





***Say YES to developing positive habits and it becomes easier
to avoid old habits that do not support a better you!***

Below is a list of optimal suggestions—the more you say YES to positive habits and the more you reduce negative ones, the more complete your transformation will be. The most important aspect of this program is taking your Juice Plus+® products (which research shows support positive changes), eliminating wheat (gluten), and dairy products for 30 days.

Say YES to:

- **Juice Plus+®**—JuicePlus+ Complete® (power shake) and JuicePlus+® trio (capsules). Combined, these will fuel your transformation.
- **Water**—Drink enough pure water a day that your urine remains clear (usually two to three liters).
- **Exercise**—Do 30-60 minutes of moderate exercise at least four days a week.
- **Zero wheat**—The benefits of eliminating wheat are enormous. And it's easier than you might think!
- **Zero Dairy**—Try hummus as a substitute for cheese. Eat leafy greens for the best source of calcium.
- **Deep breathing**—Complete deep breathing exercises three times per day for three minutes for relaxation.
- **Sleep**—Plan ahead to get eight full hours of sleep each night.
- **Assist**—Eating your last meal by 6:00 pm allows your body to rest and digest properly.
- **Balance**—If you are an athlete or in training, feel free to increase portion size to accommodate high energy expenditure.

Reduce:

- **Artificial preservatives, colors, sweeteners, chemicals**
- **Caffeine**
- **Saturated fats or cholesterol**
- **Refined sugar**
- **Hydrogenated fats**
- **Alcohol**



Overview

Congratulations on your decision to participate in the Transform30™ challenge.

By now you are familiar with the program. Your Juice Plus+® Orchard, Garden, and Vineyard capsules, and Juice Plus Complete® Power Shakes should be arriving soon. Now we need to set you up to make excellent food choices for the next 30 days.

Your diet will consist of whole foods, along with two Juice Plus Complete® Power Shake meals each day. Don't forget to drink a tall glass of water with every meal, as well as throughout the day (enough to ensure that your urine is clear!).

You will always start your day with a Power Shake. This shake should fill you up and keep you sustained for several hours. If you find that your metabolism is starting to speed up, and you're getting hungry within 2 hours, please feel free to choose from our healthy snack meals, especially if you are working out. If you are an athlete, then you can have more meals/calories as long as your choices follow the same guidelines. You should not have to experience hunger for 30 days for this to program to work for you. Eating the right foods, in the right amounts, to support your energy output, is a delicate balance. We want you to feel full and satisfied, while achieving or maintaining an optimal lean body mass.

The next meal you replace will be up to you. Depending on your day, you may find it easier to eat a full meal for lunch, and have your Power Shake for dinner. For these meals you can add a large salad with a plant protein.

As far as your full meal goes, we suggest you stick to lots of fresh, raw, or lightly steamed vegetables, and a cup of cooked food (e.g. brown rice, quinoa, millet, potatoes, etc.). Athletes will need more of these complex carbohydrate sources for enough fuel. Feel free to use items (or similar) from the **snack menu** for your side dishes. You cannot eat too many fruits and vegetables, so be sure to eat lots. Your proteins can come from plants, as they have plenty of protein (despite popular belief. See table next page). The Complete® Power Shakes will provide bioavailable protein/amino acids for supporting mitochondria and lean mass. We recommend a plant-strong diet for these 30 days.

Be sure to be prepared to start your Transform30™ challenge the right way. You will need to make sure your fridge is filled with some of the foods from our list. You will also want to make sure you have all of your ingredients for your Juice Plus+ Complete® Power Shakes. You'll need coconut water, almond milk, rice milk (or any other plant milk), bananas, kale or spinach, as well as ice. A blender and a shaker will be necessary as well.

—Dr. Mitra Ray





CHART 11.2: NUTRIENT COMPOSITION OF PLANT AND ANIMAL-BASED FOODS (PER 500 CALORIES OF ENERGY)

Nutrient	Plant-Based Foods*	Animal-Based Foods**
Cholesterol (mg)	—	137
Fat (g)	4	36
Protein (g)	33	34
Beta-carotene (mcg)	29,919	17
Dietary Fiber (g)	31	—
Vitamin C (mg)	293	4
Folate (mcg)	1,168	19
Vitamin E (mg_ATE)	11	0.5
Iron (mg)	20	2
Magnesium (mg)	548	51
Calcium (mg)	545	252

* Equal part of tomatoes, spinach, lima beans, peas, potatoes

**Equal parts of beef, pork, chicken, whole milk

Table from: *The China Study* by T. Colin Campbell, Thomas M. Campbell II (May 11, 2006)





A Typical Transform30 Day

UPON AWAKENING:

Start each day with an 8-ounce glass of water. Add a squeeze of fresh lemon if you like, as lemon juice stimulates the body to become more alkaline. Take two Juice

Plus+® Orchard, two Garden and two Vineyard capsules with a large glass of water (in the morning is fine even on an empty stomach, as it is food-disregard label).

BREAKFAST:

Suggested–Juice Plus+ Complete® Power Shake

Vanilla or Chocolate Shake:

- 1 Cup of organic plant milk or pure water
- 1 scoop of Vanilla or Chocolate Juice Plus+ Complete®
- 1 Cup of raw spinach, spring mix or ½ cup kale
- 1 ripe banana
- 1-2 tablespoons of flax, chia or pumpkin seeds
- ½ cup of ice

Blend until smooth.

May substitute any fruit or veggie in recipe
See Juice Plus Complete® Recipe book for other great variations or make your own and share on Facebook.

POWER MEAL (Lunch or dinner):

Juice Plus+ Complete® Power Shake and small whole food plant based salad. Choose salad contents from following (*locally grown or grown in your own Tower Garden™*):

Greens (*choose as many as you like*): lettuce, spinach, kale, chard, arugula, mustard greens, etc.

Fresh veggies (*choose as many as you like*): cucumbers, carrots, broccoli, cauliflower, radishes, snap peas, asparagus, avocado, tomatoes, beets, steamed/boiled potatoes or yams or sweet potatoes, etc.

Plant omega fats (*choose 2*): walnuts, almonds, pecan, seeds of pumpkin, sunflower, chia, flax, or hemp.

Plant proteins (*choose 2*): organic soft tofu, chick peas, black beans, kidney beans, pinto beans, or other beans/ lentils

Dressing options: lemon, pepper, sea salt, Dijon mustard, balsamic or other vinegar, cayenne pepper, 1 tablespoon of ground up cashews

POWER SHAKE ON-THE-GO

When you are travelling or on the go, carry a shaker, some Juice Plus+ Complete®, and water or coconut water to mix up a quick Power Shake on-the-go.





A unique opportunity for the body to cleanse

So you get started with the Transform 30™ program and suddenly you find that you don't feel so good. You may feel tired or sluggish; you may have any one of a number of symptoms such as bloating, gas, diarrhea, stomach cramps, constipation, flu-like symptoms, bad breath etc., and you are wondering why you got talked into this in the first place. Don't worry, the only physiological reason for why Juice Plus+® products would make you feel bad is that you are detoxifying.

Congratulations! You are on your way to better health.

What you have to understand about detoxification is that the body is constantly trying to detoxify itself from endogenous substances such as its own dead tissue, cholesterol, and uric acid. It is also trying to eliminate exogenous substances such as microbes, dioxin, PCBs, and other chemical residues. We live in a world of environmental pollution – everything from toxic chemicals to radiation. The average American tests positive for 270 chemicals – including rocket fuel, Teflon, plasticizers, lead, mercury, pesticides, petrochemicals. Furthermore, we have moved from

a nomadic lifestyle of eating 600 different plants – still typical for today's rare nomadic societies – to a sedentary life and a diet seriously lacking in that level of variety of plant life.

The body is a miraculous machine and, when it is operating optimally, it can repair damaged tissue, and cleanse dead material and foreign chemical pollutants out of the body. This is done by the numerous biochemical reactions that require a whole plethora of enzymes. However, without the variety of plant matter in the modern diet, for most of us, this process of detoxification remains incomplete. This is because with our modern lifestyle we do not get enough vegetables and fruits in our diet to adequately nourish all the cells to enable them to make their full complement of enzymes. We need these enzymes to facilitate all the possible trillions of biochemical reactions that the body wants to engage in to operate optimally.

For instance, the liver is a powerhouse organ for detoxification. There are Phase I and Phase II enzymes that help in this process (and some believe there is yet another Phase III set of enzymes). Phase I enzymes are

involved in what I'll call the first stage in "tagging" foreign substances for removal in the body. These enzymes unfortunately also generate loads of free radicals in the process, and this can lead to secondary damage to the cells. Here, an adequate supply of phytonutrients (plant-nutrients) being present is critical to prevent such damage (and Juice Plus+® products can provide them). Now it gets a little more complicated because this tagging of foreign substances – so that the body can remove them – requires Phase II enzymes to complete the process, and this also requires a higher level of plant nutrient intake.

Now when a person gets on Juice Plus+® – with nutrients from over 25 different plants in the Orchard, Garden and Vineyard blends, and 14 more plants in the Complete® shake mix, the liver becomes very happy as it can finally make all the enzymes necessary to get the job done. This relative increase in the cleansing reactions can show up as excess gas, bloating, constipation or diarrhea, since the liver dumps toxins into the bowel to be excreted.

The other major system in the body involved in cleansing is the lymphatic

system. Most people don't know that there is twice as much lymph fluid in your body as blood. The lymph continuously bathes each cell and drains away the debris in a circulatory system, powered only by your breathing and movement. If the movement of the lymph stopped entirely you would die in a matter of hours. The lymph system's primary function is to isolate infection and cellular detritus from the rest of the body and deal with it. This process is happening all over the body, all of the time. Amazingly, the lymphatic system has no central pump but depends on muscle contraction and manual manipulation to move fluid. Just as an aside, deep breathing, along with regular exercise, is another essential way to enhance movement of lymph through our bodies.

Now, when you start Transform 30™, you might also experience your lymphatic system getting very active in removing debris. You may feel weak, or you may feel like you have the flu, or just swollen glands. You need not worry as this is a good sign that your lymphatic system is hard at work cleaning out your entire body.

The consequences of not cleansing the body are actually far more severe and long-lasting, and symptoms worsen with time. Imagine you can have a clean running river of lymphatic fluid flowing through the body with optimal nutrition, or you can have debris piling up in the river and blockages over time. Because the lymph cleanses nearly every cell in your body, symptoms of chronic

lymph blockage are diverse, such as allergies and food sensitivities, frequent cold and flu infections, joint pain, headaches and migraines, menstrual cramps, arthritis, fibrocystic breasts, breast tenderness, sinusitis, GI issues, muscle cramping, tissue swelling, fatigue, mental fuzziness, mood irregularities, depression, parasites, skin breakouts, and acne, just to name a few. And unlike the symptoms of detox, which are temporary, these other health issues get worse with time because lack of plant nutrition leads to toxic overload in the body.

It is best to try to exercise, get plenty of rest, breathe deeply, and drink lots of water to help the body eliminate toxins as quickly as possible, and then you can enjoy the long term benefits of Juice Plus+® products. Also, with these products, the cleansing is typically deeper without the detox symptoms being severe, as compared to traditional water-fasting or juicing cleanses. This is because taking Juice Plus+ Complete® everyday will stabilize your blood sugar which helps with minimizing detox symptoms.

If you have a hectic workload you might want to back off on Juice Plus+® and take a smaller dosage for a short period and then work your way back up to two fruits, veggies and vineyard capsules. The most important thing to remember is to not quit, as once you are through this phase; you will experience the long term results with Juice Plus+®.

SOURCES OF TOXICITY

Industrial Chemicals and Combustion Pollutants—Virtually everyone is exposed to halogenated hydrocarbons, such as polychlorinated biphenyls (PCBs), at some level during an average day.

Pesticides—Over 800 different chemicals belong to this class of toxicants. Although manufacturers of these agents try to make them selective for specific types of organisms, most pesticides are in some way toxic to humans.

Endocrine Disruptors—Common endocrine disruptors in the environment include phthalates. It is important to note that not all estrogenically-active compounds are considered endocrine disruptors, for example isoflavones and lignans are considered “selective estrogen receptor modifiers” (SERMs), not disruptors.

Toxic Metals—Toxic metals are ubiquitous in the environment and often have delayed effects because they accumulate in the body. Consequences of lead toxicity include DNA damage, depressed immune system function, anemia, hypertension, kidney disease, and increased tooth decay.

Food Additives, Preservatives, and Drugs—Drugs enter our body from more sources than those that we intend to consume. In fact, certain drugs—including growth hormones and antibacterials—are considered one of the main contaminants of foods.



Meal Plan and Shopping Guide

PREP TIME:

(up to 1 hour-becomes less as you get used to it)

Initially, give yourself one hour–once per week–prep time to make your meal plan and shopping list.

Here is some help with your first week so you can learn how to prepare a meal plan, which will help you create an accurate shopping list. You can also use this time to parboil grains that take time, soak beans, and cut up some veggies for use later in the week. Sunday is often a good day to plan for the week. Be sure to get the **Kitchen Basics** and **Power Shake Basics** on the first week (*see next page*).

At first, this may seem daunting. In the long run it will save you:

- **Time** – no more running to the store during rush times with long lines, shop on your schedule
- **Money**- stick to your meal plan and grocery list and you won't be buying expensive and unhealthy convenience foods
- **Wasted food** – you won't find spongy broccoli at the back of your fridge that you forgot about as you are buying what you need for your meal plan
- **Stress** – there's nothing worse than being hungry and not knowing what to eat because you don't have the proper ingredients in the house to prepare what you want
- **Guilt** – because you are eating unhealthy foods, because it's fast and easy and you don't have the right foods on hand

Once you get into the habit, planning your meals will become easier and easier. After a few weeks, you can cheat and go back to your old meal plans to give you ideas (so don't throw them out).

SHOPPING BASICS:

- **Buy organic and local.** If organic is unavailable, use a veggie-wash, food grade hydrogen peroxide or one part vinegar to 10 parts water, and wash produce carefully.
- **Read the ingredient list.** Not that you will buy much packaged food during this 30 day period. Should you buy anything, don't be fooled by marketing words such as "gluten-free" or "omega-rich". The ingredients list is your best clue as to the real value of the food.
- **Avoid GMO foods – get educated.** Here is a great site to learn more <http://www.nongmoproject.org/find-non-gmo/search-participating-products/>



KITCHEN BASICS:

Sea salt

Black pepper

Dijon mustard

Balsamic vinegar

(If you can find aged 18+ years, that is tastiest.)

Garlic cloves

Onions

Tomatoes

Celery

Lemon

Lime

Turmeric powder

(Natural food preservative and it helps reduce inflammation)

Cumin

Curry Powder/Paste

(can substitute Garam Masala as well)

Olive Oil Spray

Coconut Oil Spray

BASICS FOR POWER SHAKES:

Coconut water

Organic (and unflavored) plant-based milk with minimum additives in ingredient list –

(Almond, hemp, soy, rice, etc.)

Bananas

Berries

Almond Butter, Sunflower Butter, or Peanut Butter with no preservatives or additives.

(Health food stores often sell in bulk.)

Experiment with other local, seasonal, organic fruit as Juice Plus+ Complete® is very versatile.



WEEK 1 SHOPPING LIST

Organized by snacks, salads and meals – recipes for these are in the recipe section

SNACKS

- **Rice cakes**
- **Celery**
- **Carrots**
- **Zucchini**
- **Humus** (*recipe page 10*):
(*or premade if ingredient list is clean*)
1 can chickpeas (garbanzo beans)
Garlic
Tahini or sesame seeds (2 tablespoons)
Try adding some fresh parsley and/or cilantro
(*a handful of each*)
- **Apple Sauce** (*recipe page 10*):
Apples
Lemon
Cinnamon
- **Apples with peanut butter**
- **Non-dairy yogurt (coconut or organic soy)**
(*vanilla flavor or mixed with fruit or berries*)

SALADS, DIPS and DRESSINGS

- **Guacamole** (*recipe page 10*):
3 ripe avocado
1 lime
1 tomato
1 clove garlic
1 serrano or jalapeno pepper, enough for ½ cup
chopped cilantro
- **Apple, Arugula and Walnut Salad** (*recipe page 11*):
1 large shallot clove
1 tart green apple
Arugula greens, about 5 -6 cups
Lemon
Spring Mix
- **Spring Mix Salad** (*recipe page 11*):
Spring mix
Cucumber
Mixed peppers

Mango
Tomatoes
Avocado

MEALS

You may only need to make 3 or 4 meals and spread them out throughout the week.

- **Black Bean Tacos** (*recipe page 13*):
Garlic
Canned black beans
Rolled oats
Organic cornmeal
Chili powder
Large lettuce leaves
Organic corn, frozen OK
- **Grilled Veggies** (*recipe page 14*):
1 red bell pepper
1 yellow squash (about 1 pound total)
1 zucchini
1 Japanese eggplant (12 ounces total)
6 shitake mushrooms or any other mushrooms
1 bunch asparagus
3 green onions
Either fingerling or other potatoes (half the volume
of other veggies in mix)
Italian parsley leaves
basil leaves
fresh oregano leaves
- **Cauliflower Soup** (*recipe page 13*):
1 head of cauliflower
Raw cashews





Snack and Side Dish Ideas

- **Fresh fruits and berries**
- **Hummus with raw vegetables for dipping**
(recipe page 10)
(Try lots of new veggies... Jicama is great raw)
- **1 apple with 1 tablespoon of natural peanut butter** (or other nut butter) **for dipping.** *(Check the label... nothing more than peanuts and salt)*
- **½ cup of non-dairy yogurt** (coconut or organic soy yogurt) **with mixed berries, or fruit of your choice**
- **Rice cake, celery sticks, sliced cucumbers with a thin layer of peanut, almond, cashew, or sunflower butter** *(Please watch how much nut butter you eat.)*
- **Carrots, zucchini, with hummus**
- **1 handful of raw nuts or seeds**
(Almonds, cashews, sunflower seeds, walnuts, etc.)
- **Cut-up tomatoes and cucumbers and a drizzle of balsamic vinegar**
- **½ cup of bananas and blueberries** (or any berry) **topped off with coconut or organic soy yogurt** *(no dairy)*
- **5 rice crackers topped with Raw Green Salsa Salad** *(recipe page 11)*
- **½ cup of Green Bean and Chickpea Salad** *(recipe page 11)*
- **½ - ⅔ cup of quinoa salad**
- **½ cup of plain oatmeal** (no flavors) **with mixed berries or fruit and a sprinkle of vanilla Juice Plus+ Complete® shake mix** *(you can replace cooked oatmeal with cooked quinoa for some variety)*
- **Spring Mix Salad** *(recipe page 11)*
- **⅔ cup of Raw Green Salsa Salad**
- **Plain air popped organic popcorn**
- **Frozen grapes**
(good if you are looking for a sweet treat)
- **Raw Apple Sauce** *(recipe page 10)*
- **Guacamole** *(recipe page 10)* **with veggies or baked rice crackers**
- **Apple, Arugula and Walnut Salad** *(recipe page 11)*





Snack, Salad, and Side Dish Recipes

Hummus

- 1 can chick peas, drained and washed
- 1 large fresh lemon
- ¼ cup tahini (or even better, use 2 tablespoons freshly ground sesame seeds)
- ½ teaspoon cumin
- ½ teaspoon sea salt
- ½ teaspoon garlic
- ¼ cup water – or more to desired consistency
- Optional: handful of fresh parsley and/or cilantro

In a food processor, mix the tahini and the juice of one lemon until blended and fluffy. Add in the cumin, garlic, salt, and herbs. Mix until blended. Add half the chick peas and blend until smooth. Add the remaining chick peas and water to desired smooth consistency (water makes creamier hummus than oils). Add a pinch of cayenne pepper or a splash of hot sauce if you want a little kick!

Guacamole

- Avocado - 6 ripe
- Freshly squeezed lime juice - from 3 limes
- Tomato – 1 chopped
- Garlic cloves – 1 finely chopped
- Serrano/jalapeno chili pepper - 1, seeded, chopped
- Fresh cilantro – 1 large handful (about ½ cup) chopped
- Sea salt – to taste
- Freshly ground black pepper - to taste

Mix all ingredients together with a fork.

Raw Apple Sauce

- 3 apples, peeled, cored and sliced
- 1 tablespoon lemon juice
- 1 teaspoon cinnamon

Place all ingredients in process for 2-3 minutes, stopping as necessary to scrape sauce down the sides

Quick Raw Vegan Coconut Yogurt

Yields approximately 3 cups

- ¾ to 1 cup raw young Thai coconut water
- 16 ounces (453 grams) raw young Thai coconut meat
- Probiotic powder (2 capsules worth) or half a cup of pre-made yoghurt (*make sure it contains probiotic bacteria*)

Blend the coconut water and coconut meat until smooth. Add the probiotic powder (simply open the capsules and dump the contents into the blender), or half cup of pre-made yoghurt and blend briefly.

Pour into a bowl (or jar) big enough to allow a bit of room to expand. Gently place a lid on top and set your coconut yogurt to culture on your counter for 8-16 hours. The longer it cultures, the more yogurt-y it becomes in taste.

When you're ready to eat it, feel free to sweeten it and/or add extracts like vanilla, fresh fruit, etc.

Spring Mix Salad

Bowl of spring mix, diced cucumber, mixed peppers, cherry tomatoes, diced mango and diced avocado. Add juice of fresh lemon, sea salt, and pepper for flavor if needed.

Raw Green Salsa Salad

1 diced English cucumber
1 diced avocado
½ red onion diced
1 fennel bulb diced
½ cup of organic corn
Juice of lemon
2 tablespoons of honey
Dash of salt
Fennel bulb (also called anise) and onion diced in a food processor

In a mixing bowl, combine all ingredients.

Green Bean and Chickpea Salad with Avocado

2 cups fresh green beans, cut into bite-size pieces
2 cups cherry or grape tomatoes
1½ cups cooked chickpeas
(or one 15 ounce BPA-free can)
¾ cup avocado chive dressing
½ teaspoon sea salt
¼ teaspoon ground black pepper
1 large avocado, chopped
2 tablespoons chives, chopped

Toss all ingredients together.

Black Bean Salad

1 (15-ounce) can of black beans, thoroughly rinsed, and drained (or 1½ cup of freshly cooked black beans)
1½ cups frozen corn, defrosted (or fresh corn, par-boiled, drained and cooled)
½ cup chopped green onions or shallots

2 fresh jalapeño peppers, seeded and minced, or
1 whole pickled jalapeño pepper, minced (not seeded)
3 fresh plum tomatoes, seeded and chopped
1 avocado, peeled, seeded, and cut into chunks
½ cup fresh chopped cilantro
¼ cup fresh chopped basil
2 tablespoons lime juice (about the amount of juice from one lime)
½ to 1 teaspoons of agave or maple syrup (to taste)
Salt and pepper to taste

In a large bowl, combine the beans, corn, onions, jalapeño chile peppers, tomatoes, avocado, cilantro, basil, lime juice. Add syrup and salt and pepper to taste. The sugar from syrup will help balance the acidity from the tomatoes and lime juice. Chill before serving.

Apple, Arugula and Walnut Salad

1 large shallot, peeled and sliced
Salt
1 tart green apple, thinly sliced
Baby arugula leaves - enough for a salad for four
¼ cup toasted walnuts, roughly chopped
Lemon juice
Salt and pepper

Heat non-stick or green pan to low heat. Lightly sauté the shallot slices until translucent – add water to keep from burning if needed. Remove from pan. Cool shallot and toss together in a serving bowl with sliced green apple, arugula, walnuts. Dress with lemon juice, salt and pepper to taste.

Mexican Green Bean Salad

1 pound fresh green beans, strings removed, ends snapped off, cut in half into about 1½ inch length pieces
¼ cup onion, finely chopped
2 tablespoons lime juice or white vinegar
½ teaspoon sea salt

- ½ teaspoon dried oregano (Mexican oregano if you can get it)
- ¾ cup packed, chopped cilantro
- ⅓ cup canned, pickled jalapeño chili peppers, sliced
- ⅓ cup chopped red onion
- ½ avocado, sliced or cut into inch long pieces
- 1 medium tomato, cut into 8 wedges, or a cup of halved cherry tomatoes

Bring a large saucepan of salted water to a boil. Add the beans and simmer until just tender, about 2 minutes. Drain the beans and run cold water over them to cool them quickly. Drain completely. Place beans in a large bowl. Gently mix in the lime juice or vinegar, ¼ cup onion, sliced pickled jalapeños, sea salt, oregano and cilantro. Let sit for half an hour. When ready to serve, gently mix in the chopped red onion. Serve the avocado slices and tomato wedges on the side or mixed into the salad.



Greek Black Eyed Pea Salad

- 2 cups dry black-eyed peas
- Sea salt
- 1 jar of sun-dried tomatoes, about 8 ounces
- 1 cup black or green olives without any preservatives (Santa Barbara Olive Company is good example of chemical-free olives)
- 1 finely chopped green onion
- 1 finely chopped garlic clove
- 1 large bunch of spinach, about 1 pound, washed, chopped
- Zest and juice of a lemon

Bring a medium pot of water to a boil. Add enough salt to make the water taste like the sea. Turn the heat down to low and add the black-eyed peas. Let them cook slowly, uncovered, until they are done, anywhere from 30 minutes to an hour, depending on how old the peas are. Don't let the water simmer. Add the spinach to a large bowl. Add all the other ingredients except the lemon juice and mix well. When the black-eyed peas are done, pour them into a colander and spray them with cold water to stop the cooking. Pick through and discard any loose skins or mashed peas; you'll find a few, but hopefully not many. Add the black-eyed peas to the salad, mix well and serve. Squirt some lemon juice over each serving before you take them to the table.



Meals/Main Dishes

Black Bean Tacos

These are super yummy. Substitute tortilla with lettuce leaves as a wrap

Olive oil/Coconut Oil cooking spray
2 cloves garlic
2½ cups canned black beans, rinsed and drained
¼ cup rolled oats
¼ cup organic cornmeal
1 tablespoon chili powder
1 teaspoon sea salt
½ teaspoon freshly ground black pepper, divided
8 small rice tortillas or large lettuce leaves
1 cup organic corn, thawed if frozen
1 medium red bell pepper, chopped
1 small green chili, diced
2 scallions, chopped
Juice of 2 limes
¼ cup chopped fresh cilantro

Heat oven to 400°. Coat a baking sheet with cooking spray. In a food processor, chop garlic. Add beans, oats, cornmeal, chili powder, ¾ tsp. salt and ¾ tsp. black pepper; process, stopping once or twice to scrape down sides, until mixture is combined, 1 minute. Crumble bean mixture with hands, sprinkle on prepared sheet, and coat with cooking spray. Bake until firm and crisp on bottom, 10 to 15 minutes. Use a spoon to break up pieces, coat with cooking spray, and bake until crisp all over, 10 to 15 minutes. Stack tortillas and wrap in foil; warm in oven 5 minutes. In a bowl, combine corn, bell pepper, chili, scallions and remaining ¼ teaspoon salt and ¼ teaspoon black

pepper; sprinkle with lime juice. Divide bean crumble among tortillas; top with corn salsa and cilantro

Super-Easy Cauliflower Soup

1 cauliflower head
Vegetable broth
½ cup raw cashews
Sea salt to taste

Bring vegetable broth to a boil and add one head cauliflower cut up in chunks. Simmer until cauliflower is soft adding ½ cup raw cashews for last 5 minutes. Blend in a blender. This soup is so easy and the texture is velvety... a real comfort food! If you have a Vitamix, you can put cauliflower chunks, cashews, sea salt and boiling water in and blend for an even faster preparation.

Curried Lentils

1 yellow onion, chopped
Olive oil spray
Curry powder or paste
½ teaspoon turmeric
1 teaspoon cumin
½ cup red dry lentils
1 tomato chopped
1 small sweet potato, finely chopped
Handful of baby spinach

Sauté chopped onions in a little olive oil for 2 minutes. Add a heaping tablespoon of curry powder or paste

and sauté another 2 minutes, along with ½ teaspoon of turmeric and 1 teaspoon of cumin. Add about ½ cup of red dry lentils and about 2 cups of either water or stock, and a chopped tomato and a very finely chopped sweet potato. Simmer about 20 minutes or until soft. Add more water or stock if necessary. Add a large handful of baby spinach at the last minute. Serve with warmed Ezekiel wraps, leftover brown rice, or sometimes I add ½ cup of quinoa along with the lentils to make a complete protein and just add more liquid. OPTIONAL: Add a strip of Kombu or kelp during the cooking to add extra minerals. Remove before serving.

Grilled Veggies

This is great to have made up in fridge for salads or grilled veggie sandwich – try spreading hummus on your sandwiches instead of cheese or mayo, using gluten free bread. An even healthier choice is lettuce leaves or other large leafy greens to roll veggies instead of bread sandwiches.

- 1 red bell pepper, seeded and halved
- 1 yellow squash (about 1 pound total), sliced lengthwise into ½-inch-thick rectangles
- 1 zucchini, sliced lengthwise into ½-inch-thick rectangles
- 1 Japanese eggplant (12 ounces total), sliced lengthwise into ½-inch-thick rectangles
- 6 shitake mushrooms or any other mushrooms
- 1 bunch asparagus, trimmed
- 3 green onions, roots cut off
- Either fingerling or other potatoes cut into small pieces (half the volume of other veggies in mix)
- Sea salt and freshly ground black pepper
- 2 garlic cloves, minced
- 1 teaspoon chopped fresh Italian parsley leaves
- 1 teaspoon chopped fresh basil leaves
- ½ teaspoon finely chopped fresh oregano leaves
- Olive oil/coconut oil cooking spray

If the parsley, basil, and oregano are grown in a Tower Garden™, taste will be sensational. This is a fast and tasty meal. You don't need all the veggies to make it

work. Preheat oven to 450° or prepare the barbecue (medium-high heat). Spray oil on veggies lightly. Sprinkle the vegetables with salt and pepper and all herbs and toss. Working in batches, grill or bake the vegetables until tender and lightly charred all over, about 8 to 10 minutes for the bell peppers; 7 minutes for the yellow squash, zucchini, eggplant, and mushrooms; 4 minutes for the asparagus and green onions. Arrange the vegetables on a platter. The key to getting those great grill marks is to not shift the vegetables too frequently once they've been placed on the hot grill.

Serve the vegetables, warm or at room temperature.

Scrambled Tofu

- 1 Tablespoon olive oil
- ½ cup red cabbage
- ½ medium zucchini, sliced
- 2 green onions, minced
- 1 pound firm tofu, drained and crumbled
- 1 teaspoon turmeric
- ¼ teaspoon cayenne, or to taste
- Sea salt to taste
- ¼ cup fresh parsley, minced

Sauté cabbage, zucchini, and onions in non-stick skillet in low heat until they begin to soften. Use water to keep from burning and avoid oil. Drain tofu well, pressing out excess water. Crumble tofu into skillet and add seasonings, stirring to mix well. Heat thoroughly and add fresh parsley just before serving.

Mexi-Tofu Scramble – Serves 4

- 1 tablespoon olive oil
- ½ medium onion, chopped
- ½ green pepper, chopped
- 1 pound firm tofu
- 1 teaspoon chili powder, or to taste
- Sea salt, to taste
- ¼ cup fresh cilantro, minced
- 1 medium tomato, chopped

Sauté onion and pepper in non-stick skillet in low heat until they begin to soften. Use water to keep from burning and avoid oil. Drain tofu well, pressing out excess water. Crumble tofu into skillet and add seasonings, stirring to mix well. Heat thoroughly and add fresh cilantro and tomato just before serving.

Grilled Portobello Mushrooms with Tomatoes

Olive oil/Coconut Oil cooking spray
4 large portobello mushrooms (about 5 inches in diameter), stemmed
Sea salt and freshly ground black pepper
2 cloves garlic, minced
3 small to medium-sized vine-ripened tomatoes, cut into ½-inch pieces
¼ cup chopped fresh basil leaves

Prepare the barbecue (medium-high heat). Lightly spray mushrooms to prevent from sticking. Sprinkle the mushrooms with salt and pepper. Grill until the mushrooms are heated through and tender, about 5 minutes per side. Add chopped garlic to the tomatoes, and basil and toss to coat.

Season the tomato salad, to taste, with salt and pepper. Place 1 hot grilled mushroom gill side up on each of 4 plates. Sprinkle with more salt and pepper. Spoon the tomato salad atop the mushrooms and serve.

Lettuce Wraps

1 package of soft organic tofu
2-inch piece ginger, peeled and finely grated
2 scallions, chopped
2 cloves garlic, minced
2 tablespoons soy sauce
1 teaspoon red pepper flakes
¼ cup hoisin sauce
¼ cup chopped peanuts
Salt and freshly ground black pepper
1 head Boston lettuce, leaves separated, cleaned and dried

In a skillet over medium-high heat, sauté tofu until brown. Stir in ginger, scallions, garlic, soy sauce, red pepper flakes, and hoisin, and cook for 1 minute. Remove from the heat and stir in the peanuts. Season with salt and pepper and serve warm wrapped in lettuce cups.

3 Bean Chili

1 cup chopped onion
½ cup chopped green bell pepper
2 teaspoons bottled minced garlic
¾ cup water
2 tablespoons tomato paste
2 teaspoons chili powder
2 teaspoons ground cumin
¼ teaspoon black pepper
1 can garbanzo beans, rinsed and drained
1 can red kidney beans, rinsed and drained
1 can black beans, rinsed and drained
1 can organic vegetable broth (such as Swanson Certified Organic)
1 can no-salt-added diced tomatoes, undrained
¼ cup chopped fresh cilantro

Heat 2 tablespoons of water in a large saucepan over medium heat. Add onion, bell pepper, and garlic to pan; sauté 3 minutes. Stir in ¾ cup water and next 9 ingredients (through diced tomatoes); bring to a boil. Reduce heat, and simmer 8 minutes. Stir in cornmeal; cook 2 minutes. Remove from heat; stir in cilantro. Serve with guacamole.



Recommended Recipe Books

Allergy and Candida Cooking: Understanding and Implementing Plans for Healing, third edition, Sondra K. Lewis with Dorie Fink. Canary Connect Publications: Iowa, 2005.

Chakra Foods for Optimum Health, Deanna Minich. Conari Press: San Francisco, CA, 2009.

Cooking Vegetarian, Vesanto Mellina. RD, Joseph Forest. Macmillan: Toronto, Canada, 1996.

Eat, Drink, and Weigh Less, Mollie Katzen and Walter Willet. Hyperion: New York, NY, 2006.

Eat to Live Cookbook: 200 Delicious Nutrient-Rich Recipes for Fast and Sustained Weight Loss, Reversing Disease... Joel Fuhrman Oct 8, 2013.

Farmer John's Cookbook: The Real Dirt on Vegetables, Farmer John Peterson and Angelic Organics. Gibbs Smith: Salt Lake City, 2006.

Feeding the Whole Family: Cooking with Whole Food, 3rd edition, Cynthia Lair and Peggy O'Mara. Sasquatch Books: Seattle, WA, 2008.

Flying Apron's Gluten-Free & Vegan Baking Book, Jennifer Katzinger. Sasquatch Books: Seattle, WA, 2009.

Forks Over Knives – The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year Del Sroufe, Julieanna Hever MS RD CPT, Isa Chandra Moskowitz and Darshana Thacker, 2012.

The Gluten-Free Almond Flour Cookbook, Elana Amsterdam. Celestial Arts: New York, NY, 2009.

Gluten-Free, Sugar-Free Cooking, Susan O'Brien. Marlowe and Co: New York, NY, 2006.

The Gluten-Free Vegan, Susan O'Brien. Da Capo Press: Philadelphia, PA, 2007.

Healing with Whole Foods, Paul Pitchford. North Atlantic Books: Berkeley, CA, 1993.

The New Becoming Vegetarian: The Essential Guide to a Healthy Vegetarian Diet, Vesanto Mellina, and Brenda Davis, Healthy Living Publications: Tennessee, 2003.

The New Moosewood Cookbook (Mollie Katzen's Classic Cooking), Mollie Katzen. Ten Speed Press: Berkeley, CA, 2000.

Simple Treats, a wheat-free dairy-free guide to scrumptious baked goods, Ellen Abraham. Book Publishing Company: Tennessee, 2003.

The UltraMetabolism Cookbook: 200 Delicious Recipes that Will Turn on Your Fat-Burning DNA, Mark Hyman. Scribner: New York, NY, 2007.

The UltraSimple Diet: Kick-Start Your Metabolism and Safely Lose up to 10 lbs in 7 Days. Mark Hyman. Pocket Books: New York, NY, 2007.

Vegetarian Cooking for People with Allergies, Raphael Rettner. Book Publishing Company: Tennessee, 1997.

Vegetarian Family Cookbook, Nava Atlas. Broadway Books: New York, 2004.

The Whole Life Nutrition Cookbook: Whole Foods Recipes for Personal and Planetary Health, 2nd edition, Alissa Segersten and Tom Malterre. Whole Life Press: Bellingham, WA, 2007.

YOU on a Diet: The Owner's Manual for Waist Management, Michael Roizen and Mehmet Oz. Free Press: New York, NY, 2006.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast							
Lunch							
Snack							
Dinner							
Water	<input type="checkbox"/> 1 Liter Bottle <input type="checkbox"/> 1 Liter Bottle <input type="checkbox"/> 1 Liter Bottle	<input type="checkbox"/> 1 Liter Bottle <input type="checkbox"/> 1 Liter Bottle <input type="checkbox"/> 1 Liter Bottle	<input type="checkbox"/> 1 Liter Bottle <input type="checkbox"/> 1 Liter Bottle <input type="checkbox"/> 1 Liter Bottle	<input type="checkbox"/> 1 Liter Bottle <input type="checkbox"/> 1 Liter Bottle <input type="checkbox"/> 1 Liter Bottle	<input type="checkbox"/> 1 Liter Bottle <input type="checkbox"/> 1 Liter Bottle <input type="checkbox"/> 1 Liter Bottle	<input type="checkbox"/> 1 Liter Bottle <input type="checkbox"/> 1 Liter Bottle <input type="checkbox"/> 1 Liter Bottle	<input type="checkbox"/> 1 Liter Bottle <input type="checkbox"/> 1 Liter Bottle <input type="checkbox"/> 1 Liter Bottle
Exercise							
Breathe/ Meditation							
Rest/Sleep							



BODY PARTS MEASUREMENT RESULT TRACKER

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Notes:

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