

## **RECIPES DAYS 1-10**

### **Tigger Tea**

Ingredients:

- 8 green tea bags
- 3 inches of ginger root juiced (more or less can be used to your taste)
- Juice of 5 limes
- Water

Directions (Makes approximately ½ gallon):

1. Steep tea bags in 32 oz. of boiling water for 15 minutes
2. In a 64 oz. container, combine the steeped green tea and lime juice
3. Add water and adjust flavors to your taste
4. Pour over ice and sweeten with Stevia (if desired)

### **Spaghetti Squash**

Ingredients:

- 1 large Spaghetti squash
- Roasted garlic
- Salt and pepper
- Butter

Directions:

1. Preheat oven to 350 degrees
2. Cut spaghetti squash in half length-wise.
3. Place on baking sheet and bake 25-30 minutes until tender.
4. Remove from oven and shred the squash with a fork. It will look like spaghetti.
5. Add some roasted garlic, butter and/or salt and pepper to taste.
6. Serve with Marinara Sauce (recipe below)

Spaghetti Squash Accompaniment or Mix-In

Use the following as a side accompaniment or add to Spaghetti Squash mixture.

Ingredients:

- 1 large tomato (chopped)
- ½ cup of chopped fresh basil (some people prefer oregano)
- ½ tsp olive oil
- ½ tsp minced garlic
- Salt and pepper to taste

### **Marinara Sauce**

Ingredients:

- 2 tablespoons olive oil
- 2-3 garlic cloves, sliced or minced
- 1 medium onion, finely chopped
- 28oz stewed tomatoes
- 1 cup fresh Italian flat leaf parsley, chopped
- ½ cup fresh basil leaves, rolled and thinly sliced
- Salt and pepper

Directions:

1. Heat pan on medium high heat.
2. Add olive oil, garlic and onions.
3. Stir until soft then add remaining ingredients.
4. Stir occasionally and reduce heat to simmer for 10-15 minutes.
5. Salt and pepper to taste

6. Serve over Spaghetti squash, kale, or broccoli

### Garlic-Chili Roasted Broccoli

#### Ingredients:

- ¼ cup extra virgin olive oil
- 6 cloves garlic, finely chopped
- 1 tablespoon chili powder
- 1 tablespoon grill seasoning blend or grill creations
- 1 large head of broccoli, cut into thin long spears

#### Directions:

1. Preheat oven to 425 degrees F.
2. Place olive oil, garlic, chili powder and grill seasoning in the bottom of a large bowl and add the broccoli spears.
3. Coat broccoli evenly and place on a large nonstick baking sheet.
4. Roast broccoli until ends are crisp and brown and stalks are just tender, approximately 15 minutes.

### Vegetable Angel Hair Zucchini "Pasta"

#### Ingredients:

- 3 zucchini
- 16 oz. cherry tomatoes (very flavorful) or 1 lb. regular tomatoes
- 1/2 small white onion
- A few fresh basil leaves
- 1 or 2 cloves of garlic
- 1 red, orange or yellow bell pepper (not green)
- 2 tsp. dried Italian spices or oregano, basil, salt & pepper
- A little Olive Oil (optional)

#### Directions:

1. Use a Spiral slicer to cut Zucchini into angel hair like strands.
2. Place all other items in a food processor or blender, and PULSE CHOP to obtain a "chunky" consistency. We don't recommend pureeing the mixture.
3. Pour sauce into a bowl and allow to "set" for 30 minutes to allow sauce to thicken.
4. Pour sauce over your Zucchini "pasta".

### Guacamole

#### Ingredients:

- 2 Organic Avocados- peeled and mashed
- 1 clove minced garlic
- 1 tablespoon finely chopped onion
- ½ chopped tomato (use less if diabetic)
- Salt
- 1 tablespoon lemon juice

#### Directions:

1. Mix all together thoroughly and put avocado seed back into bowl to prevent turning brown.  
Tip: although you can't have tortilla chips (always a favorite with this dip) you can enjoy a nice crudité with your guacamole by slicing up some raw vegetables (or using them whole if you prefer). Whole cherry tomatoes, sliced carrots and celery are always favorites.

### Basic Vinaigrette

#### Ingredients:

- ½ cup Organic Extra Virgin Olive Oil
- 3 tablespoons Organic Apple Cider or Vinegar without sulfides
- 1 teaspoon Oregano leaves
- ½ teaspoon Salt - preferably Celtic salt
- 1/8 Tsp. pepper

#### Directions:

1. Mix ingredients together in a container.
2. Refrigerate until you are ready to use.
3. When you are ready to use the dressing, take it out of the refrigerator a few minutes ahead of time.
4. Shake before serving.

### Dijon Olive Oil Dressing

#### Ingredients:

- ½ cup Organic Extra Virgin Olive Oil
- 6 tablespoons Organic Balsamic Vinegar or Lemon Juice
- 6 tablespoons Water
- 1 tsp. Organic Dijon Mustard
- 1/8 tsp. Oregano
- Salt and Pepper to taste
- 1 minced garlic clove

#### Directions:

1. Combine all ingredients into an airtight jar or carafe.  
Tip: If you do not have an airtight container you can also use a whisk.
2. Shake (or whisk) vigorously to blend.

### Tahini Dressing

#### Ingredients:

- 2 tablespoons sesame tahini
- Lemon juice

#### Directions:

1. Mix 2 tablespoons of sesame tahini with desired amount of lemon juice to your own taste.
2. Mix in a little water to achieve dressing consistency.

### Tomato Cups (Recipe makes 12 cups)

Great for a side dish or for an excellent finger food use cherry or small tomatoes.

#### Ingredients:

- 6 medium tomatoes
- ½ small cucumber
- 2 sticks celery
- ½ medium red onion or 2 scallions chopped
- ½ cup fresh parsley
- 1 tablespoon fresh mint (optional)
- 1 clove garlic
- 2 teaspoons kelp
- 1 tablespoon lemon juice
- 1 tablespoon olive oil (optional)
- Celtic salt to taste (optional)

*(Tomato Cups Continued)*

## Directions:

1. Cut tomatoes in half and scoop out the center
2. Add tomato pulp to the other ingredients
3. Finely chop all ingredients, mix well and fill tomato halves

**Ginger Lemonade**

This is a perfect pick-me-up beverage if you feel hungry or tired.

## Ingredients:

- 2 inches fresh ginger root
- 3 lemons
- 2 quarts of water
- Stevia to taste

## Directions:

1. Wash and peel the ginger root.
2. Grate it finely over a bowl.
3. Squeeze the grated ginger mash with your fingers to extract the juice. Discard the dry mash.
4. Bring water to a boil.
5. Remove from heat and add ginger and juice of 3 lemons.
6. Add Stevia and stir well.
7. Drink hot or chill for iced ginger lemonade by adding ice cubes and a fresh slice of lemon.

**Saturday Vegetable Soup (Makes about 6 servings)**

## Ingredients:

- 2 boxes Pacific Natural Foods brand Organic Vegetable Broth (8 cups)
- 1 – 16 oz. bag 365 Organic brand frozen organic vegetable blend (includes broccoli, cauliflower, carrot, green bean, & bell pepper)
- 1 – 10 oz. bag Cascadian Farm Organic brand frozen Chinese-style stir-fry blend (includes green beans, broccoli, carrots, red peppers, onions, mushrooms, & bamboo shoots)
- 4 cloves of organic garlic, minced (optional)
- 1/2 large organic onion, diced
- 1/2 organic green pepper, diced
- 1 bunch organic celery, diced
- 4 tbsp. organic, unsalted butter
- Sea salt or Herbamare

## Directions:

1. Chop up the onion, green pepper and celery. Set aside in a bowl.
2. In a large skillet, place butter over medium/high stove and heat until completely melted.
3. Add the chopped onion, green pepper, and celery and sauté until soft.
4. Sprinkle sea salt over the contents to taste.
5. Stir in a splash of vegetable broth and lower heat to simmer.
6. In a large slow cooker, add both bags of frozen vegetables.
7. Pour 1 box of vegetable broth over the frozen vegetables (don't worry that the broth doesn't completely cover the vegetables).
8. Add the contents of the skillet to the slow cooker.
9. Pour in the remaining box of vegetable broth.
10. Set the slow cooker to high stirring occasionally.
11. Cook for about 2 hours or until vegetables are softened. DO NOT OVERCOOK

### Bachelor Portobello Mushroom

#### Ingredients:

- Portobello Mushroom
- Garlic/Olive Oil Crushed
- Butter, organic
- Marinara Sauce (you can use the recipe from Day 2)

Tip: If you want to buy sauce instead of making it, look for a brand that has no sugar, high fructose corn syrup, "Natural Flavors", etc... (It must be just tomatoes, garlic, onions, salt, water, etc....) Copollo Brand is an example of a 'clean' sauce.

#### Directions:

1. Medium Heat- Portobello Mushroom in pan for 5 minutes per side.
2. Add Marinara Sauce over Mushroom in pan and put over low heat for a couple of minutes.