

Fall 2-5-30 Healthy Diet

Detox, Weight Loss and Strengthen

Week One Recipes

Lemon Water

The most alkaline forming food you can eat is a lemon. Here is a simple way to get some quick alkalizing going into your body. Lemon juice has great digestive qualities so symptoms of indigestion such as heartburn, bloating and belching are often relieved. Also, lemons also help cleanse the body of toxins.

Ingredients:

1 lemon
Water
Stevia



Directions:

1. Wash lemon well.
2. Cut lemon in half, horizontally.
3. Squeeze each half of a lemon.
4. Add to 2 – 4 cups of water. The lemon juice can be diluted more according to taste. To make warm lemon water, just put 1 cup of water when you are making it and add hot water as you drink.
5. Add stevia to taste.

Nutrition Tip: Fresh lemons are high Vitamin C and Dietary Fiber. Also has Vitamin B6, Calcium, Potassium, Copper, Thiamin, Riboflavin, Pantothenic Acid, Iron and Magnesium and low in calories.

How much lemon to drink:

- For a weight of less than 150 pounds, 1 whole lemon a day.
- For a weight of over 150 pounds, 2 whole lemons a day.

Immune Booster Green Smoothie

Filled with rich vitamin C, oranges and lemon to help boost the immune system. Leafy greens such as are anti-inflammatory and full of phyto-nutrients and zinc to nourish your immune system.

Ingredients:

2 large Oranges, peeled and cut
1/2 Lemon, cut and peel
1 cup Kale
1/2 - 3/4 cup water
4 stalks celery, chopped
2 cups spinach
7 raw almonds, soaked
Few drops of stevia (optional)
2 Tbsp golden flax meal + 1/4 cup water
1/4 tsp Turmeric



Directions:

1. Soak flax seeds the night before.
 2. Blend oranges
 3. Slowly add kale, blend till smooth.
 4. Add almonds, turmeric and flax seeds, blend till smooth.
 5. Slowly add spinach, parsley and celery, blending till smooth before adding more greens.
 6. Add water when needed.
 7. Taste and add stevia if desired to taste.
 8. Add more water if needed to make it drinkable.
- OR
9. If you would like to eat your smoothie rather than drink it, then add the extra chopped up apple after it is blended.

* Parsley is extremely effective in removing mercury from the body.

Warming Ginger Spice Tea

This is wonderful warming drink in the autumn and especially good before bed with the nutmeg in as it helps sleep.

Ingredients:

1 tsp fresh grated Ginger
1/2 tsp ground Cinnamon
1/2 tsp Cardamom
Very small pinch Nutmeg – only at night
Very small pinch Cayenne pepper**
1/4 cup water
1/2 tsp Raw Manuka honey*



Directions:

1. Add spices to water in a small pot.
2. Warm up and let simmer for 10 minutes.
3. Remove from heat.
4. Strain spices.
5. Add cold water to bring to warm not hot temperature.
6. Mix in honey after it is cooled as we want to keep the aliveness there.
7. Enjoy.

*Must be raw honey. Manuka honey is the most nourishing honey for the immune system. The next best honey is Buckwheat honey it is also good for the immune system.

**If it is something you would enjoy then you can add a pinch of cayenne pepper in your morning tea. Personally I would not like to it. Cayenne stimulates the circulation system and increases the pulse of our lymphatic and digestive rhythms.

Cooking Quinoa

Here is a very simple, quick way to cook this powerfood. Learn about all the benefits you will get from eating [Quinoa Powerfood](#)

Ingredients:

1 cup quinoa
2 cups water
Pinch of Himalayan salt

Directions:

1. Rinse quinoa and drain.*
2. Add 2 cups of water, bring to a boil.
3. Add a pinch of salt.
4. Simmer for about 15 minutes, or until the water is absorbed.
5. Turn off heat and let stand for 10 minutes.
6. Fluff with a fork and let cool.



I usually just serve in the same I do with rice with vegetables. I have been known to eat a bowl full all by itself because it tastes so good.

***Note: Always Rinse Quinoa**, although highly nutritious, is actually coated with the toxic chemical saponin; you must rinse the quinoa thoroughly. Saponins can be challenging to the immune system and stomach. Commercial processing methods remove much of the bitter soapy saponins coating quinoa seeds, but it is best to rinse again to remove any of the powdery saponins that may remain on the seeds. Like any good foods, we need variety so do not eat it every day. A few times a week is good enough

Please do not cook a huge pot of quinoa or any other grain to last you all week. Refrigerating cooked grains imparts a waxy texture and washes out their subtle flavors. Freshly prepared foods satiate and energize; stale and leftover foods make us feel stale and leftover.

Fall Vegetable Stew

This is an easy and delicious simple meal to make and you don't have to wait until vegetarians come to dinner to make a vegetable stew

Ingredients:

1 medium sweet potato
1 medium carrot
1 parsnip
1 cup shredded Cabbage
1 cup Kale
1 large onion
2 Tbsp Coconut oil
1 tsp Basil
1 tsp Marjoram
2 tsp Himalayan salt
Black Pepper to taste
2 cups Water
1/2 lemon, juiced



Directions:

1. Remove skins from onions, chop fine.
2. Sauté onion and garlic in coconut oil till golden brown.
3. Put the onions and garlic in a large sauce pan with the water.
4. Add basil, marjoram, pepper and Braggs.
5. Cook for 10 minutes; this is to make flavourful stock.
6. Chop rest of vegetables into 2 inch pieces.
7. Place all vegetables except cabbage and kale into a saucepan.
8. Cook for 10 to 15 minutes till almost tender, stir occasionally.
9. Then add cabbage and kale and cook 5 – 10 minutes till tender (Don't overcook the vegetables till they're mushy; it will taste better if there is a slight crunch to the vegetables.)
10. Mix in lemon juice mixture with vegetables and serve.

Immune Booster Vegetable Juice

Carrots, beets, lemon, and ginger are good for the immune system.

Ingredients:

2 organic carrots
2 stalks of celery
1/2 golden delicious apple
1 large beet
Handful of parsley
1/2 lemon, peeled
1 inch fresh ginger with skin on



Directions:

1. Scrub organic carrots, do not peel.
2. Clean the rest of the vegetables, and wash & dry parsley.
3. Juice the ginger first.
4. Next use the celery to help push the parsley through the juicer.
5. Finish juicing the carrots, beets, lemon and apples.

Autumn Crunchy Salad

Eating a crunchy salad means you spend more time exercising your jaws by chewing. By the time you have finished eating much of it has reached your stomach so you will not be so hungry any more.

Putting a warm dressing on it will make easier on your digestive system at the time of year.

Ingredients:

- 1 handful, Arugula
- 2 Celery pieces, chopped
- 1 medium beet, grated
- 1 carrot, grated
- 3 radishes, sliced



Directions:

1. Take all the vegetables out of the fridge an hour before you make this. (We do not want to be eating cold food)
2. Mix all vegetable together in a bowl.
3. Serve with Warm Tahini Salad Dressing.

Note: All the vegetables in this salad are recommended by Ayurveda medicine for the fall.

Warm Fall Tahini Salad Dressing

Salads are not usually high on the menu in this season but one way of making them work is to have a warm dressing on them.

Ingredients:

10 Tbsp Tahini
5 Tbsp Lemon juice
1/4 – 1/2 tsp Himalayan salt
7 – 10 Tbsp hot water (not boiling)



Optional:

1 tsp mixed herbs
1/2 tsp curry powder

Directions:

1. Mix 1 tablespoon of lemon juice at a time with Tahini in a jar.
2. Add enough warm water till creamy.
3. Add salt to taste.
4. Optional to season with favorite herbs or spices.
5. Serve on top salad.

Cooking Beans & Lentils Without Gas

Ingredients:

Dried beans or lentils

Water

Directions:

1. Wash beans in cold water and soak overnight in three times the volume of water.
2. Next day, pour off the water.
3. Place beans in a pot and cover with water 1 inch above the level of the beans.
4. Bring to a boil.
5. Let simmer with lid ajar.
6. Skim off the foam.
7. Add more water if necessary. Beans should always be covered with water while cooking.
8. Cooking time will vary according to the type, size and age of the bean.
9. Most beans will need approximately 2 hours cooking time. Lentils will take between 30 minutes to one hour.
10. Beans or lentils should be soft; this is when they are cooked. This is the stage that you can salt and other seasonings. Do not add salt while cooking as above.



For Vegan Chili recipe: <http://realfoodforlife.com/veganchili/>

Fall Immune Boosting Red Lentil Soup

Ingredients:

1 cup red lentils (7 ounces), picked over and rinsed (soaked overnight is best with water poured off)
3 cups water
1 large onion, chopped
2 Tbsp. coconut oil
3 tsp. cumin
2 tsp. coriander
1 tsp. turmeric
1/2 tsp. cardamom
1/2 inch pieces fresh ginger, grated
1 – 2 tsp. Himalayan salt
1/4 - 2 tsp. cayenne pepper
6 inch strip wakame seaweed broken into small pieces
Juice of 1/2 lemon



Directions:

1. Cook soaked lentils until they are very soft and falling apart; approximately 30 to 45 minutes.
2. Sauté onion in oil in a medium heavy saucepan over medium heat, stirring occasionally, until golden and softened.
3. Add spices stirring, sauté 1 minute more.
4. Add onion mixture and seaweed to lentils and cook for 20 minutes.
5. Purée mixture in blender (use caution when blending hot liquids) and return to pan.
6. Add juice of lemon and season with salt and black pepper.

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1/2 tsp Cardamom
Very small pinch Nutmeg – only at night
Very small pinch Cayenne pepper**
1/4 cup water
1/2 tsp Raw Manuka honey*

Directions:

8. Add spices to water in a small pot.
9. Warm up and let simmer for 10 minutes.
10. Remove from heat.
11. Strain spices.
12. Add cold water to bring to warm not hot temperature.
13. Mix in honey after it is cooled as we want to keep the aliveness there.
14. Enjoy.



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Spicy Pear with Pumpkin Seeds

Pears are a food for the fall in Chinese medicine. The texture of them helps to moisten the lungs without making them too damp. This is simple and yummy!

Ingredients:

1 Pear
1/2 tsp cinnamon
Tiny pinch nutmeg
1 Tbsp soaked pumpkin seeds

Directions:

1. Chop pear into bite size pieces.
2. Mix in ginger and pumpkin seeds.
3. Sprinkle with cinnamon.
4. Eat.

