

ANTHONY ROBBINS

# LIFE MASTERY EATING PLAN



ANTHONY ROBBINS  
**LIFE MASTERY**

## **Welcome Home – The Benefits of Your Life Mastery Cleanse Has Just Begun!**

Your Life Mastery experience has provided you with a new beginning to mastering your physical health: a beginning of greater awareness of your own health, of nutrition, and of food’s effect on your body.

Now that you have arrived home you are probably thinking to yourself, what’s next? While you are still in a high energy state and focused on the healthful knowledge you have learned, take the time to “clean house”. Throw out all of the unhealthy stuff that resides in your refrigerator, freezer and pantry (such as processed foods, pasteurized juices, salad dressings, ketchup, etc.) As soon as you can, stop by a grocery store to pick up healthful replacements, sticking primarily with the produce section of your grocery store, it’s optimal to avoid meat for another couple of weeks to extend the benefit of the cleanse.

It’s important to know that coming off your cleanse is just as important as being on it! Your intestinal tract and stomach are very sensitive now that the inner lining has been cleansed. When you go several days without eating and completely cleanse your gastrointestinal tract, throwing some food in there with no warning or immediately falling back into your old patterns of eating can really give your system a nasty shock. So, it is very important that you ease off gently.

As you start down your path to resuming your daily diet, remember to drink and eat slowly, chew your foods well, do your best not to overeat and remember to continue to drink lots of water. You’ve come this far, so don’t rush it!

During the cleanse you consumed mostly raw foods, as such, it is optimal to keep doing that for another couple of weeks. If you can continue for two to three weeks (21 days) you will get a lot more mileage out of Life Mastery experience. What happens is that many people, as soon as they eat, get sick, and start the process of blocking their colon again. Instead, with a little guidance and will power, you can continue to feel the energetic benefit of the cleanse for two weeks, four weeks—even a couple of months. Here is a seven day menu to get you started on the right track.

<b>7 Day Suggested Menu</b>							
	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	Elixir	Fresh Fruit	Elixir	Fresh Fruit	Elixir	Fresh Fruit	Elixir
<b>Optional Snack</b>	Fruit	Fresh Coconut	Water Melon (or other melon)	Raw Seeds (Pumpkin, Sunflower, etc.)	Cantaloupe	Raw Nuts (Brazil, Hazel, Walnuts, etc.)	Water Melon (or other melon)
<b>Lunch</b>	Grilled Salmon w/ Salad	Sesame Asian Salad w/Grilled Tuna	Vegetarian Club Salad w/your choice of Fish	Amazing Arugula Salad w/ Grilled Tuna	Hummus Wrap	Grilled Tuna & Salad or Tuna Salad	Salmon Wrap w/Veggies
<b>Optional Snack</b>	Melon	Apple w/ Almond Butter	Jicama w/almond butter	Water Melon (or other melon)	Fresh Coconut/ Jicama	Hummus w/ Veggies (Celery, Snow Peas, etc.)	Water Melon
<b>Dinner</b>	Great Gazpacho Soup	Super Veggie Wrap	Asian Vegetables (Broccoli, Snow Peas, etc.)	Tabouli without Bulgar Wheat & Hummus	Steamed Veggies	Vietnamese or Veggie Soup	Spaghetti Squash w/Tomato & Basil or Steamed Veggies Primavera
<b>Treat</b>	Mango Freeze	Faux Chocolate Shake	Citrus Delight	Banana & Date Shake	Coconut Chai	Apple Cinnamon Shake	Banana Date Shake

## **Key Menu Distinctions:**

**It's all about flexibility and variety so pick and choose as best suits your needs. Saturday or Sunday is often the best day to shop and prepare the more elaborate meals as well as plan out the week.**

- Always drink 6-8 ounces of water at least 30 minutes before every meal or snack.
- Mid-day meal should consist of vegetables and protein—avoid starch with meat. For the evening meal you can have brown rice, sprouted wheat, squash, etc.
- Stay away from white products (pasta, bread, rice, potato, white sugar). Those are the things that immediately make you feel sluggish and re-fire yeast or candida. Give your probiotics time to kick in.
- All fruit should be fresh and not canned. Eat as much as is comfortable and satisfying.
- Eat fish only at your mid-day meal. Avoid farm raised fish, for example, eat only wild salmon etc. Krill, squid, anchovies, herring, and sardines are better choices of sea food since they are lower on the food chain.
- Coconut and raw nuts and seeds can be interchanged if you choose. Remember they should be used sparingly as a treat and not a meal. That means not more than 2 one inch squares of fresh coconut, 2-3 tbsp. of nuts and seeds. As an example would be 6-8 Brazil nuts.
- Be sure to eat lots of fresh vegetables and prepare all vegetable dishes with minimal heat to preserve the enzyme and nutritional value.
- Many of the suggested meals are self explanatory, such as grilled salmon or tuna with salad. Steamed veggies with primavera is shredded zucchini, Napa cabbage, sweet potato, and green cabbage lightly steamed and covered with a primavera sauce. More complex recipes are located in the favorite recipes section ahead.
- Any energy Elixir or fresh fruit day can be switched out for another. You can also have an energy Elixir any day that you choose. (see recipe below in Elixir/Shake section).

### ***Did you know?***

The Wisdom of Farmers: the noon meal used to be called dinner and the evening meal used to be called supper. Dinner was supposed to be the big meal as this is when the 'digestive fire' is strongest to process meat and fish. Supper was soup and bread, and generally very light. As the words changed around over the years, the meals switched.

# List of whole foods to eat, try and enjoy

Remember buying fresh and organic is best. Be sure store properly in a cool place.

## Bulk Area:

- Raw/unsalted sunflower seeds, flax seeds (brown or golden), pumpkin seeds and unhulled sesame seeds.
- Raw/unsalted Brazil nuts, walnuts, hazelnuts, pecans, pine nuts, almonds, pistachios and cashews (best to buy about 1 lb. at a time and store in refrigerator or freezer).
- Raw almond butter or cashew and raw Tahini butter.
- Grains (1 lb. each) quinoa, amaranth, buckwheat groats, wild rice, oat groats, Teff®, Kamut®, millet and winter wheat berries. For cooking- brown rice.
- Raw wheat germ, wheat bran, oat and rice bran (store all grains in mason jars or plastic bottles in refrigerator or freezer).
- Beans and legumes: mung, adzuki, green, red, yellow lentils and black eye peas.

## Sun dried or dehydrated foods:

- Tomatoes, figs, plums, prunes, currants, apricots, mangos, peaches, apple, unsweetened banana chips, strawberries, cranberries, Craisins®, cherries, blue berries, plantain, raisins, pineapple, dates, persimmons, sweet potatoes and tamarind

## Produce/Veggies:

- Roots: burdock root, jicama, carrots, beets, turnips, rhubarb, red potatoes, onions, (white, yellow, red, green), red radishes and white daikon radish, garlic and ginger.
- Cucumber, celery, tomatoes and tomatillos.
- Sprouts: alfalfa, broccoli, pea, lentils, mung bean or soy bean.
- Green beans, snow peas or snap peas, peas, okra and edamame.
- Red potatoes, sweet potatoes, yams and cassava.
- Broccoli, cauliflower, brussel sprouts, anise, asparagus and eggplant.
- Squash: summer squash (zucchini, yellow, white, chayote, calabaza) and hard squash (pumpkin, acorn, butternut, spaghetti, Columbian).
- Bell peppers (red, yellow, orange).

## Greens:

- Lettuce: romaine, green leaf, red leaf, Boston, endive, escarole, etc.
- Cabbage (green, purple) and Chinese cabbage (Napa, Savoy)
- Spinach, chard (green, red), kale, mustard, collard, beet and turnip greens
- Bok Choy, baby Bok Choy, bean leaf, snow pea leaves, watercress, sum chow, gai lon, dandelion, Aloe Vera leaves, Nopales (prickly pear cactus pads, caution for small thorns) and grape leaves.

**Fruits:**

- Avocado, grapefruit, lemons, limes, pears, apples, watermelon with seeds, cantaloupe, kiwi, star fruit, peaches, nectarines, plums, all berries, figs, grapes with seeds, pomegranate, cranberries, pineapple, mangos, papaya, persimmons, tamarind, plantains, cherimoya, loquat, kumquat, honey dew, canary melon and coconut.
- Note: Use seedless grapes, bananas and oranges sparingly due to sugar content and eat with green veggies and/or raw seeds/nuts to slow the sugar absorption.

**Packaged:** Sea veggies, kelp, dulse, alaria, wakame, kombu, sea weed and laver.

**Herbs:** Cilantro, basil, parsley, all mints, rosemary, oregano, thyme, dill, tarragon and anise.

**Spice/Seasonings:** Celtic sea salt, Himalayan sea salt, Herbamare, Braggs Liquid Aminos, Braggs Raw Apple Cider Vinegar, kelp powder, turmeric, fennel, cinnamon, curry and cardamom.

**Oils:** Extra-virgin olive oil, grape seed oil, sesame oil, flax oil, Udo's Choice, Garden of Life-coconut oil, (refrigerate all oils to protect from heat and light damage)

**Breads:** Sprouted whole grains are preferred. Sprouted wheat wraps (Alvarado Street or 365 brand), Ezekiel or Essences bread.

**Natural Sweetener:** Stevia, raw agave, raw honey, maple syrup or molasses.

**Healthy Drinks & Herbal Teas:** Emer' gen-C (vitamin and electrolyte energy booster), Celestial seasonings, Jamaica (Hibiscus flower) Tea, Mega Greens with MSM, Korean Ginseng Tea, Amazon Herbs Tea, Yerba Mate' Tea, Teccino (caffeine-free herbal coffee).

**Specialty Items:**

- Powder green drinks: sweet wheat (wheatgrass powder) Barley Green's.
- Alfalfa tablets, Chlorella, Spirulina.
- Bee pollen, royal jelly, raw honey.
- Hempseeds, hemp oil.
- Feta, sunflower, almond or rice cheese.
- Raw/dehydrated flax seed crackers.
- Raw/dehydrated fruit rollups.
- Raw cashew, almond butter or raw Tahini butter.
- Alacer Emer'gen-C.
- Probiotics, Primal Defense.
- Ginseng.

**Optional Bulk items/Mixes:**

- 1 lbs. hummus, Tabouli mix, veggie burger or falafel mix.
- Carob chips or powder.

## ***Did you know?***

**There is no such thing as white rice? White rice is merely processed. There are over 1,000 varieties of rice—from purple, brown, black, red and golden rice, to name a few.**

## ***Remember to Treat Yourself... a little bit of Zagging!***

Yes, it is possible to treat yourself to a healthy snack. In fact, if you have a hectic schedule, it's even more important to eat healthy foods that give you the fuel you need to keep going.

Even when you take time to eat three meals a day, you may still feel hungry at times. What's the answer? Healthy snacks. Snacking on nutritious food can keep your energy level high and your mind alert without taking up a lot of your time.

Here are some healthy and fun alternatives to regular snacks that you can often buy in the produce section, health food section and bulk section of stores or online.

- Dried fruit such as papaya, pineapple, apples, apricots, figs, dates or bananas. Combine these with nuts (sunflower, almonds, cashews). A good idea is to never eat fruit by itself. It is a great opportunity to get in more greens by wrapping a banana in a lettuce leaf.
- Ginger tea with honey, lemon or lime.
- A Fruit Freeze—alternative to ice-cream (see recipe in *Sweets & Treats* section).
- Yes! You can eat chocolate as long it is raw. Mix together the following for a delectable chocolate treat:
  - Raw cacao beans or powder, honey, and soaked almonds.
  - Coconut oil, raw cacao, honey and almond/cashew butter.
- There are also many raw cookies, pies, and cakes out on the market (such as at *Mother's* in Newport, CA) that make yummy snacks. (We have included an amazing recipe for raw chocolate cake in the *Sweets and Treats* recipe section.)
- Raw energy bars (available through Raw Revolution (*online*), or stores such as Jimbo's, Whole Foods, Sprouts and HEB.)
- Raw Energy Balls (see recipe included in the *Sweets and Treats* section).



# Healthier Eating Out

We all know how hard it can be to eat out and be healthy, even without having just come off a cleanse. In general, it is a good idea not to eat out with friends for a couple of weeks until you get into a cycle of healthy eating. If you are not ready to deal with the social pressures to drink alcohol and partake of fried appetizers, before you know it you will have shot the program. Avoid the social temptations of eating out unless you have had a chance to scope out potential restaurants first. A great idea is to research a few restaurants and ask them what choices they have to offer. Going with a restaurant that offers Greek salad, Caesar salad or a soup and salad bar are good choices. Try and focus on vegetable dishes, avoiding bread, pizza, pasta, excess meat and fried foods. Stay off of all alcohol as much as possible and stay off of sodas forever. Additionally, when you're in a new town, ask your hotel front desk clerk, concierge or locals for vegetarian suggestions or recommendations.

**Chinese foods:** request light steaming, sautéing, no MSG and very little oil:

- Lightly steamed mixed veggies (green cabbage, bok choy, snow peas, onion, broccoli, Chinese cabbage, celery, green beans, bean leaf).
- Sauté broccoli with brown garlic sauce, Chinese broccoli or bok choy
- Snow pea leaf or bean leaf sautéed, Buddha's Delight
- Vegetarian Moo Goo Gai Pan , Mu Shu vegetables
- Sautee green bean (no meat), eggplant
- Fish or squid soup or dish with green vegetables

**Thai foods:**

- Vegetable soups and coconut curry veggie soup
- Steamed mixed vegetables
- Vegetarian spring rolls (not egg rolls)
- Lettuce wraps with fresh veggies (sprouts, cucumber, carrots)
- Veggies with curry/coconut sauce
- Vegetarian stir fry

**Vietnamese foods:**

- Pho (various soup dishes many with a little meat, chicken or fish and some are vegetarian broth with lots of fresh veggies)
- Spring rolls/veggie wraps (lettuce and various sprouts, cilantro, cucumber, etc.)
- Mixed veggies
- Sauté broccoli

**Indian Foods:**

- Vegetarian specialties include mung bean, potatoes, chickpeas, lentils, soups, dahl's, cabbage, green beans, peas, spinach, curry veggies, cauliflower, tomatoes, etc.

## **Middle Eastern:**

- Tabouli, hummus, baba ganoush, sauté veggies, cucumber salad, squash, chickpeas, potatoes, green beans, spinach and lentils.

**Soup and Salad Bars or Specialty /Vegetarian Restaurants:** these can offer a wide range of whole food items. However, be careful to avoid items such as bread, heavy cheeses, sour cream or sugar laden salad dressings.

**Grocery Stores and Health Food Stores:** Salad bar and to-go food counters now exist at many grocery and health food stores.

## **Planes, Trains and Automobiles**

Whether you're planning a trip by plane, train, or automobile, you'll most likely face the challenge of feeding yourself during what can be a very long day. Typical travel fare includes fast food, microwave-ready service station options, bags of chips, and lots of sodas. These foods are almost always full of bad fats, lots of calories, and not much valuable nutrition. Plus, eating junk food for a couple of days can strip you of your healthy cleansed state, leaving you feeling fatigued and crabby, and give you a stomach ache.

With a little bit of effort and willpower, you can navigate your way around the junk food and maintain your cleansed state while traveling. You'll feel healthier, more alert and energetic, and have more fun. So, the next time you travel, consult the following list and bring along a few or all of these items to maintain your new healthy lifestyle:

- Container or Ziploc® with fresh celery, carrots, avocado (whole avocados fit nicely, in an empty super greens container), apples and oranges.
- Dehydrated flax crackers, fruit rollups, etc.
- Dried fruit (figs, plums, currants, apricots, dates, mangos, papaya, peaches, apple, banana chips, pineapple, blue berries, berries, raisins, Craisins®) and sun dried tomatoes.
- Raw Brazil, hazelnuts, walnuts, pecans, pine nuts or almonds (soak first) and raw seeds such as flax, pumpkin and sunflower.
- Dry packaged hummus mix, tabouli mix, miso or other packaged soup mix that you can just add hot water to.
- Sprouted whole wheat/sprouted grain wraps/bread (Ezekiel, Genesis).
- Small bottle of olive oil and seasonings (Spike, Veg-It, 21 Salute, sea salt, etc.)
- Container of almond, cashew, pumpkin seed or tahini butter (Note: eat peanut butter as a last resort).
- Natural/raw granola bars, granola cereal, trail mix, raw energy bars.
- Super Green drink powder, green supplements and/or fruit/veggie concentrate, Vitamin-C, Emergen-C, herbal teas or other health supports.
- Sea veggies: kelp, wakame, seaweed (such as dulse).
- Special treats: dehydrated natural cookies, tamarind, carob chips, veggie cheese, veggie chips, raw food candies like carob balls and crystallized ginger.
- Whole grains: oats, buckwheat, quinoa, amaranth, (can be soaked and eaten as a natural cereal with or without heating). Add a little honey or maple syrup.
- Water bottles and large neck plastic bottles (pint or quart).
- Spoons, forks and knives (metal in check-in bag,) paring knife. Extra Ziploc® bags, vegetable scrubby and Dr. Bronners liquid soap.



## ***Where the Wild Things Are***

Kids watch what you do. If they see you eating healthy foods, they're more apt to eat healthy foods as well. You should replace peanut butter with cashew and almond butter, and jelly with honey. Replace all of your boxed cereals with oatmeal and raisins or fresh fruit. Steel cut or rolled oats offer great health benefits, avoiding the high sugar content of instant/packageged oatmeal. It is also important to get rid of juices and sports drinks as they are sugar laden and offer very little nutritional benefit. By helping your children eat healthier you will also find it easier to sustain your own cleanse.

## ***Sustaining Your Cleanse....***

Although it may be disheartening to know, the truth is that lasting improvement in your health may take many months or years to establish. You may feel better from your days of cleansing; however, what you should really be shooting for is to build a foundation of health that will serve you for decades.

Also, please remember that the positive effects of an intense period of cleansing (like the one that you just came through) will last only as long as your dietary and lifestyle choices support your health after your cleanse. Your body is working its tail off to detoxify itself, even as you are reading these words, and it will continue to do so after an intense cleanse. Full body cleansing never stops—it is always happening at the pace that your daily choices allow. If you want to experience your best health, your job is to support your body's self-cleansing mechanisms every day.

A great idea to help maintain a focus on your new, healthy lifestyle is to join a local raw potluck, vegan or vegetarian group. These groups and/or classes are offered in many cities and if you can't locate one, you can start your own. Not only will you find like-minded individuals to garner support from and share recipes with, but it will help to make your new lifestyle choice fun!

## Favorite Recipes

From soups and salads, to main dishes to desserts, these recipes use some favorite whole food ingredients—like sprouted wheat, apples, avocados, squash and more—to make memorable, healthy meals. With a minimal amount of research, you will find that there are also many great raw cook books and websites available that contain additional recipes.

### Sesame Asian Salad

- ½ lime fresh squeezed juice
- ½ tsp. fresh grated ginger or ginger powder
- 1 tsp. Nama Shoyu (soy sauce)
- 1 tsp. sesame seeds
- 1 tbsp. Tahini (sesame butter)
- ½ tsp. kelp/seed weed powder
- 1 tsp. olive oil
- 1 tbsp. honey or maple syrup
- 1 shredded daikon
- 2 shredded carrots
- ¼ head shredded cabbage
- ½ diced cucumber
- 1 cup diced mung bean sprouts
- 1 cup chopped snow peas

Mix the first eight ingredients in a large bowl to make the dressing. Shred, chop and dice the remaining items and add to the bowl. Mix well and chill for 1-2 hours before serving.

### Vegetarian Club Salad

- 1 tbsp. extra-virgin olive oil
- 1 tsp. soy sauce or Braggs Liquid Aminos
- 2-4 tbsp. lemon or orange juice
- 1 tbsp. Tahini, almond butter or peanut butter
- 3-6 Brazil nuts
- 3-6 Black walnuts
- 3-6 pecan halves
- 3-6 soaked raw almonds
- 8 romaine or green leaf lettuce leaves
- 2-4 tomatoes
- ½ cucumbers (diced)
- 1 celery stalk (chopped)

Mix the first four dressing ingredients in the bottom of a large bowl and mix well to make the dressing. Then chop and dice the remaining ingredients and add to the bowl. Add the nuts and mix well. Add fish of your choice for lunch.

## Amazing Arugula Salad

3 cups organic Arugula, washed and chopped  
1-2 Roma tomatoes, diced  
½ chayote squash, peeled and diced (or sub. ½ cucumber)  
1 avocado, peeled and diced  
½ lime, juiced  
1 tbsp. extra-virgin olive oil  
½ tsp. kelp powder (or pinch of sea salt and seasonings)  
8-10 walnut halves (or almonds soaked in water overnight)  
1 sprig of fresh basil, oregano or rosemary (chopped)

Add all the ingredients into a medium bowl and mix well.

Kelp powder can be found at your health food store or easily made in several minutes with a blender. Just take some dried kelp leaves and cut them into very small pieces (1"x1") with strong kitchen scissors. Next drop them into a blender and blend on high speed until it becomes very small flakes like those used in most seasonings. It may require a spatula to push the flakes closer to the blender blades and later out into a small jar for future use also.

## Hummus and Veggies

1 cup water  
2 tbsp. extra-virgin olive oil  
½ lemon or lime  
Package or bulk powder hummus from the store  
2-3 celery stalks or ½ cucumber strips

Follow the directions with the hummus mix and combine all ingredients into a bowl in the order given. Dip the veggies into the hummus for a super snack. A fresh hummus can be made by blending a zucchini squash with garlic, spices and the other ingredients (less water as needed) to make a healthier version of this Mediterranean specialty.

## Great Gazpacho

2-3 tomatoes diced  
1-2 celery stalks  
½ cucumbers diced  
1 green onion or ¼ red onions (diced)  
1 yellow, red or orange bell pepper (optional)  
3-5 parsley sprigs finely chopped  
3-5 sprigs of cilantro  
4-5 Roma tomatoes pureed  
½ lemon or lime juice  
2-4 tbsp. extra-virgin olive oil  
1 clove garlic crushed  
¼ tsp. sea salt  
Dash of cayenne pepper and cumin  
Optional: 1 avocado diced

Chop or dice the first seven ingredients and place in a medium bowl. Pour in the pureed tomatoes. Add the remaining ingredients and mix well. Put in the refrigerator and let sit for at least one hour. Serves 2-3. Optional: Add the diced avocado and mix well before serving.

## Super Veggie Wrap

- ½ avocado sliced
- 1 cup purple cabbage shredded
- Tomato slices
- Mung bean sprouts
- ½ cup carrots shredded
- 10-12 snow peas
- 1 tbsp. extra-virgin olive oil
- ½ tsp. seasonings
- 2 sprouted wheat wraps

Wash, cut, shred and prepare the veggies to create your super wrap stuffings. Place the sprouted wheat wrap on a plate and arrange the veggies to make a filling. Next drizzle the olive oil and sprinkle the seasonings to liven up the wrap flavors. Roll all the ingredients into a super wrap and enjoy.

## Tabouli without Bulgur Wheat

- 1 cup quinoa or amaranth seeds
- 5-6 tbsp. extra-virgin olive oil
- 1 garlic clove pressed/minced
- 1 lemon or lime
- 1 bunch parsley
- 3-4 Roma tomatoes
- 1-2 cucumbers
- Optional: 1 green onion, 5-6 mint leaves, ¼-½ tsp. various seasonings for additional flavor

Soak the seeds in 1 cups of water for 48 hours. (Drain and refill at least once and keep cool).

Dice the parsley, tomatoes and cucumbers and place in a large bowl. Squeeze the lemon or lime over the diced veggies. Add the minced garlic and olive oil and then stir all the ingredients together. Drain the seeds and then add them to the veggies and stir well. Add optional ingredients to suit taste. Let sit for several hours and then serve. Serves 2-4.

## Vietnamese Soup with Shitake Mushrooms

2 tbsp. veggie broth powder or (blended veggies and spices)  
2-3 tbsp. Hoisin Sauce or (5 Spice Chinese powder, Nama shoyu, blended sesame or sunflower seeds)  
4 slices ginger root  
3-4 cups water  
1-2 cups snow peas  
1/3 cup dried Shitake mushrooms (must soak for several hours prior)  
2 green onions  
2-4 cups Chinese cabbage  
1/3 cup sea veggies (kelp, wakame, arame, kombu or dulse)  
2 cups bean sprouts (mung or soy beans)  
Sprigs cilantro (chopped)  
1 garlic clove pressed  
1/2 lime juice  
2 tbsp. favorite oil  
Optional ingredient: 1 cup of finely shredded sweet potato, pumpkin or fall sweet squash.

Add the first four ingredients into a pot and warm on a low setting. Chop the next five ingredients into bite size pieces and add into the pot and continue to warm for 5-8 minutes on a very low temperature. Chop the bean sprouts, cilantro and garlic and add to the serving bowls. Serve the soup from the pot into the bowls over the veggies and squeeze the lime juice into the bowl. This will serve 2-3 people.

## Veggie Sushi Wraps

3 tbsp. Nama Shoyu (soy sauce) or Braggs Liquid Aminos  
1/4 tsp. Wasabi or Chinese mustard powder  
1-2 tbsp. filtered water  
1 cup mung bean sprouts  
1/2 cup thinly chopped cucumber  
1 avocado  
1/2-1 cup shredded carrots  
1/2 cup shredded jicama  
8-10 romaine or green leaf lettuce  
1/2 cup sprouted wild rice

Mix the first three ingredients in a small dipping bowl and set aside. Peel and slice the avocado into long strips. Chop the mung bean sprouts into small pieces. Shred 1-2 carrots and 1/2 small jicama. Mix all the chopped veggies except the avocado in a large bowl. Use the lettuce leaves as a wrap to hold the veggies and avocado which you then dip into the soy sauce as a sushi roll.

With a little planning ahead, a great optional ingredient is to add sprouted wild rice which has been soaked for at least 24-48 hours. Use 1/3 cup wild rice soaked in enough water to cover completely. Be sure to rinse at least once a day and keep in a cool place.

### Sweet and Sour Coleslaw

¼ cup raw flax or whole sesame seeds  
½ cup water  
4-5 tbsp. raw cider vinegar  
½ tsp. sea salt  
¼ tsp. cayenne pepper or black pepper  
½-1 tsp. mustard powder or mustard seeds  
½ head red cabbage, shredded  
1 head green cabbage, shredded  
2 large carrots, shredded  
½ red onion or 3 small green onions finely chopped

In a blender add the first three ingredients and puree until a smooth consistency results. Add more a little more water if needed to puree fully. Add the next three ingredients and puree again. Pour the dressing into a large mixing bowl. Add the shredded and chopped vegetables into the bowl and mix thoroughly. Allow to set for several hours in the refrigerator for the flavors to blend. This should make 4-6 servings depending on the size of the cabbage. Serve as a side dish or use to fill a lettuce leaf or sprouted wheat wrap.

Optional: Add a slice of avocado to the wrap or on top of the coleslaw for a satisfying and healthy bonus.

### Sun-Dried Tomatoes Pesto

2-3 ripe Roma tomatoes  
8-10 sun-dried tomatoes (soaked in water for several hours)  
2-4 tbsp. extra-virgin olive oil  
10 leaves fresh basil or (2 tbsp. dried basil)  
¼ to ½ tsp. sea salt  
1-2 cloves garlic  
10-15 walnut halves

In a blender puree the Roma tomatoes and then the sun dried tomatoes. Next add the pressed garlic and basil and puree again. Add the walnuts and sea salt and puree for 30 seconds. Spoon into a jar with a lid and store in the refrigerator.

## Salad Dressings

Helpful Hint: when you get rid of the unhealthy salad dressings that you currently have in your refrigerator, keep the glass bottles to hold the new, healthy dressings you can make from the recipes below.

### Celery/Avocado Dressing

3-4 celery stalks  
1 ripe avocado

Juice 3 to 4 celery stalks and then blend the celery juice with an avocado. This gives a dressing with a healthy salt taste, healthy fat, and tastes great. (Herbs could be added to this basic recipe for a variety of taste treats).



### Pico de Gallo with Tomatillo Dressing

3-4 tomatoes  
½ bundle of cilantro  
½ sweet yellow onion  
½ cucumber  
1 lime juiced  
½ tsp. cumin  
¼ tsp. cayenne pepper  
3-4 tomatillos  
¼ cup extra-virgin olive oil  
Raw sunflower seeds or raw nuts optional for thicker and richer dressing

In a blender puree the first eight ingredients. Pour into a bottle and add 1/4 cup of virgin olive oil. Mix well before serving. For a thicker consistency you can blend in several raw nuts or some raw seeds. Keep in the refrigerator and use within 1 week.

## Energy Elixir and Shake Recipes

While most people are familiar with fruit smoothies... elixir recipes are somewhat unique. These are classified as an Energy Elixir due to the fact they have all fresh fruits, green vegetables and raw nuts and seeds. These ingredients provide a better tasting and energizing combination of fruits, vegetables, proteins and essential fatty acids. Use local, organic and sustainable sources whenever possible. Also, be sure to rinse, soak, and wash all nuts, seeds, fruits, green leaf plants, herbs and vegetables well. Using fresh and whole, organic foods creates the best tasting, energizing and nutritious combination for you.

### Apple Cinnamon Shake

1 cup filtered water  
2 tbsp. flax seeds  
2-3 tbsp. raw sunflower seeds  
2-4 pitted dates  
⅓ tsp. cinnamon  
2-3 cored apples (red, yellow or green)  
2-3 romaine lettuce leaves  
1 stalk celery (optional)

Add the first four ingredients into a blender and go from a slow to super fast blend until pureed. Then add the remaining ingredients and puree. Avoid ice so it will more easily remind you of a spiced apple desert. This makes the equivalent of 1-2 servings.

### Banana Date Shake

2 tbs. flax seeds  
8-10 soaked raw almonds  
¼ tsp. cinnamon  
¼ tsp. vanilla  
2-3 pitted dates  
1 cup filtered water  
2 bananas  
2-3 romaine or other lettuce leaves

Add the first five ingredients into a blender and puree on low speed first then high speed. Then add the last three items and blend again until it is thick and creamy. Yes it will be slightly green from the chlorophyll in the lettuce. Chlorophyll is the magic source for converting sunlight into plant energy all over the world. This will make it a great healthy and energizing treat instead of the typical fattening deserts. Serve in a tall glass and enjoy!

### Beautiful Berries

2-3 tsp. raw pumpkin seeds  
2-3 tsp. flax seeds  
1 cup filtered water  
½-1 cup cranberries or other berries  
1-2 oranges  
2-3 pitted dates or ½ banana  
2 stalks celery and/ or 3 leaves of lettuce

Super blend the first three ingredients into a puree and then add the rest in two stages and blend some more. This is a great strategy to have a tangy treat loaded with lots of fiber, enzymes, phyto-nutrients and Vitamin-C.

### Faux Chocolate Shake

2 tbsp. flax seeds  
1-2 tsp. carob power or chips  
1" x 2" piece of fresh coconut (optional)  
½ tsp. vanilla  
½ to 1 tsp. cinnamon  
10-12 soaked raw almonds or 5-6 Brazil nuts  
4-6 pitted dates  
½-1 cup filtered water  
½ banana  
2-3 romaine lettuce leaves

Add the first seven ingredients to a strong blender. Blend on low speed first and then high until it becomes a fine puree. Add the last two items and puree until done. Treat yourself to a healthy desert alternative without all the unhealthy ingredients found in most chocolate ice cream.

### Citrus-Cranberry

2-3 tsp. raw pumpkin seeds  
2-3 tsp. flax seeds  
1 cup filtered water  
½-1 cup cranberries (or any berries)  
1-2 oranges  
2-3 pitted dates or ½ banana  
2 stalks celery and/ or 3 leaves of lettuce

Super blend the first three ingredients into a puree and then add the rest in two stages and blend some more. It provides a healthy combination of plant based protein, essential fats and carbohydrates to fuel the body and mind for optimal health and energy.

### Citrus-Delight

2-3 tsp. flax seeds  
2-3 tsp. raw sunflower seeds  
½ cup filtered water  
2-3 oranges  
⅛ -¼ cucumber

Puree the first three ingredients in a blender. Then add the peeled oranges and cucumber and puree. The result will be a very delicious fresh orange juice deluxe elixir.

### Coconut Chai

6-8 raw blanched almonds  
3-4 tbsp. raw sunflower seeds or flax seeds  
1-2 cup filtered water  
½ tsp. cinnamon  
¼ tsp. nutmeg  
1-2 square inches fresh coconut  
½ tsp. vanilla  
3-5 pitted dates or ½ banana

Add the first 3 ingredients to a blender and mix. Then add the additional items and blend until a puree. It usually takes even a strong blender a while for the coconut so be advised. Additional flavors can be added to enhance the taste such as carob powder, fresh pineapple, mint, cardamom, maple syrup, honey, etc. Try a little experimentation and make adjustments to modify the taste to suit your taste buds, as well as provide variety.

### Down Under Kiwi

2-3 tsp. flax seeds  
3-5 pitted dates  
½-1 cups filtered water  
2-3 kiwi (with skin on you get extra Vitamin-C and fiber)  
2-3 romaine lettuce leaves  
½ banana

Add the first 3 ingredients into a blender and puree. Then add the next three items and puree until smoothly green energy elixir is complete.

### Fig Newton Delight

2-4 tsp. flax or raw sunflower seeds  
5-6 dried figs (soaked in ½-1 cup filtered water for 3-5 hours)  
2-3 pitted dates ( also soaked in the water) or ½ banana  
1 stalk celery  
2-3 romaine lettuce leaves  
2-3 sprigs parsley

Add the first three ingredients ( including water) into a blender and puree until smooth. Then add the remaining ingredients and continue to puree until a thick and creamy consistency results.

### Great Grapefruit

2-3 tbsp. sesame seeds  
2-3 tbsp. raw pumpkin seeds  
½-1 cup of filtered water  
1 grapefruit  
1 orange  
½ banana  
½ cucumber

Carefully peel just the rind from the grapefruit and orange leaving as much pith as possible. Puree the first three ingredients in a power blender. Then add the grapefruit and orange sections and blend. Finally add the remaining items and blend again until smooth.

### Outstanding Orange

2-3 tbsp. flax seeds  
2-3 tbsp. raw sun flower seeds  
½-1 cup filtered water  
2-3 peeled oranges with seeds.  
2-3 stalks of celery  
¼-½ cucumber

Peel the oranges carefully with a knife to remove the rind only leaving as much pith as possible. Add the first three ingredients to a blender and puree on high speed. Add the last three items and blend again. If it is not quite sweet enough then add 1/2 banana or 2 pitted dates. Tastes great and is great for you.

### Perfect Plantain Date Shake

2 tbsp. flax seeds  
8-10 soaked raw almonds  
¼ tsp. cinnamon  
¼ tsp. vanilla  
2-3 pitted dates  
1 cup filtered water  
2 ripe plantains (usually must be quite black on the outside and feel a bit soft rather than too hard)  
2-3 romaine or other lettuce leaves

Add the first five ingredients into a blender and puree on low speed first then high speed. Then add the last three items and blend again until it is thick and creamy. Yes, it will be slightly green from the chlorophyll in the lettuce. Serve in a tall glass and enjoy!

### Pumpkin Pie

¼ tsp. pumpkin pie spice or cinnamon spices  
3-5 tbsp. raw pumpkin seeds  
5-8 pecan halves  
3-5 pitted dates  
½-1 cups filtered water  
½ cup uncooked pumpkin  
¼-½ cucumber

Optional: 2-4 tsp. raisins, 1 tsp. maple syrup, honey or agave for extra sweetener. Add the first four ingredients into a blender and puree. Then add the last two items and puree again. This way you can enjoy the many healthy benefits of your pumpkin from Halloween or Thanksgiving.

### Calcium Bentonite Clay Cleanse Elixir

- 1-2 tbsp. Calcium Bentonite Clay powder
- 2-3 tbsp. raw flax seeds
- 2-3 tbsp. raw pumpkin seeds
- 1 tsp. psyllium powder
- 1 cup spring or filtered water
- 1 grapefruit peeled and with seeds
- 1 apple (cored)
- ¼-½ cucumber
- 1 stalk celery
- 1 small bunch of parsley
- 1-2 leafs of romaine, kale, chard, collard or other dark green veggie

Add the first four ingredients into a blender and puree. Then add the remaining ingredients and puree again. This recipe will help you experience the many healthy benefits of your alkalizing and detoxing Calcium Bentonite Clay while you also enjoy a great tasting and nutritious breakfast treat.

### Survivor Elixir

- 2-3 cups water
- 2-3 tbsp. raw Brazil nut or Macadamia nuts
- 3-4 square inches fresh raw coconut plus coconut water
- 2-3. raw bananas or ripe plantains
- ¼ pineapple (peeled with a knife)
- 1 lime or orange (peeled)
- Figs or other fruit available
- 2-4 leaves of kale, sea weed or green leafy plant or veggie
- Pinch of sea salt

Add the first three ingredients to a blender and puree on high speed. Add the next three items and blend again. Then add the last three items and blend again. This healthy treat tastes great and is great source of fiber, vitamins, phyto-nutrients, minerals and enzymes.



## Sweets and Treats!

### Fabulous Mango Freeze

2-3 pieces of fresh coconut (about one inch square each)  
10-15 soaked raw almonds or 10 raw Brazil nuts  
(or half & half)  
2 pitted dates  
1 cup water  
1 medium or large ripe mango (peeled)  
1 ripe banana (peeled & frozen)  
2-3 ice cubes

In a blender or add the first four ingredients and puree on high speed. Add the next three ingredients and puree on high speed again. Pour into glasses and place in the freezer for 20-30 minutes. Serves 2-3. Enjoy the great healthy alternative to ice cream.

### Raw Energy Balls

1 cup raw walnuts or pecans  
1 cup sprouted wheat berries (to sprout, soak  $\frac{3}{4}$  cup  
wheat berries in distilled water 24-hours)  
1 cup raisins  
4 tbsp. shredded coconut  
2 tbsp. apple juice or water

Put nuts in food processor and pulse a few seconds. Add drained wheat berries, raisins and coconut. Process until dough is formed, adding additional apple juice or water if necessary. If you desire a sweeter product, add extra raisins or dates. Refrigerate. When cold, roll spoonfuls into balls with your fingers and then roll in additional coconut. Refrigerate.

## Raw Chocolate Cake

### **Crust**

5 cups raw almonds (ground)

3 cups organic raisins

3 tablespoons raw carob powder

½ tsp. Celtic sea salt (or to taste)

Grind all the above ingredients well in a food processor and then press into a pie plate, and set aside.

### **Topping**

½ cup distilled water

1 cup Tahini

6 tbsp. raw honey

3 tbsp. raw carob powder

1 tsp. vanilla

Blend all topping ingredients in food processor and spread evenly over crust. Decorate with fruits, berries, and nuts. Chill! (If you have any topping left over, roll bananas in the topping, then roll in chopped pecans and freeze for a yummy treat).

## Fig Nutty Newton

8-12 oz. warm water or herbal tea

4 fresh or dried figs (Black Mission or Kalamata are my favorites)

4-6 raw Brazil nuts

Sit quietly taking deep breaths and sip the warm drink for several minutes as you relax. Then slowly chew and enjoy nourishment from the sweet fruit and rich taste of the nuts.

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