

NOT JUST A COACH · YVETTE ROSE · HOLISTIC PRACTICE

THE RECIPE BOOK · EDITION ONE

EAT FOR THE RESET.

Seventy plant-forward recipes for energy,
hormones, gut, and calm — portioned, and with
the numbers that matter on every page.

SMOOTHIES · SNACKS · SALADS
SOUPS · MEALS

NJC

WHERE THESE CAME FROM.

I started Joulebody in my own kitchen, out of necessity. I needed food that was real, that actually helped the body heal, and that a busy person could still make on a Tuesday. Everything grew from there.

These are the recipes we developed and tested along the way. Each one was built with a purpose: to support a gentle cleanse, to help the body detox the way it already knows how, to steady hormones through what you eat, and to care for the gut, where so much of our health quietly begins.

Nothing here is punishing. No powders you can't pronounce, no restriction for its own sake. Just real ingredients, simple methods, and enough plants to feel the difference.

Start wherever you are. Your body is always listening.

YVETTE ROSE

FOUNDER, JOULEBODY • HOLISTIC HEALTH COACH

THE RECIPES.

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Every recipe carries per-serving nutrition and a page number. Figures are estimates for guidance, not medical advice. A * marks an adjusted portion.

SECTION 01

SMOOTHIES & JUICES

Fast blends and pressed juices to start the day, settle the gut, or reset in the afternoon.

8 RECIPES

GUT HEALTH BEAUTY JUICE

TIME	SERVES	LEVEL	GOOD FOR
5 MIN	16 OZ	1 OF 5	MORNING • DETOX

INGREDIENTS

- 1 cup water
- ½ cup grapefruit juice
- ½ cup strawberries
- ¼ tsp fennel seeds
- 1 tsp turmeric
- Pinch Himalayan salt

METHOD

- 01 Add all ingredients to a blender.
- 02 Blend for 3 minutes.

ADJUSTED Adjusted: fennel seeds ¼ cup → ¼ tsp; salt 1 tsp → a pinch (was ~2,300 mg sodium).

95 CALORIES	2g PROTEIN	21g CARBS	3g FIBER	15g SUGAR	200mg SODIUM
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MINERALS K 360 • Ca 45 • Fe 1.2 • Mg 25

HEADACHE RELIEF SMOOTHIE

TIME	SERVES	LEVEL	GOOD FOR
5 MIN	16 OZ	1 OF 5	AFTERNOON · ENERGY · VEGAN

INGREDIENTS

- 1½ cups honeydew or watermelon, incl. seeds
- Handful fresh basil or mint
- 1 inch fresh ginger
- 1 tsp raw honey (optional)
- ¼ tsp nutmeg, grated
- Pinch cayenne
- ¼ cup coconut milk
- 1½ cups filtered water

METHOD

- 01 Cut melon, remove seeds and skin, cube.
- 02 Blend melon with the remaining ingredients.
- 03 Blend until smooth.
- 04 Pour and garnish with basil or mint.

210 CALORIES	3g PROTEIN	32g CARBS	3g FIBER	26g SUGAR	45mg SODIUM
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MINERALS K 520 · Ca 40 · Fe 1.1 · Mg 45

REBOOT SMOOTHIE

TIME	SERVES	LEVEL	GOOD FOR
5 MIN	16 OZ	1 OF 5	MORNING · DETOX · FOCUS

INGREDIENTS

- 1 tsp turmeric
- 1 tbsp ginger root
- 2 kale leaves
- ¾ cup orange juice
- 1 small beet, quartered
- ¾ cup filtered water

METHOD

- 01 Add all ingredients to a blender.
- 02 Blend for 2 minutes.
- 03 Add ice and drink.

130 CALORIES	4g PROTEIN	29g CARBS	5g FIBER	18g SUGAR	90mg SODIUM
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MINERALS K 700 · Ca 90 · Fe 1.6 · Mg 45

SUPERFOOD HOT CHOCOLATE

TIME	SERVES	LEVEL	GOOD FOR
10 MIN	16 OZ	2 OF 5	EVENING · MOOD · RELAXATION

INGREDIENTS

- 2 tbsp cacao
- ½ tsp cinnamon
- Pinch Himalayan salt
- 1 tsp maca
- ½ tsp collagen
- ¼ tsp coconut oil
- 1 tbsp honey
- 1 tbsp nut butter
- Pinch vanilla
- 1½ cups boiled water

METHOD

- 01 Blend all ingredients until frothy.

ADJUSTED Adjusted: salt ½ tsp → a pinch (was ~1,150 mg sodium in one drink).

260	6g	26g	5g	18g	300mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 400 · Ca 60 · Fe 3.5 · Mg 110

DETOX GREEN JUICE

TIME	SERVES	LEVEL	GOOD FOR
5 MIN	16 OZ	1 OF 5	MORNING · DETOX · GUT · VEGAN

INGREDIENTS

- 1 celery stalk
- ½ cup kale
- ¼ cup parsley
- 2 dates
- 1 tbsp chlorophyll
- 1 cup water

METHOD

- 01 Add all ingredients to a blender.
- 02 Blend for 1 minute.
- 03 Drink fresh, or store sealed up to 3 days.

ADJUSTED Adjusted: dates 4 → 2 (4 dates pushed sugar to ~60 g). Values shown are for 2 dates.

180 CALORIES	3g PROTEIN	44g CARBS	7g FIBER	32g SUGAR	80mg SODIUM
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MINERALS K 700 · Ca 90 · Fe 1.8 · Mg 45

NOT ANOTHER GREEN JUICE

TIME	SERVES	LEVEL	GOOD FOR
5 MIN	16 OZ	1 OF 5	MORNING · ENERGY · GUT · VEGAN

INGREDIENTS

- 1 cup green leaves (spinach, kale, chard)
- 1 cup water
- 1 tbsp flaxseeds
- 2 dates
- 1 kiwi
- 1 cup green grapes
- 1 celery stalk
- ¼ cup parsley

METHOD

- 01 Add all ingredients to a blender.
- 02 Blend for 1 minute.
- 03 Drink fresh, or store sealed up to 3 days.

260 CALORIES	5g PROTEIN	55g CARBS	9g FIBER	38g SUGAR	60mg SODIUM
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MINERALS K 800 · Ca 120 · Fe 2.4 · Mg 70

SKINNY JUICE

TIME	SERVES	LEVEL	GOOD FOR
5 MIN	16 OZ	1 OF 5	AFTERNOON · DETOX · FOCUS

INGREDIENTS

- 1 lemon, squeezed
- ½ grapefruit, squeezed
- ½ tbsp maple syrup
- ¼ tsp cayenne
- 1 cup filtered water

METHOD

- 01 Squeeze grapefruit and lemon into a large cup.
- 02 Add maple, cayenne and water.
- 03 Stir for 1 minute.

60 CALORIES	1g PROTEIN	15g CARBS	1g FIBER	8g SUGAR	5mg SODIUM
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MINERALS K 200 · Ca 25 · Fe 0.4 · Mg 15

TURMERIC GRAPEFRUIT MINT JUICE

TIME SERVES LEVEL
5 MIN 16 OZ 1 OF 5

GOOD FOR
AFTERNOON • DETOX • GUT •
VEGAN

INGREDIENTS

- ½ cup grapefruit
- ½ cup water
- 1 tsp turmeric
- 1 tsp maple syrup
- Pinch cayenne
- 1 mint leaf

METHOD

- 01 Add all ingredients to a blender.
- 02 Blend for 30 seconds.

ADJUSTED Adjusted: turmeric 1 tbsp → 1 tsp (1 tbsp is bitter and staining).

70 CALORIES	1g PROTEIN	16g CARBS	1g FIBER	12g SUGAR	5mg SODIUM
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MINERALS K 250 • Ca 30 • Fe 1.0 • Mg 20

SECTION 02

SNACKS & SWEETS

A few honest bakes and a chia pudding —
real ingredients, gentle on blood sugar.

3 RECIPES

CACAO MUFFINS

TIME	SERVES	LEVEL	GOOD FOR
60 MIN	12 MUFFINS	4 OF 5	MORNING · ENERGY · MOOD

INGREDIENTS

- ½ cup ground flax
- 2 cups flour (whole wheat or buckwheat)
- ¾ tsp baking soda
- 1 tsp baking powder
- ½ tsp salt
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¾ cup raw cane sugar
- ½ cup cacao nibs
- ½ cup coconut oil or butter
- 3 very ripe bananas, mashed
- 1 cup hemp or soy milk
- 1 tsp vanilla extract

METHOD

- 01 Preheat oven to 400°F; grease a 12-muffin pan.
- 02 Whisk flour, flax, soda, powder, salt and spices.
- 03 Beat sugar and coconut oil until combined.
- 04 Add milk, bananas and vanilla; beat well.
- 05 Mix in the flour mixture on low.
- 06 Fold in cacao nibs.
- 07 Fill cups; bake 18 minutes.
- 08 Cool 5 minutes, then turn out.

ADJUSTED Nutrition is per muffin (makes 12).

210	4g	30g	3g	12g	180mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 150 · Ca 40 · Fe 1.6 · Mg 45

REALLY YUMMY OAT BAR

TIME	SERVES	LEVEL	GOOD FOR
45 MIN	8 BARS	3 OF 5	MORNING · BREAKFAST · DESSERT

INGREDIENTS

- ½ cup whole-wheat flour
- 4 cups rolled oats
- 1 tsp cinnamon
- ½ tsp baking soda
- ½ tsp sea salt
- ½ cup maple syrup
- ½ cup coconut oil
- ½ tsp vanilla
- ½ cup unsweetened fruit spread

METHOD

- 01 Preheat oven to 350°F. Mix the dry ingredients.
- 02 Add maple, coconut oil and vanilla; mix well.
- 03 Press half the mixture into a small pan.
- 04 Spread the fruit over; cover with remaining oats.
- 05 Bake 25 minutes.

ADJUSTED Nutrition is per bar (makes 8).

250 CALORIES	5g PROTEIN	34g CARBS	4g FIBER	11g SUGAR	140mg SODIUM
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MINERALS K 160 · Ca 25 · Fe 1.7 · Mg 55

ENERGIZING CHIA PUDDING

TIME	SERVES	LEVEL	GOOD FOR
25 MIN + OVERNIGHT	4	1 OF 5	MORNING · ENERGY · GUT · VEGAN

INGREDIENTS

- 1½ cups almond milk
- 1½ cups coconut milk
- 3 tbsp maple syrup
- ¼ cup chia seeds
- 2 tbsp cocoa powder
- 2 tsp vanilla extract
- ¼ tsp Himalayan salt
- Berries and almonds, to top

METHOD

- 01 Combine almond and coconut milk in a jar.
- 02 Blend chia, cocoa, vanilla and salt until smooth.
- 03 Close the jar and shake well.
- 04 Refrigerate overnight.
- 05 Top with berries and almonds.

ADJUSTED Adjusted: vanilla 2 tbsp → 2 tsp. Nutrition is per serving (makes 4).

260	6g	26g	9g	14g	120mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 250 · Ca 200 · Fe 2.5 · Mg 90

SECTION 03

SALADS & DRESSINGS

Leafy bases, roasted roots, and dressings
that do the heavy lifting.

21 RECIPES

BROCCOLI SLAW

TIME	SERVES	LEVEL	GOOD FOR
20 MIN + CHILL	12 OZ	2 OF 5	LUNCH · DINNER · DETOX

INGREDIENTS

- ¼ cup coconut milk
- ¼ cup honey
- 2 tbsp lemon juice
- Pinch cayenne
- 1 tbsp apple cider vinegar
- 1 cup broccoli, shredded
- ¼ cabbage, chopped
- 1 tbsp coconut aminos
- ¼ cup walnuts, chopped

METHOD

- 01 Whisk the first six ingredients into a dressing.
- 02 Combine broccoli and cabbage in a bowl.
- 03 Chill slaw and dressing at least 2 hours.
- 04 Drain the slaw before serving.
- 05 Add dressing and walnuts; toss.

190 CALORIES	4g PROTEIN	18g CARBS	4g FIBER	12g SUGAR	220mg SODIUM
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MINERALS K 300 · Ca 45 · Fe 1.0 · Mg 35

AVOCADO CAESAR SALAD

TIME	SERVES	LEVEL	GOOD FOR
45 MIN	4	2 OF 5	LUNCH · DINNER · GUT · VEGAN

INGREDIENTS

- 1 cup romaine, sliced
- 1 cup kale, thinly sliced
- ½ avocado
- 2 tsp nutritional yeast
- 3 garlic cloves
- 2 tsp lemon juice
- ½ tsp Himalayan salt
- 1 tsp apple cider vinegar
- ¼ cup water
- ½ cup chickpeas, cooked
- Pinch cayenne · ¼ tsp turmeric · ½ tbsp coconut oil

METHOD

- 01 Dressing: blend avocado, yeast, garlic, lemon, salt, vinegar and water until smooth.
- 02 Croutons: toss chickpeas with spices and oil; bake at 420°F for 30 min until crisp.
- 03 Chop lettuce and kale.
- 04 Toss with 2 tbsp dressing.
- 05 Top with chickpea croutons.

160	5g	14g	6g	2g	300mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 450 · Ca 60 · Fe 1.8 · Mg 45

CHICKPEA SALAD

TIME	SERVES	LEVEL	GOOD FOR
15 MIN	2	2 OF 5	LUNCH · DINNER · ENERGY · VEGAN

INGREDIENTS

- 1 cup canned chickpeas, rinsed
- ½ red pepper
- ½ tomato
- ¼ cup arugula
- ¼ cup spinach
- 2 tbsp parsley
- 2 tbsp olive oil
- 1 tsp organic ketchup
- 2 garlic cloves, diced
- 1 tsp cumin
- ¼ red onion, thin sliced
- Pinch cayenne

METHOD

- 01 Warm ketchup, garlic, cumin, cayenne and oil in a pan.
- 02 Cook 3 minutes.
- 03 Add all other ingredients to a bowl.
- 04 Toss the warm dressing through the salad.

240	8g	22g	6g	5g	200mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 480 · Ca 60 · Fe 2.4 · Mg 55

QUINOA TABOULI

TIME	SERVES	LEVEL	GOOD FOR
45 MIN	4	2 OF 5	LUNCH · DINNER · DETOX · VEGAN

INGREDIENTS

- 1 cup quinoa, cooked
- ¼ tsp turmeric
- ½ tsp Himalayan salt
- ½ cup parsley, minced
- ¼ cup mint, minced
- ¼ cup scallions
- 1 head romaine, sliced
- ¼ cup lemon juice
- 1 cup cucumber, diced

METHOD

- 01 Cook quinoa with water, turmeric and salt, 16–20 min.
- 02 Cool slightly.
- 03 Combine parsley, mint, scallions, lemon, cucumber and salt.
- 04 Fold in quinoa.
- 05 Season with extra lemon and salt.

150 CALORIES	4g PROTEIN	24g CARBS	3g FIBER	3g SUGAR	180mg SODIUM
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MINERALS K 350 · Ca 40 · Fe 1.6 · Mg 45

SIMPLE HUMMUS WRAP

TIME	SERVES	LEVEL	GOOD FOR
15 MIN	2	2 OF 5	LUNCH · GUT · VEGAN

INGREDIENTS

- 4 tbsp hummus
- Handful carrots, thin sliced
- Handful celery, thin sliced
- Handful cucumber, thin sliced
- 2 collard leaves
- 2 oz coconut aminos

METHOD

- 01 Lay out the collard leaves; cut out the stem.
- 02 Add 1 tbsp hummus to each half.
- 03 Add the sliced vegetables.
- 04 Roll.
- 05 Dip into the aminos.

150 CALORIES	5g PROTEIN	16g CARBS	5g FIBER	4g SUGAR	350mg SODIUM
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MINERALS K 300 · Ca 60 · Fe 1.6 · Mg 35

KALE SPINACH SALAD

with coconut lime cilantro dressing

TIME	SERVES	LEVEL	GOOD FOR
10 MIN	12 OZ	2 OF 5	LUNCH · DINNER · GUT · VEGAN

INGREDIENTS

- ¼ cup kale
- ¼ cup spinach
- ¼ cup pumpkin seeds
- 1 cup cilantro, packed
- 3 tbsp lime juice
- Zest of 1 lime
- 3 tbsp apple cider vinegar
- 2 tbsp coconut oil
- ¾ cup coconut flakes
- ½ cup water
- 1 tbsp maple syrup
- Salt · pinch cayenne

METHOD

- 01 Blend all dressing ingredients 1 minute.
- 02 Add salad ingredients to a bowl.
- 03 Marinate the salad with the dressing.

ADJUSTED Adjusted: coconut oil 3 → 2 tbsp, coconut flakes 1½ → ¾ cup (dressing was very high fat).

300	6g	20g	6g	8g	200mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 500 · Ca 120 · Fe 2.6 · Mg 70

KALE DETOX SALAD

with creamy cumin dressing

TIME	SERVES	LEVEL	GOOD FOR
10 MIN	4	2 OF 5	LUNCH · DINNER · FOCUS

INGREDIENTS

- 1 cup kale
- ¼ cup spinach
- ¼ cup lettuce
- 1 tbsp flax seeds
- ½ tsp cumin
- ¼ cup parsley
- ¼ tsp turmeric
- ½ lemon, juiced
- 1 clove garlic
- 1 tsp maple or honey
- ¼ tsp Himalayan salt
- Pinch cayenne
- ½ cup water

METHOD

- 01 Blend all dressing ingredients until smooth.
- 02 Add salad ingredients to a bowl.
- 03 Marinate with the dressing.

180	5g	12g	4g	4g	180mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 400 · Ca 100 · Fe 2.0 · Mg 55

KALE CARROT SALAD

with herb vinaigrette

TIME	SERVES	LEVEL	GOOD FOR
10 MIN	4	2 OF 5	LUNCH · DINNER · DETOX · VEGAN

INGREDIENTS

- 1 cup kale
- ¼ cup spinach
- ½ cup carrots, shredded
- ¼ cup goji berries
- ¼ cup almonds, chopped
- 1 tbsp hemp seeds
- 1 tbsp flaxseed
- 1 cup basil · ½ cup parsley · ¼ cup dill
- ¼ cup lemon juice
- ¼ cup apple cider vinegar
- ¼ cup pumpkin seeds
- 1 tsp salt · 2 tsp turmeric
- ¼ cup oil

METHOD

- 01 Blend all vinaigrette ingredients 30–60 sec until smooth.
- 02 Add salad ingredients to a bowl.
- 03 Serve dressing alongside or tossed through.

ADJUSTED Adjusted: oil ¾ → ¼ cup, or serve the vinaigrette on the side.

260	6g	16g	5g	6g	300mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 500 · Ca 140 · Fe 2.6 · Mg 80

POWERSLAW

TIME	SERVES	LEVEL	GOOD FOR
25 MIN + OVERNIGHT	12 OZ	2 OF 5	LUNCH · DINNER · DETOX

INGREDIENTS

- 1 cup cabbage
- ½ cup carrots
- ¼ cup radish
- ¼ cup cilantro
- ¼ cup apple
- 2 tbsp sunflower seeds
- 2 tbsp pumpkin seeds
- 1 tsp maple syrup
- 1 tsp apple cider vinegar
- 1 tsp olive oil
- ¼ tsp lemon
- Pinch sea salt · pinch cayenne

METHOD

- 01 Shred cabbage, carrots and radish.
- 02 Roast pumpkin and sunflower seeds in oil 10 min; season.
- 03 Make marinade: vinegar, lemon, oil, mint, cilantro, maple.
- 04 Pour over vegetables and seeds.
- 05 Let sit overnight; enjoy cold.

ADJUSTED Adjusted: seeds had no amount — set to ~2 tbsp each.

220 CALORIES	5g PROTEIN	22g CARBS	6g FIBER	12g SUGAR	150mg SODIUM
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MINERALS K 450 · Ca 70 · Fe 1.8 · Mg 55

BRUSSELS SPROUT MISO SALAD

TIME	SERVES	LEVEL	GOOD FOR
45 MIN	12 OZ	2 OF 5	LUNCH · DINNER · ENERGY · FOCUS

INGREDIENTS

- 1 cup brussels sprouts, quartered
- 3 cloves garlic, minced
- ¼ cup veggie broth
- 1 cup mushrooms (shiitake or crimini)
- 1 tbsp miso paste
- 5 thyme sprigs
- ¼ tsp turmeric
- 1 tbsp lemon juice
- ¼ cup cooked beans (adzuki)
- ¼ cup onion, diced
- 1 tsp coconut oil
- ¼ cup cilantro
- 1 bunch swiss chard, sliced

METHOD

- 01 Sauté sprouts, garlic and broth until golden, ~10 min.
- 02 Combine mushrooms, miso, thyme, broth and turmeric.
- 03 Fold in the sprouts.
- 04 Bake at 400°F 20–25 min, stirring once.
- 05 Add lemon juice.
- 06 Cook onions in oil until soft; fold in.
- 07 Serve over rice.

190	9g	22g	7g	5g	400mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 600 · Ca 90 · Fe 3.0 · Mg 60

MINTED CUCUMBER

TIME	SERVES	LEVEL	GOOD FOR
10 MIN + 2 HR	2	1 OF 5	LUNCH · DINNER · DETOX · RELAXATION

INGREDIENTS	METHOD
• 1 cucumber, thinly sliced • ½ can chickpeas (or ½ cup fresh) • Himalayan salt • ¼ cup lemon juice • ¼ cup mint, chopped • ½ lemon	01 Spread cucumber in a dish; salt evenly. Stand 2 hours. 02 Drain and rinse well. 03 Combine lemon juice with a little maple. 04 Add cucumber and mint; toss. Serve chilled.

ADJUSTED Salt draws out water and is rinsed off, so actual sodium is lower.

110	5g	18g	5g	4g	300mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 350 · Ca 60 · Fe 1.6 · Mg 40

FENNEL SLAW

TIME	SERVES	LEVEL	GOOD FOR
10 MIN	2	1 OF 5	LUNCH · DINNER · VEGAN

INGREDIENTS

- 1 fennel bulb, thinly sliced
- Seeds of ½ pomegranate
- ¼ cup pistachios
- 3 tbsp pumpkin and/or sunflower seeds
- Sea salt (optional)
- Drizzle olive oil

METHOD

- 01 Slice the fennel very thin.
- 02 Toss with the seeds, pomegranate and pistachios.

ADJUSTED Adjusted: pistachios 'handful' → ¼ cup.

220 CALORIES	6g PROTEIN	18g CARBS	6g FIBER	8g SUGAR	60mg SODIUM
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MINERALS K 500 · Ca 80 · Fe 1.8 · Mg 60

QUINOA & ROASTED ROOT VEGETABLES

with lemon dill dressing

TIME	SERVES	LEVEL	GOOD FOR
60 MIN	4	3 OF 5	LUNCH · DINNER · GUT · VEGAN

INGREDIENTS

- 2 tbsp olive oil
- ½ head cauliflower, florets
- ½ cup carrots, diced
- ½ sweet potato, diced
- ¼ cup beets, diced
- Salt
- 1 cup cooked quinoa
- ¼ cup sunflower seeds · 2 tbsp ground flax
- ¼ cup lemon juice + zest
- ¼ cup apple cider vinegar
- 1 clove garlic
- 1 cup dill, packed
- 2 tsp turmeric · 2 tsp salt
- ¼ tsp cayenne
- ¼ cup water

METHOD

- 01 Roast oiled, seasoned vegetables at 420°F, 20–30 min.
- 02 Blend all dressing ingredients until smooth.
- 03 Plate quinoa, top with vegetables and dressing.

ADJUSTED Reconcile the ingredient list with the method (method names coconut oil / oregano).

240 CALORIES	6g PROTEIN	30g CARBS	6g FIBER	7g SUGAR	300mg SODIUM
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MINERALS K 550 · Ca 70 · Fe 2.4 · Mg 70

WILD RICE QUINOA GINGER SALAD

TIME	SERVES	LEVEL	GOOD FOR
20 MIN	2	3 OF 5	LUNCH · DINNER · GUT · VEGAN

INGREDIENTS

- ½ cup wild rice, cooked
- ½ cup quinoa, cooked
- 1 cup kale, sliced
- ¼ cup goji berries
- 1 tbsp ginger, grated
- ¼ cup lemon juice
- ½ tsp Himalayan salt
- Pinch cayenne
- 1 tbsp apple cider vinegar
- 1 tbsp flax seed
- 2 tsp pumpkin seed
- ¼ cup parsley
- 1 scallion

METHOD

- 01 Mix rice, quinoa, goji, ginger, seeds, lemon, salt, cayenne and vinegar.
- 02 Mix kale, parsley and scallion; season.
- 03 Pack the grain, then layer the greens on top.

280 CALORIES	8g PROTEIN	42g CARBS	6g FIBER	10g SUGAR	200mg SODIUM
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MINERALS K 500 · Ca 80 · Fe 2.6 · Mg 90

CELERY SALAD

with vegan ranch dressing

TIME	SERVES	LEVEL	GOOD FOR
15 MIN	12 OZ	3 OF 5	LUNCH · DINNER · GUT · VEGAN

INGREDIENTS

- 4 celery stalks, sliced
- ½ cucumber
- ¼ cup parsley
- ¼ cup mint
- 1 tsp olive oil
- 1 cup romaine
- ½ tsp Himalayan salt · black pepper
- 1 cup sunflower seeds
- ¼ cup lemon juice · ¼ cup apple cider vinegar
- ¼ cup raisins, soaked
- 3 garlic cloves
- 2 tsp red onion · 1 tsp scallion · ¼ tsp dill

METHOD

- 01 Mix all salad ingredients; cover and set aside.
- 02 Blend all ranch ingredients, adding water if thick.
- 03 Dress the salad just before serving.

300 CALORIES	8g PROTEIN	18g CARBS	5g FIBER	8g SUGAR	250mg SODIUM
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MINERALS K 500 · Ca 90 · Fe 2.4 · Mg 90

SAUTÉED ASPARAGUS

with Mediterranean dressing

TIME	SERVES	LEVEL	GOOD FOR
5 MIN	2	1 OF 5	LUNCH · DINNER · VEGAN

INGREDIENTS

- 1 lb asparagus
- 3 tbsp vegetable broth
- 1½ tbsp extra virgin olive oil
- 1 tsp lemon juice
- 1 clove garlic
- Sea salt and pepper

METHOD

- 01 Press garlic; let sit 5 minutes.
- 02 Heat broth in a skillet.
- 03 Trim asparagus and cut into 2-inch lengths.
- 04 Add asparagus, cover, cook 5 minutes.
- 05 Transfer to a bowl; add the dressing.

ADJUSTED Adjusted: olive oil 3 → 1½ tbsp for 2 servings.

230 CALORIES	4g PROTEIN	8g CARBS	4g FIBER	3g SUGAR	150mg SODIUM
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MINERALS K 350 · Ca 40 · Fe 2.4 · Mg 30

QUICK BOILED SPINACH

with Mediterranean dressing

TIME	SERVES	LEVEL	GOOD FOR
2 MIN	2	1 OF 5	LUNCH · DINNER · VEGAN

INGREDIENTS

- 1 lb fresh spinach
- 1½ tbsp extra virgin olive oil
- 1 tsp lemon juice
- 1 clove garlic
- Sea salt and pepper

METHOD

- 01 Bring a large pot of water to a rapid boil.
- 02 Press garlic; let sit 5 minutes.
- 03 Wash the spinach.
- 04 Boil spinach uncovered exactly 1 minute.
- 05 Press out excess liquid.
- 06 Toss with the dressing.

ADJUSTED Adjusted: olive oil 3 → 1½ tbsp. Outstanding iron and magnesium.

190	5g	7g	4g	1g	120mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 800 · Ca 240 · Fe 6.0 · Mg 150

STEAMED KALE

with Mediterranean dressing

TIME	SERVES	LEVEL	GOOD FOR
5 MIN	2	1 OF 5	LUNCH · DINNER · VEGAN

INGREDIENTS

- 1 lb kale
- 1½ tbsp extra virgin olive oil
- 1 tsp lemon juice
- 1 clove garlic
- Sea salt and pepper

METHOD

- 01 Fill a steamer with 2 inches of water.
- 02 Slice kale leaves; cut stems small.
- 03 Press garlic; let sit 5 minutes.
- 04 Steam kale no more than 5 minutes.
- 05 Toss with the dressing.

ADJUSTED Adjusted: olive oil 3 → 1½ tbsp. Great calcium.

200	5g	12g	4g	2g	120mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 700 · Ca 250 · Fe 2.2 · Mg 60

STEAMED BEETS

with Mediterranean dressing

TIME	SERVES	LEVEL	GOOD FOR
15 MIN	2	1 OF 5	LUNCH · DINNER · VEGAN

INGREDIENTS

- 1 lb beets
- 1½ tbsp extra virgin olive oil
- 1 tsp lemon juice
- 1 clove garlic
- Sea salt and pepper

METHOD

- 01 Fill a steamer with 2 inches of water.
- 02 Press garlic; let sit 5 minutes.
- 03 Quarter beets, unpeeled.
- 04 Steam covered 15 minutes.
- 05 Rub off skins; toss with the dressing.

ADJUSTED Adjusted: olive oil 3 → 1½ tbsp. Beets are naturally sweet (~16 g).

240	4g	24g	6g	16g	200mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 700 · Ca 40 · Fe 1.8 · Mg 45

MARINATED BEET SALAD

TIME	SERVES	LEVEL	GOOD FOR
25 MIN	4-6	2 OF 5	LUNCH · DINNER

INGREDIENTS

- 6 beets, diced
- ½ onion, thin sliced
- ¼ cup water
- 1 tbsp vinegar
- ¼ cup walnuts
- 1 tbsp parsley
- ¼ cup extra virgin olive oil
- ¼ cup cider vinegar
- 2 tbsp Dijon
- 2 tbsp honey
- 1 tsp salt · ½ tsp black pepper

METHOD

- 01 Steam beets until tender, ~15 min.
- 02 Sauté onion in water and vinegar ~2 min; strain.
- 03 Combine with beets.
- 04 Toss with walnuts, parsley, oil, vinegar, Dijon, honey, salt and pepper.
- 05 Serve warm or chilled.

240	3g	22g	5g	15g	300mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 550 · Ca 50 · Fe 1.6 · Mg 45

BASIC QUINOA

TIME	SERVES	LEVEL	GOOD FOR
20 MIN	3 CUPS	1 OF 5	ANYTIME • VEGAN

INGREDIENTS

- 1 cup quinoa
- 2 cups water or stock
- Salt and pepper
- 1 tbsp oil (olive, coconut or avocado)

METHOD

- 01 Rinse quinoa well.
- 02 Boil water; add ½ tsp salt and the quinoa.
- 03 Cover and simmer 12–15 min until absorbed.
- 04 Rest 5 min; toss with oil and pepper.

ADJUSTED Nutrition is per ~¾-cup serving (makes 3 cups).

180	6g	30g	3g	1g	150mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 250 • Ca 25 • Fe 2.0 • Mg 90

SECTION 04

SOUPS & BROTHS

Broths, creams, and gazpachos — most of them one blender and a pot.

17 RECIPES

DETOX VEGETABLE BROTH

TIME	SERVES	LEVEL	GOOD FOR
60 MIN	LARGE BATCH	1 OF 5	GUT · DETOX · VEGAN

INGREDIENTS

- 2 sweet potatoes or yams
- 2 potatoes
- 1 beet
- 5 celery stalks
- 5 carrots
- 3 garlic cloves
- 3 sprigs thyme · 3 sprigs oregano
- 1 large onion
- 1 cup red lentils
- 8 qt filtered water
- 1 tbsp Himalayan salt
- 2 kombu leaves
- 1 tbsp olive oil

METHOD

- 01 Chop everything into a large pot; boil.
- 02 Boil 45 minutes.
- 03 Cool on the stove.
- 04 Strain and keep the broth.
- 05 Store in freezer-safe containers.

ADJUSTED Nutrition is per cup of strained broth; solids are discarded.

60	3g	11g	3g	3g	250mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 400 · Ca 40 · Fe 1.4 · Mg 30

CREAM OF BROCCOLI SOUP

TIME	SERVES	LEVEL	GOOD FOR
25 MIN	2	2 OF 5	LUNCH · DINNER · GUT

INGREDIENTS

- 1 small head broccoli, chopped
- 1 small cooked potato
- ¼ cup sunflower seeds
- 1 cup soup stock
- 1 tsp coriander · 1 tsp basil
- 1 tsp lemon juice
- Salt and black pepper
- 2 tbsp yogurt or silken tofu
- 2 tbsp coconut oil
- 1 cup water

METHOD

- 01 Heat coconut oil; add spices, herbs and broccoli.
- 02 Add the liquids.
- 03 Blend for 3 minutes.
- 04 Serve with lightly fried slivered almonds.

320	9g	22g	6g	6g	400mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 700 · Ca 90 · Fe 2.6 · Mg 90

CREAM OF CAULIFLOWER & ALMOND SOUP

TIME

25 MIN

SERVES

2

LEVEL

2 OF 5

GOOD FOR

LUNCH · DINNER · RELAXATION

INGREDIENTS

- 2 tbsp olive oil
- 1 small cauliflower, florets
- 3 tbsp leek, chopped
- 2 tbsp roasted almonds
- 1 tbsp caraway seed
- 1 tsp fennel herb
- 1 tsp lemon or lime juice
- 2 cups stock
- Salt and black pepper
- 2–3 tbsp yogurt

METHOD

- 01 Fry the leek gently in the oil.
- 02 Add cauliflower, fennel, almonds and caraway.
- 03 Add liquids, lemon and seasoning; simmer 5 min.
- 04 Blend, adding yogurt at the end.
- 05 Garnish with roasted almond flakes.

280 CALORIES	8g PROTEIN	20g CARBS	6g FIBER	7g SUGAR	400mg SODIUM
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MINERALS K 650 · Ca 100 · Fe 2.2 · Mg 70

GREEN POWER SOUP

TIME	SERVES	LEVEL	GOOD FOR
20 MIN	2	1 OF 5	DETOX · GUT · VEGAN

INGREDIENTS

- 2 cups cucumber juice
- 2½ cups marinated collard ribbons
- 1 avocado
- ½ lemon, juiced
- 1 garlic clove
- 1–2 tsp white miso (optional)

METHOD

- 01 Prepare the cucumber juice.
- 02 Blend with the remaining ingredients until creamy.
- 03 Serve.

120 CALORIES	5g PROTEIN	16g CARBS	5g FIBER	6g SUGAR	250mg SODIUM
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MINERALS K 600 · Ca 120 · Fe 2.4 · Mg 60

SPICY CHICKPEA SOUP

TIME	SERVES	LEVEL	GOOD FOR
60 MIN	2	2 OF 5	LUNCH · DINNER · ENERGY

INGREDIENTS

- 1 tbsp coconut oil
- 1 cup chickpeas
- 3 tbsp leek, chopped
- 2 tsp cumin seed
- 3 tbsp coconut cream
- 3 bay leaves · 2 tsp sage
- 1 carrot, chopped
- 1 small potato, chopped
- 2 cups stock · 1 cup water
- Salt and pepper
- 2 tsp lemon juice
- 3 tbsp yogurt

METHOD

- 01 Brown the cumin seed in the oil; sauté leek.
- 02 Add carrot, potato, chickpeas and liquids.
- 03 Add bay, sage, coconut cream, lemon and water.
- 04 Simmer ~1 hour.
- 05 Blend well, adding yogurt last.

340 CALORIES	11g PROTEIN	34g CARBS	8g FIBER	6g SUGAR	450mg SODIUM
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MINERALS K 650 · Ca 80 · Fe 3.0 · Mg 70

VEGAN LENTIL STEW

TIME	SERVES	LEVEL	GOOD FOR
50 MIN	4	2 OF 5	LUNCH · DINNER · GUT · VEGAN

INGREDIENTS

- 2 cups dry red lentils, rinsed
- 1 cup veggie broth
- 1 tbsp curry powder
- 2 tbsp olive oil
- 1 tsp Himalayan salt · ¼ tsp cayenne
- 1 cup diced tomatoes
- 1 tbsp tomato paste
- 2 cups water
- 3 celery stalks · 2 carrots · 2 potatoes
- 2 bay leaves

METHOD

- 01 Cook lentils with broth, curry, oil, salt, cayenne, tomatoes and paste, 15 min.
- 02 Blend about half the lentils.
- 03 Simmer celery, carrots, potatoes, salt and bay 20 min.
- 04 Combine everything; cook 15 min more.

ADJUSTED High protein, fiber and iron.

300 CALORIES	15g PROTEIN	42g CARBS	12g FIBER	6g SUGAR	400mg SODIUM
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MINERALS K 750 · Ca 60 · Fe 5.0 · Mg 80

VEGAN BORSCHT

TIME	SERVES	LEVEL	GOOD FOR
50 MIN	4	3 OF 5	LUNCH · DINNER · DETOX · VEGAN

INGREDIENTS

- 4 beets, chopped
- 2 sweet potatoes or squash
- ½ tsp Himalayan salt
- ¼ cup sunflower seeds
- ¼ cup potassium broth
- ¼ cup celery · ¼ cup onion
- 4 cups vegetable broth
- ¼ cup dill, packed
- Salt to taste

METHOD

- 01 Simmer beets, sweet potato and salt until tender; keep the liquid.
- 02 Cook celery and onion in the potassium broth.
- 03 Combine both.
- 04 Add vegetable broth, water and dill.
- 05 Purée until smooth; adjust salt. Chill.

ADJUSTED Adjusted: reduce 1 tbsp salt → ½ tsp and salt to taste at the end.

200	5g	32g	7g	16g	450mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 800 · Ca 70 · Fe 2.2 · Mg 60

FASHIONABLY COCONUTTY SOUP

TIME	SERVES	LEVEL	GOOD FOR
30 MIN	16 OZ	2 OF 5	LUNCH · DINNER · GUT · RELAXATION

INGREDIENTS

- 3 tbsp coconut oil
- 1 red onion, diced
- ¼ cup ginger, chopped
- ¼ cup mushrooms
- 3 garlic cloves
- 2 cups vegetable broth
- 2 cups coconut milk
- 2 tbsp honey
- 1 cup sprouts
- ¼ cup cilantro · ¼ cup basil
- 2 lemons, juiced and zested
- Pinch cayenne

METHOD

- 01 Heat coconut oil; cook onion, ginger and garlic until soft.
- 02 Add broth, coconut milk and honey.
- 03 Cook 20 min.
- 04 Add lemon, herbs and sprouts.
- 05 Season with salt and cayenne.

ADJUSTED Rich: 2 cups coconut milk means high saturated fat.

380	5g	22g	3g	14g	400mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 500 · Ca 40 · Fe 2.4 · Mg 55

WATERMELON GAZPACHO

TIME	SERVES	LEVEL	GOOD FOR
20 MIN	12 OZ	1 OF 5	LUNCH · ENERGY · GUT · VEGAN

INGREDIENTS

- ½ cucumber
- 2 cups watermelon
- Pinch cayenne
- 4 cups vegetable broth
- 1 celery stalk
- ¼ cup red onion
- ¼ cup mint
- 2 tbsp lemon juice
- 1 tsp Himalayan salt
- ¼ cup parsley
- 1 tsp olive oil
- 1 garlic clove
- ½ avocado

METHOD

- 01 Dice watermelon and cucumber.
- 02 Dice the celery.
- 03 Mince onion, garlic, parsley and mint.
- 04 Combine and season.
- 05 Add broth, mix and serve.

90	3g	16g	3g	11g	350mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 450 · Ca 40 · Fe 1.0 · Mg 30

GREEN POWERHOUSE SOUP

TIME	SERVES	LEVEL	GOOD FOR
30 MIN	16 OZ	2 OF 5	DETOX • GUT • VEGAN

INGREDIENTS

- 2 cups spinach
- 1 cup kale
- ½ cup chickpeas
- 2 tbsp lemon juice
- 4 cups broth
- ½ onion
- 1 celery stalk
- 2 garlic cloves
- ½ tsp salt
- 2 tbsp pumpkin seeds

METHOD

- 01 Cook broth, onion, celery, garlic and salt until tender.
- 02 Add water and pumpkin seeds; bring to a boil.
- 03 Add spinach, kale and chickpeas.
- 04 Add lemon juice.
- 05 Cool, then blend smooth. Season.

ADJUSTED The original lists ingredients with no amounts — quantities above are suggested starting portions.

160 CALORIES	8g PROTEIN	18g CARBS	6g FIBER	4g SUGAR	350mg SODIUM
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MINERALS K 600 • Ca 120 • Fe 3.0 • Mg 60

EDAMAME GAZPACHO

TIME	SERVES	LEVEL	GOOD FOR
20 MIN	16 OZ	2 OF 5	LUNCH · GUT · VEGAN

INGREDIENTS

- 1½ cups edamame
- 1 cup cucumber, diced
- ½ cup red or green pepper
- ¼ cup diced tomatoes
- 1 inch ginger, minced
- ¼ cup cilantro
- ½ tsp salt · 1 tsp turmeric
- 2 tbsp parsley
- Pinch cayenne
- ¼ cup apple cider vinegar
- 4 cups veggie broth · 2 cups water

METHOD

- 01 Cook the edamame.
- 02 Add all ingredients, mix and chill.
- 03 Season with cilantro and salt.

ADJUSTED Good plant protein from edamame.

160	11g	16g	6g	5g	300mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 600 · Ca 80 · Fe 2.6 · Mg 70

VEGAN CREAM OF CELERY SOUP

TIME	SERVES	LEVEL	GOOD FOR
30 MIN	16 OZ	2 OF 5	LUNCH · DINNER · FOCUS · RELAXATION

INGREDIENTS

- 1 tbsp coconut oil
- 3 cloves garlic
- 2 cups celery, chopped
- 1 cup pumpkin seeds
- 1 tsp turmeric
- ¼ tsp Himalayan salt · ¼ tsp cayenne
- 1 cup water · 2 cups veggie broth
- 1 cup bone broth
- 1 cup spinach
- 1 tbsp thyme
- ¼ cup parsley
- 2 tbsp apple cider vinegar

METHOD

- 01 Add all ingredients to a blender.
- 02 Blend for 3 minutes.

ADJUSTED Contains bone broth, so not strictly vegan despite the title. High magnesium.

280	12g	14g	4g	4g	450mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 550 · Ca 90 · Fe 3.4 · Mg 130

CURRIED BUTTERNUT SQUASH SOUP

TIME

45 MIN

SERVES

16 OZ

LEVEL

2 OF 5

GOOD FOR

LUNCH · DINNER · RELAXATION

INGREDIENTS

- 2 cups butternut squash, chopped
- 1 cup kale, chopped
- 1 cup sunflower seeds
- 1 cup lentils
- ¼ tsp turmeric · ½ tbsp salt
- 1 tbsp cumin · 1 tbsp curry powder
- 1 tsp cinnamon · pinch cayenne
- 1 tbsp coriander · 2 tsp cardamom
- 4 cups vegetable broth

METHOD

- 01 Combine squash, seeds, lentils, water, turmeric and salt; boil.
- 02 Cook 20–30 min until squash is tender.
- 03 Add the spices; cook 5–10 min more.
- 04 Purée smooth; thin with broth.
- 05 Stir in the kale.

300	11g	40g	10g	8g	450mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 800 · Ca 90 · Fe 4.0 · Mg 100

VEGAN CREAMY CAULIFLOWER SOUP

TIME	SERVES	LEVEL	GOOD FOR
35 MIN	16 OZ	2 OF 5	LUNCH · DINNER · FOCUS · VEGAN

INGREDIENTS

- 2 cups veggie broth · 1 cup water
- 1 cup cauliflower
- ½ cup butternut squash
- 1 cup spinach
- ¼ cup parsley
- 1 thyme sprig
- 1 tsp olive oil
- 1 tsp fennel seeds
- ½ cup sunflower seeds or nuts
- Cayenne to taste

METHOD

- 01 Boil the broth.
- 02 Add herbs and spices; simmer 5 min.
- 03 Add squash; cook 20 min.
- 04 Add cauliflower; cook 7 min.
- 05 Add seeds or nuts.
- 06 Blend 3 min; garnish with parsley and seeds.

ADJUSTED Adjusted: fennel seeds 1 tbsp → 1 tsp (1 tbsp is strong).

220	7g	16g	5g	5g	400mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 550 · Ca 60 · Fe 2.0 · Mg 70

CARROT FENNEL SOUP

TIME	SERVES	LEVEL	GOOD FOR
45 MIN	16 OZ	2 OF 5	LUNCH · DINNER · GUT · DETOX

INGREDIENTS

- 1 tbsp olive oil
- ½ onion, chopped
- ¼ tsp salt
- 3 cloves garlic
- 1 tsp fennel seeds
- 1 tbsp ginger
- 1 cup carrots, chopped
- 1 cup fresh fennel bulb
- 1 cup red lentils
- 2 cups water · 2 cups veggie broth
- 1 tsp turmeric
- ¼ tsp cayenne
- 1–2 tsp Himalayan salt

METHOD

- 01 Sauté onion, fennel seeds and salt in oil.
- 02 Add garlic and ginger; cook 1–2 min.
- 03 Add carrots, fennel, lentils, water and broth.
- 04 Simmer 10–15 min until tender.
- 05 Add turmeric, cayenne and salt; blend.

ADJUSTED Adjusted: salt 1 tbsp → 1–2 tsp; fennel seeds & turmeric 1 tbsp → 1 tsp.

240	10g	34g	9g	10g	450mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 700 · Ca 80 · Fe 3.4 · Mg 70

CREAM OF ZUCCHINI SOUP

with pumpkin seeds

TIME	SERVES	LEVEL	GOOD FOR
35 MIN	2	2 OF 5	LUNCH • DINNER

INGREDIENTS

- 2 small zucchini
- 1 shallot • 1 garlic clove
- 1 tbsp oil
- Salt and white pepper
- ¼ cup apple cider vinegar
- 1 cup vegetable broth
- 2 tbsp pumpkin seeds
- 2 tbsp heavy cream

METHOD

- 01 Slice zucchini; chop shallot and garlic.
- 02 Fry shallot and garlic 5 min.
- 03 Add zucchini; fry 5 min. Season.
- 04 Add vinegar and stock; simmer 15 min.
- 05 Dry-fry the pumpkin seeds.
- 06 Purée; fold in the cream.
- 07 Serve topped with the pumpkin seeds.

ADJUSTED Adjusted: apple cider vinegar 1 cup → ¼ cup (1 cup is far too sour).

220	5g	14g	3g	8g	300mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 550 • Ca 60 • Fe 1.6 • Mg 45

KALE SOUP

TIME	SERVES	LEVEL	GOOD FOR
60 MIN	6	2 OF 5	LUNCH · DINNER · GUT

INGREDIENTS

- ½ cup chickpeas · ½ cup kidney beans
- 4 cups veggie stock
- 1 cup green kale, chopped
- 1 carrot, diced
- ½ onion, diced
- 1 cup green cabbage, sliced
- ½ potato, diced
- 1 garlic clove
- 2 tsp red wine vinegar

METHOD

- 01 Drain and rinse the beans.
- 02 Simmer with the stock; boil.
- 03 Reduce and cook 40 min.
- 04 Add remaining ingredients; simmer 20 min.

ADJUSTED Good batch soup; high fiber.

160 CALORIES	8g PROTEIN	26g CARBS	7g FIBER	4g SUGAR	300mg SODIUM
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MINERALS K 550 · Ca 90 · Fe 2.6 · Mg 55

SECTION 05

MEALS

Beans, lentils, grains, and greens built into full, plant-forward plates.

21 RECIPES

MUNG BEAN CHILI

TIME	SERVES	LEVEL	GOOD FOR
45 MIN	2	3 OF 5	LUNCH · DINNER · GUT · VEGAN

INGREDIENTS

- 1 cup cooked mung beans
- 1 cup vegetable broth
- 1 tsp salt
- ½ onion · ½ cup carrots · ½ cup celery
- 1 clove garlic · 1 tbsp ginger
- 1 tbsp turmeric
- Pinch cayenne
- ¼ cup apple cider vinegar
- ¼ cup ground flax
- 1 tsp cumin
- 1 tbsp cilantro
- 1 cup spinach · ½ cup kale · ½ cup carrot

METHOD

- 01 Simmer mung beans, broth, salt, onion, carrots, celery, garlic and ginger until tender.
- 02 Add turmeric, cayenne, vinegar and flax; cook 10–15 min.
- 03 Add spinach, kale, carrot and cilantro; season.
- 04 Garnish with cilantro and shredded carrot.

ADJUSTED High protein and fiber.

320	16g	48g	15g	8g	500mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 900 · Ca 120 · Fe 5.0 · Mg 110

QUINOA STUFFED PEPPERS

TIME	SERVES	LEVEL	GOOD FOR
45 MIN	2	3 OF 5	LUNCH · DINNER · GUT

INGREDIENTS

- ½ cup quinoa, cooked
- 1 red pepper, tops and seeds removed
- 1 tomato, diced
- 1 garlic clove
- 1 tbsp cilantro
- ¼ tsp Himalayan salt
- 1 cup spinach
- 1 tbsp olive oil
- ½ cup canned lentils, rinsed

METHOD

- 01 Preheat oven to 370°F.
- 02 Mix quinoa, lentils and all other ingredients.
- 03 Rub the pepper with olive oil.
- 04 Stuff with the mixture.
- 05 Bake 15 minutes.

300	12g	42g	10g	8g	350mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 700 · Ca 80 · Fe 4.0 · Mg 90

YOUR PROTEIN BOWL

TIME	SERVES	LEVEL	GOOD FOR
45 MIN	2	3 OF 5	LUNCH · DINNER · ENERGY · GUT

INGREDIENTS

- 2 sweet potatoes, cubed
- 1 bunch kale, chopped
- ¼ cup wakame, rehydrated
- 1 cup cooked quinoa
- 1 cup cooked chickpeas
- ½ zucchini, spiralized
- ½ avocado
- ¼ cup hemp seeds
- 2 tbsp coconut oil · 1 tbsp nut butter
- 1 tsp apple cider vinegar · 1 tsp lemon
- 1 tsp turmeric · ½ tsp ginger
- 1 tsp maple · salt · water

METHOD

- 01 Roast sweet potato at 425°F, 20–25 min.
- 02 Cook quinoa.
- 03 Blend the dressing until smooth.
- 04 Season the chickpeas.
- 05 Divide grains, legumes, zucchini and sweet potato.
- 06 Add kale and wakame; top with avocado.
- 07 Dress and sprinkle hemp seeds.

ADJUSTED A full, complete meal; higher fat is appropriate for a main bowl.

620	22g	62g	15g	12g	400mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 1200 · Ca 150 · Fe 6.0 · Mg 180

CHICKPEAS WITH POTATOES & YAMS

TIME	SERVES	LEVEL	GOOD FOR
35 MIN	4	2 OF 5	LUNCH · DINNER · VEGAN

INGREDIENTS

- ¼ cup olive oil
- 1 large onion, chopped
- 3 red potatoes, diced
- 2 carrots, in rounds
- 1 small dried chile
- 2 garlic cloves + ½ tsp coriander
- 1 cup yams, diced
- 3 cups chickpeas, cooked
- Salt and pepper
- ½ cup water
- ¼ cup cilantro · ¼ cup parsley

METHOD

- 01 Heat oil; cook onion until lightly coloured, ~8 min.
- 02 Add potatoes, yams, carrots and garlic; cook 5 min.
- 03 Add chickpeas, salt, pepper and water.
- 04 Simmer until potatoes are tender, 15–20 min.
- 05 Stir in fresh herbs.

380	11g	52g	11g	8g	350mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 900 · Ca 80 · Fe 3.6 · Mg 80

VEGETABLE PAELLA

TIME	SERVES	LEVEL	GOOD FOR
60 MIN	4	3 OF 5	LUNCH · DINNER · ENERGY · FOCUS

INGREDIENTS

- 2 tbsp olive oil
- 8 oz cremini mushrooms
- 2 carrots, diced
- 10 asparagus stalks
- 1 cup corn kernels
- 1 can tomatoes, drained
- 4 cloves garlic
- 1 cup short-grain brown rice
- ¼ tsp saffron
- 1 cup peas
- ¼ cup lemon juice
- 3 green onions
- ½ pepper, for garnish

METHOD

- 01 Sauté mushrooms until browned.
- 02 Add carrots, corn, tomatoes and garlic; sauté 2 min.
- 03 Stir in rice, water and saffron; boil.
- 04 Cover and simmer 40 min.
- 05 Add peas; steam 1–2 min.
- 06 Stir in lemon and green onions; season.

330	8g	58g	7g	8g	350mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 650 · Ca 60 · Fe 2.6 · Mg 90

CHICKPEA & SPINACH STEW

TIME	SERVES	LEVEL	GOOD FOR
30 MIN	2	3 OF 5	LUNCH · DINNER · ENERGY · VEGAN

INGREDIENTS

- 2 tbsp extra virgin olive oil
- 1 small onion
- 3 garlic cloves
- 2 pinches cayenne
- 1 tsp paprika
- 1 tsp rosemary · 1 tsp nutmeg
- ¼ cup parsley
- 1 cup diced tomatoes
- 1 can chickpeas
- Himalayan salt
- 2 bunches spinach
- 3 cups water

METHOD

- 01 Heat oil; add onion, garlic, spices and half the parsley.
- 02 Sauté, then soften the onion, ~5 min.
- 03 Add tomatoes and chickpeas; simmer 5 min.
- 04 Cook spinach until tender; fold in.
- 05 Season and garnish with parsley.

ADJUSTED High iron and calcium.

380 CALORIES	14g PROTEIN	40g CARBS	12g FIBER	8g SUGAR	450mg SODIUM
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MINERALS K 900 · Ca 180 · Fe 6.0 · Mg 110

CURRIED QUINOA WITH PEAS & CASHEW

TIME	SERVES	LEVEL	GOOD FOR
45 MIN	4	3 OF 5	LUNCH · DINNER

INGREDIENTS

- 2 tbsp coconut oil
- ¼ tsp turmeric
- 1 onion, half diced half chopped
- 1 cup quinoa, rinsed
- 2 tsp curry powder
- ½ tsp Himalayan salt
- 2 zucchini, cubed
- 1 cup veggie broth
- 1 cup peas
- ¼ cup scallions
- ¼ cup cashews, roasted
- 2 tbsp cilantro · pinch cayenne

METHOD

- 01 Cook diced onion in half the oil 3 min.
- 02 Stir in quinoa, curry and salt; cook 2 min.
- 03 Add 2 cups boiling water; cover, cook 15 min.
- 04 Sauté chopped onion, zucchini and curry 5 min.
- 05 Add water and salt; add peas and scallions.
- 06 Fold vegetables and cashews into the quinoa; garnish.

300	9g	40g	6g	6g	300mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 500 · Ca 50 · Fe 3.0 · Mg 100

CABBAGE ROLLS

TIME	SERVES	LEVEL	GOOD FOR
90 MIN	2	4 OF 5	LUNCH · DINNER · GUT · VEGAN

INGREDIENTS

- 2 tbsp olive oil
- 1 small onion
- 3 cloves garlic
- ½ cup dry lentils
- ¼ cup cooked brown rice
- 8 savoy cabbage leaves
- ¼ cup pitted olives
- 3 tbsp lemon juice
- 3 tomatoes, puréed
- 2 carrots, diced
- 1 bay leaf
- 2 tsp cumin · ¼ tsp marjoram · ¼ tsp allspice · ¼ tsp cinnamon
- 1 tsp Himalayan salt
- ¼ tsp cayenne · ¼ tsp turmeric

METHOD

- 01 Sauté onion and garlic.
- 02 Add lentils, water, salt, turmeric, bay, tomato and carrots.
- 03 Simmer 15 min; drain.
- 04 Blanch cabbage leaves 6 min; rinse.
- 05 Mash half the lentils; fold in olives.
- 06 Combine tomato purée, lemon and seasonings.
- 07 Roll filling in the leaves.
- 08 Bake at 375°F, covered 1 hr, uncovered 10 min.

ADJUSTED Adjusted: salt 1 tbsp → 1 tsp.

340	12g	52g	12g	12g	500mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 900 · Ca 120 · Fe 5.0 · Mg 90

MEATLESS BALLS & ARUGULA SALAD

TIME	SERVES	LEVEL	GOOD FOR
45 MIN	3-4	4 OF 5	LUNCH · DINNER · ENERGY · VEGAN

INGREDIENTS

- 2 cups lentils
- 1 large onion · 1 cup carrot · 1 cup celery
- 2 tsp salt
- 1 clove garlic
- ¼ cup basil
- 1 tbsp thyme · 1 tbsp oregano
- 1 tbsp apple cider vinegar
- ¼ cup olive oil
- 3 cups button mushrooms
- ¼ cup parsley
- ½ cup buckwheat flour
- 2 tbsp chia + 3 tbsp water
- 2 tbsp ground flax + 3 tbsp water
- 1 cup arugula, dressed

METHOD

- 01 Preheat oven to 400°F.
- 02 Simmer lentils until soft, ~25 min; do not overcook.
- 03 Strain and cool.
- 04 Mix all ingredients thoroughly.
- 05 Roll into 2 oz balls on a lined sheet.
- 06 Bake 22–25 min.
- 07 Serve with the arugula salad.

ADJUSTED Adjusted: relabelled serves 3–4 (batch is large); oil ¼ cup across the batch.

360 CALORIES	15g PROTEIN	40g CARBS	12g FIBER	5g SUGAR	380mg SODIUM
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MINERALS K 700 · Ca 90 · Fe 5.5 · Mg 95

YAM QUINOA PATTIES

TIME	SERVES	LEVEL	GOOD FOR
45 MIN	2	4 OF 5	LUNCH · DINNER · GUT

INGREDIENTS

- 2 cups yam, steamed and mashed
- 1 cup cooked quinoa
- 3 cloves garlic
- 1 tbsp thyme · 1 tbsp oregano · 1 tbsp parsley
- 1 tsp Himalayan salt
- ¼ tsp cayenne · 1 tsp turmeric
- 2 tbsp coconut oil

METHOD

- 01 Preheat oven to 360°F.
- 02 Sauté garlic in the coconut oil.
- 03 Add herbs and turmeric; stir.
- 04 Combine with the quinoa.
- 05 Add yam, salt and pepper; mix.
- 06 Shape 4.5 oz patties.
- 07 Bake 20 min. Serve with greens.

ADJUSTED Adjusted: salt 2 tsp → 1 tsp.

380	9g	58g	9g	8g	350mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 900 · Ca 70 · Fe 3.4 · Mg 90

ZUCCHINI PESTO LASAGNA

TIME	SERVES	LEVEL	GOOD FOR
75 MIN	3-4	4 OF 5	LUNCH · DINNER · GUT · VEGAN

INGREDIENTS

- 2 cloves garlic · 1 cup spinach · 2 cups basil
- 1 cup mixed herbs · ¼ cup mint · ¼ cup dill · ¼ cup parsley
- 1 cup sunflower seeds
- 1 lemon, juice and zest
- 1 tbsp apple cider vinegar · 2 tsp turmeric · 2 tsp salt
- 1 cup vegetable broth · ½ cup water
- 1 tbsp olive oil · ½ cup onion · 2 cloves garlic
- 1 tbsp turmeric · 2 cups green lentils
- 3 cups potassium broth · 1 cup water
- 2 tsp salt · 1 tsp black pepper
- 2 cups crimini mushrooms, ground
- 3–4 zucchini, sliced into noodles

METHOD

- 01 Sauté onion and garlic until translucent.
- 02 Add turmeric, lentils, broth, water, salt and pepper; simmer 20–30 min.
- 03 Add ground mushrooms; cook 1–2 min. Cool.
- 04 Blend all pesto ingredients smooth.
- 05 Layer zucchini noodles, lentil 'meat' and pesto.
- 06 Alternate directions; finish with noodles.
- 07 Garnish with lentil and fresh basil.

ADJUSTED Adjusted: relabelled serves 3–4 (2 cups lentils + 1 cup seeds is a large batch).

390	18g	40g	14g	8g	420mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 850 · Ca 120 · Fe 6.0 · Mg 120

SUNFLOWER FALAFEL

TIME	SERVES	LEVEL	GOOD FOR
45 MIN	4	4 OF 5	LUNCH · DINNER · ENERGY · VEGAN

INGREDIENTS	METHOD
• ½ cup sunflower seeds, soaked • ½ cup parsley • 1 cup red onion • 3 cloves garlic • 1 tbsp cumin · 1 tbsp turmeric • ½ cup ground flax or chia • 1 tbsp Himalayan salt • ½ cup lemon juice • 2 cups cooked chickpeas • ½ cup water	01 Preheat oven to 350°F. 02 Combine all ingredients. 03 Purée in batches until smooth. 04 Mix well; add liquid to reach a cookie-dough texture. 05 Roll 1.5 oz balls. 06 Bake 30 min, rotating at 20. 07 Serve with tahini sauce.

ADJUSTED 1 tbsp salt across 4 — taste as you go.

340	12g	32g	9g	4g	500mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 550 · Ca 90 · Fe 3.4 · Mg 110

CLEANSING RISOTTO

TIME	SERVES	LEVEL	GOOD FOR
35 MIN	2	4 OF 5	LUNCH · DINNER · ENERGY · VEGAN

INGREDIENTS

- 1 cup cooked wild rice
- 1 tbsp olive oil
- ½ red onion
- 1 cup mushroom, sliced
- Pinch cayenne
- 2 cups vegetable broth
- 2 cloves garlic
- 1–2 tsp Himalayan salt
- 2 tbsp lemon juice
- ¼ cup cilantro
- 1 cup carrot · 1 cup celery

METHOD

- 01 Cook onion, garlic and celery in oil until tender.
- 02 Add mushrooms, lemon, salt and cayenne.
- 03 Add rice, then broth slowly until absorbed.
- 04 Add carrots and cilantro; stir.
- 05 Remove from heat.

ADJUSTED Adjusted: salt 1 tbsp → 1–2 tsp.

260	6g	40g	4g	5g	450mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 500 · Ca 50 · Fe 2.0 · Mg 55

LENTIL CARROT BURGER

TIME	SERVES	LEVEL	GOOD FOR
30 MIN	2	4 OF 5	LUNCH · DINNER · ENERGY · VEGAN

INGREDIENTS

- 1 cup cooked lentils
- ½ cup carrots, grated
- ½ onion, diced
- 1 tbsp cilantro
- 2 tsp cumin · 1 tsp turmeric
- Pinch cayenne
- ¼ cup flour
- ¼ cup ground flax seed
- ¼ cup apple cider vinegar
- 2 tbsp coconut oil
- ¼ cup broth

METHOD

- 01 Preheat oven to 350°F.
- 02 Combine all ingredients; mix well.
- 03 Measure 4.5 oz mounds.
- 04 Shape into burgers on a lined tray.
- 05 Bake 20 min.

320	12g	40g	11g	5g	300mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 600 · Ca 60 · Fe 4.0 · Mg 70

MEXICAN FIESTA WRAP

TIME	SERVES	LEVEL	GOOD FOR
90 MIN	2	4 OF 5	LUNCH · DINNER · GUT · VEGAN

INGREDIENTS

- 1 cup cilantro · ¼ cup parsley
- 3 cloves garlic
- 3 tbsp apple cider vinegar
- 1 lemon, juiced
- ½ tsp salt · ¼ tsp turmeric · ¼ tsp cayenne · 1 tsp oregano
- ½ cup potassium broth
- ½ cup bone broth or water
- 1 cup cooked kidney beans
- ½ cup brown rice
- 6 collard greens, oiled and salted
- ½ carrot, grated

METHOD

- 01 Blend the sofrito ingredients smooth.
- 02 Cook rice, 1.5 cups water to 1 cup rice.
- 03 Warm 3 tbsp sofrito with broth and beans.
- 04 Combine rice with ¼ cup water.
- 05 Lay a collard green glossy side down.
- 06 Add beans, rice and carrot; roll tightly.

340	12g	56g	12g	6g	450mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 800 · Ca 100 · Fe 4.0 · Mg 90

KOJI

TIME	SERVES	LEVEL	GOOD FOR
35 MIN	2	4 OF 5	LUNCH · DINNER · GUT · VEGAN

INGREDIENTS

- 1 cup celery, diced
- 1 cup carrots, diced
- ½ cup onion
- 1 tsp ginger
- 1 tsp coconut oil
- 1 cup cooked brown rice
- 1 cup water · 1 cup veggie broth
- 1 tsp turmeric · ¼ tsp cumin · ¼ tsp fennel seeds
- Pinch cayenne · 1 tsp Himalayan salt
- ¼ cup cilantro

METHOD

- 01 Cook celery, carrots, onion, ginger, broth and salt until tender.
- 02 Add rice, water, broth and spices.
- 03 Cook until the rice absorbs the liquid.
- 04 Season; fold in cilantro.

240 CALORIES	6g PROTEIN	44g CARBS	5g FIBER	6g SUGAR	500mg SODIUM
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MINERALS K 500 · Ca 60 · Fe 1.8 · Mg 55

CURRIED CHICKPEA CROQUETTES

TIME	SERVES	LEVEL	GOOD FOR
60 MIN	3-4	4 OF 5	LUNCH · DINNER · ENERGY · FOCUS

INGREDIENTS

- 2 cups chickpeas, cooked
- ½ onion
- ¼ cup shredded carrot
- 1 tsp curry powder · 1 tsp turmeric
- ½ cup ground flaxseed
- 1 cup flour
- ¼ tsp cumin · ½ tsp Himalayan salt
- ¼ cup lemon juice
- ¼ cup broth
- 2 tbsp oil
- 1 tsp maple or honey
- ¼ cup cilantro · 1 cup kale, sliced

METHOD

- 01 Preheat oven to 350°F.
- 02 Blend chickpeas (reserve a handful), onion, curry, turmeric, flax, flour, cumin, salt, lemon, broth and oil into a paste.
- 03 Fold in cilantro, carrot, kale and reserved chickpeas.
- 04 Form 2 oz logs.
- 05 Bake 30 min, rotating at 20.
- 06 Serve on a kale salad.

ADJUSTED Adjusted: relabelled serves 3–4 (served over a kale salad).

360	13g	46g	11g	6g	360mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 600 · Ca 90 · Fe 4.0 · Mg 90

RAW SUNFLOWER PÂTÉ WRAP

TIME	SERVES	LEVEL	GOOD FOR
15 MIN	2	3 OF 5	LUNCH · FOCUS · GUT · VEGAN

INGREDIENTS

- 1 cup soaked sunflower seeds
- 1 cup raw fennel root
- ¼ cup red onion
- 3 tbsp lemon juice
- 1 tsp thyme · ½ tsp cayenne · 1 tsp sea salt
- 4 stalks celery, diced
- ¼ cup olive oil
- Collard leaves and carrots, to wrap

METHOD

- 01 Massage the collard leaf with salt and oil.
- 02 Blend all pâté ingredients, saving a celery stalk.
- 03 Slice celery and carrots.
- 04 Add 3 tbsp pâté to the leaf.
- 05 Add celery and carrots; roll and enjoy cold.

ADJUSTED Adjusted: olive oil 1 cup → ¼ cup (1 cup was ~90 g fat per serving).

340	11g	18g	7g	5g	400mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 600 · Ca 90 · Fe 3.4 · Mg 130

VEGAN LENTIL LOAF

with garlic mashed cauliflower

TIME	SERVES	LEVEL	GOOD FOR
45 MIN	3-4	4 OF 5	DINNER · ENERGY · FOCUS

INGREDIENTS

- 1 cup dry lentils
- 2 tbsp flax meal
- 2 tbsp olive oil
- 4 cloves garlic
- 1 small onion
- 2 carrots · 2 celery stalks
- 2 tsp thyme · 1 tsp cumin · pinch cayenne
- 1 medium cauliflower
- 3 garlic bulbs, roasted
- 1 tsp thyme · 1 tsp chives
- 1 tsp salt · ¼ tsp black pepper

METHOD

- 01 Boil lentils until soft; purée about ¾.
- 02 Sauté onion, garlic, carrot and celery with spices.
- 03 Combine and spread in a lined tray.
- 04 Glaze with beet barbecue sauce; bake.
- 05 Steam cauliflower until fork-tender.
- 06 Roast the garlic until caramelised.
- 07 Blend the mash creamy.

ADJUSTED Adjusted: relabelled serves 3–4 (a full loaf plus mash).

320	15g	42g	13g	7g	380mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 850 · Ca 90 · Fe 5.5 · Mg 95

VEGAN NORI ROLLS

TIME	SERVES	LEVEL	GOOD FOR
45 MIN	20 ROLLS	4 OF 5	LUNCH · DINNER · DETOX · VEGAN

INGREDIENTS

- 1 jicama, chopped
- 4 cups sunflower seeds, soaked
- 1 tsp Himalayan salt
- 1 tbsp maple syrup
- 1 tbsp apple cider vinegar
- 20 sheets nori
- 2 cups carrots, grated
- 2 cups cucumbers, julienned

METHOD

- 01 Purée jicama until finely chopped.
- 02 Drain and press out excess water.
- 03 Blend with sunflower seeds, salt, maple and vinegar into a dough.
- 04 Lay a nori sheet, shiny side down.
- 05 Spread ¼ cup 'rice' on the bottom half.
- 06 Align carrot and cucumber strips.
- 07 Roll tightly; seal the edge with water.
- 08 Dry before slicing.

ADJUSTED Nutrition is per ~5 rolls (makes 20).

320 CALORIES	12g PROTEIN	20g CARBS	6g FIBER	5g SUGAR	300mg SODIUM
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MINERALS K 500 · Ca 60 · Fe 3.0 · Mg 120

RED BEAN GUMBO WITH GREENS

TIME	SERVES	LEVEL	GOOD FOR
75 MIN	4	4 OF 5	DINNER · ENERGY · VEGAN

INGREDIENTS

- 2–3 bunches greens (mustard, turnip, collards, kale)
- ¼ cup oil
- 6 tbsp flour
- ¼ cup parsley
- 1 tsp thyme · 1½ tsp oregano · 1 tbsp paprika
- 2 bay leaves
- ½ tsp black pepper · pinch cayenne
- 2 large onions
- 1 bell pepper · 3 celery ribs
- 5 garlic cloves
- 3 cups cooked red kidney beans
- Salt

METHOD

- 01 Boil the greens until tender, ~12 min; reserve the water.
- 02 Make a roux: cook oil and flour until dark reddish-brown, 10–15 min.
- 03 Add seasonings, then the vegetables; cook 5 min.
- 04 Add garlic, salt and 2 qt water or greens liquid.
- 05 Simmer 20 min.
- 06 Add beans and greens; cook 15 min.

ADJUSTED Adjusted: oil ½ → ¼ cup; reduce added salt and taste.

340	13g	48g	14g	6g	500mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 1000 · Ca 180 · Fe 5.0 · Mg 100

SECTION 06

THE 3-DAY CLEANSE

Your 3-day cleanse in one place: light blends, cold soups, and simple plates for days one through three.

9 RECIPES

AÇAÍ BERRY SMOOTHIE

9 AM · Cleanse days 1–3

TIME	SERVES	LEVEL	GOOD FOR
5 MIN	2	1 OF 5	CLEANSE · MORNING · VEGAN

INGREDIENTS

- 1 cup spinach and/or kale
- 3 to 4 cups water
- 1½ cups frozen berries
- 1 banana
- ¼ cup goji berries
- ½ lemon wedge
- 2 tbsp açai powder
- 2 tbsp chia seeds
- 1 tbsp flax seeds
- 1 tbsp MCT oil (optional)

METHOD

- 01 Add everything to the blender.
- 02 Blend for three minutes, until completely smooth.

ADJUSTED Take with a probiotic and vitamin B complex, as in the workbook cleanse.

230 CALORIES	5g PROTEIN	34g CARBS	9g FIBER	18g SUGAR	40mg SODIUM
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MINERALS K 500 · Ca 120 · Fe 2.5 · Mg 90

GREEN GODDESS SMOOTHIE

3 PM · Cleanse days 1–3

TIME	SERVES	LEVEL	GOOD FOR
5 MIN	1	1 OF 5	CLEANSE · AFTERNOON · VEGAN

INGREDIENTS

- 1 cup spinach and/or kale
- 3 to 4 cups water
- 3 celery stalks
- ½ cup parsley
- ½ lemon wedge
- Handful raisins, or 1 cup grapes
- 1 tsp chlorophyll

METHOD

- 01 Add everything to the blender.
- 02 Blend for three minutes, until completely smooth.
- 03 For a sweeter drink, add three dates.

120 CALORIES	4g PROTEIN	26g CARBS	5g FIBER	16g SUGAR	60mg SODIUM
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MINERALS K 700 · Ca 120 · Fe 2.4 · Mg 60

ANTI-INFLAMMATORY JUICE

5 PM · Cleanse days 1–3

TIME	SERVES	LEVEL	GOOD FOR
5 MIN	2	1 OF 5	CLEANSE · EVENING · VEGAN

INGREDIENTS

- 1 tsp turmeric
- ½ inch fresh ginger
- Pinch cayenne
- 3 to 4 cups water
- Fresh lemon juice
- Honey or maple syrup (optional)

METHOD

- 01 Add everything to the blender.
- 02 Blend for a minute or less.

ADJUSTED Adjusted: turmeric 1 tbsp → 1 tsp (1 tbsp is very strong for a drink).

30 CALORIES	0g PROTEIN	7g CARBS	1g FIBER	4g SUGAR	5mg SODIUM
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MINERALS K 120 · Ca 20 · Fe 0.6 · Mg 10

GREEN POWER COLD SOUP

12 PM · Cleanse day 1

TIME	SERVES	LEVEL	GOOD FOR
10 MIN	1	1 OF 5	CLEANSE · LUNCH · VEGAN

INGREDIENTS

- 1 cup green leaves (spinach or kale)
- 1 cup water
- 1 celery stalk
- ½ cup parsley
- ½ avocado
- 1 tsp coconut oil
- ½ lemon
- 1 tsp apple cider vinegar
- 1 garlic clove
- Salt and pepper

METHOD

- 01 Combine all ingredients in a high-speed blender.
- 02 Purée on medium until slightly smooth, 30 to 60 seconds.

220 CALORIES	5g PROTEIN	14g CARBS	7g FIBER	4g SUGAR	200mg SODIUM
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MINERALS K 700 · Ca 100 · Fe 2.4 · Mg 60

KALE SALAD WITH LEMON DILL DRESSING

7 PM · Cleanse day 1

TIME	SERVES	LEVEL	GOOD FOR
15 MIN	2	2 OF 5	CLEANSE · DINNER · VEGAN

INGREDIENTS

- 1 cup kale
- 1 cup spinach
- ½ cup shredded carrots
- ¼ cup goji berries (optional)
- 1 tbsp hemp seeds
- 1 tbsp flaxseed
- ¼ cup sunflower seeds
- ½ tbsp ground flax
- 3 tbsp lemon juice + 1 tbsp zest
- 1 tbsp apple cider vinegar
- 1 garlic clove
- ¼ cup fresh dill
- ½ tsp salt
- Pinch cayenne
- ¼ cup water

METHOD

- 01 Blend all dressing ingredients until completely smooth, 30 to 60 seconds.
- 02 Add all salad ingredients to a bowl and mix.
- 03 Dress just before eating.

240	8g	18g	6g	7g	250mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 500 · Ca 140 · Fe 2.8 · Mg 90

CREAM OF CELERY SOUP

12 PM · Cleanse day 2 (raw, blended)

TIME	SERVES	LEVEL	GOOD FOR
10 MIN	1	1 OF 5	CLEANSE · LUNCH · VEGAN

INGREDIENTS

- 1 cup celery, sliced
- 1 cup water
- ¼ cup pumpkin seeds
- ½ avocado
- 1 tsp coconut oil
- 1 tsp dried oregano
- 1 tsp apple cider vinegar
- 1 garlic clove
- Salt and pepper

METHOD

- 01 Combine all ingredients in a high-speed blender.
- 02 Purée on medium until smooth, two to three minutes.

ADJUSTED A raw, blended cleanse soup — different from the cooked Vegan Cream of Celery Soup on p.44.

280 CALORIES	8g PROTEIN	12g CARBS	6g FIBER	4g SUGAR	250mg SODIUM
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MINERALS K 650 · Ca 90 · Fe 3.0 · Mg 120

ROASTED ROOT VEGETABLES

7 PM · Cleanse day 2 · with lemon dill dressing

TIME	SERVES	LEVEL	GOOD FOR
60 MIN	1	2 OF 5	CLEANSE · DINNER · VEGAN

INGREDIENTS

- ½ head cauliflower, florets
- ½ cup carrots, diced
- ½ sweet potato, diced
- ¼ cup beets, diced
- 2 tbsp coconut oil
- 1 tbsp oregano
- Pinch cayenne
- 1 tsp turmeric
- Salt
- Lemon dill dressing (see p.75)

METHOD

- 01 Marinate the beets, yams and carrots with coconut oil, salt, turmeric and cayenne.
- 02 Roast at 400°F for 50 minutes, checking the texture as you go.
- 03 Serve with the lemon dill dressing from day one.

320	7g	40g	10g	14g	300mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 900 · Ca 100 · Fe 3.0 · Mg 90

CARROT GINGER SOUP

12 PM · Cleanse day 3 (raw, blended)

TIME	SERVES	LEVEL	GOOD FOR
10 MIN	1	1 OF 5	CLEANSE · LUNCH · VEGAN

INGREDIENTS

- 1 cup carrots
- 1 inch fresh ginger
- 1 cup water or vegetable broth
- 1 tbsp coconut oil
- 1 tbsp parsley
- ½ tsp Himalayan salt
- 1 tsp apple cider vinegar

METHOD

- 01 Combine all ingredients in a high-speed blender.
- 02 Purée on medium until smooth, two to three minutes.

180	2g	18g	5g	9g	350mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 500 · Ca 60 · Fe 1.0 · Mg 40

HUMMUS AND RAW VEGETABLES

7 PM · Cleanse day 3

TIME	SERVES	LEVEL	GOOD FOR
5 MIN	2	1 OF 5	CLEANSE · DINNER · VEGAN

INGREDIENTS

- 4 tbsp organic hummus
- 2 to 3 carrot sticks
- 2 to 3 celery stalks
- Cucumber, as much as you like

METHOD

01 Dip and eat. That's the whole recipe.

120	4g	14g	5g	5g	250mg
CALORIES	PROTEIN	CARBS	FIBER	SUGAR	SODIUM

MINERALS K 350 · Ca 50 · Fe 1.4 · Mg 35

IT STARTED WITH MY SON.

Joulebody didn't begin as a business. It began as a mother trying to help her son.

When he faced a health crisis, I learned quickly that food is not a side note to healing. It is the ground everything else stands on. What we ate, how it was made, and where it came from all mattered more than I had ever been taught.

So I went to work in my own kitchen. Real ingredients. Nothing processed, nothing I couldn't pronounce. Meals built to nourish, not just to fill. The recipes in this book were born in that season, tested on the people I love most.

That became Joulebody: a real-food company built with my family, one meal at a time.

WHAT IT BECAME

FOOD IS THE FOUNDATION.

What began at home grew into something I never planned: a line of clean, real-food rituals and bars, and a community of people who wanted to feel good in their bodies again.

Through all of it, one belief never changed. Food is the foundation, not the finish. A gentle cleanse, steady hormones, a calm gut, real energy, they all start on the plate.

These recipes carry that same intention. Make them your own. Keep the ones that make you feel alive. And remember that caring for yourself, one meal at a time, is not a small thing. It is everything.

2009 · FOUNDED BUILT WITH FAMILY REAL-FOOD RITUALS & BARS TODAY · NOT JUST A COACH

YVETTE ROSE

FOUNDER, JOULEBODY · HOLISTIC HEALTH COACH

ONE MORE THING

FOOD IS THE FOUNDATION.

These recipes are a starting point — steady blood sugar, real ingredients, and enough plants to feel it. If you want a plan built around your body, your labs, and your life, that's the work I do with clients.

READY TO GO DEEPER?

APPLY TO WORK TOGETHER →

yvetterose.com

DISCLAIMER & CONTACT.

HEALTH DISCLAIMER

This book is for educational and general wellness purposes only. It is not medical or nutritional advice, and it is not a substitute for care from a qualified professional. Talk with your doctor before changing how you eat, move, or supplement, especially if you are pregnant, nursing, taking medication, or managing a health condition.

NUTRITION & RESULTS

Per-serving nutrition figures are estimates from standard food data and will vary with brands, portions, and preparation. Individual results vary. Not Just A Coach and Yvette Rose accept no liability for any action taken based on this material.

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