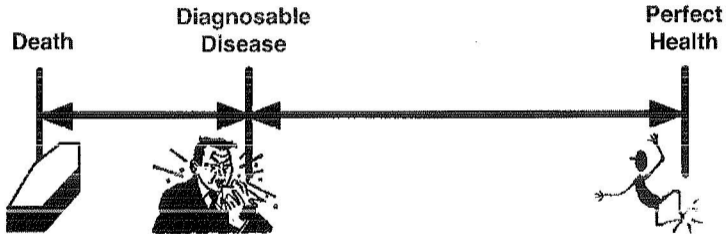


# *The Health and Disease Continuum*



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## **Heavily Treated Fruits**

apples  
apricots  
cherries  
dates  
grapes  
hot peppers  
lemons  
nectarines  
peaches  
pears  
raspberries  
strawberries

## **Heavily Treated Vegetables**

bell peppers  
cabbage  
carrots  
celery  
cucumbers  
green beans  
potatoes  
spinach  
sweet potatoes

## **Less-Treated Fruits**

bananas  
blueberries  
figs  
grapefruit  
kiwi fruit  
mangoes  
papayas  
pineapples  
plantains  
plums  
watermelons

## **Less-Treated Vegetables**

asparagus  
avocados  
broccoli  
brussels sprouts  
cauliflower  
eggplant  
garlic  
okra  
onions  
radishes

# Food & Chemical Effects on Acid /

<b>Most Alkaline</b>	<b>More Alkaline</b>	<b>Low Alkaline</b>	<b>Lowest Alkaline</b>
Baking Soda	Spices/Cinnamon Valerian Licorice Black Cohosh Agave	Herbs (most); Arnica Bergamot, Echinacea Chrysanthemum, Epedra, Feverfew, Goldenseal, Lemongrass Aloe Vera Nettle Angelica	White Willow Bark Slippery Elm Artemesia Annua
Sea Salt			<i>Sulfite</i>
Mineral Water	Kombucha	Green or Mu Tea	Ginger Tea
	Molasses Soy Sauce	Rice Syrup Apple Cider Vinegar	Sucanat Umeboshi Vinegar
Umeboshi Plum		Sake	Algae, Blue Green Ghee (Clarified Butter)  Human Breast Milk
		Quail Egg	Duck Egg
			Oat Grain Coffee Quinoa Wild rice Japonica Rice
Pumpkin Seed	Poppy Seed Cashew Chestnut Pepper	Primrose Oil Sesame Seed Cod Liver Oil Almond Sprout	Avocado Oil Seeds (most) Coconut Oil Olive/Macadamia Oil Linseed/Flax Oil
<i>Hydrogenated Oil</i>			Brussels Sprout Beet Chive/Cilantro Celery/Scallion Okra/Cucumber Turnip Greens Squash Artichoke Lettuce Jicama
Lentil	Kohlrabi	Potato/Bell Pepper	
Broccoli	Parsnip/Taro	Mushroom/Fungi	
Seaweed	Garlic	Cauliflower	
Norii/Kombu/Wakame/Hijiki	Asparagus	Cabbage	
Onion/Miso	Kale/Parsley	Rutabaga	
Daikon/Taro Root	Endive/Arugula	Salsify/Ginseng	
Sea Vegetables (other)	Mustard Greens	Eggplant	
Dandelion Green	Jerusalem Artichoke	Pumpkin	
Burdock/Lotus Root	Ginger Root	Collard Greens	
Sweet Potato/Yam	Broccoli		
Lime	Grapefruit	Lemon	Orange
Nectarine	Cantaloupe	Pear	Apricot
Persimmon	Honeydew	Avocado	Banana
Raspberry	Citrus	Apple	Blueberry
Watermelon	Olive	Blackberry	Pineapple Juice
Tangerine	Dewberry	Cherry	Raisin, Currant
Pineapple	Loganberry	Peach	Grape
	Mango	Papaya	Strawberry

*Italicized items are NOT recommended*

# Alkaline Body Chemical Balance

Food Category Spice/Herb	Lowest Acid Curry	Low Acid Vanilla Stevia	More Acid Nutmeg	Most Acid Pudding/Jam/Jelly
<b>Preservative Beverage</b>	MSG Kona Coffee	Benzoate Alcohol Black Tea	Aspartame Coffee	Table Salt (NaCl) Beer, Soda Yeast/Hops/Malt Sugar/Cocoa White/Acetic Vinegar
<b>Sweetner Vinegar</b>	Honey/Maple Syrup Rice Vinegar	Balsamic Vinegar	Saccharin Red Wine Vinegar	
<b>Therapeutic</b>		Antihistamines	Psychotropics	Antibiotics
<b>Processed dairy</b>	Cream/Butter	Cow Milk	Casein, Milk Protein, Cottage Cheese	Processed Cheese
<b>Cow/Human Soy Goat/Sheep</b>	Yogurt	Aged Cheese Soy Cheese	New Cheese Soy Milk	Ice Cream
<b>Egg</b>	Goat/sheep Cheese	Goat Milk		
<b>Meat Game Fish/Shell Fish</b>	Chicken Egg			
	Gelatin/Organs Venison	Lamb/Mutton Boar/Elk/Game Meat	Pork/Veal Bear	Beef
	Fish	Shell Fish/Mollusks	Mussel/Squid	Lobster
<b>Fowl</b>	Wild Duck	Goose/Turkey	Chicken	Pheasant
<b>Grain Cereal Grass</b>	Triticale Millet Kasha Amaranth Brown Rice	Buckwheat Wheat Spelt/Teff/Kamut Farina/Semolina White Rice	Maize Barley Groat Corn Rye Oat Bran	Barley Processed Flour
<b>Nut Seed/Sprout Oil</b>	Pumpkin Seed Oil Grape Seed Oil Sunflower Oil Pine Nut Canola Oil	Almond Oil Sesame Oil Safflower Oil Tapioca Seitan or Tofu	Pistachio Seed Chestnut Oil Lard Pecan Palm kernel Oil	Cottonseed Oil/Meal Hazelnut Walnut Brazil Nut Fried Food
<b>Bean Vegetable Legume Pulse Root</b>	Spinach Fava Bean Kidney Bean Black-eyed Pea String/Wax Bean Zucchini Chutney Rhubarb	Split Pea Pinto Bean White Bean Navy/Red Bean Aduki Bean Lima or Mung Bean Chard	Green Pea Peanut Snow Pea  Legumes (other) Carrot Chick Pea/Garbanzo	Soybean Carob
<b>Citrus Fruit</b>	Coconut Guava Pickled Fruit Dry Fruit Fig Persimmon Juice Cherimoya Date	Plum Prune Tomato	Cranberry Pomegranate	
<b>Fruit</b>				

aluminum compounds  
artificial fragrances  
benzaldehyde (shaving foams)  
benzyl acetate (aftershave)  
BHA  
BHT  
butylenes glycol (hair spray)  
colors  
cresol  
DEA  
detergents  
EDTA  
ethyl acetate (aftershave)  
flavors  
fluoride  
formaldehyde  
glycols  
ketoconazole (antifungal)  
nickel sulfate  
nitrates

octylmethoxycinnamate  
(sunscreens)  
parabens (a class of preservatives ending with paraben)  
phenol  
phthalates (moisturizers, nail polish)  
potassium bromate (toothpaste)  
quaternium-15 (shampoos)  
resorcinol  
selenium sulfide  
sodium cetyl sulfate  
sodium laureth sulfate  
sodium lauryl sulfate  
TEA  
trichloroethylene  
triclosan (antibacterial)  
violet 2 or 4B  
zinc pyrithione (dandruff shampoo)

### **EXERCISE IMPROVES APPEARANCE:**

- Helps maintain youthfulness/vitality
- Promotes weight loss/muscle mass
- Tightens sagging skin
- Increases balance/coordination

### **EXERCISE IMPROVES MENTAL/EMOTIONAL STATE:**

- Promotes positive outlook/reduces depression
- Brings clarity of mind/better mental functioning
- Reduces stress

### **EXERCISE PROMOTES OVERALL HEALTH:**

- Prevents both causes of disease—deficiency and toxicity
- Promotes delivery of nutrients to cells
- Pumps toxins out of the body
- Boosts the immune system and oxygenates cells

### **EXERCISE PROMOTES WEIGHT LOSS:**

- Key to permanent weight loss
- Burns fat
- Increases muscle, which also burns more fat
- Speeds metabolism/reduces sluggishness
- Decreases appetite
- Promotes efficient, regular elimination
- Promotes better sleep

### **EXERCISE PREVENTS MANIFESTATIONS OF DISEASE:**

- Improves digestion
- Lowers blood pressure
- Dissolves blood clots
- Strengthens the heart
- Improves circulation
- Strengthens bones and joints
- Reduces cancer risk
- Stabilizes blood sugar
- Promotes quicker healing

## *Phase One*

### *Menu (Transition Diet)/Day One*

#### **Rising Routine Beverage**

Soak one cup of organic lentils in two cups of pure water for the day to reduce cooking time for the meatless taco “meat” tonight.

**Breakfast** (If you prepare this in a thermos, you can take it with you to work if you are not hungry first thing in the morning.)

No-Cook Breakfast Delight (see page 292) with 1 tablespoon ground flaxseed and milk alternative (see page 293) if desired; may be topped with stevia, cinnamon, and nutmeg

**Snack** A ripe apple or peach, or cup of blueberries with or without a handful of raw nuts

- Lunch** Build Your Own Veggie Sandwich (see page 294)  
An acceptable (no added oils, MSG, etc.) whole-grain cracker and hummus (see page 295)
- Snack** Large serving of watermelon or raw assorted veggies
- Dinner** Basic Tossed Green Salad with Creamy Southwestern Dressing (see page 297)  
*NBFA* Burritos with Meatless Taco “Meat” (see page 298)  
(Try to make the salad large and focus on it, eating only one burrito afterward.)

## *Phase One*

### *Menu (Transition Diet)/Day Two*

#### **Rising Routine Beverage**

**Breakfast** Bowl of No-Cook Breakfast Delight (see page 292) with milk alternative, if desired

**Snack** Leftover hummus with baby carrots and healthier crackers to dip

**Lunch** *NBFA* Taco Salad (see page 298) with leftover taco “meat”

**Snack** ½ honeydew melon or cantaloupe

**Dinner** Caesar Salad (see page 302)  
Veggie Pasta (see page 303)

## *Phase One*

### *Menu (Transition Diet)/Day Three*

#### **Rising Routine Beverage**

Marinate the portobellos for tonight’s “Where’s the Beef?”

Bul Go Gee (see page 308)

Soak 2 cups of brown rice in 4 cups of water for tonight’s meal to reduce preparation time.



- Breakfast** Ezekiel Sprouted Grain Bagel or toasted Manna Bread with coconut oil or Healthier Spread\* (see page 304)
- Snack** Apple slices with a handful of almonds or raw, organic almond butter
- Lunch** Raw veggies with Vegan Ranch Dressing as dip (see page 305)  
Build Your Own Veggie Sandwich (see page 294)
- Snack** Creamy Banana Milk Shake (see page 306) smoothie, or a cup of cherries
- Dinner** Colorful Cabbage Delight\* (see page 306)  
“Where’s the Beef?” Bul Go Gee\* (see page 308) served over brown rice

On a day when you have extra time, be adventurous and experiment with vegetable juice in the morning, before eating. Kick start your day by putting any mixture of vegetables through the juicer. Initially you may add two organic apples to help you tolerate the taste. Slowly reduce to one apple. It tastes like apple juice, yet you get an incredible antioxidant boost along with numerous minerals, vitamins, and phytochemicals.

## *Sample Daily Phase Two Menus (Larger Percentage Raw Food)*

Please keep in mind that the salads served at meals in this plan are large and should be the prominent part of the meal. The other dish is eaten as a side item. This is opposite of the way most of us are accustomed to eating—with a side salad and a plateful of cooked food. One good practice is to use a large plate for the fresh salad and a salad plate or bowl for the other part of the meal. This will train you to reverse your typical eating pattern.

***Phase Two***  
***Menu (Larger Percentage Raw Food)/***  
***Day One***

**Rising Routine Beverage**

- Breakfast** A bunch of grapes and ¼ cup raw sunflower seeds
- Snack** Sliced veggies with Guacamole (see page 299)
- Lunch** Large Basic Tossed Green Salad (see page 296)  
with dressing of choice  
Mexican Sandwich Filling (see page 309) wrap or sandwich
- Snack** Celery with raw almond butter and ground flaxseed sprinkled on top
- Dinner** Romaine with Lemon Dulse Dressing (see page 310)  
Steamed green beans or asparagus

***Phase Two***  
***Menu (Larger Percentage Raw Food)/***  
***Day Two***

**Rising Routine Beverage**

- Soak beans for Day Three Cincinnati Chili recipe
- Breakfast** Cinnamon Buckwheat Cereal\* (see page 312) with milk alternative
- Snack** Two kiwis and a handful of raw pistachios
- Lunch** Versatile Veggie Wraps (see page 312) or leftover Mexican Sandwich Filling with whole-grain tortillas or wrapped in a romaine or collard leaf instead of bread  
Assorted raw vegetables or tossed salad
- Snack** Healthy Lifestyle Ice Cream (see page 314)

- Dinner** Large Tossed Salad with Italian Olive Oil Dressing  
(see page 314)  
Veggie Pesto Pasta (see page 315)

If you are away during the daytime, while cleaning up after dinner, start the Meatless Cincinnati Chili with pasta\* (see page x) for tomorrow's dinner. It can be refrigerated and put in the Crock-Pot on low all day tomorrow to finish cooking.

***Phase Two***  
***Menu (Larger Percentage Raw Food)/***  
***Day Three***

**Rising Routine Beverage**

Put the Cincinnati Chili ingredients (except the pasta and extra onions) in the Crock-Pot on low before leaving for the day.

**Breakfast** Favorite Tropical Smoothie (see page 319) and a Banana Nut and Seed Bar (see page 320)

**Snack** Spicy Raw Nuts (see page 321)

**Lunch** Tossed salad with dressing of choice  
Ripe organic avocado half

**Snack** Assorted vegetables with hummus or salad dressing of choice

**Dinner** Yellow Squash Carrot Salad (see page 322)  
served on a bed of greens and/or sprouts  
Meatless Cincinnati Chili (see page 317) with whole-grain pasta (freeze the leftover chili for use as a quick meal on a busy evening)

## ***Sample Daily Phase Three Menu (All-Raw)***

After you get acclimated to the *NBFA* Lifestyle, you may desire to try “living food days” once a week and eat all of your food uncooked. This gives your body a boost of energy and nutrients. Here is a sample of how you might choose to eat on such a day. Remember, the goal is to eat 75 to 80 percent of your food raw.

### ***Phase Three (All-Raw)***

#### **Rising Routine Beverage**

- Breakfast** Uncooked Whole-Grain Buckwheat Breakfast  
(see page 323) with cinnamon, nutmeg, and stevia  
1 tablespoon ground flaxseed  
Milk alternative (see page 293)
- Snack** Veggie Flax Crackers (see page 323) with  
Guacamole (see page 299)
- Lunch** Mexican Cabbage Salad (see page 324)  
Veggie Flax Crackers
- Snack** Two plums and a handful of raw almonds
- Dinner** Large tossed salad  
Tantalizing Trio Salad (see page 326)  
Brazil Nut Loaf (see page 328) or if you don't  
have a dehydrator, eat it unheated as paté served  
on a bed of greens or a romaine leaf

# R E C I P E S

## Phase One/Day One

### *No-Cook Breakfast Delight (phase 1)*

Place wheat berries, buckwheat, quinoa, or oats in a thermos the evening before you plan on eating them. Boil pure water and place the correct amount of boiling water in the thermos with the grain. (See chart on next page for correct amounts of grain and water.) If you wish, you may combine some cinnamon, nutmeg, and stevia with the grain at this point, or it can be added in the morning. Promptly put the lid on the thermos and let sit until morning when the grain will be ready to eat without cooking. Stir and enjoy.

An ideal way to introduce ground flaxseed into your diet is by sprinkling it on top of a bowl of whole grains. Using a coffee grinder, grind 1 tablespoon of flaxseed to top your whole grains.

### *Cereal and Grain Preparation*

Rather than using boxed cereals, which are highly processed and have little nutrition, try incorporating various whole grains for breakfast. All grains may be seasoned with cinnamon and stevia and served with a milk substitute. If time is a concern for cooking grains, try an overnight method and your grains will be ready to eat when you get up in the morning.

If you plan ahead and soak grains in pure water prior to usage, this makes them much easier to digest. Cooking time is reduced since this soaking softens the grains. Some grains, such as buckwheat, can be soaked overnight and then eaten without cooking. They are soft and ready to eat after soaking

or may be cooked if you desire.

Here is a general guide for grain cooking. Bear in mind that soaked grains may cook in less time and may require slightly less water.

<b>Grain</b>	<b>Dry Amount</b>	<b>Water</b>	<b>Cooking Time</b>
Brown rice	½ cup	1 cup	45–50 minutes
Buckwheat	½ cup	1 cup	30–35 minutes
Millet	½ cup	1½ cups	40 minutes
Oats (groats)	1 cup	2½ cups	40–60 minutes
Quinoa	½ cup	1 cup	20 minutes
Teff	½ cup	2 cups	20 minutes
Wheat	½ cup	1 cup	60 minutes

### ***Regular Stove-Top Cooking***

Bring the water to a boil. Add grain, cover, reduce heat, and simmer until soft. It is best not to remove the lid or stir whole grains during the cooking time.

## ***Almond, Walnut, Sesame Seed, Sunflower Seed, Pumpkin Seed, or Buckwheat Milk***

- ½ cup nuts, seeds, or buckwheat
- 2 cups pure water
- a pinch of pure stevia extract powder
- ¼ teaspoon alcohol-free vanilla (optional)

Soak the nuts, seeds, or buckwheat of your choice overnight. Drain.

Place in blender and grind until fine. Add half of the water and the sweetener, and blend again until it is creamy (less than a minute). Slowly pour the remaining water through the hole in the blender lid while the blender is still running on high. Blend until mixed.

Pour the mixture into a cheesecloth or very fine strainer over a bowl or glass measuring cup (a nut milk bag is the easiest to use for

this and can be acquired from [www.hippocratesinst.org](http://www.hippocratesinst.org); click on “Store”). Allow the milk to filter through the strainer. Squeeze the cloth or bag after all of the milk has passed through, wringing it out.

The milk will keep in the refrigerator for four or five days. The pulp may be used in other recipes, such as nut loaf, veggie burgers, and muffins, or dried for use as a sprinkle for salads. (Dehydrated almond pulp is used in the Caesar Salad recipe.)

This recipe may be doubled for larger amounts of milk.

(Add  $\frac{1}{4}$  teaspoon vanilla if you want to make vanilla milk—this is good when preparing something sweet or pouring the milk on cereal or cooked grain.)

---

MAKES APPROXIMATELY 2 CUPS (SERVING SIZE  $\frac{1}{2}$  CUP)

---

Calories: 80 • Calories from fat: 60 • Total fat: 7g

Saturated fat: 0.5g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 0mg • Total Carbohydrate: 3g

Dietary Fiber: 2g • Sugars: 1g • Protein: 3g

*Nutritional content may vary depending upon preparation.*

---

## ***Build Your Own Veggie Sandwich***

Vegenaise or organic mustard (or both, depending upon your preference)

2 slices whole-grain bread (preferably sprouted) or sprouted-grain wrap  
vegetables of your choice: sliced tomato, avocado, cucumber  
greens of your choice: romaine, leaf lettuce, spinach  
sprouts, any varieties  
sea salt to taste

Spread the Vegenaise or mustard on bread or lightly toasted bread. Top with vegetables and greens of choice. Top with sprouts and sprinkle with sea salt. Enjoy a healthier alternative to a meat and cheese sandwich.

MAKES 1 SERVING

---

Calories: 280 • Calories from fat: 70 • Total fat: 8g\*

Saturated fat: 0g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 450mg • Total Carbohydrate: 45g

Dietary Fiber: 7g • Sugars: 5g • Protein: 9g

\*4 grams fat from spelt bread and 4 grams from Vegan mayo

*Nutritional content may vary depending upon preparation.*

---

## ***Garlicky Herbed Hummus***

Many packaged hummus blends contain unhealthy oils and are not recommended. One acceptable brand is Nature's Healthy Gourmet, which has no added oil. If you have a food processor, it is easy to make your own hummus.

1½ cups organic garbanzo beans

1 tablespoon raw organic sesame tahini

juice of one organic lemon (approximately ½ cup)

2 cloves fresh garlic, minced

½ teaspoon sea salt

½ cup Beyond Health Olive Oil (I omit the oil many times)

Reserved cooking water to desired consistency (about ¼–½ cup)

fresh herbs of any combination you enjoy—options include basil, parsley, oregano, dill, and cilantro

Either red pepper or tomato can be added for variety

Soak the beans in pure water overnight or all day, then drain. Cook the beans in fresh pure water until tender (40–60 minutes). Drain the beans, reserving the cooking water, and cool slightly. Combine the beans, tahini, lemon juice, garlic, sea salt, and just enough of the reserved water in a food processor until smooth. Pour the olive oil through the chute while processing. Pulse the herbs, tomato, or red pepper into the mixture if you are using them.

Store your hummus in the refrigerator, preferably in a glass container. It will keep for up to five days.

Use the hummus as a vegetable dip, eat it on crackers (raw or whole-grain packaged), or put it on wraps.

MAKES ABOUT 2 CUPS



---

Calories: 100 • Calories from fat: 70 • Total fat: 8g\*

Saturated fat: 1g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 75mg • Total Carbohydrate: 5g

Dietary Fiber: 1g • Sugars: 1g • Protein: 2g

*Nutritional content may vary depending upon preparation.*

---

## ***Basic Tossed Green Salad***

Begin with a mixture of organic greens. Try to include at least three or four different greens for variety. Some of our favorites are

Boston lettuce

green leaf lettuce

kale (not the curly variety, but the newer flat, Lacinto variety)

red leaf lettuce

romaine (We prefer the entire romaine “head” and not just the hearts. The outer leaves contain the most chlorophyll. When you purchase just the hearts, you miss those quality leaves.)

spinach

Swiss chard

watercress

Wash the greens, tear them up, and place them in a salad spinner (a good salad spinner is well worth the investment when salad is something you eat daily).

Choose as many of the following organic salad toppings as you like and have on hand:

artichokes

asparagus

avocado

broccoli florets

cauliflower

celery

cucumber

fresh sprouts of all varieties

garbanzo beans

jicama

mushrooms

pumpkin or sun-

flower seeds

radishes

red cabbage, sliced

red or white onion

red or yellow pepper

shredded carrots or

sweet potato

shredded raw beets

slivered almonds

snow peas or sugar

snap peas

tomato

zucchini or yellow

squash

Toss toppings with greens and serve.

With such variety, there is no reason for your salads to be the same every day.

---

Calories: 70 • Calories from fat: 35 • Total fat: 4g\*

Saturated fat: 0g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 10mg • Total Carbohydrate: 7g

Dietary Fiber: 3g • Sugars: 4g • Protein: 3g

*\*Includes 1 tbsp of nuts and seeds*

*Nutritional content may vary depending upon preparation.*

---

## ***Creamy Southwestern Dressing***

1 cup salsa (if it is store bought, make sure you find an organic option without sugar or MSG in any of its forms)

2 tablespoons Vegenaïse Grapeseed Oil Dressing (available in health-food stores)

Mix the above and add some fresh herbs, such as oregano, cilantro, basil, parsley, or dill if desired.

MAKES 8 SERVINGS

---

Calories: 10 • Calories from fat: 5 • Total fat: 0.5g

Saturated fat: 0g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 160mg • Total Carbohydrate: 1g

Dietary Fiber: 0g • Sugars: 0g • Protein: 0g

*Nutritional content may vary depending upon preparation.*

---

## ***Meatless Taco or Burrito “Meat”***

This recipe can be used to replace the ground beef commonly used on taco salads or in burritos. You can make a large batch and serve it in burritos, then use the leftovers cold for taco salad the following day. It is delicious, and some people do not even realize that it is not ground beef!

- 1 large onion, chopped
- 2 cloves of garlic, pressed into the skillet
- 1 tablespoon Beyond Health Olive Oil
- 1 cup dry organic lentils, soaked for several hours or overnight  
(You can skip the soaking if you have not planned ahead, but it is far better to soak.)
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 teaspoon dried oregano
- $\frac{1}{4}$ – $\frac{1}{2}$  teaspoon sea salt (depending on taste)
- 2 cups pure water ( $\frac{1}{2}$  cup less if lentils have been soaked)
- $\frac{1}{2}$  cup organic salsa (homemade or carefully selected)

In a large skillet, sauté the onion and garlic in olive oil until tender. While they are sautéing, drain and rinse the lentils. Add the lentils, along with all of the spices, to the skillet and sauté, stirring for another couple of minutes. Add the water and bring it back to a boil. Reduce heat, cover, and simmer until the water has diminished and lentils are tender, about 30 minutes. Remove the lid and continue cooking until the rest of the water is evaporated and the mixture is thickened. Mash the lentils slightly with a potato masher. You do not want them totally mashed, but rather a chunky consistency. Add the salsa and mix thoroughly. Serve and use as you would use taco meat.

MAKES 6–8 WRAPS; 4 TACO SALAD SERVINGS

---

Calories: 240 • Calories from fat: 45 • Total fat: 5g\*

Saturated fat: 0.5g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 320mg • Total Carbohydrate: 36g

Dietary Fiber: 7g • Sugars: 3g • Protein: 13g

*Nutritional content may vary depending upon preparation.*

---

## ***NBFA Burritos***

6–8 Sprouted Ezekiel Tortillas or Food for Life Brown Rice Tortillas

1 recipe Meatless Taco “Meat” (see preceding recipe)

freshly chopped onion

freshly chopped tomatoes

shredded romaine or other lettuce

sliced avocado (or Guacamole; see next recipe)

salsa (organic and without sugar or MSG)

Lay the tortilla on a plate. Place  $\frac{1}{2}$  cup of the lentil mixture across the center, going all the way to one edge and leaving 1 inch at the opposite edge. Place desired toppings on the lentils. Fold the end where you left the one-inch margin over first, then fold the two sides inward, forming a burrito. Warning: if you overfill it, it will be difficult to handle.

MAKES 6–8 SERVINGS

---

Calories: 450 • Calories from fat: 90 • Total fat: 10g\*

Saturated fat: 0.5g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 580mg • Total Carbohydrate: 69g

Dietary Fiber: 10g • Sugars: 4g • Protein: 19g

*\*Based on Sprouted Ezekiel Tortillas*

*Nutritional content may vary depending upon preparation.*

---

## ***Guacamole***

2 ripe avocados, peeled and mashed

$\frac{1}{4}$  cup finely diced onion

1 large clove garlic, minced

2 tablespoons fresh-squeezed lime juice

1 small tomato, chopped well

dash of cayenne powder

sea salt to taste

In a glass bowl, mash all of the ingredients together, leaving it chunky if you desire. For a smoother combination, you can put it all in the food processor and blend.

Serve in your favorite Mexican recipe, on vegetables, or on crackers.

Tip: A ripe avocado is dark in color and not mushy, but gives to pressure. If you get avocados that are not ready to use, leave them out at room temperature until they ripen. To cut an avocado, use your knife to cut all the way around the seed, cutting it in half long ways. Placing one hand on each half, twist to open the avocado. To remove the pit, put the knife into the pit and twist. If your avocado is ripe the pit will come out. If you do not use the entire avocado, it will turn brown. Leaving the pit in the unused portion and wrapping it helps to preserve it for a longer period of time.

MAKES 6-8 SIDE SERVINGS

---

Calories: 110 • Calories from fat: 90 • Total fat: 10g  
Saturated fat: 1.5g • Trans fat: 0g • Cholesterol: 0mg  
Sodium: 5mg • Total Carbohydrate: 8g  
Dietary Fiber: 5g • Sugars: 1g • Protein: 2g

*Nutritional content may vary depending upon preparation.*

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## Phase One/Day Two

### *NBFA Taco Salad*

- 3-4 cups mixed salad greens
- 1 large organic onion, chopped
- 1 large organic cucumber, chopped
- 1 large organic red pepper, chopped or sliced
- 1-2 ripe avocados, peeled and chopped
- 1 cup organic grape tomatoes (unless the tomatoes in the salsa are enough for you)
- fresh homemade salsa or healthy organic salsa
- 1 recipe Meatless Taco “Meat” (see recipe page 298)

Clean salad greens and distribute them among four plates.

Top each plate of greens with onion, cucumber, red pepper, and tomatoes.

Make a “well” in the center of each plate. Scoop  $\frac{3}{4}$  cup of the Meatless Taco “Meat” into each well. Cover salad with a liberal amount of homemade salsa. Distribute chopped ripe avocado over salad. Enjoy!

MAKES 4 SERVINGS

---

Calories: 380 • Calories from fat: 120 • Total fat: 13g

Saturated fat: 2g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 470mg • Total Carbohydrate: 53g

Dietary Fiber: 14g • Sugars: 9g • Protein: 16g

*Nutritional content may vary depending upon preparation.*

---

## *Caesar Salad*

Adapted from Ken Blue's recipe. Ken is executive chef at Hippocrates Health Institute.

- 1 head romaine lettuce, torn in bite-sized pieces
- ¼ red onion, diced
- 1 carrot, shredded
- 1 cup almond meal\* (or ground almonds)
- ½ cup dried hijiki\*\* soaked in water and drained (optional)

Mix all of the above in a large glass bowl and toss with dressing.

MAKES 4 LARGE SERVINGS

---

Calories: 190 • Calories from fat: 110 • Total fat: 12g

Saturated fat: 1g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 35mg • Total Carbohydrate: 15g

Dietary Fiber: 6g • Sugars: 6g • Protein: 8g

*Nutritional content may vary depending upon preparation.*

---

## *Caesar Salad Dressing*

- 1 clove garlic, minced
- ¼ cup extra virgin olive oil
- 1 tablespoon fresh lemon juice
- ½ cup raw sesame tahini
- ½ teaspoon mustard powder
- 2 tablespoons kelp powder\*\*\*
- 1 tablespoon fresh oregano, minced
- ½-¾ cup pure water

In a blender, combine all of the dressing ingredients except the water. Blend until very smooth. Add water to adjust consistency.

Toss this dressing with the salad and enjoy.

\*Almond meal is what is left behind after preparing almond milk. Instead of throwing this pulp in the garbage or compost, put it in your dehydrator at 105°F (or in a very low oven) and leave it until

it becomes crunchy. Store it in the refrigerator. It makes a delicious salad additive. If you do not have almond meal use ground almonds.

\*\*\*Hijiki is a sea vegetable. It is full of minerals and tasty, but does not have to be added. You can try using just a little at a time until you acquire a taste for sea vegetables.

\*\*\*Kelp powder is finely ground kelp (a sea vegetable) that can be purchased at a health store and adds saltiness and flavor.

MAKES 4 SERVINGS

---

Calories: 270 • Calories from fat: 220 • Total fat: 25g

Saturated fat: 3.5g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 10mg • Total Carbohydrate: 9g

Dietary Fiber: 5g • Sugars: 0g • Protein: 7g

*Nutritional content may vary depending upon preparation.*

---

## *Veggie Pasta*

3 cloves garlic, minced

1 bunch green onions, chopped

2 tablespoons fresh basil, chopped

2 tablespoons fresh oregano, chopped

2 tablespoons fresh parsley, chopped

½ cup Beyond Health Olive Oil

1 package Tinkyada brown rice pasta (or whole-grain spaghetti or pasta of choice)

2 cups fresh organic broccoli, chopped

1 large onion, sliced in rings

1 cup organic baby carrots, julienned

1½ cups chopped organic asparagus

1 small zucchini, chopped

1 small yellow squash, chopped

1 cup chopped organic shitake mushrooms (optional)

2 large ripe organic tomatoes, chopped

sea salt to taste

¼ cup Soymage Parmesan Cheese (optional, available at health-food stores)



Place the garlic and fresh herbs in the olive oil in a glass bowl and let it soak while you chop and prepare the other ingredients.

Boil the pasta. While the pasta is boiling, prepare a large Dutch oven for steaming, and steam the chopped broccoli, onion, carrots, asparagus, zucchini, yellow squash, and mushrooms.

When the pasta is cooked, drain. Toss the steamed veggies with the hot pasta. Add the fresh uncooked tomatoes, and the olive oil mixed with herbs and garlic. Toss it all together, salt to taste, and serve immediately. If desired, add Soyimage sprinkle.

MAKES 6–8 SERVINGS

---

Calories: 250 • Calories from fat: 100 • Total fat: 11g

Saturated fat: 2g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 65mg • Total Carbohydrate: 32g

Dietary Fiber: 4g • Sugars: 4g • Protein: 6g

*Nutritional content may vary depending upon preparation.*

---

## Phase One/Day Three

### *Healthier Spread*

¼ cup Beyond Health Olive Oil

¼ cup organic, raw, virgin coconut oil

½–1 teaspoon sea salt (depending upon taste)

In a small glass jar, combine all ingredients. Close the jar and shake well. Refrigerate and use in place of butter as a spread. You may use less coconut oil and more olive oil if you prefer the taste.

MAKES ABOUT 20 SERVINGS

---

Calories: 45 • Calories from fat: 45 • Total fat: 5g  
Saturated fat: 2.5g • Trans fat: 0g • Cholesterol: 0mg  
Sodium: 50mg • Total Carbohydrate: 0g  
Dietary Fiber: 0g • Sugars: 0g • Protein: 0g  
*Nutritional content may vary depending upon preparation.*

---

## ***Vegan Ranch Dressing***

Mix the following in a 2-cup glass measuring cup:

1½ cups Veganaise Grapeseed Oil Dressing  
2 teaspoons organic apple cider vinegar  
2 cloves fresh garlic, minced  
½ teaspoon garlic powder  
½ teaspoon onion powder  
fresh herbs of your choosing: try parsley, oregano,  
basil, dill, or marjoram

Mix all of the above in a 2-cup glass measuring cup. Add herbs liberally. If you do not have fresh herbs, you may use dried ones. Thin mixture with nut milk, rice milk, or a little bit of pure water to desired consistency. A little liquid goes a long way in thinning this dressing, so stir in your liquid a little at a time. For vegetable dip, leave the mixture thicker.

Optional: To make a cheesy ranch, you may add 1 tablespoon Soyimage Vegan Parmesan or 1 tablespoon nutritional yeast.

MAKES 1¾ CUPS

---

Calories: 15 • Calories from fat: 15 • Total fat: 1.5g  
Saturated fat: 0g • Trans fat: 0g • Cholesterol: 0mg  
Sodium: 45mg • Total Carbohydrate: 0g  
Dietary Fiber: 0g • Sugars: 0g • Protein: 0g  
*Nutritional content may vary depending upon preparation.*

---

## ***Creamy Banana Milk Shake***

- 2 frozen bananas (freeze for at least 24 hours)
- 1 cup almond milk or other milk substitute
- ¼ teaspoon vanilla

Blend until smooth and serve. So creamy and delicious, you won't miss the milk.

You can make this into a carob milk shake by adding a tablespoon of unsweetened carob powder and a small amount of pure stevia extract powder to taste.

You can adapt this recipe by adding other fruits along with the banana, but keep at least 1½ bananas as the base for creaminess.

MAKES 2 SERVINGS

---

Calories: 240 • Calories from fat: 35 • Total fat: 3.5g

Saturated fat: 0g • Trans fat: 1g • Cholesterol: 0mg

Sodium: 160mg • Total Carbohydrate: 54g

Dietary Fiber: 6g • Sugars: 32g • Protein: 3g

*Nutritional content may vary depending upon preparation.*

---

## ***Colorful Cabbage Delight***

- 2 cups shredded or grated cabbage (may be partly red cabbage, if desired)
- ½ cup shredded jicama
- ½ cup shredded carrot
- ½ cup chopped red bell pepper
- ¼ cup diced onion (red onion is eye appealing)
- ¼ cup diced celery

Toss all of the above vegetables in a bowl.

MAKES 2 LARGE SERVINGS

---

Calories: 60 • Calories from fat: 0 • Total fat: 0g  
Saturated fat: 0g • Trans fat: 0g • Cholesterol: 0mg  
Sodium: 45mg • Total Carbohydrate: 14g  
Dietary Fiber: 5g • Sugars: 6g • Protein: 2g

*Nutritional content may vary depending upon preparation.*

---

### *Dressing*

½ cup raw apple cider vinegar  
1 clove garlic, minced  
⅛ teaspoon cayenne pepper  
¼ teaspoon pure stevia extract powder (or more—adjust to taste)  
fresh ground pepper to taste

Mix the dressing ingredients, pour it over the slaw ingredients, mix well, chill, and then serve. Simple and delicious.

MAKES 2 LARGE SERVINGS

---

Calories: 5 • Calories from fat: 0 • Total fat: 0g  
Saturated fat: 0g • Trans fat: 0g • Cholesterol: 0mg  
Sodium: 10mg • Total Carbohydrate: 1g  
Dietary Fiber: 0g • Sugars: 0g • Protein: 0g

*Nutritional content may vary depending upon preparation.*

---

## *“Where’s the Beef?” Bul Go Gee*

Bul Go Gee is a Korean charbroiled beef dish. This is a vegan version. There are three parts to this dish: the portobellos, the rice, and the spinach.

### **Portobellos**

6–8 large portobello caps thinly sliced ( $\frac{1}{8}$  inch)  
2 tablespoons sesame seeds  
4 tablespoons sesame oil  
 $\frac{3}{4}$  cup Bragg’s Liquid Aminos  
2 tiny scoops pure stevia extract powder (the tiny scoop that comes in the KAL brand =  $\frac{1}{24}$  teaspoon)  
3–4 cloves garlic, minced  
8 green onions, sliced  
 $\frac{1}{4}$ – $\frac{1}{2}$  teaspoon fresh ground pepper

Combine the sliced portobellos in a large Ziploc with remaining ingredients. Marinate the mushrooms for at least 30 minutes, or ideally 3–5 hours.

### **Rice**

2 cups brown rice (always best to plan ahead and soak the rice)  
4 cups pure water (a little less if you soak the rice)

Bring the brown rice to a boil in the water. Cover, reduce heat, and simmer for 40 minutes, or until tender (less time if you have soaked the rice).

### **Spinach**

2–3 large bunches whole-leaf spinach (it looks like too much until it steams)  
Bragg’s Liquid Aminos  
sesame oil  
sesame seeds  
fresh ground pepper (optional)

While the rice is cooking, prepare the steamer for the spinach. When the rice is ready, turn it off, leaving it covered. Steam the

spinach for about 5 minutes or until limp. Even in a large pot with a steamer, you will have to do two batches. Once the first batch of spinach is steamed, place in a glass serving bowl and while steaming the second batch of spinach, toss the first with 1–2 tablespoons of sesame seeds, 1–2 tablespoons of Bragg's Aminos, and 1–2 tablespoons of sesame oil. Fresh ground black pepper is optional.

Take the portobellos out of the marinade and place them on a broiling rack or in a glass 13 x 9 baking dish. Broil for 5 minutes at the lowest broiler setting. They just need to be warmed.

Place a serving of rice on a plate, top with a serving of spinach and portobello strips. Season with more Bragg's if desired.

---

MAKES 4–6 MAIN DISH SERVINGS

---

Calories: 380 • Calories from fat: 80 • Total fat: 9g  
 Saturated fat: 1.5g • Trans fat: 0g • Cholesterol: 0mg  
 Sodium: 1400mg • Total Carbohydrate: 65g  
 Dietary Fiber: 9g • Sugars: 4g • Protein: 18g

*Nutritional content may vary depending upon preparation.*

---

## Phase Two/Day One

### *Mexican Sandwich Filling*

- ½ cup shredded carrots
- 1 cup finely chopped broccoli
- 1 cup finely chopped cauliflower
- 5–6 green onions, chopped
- 2 cloves garlic, minced
- 2 teaspoons cumin
- 1½ teaspoons chili powder
- fresh cilantro to taste (optional)
- 1 tablespoon Soyimage Parmesan Cheese (optional)

Mix all of the above and toss with ½ cup ranch dressing. (See Vegan Ranch Dressing recipe page 305.)

## **Garnishes**

shredded lettuce  
chopped tomato  
avocado

Place the filling on a whole-grain sprouted tortilla, or in a romaine leaf topped with shredded lettuce, tomato, and if desired, avocado. Wrap and enjoy. (This recipe can also be used on bread or toast.)

MAKES 3–4 WRAPS

---

Calories: 110 • Calories from fat: 70 • Total fat: 8g

Saturated fat: 0g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 290mg • Total Carbohydrate: 8g

Dietary Fiber: 3g • Sugars: 2g • Protein: 3g

*Nutritional content may vary depending upon preparation.*

---

## ***Romaine with Lemon Dulse Dressing***

Used with permission from Hippocrates Health Institute.

4 cups romaine lettuce, broken into bite-sized pieces

¼ cup sliced red onion

¼ cup shredded carrot

½ cup chopped fresh parsley

¼ cup thinly sliced red cabbage

In a mixing bowl combine all of the above.

## *Dressing*

3 tablespoons extra virgin olive oil  
1 clove garlic, minced  
1 tablespoon fresh lemon juice  
3 tablespoons dulse flakes  
cayenne to taste  
pure water as needed to blend

Place all of the dressing ingredients into a blender. Blend well and season to taste.

Toss the dressing with the salad mixture until it is well combined, and serve.

MAKES 2 SERVINGS

---

Calories: 240 • Calories from fat: 190 • Total fat: 22g

Saturated fat: 3g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 45mg • Total Carbohydrate: 10g

Dietary Fiber: 4g • Sugars: 4g • Protein: 3g

*Nutritional content may vary depending upon preparation.*

---



## Phase Two/Day Two

### *Cinnamon Buckwheat Cereal*

- 2 cups buckwheat, soaked in pure water 12–24 hours
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ⅛ teaspoon pure stevia extract powder

Drain the soaked buckwheat, place it in a medium-sized glass bowl, and mix in the stevia and spices. Spread on a dehydrator tray with a teflex sheet. Dehydrate for 12–24 hours. Once it is completely dry, put mixture in a jar. Serve with your choice of milk substitute. (This reminds me of my old favorite: Grape Nuts.)

MAKES 4 SERVINGS

---

Calories: 80 • Calories from fat: 5 • Total fat: 0.5g  
Saturated fat: 30g • Trans fat: 0g • Cholesterol: 0mg  
Sodium: 17mg • Total Carbohydrate: 17g  
Dietary Fiber: 0g • Sugars: 0g • Protein: 2g

*Nutritional content may vary depending upon preparation.*

---

### *Versatile Vegetable Wraps*

#### **For the Wraps**

Ezekiel Sprouted Grain Tortillas  
Food for Life Brown Rice Tortillas (gluten free)  
romaine or collard green leaves

#### **For the Spreads**

hummus  
Vegenaise  
guacamole  
mashed avocado

#### **For the Fillings**

any vegetables (suggestions: avocado slices, tomato wedges, bell pepper slices, hot or banana peppers, onion, scallions, fresh minced garlic, shredded carrot, shredded zucchini or yellow squash, chopped broccoli, mushrooms)

greens (suggestions: romaine, spinach, butter lettuce)

fresh herbs of choice (suggestions: basil, oregano, parsley, dill, cilantro)

sprouts (suggestions: sunflower, pea greens, broccoli, alfalfa, clover, radish, onion)

### **For the Sauces/Dressings**

salsa

Vegan Ranch Dressing

Italian Olive Oil Dressing

### **For the Seasonings**

sea salt

cayenne

garlic powder

chili powder

onion powder

cumin

There is no wrong way to make a wrap. You could prepare a different wrap every day of the week. The wonderful thing is that a wrap makes a satisfying meal that is almost all raw and can be all raw if you choose to use a leaf as your wrap.

**Suggested Procedure:** Layer the spread on your wrap. Next sprinkle fresh or dried herbs. Fresh minced garlic can be distributed at this point if you like garlic. Then shred your choice of greens on, followed by the selected vegetables. If you are using a sauce/dressing, pour it on and finish by adding desired seasonings. Make sure that you do not fill it so full that it won't hold together.

Experiment and find the best combinations. You don't always have to use a sauce/dressing or seasonings. You will enjoy these so much that you won't miss animal products.

SERVING SIZE: 1 WRAP

---

Calories: 360 • Calories from fat: 170 • Total fat: 19g\*

Saturated fat: 1.5g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 400mg • Total Carbohydrate: 40g

Dietary Fiber: 11g • Sugars: 2g • Protein: 10g

*\*Fat is from the tortilla, avocado, and vegan ranch dressing*

*Nutritional content may vary depending upon preparation.*

---

## *Healthy Lifestyle Ice Cream*

What a way to use your over-ripened bananas! Once bananas are too ripe (brown and spotted), peel them and place them in freezer bags. Make sure they are frozen solid (at least twenty-four hours) before you proceed with this recipe.

2 frozen bananas

½ tablespoon raw almond butter (optional, but adds creaminess)

½ teaspoon vanilla (optional)

½ cup frozen organic blueberries, cherries, strawberries, or raspberries (optional)

Place the bananas (chopped into several chunks) in a food processor and blend them until they are like soft serve ice cream, with no chunks remaining. Pulse the processor, and open it and scrape the side walls intermittently. You can add the almond butter now. This process makes plain banana ice cream. This is good, but it is even better if you add ½ cup of frozen organic blueberries or frozen organic raspberries once the bananas are creamy.

MAKES 1 SERVING

---

Calories: 290 • Calories from fat: 50 • Total fat: 6g  
Saturated fat: 0.5g • Trans fat: 0g • Cholesterol: 0mg  
Sodium: 40mg • Total Carbohydrate: 61g  
Dietary Fiber: 8g • Sugars: 33g • Protein: 4g

*Nutritional content may vary depending upon preparation.*

---

## *Italian Olive Oil Dressing*

1 cup extra virgin olive oil

½ cup Bragg's Raw Apple Cider Vinegar

¼ cup pure water

juice of one organic lemon

4 cloves garlic, minced or pressed

1 teaspoon sea salt

½ teaspoon turmeric (optional—healthy if you like the taste)

dash of cayenne pepper (not much!)

½ teaspoon onion powder

- 1 teaspoon oregano
- 2 teaspoons dried basil or 1 tablespoon fresh basil, chopped
- 2 tablespoons finely chopped fresh parsley
- ¼ teaspoon dry mustard

Place all ingredients into a jar with a lid. Put the lid on the jar and shake vigorously. Store at room temperature.

MAKES 15 SERVINGS

---

Calories: 120 • Calories from fat: 110 • Total fat: 13g

Saturated fat: 2g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 130mg • Total Carbohydrate: 1g

Dietary Fiber: 0g • Sugars: 0g • Protein: 0g

*Nutritional content may vary depending upon preparation.*

---

## ***Veggie Pesto Pasta***

1 pound brown rice pasta

### **Veggie Topping**

- olive oil spray
- 1 large onion, sliced
- 3 carrots, cut in julienne strips
- 1 cup cauliflower florets
- 1 cup broccoli florets
- 2 cups sliced mushrooms
- sea salt to taste

### **Veggie Pesto Sauce**

- 9 cups fresh broccoli florets and stems
- 3 cloves garlic, peeled
- ½ cup extra virgin olive oil
- 1 teaspoon sea salt
- ½ to 1 cup of the steaming water (reserved from the broccoli)

For the Topping: Spray a large skillet with extra virgin olive oil and sauté onion, carrots, 1 cup broccoli, and cauliflower until they begin to get tender. Add the sliced mushrooms and salt to taste, cover, and turn to low.

For the Sauce: Blanch 9 cups broccoli in pure water for 4 minutes or until bright green. Place it in the food processor with the garlic, olive oil, salt, and reserved water. Process until smooth.

Place a serving of pasta on each plate, top with a scoop of pesto sauce, then top with vegetables. Enjoy.

MAKES 6 SERVINGS

---

Calories: 470 • Calories from fat: 260 • Total fat: 29g

Saturated fat: 4g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 460mg • Total Carbohydrate: 44g

Dietary Fiber: 7g • Sugars: 4g • Protein: 8g

*Nutritional content may vary depending upon preparation.*

---

## Phase Two/Day Three

### *Meatless Cincinnati Chili with Pasta*

A vegan version of an old favorite—minus the cheese.

- 2 cups organic lentils
- 16-ounce bag of organic kidney beans
- 3 cups water
- 2 large onions, chopped
- 2 cloves garlic, minced
- 2 tablespoons chili powder
- 1 teaspoon cinnamon
- 1 teaspoon cumin
- 1 teaspoon black pepper
- ½ teaspoon cayenne pepper
- 1 teaspoon sea salt
- 1½ teaspoons allspice
- 1½ tablespoons raw apple cider vinegar
- 3 whole bay leaves
- 1 recipe of Tomato Paste
- Whole-grain spaghetti, cooked according to package directions
- 1 medium onion, chopped (to be left uncooked for use as a topping on each serving, if desired)

Soak lentils and kidney beans in pure water overnight. Drain the lentils and beans, and cover each with pure water in separate pans. Bring each to a boil and simmer until tender. Drain in a colander.

Put all ingredients (except the pasta and extra onion) in a large pot. Bring to a boil. Simmer for three hours. (You can leave it in a Crock Pot on low for longer.) When ready to serve, boil whole grain spaghetti and serve the Cincinnati Chili over the pasta. Top with raw, chopped onions if desired.

MAKES 8–10 SERVINGS

---

Calories: 430 • Calories from fat: 10 • Total fat: 1.5g

Saturated fat: 0g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 360mg • Total Carbohydrate: 81g

Dietary Fiber: 25g • Sugars: 8g • Protein: 26g

*Nutritional content may vary depending upon preparation.*

---

## *Tomato Paste*

Many recipes call for tomato paste. When it comes to health, using tomatoes out of a can is not a good idea. Aluminum or steel cans are not a good idea for any product, much less acidic tomatoes.

This tomato paste recipe is relatively easy. You can make several batches and keep some in your freezer so that it will be handy when you need it. Since it is prepared from whole, organic foods, it is much healthier than canned tomato paste.

1 cup diced fresh organic tomatoes (about 2 medium)

¼ cup chopped onion

⅛ teaspoon dried oregano (or several fresh leaves)

¼ teaspoon dried basil (or 4–5 large fresh leaves)

1 cup shredded carrot

1–2 dates

sea salt to taste

1–2 teaspoons arrowroot powder

Place all ingredients except the arrowroot powder in the blender. Mix well until smooth. Add 1 teaspoon of arrowroot powder, bring this to a boil, reduce heat, and simmer until thickened, stirring occasionally. If it does not get thick enough for your recipe, add the second teaspoon of arrowroot powder.

Use right away, or store in the freezer. You can freeze this in glass jars as long as you leave about an inch of space at the top and do not put the lid on too tight.

MAKES 8–10 SERVINGS

---

Calories: 30 • Calories from fat: 0 • Total fat: 0g  
Saturated fat: 0g • Trans fat: 0g • Cholesterol: 0mg  
Sodium: 10mg • Total Carbohydrate: 8g  
Dietary Fiber: 1g • Sugars: 5g • Protein: 1g

*Nutritional content may vary depending upon preparation.*

---

## ***Favorite Tropical Smoothie***

½ mango, cut into chunks

¼–½ fresh pineapple with juice

1 orange, juiced with a citrus juicer

1 large or 2 small frozen bananas, broken into several pieces

½ cup frozen organic cherries or blueberries

2 tablespoons ground flaxseed

Place the mango and pineapple into a blender with the juice from the pineapple and the fresh-squeezed orange juice. Process until smooth. Add the frozen banana and cherries or berries. Process again until smooth and thick. If it gets too thick, you can add a small amount of cold pure water. Once it is processed, add the ground flaxseed and pulse again to mix well.

MAKES 2 SERVINGS

---

Calories: 320 • Calories from fat: 45 • Total fat: 4.5g

Saturated fat: 0.5g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 10mg • Total Carbohydrate: 73g

Dietary Fiber: 10g • Sugars: 45g • Protein: 5g

*Nutritional content may vary depending upon preparation.*

---



## *Yellow Squash Carrot Salad*

From Hippocrates' kitchen.

- 1 yellow summer squash, julienned
- ½ carrot, julienned
- ½ cup chopped fresh parsley
- ¼ red onion, julienned
- 1 teaspoon dried oregano
- 1 clove garlic, minced
- 1½ tablespoons extra virgin olive oil
- 1 teaspoon fresh lemon juice
- ½ teaspoon ground cumin

In a mixing bowl, combine all ingredients. Mix well and season to taste with dulse or kelp powder or Bragg's Liquid Aminos.

MAKES 2 SERVINGS

---

Calories: 170 • Calories from fat: 100 • Total fat: 11g  
Saturated fat: 1.5g • Trans fat: 0g • Cholesterol: 0mg  
Sodium: 20mg • Total Carbohydrate: 18g  
Dietary Fiber: 5g • Sugars: 6g • Protein: 3g

*Nutritional content may vary depending upon preparation.*

---

## Phase Three/All-Raw Day

### *Uncooked Whole-Grain Buckwheat Breakfast*

Buckwheat soaked overnight is soft and ready to eat. It does not require cooking, the enzymes are still intact, and it is just as easy as opening a box of cereal, yet the health benefits are much increased.

Soak  $\frac{1}{2}$  cup of buckwheat overnight in 1 cup of pure water.

In the morning, pour it through a strainer to drain if any water remains (it should be nearly all absorbed), rinse it, and place it in a bowl. Sprinkle with stevia, cinnamon, and nutmeg. Add a small amount of milk alternative, if desired, and enjoy.

MAKES 1 SERVING

---

Calories: 420 • Calories from fat: 20 • Total fat: 2g

Saturated fat: 0g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 5mg • Total Carbohydrate: 87g

Dietary Fiber: 1g • Sugars: 0g • Protein: 12g

*Nutritional content may vary depending upon preparation.*

---

### *Veggie Flax Crackers*

Soak  $1\frac{1}{2}$  cups of flaxseed in 3 cups of water for at least 3 hours or overnight.

Drain the flaxseed using a strainer and stirring with a spoon.

In a bowl, combine the flaxseed with:

dash of cayenne

1 tablespoon chili powder

2 teaspoons cumin powder

$\frac{1}{2}$  medium-sized onion, finely chopped

- ½ large carrot, shredded
- 1 large clove garlic, minced
- 2 tablespoons flaxseed, ground
- ½ teaspoon sea salt
- ½ teaspoon garlic powder

Spread the mixture over two dehydrator trays lined with teflex sheets. It should be spread in a thin layer, just covering the sheet without gaps. Dehydrate for an hour, then score it into squares with a pizza cutter and continue to dehydrate overnight or all day. Then turn onto another tray without a teflex sheet and peel off the sheet. Dehydrate until dried and crispy (another 12–24 hours). The result will be a crispy, spicy cracker that is good for dipping in salsa or eating plain.

MAKES 40 SERVINGS

---

Calories: 17 • Calories from fat: 12 • Total fat: 1g  
Saturated fat: 0g • Trans fat: 0g • Cholesterol: 0mg  
Sodium: 11mg • Total Carbohydrate: 1g  
Dietary Fiber: 0.5g • Sugars: 0.1g • Protein: 0.5g  
*Nutritional content may vary depending upon preparation.*

---

## *Mexican Cabbage Salad*

*From Ken Blue*

- 6 cups cabbage, chopped or coarsely shredded (1 small cabbage)
- 5 scallions, washed and diced
- 1 tablespoon fresh cilantro, chopped
- 1 recipe Walnut Taco Filling (about three cups) (recipe on page 326)

Toss first three ingredients with  $\frac{1}{4}$  cup Basic Dressing (recipe follows) in a medium-sized bowl. Refrigerate to “marinate” until you are ready to serve. Add the Walnut Taco Filling and mix well just prior to serving.

MAKES 4-6 SERVINGS

---

Calories: 480 • Calories from fat: 390 • Total fat: 43g  
Saturated fat: 3g • Trans fat: 0g • Cholesterol: 0mg  
Sodium: 190mg • Total Carbohydrate: 14g  
Dietary Fiber: 7g • Sugars: 3g • Protein: 17g

---

### *Basic Dressing*

$\frac{1}{4}$  cup fresh lime (or lemon) juice  
1 teaspoon kelp powder  
 $\frac{1}{4}$  cup olive oil  
1 large clove garlic, minced  
dash of cayenne

Place all of the ingredients in a blender and blend on high until well mixed. Reserve the extra dressing for use on another salad. You can add herbs to season.

---

Calories: 270 • Calories from fat: 250 • Total fat: 28g  
Saturated fat: 4g • Trans fat: 0g • Cholesterol: 0mg  
Sodium: 0mg • Total Carbohydrate: 4g  
Dietary Fiber: 1g • Sugars: 1g • Protein: 0g

*Nutritional content may vary depending upon preparation.*

---

## *Quick and Easy Walnut Taco Filling*

*From Ken Blue*

- 3 cups walnuts
- ½ teaspoon garlic powder
- 2 tablespoons plus 1 teaspoon chili powder
- ¼ teaspoon cayenne
- ½ teaspoon cumin powder
- 3 teaspoons Bragg's Liquid Aminos

In a food processor, combine all ingredients except the Bragg's Aminos. Pulse lightly while adding the Aminos.

This can be used in a romaine leaf with taco toppings to make a delicious "taco" or to replace the meat in your taco salad.

MAKES 6-8 HALF-CUP SERVINGS

---

Calories: 400 • Calories from fat: 340 • Total fat: 37g

Saturated fat: 2g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 180mg • Total Carbohydrate: 8g

Dietary Fiber: 5g • Sugars: 1g • Protein: 16g

*Nutritional content may vary depending upon preparation.*

---

## *Tantalizing Trio*

*From Ken Blue*

A legitimate treat for the sweet tooth—salad that tastes like dessert. Many people do not realize that you can eat sweet potatoes and butternut squash uncooked. This delicious, enzyme-active recipe is a treat everyone will enjoy.

## Salad

- 1 medium-sized butternut squash, peeled, seeded, and thinly sliced in a food processor
- 1 medium-sized sweet potato, organic and unpeeled, thinly sliced in a food processor
- 1 large carrot, organic, unpeeled, thinly sliced in a food processor

## Dressing

- ¾ cup (or 6 ounces) chopped carrot
- ½ cup fresh lemon juice
- ½ cup raw, organic sesame oil
- ¾ teaspoon fresh ginger, minced
- ¾ teaspoon kelp powder
- 1 teaspoon cinnamon
- ¾ teaspoon pumpkin pie spice
- ½ tiny scoop stevia
- 1 tablespoon Frontier vanilla (without alcohol)

Combine salad ingredients in a medium sized bowl.

In a Vita Mix (or good blender), mix the dressing ingredients.

(If you do not have a Vita Mix, this dressing may require that the carrot be shredded before blending to ensure that the result is a smooth dressing.)

Use just enough of the dressing to coat the vegetables well. You may need all of it or just most of it depending upon the size of your butternut squash and sweet potato. Serve immediately or chill and serve.

MAKES 4-6 SERVINGS

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Calories: 240 • Calories from fat: 170 • Total fat: 19g

Saturated fat: 2.5g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 35mg • Total Carbohydrate: 18g

Dietary Fiber: 3g • Sugars: 4g • Protein: 1g

*Nutritional content may vary depending upon preparation.*

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## *Brazil Nut Loaf, Paté, or Crackers*

*From Ken Blue*

2 cups Brazil nuts, soaked in water  
1 cup roughly chopped carrot  
¼ cup chopped red onion  
2 stalks celery, chopped  
1 clove garlic, peeled  
1½ teaspoons caraway seed  
1 teaspoon fennel seed  
1 teaspoon onion powder  
2 teaspoons Bragg's Liquid Aminos

### **Optional Stir-Ins**

½ cup chopped fresh parsley or dill  
¼ cup finely diced onion  
¼ cup finely diced celery

In a food processor, process all of the above, except the liquid aminos, until smooth. If you have a juicer with a blank screen, a smoother mixture can be acquired by processing the mixture with this homogenizing attachment. Once it is processed, you can stir in the liquid aminos to taste along with the optional stir-ins, if desired.

This can be served as paté, rolled in a leaf of romaine with green onion or other veggies, or formed into a loaf (1-inch thick and oblong) and placed in the dehydrator at 105°F until it is warm (3–5 hours).

This recipe can be eaten as a paté for one meal, and the leftovers can be spread out over a teflex sheet on a dehydrator tray to a thickness of ⅛ inch. Score and dehydrate until it is crunchy like a cracker for a great snack.

MAKES 8 SERVINGS

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Calories: 200 • Calories from fat: 170 • Total fat: 19g

Saturated fat: 4.5g • Trans fat: 0g • Cholesterol: 0mg

Sodium: 75mg • Total Carbohydrate: 6g

Dietary Fiber: 3g • Sugars: 2g • Protein: 5g

*Nutritional content may vary depending upon preparation.*

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## ***Kitchen Essentials***

Since you are embarking on a new lifestyle, you will have to stock your kitchen with new staples. No longer will white sugar, brown sugar, enriched wheat flour, shortening, vegetable oil, milk, cheese, and white rice be staples. Below is a list of kitchen equipment and staple foods that you will find helpful for the *NBFA* Lifestyle. You need not rush and purchase all of these things immediately. In transition, purchase a few items at a time until you have your kitchen furnished and equipped to suit your new lifestyle.

### **Kitchen Gadgets**

*Garlic Press.* Since garlic is a healing food with natural antioxidant properties and other health benefits, it is a regular part of a healthy diet. A press makes garlic use so much simpler. There are even presses that do not require you to peel the garlic.

*Olive Oil Spritzing Spray Bottle.* Store-bought cooking sprays have unhealthy additives. High-quality organic olive oil can be used as a spray for cooking when you purchase a bottle that is filled with your own oil. You simply pump and spray. Much less oil is required when you use this gadget. You can mist healthy oil on your salads and avoid a puddle on the plate. The mist sticks to the vegetables. Warm, drained pasta can be misted and then eaten with steamed vegetables and seasonings. This beats cooking with the oil.

*Salad Spinner.* This is perfect for preparing washed greens for a salad. They are easily dried, crispy (especially if you spin and refrigerate while you prepare the other vegetables), and ready for use.

*Food Processor.* An essential tool for many recipes: sauces, hummus, crackers, ice cream, and so on.

*Blender.* A must for smoothie preparation and very helpful for salad dressings and other sauces (see Appendix D for recommendations).

*Coffee Grinder.* For use in grinding flaxseeds.



### *Stainless Steel Strainer.*

*Nut Milk Bag.* A must for making rice, seed, or nut milk. Either a nut milk bag or a piece of cloth is necessary for straining the milk before use.

*Excalibur Dehydrator* (optional, but very helpful). While not an essential, a dehydrator is helpful for preparing raw crackers, and raw, soaked, dehydrated, and seasoned or plain nuts and seeds. This particular dehydrator is recommended because it has a temperature control to regulate the temperature as low as 95°F to preserve enzymes.

*Champion or Green Star Juicer* (optional). Not only is it great to have access to fresh vegetable juices, it is also perfect for making nut butters and ice cream. Green Star is actually our choice for juicing greens.

*Handheld Citrus/Lemon Squeezer.* Lemon juice is an ingredient in many of the recipes, so having a small citrus-squeezing device is quite convenient. Processed lemon juice is not organic and has other additives.

*Glass Kitchenware.* Use glass whenever possible to replace plastic bowls, dishes, and cups, and metal/aluminum baking sheets.

*Baking Stones.* Use these to replace metal baking sheets (which usually contain aluminum).

*Steaming Basket.* To fit into a covered pan for steaming vegetables.

*Parchment Paper.* Use this instead of foil, which leaches aluminum into your food.

## **Food Items**

### ***Whole Grains***

amaranth  
brown rice  
buckwheat  
millet

oats  
quinoa  
teff  
wheat, spelt, or kamut berries

## ***Oils***

extra virgin olive oil (Beyond Health Extra Virgin Olive Oil)

flaxseed oil (refrigerated)

hempseed oil (refrigerated)

raw virgin coconut oil (Beyond Health Extra Virgin Coconut Oil)

## ***Nuts and Seeds*** (all raw and organic)

almonds

pecans

Brazil nuts

pistachios

flaxseed

pumpkin seeds

hazelnuts

sesame seeds

hempseed

sunflower seeds

macadamia nuts

walnuts

## ***Sea Vegetables***

Sea vegetables are exceptionally high in mineral content along with vitamins. They are an asset to any diet. We have provided a few recipes that call for sea vegetables so that you can experiment with them. If you don't like them at first, don't give up. Try again because they will grow on you.

Arame

Dulse (You can make this into a naturally salty, crunchy "chip" by soaking/dehydrating.)

Dulse flakes

Hijiki

Kelp powder (This can be found at most health stores and is an easy way to increase minerals in your diet and replace salt in recipes.)

## **Pantry Items**

These can all be found in health-food stores.

Kelp and/or dulse powder. Since they are naturally salty, the flakes from dulse and kelp can be used in place of salt to add saltiness and mineral content to dishes without giving the recipes a high sodium content.

Celtic sea salt. Sun dried and without anticaking agents, if possible.

Stevia extract powder. See Appendix D for recommendations.

Bragg's Raw Apple Cider Vinegar.

Bragg's Liquid Aminos. Use in place of soy sauce or just to add saltiness without salt.

Arrowroot Powder. For thickening—use in the same quantity instead of corn starch.

Raw tahini.

Xanthan gum. For use in gluten-free baking.

## **Better Choices for Processed Foods**

These can be found in health-food stores.

Edward and Sons Baked Brown Rice Crackers with no added oils

Mary's Gone Crackers

Ezekiel Sprouted Grain Tortillas

Food for Life Brown Rice Tortillas

Healthy Hemp Tortillas by French Meadow Bakery

Sunshine Burgers. A decent health-food store veggie burger without preservatives.

Tinkyada Brown Rice Pasta. This brand tastes the most like ordinary pasta and cooks without becoming mushy or starchy.

Soymage Parmesan\*

Follow Your Heart Vegemaise\* (grapeseed oil variety). This can replace mayonnaise at the start, but should not figure prominently in your diet on a daily basis. For special occasions only.

Organic spaghetti sauces sold in glass jars. Look for varieties with all organic ingredients and no added sugar, sweeteners, or poor-quality oils.

Salsa. Look for brands, such as Drew's, that incorporate all organic vegetables and no sugar or sweeteners.

\*Use as a transition item.

When it comes to store-bought salad dressings, we have been unable to find a truly healthy variety due to the fact that poor-quality oils, various vinegars, and sweeteners are used in most commercially prepared dressings. Homemade dressings provide the best option. When you have a day off, simply prepare enough dressing for the week ahead so that it is readily available.

### ***Ready . . . Set . . . Change!***

The steps and menus outlined in this chapter illustrate how to live this lifestyle, and they are optional. Ultimately, you have to make the *NBFA Lifestyle your own* in a way that works for your situation. People are not cookie-cutter images. Rather, we are all individuals, and we don't want you to try to force yourself into a plan that does not work for you. Using the wealth of information, menu plans, and recipes as a blueprint, begin to change your habits along all Six Pathways so that you are overcoming deficiency and avoiding toxicity—the two causes of overweight. Experiment until you find exercise workouts and meals that you enjoy and that fit your unique circumstances. Since this is not a temporary change, but a lifestyle, it must be tailored (while your mind-set is also altered) so that it is comfortable for you and one that you can live with permanently.

# Never Be Fat Again *Daily Accountability*

(COPY THESE PAGES AND FILL IN AS NEEDED.)

Day/Date: \_\_\_\_\_ Weekly weight: \_\_\_\_\_

Pounds lost: Week \_\_\_\_\_ Total \_\_\_\_\_

Last night I went to bed at: \_\_\_\_\_ Morning urine pH: \_\_\_\_\_

Affirmations: \_\_\_\_\_

Today I arose at: \_\_\_\_\_ Hours slept: \_\_\_\_\_

Breathing exercises: AM \_\_\_\_\_ PM \_\_\_\_\_

Minutes of sunshine: \_\_\_\_\_ Minutes of reading: \_\_\_\_\_

Water consumption (check off amount consumed):

8 8 8 8 8 8 8 8 (/ for 4 oz. X for 8 oz)

Exercise/Activity (type, duration, and time of day):

Food consumption (list the time when you ate and whether you were hungry):

Breakfast:

Lunch:

Supper:

Snacks:

Supplements:

Evaluation/response to foods eaten:

Estimated percentage of raw foods eaten today: \_\_\_\_\_% (by weight)

\_\_\_\_\_ servings of vegetables today

\_\_\_\_\_ servings of fruit today

Elimination (list times of bowel movements): \_\_\_\_\_

Food cravings and times:

Positive and negative feelings after eating (food eaten/physical and emotional response):

Things I will do better tomorrow:

Rate from 1–10 (10 being the highest)

Energy level:            Positive attitude:

Stress level:            Overeating:

Inspiring quotes/Things to remember:

## ***Product Recommendations***

Throughout this book, references have been made to various products, including:

Acid/Alkaline	Saunas
pH Testing Paper	Shower Filters
Blenders	Skin Treatments
Carpet Cleaning Products	Stevia
Coconut Oil	Sugar Substitutes
Insecticides	Vitamin/Mineral
Olive Oil	Supplements
Rebounders	Water Purifiers

Because companies are bought and sold and product quality can change, we recommend you call Beyond Health at 800-250-3063 to get the latest recommendations for the highest-quality choices.

### **Products for Weight Loss**

Following is a list of supplements that we recommend for a weight-loss program:

A multivitamin/mineral formula (Beyond Health Multi Vit/Min)

A high-quality vitamin C (Beyond Health Vit-C)

Detoxification support (Beyond Health Cellular Detox Formula)

Cellular repair nutrients (Beyond Health Cellular Repair Formula)

Minerals for bone support (Beyond Health Bone Support Formula)

Essential fatty acids (Beyond Health EFA Formula, Beyond Health Coconut Oil, Beyond Health Olive Oil, Barlean's Flax Oil, Carlson Cod Liver Oil)

Acetyl-L-Carnitine

Vitamin E

Vitamin B<sub>12</sub> and folic acid (Perque Vessel Health Guard)

Dietary fiber (Perque Regularity Guard)

Coenzyme Q<sub>10</sub> (Perque Mito Guard)

L-glutamine (Perque Endura Pak Guard)

Lipoic acid and N-acetyl-L-cysteine (ThioDox)

## **Products for pH Balance**

Magnesium Plus

Choline Citrate

pH Paper

For assistance with the above, call Beyond Health for a free consultation with a nutritional counselor: 800-250-3063.



## ***Recommended Reading***

If you have not yet read *Never Be Sick Again* by Raymond Francis, that is our first suggestion. Other recommended books include:

*Health and Nutrition Secrets That Can Save Your Life* by Dr. Russell Blaylock

*Natural Strategies for Cancer Patients* by Dr. Russell Blaylock

*Excitotoxins* by Dr. Russell Blaylock

*Love, Medicine and Miracles* by Dr. Bernie Siegal

*Eat to Live* by Joel Fuhrman

*The China Study* by Dr. T. Colin Campbell

*Toxic Overload* by Dr. Paula Baillie-Hamilton

*Fit for Life Not Fat for Life* by Harvey Diamond

*The Power of Focus* by Jack Canfield, Mark Victor Hansen, and Les Hewitt

*Your Best Life Now* by Joel Osteen

*The Sprouting Book* by Ann Wigmore

*Don't Drink Your Milk!* by Dr. Frank Oski

*Lick the Sugar Habit* by Nancy Appleton

*A Cancer Battle Plan* by Ann Frahm

*God's Way to Ultimate Health* by Dr. George Malkmus

*Living Foods for Optimum Health* by Dr. Brian Clement

*Breaking the Food Seduction* by Dr. Neal Barnard