



DANA DINNAWI

— *empowered wellness & living* —

28-DAY GO AHEAD AND EAT
TRANSITION AT A GLANCE



TRANSITION AT A GLANCE

DAY 29

BREAKFAST:

BUCKWHEAT PANCAKES

Makes 2 servings

1 cup buckwheat flour

1 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon sea salt

1 ¼ cup dairy-free milk

1 egg

1 teaspoon cinnamon

½ teaspoon vanilla extract

1 teaspoon coconut oil

Add the buckwheat flour, baking powder, baking soda, sea salt, dairy-free milk, egg, cinnamon, and vanilla extract to a mixing bowl. Mix well until smooth. Next, heat a pan on the stove over medium heat. Add a teaspoon of coconut oil. Once the pan is hot and the oil has melted, add about ¼ cup of pancake batter. Allow the batter to cook for about 2 to 3 minutes. Once you see the pancake begin to dry out on the

GO AHEAD AND EAT

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top, you can flip it over. Once both sides are cooked, you can remove the pancake from the pan and place it on a plate. Remember to add a teaspoon of coconut oil to the pan every time you make a new pancake to avoid sticking.

LUNCH

CURRIED SUNFLOWER-PATÉ-STUFFED COLLARD WRAPS W/ CREAMY CARROT RAW SOUP

Makes 4 servings

CURRIED SUNFLOWER-PATÉ-STUFFED COLLARD WRAPS

2 cups raw sunflower seeds, soaked overnight and drained

2 teaspoons curry powder

1 garlic clove

½-inch piece of ginger

⅔ cup water

Juice from 1 lemon

1 teaspoon sea salt

1 teaspoon pepper

½ cup shredded carrot

1 large celery rib, minced

¼ cup raisins

Add sunflower seeds, curry powder, garlic, ginger, water, lemon juice, sea salt, and pepper to a high-speed blender. Blend until smooth. Remove from the blender and

add to a mixing bowl. Add shredded carrot, chopped celery, and raisins. Mix well and let it set in the refrigerator for at least 30 minutes before serving.

Wash and dry one large collard green leaf. Take a knife and slice the middle vein so the leaf can be easily rolled up. Add a few tablespoons of pâté to the leaf. Top with sprouts, avocado, and cucumber slices if desired. Roll into a wrap and enjoy.

CREAMY CARROT RAW SOUP

Makes 2 servings (*double batch if making 4 servings)

¾ cup water

2 carrots, chopped

3 tablespoons tahini

1 teaspoon sea salt

½ teaspoon ginger powder

½ teaspoon cinnamon powder

½ avocado, sliced

Dash of cumin

1 teaspoon chopped basil

Add water or coconut water, carrots, tahini, sea salt, ginger powder, and cinnamon to a high-speed blender. Mix well. Pour immediately into a bowl and top with sliced avocado, a dash of cumin, and chopped basil.

DINNER

CREAMY ONION SOUP W/ ROASTED BRUSSELS SPROUTS

Makes 4 servings

CREAMY ONION SOUP

Makes 2 servings (*double batch for 4 servings)

1 tablespoon extra-virgin olive oil

1 small onion, chopped

1 large garlic clove, chopped

1 medium head cauliflower, chopped

2 cups vegetable broth

1 15-ounce can coconut milk

Sea salt and black pepper

In a large soup pot, add the olive oil over a medium-low flame. When the pot is hot, add the chopped onion and garlic. Sauté for 8 to 10 minutes until the onions are soft and sweet.

Add the chopped cauliflower, vegetable broth, and coconut milk. Cover and bring the soup to a boil. When the soup is boiling, turn down the flame and allow it to simmer until the cauliflower is soft. Turn off the heat.

Use an immersion blender OR ladle the soup into a blender and blend in batches until smooth. Add salt & pepper to taste and serve immediately.

ROASTED BRUSSELS SPROUTS

Makes 4 servings

1 pound/1/2kg brussel sprouts

1 small onion, sliced

2 tablespoons coconut oil

1 teaspoon garlic powder

Sea salt and pepper

Preheat your oven to 425°F/220°C. Remove any brown or yellow outer leaves from your brussel sprouts, then slice in half. Add your brussel sprouts and sliced onion to a large bowl and massage with coconut oil, garlic powder, sea salt, and pepper.

Add the contents of your bowl to a large baking sheet and roast for about 30 minutes until the outer edges are brown.

DAY 30

BREAKFAST

GRAPEFRUIT GINGER SMOOTHIE

1 ½ cups dairy-free milk

½ medium grapefruit, peel removed

½ avocado

1 large handful kale or spinach

1-inch fresh ginger OR ¼ teaspoon ginger powder

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LUNCH

BEAN CHILI WITH BROWN RICE

SERVES 4

BEAN CHILI

1 tablespoon coconut oil

1 large onion, chopped

2 tablespoons cumin powder

1 tablespoon dried oregano

1 tablespoon black pepper

4 cups organic vegetable broth OR water

2 cups dried red beans, soaked overnight and drained (OR 2 cans* red beans in a BPA-free can)

4 cloves garlic, minced

2 cups spinach

Place a large pot over high heat and add coconut oil. When the oil is melted, add onions and cook until fragrant (about 3 minutes). Next, add the cumin, oregano, sea salt and pepper, 4 cups of broth (OR water -- add 1 tablespoon of sea salt if using water), and soaked beans. Turn the heat down to medium-high and place a cover over the pot. Allow the chili to cook for 1 hour. Stir the pot every 15 to 20 minutes to prevent burning. Add broth or water if the chili dries out. After 1 hour, add the minced garlic and cook for another 20 to 30 minutes until the beans are tender. Remove from heat and add spinach.

*USING CANNED BEANS? If you are using canned beans, be sure to rinse the beans before adding them to your pot. Reduce the amount of broth or water used to 2 cups. Add the remaining ingredients to a pot on medium heat and cook for about 20 minutes.

BASIC BROWN RICE RECIPE

1 cup brown rice

2 cups water

1 teaspoon sea salt

Add the rice, water and sea salt to a pot over medium heat. Place a lid on the pot, allowing a little bit of air to escape on the side so that it does not boil over. Cook for about 40 minutes. Resist the urge to stir the rice as this makes it mushy. After 40 minutes the rice should be soft. If it is still hard, add a little more water and let it cook for an additional 5 minutes. Once the rice is done, turn off the heat and let it sit, covered, for at least 5 minutes before serving.

CHILI AND RICE RECIPE

Add ½ cup of brown rice to a bowl. Top with 1 cup of chili. Add a few slices of avocado and serve.

DINNER

CHOPPED VEGGIE SALAD W/ CREAMY AVOCADO DRESSING

Makes 4 servings

4 cups red cabbage, thinly sliced

1 large cucumber, peeled and diced

1 large celery rib, chopped

1 large apple, chopped

Creamy Avocado Dressing (see recipe below)

¼ cup pumpkin seeds

Add the cabbage, cucumber, celery, and apple to a large bowl. Coat with the Creamy Avocado Dressing. Mix well. Top with pumpkin seeds.

CREAMY AVOCADO DRESSING

2 large avocados

1 garlic clove

Juice from ½ lemon

¼ cup extra-virgin olive oil

Sea salt and pepper

1 to 2 tablespoons of water (to thin out the dressing, if needed)

Add the avocado, garlic, lemon juice, olive oil, sea salt, and pepper to a food processor or blender. Blend well. Add water if needed to thin it out. Serve immediately with your salad.

DAY 31

BREAKFAST

GREEK YOGURT WITH BERRIES

Serves 2

2 cups plain Greek yogurt (labna)

½ cup chia seeds

2 cups mixed berries

1 to 2 teaspoons of honey or another liquid sweetener

Mix the yogurt and chia seeds together. Top with mixed berries. Add sweetener to taste.

LUNCH

LEMON MASSAGED KALE SALAD

Makes 4 servings

1 bunch of kale, thinly sliced

½ bunch parsley

Juice from 1 lemon

1 garlic clove, minced

1 avocado, sliced

2 tablespoons extra-virgin olive oil

Sea salt and pepper

2 tablespoons pumpkin seeds

Add all ingredients except seeds to a large bowl. Use your bare hands to massage the salad together until the kale is soft and wilted. It should turn a dark green. Top with seeds and enjoy.

DINNER

ROASTED ASPARAGUS W/ MIXED GREENS AND RED CABBAGE W/ LEMON GINGER SWEET POTATOES

Makes 4 servings

Cooking tip: Roasted sweet potatoes take 30 to 45 minutes to cook, so always cook them first.

LEMON GINGER SWEET POTATOES

4 medium sweet potatoes

1 lemon, sliced in half

Dash of powdered ginger

4 teaspoons coconut oil

Sea salt and pepper

Preheat your oven to 400°F/205°C. Scrub each potato with a scrub brush to remove the dirt from all the cracks, then dry thoroughly. Line your baking sheet with aluminum foil. Poke your sweet potato with a fork 3 to 4 times to allow for even cooking. Place the sweet potato on the baking sheet and roast for 30 to 45 minutes. The amount of time needed to roast your sweet potatoes all the way through depends on the size of the potato.

You will know your sweet potato is done when you can take a butter knife and slide it through the center without resistance. Once your sweet potato is done, slice it lengthwise down the center. Top with a squeeze of lemon, powdered ginger, coconut oil, sea salt, and pepper.

ROASTED ASPARAGUS W/ MIXED GREENS AND RED CABBAGE

1 pound/1/2kg fresh asparagus

1 teaspoon coconut oil

Sea salt and pepper

4 cups mixed salad greens

1 cup red cabbage, thinly sliced

Preheat your oven to 400°F/205°C. Take a handful of asparagus in one hand with all the asparagus facing the same direction. Chop off 1 to 2 inches from the woody stems and throw away. Rinse the remaining amount in cold water, then dry with a paper towel.

Place your asparagus on a roasting pan. Massage with coconut oil, sea salt, and pepper. Bake for 10 minutes and check for tenderness. Thicker asparagus may need an additional 2 to 5 minutes to roast. When done, remove from the oven and serve with mixed greens and thinly sliced red cabbage.

DAY 32

BREAKFAST:

BANANA CHIA SEED PUDDING W/ ALMOND BUTTER

Makes 2 servings

2 cups unsweetened, dairy-free milk

1 very ripe banana

¼ cup almond butter

1 teaspoon cinnamon

¼ cup chia seeds

Add the milk, banana, almond butter, and cinnamon to a high-speed blender. Blend until mixed well and pour into a bowl. Add chia seeds and let it set for 15 to 30 minutes until thick and serve.

LUNCH:

SPINACH SALAD W/ FETA CHEESE, OLIVES, AND LEMON GARLIC DILL DRESSING

Makes 4 servings

8 cups baby spinach

4 teaspoons feta cheese

¼ cup olives (your choice)

Lemon Garlic Dill Dressing (see recipe below)

Add the baby spinach, feta cheese, and olives to a large bowl. Coat with the dressing and serve.

Lemon Garlic Dill Dressing

Juice from 2 lemons

¼ cup tablespoons extra-virgin olive oil

1 teaspoon dill

1 garlic clove, minced

Sea salt and pepper

Add the ingredients to a small bowl and mix well. Serve with the salad.

DINNER:

CARROT GINGER MISO SOUP w/ Roasted Sweet Potatoes

Makes 4 servings

Cooking tip: Roasted sweet potatoes take 30 to 45 minutes to cook, so always cook them first.

ROASTED SWEET POTATOES

2 medium sweet potatoes

2 teaspoons coconut oil

Sea salt and pepper

Preheat your oven to 400°F/205°C. Scrub each potato with a scrub brush to remove the dirt from all the cracks, then dry thoroughly. Line your baking sheet with aluminum foil. Poke your sweet potato with a fork 3 to 4 times to allow for even cooking. Place the sweet potato on the baking sheet and roast for 30 to 45 minutes. The amount of time needed to roast your sweet potatoes all the way through depends on the size of the potato.

You will know your sweet potato is done when you can take a butter knife and slide it through the center without resistance. Once your sweet potato is done, slice it lengthwise down the center. Top with coconut oil, sea salt, and pepper.

CARROT GINGER MISO SOUP

1 pound/1/4kg carrots, roughly chopped

1 large onion, roughly chopped

6 garlic cloves

1 tablespoon coconut oil

1-inch fresh ginger, chopped

2 cups water OR vegetable broth

2 tablespoons white miso

1 scallion, chopped

Preheat your oven to 400°F/205°C. Add the carrots, onion, and garlic cloves to a baking sheet and massage with coconut oil. Bake for about 20 to 25 minutes until the carrots are tender.

Add the roasted vegetables and ginger to a large soup pot and cover with water OR vegetable broth. Bring the pot to a boil. Then blend the soup using an immersion blender OR blend it in batches using a high-speed blender. Finally, mix in the miso until the soup is smooth. Serve in soup bowls topped with scallion.

DAY 30

BREAKFAST:

BERRY LOVE SMOOTHIE

1 ½ cups dairy-free milk

1 cup berries

½ avocado

1 handful mixed greens

2 kale leaves

1 tablespoon raw cacao

LUNCH:

HERBED ZUCCHINI AND CARROT SALAD

Makes 4 servings

This meal may be served with your choice of protein.

2 large zucchini, spiralized (use a vegetable peeler if you don't have a spiralizer)

1 large carrot, shredded

2 tablespoons extra-virgin olive oil

1 garlic clove, minced

1 teaspoon dill

5 leaves of mint, torn

Juice from ½ lemon

Sea salt and pepper

1 avocado, sliced

Add all ingredients except avocado to a large bowl. Mix thoroughly. Top with sliced avocado. Serve with your choice of protein and enjoy.

DINNER:

SAUTÉED SWISS CHARD W/ GARBANZO BEANS

Makes 4 servings

1 tablespoon coconut oil

1 small onion, chopped

1 bunch Swiss chard, thinly sliced

2 garlic cloves, minced

1 can of garbanzo beans drained and rinsed

Sea salt and pepper

Add coconut oil to a hot pan. When the coconut oil is melted, add the chopped onion. Sauté for about 3 minutes until the onions are translucent. Add the Swiss chard. Sauté until the Swiss chard is wilted. Next, add the garlic, garbanzo beans, sea salt, and pepper. Remove from heat and serve.

DAY 31

BREAKFAST:

GREEN MAGIC SMOOTHIE

- 1 ½ cups dairy-free milk
- 2 handfuls spinach
- 1/2 cup fresh or frozen raspberries
- ½ avocado
- Dash of cinnamon

LUNCH:

ZUCCHINI, YELLOW SQUASH, AND GARBANZO BEANS W/ BROWN RICE

Makes 4 servings

ZUCCHINI, YELLOW SQUASH, AND GARBANZO BEANS

- 1 tablespoon coconut oil
- 1 small onion, chopped
- 2 zucchini, chopped
- 2 yellow squash, chopped
- 2 garlic cloves, minced
- 1 teaspoon Italian seasoning
- 1 15-ounce can garbanzo beans, drained and rinsed
- Sea salt and pepper

Add coconut oil to a hot pan. When the pan is hot, add the onion and sauté for about 3 minutes until translucent. Next, add the zucchini, yellow squash, garlic, Italian seasoning, garbanzo, beans, sea salt, and pepper. Sauté for an additional 5 minutes until the vegetables are tender. Serve over brown rice.

Brown Rice

2 cups brown rice

4 cups water OR vegetable broth

Sea salt (omit if using vegetable broth)

Add brown rice to a pot with water OR broth. Add sea salt (only if using water). Cover and cook on medium-low heat for about 20 minutes, or until the liquid is absorbed by the rice. If the rice is still crunchy, add a little more liquid, cover, and simmer on low heat for an additional 5 minutes. When the rice is done, turn off the heat and cover for at least 5 minutes before serving.

DINNER:

BRAISED GREEN BEANS W/ GARLIC CAULIFLOWER RICE AND CREAMY CARROT RAW SOUP

Makes 4 servings

Braised Green Beans

1 tablespoon coconut oil

1 small onion, chopped

1 pound fresh green beans

2 garlic cloves, minced

$\frac{2}{3}$ cup vegetable broth

Warm a large sauté pan over medium-high heat. Add 1 tablespoon of coconut oil. When the pan is hot, add chopped onion. Sauté 2 to 3 minutes, then add your green beans, garlic, and vegetable broth. Cover the pan with a lid and steam the green beans for about 5 minutes. Then, remove the lid and sauté until most of the broth has evaporated. Serve over cauliflower rice.

Garlic Cauliflower Rice

- 1 large head of cauliflower
- 2 tablespoons of coconut oil
- 2 garlic cloves, minced
- Sea salt and pepper
- 2 tablespoons chia seeds
- 2 tablespoons hemp seeds

Take the cauliflower and break it up into manageable pieces. Wash them thoroughly. Next, add the cauliflower to a food processor and pulse until it becomes the size of rice granules. If you don't have a food processor, use a box grater to make smaller pieces.

Add coconut oil to a hot pan. When the oil is melted, add the cauliflower rice and sauté for about 3 minutes. Next, add the garlic and sauté for an additional 3 to 5 minutes. Season with sea salt and pepper. Remove from heat and mix with chia and hemp seeds.

CREAMY CARROT RAW SOUP

Makes 2 servings (*double batch if making 4 servings)

- $\frac{3}{4}$ cup water
- 2 carrots, chopped
- 3 tablespoons tahini

- 1 teaspoon sea salt
- ½ teaspoon ginger powder
- ½ teaspoon cinnamon powder
- ½ avocado, sliced
- Dash of cumin
- 1 teaspoon chopped basil

Add water or coconut water, carrots, tahini, sea salt, ginger powder, and cinnamon to a high-speed blender. Mix well. Pour immediately into a bowl and top with sliced avocado, a dash of cumin, and chopped basil.

DAY 32

BREAKFAST:

BANANA CHIA SEED PUDDING W/ ALMOND BUTTER

Makes 2 servings

- 2 cups unsweetened, dairy-free milk
- 1 very ripe banana
- ¼ cup almond butter
- 1 teaspoon cinnamon
- ¼ cup chia seeds

Add the milk, banana, almond butter, and cinnamon to a high-speed blender. Blend until mixed well and pour into a bowl. Add chia seeds and let it set for 15 to 30 minutes until thick and serve.

LUNCH:

SPINACH SALAD W/ FETA CHEESE, OLIVES, AND LEMON GARLIC DILL DRESSING

Makes 4 servings

8 cups baby spinach

4 teaspoons feta cheese

¼ cup olives (your choice)

Lemon Garlic Dill Dressing (see recipe below)

Add the baby spinach, feta cheese, and olives to a large bowl. Coat with the dressing and serve.

Lemon Garlic Dill Dressing

Juice from 2 lemons

¼ cup tablespoons extra-virgin olive oil

1 teaspoon dill

1 garlic clove, minced

Sea salt and pepper

Add the ingredients to a small bowl and mix well. Serve with the salad.

DINNER:

CARROT GINGER MISO SOUP w/ Roasted Sweet Potatoes

Makes 4 servings

Cooking tip: Roasted sweet potatoes take 30 to 45 minutes to cook, so always cook them first.

ROASTED SWEET POTATOES

2 medium sweet potatoes

2 teaspoons coconut oil

Sea salt and pepper

Preheat your oven to 400°F/205°C. Scrub each potato with a scrub brush to remove the dirt from all the cracks, then dry thoroughly. Line your baking sheet with aluminum foil. Poke your sweet potato with a fork 3 to 4 times to allow for even cooking. Place the sweet potato on the baking sheet and roast for 30 to 45 minutes. The amount of time needed to roast your sweet potatoes all the way through depends on the size of the potato.

You will know your sweet potato is done when you can take a butter knife and slide it through the center without resistance. Once your sweet potato is done, slice it lengthwise down the center. Top with coconut oil, sea salt, and pepper.

CARROT GINGER MISO SOUP

1 pound/1/4kg carrots, roughly chopped

1 large onion, roughly chopped

6 garlic cloves

- 1 tablespoon coconut oil
- 1-inch fresh ginger, chopped
- 2 cups water OR vegetable broth
- 2 tablespoons white miso
- 1 scallion, chopped

Preheat your oven to 400°F/205°C. Add the carrots, onion, and garlic cloves to a baking sheet and massage with coconut oil. Bake for about 20 to 25 minutes until the carrots are tender.

Add the roasted vegetables and ginger to a large soup pot and cover with water OR vegetable broth. Bring the pot to a boil. Then blend the soup using an immersion blender OR blend it in batches using a high-speed blender. Finally, mix in the miso until the soup is smooth. Serve in soup bowls topped with scallion.

DAY 33

BREAKFAST:

BERRY LOVE SMOOTHIE

- 1 ½ cups dairy-free milk
- 1 cup berries
- ½ avocado
- 1 handful mixed greens
- 2 kale leaves
- 1 tablespoon raw cacao

LUNCH:

HERBED ZUCCHINI AND CARROT SALAD

Makes 4 servings

2 large zucchini, spiralized (use a vegetable peeler if you don't have a spiralizer)

1 large carrot, shredded

2 tablespoons extra-virgin olive oil

1 garlic clove, minced

1 teaspoon dill

5 leaves of mint, torn

Juice from ½ lemon

Sea salt and pepper

1 avocado, sliced

Add all ingredients except avocado to a large bowl. Mix thoroughly. Top with sliced avocado. Serve with your choice of protein and enjoy.

DINNER:

SAUTÉED SWISS CHARD W/ GARBANZO BEANS

Makes 4 servings

1 tablespoon coconut oil

1 small onion, chopped

1 bunch Swiss chard, thinly sliced

2 garlic cloves, minced

1 can of garbanzo beans drained and rinsed

Sea salt and pepper

Add coconut oil to a hot pan. When the coconut oil is melted, add the chopped onion. Sauté for about 3 minutes until the onions are translucent. Add the Swiss chard. Sauté until the Swiss chard is wilted. Next, add the garlic, garbanzo beans, sea salt, and pepper. Remove from heat and serve.

DAY 34

BREAKFAST:

GREEN MAGIC SMOOTHIE

1 ½ cups dairy-free milk

2 handfuls spinach

1/2 cup fresh or frozen raspberries

½ avocado

Dash of cinnamon

LUNCH:

ZUCCHINI, YELLOW SQUASH, AND GARBANZO BEANS W/ BROWN RICE

Makes 4 servings

ZUCCHINI, YELLOW SQUASH, AND GARBANZO BEANS

1 tablespoon coconut oil

- 1 small onion, chopped
- 2 zucchini, chopped
- 2 yellow squash, chopped
- 2 garlic cloves, minced
- 1 teaspoon Italian seasoning
- 1 can garbanzo beans, drained and rinsed
- Sea salt and pepper

Add coconut oil to a hot pan. When the pan is hot, add the onion and sauté for about 3 minutes until translucent. Next, add the zucchini, yellow squash, garlic, Italian seasoning, garbanzo, beans, sea salt, and pepper. Sauté for an additional 5 minutes until the vegetables are tender. Serve over brown rice.

Brown Rice

- 2 cups brown rice
- 4 cups water OR vegetable broth
- Sea salt (omit if using vegetable broth)

Add brown rice to a pot with water OR broth. Add sea salt (only if using water). Cover and cook on medium-low heat for about 20 minutes, or until the liquid is absorbed by the rice. If the rice is still crunchy, add a little more liquid, cover, and simmer on low heat for an additional 5 minutes. When the rice is done, turn off the heat and cover for at least 5 minutes before serving.

DINNER:

BRAISED GREEN BEANS W/ GARLIC CAULIFLOWER RICE and CREAMY CARROT SOUP

Makes 4 servings

Braised Green Beans

- 1 tablespoon coconut oil
- 1 small onion, chopped
- 1 pound fresh green beans
- 2 garlic cloves, minced
- $\frac{2}{3}$ cup vegetable broth

Warm a large sauté pan over medium-high heat. Add 1 tablespoon of coconut oil. When the pan is hot, add chopped onion. Sauté 2 to 3 minutes, then add your green beans, garlic, and vegetable broth. Cover the pan with a lid and steam the green beans for about 5 minutes. Then, remove the lid and sauté until most of the broth has evaporated. Serve over cauliflower rice.

Garlic Cauliflower Rice

- 1 large head of cauliflower
- 2 tablespoons of coconut oil
- 2 garlic cloves, minced
- Sea salt and pepper
- 2 tablespoons chia seeds
- 2 tablespoons pumpkin seeds

Take the cauliflower and break it up into manageable pieces. Wash them thoroughly. Next, add the cauliflower to a food processor and pulse until it becomes the size of rice granules. If you don't have a food processor, use a box grater to make smaller pieces.

Add coconut oil to a hot pan. When the oil is melted, add the cauliflower rice and sauté for about 3 minutes. Next, add the garlic and sauté for an additional 3 to 5 minutes. Season with sea salt and pepper. Remove from heat and mix with chia and hemp seeds.

CREAMY CARROT RAW SOUP

Makes 2 servings (*double batch if making 4 servings)

¾ cup water

2 carrots, chopped

3 tablespoons tahini

1 teaspoon sea salt

½ teaspoon ginger powder

½ teaspoon cinnamon powder

½ avocado, sliced

Dash of cumin

1 teaspoon chopped basil

Add water or coconut water, carrots, tahini, sea salt, ginger powder, and cinnamon to a high-speed blender. Mix well. Pour immediately into a bowl and top with sliced avocado, a dash of cumin, and chopped basil.

DAY 35

BREAKFAST:

KALE BFF SMOOTHIE

1 ½ cups dairy-free milk

2 cups kale

1 cup frozen berries

½ avocado

1 teaspoon flax seeds

1 teaspoon raw cacao

Dash of cinnamon

LUNCH:

ROASTED ASPARAGUS W/ MIXED GREENS AND RED CABBAGE w/ LEMON GINGER SWEET POTATOES

Makes 4 servings

Cooking tip: Roasted sweet potatoes take 30 to 45 minutes to cook, so always cook them first. During the last 10 to 15 minutes of cooking the sweet potatoes, you can add the asparagus to the oven to make cooking time more efficient.

Lemon Ginger Sweet Potatoes

4 medium sweet potatoes

1 lemon, sliced in half

Dash of powdered ginger

4 teaspoons coconut oil

Sea salt and pepper

Preheat your oven to 400°F/205°C. Scrub each potato with a scrub brush to remove the dirt from all the cracks, then dry thoroughly. Line your baking sheet with aluminum foil. Poke your sweet potato with a fork 3 to 4 times to allow for even cooking. Place the sweet potato on the baking sheet and roast for 30 to 45 minutes. The amount of time needed to roast your sweet potatoes all the way through depends on the size of the potato.

You will know your sweet potato is done when you can take a butter knife and slide it through the center without resistance. Once your sweet potato is done, slice it lengthwise down the center. Top with a squeeze of lemon, powdered ginger, coconut oil, sea salt, and pepper.

Roasted Asparagus with Mixed Greens and Red Cabbage

1 pound/1/2kg fresh asparagus

1 teaspoon coconut oil

Sea salt and pepper

4 cups mixed salad greens

1 cup red cabbage, thinly sliced

Preheat your oven to 400°F/205°C. Take a handful of asparagus in one hand with all the asparagus facing the same direction. Chop off 1 to 2 inches from the woody stems and throw away. Rinse the remaining amount in cold water, then dry with a paper towel.

Place your asparagus on a roasting pan. Massage with coconut oil, sea salt, and pepper. Bake for 10 minutes and check for tenderness. Thicker asparagus may need an addition 2 to 5 minutes to roast. When done, remove from the oven and serve with mixed greens and thinly sliced red cabbage. Serve with sweet potato.

DINNER:

SPRING GREEN PEAS W/ ONIONS AND MINT, MIXED GREENS SALAD, AND SWEET POTATO FRIES

Makes 4 servings

Cooking Tip: Prepare the sweet potato fries first. Once the fries are in the oven, begin making the peas.

Sweet Potato Fries

4 medium sweet potatoes, sliced lengthwise into “French fries”

2 tablespoons of coconut oil

1 teaspoon cinnamon

Sea salt and pepper

Preheat the oven to 400°F/205°C. Add the sliced sweet potatoes to a large bowl with coconut oil, cinnamon, sea salt, and pepper. Mix well and add to a large baking sheet. Bake for about 20 minutes.

Spring Green Peas with Onions and Mint

1 tablespoon coconut oil

2 cups fresh OR frozen peas

2 scallions

8 mint leaves, torn

Sea salt and pepper

Add coconut oil to a hot pan. When the oil is melted, add your peas and scallions. Sauté for 2 to 3 minutes until the peas are warm. Remove from heat and add torn mint leaves, sea salt, and pepper.