2 tsp. thai curry paste
1 tbsp. 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
2 tbsp. miso paste
1 tsp. thai curry paste
1 tbsp. 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.

For the F&V Detox -
use these recipes without
the avocados, nuts, seeds
oils, and salt.



Simple Juices

* All juices can be diluted with water or sweetened with stevia (for kids).



Vata's best juice

1/2 fennel bulb
3 stalks celery
1 inch ginger root
1 apple
small bunch radish leaves

Carrot Cucumber Beet Lemon Cleansing Detox Juicer Recipe

4 carrots
1/2 medium size cucumber
1/2 medium beet with greens
1/4 lemon

Very Orange Vegetable Juice

3 carrots
1 large orange
1/3 lime
1 inch ginger mint leaves
(adapted from Eat, Taste, Heal)

Sweet Elimination Juice

1 apple
6 stalks celery
2 beets
1 inch ginger
1/2 cucumber
1/2 c. parsley

Pitta's best juice

1/2 head celery
1 inch turmeric root
1/2 lime
2 apples
large bunch of leafy greens

Green Lemonade

2 apples
1/2 bunch kale or collards or romaine
1/2 bunch celery
1 inch ginger
1/2 lemon (rind included)

Cucumber Apple Mint Ginger Juicer Detox Recipe

1 cucumber
2 large sweet apples
2 sprigs fresh mint leaves
1/2 inch ginger root

Super Green Juice

1 bunch kale
1 cucumber
1 inch ginger
1/2 lemon or lime
4 stalks celery

Liver Rejuv

2 c. dandelion greens
1 " turmeric root
2" burdock root
2 pears
1/2 lemon
1/2 bunch celery

Kapha's best juice

1/2 head fennel or celery
1 inch turmeric root
1 inch ginger
1 pear
large bunch of mustard greens

Radish Carrot Beet Ginger Juice (pungent!)

1 large carrot
10 radishes, preferably with greens
1 apple, quartered
1/2 beet with greens
1/2 bunch parsley
1 inch ginger root
1/2 lemon
juice add water if desired.

Red Cabbage Apple Juice

1/2 head red cabbage
4 stalks celery
2 apples

Morning Shocker

1/4 jalapeno pepper
1/2 bunch kale
2 medium oranges
1 clove garlic
1" fresh ginger root
1/2 c. arugula

Simple Dressings



Vata Basic Detox Dressing

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

Orange Avocado Dill Dressing

1 cup fresh orange juice, with pulp
1/2 avocado
2 tbsp. fresh dill
pinch sea salt
Blend

Sesame Ginger Dressing

1/2 c. white sesame seeds
1 tbsp. sesame oil
1/2 c. water
1 inch chopped ginger
pinch of stevia

Lemon Miso Tahini Dressing

3 tablespoons sesame tahini
1 tablespoon lemon juice
2 tablespoons miso



Pitta Basic Detox Dressing

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

Mint - Cilantro Dressing

1/4 c. mint leaves
1/2 c. cilantro leaves
1/2 c. sunflower oil
1 tbsp. dried coconut
1 tsp. raw honey or stevia
juice of 1 lime
a few tbsp. water to desired consistency

Pitta Dill Dressing

2/3 c. sunflower seeds, soaked
5 tbsp. sunflower oil
2 tbsp. lemon juice
1/2 c. chopped dill
1 tbsp. nama shoyu
5 tbsp. water



Kapha Basic Detox Dressing

1/2 c. flax oil
Juice of 1 lemon
raw honey to taste
pepper to taste

Flax Ginger Dressing

1/2 cup flax oil
Juice of 1 lemon
2 tsp. ginger juice
a few pinches cayenne
1 tsp. raw honey or liquid stevia

Spicy Mustard Dressing

juice of 1 lemon
2 tbsp. yellow mustard
1/4 cup organic corn oil
1/4 cup flax oil
2 dates
1 celery stalk
1 tsp. raw honey
pinch of cayenne

Tomato Chives dressing

1 tomato
2 tbsp. hemp seeds
2 tbsp. flax oil
3 tbsp. chives
2 tsp. raw honey
squeeze lemon juice
pinch of salt

For the F&V Detox -
Your simplest dressings
are squeezing an orange,
grapefruit or lemon, and
using fennel or celery for
salty taste.



Wrap it.



Vata wrap ingredients:

Avocados
 tomatoes
 shredded jicama, beets,
 carrots
 sprouts
 creamy dressings
 zucchini strips
 steamed corn
 red, orange or yellow pepper
 sesame seeds
 wrap in nori or sprouted
 wheat or brown rice tortilla

Pitta wrap Ingredients

avocado
 zucchini strips
 carrot strips
 fennel strips
 sprouts
 leafy greens
 raw corn
 shredded roots
 sunflower seeds

Kapha best wrap ingredients

sprouts
 greens
 shredded cabbage
 spicy roots
 raw corn
 red, orange or yellow pepper

Best Tools for Wraps:

Mandolin – cuts long veggies into strips

Spiralize – cuts veggies into noodles or ribbons

High powered blender (to make sauces super creamy)

These recipes are helpful for before and after your deep detox.

Vata Wrap Sauce

1 cup sesame seeds
 1 tbsp. grated ginger
 3 tbsp. miso paste
 2 tbsp. sesame oil
 3 tbsp. rice vinegar
 2 tbsp. honey
 1/4 c. water (or enough for desired thickness)

Pitta Wrap Sauce

4 tbsp. dill leaves
 1/2 c. cilantro leaves
 1 c. soaked almonds
 1 tbsp. raw honey
 1/2 c. water (or enough for desired thickness)

Kapha Wrap Sauce

1/2 c. basil leaves
 1 c. soaked pumpkin seeds
 3 tbsp. flax oil
 1 tbsp. raw honey
 1/2 c. water (or enough for desired thickness)

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



Best Teas & Beverages



* if you're constitution is Pitta, eat more foods from the Pitta list.



Best seeds & herbs for vata teas:

licorice root, fennel seed, cardamom seed, alfalfa leaf, cumin seed, fenugreek seed, cinnamon, ginger, jasmine flowers, oat straw, tulsi, orange peel, blessed thistle, sweet herbal chai, rose hips

Fennel & Cardamom tea

add 1/2 tsp. fennel seeds and 1/2 tsp. cardamom seeds to a 1/2 liter thermos. Add boiling water.

Flax seed Tea

1 --2 tbsp. ground flax seeds (grind fresh in a coffee grinder)
1/4 tsp. of cinnamon or garam masala
1 c. hot water
1/2 tsp. raw honey. Stir and drink, or eat if it's thick!

Fresh Almond Milk

1 Part Almonds
4 Parts water

Start with whole almonds and soak them overnight in water. Next day, blanch the almonds (dip in boiling water) and remove the skins (they come right off). Puree in blender with water and maybe some sweetener and vanilla, raw honey or maple syrup if you like. Filter out the grit and you have almond milk. Easy!

*Add 1 tbsp. Non-alcohol vanilla extract and 3 pitted dates or 3 T raw honey or maple syrup for a sweeter flavor.

Best seeds & herbs for Pitta teas:

licorice root, fennel seed, coriander seed, mint leaf, cardamom seed, alfalfa leaf, chamomile flowers, jasmine flowers, lavender flowers, rose buds, rose hips

Rose Coriander Tea

Add 1 tbsp. rose petals and 1/2 tsp. coriander seeds to 1/2 liter boiling water

Alfalfa Burdock Mint Tea

Steep alfalfa, burdock root and mint teas in hot water. Drink up to 3 cups a day.

Licorice Peppermint Tea

Best seeds & herbs for Kapha teas:

fenugreek seeds, cloves, black pepper, cardamom seeds, fennel seed, cardamom seed, alfalfa leaf, dried orange peel, lemon peel, cinnamon, ginger, green tea, tulsi, red raspberry leaf, rose hips

Caraway Fenugreek Tea

Add 1/2 tsp. caraway seeds and 1/2 tsp. fenugreek seeds to 1/2 liter thermos. Fill with boiling water.

Ginger, Cloves and Cinnamon Tea

Spicy Herbal Chai (without milk)

For the F&V Detox - Stick with water as your beverage. You might find you need much less... due to the high water content in everything you are eating.

