

Hallelujah!

Creative solutions for busy households on The Hallelujah Diet®

Volume 1

# Simple Weekly Meal Plans



# Introduction

---

**Simple Weekly Meal Plans – Volume 1** contains four weeks of menu plans on The Hallelujah Diet, which help maintain variety for you and your family (*Simple Weekly Meal Plans – Volume 2 contains an additional four weeks*). With both books, you can literally go for eight weeks and never have the same meal twice!

These recipes contain relatively few ingredients, the instructions are easy to follow, and best of all, they taste great and are good for you, too! Most of the menus can be prepared in less than one hour. This is a big plus for busy people, whether you work at home or away from home.

If you are just starting The Hallelujah Diet and the thought of preparing several weeks worth of new menus overwhelms you, here is another simple idea that may work better for you:

- Go through the Simple Weekly Meal Plans books and mark some of the recipes you think your family would like.
- Plan seven different simple menus
- Prepare the same menu on a given day of the week; for instance, Monday nights could be brown rice and steamed vegetable night, Tuesday nights could be baked potato and salad night, Wednesday nights could be Layered Mexican Casserole night, etc. – you get the idea.

Of course, it is a given that each meal would begin with a large garden salad with green, leafy lettuce as the base for your salad. Especially for those homes where both husband and wife may be late getting home in the afternoon after a long, busy day, implementing this plan will make meal preparation less stressful for everybody. On the weekends and holidays, you could try out a new recipe or two for your family and of course, remember to put a star by the ones that are “keepers”!

*NOTE: The recipes in this book generally feed three to four people; if your family is larger, you can easily double all of the recipes.*



© Copyright 2010 Hallelujah Acres Inc.

All rights reserved

The nutritional and health information in this book is based on the teachings of God's Holy Word, the Bible, as well as research and personal experience by the author and others. The purpose of this book is to provide information and education about health. The author and publisher do not directly or indirectly dispense medical advice or prescribe the use of diet as a form of treatment for sickness without medical approval. Nutritionists and other experts in the field of health and nutrition hold widely varying views. The author and publisher do not intend to diagnose or prescribe. The author and publisher intend to offer health information to help you cooperate with your doctor or other health practitioners in your mutual quest for health. In the event you use this information without your doctor or other health practitioner's approval, you prescribe for yourself. This remains your constitutional right. The author and publisher assume no responsibility.

Authored by Marilyn Polk

Hallelujah Acres extends special thanks to Hallelujah Acres Health Minister Marilyn Polk for her tireless efforts in researching, testing and compiling the recipes in *Simple Weekly Meal Plans – Volume 1* and *Simple Weekly Meal Plans – Volume 2*.

In 1999, Marilyn discovered The Hallelujah Diet, which freed her from four long years of suffering with fibromyalgia. To this day, she remains symptom-free. It was this life-changing experience that led her and her husband Doug to pursue Health Minister training in 2000. Today, Marilyn and Doug Polk are still among the most progressive and influential Health Ministers in Hallelujah Acres history.

First printing 2005

Revised 2010

ISBN 978-0929619194

This edition published and distributed by



Hallelujah Acres Inc.

P.O. Box 2388 • Shelby, NC 28151

704-481-1700 • [www.hacres.com](http://www.hacres.com)

# Week One

---

**“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.” ~ Genesis 1:29 KJV**

---

## GROCERY LIST

First of all, rid your kitchen of unhealthy foods. Throw them away if they are already opened; take them to a food pantry or soup kitchen in your area if the products are unopened.

This list includes only the foods you will need for each recipe; in other words, no extra fruits or veggies are listed for snacking. Once a spice is listed on a grocery list, it will not be listed again since spices generally will last for several weeks. Always purchase organic spices since they have not been irradiated.

Purchase organic foods when available. Also, since everyone has different salad preferences, the term “your favorite salad ingredients” is the first item on the grocery list each week. Because The Hallelujah Diet includes a large amount of raw food, two or three trips to the grocery store each week is not uncommon.

The first week’s grocery list will be the longest because you will be stocking your pantry with several items that you will not need to purchase each week. Note that breakfast foods for children are not included on the weekly lists.

### RAW VEGETABLES:

|                      |                               |                   |
|----------------------|-------------------------------|-------------------|
| lettuces*            | broccoli florets (2 packages) | carrots           |
| celery               | 2 onions                      | 1 red onion       |
| spinach (2 packages) | fresh basil (1/2 cup)         | 4 corn on the cob |
| 2 red peppers        | 2 yellow peppers              | parsley           |
| scallions (1 bunch)  | 9 new red potatoes            | garlic            |
| 4 yellow squash      | 6 zucchini                    | mushrooms         |
| 1 cauliflower        | 1 avocado                     |                   |

*\*NOTE: Shop for a variety of lettuces such as red leaf, green leaf, Romaine, Boston, baby, etc. (never use iceberg lettuce because it contains very little nutrition and does not digest well).*

### OPTIONAL VEGETABLES FOR WEEK ONE:

|              |         |
|--------------|---------|
| radishes     | beets   |
| sweet potato | cabbage |

# Week One

continued

---

## FRUITS:

|                |                                    |                                |
|----------------|------------------------------------|--------------------------------|
| apples         | oranges                            | bananas                        |
| berries        | grapes ( <i>large bunch</i> )      | peaches                        |
| raisins        | watermelon                         | cantaloupe                     |
| honeydew melon | 3 cucumbers                        | blueberries ( <i>2 boxes</i> ) |
| tomatoes       | strawberries ( <i>2 packages</i> ) |                                |

## OPTIONAL FRUITS FOR WEEK ONE:

|          |            |           |
|----------|------------|-----------|
| plums    | grapefruit | pineapple |
| cherries | pears      | mangoes   |

## \*NUTS AND SEEDS:

|               |                 |              |
|---------------|-----------------|--------------|
| almonds       | walnuts         | pecans       |
| macadamias    | sunflower seeds | sesame seeds |
| pumpkin seeds | flaxseed        | pine nuts    |

*\*NOTE: Buy raw nuts and soak them for about 8 hours in distilled water. Drain. Then put them on teflex sheets and dehydrate for about 6 hours at 104 degrees or lower. Soaking allows the enzymes to be released in the nuts and also washes away phytic acids, which interfere with calcium absorption. Nuts which have been soaked and dehydrated taste so much better than just eating them out of the package.*

## MISCELLANEOUS/STAPLES:

|  |                       |
|--|-----------------------|
| whole-wheat spaghetti                            | brown or basmati rice |
| multi-grain cornbread mix by Arrowhead Mills     | bulgur wheat          |
| Muir Glen diced tomatoes w/ basil and garlic (3) | pita pockets          |
| tri-color pasta                                  | wheat sub bread       |
| 100% stone ground whole-wheat bread              | whole-wheat flour     |
| unbleached bread flour                           | raw, unfiltered honey |
| Westbrae Natural dijon mustard                   | Vegenaise             |
| dried red beans                                  | grapeseed oil         |
| flaxseed oil and/or olive oil                    | lentils               |
| frozen chopped spinach ( <i>1 box</i> )          | salsa                 |
| Muir Glen diced tomatoes with green chilies (2)  | Celtic Sea Salt       |
| pineapple tidbits in its own juice               | garlic powder         |
| Simply Organic SW Taco Mix                       | agar-agar             |
| curry powder                                     | paprika               |
| onion flakes                                     | dill weed             |
| Bragg's apple cider vinegar                      | water chestnuts       |

# Week One

continued

---

## MISCELLANEOUS/STAPLES *(continued)*:

|  |                       |
|--|-----------------------|
| canned organic kidney beans                            | sage                  |
| canned organic black-eye peas                          | black olives (sliced) |
| canned organic black beans                             | baked tortilla chips  |
| Earth Balance margarine substitute <i>(optional)**</i> | yeast                 |
| Ener-G Egg Replacement                                 | oregano               |
| frozen green peas <i>(1 package)</i>                   | herb seasoning        |
| frozen corn niblets <i>(1 package)</i>                 | couscous              |
| organic butter <i>(optional)</i>                       | organic apple juice   |
| Fantastic Foods Spinach Parmesan Hummus                | Rice Dream milk       |
| organic tomato sauce                                   | currants              |
| Vegan Rella cheese substitutes <i>(optional)**</i>     | chives                |

## \*\*CHEESE AND BUTTER SUBSTITUTES

Because most Americans eat a lot of cheese and margarine or butter, this list includes some substitutes, but please realize that for optimum health, you really need to eliminate these foods from your diet as soon as possible. Most rice, almond, and soy cheese substitutes contain an animal derivative, casein.

For recipes calling for butter or margarine, you can substitute a butter blend. The recipe is as follows: 1 stick of organic butter, 4-8 tablespoons of olive or flaxseed oil, and 1 teaspoon of raw honey. Blend until smooth. Another option is to use Earth Balance, which can be found at your local health food store. Please use these products in moderation and have as your goal to eliminate them from your diet as soon as possible.

---

NOTES: \_\_\_\_\_

---

---

---

---

---

---

**LUNCH:**

## Large Garden Salad

**LARGE GARDEN SALAD**

The Hallelujah Diet recommends a large vegetable salad for lunch at least three times per week. The base of any great salad is a variety of greens, such as red or green leaf lettuce, romaine lettuce, endive, spinach, etc. Add 5-6 vegetables, preferably organic, from the following list and top with your favorite homemade dressing. (See *Salad Dressing section for recipes.*)

**Salad Ingredients**

|                     |   |
|---------------------|---|
| sliced cucumbers    | diced yellow, red, or orange peppers              |
| mushrooms           | diced tomatoes or cherry tomatoes                 |
| chopped celery      | raw, sweet corn                                   |
| diced sweet onion   | broccoli florets                                  |
| cauliflower florets | sliced avocado                                    |
| sliced radishes     | grated carrots                                    |
| grated beet         | grated sweet potato                               |
| julienned zucchini  | julienned yellow squash                           |
| organic raisins     | fresh sprouts                                     |
| grated red cabbage  | frozen corn niblets ( <i>rinsed in colander</i> ) |
| diced apples        | frozen green peas                                 |

**Toppings**

|                     |                      |
|---------------------|----------------------|
| raw sesame seeds    | raw sunflower seeds* |
| raw pumpkin seeds   | chopped, raw walnuts |
| chopped, raw pecans | sliced, raw almonds  |
| pine nuts           |                      |

\*Grind seeds in a coffee grinder and sprinkle on top of salad.

**DINNER:**

## Broccoli Salad #1, Judy's Red Beans and Rice, Cornbread

**BROCCOLI SALAD #1**

|  |                             |
|--|-----------------------------|
| 3/4 cup of Vegemise*, or homemade<br>almond mayonnaise** | 4 cups broccoli florets     |
| 2 Tbsp fresh lemon juice                                 | 2 Tbsp raw honey            |
| 1/2 cup organic raisins                                  | 1/4 cup raw sunflower seeds |

Mix mayonnaise substitute, honey, lemon juice, seeds, and raisins. Pour over florets and stir well.

\*NOTE: *Grapeseed Oil Vegemise is egg free, dairy free, cholesterol free, and preservative free, but it contains 90 calories per tablespoon.*

**DINNER (continued):**

## Broccoli Salad #1, Judy's Red Beans and Rice, Cornbread

**\*\*Almond Mayonnaise**

|                                   |                         |
|-----------------------------------|-------------------------|
| 1/2 cup almonds, soaked overnight | 3/4 cup distilled water |
| 2 tsp onion flakes                | 1/4 tsp Celtic Sea Salt |
| 1 Tbsp agar-agar                  | 3 pitted dates          |
| 1 lemon, juiced                   |                         |

Mix all of the above ingredients in your food processor. After well blended, slowly pour in 1/2 cup cold-pressed extra virgin olive oil while continuing to blend. (*This recipe can be used in all recipes calling for Vegenaïse.*)

**JUDY'S RED BEANS and RICE**

|   |                           |
|---|---------------------------|
| 3 or 4 cloves finely chopped garlic                     | 1 pound package red beans |
| 2 or 3 jalapeno or other hot pepper ( <i>optional</i> ) | 1 cup chopped onion       |
| 1 cup chopped celery                                    | 1 cup chopped red pepper  |
| 1 tsp Celtic Sea Salt                                   | 1 cup uncooked brown rice |
| 1 can organic chopped tomatoes ( <i>optional</i> )      |                           |

Soak red beans in distilled water over night. Drain and rinse thoroughly. Place beans in a large pot, cover with distilled water, and bring to a boil. Add remaining ingredients, except rice. Reduce heat to simmer. Cook two hours stirring occasionally or put in your crock-pot and allow to cook all day.

To prepare brown or basmati rice, boil 2 cups distilled water and 1 teaspoon of Celtic Sea Salt. Add 1-1/3 cups of rice, reduce heat, and simmer for 30 minutes without lifting the lid. Set off stove and let sit for 15 minutes. Fluff with fork and serve beans over rice.

**CORNBREAD**

2 cups Whole-Grain Cornbread Mix by Arrowhead Mills  
 1-1/4 cups distilled water or Rice Dream milk replacement  
 1 egg substitute\*  
 2 Tbsp raw honey  
 2 Tbsp grapeseed oil

Stir all ingredients together. Pour into oiled (olive) eight-inch pan. Bake at 400 degrees for 30-40 minutes or until golden brown.

\*Egg Substitute: Ener-G Replacement (Can be purchased at health food store)  
 —or— 1/4 cup ground flaxseed, 3/4 cup pure water

Add water to flaxseed. Blend on high for 2-3 minutes. Chill for 1 hour. 1 egg = 1/4 cup of the flaxseed mixture



**LUNCH:**

## Stuffed Pita Pocket

**STUFFED PITA POCKET**

Use Spinach Parmesan Hummus mix by Fantastic Foods (*non-GMO*). It only takes a few of minutes to prepare. Stuff with such vegetables as diced tomatoes, lettuce, diced onion, sliced cucumbers, sprouts, grated carrot, red pepper strips, and salsa.

**DINNER:**

## Spinach Salad with Simple Dressing, Skillet Italian Casserole

**SPINACH SALAD WITH SIMPLE DRESSING**

This recipe is from Kim Wilson's book, *Everyday Wholesome Eating...In the Raw*, available from Hallelujah Acres.

|  |                            |
|--|----------------------------|
| 3 Tbsp olive oil   | 2 Tbsp apple cider vinegar |
| 1 Tbsp honey   | 1/4 sweet onion, chopped   |
| 1 garlic clove, crushed  | 1/2 tsp sea salt           |
| large bunch of spinach   | 1 avocado, sliced          |
| 1/3 cup pine nuts, walnuts, or chopped<br>walnuts or chopped almonds ( <i>optional</i> ) | cherry tomatoes            |
| red onion  | oil-cured olives           |

Mix first six ingredients and allow to marinate at least for a few hours. Break up spinach and serve on plates topped with avocado, nuts, and optional toppings. Drizzle with dressing.

**SKILLET ITALIAN CASSEROLE**

|   |                            |
|---|----------------------------|
| 2 cups tri-color pasta                                      | 1 tsp Celtic Sea Salt      |
| 1 cup chopped onion   | 1 stalk celery, diced      |
| 2 cups frozen, chopped spinach, thawed                      | 3 carrots, sliced          |
| 1 can organic tomatoes with garlic and basil                | 1 can organic tomato sauce |
| 1/2 tsp garlic powder                                       | 1/2 tsp oregano            |
| 1/3 cup organic Parmesan Veggie topping ( <i>optional</i> ) | 1/2 cup sliced mushrooms   |
| 1/2 cup shredded cheese substitute* ( <i>optional</i> )     |                            |

Boil pasta in salted water. Meanwhile, steam sauté onion, celery, carrots, and mushrooms in 1/4 cup of water over medium heat for about 5 minutes. Add sauce, tomatoes, garlic powder, oregano, veggie topping, and drained pasta. Simmer for 10 additional minutes. Remove from heat and add spinach. Stir thoroughly and top with shredded "cheese."

# Week One **Day Three**

---

## LUNCH:

Fruit Plate or Melon Plate

### FRUIT PLATE OR MELON PLATE

Include such fruits as apple slices, orange sections, banana, red grapes, sliced kiwi, sliced peaches, strawberries, blueberries, raspberries, etc. Don't mix melons with any other fruit as they digest more quickly than other fruits. Mix melons such as watermelon, honeydew, cantaloupe, etc.

---

## DINNER:

Spinach Salad #1, Savory Rice, Snappy Salsa

### SPINACH SALAD #1

1 package organic baby spinach  
1 diced apple

6–7 Medjool dates\*, chopped  
1/2 cup chopped walnuts

### Salad Dressing

1/2 cup raw honey  
1/4 cup Westbrae Natural Dijon mustard  
2 Tbsp flaxseed or olive oil

Blend dressing well and pour over salad just before serving.

*\*NOTE: These are big, luscious dates, unlike those small ones you'll buy in packages. Most grocery stores now carry them; they can also be found at your local health food store or an international market.*

### SAVORY RICE

To prepare brown or basmati rice: Boil 2 cups of pure water and 1 teaspoon of Celtic Sea Salt. Stir in 1-1/3 cups of rice. Cover and simmer for 30 minutes. Remove from heat and let sit for 15 minutes.

2 celery ribs, chopped

2 sliced green onions

1 can water chestnuts drained and chopped

1/4 tsp sage

1/3 cup sliced almonds

1/2 tsp parsley

While rice is cooking, sauté celery and onions in 2–3 tablespoons of water for about 3 minutes. Add the water chestnuts, sage, and parsley. Sauté for 2 minutes longer. Stir almonds into rice and serve.

### DINNER (continued):

## Spinach Salad #1, Savory Rice, Snappy Salsa

### SNAPPY SALSA

- |   |                                     |
|---|-------------------------------------|
| 2 cups corn niblets, fresh or frozen    | 1 can organic black beans, drained* |
| 1 carrot, shredded                      | 1/3 cup diced, sweet onion          |
| 1 can organic chopped tomatoes, drained | 2 Tbsp diced, sweet pepper          |
| 1/4 tsp paprika                         | 1 tsp parsley                       |
| 1/2 tsp garlic powder                   |                                     |

Put all of the above ingredients in a large bowl, add the dressing, and stir well.

### Dressing

- 3 Tbsp lemon juice
- 2 Tbsp raw honey
- 1-1/2 Tbsp Westbrae Natural Dijon mustard

Serve with baked tortilla chips. If you double the dressing, this dish can also be served over brown rice.

*\*NOTE: Because this cookbook is written especially for busy people, recipes include canned tomatoes and beans. Look for the organic variety with lined cans. Of course, a healthier alternative to canned beans would be to prepare the dried ones according to package directions. You would use 2 cups of cooked beans in this recipe.*

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**LUNCH:**

Veggie Sub or Sandwich

**VEGGIE SUB OR SANDWICH**

Use wheat sub rolls or 100% stone ground whole-wheat bread. Spread a little grapeseed oil Veganaise, or homemade almond mayonnaise (*see recipe*) on bread. Top with the vegetables of your choice.

Top with veggies like red leaf lettuce, baby spinach, sliced tomatoes, red bell pepper strips, shredded carrots, sliced cucumbers, fresh sprouts, shredded zucchini, black olives, and salsa.

*NOTE: If you eat bread for lunch (never more than 1 whole sub roll or 2 sandwich slices), then don't eat any bread for dinner. Bread is a simple carbohydrate that turns to sugar very quickly in your system.*

**DINNER:**Garden Salad (*See Week One, Day One*)

Sula's Mixed Marinated Vegetables and Couscous, Super Squash

**SULA'S MIXED MARINATED VEGETABLES and COUSCOUS**

|  |                                   |
|--|-----------------------------------|
| 2 cups broccoli florets                    | 1 cup chopped cauliflower         |
| 1 yellow squash, quartered and sliced      | 2 celery ribs, chopped            |
| 5 green onions, chopped or red onion rings | 1/2 red bell pepper, julienned    |
| kernels from 1 ear of sweet corn (raw)     | 1/4 cup chopped pecans or walnuts |
| 1/4 cup parsley, chopped (can use dried)   | 1/2 tsp Celtic Sea Salt           |

**Sula's Dressing**

|  |                      |
|--|----------------------|
| 4 Tbsp flaxseed oil                                | 3 Tbsp raw honey     |
| 1/2 tsp garlic powder                              | 1/2 tsp onion flakes |
| 1/4 cup lemon juice or Bragg's apple cider vinegar |                      |

Pour the dressing over vegetables, mix well, and marinate at least one hour. Serve over couscous, which has been prepared according to package directions. This may be served alone as a raw salad.

**SUPER SQUASH**

|  |                        |
|--|------------------------|
| 5 medium zucchini, sliced or julienned       | 1 onion, sliced        |
| 3 medium yellow squash, sliced or julienned* | 2 Tbsp distilled water |
| 1 small red or orange pepper, julienned      | 1 tsp Celtic Sea Salt  |
| 1 minced garlic clove or 1 tsp minced garlic | dash of paprika        |

Sauté vegetables in covered skillet for about 12 minutes. Better yet, serve it raw!

*\*NOTE: A mandolin slicer, which can be purchased at a kitchen specialty store, is ideal to julienne your vegetables.*

## LUNCH: Blended Salad

### BLENDING SALAD

A blended salad enabled you to eat a larger volume of raw foods in less time, masticated much more efficiently, delivering much more nutritional value to the body with less energy expended on digesting.

|                          |                                    |
|--------------------------|------------------------------------|
| 1 tomato                 | 1/4 cucumber (peel if not organic) |
| 2 cups greens            | 1/4 bell pepper (not green)        |
| 1 stalk celery           | 1/2 avocado                        |
| 1/2 cup broccoli florets | 1/2 tsp herb seasoning             |

Place all ingredients in a blender and blend well.

---

## DINNER: Garden Salad (*See Day One*), Vegetarian Pizza

### VEGETARIAN PIZZA

1-1/2 cups distilled water  
1-1/2 Tbsp grapeseed oil  
1-1/2 Tbsp raw honey

Pour the above ingredients in your bread machine.

#### Add the following:

3-1/4 cups whole wheat flour  
1/2 cups unbleached bread flour  
1-1/2 tsp Celtic Sea Salt

Scoop a small hole on top of dry ingredients and pour 1-1/2 teaspoon of yeast in the hole. Set the machine to the "basic dough" setting and "start." After 1 hour 50 minutes, dump the dough onto a lightly floured pastry sheet. Divide into 2 balls and pat onto 2 pizza pans that have been lightly sprayed with olive oil. Let the dough sit for 15 minutes. Bake at 350 degrees for about 15 minutes or until golden brown.

#### Pizza Topping

Remove crust from oven and top with an organic pasta sauce. Add your favorite vegetables such as diced sweet onion, red and yellow pepper strips, mushrooms, broccoli florets, spinach, sliced zucchini, black olives, and thinly sliced tomatoes. Sprinkle shredded Mozzarella cheese substitute on top (optional) and heat for a couple of minutes in a warm oven until the cheese melts.

**LUNCH:**  
Terrific Taco Salad

**TERRIFIC TACO SALAD**

- 1-1/2 cup distilled water
- 1/2 cup of Arrowhead Mills organic bulgur wheat
- 1/2 package Simply Organic Southwest Taco Mix

Bring water to a boil. Add bulgur wheat and taco mix. Stir, reduce heat to low, and simmer for 10 minutes. Remove from heat and let sit for 15 additional minutes.

Meanwhile in a large bowl mix the following:

- 1 head red or green lettuce, torn
- 1-2 carrots shredded
- 1 diced cucumber
- 2 tomatoes, diced
- 1/2 cup chopped onion
- 1/2 tsp garlic powder
- 1 can kidney beans, drained and rinsed
- 1/2 cup salsa
- 2 handfuls baked tortilla chips, crushed
- 2/3 cup shredded "cheese" (optional)

Add bulgur wheat mixture to the vegetables.

Mix well and top with 2/3 cup shredded "cheese."

---

**DINNER:**  
Broccoli Salad #2, Spicy Lentils, Creamy New Potatoes

**BROCCOLI SALAD #2**

- 4 cups broccoli florets
- 1 cup red grapes, halved
- 1/3 cup chopped red onion
- 2 ribs celery, chopped

**Dressing**

- 3/4 cup Veganaise, or almond mayonnaise (See Day One, Dinner)
- 1 Tbsp Bragg's apple cider vinegar
- 2 Tbsp raw honey

Mix dressing and pour over salad. Stir well.

**SPICY LENTILS**

- 1 cup lentils
- 1-1/2 cups distilled water
- 1 small onion, chopped
- 2 cloves of garlic, minced
- 1 can organic diced tomatoes w/ green chilies
- 1 tsp Celtic Sea Salt

Put lentils, water, onion, garlic, and salt in pot and cook on medium heat for 30 minutes. Add tomatoes. Reduce heat and simmer for 10 additional minutes.

**CREAMY NEW POTATOES**

8–9 new red potatoes, scrubbed

3 Tbsp Earth Balance margarine substitute\*

2 Tbsp Vegenaise or almond mayo

1 tsp lemon juice

1 tsp Celtic Sea Salt

1/2 tsp dill weed

1 Tbsp chives

Put potatoes and salt in pot with distilled water. Bring to a boil, and then simmer until tender. Drain. Add butter. Combine remaining ingredients and add to potatoes, mixing well.

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Week One **Day Seven**

---

## LUNCH:

Large Garden Salad (*See Week One, Day One*)  
Meatless Spaghetti

### MEATLESS SPAGHETTI

This meal is super easy! Fill a pot with water and 1 teaspoon of Celtic Sea Salt. Bring to a boil and then add whole-wheat spaghetti or angel hair. Put a lid on pot, reduce heat, and simmer for 10-12 minutes, or until pasta is tender. Drain. Top with Parmesan flavor Veggie Topping by Galaxy Foods (*optional*). Serve with wholegrain bread.

IMPORTANT: Because pasta is not a low calorie food, keep the serving small.

---

## DINNER:

Large Garden Salad (*See Week One, Day One*)  
Orzo and Wild Rice

### ORZO and WILD RICE

16 oz pkg orzo                      8 oz pkg Lundberg Organic Quick Wild Rice  
1 yellow pepper, diced      1/2 cup almonds, cut lengthwise\*  
1 red pepper, diced          3 ears of fresh corn niblets  
1/2 cup red onion, diced      1/2 cup scallions, sliced thin (*green part only*)  
1/2 cup currants

Cook orzo (*found in the pasta section of your grocery store*) and rice by directions on package. For an all-raw dish, the orzo and rice could be soaked for 1-1/2 days. Blend all ingredients with basil vinaigrette well in a large bowl. Cover and refrigerate until ready to serve.

### BASIL VINAIGRETTE

1/2 cup basil leaves (loosely-packed)\*      2 garlic cloves  
1/4 cup white balsamic vinegar              1/4 tsp sea salt  
    or Bragg's apple cider vinegar          1/4 cup olive oil (*or flaxseed oil*)  
1 tsp dry mustard  
    or Westbrae Natural Dijon mustard

Put everything except oil in blender and pulse until just blended. Slowly add oil till blended. Pour over orzo and wild rice.

\*NOTE: You can buy a potted basil plant and set it on your patio for full sun. These plants are so easy to grow. Pick large leaves, rinse, pat dry, and dehydrate. Store in a freezer bag in a dark place and enjoy basil all winter long.





# Week Two

---

**Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness.” ~ Isaiah 55:2 KJV**

---

## GROCERY LIST

|                        |                          |                    |
|------------------------|--------------------------|--------------------|
| carrots                | 1 red onion              | 1 yellow pepper    |
| 1 red pepper           | celery                   | broccoli florets   |
| green onions           | 6 red potatoes           | baby spinach       |
| baking potatoes        | salad greens             | cabbage (2 heads)  |
| 3 zucchini             | 3 yellow squash          | sweet potatoes     |
| mushrooms              | 1 cauliflower            | red grapes         |
| 2 lemons               | 1 lime                   | apples             |
| dates                  | olives                   | tomatoes           |
| raisins                | 3 cucumbers              | cherry tomatoes    |
| kelp                   | parsley                  | dill weed          |
| basil                  | chives                   | walnuts            |
| flaxseed oil           | frozen corn niblets      | fresh corn         |
| dough enhancer         | tri-color pasta (2 pkgs) | frozen green peas  |
| dried black beans      | instant brown rice       | whole-grain bread  |
| whole grain buns       | Angostura Worcestershire | old-fashioned oats |
| pita pockets           | liquid lecithin          | wheat berries      |
| Spectrum Naturals      | unbleached bread flour   | wheat gluten       |
| Zesty Italian dressing |                          |                    |

---

Notes: \_\_\_\_\_

---

---

---

---

---

---

---

**LUNCH:**  
Better Than Tuna

**BETTER THAN TUNA** *(adapted from Rhonda Malkmus' book, Recipes for Life from God's Garden)*

|                                |                     |
|--------------------------------|---------------------|
| 1 small bag of organic carrots | 1/2 red bell pepper |
| 1/4 medium sweet onion         | 2 stalks of celery  |

Process the above ingredients in a food processor until finely chopped. Pour in a bowl. Coarse-chop 1 tomato, strain, then add to bowl.

**Blend in the following:**

|   |                |
|---|----------------|
| 1/2 tsp Celtic Sea Salt   | 1 Tbsp parsley |
| 3 Tbsp Vegenaïse or almond<br>mayonnaïse <i>(See Day One, Dinner)</i> | 1/2 tsp kelp   |

Can be served in a whole-wheat pita pocket or on a bed of lettuce.

**DINNER:**

No Mayo Coleslaw, Fresh Sliced Tomatoes *(peel if not organic)*,  
Warm Mustard Potato Salad, Corn on the Cob  
*(follow package directions)*

**NO MAYO COLESLAW**

|                                 |                          |
|---------------------------------|--------------------------|
| 1 head of cabbage, shredded     | 1 large carrot, shredded |
| 1 cup of lettuce, thinly-sliced | 1/4 cup chopped onion    |

**Dressing**

|                          |                         |
|--------------------------|-------------------------|
| 3 Tbsp fresh lemon juice | 3 Tbsp raw honey        |
| 3 Tbsp olive oil         | 1/2 tsp Celtic Sea Salt |

**WARM MUSTARD POTATO SALAD**

|  |                           |
|--|---------------------------|
| 5-6 red potatoes, peeled and diced     | 3 Tbsp Vegenaïse          |
| 1/4 cup Westbrae Natural Dijon mustard | 1/2 cup chopped red onion |
| 2 green onions, sliced                 | 2 cloves garlic, minced   |
| 1 Tbsp dill weed                       | 1/2 tsp Celtic Sea Salt   |
| 1/4 tsp fresh lime juice               |                           |

Cook potatoes in salt until tender. Meanwhile, mix other ingredients. Drain potatoes and add to dressing. Stir until well blended. Sprinkle with paprika.

### LUNCH:

Spinach Salad #2, Creamy Corn Salad

#### SPINACH SALAD #2

- 5 cups baby spinach
- 1 apple, diced
- 2 Tbsp sesame seeds
- 1 Tbsp grated orange peel

- 1/2 cup slivered almonds
- 1/2 cup organic raisins
- 1 green onion, chopped

#### Honey Mustard Dressing

- 1/4 cup Westbrae Natural Dijon mustard
- 2 Tbsp flaxseed oil or olive oil
- 1/3 cup raw honey

Mix dressing well and pour over salad just before serving.

#### CREAMY CORN SALAD

- 2 cups corn (*frozen niblets or fresh raw corn cut from the cob*)
- 1/3 cup Vegenaïse

- 1 tomato, diced
- 1/2 cup chopped onion
- 1/4 tsp dill weed

### DINNER:

Blended Salad (*See Week One, Day Five*), Baked Potatoes

#### BAKED POTATOES

Cook whole potatoes (*one per person*) covered in water at low heat for 30 minutes. This cuts down on the high heat at which potatoes are normally baked. Bake one per person at 350 degrees until done. Top with lightly-steamed vegetables, flaxseed oil or Earth Balance, salsa, chives, and/or mushrooms.

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Week Two Day Three

---

## LUNCH: Layered Basil Salad

### LAYERED BASIL SALAD

Layer the following in a large glass bowl:

|  |                         |
|--|-------------------------|
| 4 cups of assorted salad greens              | 1 cup shredded carrots  |
| 2 cups cooked tri-color pasta                | 1 cup diced red onion   |
| 2 cups frozen green peas, rinsed in colander | 2 cups chopped tomatoes |
| 1 cup broccoli florets                       |                         |

### Dressing

|                                      |                         |
|--------------------------------------|-------------------------|
| 1 cup Veganaise                      | 1/2 tsp Celtic Sea Salt |
| 2 tsp Westbrae Natural Dijon mustard | 1-1/2 tsp basil         |

Mix and spoon on top of salad. Show your kids/grandkids how to make a veggie “face” with black olives (eyes), sprouts (eyebrows), yellow pepper strip (nose), red pepper strip (mouth), spinach leaves (ears), or use whatever veggies you have on hand to make your own creation. It encourages reluctant children to eat the salad, too!

---

## DINNER: Coleslaw #1, Open-face Black Bean Burgers

### COLESLAW #1

|                             |                              |
|-----------------------------|------------------------------|
| 1 head of cabbage, shredded | 1 apple, peeled and shredded |
| 1 large carrot, shredded    | 1/2 cup raisins*             |
| 1 tsp parsley               | 1/2 tsp Celtic Sea Salt      |
| 1 Tbsp Veganaise            |                              |

Process the cabbage, apple, and carrot in your food processor using the S-blade. Combine all of the ingredients and mix well.

*\*NOTE: Always use organic raisins as commercial raisins have been sprayed with pesticides and laid out in the sun to dry.*

### OPEN-FACE BLACK BEAN BURGERS

|   |  |
|---|--|
| 1 cup organic canned black beans          | 1/4 tsp Celtic Sea Salt                  |
| instant brown rice ( <i>one serving</i> ) | 1/2 onion                                |
| 1/4 red pepper                            | 1 stalk of celery                        |
| 1 carrot                                  | 1 slice of frozen whole grain bread      |
| 1/2 Tbsp of freshly-ground flaxseed       | 1 Tbsp of Angostura Worcestershire Sauce |

Mash beans with a fork, leaving a few of them whole. Prepare instant brown rice for 1 person according to package directions. Use 1/2 cup of the cooked rice for your patties. Finely chop onion, red pepper, and celery. Grate carrot and frozen bread. Combine all of the above ingredients, add flaxseed and Worcestershire sauce and mix well.

---

Form 8 patties and place on a cookie sheet that has been sprayed with olive oil. Bake for 10 minutes in a 350 degree oven. Remove, turn patties over, and bake 10 more minutes.

**Put on a bed of lettuce (or whole grain buns) and add your fixings:**

- organic ketchup
- tomato slices
- fresh sprouts

Notes: \_\_\_\_\_

## LUNCH:

### Colorful Veggie Salad

#### COLORFUL VEGGIE SALAD

2 carrots, chopped  
1 cup corn, fresh or frozen  
1/2 cup halved grape tomatoes  
1 cup diced cucumber (*peel if not organic*)  
1/4 cup chopped sweet onion  
1/2 cup chopped red pepper

#### Dressing

2 Tbsp flaxseed oil  
2 tsp raw honey  
2 Tbsp fresh lemon juice  
1 tsp onion flakes  
1 tsp Italian herb seasoning

Mix vegetables and spoon on a bed of green leafy vegetables. Top with dressing.

---

## DINNER:

### Julienned Salad, Baked Sweet Potatoes

#### JULIENNED SALAD

2 zucchini, julienned (*use a mandolin*)  
1/2 red pepper, julienned  
2 yellow squash, julienned  
1/3 cup sweet onion, cut in rings

#### Dressing

3 Tbsp flaxseed oil  
1 tsp raw honey juice  
1/2 tsp Celtic Sea Salt  
1/2 tsp garlic powder  
2 Tbsp apple cider vinegar or lemon  
1/2 tsp dill weed  
1 Tbsp Vegenaïse

Combine vegetables. Mix dressing and pour over salad. Allow to marinate while potatoes are baking.

#### BAKED SWEET POTATOES

Cook whole potatoes covered in water at low heat for 30 minutes. This cuts down on the high heat at which potatoes are normally baked. Bake one per person at 350 degrees until done.

#### Possible toppings:

Flaxseed oil or Udo's Perfected Oil Blend  
pure maple syrup  
Earth Balance butter substitute  
Cinnamon  
Celtic Sea Salt and/or all-purpose seasoning (health food store)

## LUNCH:

Cauliflower Salad, Apple Slices

### CAULIFLOWER SALAD

|  |                                    |
|--|------------------------------------|
| 2-1/2 cups cauliflower, finely chopped | 1 cup organic baby carrots, sliced |
| 1/4 cup red pepper, diced              | 1 cup grape tomatoes, halved       |
| 1 green onion, chopped                 | 1/3 cup organic raisins            |
| 1/2 cup Spectrum Naturals              | 1/3 cup walnuts, broken            |
| Zesty Italian dressing                 |                                    |

Mix salad well and marinate for at least one hour before serving.

---

## DINNER:

Garden Salad (*See Week One, Day One*), Vegetarian Pizza

### VEGETARIAN PIZZA (*same as Week One, Day Five – it's worth repeating!*)

1-1/2 cups distilled water  
1-1/2 Tbsp grapeseed oil  
1-1/2 Tbsp raw honey  
Pour the above ingredients in your bread machine.

#### Add the following:

3-1/4 cups whole wheat flour  
1/2 cups unbleached bread flour  
1-1/2 tsp Celtic Sea Salt

Scoop a small hole on top of dry ingredients and pour 1-1/2 teaspoon of yeast in the hole. Set the machine to the "basic dough" setting and "start." After 1 hour 50 minutes, dump the dough onto a lightly floured pastry sheet. Divide into 2 balls and pat onto 2 pizza pans that have been lightly sprayed with olive oil. Let the dough sit for 15 minutes. Bake at 350 degrees for about 15 minutes or until golden brown.

#### Pizza Topping

Remove crust from oven and top with an organic pasta sauce. Add your favorite vegetables such as diced sweet onion, red and yellow pepper strips, mushrooms, broccoli florets, spinach, sliced zucchini, black olives, and thinly sliced tomatoes. Sprinkle shredded Mozzarella cheese substitute on top (*optional*) and heat for a couple of minutes in a warm oven until the cheese melts.



**LUNCH:**  
Fruit Plate

**FRUIT PLATE**

Include such fruits as apple slices, orange sections, banana, red grapes, sliced kiwi, sliced peaches, strawberries, blueberries, raspberries, etc. Don't mix melons with any other fruit as they digest more quickly than other fruits.

**DINNER:**

Garden Salad (*use vegetables in this that are not in the lasagna*),  
Very Veggie Lasagna, Nancy's Best Wheat Bread

**VERY VEGGIE LASAGNA**

Use uncooked rice or uncooked whole-wheat lasagna noodles. Spray 13 x 9 inch dish with olive oil. Pour a can of organic diced tomatoes with basil and garlic on bottom of dish. Place noodles next, then the following vegetables:

|                           |                         |
|---------------------------|-------------------------|
| 1 medium zucchini, sliced | 2 yellow squash, sliced |
| 1 small onion, diced      | 2 cups broccoli florets |

Pour organic pasta sauce over above vegetables. You will need 1-1/2 - 2 jars of sauce for this recipe. Then put another layer of noodles over sauce. Put the following vegetables on next:

|   |                       |
|---|-----------------------|
| 1 cup baby spinach                                    | 1 stalk celery, diced |
| 1 cup pepper, diced ( <i>red, orange, or yellow</i> ) | 1 cup mushrooms       |

Mix 1 clove of minced garlic and 1 teaspoon of Celtic Sea Salt with the remaining sauce. Pour over vegetables. Bake for 45 minutes, covered at 350 degrees. Remove from oven and shred some mozzarella cheese substitute and/or shake a little Parmesan Veggie Topping (*optional*) over all of this, too. Let stand 10 minutes before cutting. Serve with Nancy's Best Wheat Bread.

**BEST WHEAT BREAD**

|                       |                        |
|-----------------------|------------------------|
| 1-1/2 cups pure water | 2 Tbsp olive oil       |
| 1/3 cup raw honey     | 1 Tbsp liquid lecithin |

**Pour all of the above ingredients into your bread machine, then add the following dry ingredients:**

|   |                                |
|---|--------------------------------|
| 1/2 cup unbleached bread flour            | 3-1/2 cups whole wheat flour   |
| 1 Tbsp wheat gluten                       | 1/3 cup old fashioned oats     |
| 1-1/2 tsp Celtic Sea Salt                 | 1 Tbsp freshly ground flaxseed |
| 1 Tbsp dough enhancer ( <i>optional</i> ) |                                |

After adding the dry ingredients, scoop a small hole on top and add 2-1/2 teaspoons of yeast in the hole. Put the lid down and set for “basic” setting. Set crust on “light.” Bread will be done in 3-1/2 hours. If you prefer 2 loaves, then set the machine for the “basic dough” setting. Remove after 1 hour 50 minutes.

Flour hands, dump dough onto floured surface, and cut in half. Form into balls and pat in 2 small loaf pans that have been sprayed with olive oil. Let rise in the oven at 120 degrees for 20 minutes only. Bake at 350 degrees until golden brown.

Notes: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Week Two Day Seven

---

## LUNCH:

### Rainbow Pasta Salad

#### RAINBOW PASTA SALAD

- |                                     |                         |
|-------------------------------------|-------------------------|
| 1 package tricolor pasta            | 2 cups broccoli florets |
| 1 cup chopped carrots               | 1 tomato, chopped       |
| 1 small cucumber, chopped           | 1/4 cup chopped onion   |
| 1 cup corn niblets, fresh or frozen | 1/2 tsp Celtic Sea Salt |

Cook pasta according to package directions. Drain and rinse with cool water. Add vegetables and mix thoroughly. Pour 1 cup of Spectrum Naturals Zesty Italian dressing on salad. Stir and serve.

---

## DINNER:

### Veggie Subs

#### VEGGIE SUBS

Use whole wheat sub bread and provide a colorful array of vegetables to make the sandwiches.

#### Top with veggies such as:

- |                  |                                      |
|------------------|--------------------------------------|
| sliced tomatoes  | a variety of green, leafy vegetables |
| baby spinach     | pepper strips                        |
| fresh sprouts    | sliced cucumbers                     |
| shredded carrots | shredded yellow squash               |
| black olives     | mushrooms                            |
| diced onions     | a variety of dressings               |
- 

Notes: \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

# Week Three

---

**“When thou sittest to eat with a ruler, consider diligently what is before thee; And put a knife to thy throat, if thou be a man given to appetite. Be not desirous of his dainties; for they are deceitful meat.”**

**~ Proverbs 23:1–3 KJV**

---

## GROCERY LIST

|                                   |                      |                   |
|-----------------------------------|----------------------|-------------------|
| red leaf lettuce cabbage (1 head) | carrots (3 packages) | 2 onions          |
| 6 beets                           | 4 lemons             | 3 ears fresh corn |
| frozen mixed vegetables           | raw almond butter*   | celery            |
| 1 avocado                         | frozen corn niblets  | almond cheese     |
| green beans                       | slivered almonds     | dried basil       |
| oranges                           | cinnamon stick       | red grapes        |
| pineapple chunks                  | bananas              | tomatoes          |
| strawberries (2 packages)         | red potatoes         | white potatoes    |
| 2 kiwi greens for salads          | sweet potatoes       | barbecue sauce    |
| broccoli florets (2 packages)     | 4 zucchini           | 1 red pepper      |
| bottled tomato juice              | dried kidney beans   | mushrooms         |
| tomato sauce with chilies         | chili powder         | salsa             |
| Vegenaise                         | basmati rice         | green onions      |
| frozen green peas                 | avocado              | poppy seeds       |
| maple syrup                       | broccoli             | coleslaw          |
| whole wheat bread                 | 8 yellow squash      | grape tomatoes    |
| apples                            | 1 cucumber           | quinoa            |
| parsley                           | scallions (1 bunch)  | allspice          |
| dry mustard                       | 1 yellow pepper      | 1 orange pepper   |
| 1 lime                            | spinach (2 packages) |                   |

*\*NOTE: This is a very pricey item if you purchase it at the health food store. You can make your own by soaking almonds with distilled water overnight. Drain, then feed the almonds through your Champion or Green Star Juicer with the blank plate on. You can add a little Udo's Oil or olive oil, Celtic Sea Salt, and/or raw honey.*

# Week Three Day One

---

## LUNCH:

Coleslaw #2, Rainbow Corn Salad, “Ants on a Log”

### COLESLAW #2

2 cups leafy lettuce            2 carrots  
head of cabbage                1/2 small onion

Put the above in your food processor and shred.

### Dressing

1 tsp raw honey                1/2 tsp garlic powder  
2/3 cup Vegenaise             1 tsp mustard  
1/2 tsp Celtic sea salt

Mix well and blend into slaw. Sprinkle paprika on top.

### RAINBOW CORN SALAD

|   |                         |
|---|-------------------------|
| 2 cups corn niblets                                 | 1 cup diced red pepper  |
| 1 cup diced orange pepper                           | 1 cup diced celery      |
| 1/2 cup green onions, chopped                       | 1/4 cup parsley, minced |
| 1/4 cup Parmesan Veggie topping ( <i>optional</i> ) | 1 tsp cumin             |
| 1/2 tsp Celtic Sea Salt                             | dash of cayenne pepper  |

### Dressing

2 Tbsp olive oil  
3 Tbsp lime juice  
2 garlic cloves, minced

### “ANTS ON A LOG”

|   |  |
|---|--|
| raw almond butter ( <i>store bought or<br/>homemade – see Week Three grocery list</i> ) | celery<br>fruit spread ( <i>optional</i> ) |
| raisins   |  |

Slice celery into 2-inch strips. Fill with raw almond butter (*can blend in 100% fruit spread*) and top with raisins.

---

## DINNER:

Garden Salad (*See Week One, Day One*), Baked Squash  
Green Bean Almandine

### BAKED SQUASH

Choose a winter squash to bake. The directions for baking are on a label on the squash. Or if you choose the summer, yellow squash, then slice 6 squash, 1/3 cup chopped onion, 1/3 cup pure water, 1 tablespoon of grapeseed oil, and 1/2 teaspoon of Celtic sea salt. Cook on medium heat in a covered pot or skillet until tender.

Week Three **Day One**

---

continued

**GREEN BEAN ALMANDINE**

- 3 cups green beans
- 1 tsp sea salt
- 1 tsp crushed basil
- enough water to cover beans juice
- 2 tsp olive oil
- 1/4 tsp garlic powder
- 1 Tbsp fresh lemon

Cook the above ingredients on low heat with the lid on until beans are tender. During the last 5 minutes of cooking, add 3 tablespoons of slivered almonds.

---

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## LUNCH:

### Luscious Fruit Salad

#### LUSCIOUS FRUIT SALAD

1/2 cup fresh orange juice  
 1/4 cup raw honey  
 a little lemon zest

1/4 cup fresh lemon juice  
 a little orange zest

Bring the above ingredients to a boil, and then simmer for 5 minutes. Remove from heat.

#### Meanwhile cut up the following in a large bowl:

2 cups pineapple chunks  
 2 bananas, sliced  
 2 cups strawberries, sliced

1 cup red grapes (seeds removed)  
 2 oranges, sectioned and halved  
 2 kiwis, sliced

Pour cooled dressing over fruit and mix well.

## DINNER:

Garden Salad (*See Week One, Day One*), Nancy's Roasted Vegetables

#### NANCY'S ROASTED VEGETABLES

|                |           |
|----------------|-----------|
| carrots        | potatoes  |
| beets          | onions    |
| sweet potatoes | rutabagas |

Spray a large pan with olive oil. Cut up your favorite root vegetables, rub a little olive oil over vegetables and sprinkle lightly with Celtic Sea Salt. Only prepare one type of vegetable at a time and put in sections in your pan. Top the sweet potatoes with a dash of cinnamon. Roast, uncovered, at 375 degrees until tender (about 50 minutes).

Notes: \_\_\_\_\_

# Week Three **Day Three**

---

## LUNCH:

### Scrumptious Pita Pockets

#### SCRUMPTIOUS PITA POCKETS

- |                             |                                       |
|-----------------------------|---------------------------------------|
| 1 onion, chopped            | 1/2 red pepper, chopped               |
| 2 medium zucchini, shredded | 2 cups broccoli florets, chopped fine |
| 2 carrots, grated           | 2 Tbsp Vegemise                       |
| 3 Tbsp barbecue sauce*      |                                       |

Sauté onion and pepper in 3 tablespoons of pure water for about 3 minutes. Remove from heat and add remaining ingredients. Stuff pita bread 1/2 full with organic baby spinach and top with vegetable mixture.

#### Barbecue Sauce

*\*(If you are in a hurry, just use store-bought sauce, but please read the label!)\*  
This recipe is from the Hallelujah Food Show DVD "Holidays and Special Occasions."*

- |                       |  |
|-----------------------|--|
| 1 cup tomatoes        | 1/2 cup pitted organic Medjool dates         |
| 1/4 cup chopped onion | 1/2 cup sun-dried tomatoes (soaked, drained) |
| 1 tsp jalapeno        | 1 tsp basil                                  |
| 1 garlic clove        | 1/2 tsp Celtic Sea Salt                      |
| 1 Tbsp olive oil      |  |

Blend all of the above ingredients in your blender.

---

## DINNER:

### Garden Salad (See Week One, Day One), Chunky Chili

#### CHUNKY CHILI

- |   |   |
|---|---|
| 4 cups tomato juice                     | 1/2 cup bulgur wheat                      |
| 1 onion, cut in rings                   | 1/2 cup chopped carrots                   |
| 1 large potato, diced                   | 1 jar mushrooms or 1/2 cup fresh & sliced |
| 1 zucchini, chopped                     | 1-1/2 Tbsp chili powder                   |
| 1/2 cup chopped red pepper              | 1-1/2 tsp cumin                           |
| 1 tsp Celtic Sea Salt                   | 1-1/2 cups cooked kidney beans*           |
| 1 can organic tomato sauce with chilies |   |

Place all ingredients in a large pot. Bring to a boil and simmer for 1 hour, or put in your crock pot in the morning and cook all day.

*\*NOTE: You can use organic kidney beans that have been drained. Better yet, soak a cup of beans overnight. Drain the next morning, put them in a pot, and cover with distilled water and 1/2 teaspoon Celtic Sea Salt. Cover and simmer for 1-1/2 hours. Let sit until you are ready to add the other ingredients that afternoon or cook with other ingredients in a crock-pot all day.*



# Week Three **Day Four**

---

## LUNCH:

### Quick and Tasty Slaw, Layered Green Pea Salad

#### QUICK AND TASTY SLAW

1/2 package broccoli coleslaw                      1 apple, shredded  
1/2 cup chopped walnuts                            1 tsp poppy seeds  
1/2 tsp Celtic Sea Salt

#### Dressing

1-1/2 Tbsp fresh lemon juice or Bragg's apple cider vinegar  
1-1/2 Tbsp olive, grapeseed, or Udo's oil  
1-1/2 Tbsp pure maple syrup

Blend dressing well and pour over salad. Mix and serve.

#### LAYERED GREEN PEA SALAD

3 cups of greens, torn                                      1 cup green onions, finely chopped  
1 cup celery, diced                                        2 cups frozen peas, rinsed  
1/2 cup chopped walnuts

Layer salad and then spoon dressing over it.

#### Dressing

3/4 cup Vegenaise    2 Tbsp distilled water  
1/3 cup Veggie Parmesan topping (optional)        1 Tbsp raw honey

---

## DINNER:

### Layered Mexican Casserole

#### LAYERED MEXICAN CASSEROLE

Layer the following in a 9" x 13" dish that has been lightly sprayed with olive oil.

1. 2 cups warm, mashed beans\*
2. 3 wheat tortilla shells, warmed and cut into bite size pieces
3. Arrowhead Mills Organic Bulgur wheat prepared as follows:
  - Boil 1-1/2 cups of water.
  - Add 1/4 cup bulgur wheat and 1/4 package Simply Organic Taco Mix.
  - Simmer for 10 minutes.
  - Remove from heat and let set for 15 minutes.
4. Lettuce that has been torn (*Never use iceberg lettuce as it has very little nutrition.*)
5. Chopped tomatoes
6. Chopped onions
7. Sliced black olives
8. Salsa
9. Grated cheese substitute (*optional*)

# Day Four

*\*NOTE: If you are in a hurry, use the canned, vegetarian refried beans or organic black beans, reserving a little of the water and mash. A better choice would be to use dried black or turtle beans. Soak overnight, drain, cover with distilled water and 1/4 teaspoon Celtic Sea Salt, and simmer 1-1/2 hours. Mash with a little of the water and use in recipe.*

---

Notes: \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Week Three **Day Five**

---

## LUNCH:

### Burritos Au Naturel

#### BURRITOS AU NATUREL

Using whole lettuce leaves, place as many of the following veggies as you desire. Top with salsa, fold up bottom and fold one side over the other.

shredded yellow squash  
chopped tomatoes  
chopped peppers  
mushrooms

chopped onions  
shredded zucchini  
fresh alfalfa sprouts  
avocado slices

---

## DINNER:

### Tabouli –OR– Cornbread Salad

#### TABOULI (*from Everyday Wholesome Eating by Kim Wilson\**)

|  |                   |
|--|-------------------|
| 2-3 cups cooked quinoa                   | 1/3 cup olive oil |
| 2-3 diced tomatoes                       | juice of 1 lemon  |
| 1 bunch parsley, chopped                 | 1/2 tsp sea salt  |
| 1/4 tsp allspice                         | 1/4 tsp cinnamon  |
| 2 scallions, sliced -OR- 1/4 sweet onion |                   |

#### optional ingredients:

1 cucumber, diced; 1/2 tsp dried mint

Mix oil, lemon juice, sea salt and cinnamon in a small bowl. Mix all other ingredients in larger bowl. Pour dressing from smaller bowl into large bowl and allow to marinate for an hour or more before serving.

*\*This book can be ordered from Hallelujah Acres.*

#### CORNBREAD SALAD

For cornbread recipe, see Day One, Dinner. Pour cornbread into 6 muffins tins lined with paper liners. Bake according to package directions.

#### Meanwhile mix the following in a large bowl:

|                                |  |
|--------------------------------|--|
| 2 large tomatoes, diced        | 1 cucumber diced (peel if not organic) |
| 4-6 cups of fresh greens       | 3 ears of fresh corn niblets           |
| 1/2 cup diced sweet onion      | 1 cup broccoli florets, cut small      |
| 1 can of organic beans, rinsed | 1/4 cup sunflower seeds & drained      |
| 3 cornbread muffins, cooled    | handful of fresh sprouts               |
| 3/4 cup organic salsa          | 2 carrots, shredded                    |

Mix well. Use more muffins if you'd like or save some for another meal.

## LUNCH:

Carrot Salad, Spinach/Strawberry Salad

### CARROT SALAD

2 cups shredded carrots  
1/3 cup Vegemise

1/2 cup organic raisins  
1 shredded apple

### SPINACH/STRAWBERRY SALAD

1 pound baby spinach  
1/2 cup slivered almonds  
2 Tbsp sesame seeds

2 cups sliced organic strawberries  
2 Tbsp thinly-sliced green onions

### Honey Mustard Dressing

1/4 cup Westbrae Natural Dijon mustard  
2 Tbsp flaxseed oil or Udo's Oil  
1/3 cup raw honey

Mix dressing well and pour on salad just before serving.

---

## DINNER:

Basmati Rice Salad, Whole Grain Bread

### BASMATI RICE SALAD

*(Adapted from Recipes for Life from God's Garden by Rhonda Malkmus)*

Bring 2 cups of distilled water and 1 teaspoon of Celtic Sea Salt to a boil. Stir in 1-1/3 cups of basmati rice. Cover and turn to lowest heat. Cook for 30 minutes without lifting the lid. Turn heat off and allow to sit for 15 additional minutes, covered.

### While rice is cooking, prepare the following:

1 cup yellow squash, julienned  
1 cup shredded carrots  
1 cup broccoli florets  
10 grape tomatoes, halved

1 cup zucchini, julienned  
1/4 red pepper, chopped  
1/2 cup green onions with tops

### Dressing

1 lemon, juiced  
2 Tbsp raw honey  
1 Tbsp parsley

2 Tbsp olive oil  
2 garlic cloves, minced  
2 Tbsp dill

Pour dressing over vegetables and stir. Place spinach leaves around the perimeter of a platter. Spoon rice in the center and then pour vegetables in the middle of the rice. Cover and refrigerate for at least one hour. Serve with whole grain bread.

# Week Three **Day Seven**

---

## LUNCH:

You deserve a break today!

### YOU DESERVE A BREAK TODAY!

Treat yourself and your family and go out to eat today. Choose a place that has a large salad and fruit bar. Load up on the fresh veggies. Look for a dressing that is low in calories and does not contain MSG; try some oil and a squeeze of lemon or just use a little salsa. Remember to avoid the mayonnaise salads.

---

## DINNER:

Fresh Greens with Vinaigrette, Veggie Sandwich

### FRESH GREENS WITH VINAIGRETTE

|  |                      |
|--|----------------------|
| 1 bowlful of fresh greens of your choice | 1 cup sliced almonds |
| 1 cup diced red or yellow peppers        | 1/2 cup green onions |
| 1/2 cup fresh basil, finely-chopped      | 1/2 avocado, diced   |

### Vinaigrette

|                                     |                   |
|-------------------------------------|-------------------|
| 1/4 cup Bragg's apple cider vinegar | 2 cloves garlic   |
| 1/4 tsp sea salt                    | 1 tsp dry mustard |
| 1/4 cup flaxseed or olive oil       |                   |

Put everything except oil in your blender. Blend and slowly add oil until well blended. Pour over salad just before serving.

### VEGGIE SANDWICH

Enjoy a veggie sandwich on 100% stone ground whole wheat bread with your salad tonight. Load it with your favorite veggies.

---

Notes: \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

# Week Four

---

**“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.” ~ 1 Corinthians 6:19–20 KJV**

---

## GROCERY LIST

|                            |                                 |                           |
|----------------------------|---------------------------------|---------------------------|
| 6+ apples                  | raisins                         | dates                     |
| 2 lemons                   | broccoli florets                | 2 peppers                 |
| garlic                     | 4 onions                        | green onions              |
| 5 zucchini                 | celery                          | 2 Portabella mushrooms    |
| tomatoes                   | grape tomatoes                  | carrots (3 packages)      |
| baby carrots (1 package)   | lettuce spinach                 | 1 cucumber                |
| 1 avocado                  | 2 yellow squash                 | 1 cauliflower             |
| 5 sweet potatoes           | 7 red potatoes                  | sunflower seeds           |
| flaxseeds                  | sesame seeds                    | agar-agar                 |
| minced onion               | garlic powder                   | cinnamon                  |
| allspice                   | maple syrup                     | vanilla                   |
| parsley                    | basil                           | cayenne pepper            |
| oregano                    | rosemary                        | rolled oats               |
| brown rice                 | olive oil                       | salsa                     |
| vegetarian refried beans   | olives                          | water chestnuts           |
| tomatoes and chilies       | tomato juice                    | pineapple tidbits (1 can) |
| veggie topping             | cheese substitute               | Vegenaise                 |
| frozen corn niblets        | organic butter                  | frozen green peas         |
| frozen vegetables for soup | almond milk                     | persimmons                |
| pecans                     | walnuts                         | 10 Roma tomatoes          |
| organic ketchup            | oranges                         | 2 zucchini                |
| organic diced tomatoes     | broccoli-cauliflower-carrot mix |                           |

---

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

---

# Day One

## LUNCH:

Waldorf Salad, Garden Salad

### WALDORF SALAD

This recipe was taken from the Hallelujah Acres Food Show video, Holidays and Special Occasions. The video can be ordered individually or as part of a set. Call 1-800-915-9355 to order.

- 2 apples, cubed
- 1/2 cup chopped celery
- 1/2 cup soaked walnuts
- 1/2 cup organic raisins
- 1 cup almond mayonnaise (*See Week One, Day One, Dinner*)

Mix well and serve on a bed of lettuce.

## DINNER:

Vegetable Soup\*, Cornbread (*See Week One, Day One, Dinner*)

### VEGETABLE SOUP

- 3/4 cup chopped onion
- 2 cloves minced garlic
- 1 rib chopped celery
- 1/2 cup frozen corn niblets
- 1/2 cup frozen green peas
- 1 tsp Celtic Sea Salt
- 1 can organic diced tomatoes
- 2 red potatoes, diced
- large bottle tomato juice
- 1 small package frozen vegetables for soup
- 2/3 cup frozen lima beans
- 1 small jar sliced mushrooms

Simmer soup for 1-1/2 hours or put everything in your crock-pot in the morning and let it simmer all day.

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### LUNCH:

Cruciferous Salad, Sliced Tomatoes

#### CRUCIFEROUS SALAD

- 2 cups cauliflower florets
- 1 stalk chopped celery
- 2 chopped green onions
- 2 cups broccoli florets
- 1/2 cup chopped water chestnuts
- 2/3 cup frozen peas, rinsed and drained

#### Dressing

- 1 cup Veganaise
- 1/4 tsp Celtic Sea Salt
- 1 Tbsp Parmesan Veggie Topping (*optional*)
- 1 Tbsp raw honey
- 1 tsp fresh lemon juice

Mix dressing well and blend into salad.

### DINNER:

Garden Salad (*See Week One, Day One, Lunch*)  
Honey-glazed Carrots, Parmesan Potatoes

#### HONEY-GLAZED CARROTS

- 2 cups baby carrots
- 1/2 tsp Celtic Sea Salt
- 4 Tbsp raw honey
- 2 Tbsp organic, unsalted butter
- 1 tsp fresh lemon juice

Cook carrots in salted water on low heat until tender. When done, pour into a colander. In same pot, bring butter, honey, and juice to a boil. Reduce heat, add carrots, and simmer for 5-10 minutes, basting several times.

#### PARMESAN POTATOES

- 4-5 red potatoes, sliced in rounds
- 2 Tbsp Earth Balance or butter blend
- 1/2 tsp Celtic Sea Salt Topping
- 1 small onion, thinly sliced
- 1/4 cup Parmesan Veggie
- 1/2 tsp garlic powder

Spray a square baking dish with olive oil. Layer potatoes, onion rings, topping, salt, and powder. Dot margarine substitute on top, cover, and bake for 30-35 minutes at 350 degrees.

Notes: \_\_\_\_\_



# Week Four **Day Three**

---

## LUNCH:

Stuffed Tomatoes, Celery and Carrot Sticks

### STUFFED TOMATOES

|                       |                          |
|-----------------------|--------------------------|
| 3 cups walnuts        | 2 garlic cloves          |
| 1/4 sweet onion       | 1 stalk celery           |
| 1 Tbsp parsley        | 1 Tbsp fresh lemon juice |
| 1 tsp Celtic Sea Salt | 1 Tbsp raw honey         |

Mix in your food processor using the S-blade. Put a large lettuce leaf on each plate. Take a large tomato, core the stem end, and cut into wedges, stopping 1/2 inch from the bottom. Stuff with nut spread and serve with celery and carrot sticks. This nut spread tastes great on pita bread, too.

---

## DINNER:

Spinach Salad with Simple Dressing (*See Week One, Day Two, Dinner*), Lemon Broccoli, Mashed Sweet Potatoes

### LEMON BROCCOLI

|                                 |                             |
|---------------------------------|-----------------------------|
| 1 bunch broccoli spears         | 1 small onion, chopped      |
| 2 cloves minced garlic          | 1/2 tsp Celtic Sea Salt     |
| 2 tsp grated organic lemon peel | 1-1/2 tsp fresh lemon juice |

Lightly steam broccoli for 3-5 minutes. Meanwhile sauté onion and garlic in 3 tablespoons of distilled water with lid on. Drain broccoli and add lemon peel, salt, onion, garlic, and juice.

### MASHED SWEET POTATOES

Peel, cube, and cook 4 sweet potatoes on medium heat in distilled water until tender. Remove potatoes and save water. Put potatoes and 1/3 cup of the water in a large mixing bowl.

#### Add the following:

1/3 cup raw honey or pure maple syrup  
3 Tbsp Earth Balance or butter blend  
1 tsp Frontier vanilla  
1/2 cup organic raisins

Blend potatoes, honey, Earth Balance, and vanilla well with your mixer. Add additional water if needed for the potatoes to be soft. Stir in raisins. Spoon into a square baking dish and sprinkle some chopped pecans on top.

**LUNCH:**

## Sunshine Salad, Delightful Green Salad

**SUNSHINE SALAD**

|                         |                             |
|-------------------------|-----------------------------|
| 2 carrots, grated       | 1 sweet potato, grated      |
| 2 yellow squash, grated | 2 oranges, peeled and diced |
| 1 Tbsp pure maple syrup |                             |

Mix well and thank the good Lord for this life-giving salad.

**DELIGHTFUL GREEN SALAD**

|   |                             |
|---|-----------------------------|
| greens of your choice                         | 1/2 cup chopped red peppers |
| 1 cup grape tomatoes sliced                   | 1/3 cup pine nuts           |
| 1/4 cup sesame seeds ground in coffee grinder |                             |

**Dressing**

|                         |                        |
|-------------------------|------------------------|
| 1 avocado               | 2 tomatoes, peeled     |
| 1/4 tsp Celtic Sea Salt | 1/2 tsp oregano        |
| 1 tsp basil             | 2 cloves minced garlic |

Blend ingredients well and pour over salad.

**DINNER: Sun Burgers****SUN BURGERS**

This recipe is taken from the Hallelujah Acres' Food Show Video, *Eating In The Outdoors*. These videos are loaded with lots of recipes.

Start dehydrating the patties around noon. Can be served between lettuce leaves or on whole-wheat buns.

|                         |                             |
|-------------------------|-----------------------------|
| 1-1/4 cups carrots      | 1-1/2 Tbsp ground flaxseeds |
| 4 Tbsp purified water   | 1 cup sunflower seeds       |
| 1/2 tsp Celtic Sea Salt | 1 Tbsp                      |

Process carrots using 'S' blade. Mix ground flaxseeds and 3 tablespoons of purified water. Grind sunflower seeds, sea salt, and 1 tablespoon purified water in your food processor.

**Pour all of the above ingredients in a large bowl. Add the following and mix well:**

|                        |                       |
|------------------------|-----------------------|
| 1/3 cup chopped celery | 1/3 cup chopped onion |
| 2 Tbsp red pepper      | 2 Tbsp parsley        |

Form mixture into patties (*approximately 1/4 cup per patty*) and place on a Teflex sheet. Dehydrate for 4 hours on 106 degrees. Remove from dehydrator and turn patties over. Heat for 1-2 more hours.

# Day Five

## LUNCH:

Veggie Burritos

### VEGGIE BURRITOS

Use Garden of Eatin' organic whole wheat burrito shells and stuff with any or all of the following:

- |                            |                   |                          |                  |
|----------------------------|-------------------|--------------------------|------------------|
| green leaf lettuce         | spinach           | chopped onions           | chopped tomatoes |
| diced peppers              | shredded carrots  | vegetarian refried beans |                  |
| homemade ranch dressing    |                   | salsa                    | sliced olives    |
| shredded cheese substitute | <i>(optional)</i> | diced cucumbers          |                  |

## DINNER:

Raw Loaf, Garden Salad,

Tiny Lima Beans *(frozen, prepared according to package directions)*

### RAW LOAF\*

- |                              |                               |
|------------------------------|-------------------------------|
| 1 cup almonds, finely ground | 1 cup sunflower seeds, ground |
| 1 clove minced garlic        | 2 carrots, finely chopped     |
| 1 rib celery, chopped        | 1/2 onion, chopped            |
| 1/4 red pepper, chopped      | 1/4 yellow pepper, chopped    |
| 2 Tbsp parsley               | 1/2 tsp Celtic Sea Salt       |
| 2 pitted dates, chopped      |                               |

It is best to soak then rinse the almonds and seeds for 8 hours. A food processor works great to process all of the ingredients for this loaf. Put in glass loaf pan and top with organic ketchup or tomato sauce. Dehydrate at 105 degrees for 4 hours.

*\*NOTE: This recipe has been adapted from the Celebration Loaf recipe as found in Warming Up to Living Foods by Elysa Markowitz.*

Notes: \_\_\_\_\_

## LUNCH:

Spaghetti (*All-raw*),  
Spinach Salad #1 (*See Week One, Day Three, Dinner*)

### SPAGHETTI

#### Pasta—In a bowl add:

2 large zucchinis, which have been peeled and then grated in food processor  
1/2 cup chopped mushrooms, use your favorite  
6 Italian olives, pitted and halved

#### Sauce—In a blender, add:

|                             |  |
|-----------------------------|--|
| 2 cloves garlic             | 2 vine-ripened tomatoes                    |
| 1/4 cup sun dried tomatoes* | 2 Tbsp extra virgin cold-pressed olive oil |
| 1/4 cup fresh basil         | 1/4 cup fresh oregano                      |
| 1 tsp sea salt              |  |

Blend well and pour over zucchini.

#### \*Sun Dried Tomatoes—In a large bowl, add:

|                                 |   |
|---------------------------------|---|
| 10 Roma tomatoes, thinly sliced | 1/2 cup extra virgin cold-pressed olive oil |
| 3 garlic cloves, minced         | 1 tsp onion powder                          |
| 1 tsp sea salt                  |   |

Marinate for at least 30 minutes. Place on Teflex sheets and dehydrate for 5 hours. Remove from Teflex sheet; turn over onto mesh dehydrator tray and dehydrate for another 5 hours. They should be chewy, not crunchy.

*\*This all-raw recipe was taken from the book **How We All Went Raw** by Charles, Coralanne and George Nungesser. Used by permission. Available from Hallelujah Acres (1-800-915-9355).*

---

## DINNER:

Garden Salad (*See Week One, Day One, Lunch*),  
Rice and Lightly Steamed Vegetables, Apple Pie Salad

### RICE AND LIGHTLY STEAMED VEGETABLES

To prepare brown or basmati rice, boil 2 cups of pure water and 1 teaspoon Celtic Sea Salt. Add 1-1/3 cups of rice, reduce heat, and simmer for 30 minutes without lifting the lid. Remove from stove and let sit for 15 minutes. Fluff with fork.

#### Lightly steam the following:

|  |                         |
|--|-------------------------|
| 2 packages broccoli/cauliflower/carrot mix | 1/2 cup onions, chopped |
| 1/2 cup red pepper, chopped                | 1 tsp parsley           |
| 2 cloves garlic, minced                    |                         |

Serve vegetables over rice.

**APPLE PIE SALAD**

- 4 apples, diced
- 1/2 cup sliced almonds
- 1 tsp cinnamon
- 1/2 tsp allspice
- 1/4 cup pure maple syrup
- 1/2 cup organic raisins
- 1/2 cup organic oatmeal
- 1/2 tsp Celtic Sea Salt
- 1 tsp lemon juice

Serve as a salad or spoon onto the following nut crust for a raw apple cobbler.

**RAW NUTTY CRUST:**

- 2 cups walnuts
- 5 organic Medjool dates
- 1/2 tsp Frontier vanilla

Blend in food processor and pat in square pan.

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Week Four **Day Seven**

---

**LUNCH:**  
Fruit Plate

## **FRUIT PLATE**

Include such fruits as apple slices, orange sections, banana, red grapes, sliced kiwi, sliced peaches, strawberries, blueberries, raspberries, etc. Don't mix melons with any other fruit as they digest more quickly than other fruits.

---

## **DINNER:**

Garden Salad (*See Week One, Day One, Lunch*)  
Country Vegetable Plate

## **COUNTRY VEGETABLE PLATE**

**Choose 3 vegetables from the following suggestions:**

**Steamed Cabbage** - Cut up cabbage. Add small amount of pure water to pot. (*Waterless cookware is excellent for this!*) Add 1/2 to 1 teaspoon of sea salt and 1 tablespoon of olive or grapeseed oil. Cook on low heat until tender.

**Fresh Green Beans** - Snap beans and rinse. Add beans and 1/2 to 1 teaspoon of sea salt and 1 tablespoon of olive oil to pot. Cook on low heat in small amount of pure water until tender.

**New Potatoes** - Scrub small new potatoes. Use enough water to just cover potatoes. Add 1/2 to 1 teaspoon of sea salt. Cook on low heat until tender. Drain and add butter blend or Earth Balance to taste.

**Summer Squash** - Cut up squash into bite-size pieces. Add to large skillet with 1/2 cup pure water, 1/2 to 1 teaspoon of sea salt, 1 tablespoon butter substitute, and 1/2 cup chopped onion. Sauté on low heat until tender.

**Steamed Broccoli** - Pour about 1-1/2 cups of water in a pot. Place whole broccoli in a steamer basket and place in pot. Bring water to a boil, place lid on pot, and reduce heat. Steam for about 4 minutes. Broccoli should be bright green; pierce stems with a fork to be sure they are tender. Season lightly with sea salt.

**Steamed Baby Carrots** - Prepare the same way as broccoli.



# Holiday Meal

---

**“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” ~ III John 2 KJV**

---

On special occasions, you may find yourself eating more cooked food than usual. Of course, be sure to incorporate any of your favorite fresh, live salads. We recommend extra BarleyMax, fresh juice, and a digestive enzyme with your feast.

---

## **HOLIDAY SWEET POTATOES**

Peel, cube, and cook 4 sweet potatoes on medium heat in distilled water until tender. Remove potatoes and save water. Put potatoes and 1/3 cup of the water in a large mixing bowl.

### **Add the following:**

|                                       |                                      |
|---------------------------------------|--------------------------------------|
| 1/3 cup raw honey or pure maple syrup | 3 Tbsp Earth Balance or butter blend |
| 1 tsp Frontier vanilla                | 1/2 cup organic raisins              |

Blend potatoes, honey, Earth Balance, and vanilla well with your mixer. Add additional water if needed for the potatoes to be soft. Stir in raisins. Spoon into a square baking dish and sprinkle some chopped pecans on top.

## **CORNBREAD DRESSING**

|                                       |                           |
|---------------------------------------|---------------------------|
| 1-1/2 cups corn meal                  | 3/4 cup chopped celery    |
| 1 cup chopped green onions            | 1 grated apple            |
| 1 Tbsp Rumford baking powder          | 1 cup rice or almond milk |
| 1/4 cup Vegemise or almond mayonnaise |                           |

Melt 1-1/2 tablespoons of organic butter in a large pan and bake at 375 degrees until golden brown.

*NOTE: Make the cornbread the day before the big feast.*

## **DRESSING**

|   |                |
|---|----------------|
| 2 cups Imagine No Chicken Broth                           | 1 tsp marjoram |
| 2 slices whole-grain bread,<br>cut into cubes and toasted | 1/2 tsp thyme  |
| 1/2 tsp Celtic Sea Salt                                   | 1/2 tsp sage   |

Mix well and bake at 350 degrees about 45 minutes or until firm.



# Holiday Meal

continued

---

## PEARLED ONIONS and PEAS

Cook according to package directions.

## BROCCOLI RICE CASSEROLE

|                                    |                             |
|------------------------------------|-----------------------------|
| 1 small onion, chopped             | 2 cups instant brown rice   |
| 1/2 tsp Celtic Sea Salt            | 2 cups distilled water      |
| 1 can Amy's Cream of Mushroom Soup | 2 packages chopped broccoli |
| 1 rib celery, chopped              |                             |

Steam sauté onion and celery in 2 tablespoons distilled water. Add rice and brown for 5 minutes. Add water and salt. Cover until water is absorbed. Meanwhile, cook broccoli according to package directions. Mix with rice and soup. Pour into a baking dish that has been sprayed with olive oil. Bake at 350 degrees for 25 minutes. Remove from oven and cover with shredded "cheese" (*optional*). Put lid on so cheese will melt.

## CRANBERRY SAUCE

This recipe is taken from Rhonda Malkmus' book, *Recipes for Life from God's Garden*.

|  |                               |
|--|-------------------------------|
| 2 cups fresh or frozen cranberries     | 1/2 cup pitted dates          |
| 1 orange                               | 1 medium delicious apple      |
| 2 ripe pears                           | 1/2 cup raisins               |
| 1/2 cup honey                          | 1/4 cup grated orange rind    |
| 1/4 tsp cinnamon, ginger, and allspice | 1/4 cup apple or orange juice |

In a food processor, grind cranberries and dates, and transfer to a bowl. Chop peeled orange, apple, and pears and add to bowl. Add raisins, honey, orange rind, juice, and spices. If a gelatin salad is desired, simply increase the apple juice to 1/2 cup and dissolve 4 tablespoons of agar agar for a few minutes, put in a saucepan, and boil for 5 minutes before adding to the salad.

## VEGETABLE CASSEROLE

|                                      |   |
|--------------------------------------|---|
| 1 small pkg mixed vegetables         | 1 large pkg broccoli-cauliflower-carrot mix |
| 3/4 cup Vegenaïse                    | 2 Tbsp Rice Dream milk substitute           |
| 2 Tbsp Earth Balance or butter blend | 1 can water chestnuts, drained and chopped  |

Cook vegetables together in a small amount of salted (*1 teaspoon*) water. Drain. Mix vegetables, Vegenaïse, rice (*or almond*) milk, margarine substitute, and water chestnuts in a bowl. Spray a 9" x 13" dish with olive oil. Pour vegetable mixture in dish. Top with whole grain cracker crumbs and shredded cheese substitute (*optional*). Cover and bake at 350 degrees for 15-20 minutes or until bubbly.

# Holiday Meal continued

---

## **AMBROSIA**

Cut up as many oranges as you want. Add either fresh diced pineapple or canned pineapple, which has been packed in its own juice. Add shredded unsweetened coconut. Stir and allow fruits to marinate for a couple of hours before serving.

## **DINNER**

If you don't want leftovers at night, have a nice garden salad and this wonderful recipe...

## **PAT'S SPINACH WRAPS**

Thaw frozen, chopped spinach. Squeeze dry. Meanwhile sauté chopped onions, diced peppers, and sliced mushrooms just until tender. Remove from heat and add spinach and a little Parmesan Veggie Topping (optional). Stir well, spoon onto a warm whole-wheat tortilla shell, and fold.

---

Notes: \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



# Salad Dressings

---

“...I have set before you life and death, blessing and cursing; therefore choose life, that both thou and thy seed may live.”  
~ Deuteronomy 30:19 KJV

---

There is a wealth of salad dressing ideas in Chapter 16 of *Recipes for Life from God's Garden* by Rhonda Malkmus. She also has a book, *Salad Dressings for Life* with over 117 dressing ideas. Both books can be ordered by calling 1-800-915-9355.

Dr. Joel Robbins suggests a blend of avocado and tomatoes, blended raw tomatoes, or just freshly squeezed lemon juice with a sprinkle of your favorite herbs on your salad. Dr. Joel Fuhrman suggests several low-calorie commercial dressings in his book, *Eat to Live*.

It's best to make salad dressings early in the morning so there are several hours for the dressing to marinate.

---

## NON-DAIRY RANCH DRESSING

|                     |                         |
|---------------------|-------------------------|
| 1 cup Veganaise     | 2 tsp lemon juice       |
| 1 tsp garlic powder | 1/2 tsp Celtic Sea Salt |
| 1 Tbsp minced onion | 3 Tbsp distilled water* |

\*NOTE: If you prefer to use this as a vegetable dip for baby carrots, broccoli florets, cauliflower, sliced squash, sliced cucumbers, celery sticks, etc., then omit the water.

## HONEY MUSTARD DRESSING

1/2 cup Westbrae Natural Dijon mustard  
4 Tbsp Udo's oil or olive oil  
2/3 cup raw honey

Mix dressing well and pour over salad immediately before serving.

## SWEET LEMON DRESSING

|                        |                       |
|------------------------|-----------------------|
| 1/4 cup lemon juice    | 1/3 cup raw honey     |
| 1 clove garlic, minced | 1/2 tsp crushed basil |
| 2 Tbsp pure water      | pinch of sea salt     |
| 1 Tbsp minced onion    | 1 tsp oregano         |

Mix dressing well and pour over salad immediately before serving.

# Salad Dressings continued

---

## **AVOCADO DRESSING**

1 ripe avocado, mashed  
1 freshly-squeezed lemon  
herb seasoning to taste

Mix dressing well and pour over salad immediately before serving.

## **DAISY'S SIMPLE DRESSING**

2/3 cup Vegenaise  
1/3 cup organic ketchup

Mix dressing well and pour over salad immediately before serving.

---

Notes: \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

# Special Occasion Treats

---

**“ Better is a dry morsel, and quietness therewith, than an house full of sacrifices with strife.” ~ Proverbs 17:1 KJV**

---

Most of the following special occasion treats are all-raw; therefore they can be enjoyed often. Most people on the Standard American Diet indulge in sugary desserts (*made with white sugar*) every day of the week.

Again, Rhonda’s book contains a chapter of some delightful desserts. Also, most of the Food Show videos have dessert suggestions, too.

---

## FRUIT SMOOTHIE

|  |                         |
|--|-------------------------|
| 3 slightly-thawed bananas                    | 8 organic strawberries* |
| 6 pitted dates                               | 1 cup distilled water   |
| 1 tsp raw honey                              | 1 tsp Frontier vanilla  |
| 2 Tbsp raw almond butter ( <i>optional</i> ) |                         |

Start off with only 1 banana, 4 strawberries, and 1/2 cup of water in your blender. Blend until smooth, stop, then add the remainder of the ingredients. Of course, the more water you add, the more like a milkshake it will be. For a creamier smoothie, substitute Rice Dream for the water.

*\*NOTE: Use organic strawberries since regular commercially grown strawberries have been heavily sprayed with pesticides. You can substitute any berries like blueberries or raspberries. You could also make a “chocolate” smoothie by using 5 tablespoons of carob powder in place of the berries and increase the honey to 2 teaspoons. Sprinkle with some chopped walnuts. YUM!*

## FRUIT SLUSH

Pour 1 cup apple juice, preferably fresh, into your blender. Add 1 cup of frozen organic strawberries. Blend, pour into a pretty glass, add a straw, and sip.

## VALDA’S RAW FUDGE

|                          |                             |
|--------------------------|-----------------------------|
| 1/4 cup raw sesame seeds | 1/4 cup raw sunflower seeds |
| 1 cup old fashioned oats | 1 cup chopped pecans        |
| 1 cup chopped walnuts    |                             |

**Grind in your food processor then add:**

1/2 cup carob powder  
1/2 tsp vanilla  
2/3 cup raw honey or pure maple syrup

Mix well and pat in an 8-inch square pan that has been sprayed with olive oil. Refrigerate until firm, then cut into squares.

# Special Occasion Treats

---

continued

## RAW APPLE PIE

### Crust:

|                         |                        |
|-------------------------|------------------------|
| 1-1/4 cups pecans       | 1 cup walnuts          |
| 5 Medjool dates, pitted | 1/4 tsp sea salt       |
| 3 Tbsp pure maple syrup | 1 tsp Frontier vanilla |

Process using the 'S' blade on your food processor; then pat in a pie plate.

### Filling:

|                         |                         |
|-------------------------|-------------------------|
| 2 Granny Smith apples   | 2 Fuji or Cameo apples  |
| 1/2 cup organic raisins | 1/4 tsp Celtic Sea Salt |
| 1/4 cup raw honey       | 4 Medjool dates, pitted |
| 1 tsp cinnamon          | 1 Tbsp ground flaxseed  |
| 1 tsp fresh lemon juice |                         |

Peel 1 Granny Smith and 1 sweet apple. Using the S-blade, process the apples and dates into small chunks. Transfer to another bowl and add ground flaxseed, salt, honey, cinnamon, lemon juice, and raisins. Stir well. Coarsely chop the last 2 apples. Add to mixture, stir, and pour onto crust. Top with chopped nuts. Refrigerate.

## HOLIDAY RAW SWEET POTATO PIE

### Crust:

1 pound pitted dates  
1 cup ground almonds

Process dates and ground almonds in food processor using the S-blade until the mixture pulls away from the sides to form a ball. Press into pie plate with wet fingers to form a crust. Add filling.

### Filling:

|  |                       |
|--|-----------------------|
| 3 medium sweet potatoes<br><i>(peeled and cut into chunks)</i> | 6 pitted dates        |
| 1/4 cup unsweetened coconut                                    | 1/3 cup organic honey |
| 1 tsp fresh lemon juice  | 3/4 tsp nutmeg        |
| 2-3 oz ground walnuts  | 1-1/2 tsp cinnamon    |

Run potatoes and dates through your juicer, using the blank. In a bowl, add to the pulped sweet potato/date mixture, the remaining filling ingredients and mix well.

### Topping:

2 oz ground walnuts

Refrigerate and enjoy. Makes two 8-inch pies.

# Special Occasion Treats

---

continued

## VERY STRAWBERRY PIE

### **Crust:**

1 cup almonds  
10 Medjool dates, pitted  
1/2 tsp vanilla  
2 tsp raw honey or maple syrup

Process the above ingredients in your food processor using the 'S' blade, then pat in a pie plate.

### **Filling:**

4 cups organic strawberries  
1 banana  
4 tsp ground flaxseed  
10 Medjool dates, pitted  
2 tsp lemon juice

Process 2 cups of strawberries, dates, banana, lemon juice, and flaxseed until smooth. Chop remainder of strawberries and add to mixture. Stir well and pour onto crust. Garnish with sliced strawberries. Refrigerate.

## BANANA OATMEAL DROP COOKIES

3 large bananas  
2 cups rolled oats  
1 tsp vanilla  
2 tsp raw honey  
1/3 cup grapeseed or olive oil  
1 cup chopped Medjool dates  
1/2 cup chopped walnuts  
1/8 tsp sea salt

Preheat oven to 350 degrees. Combine all ingredients. Allow to rest 15 minutes to let the flavors mingle. Drop by teaspoonfuls onto a sheet lightly sprayed with olive oil. Bake for 20 minutes.

## ALMOND BUTTER BALLS

1/2 cup almond butter  
1 cup old fashioned oats  
1/4 cup chopped pecans  
1/2 cup raw honey  
1/2 tsp almond extract

Form into balls and roll in additional chopped pecans. Refrigerate.

## BANANA-STRAWBERRY "ICE CREAM"

Alternate running frozen bananas and frozen organic strawberries through your Champion or Green Star Juicer with the blank in place. You can add a little honey to sweeten if needed.



# Special Occasion Treats

---

continued

## VALDA'S YUMMY PERSIMMON ICE CREAM

3-1/2 cups almond milk  
1-1/2 cups persimmon pulp (*whole persimmons that have been pureed*)  
1/2 cup honey  
1 tsp Frontier vanilla  
3/4 cup chopped pecans

Dissolve honey in almond milk almond milk. Stir in vanilla, persimmon pulp, and pecans. Pour in 1/2-gallon ice cream freezer and freeze.

## STRAWBERRY SHAKE

1 cup rice or almond milk  
2 frozen bananas  
5-6 frozen organic strawberries

Blend and enjoy.

## BUCKWHEATIE BARS

(Taken from Serene Allison's all-raw book, *Rejuvenate Your Life: Recipes for Energy*. Used by permission.)

The base for this recipe is Buckwheaties. To make them just sprout buckwheat groats for 2 days. Pour 2-1/3 cups of buckwheat groats into a large bowl and soak overnight with plenty of distilled water. The next morning pour the groats into a large colander. Rinse them well and run them halfway up the sides of the colander using your fingers. Place colander on a plate and cover with a towel. Rinse at night and in the morning for 2 days. Then place the sprouts on mesh dehydrator trays and dehydrate at 105 degrees until thoroughly dry.

### In a bowl mix the following:

4 cups of buckwheaties  
1 cup raw honey  
1/2-3/4 cup tahini or raw almond butter  
3/4 cup golden flaxseed meal (*grind in coffee grinder*)

### Add goodies to your heart's content:

A few handfuls of raisins  
A few handfuls of chopped dates  
A few handfuls of chopped unsulfured apricots  
A few handfuls of chopped walnuts and/or almonds

You could also add some handfuls of pumpkin seeds, sunflower seeds, and whole flax seeds. Optional—try goji berries or pine nuts.

Mix all together. If it seems too dry and crumbly, add a little more tahini/almond butter, honey, and/or flax meal to bind. Put in a pie plate sprayed with oil and refrigerate. When firm, cut into bars. These freeze well.

# Special Occasion Treats

---

continued

## HEDGEHOG BALLS

1 cup pitted dates  
1 cup raw almonds  
1 cup shredded (*unsweetened*) coconut  
2 tsp vanilla extract  
2 Tbsp raw honey extract  
1 cup organic raisins  
2 cups rolled oats  
2 Tbsp raw carob  
1/2 tsp peppermint

Place dates and raisins in food processor and blend into small pieces. Add the almonds, oats, coconut, and carob powder. Blend until the mixture resembles breadcrumbs. Add the extracts and honey. Stop the machine and check if the texture is correct by taking a small amount into the palm of your hand and roll into a ball. If the mixture does not bind, add extra honey or some apple juice.

## APPLE LEMONADE

Juice 8-10 Fuji or Gala apples in a Champion or Green Star Juicer. Then juice 1/2 of an organic lemon, including the peel. Refrigerate until cold and serve with a lemon slice. For pink lemonade, add 1/8 teaspoon of BeetMax from Hallelujah Acres.

## ALMOND COOKIES (Taken from Rhonda Malkmus' book *Recipes for Life from God's Garden*)

2 cups almonds  
1/2 cup unfiltered honey  
unsweetened coconut

Grind almonds into a fine meal. Work in enough honey to make a sticky dough. Roll into balls or log-shape and roll in coconut. Chill then slice.

## YUMMY PEACH COBBLER

5 cups sliced peaches  
3 Tbsp pure maple syrup  
3 Tbsp unbleached, unenriched flour  
1/2 cup all-fruit apricot preserves  
1/8 tsp nutmeg

Mix the above ingredients well. Pour into a square pan and bake for 20 minutes at 350 degrees.

### Topping:

1-1/2 cups organic oats  
4 Tbsp pure maple syrup  
1/4 tsp sea salt  
4 Tbsp unbleached flour  
1 tsp vanilla

Mix and spoon over baked filling. Bake for 15 additional minutes. Serve warm.

# Special Occasion Treats

---

continued

### FRUIT SOUP

- |                          |                        |
|--------------------------|------------------------|
| 2 cups sliced grapes     | 1-1/2 cups blueberries |
| 1 cup diced strawberries | 1 cup diced pineapple  |

Add 2 cups organic apple juice and 1 cup of freshly squeezed orange juice. Stir gently. Cover bowl tightly and refrigerate until ready to serve.

### MARY LYNN'S MEXICAN PINWHEELS

Use **organic whole-wheat tortilla shells** and layer the following:

1. Rice cream cheese
2. Warmed organic refried beans
3. Chopped onions, black olives, spinach, onions, or any vegetables you like
4. Grated cheese substitute

Roll up and cut into 1-1/2 inch pieces.

*NOTE: For Italian Pinwheels, just substitute organic spaghetti sauce for the refried beans.*

---

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Helpful Tips

---

1. If you are unable to juice vegetables, try CarrotJuiceMax.
2. Never drink carbonated drinks because an average 12-oz cola contains 150 calories and has over 9 teaspoons of sugar per can! Soft drinks are very acidic and will cause the body to rob calcium, which is alkaline, from the bones and teeth in order to neutralize the high acid.
3. Never use a microwave oven because microwaving results in more lost nutrients than any other heating method. It also changes the molecular structure of food.
4. Nutritional yeast is 50% protein and a good source of several B vitamins. It gives a cheesy flavor to your recipes.
5. Lemon juice can be substituted for vinegar in salad dressing recipes.
6. Did you know that aluminum has an affinity for the brain? Use Rumford aluminum-free baking powder. Avoid aluminum cookware and also deodorants that contain aluminum.
7. According to Dr. T Colin Campbell in his book *The China Project*, “animal protein raises blood cholesterol—a major risk factor for heart disease—more than does the much more feared saturated fat. This means that, in effect, lean meats may be just as damaging to your cholesterol levels as that piece of bacon you’ve been avoiding.”
8. Canola oil should be avoided! It comes from the rape seed plant, which is actually a weed and the most toxic of all food-oil plants.
9. When buying dried fruits and vegetables, look for those that are organic and do not contain sulfur dioxide, a harmful preservative.
10. Remember, fresh is always best; frozen would be the next best purchase. When buying canned foods, always look for those that are organic and have lined cans.
11. Did you know that some syrup producers might inject a maple tree with formaldehyde, a known carcinogen, to prolong the sap flow? This is a good reason to buy organic maple syrup!
12. Got the munchies? Try drinking a cup of pure water. Wait five minutes; if you are still hungry then mix up some trail mix. Pour some raw sunflower seeds, raw nuts, organic raisins, and dried cherries in a bag. Shake and eat one handful.

# Index

---

## **MOSTLY RAW FOODS**

|   |            |
|---|------------|
| Almond Mayonnaise.....                              | 07         |
| Ambrosia.....                                       | 49         |
| Ants on a Log.....                                  | 28         |
| Apple Pie Salad.....                                | 44         |
| Basmati Rice Salad.....                             | 35         |
| Better Than Tuna.....                               | 18         |
| Blended Salad.....                                  | 12         |
| Broccoli Salad #1.....                              | 06         |
| Broccoli Salad #2.....                              | 13         |
| Burritos Au Naturel.....                            | 34         |
| Carrot Salad.....                                   | 35         |
| Cauliflower Salad.....                              | 23         |
| Coleslaw #1.....                                    | 20         |
| Coleslaw #2.....                                    | 28         |
| Colorful Veggie Salad.....                          | 22         |
| Cornbread Salad.....                                | 34         |
| Cranberry Sauce.....                                | 48         |
| Creamy Corn Salad.....                              | 19         |
| Cruciferous Salad.....                              | 39         |
| Delightful Green Salad.....                         | 41         |
| Fresh Greens with Vinaigrette.....                  | 36         |
| Fruit Plate.....                                    | 09, 24, 45 |
| Garden Salad.....                                   | 06         |
| Julienned Salad.....                                | 22         |
| Layered Basil Salad.....                            | 20         |
| Layered Green Pea Salad.....                        | 32         |
| Luscious Fruit Salad.....                           | 30         |
| Melon Plate.....                                    | 09         |
| No Mayo Coleslaw.....                               | 18         |
| Quick and Tasty Slaw.....                           | 32         |
| Rainbow Corn Salad.....                             | 28         |
| Rainbow Pasta Salad.....                            | 26         |
| Raw Loaf.....                                       | 42         |
| Snappy Salsa.....                                   | 10         |
| Spaghetti.....                                      | 15, 43     |
| Spinach Salad #1.....                               | 09         |
| Spinach Salad #2.....                               | 19         |
| Spinach Salad with Simple Dressing.....             | 08         |
| Spinach/Strawberry Salad.....                       | 35         |
| Stuffed Pita Pocket.....                            | 08         |
| Stuffed Tomatoes.....                               | 40         |
| Sula's Mixed Marinated Vegetables and Couscous..... | 11         |
| Sun Burgers.....                                    | 41         |
| Sun Dried Tomatoes.....                             | 43         |

# Index

continued

---

|                           |        |
|---------------------------|--------|
| Sunshine Salad .....      | 41     |
| Tabouli .....             | 34     |
| Terrific Taco Salad.....  | 13     |
| Waldorf Salad.....        | 38     |
| Veggie Burritos .....     | 42     |
| Veggie Sub/Sandwich ..... | 11, 26 |

## **COOKED FOODS**

|   |        |
|---|--------|
| Baked Squash .....                        | 28     |
| Baked Sweet Potatoes .....                | 22     |
| Best Wheat Bread .....                    | 24     |
| Broccoli Rice Casserole .....             | 48     |
| Chunky Chili .....                        | 31     |
| Cornbread .....                           | 07     |
| Cornbread Dressing.....                   | 34     |
| Country Vegetable Plate.....              | 45     |
| Creamy New Potatoes .....                 | 14     |
| Egg Substitute .....                      | 07     |
| Green Bean Almandine .....                | 29     |
| Honey-glazed Carrots.....                 | 39     |
| Judy's Red Beans and Rice .....           | 07     |
| Layered Mexican Casserole .....           | 32     |
| Lemon Broccoli .....                      | 40     |
| Orzo and Wild Rice.....                   | 15     |
| Mashed Sweet Potatoes .....               | 40     |
| Meatless Spaghetti .....                  | 15     |
| Nancy's Roasted Vegetables.....           | 30     |
| Open-Face Black Bean Burgers.....         | 20     |
| Parmesan Potatoes .....                   | 39     |
| Pat's Spinach Wraps.....                  | 49     |
| Rice and Lightly Steamed Vegetables ..... | 43     |
| Savory Rice.....                          | 09     |
| Scrumptious Pita Pocket .....             | 31     |
| Skillet Italian Casserole.....            | 08     |
| Spicy Lentils .....                       | 13     |
| Super Squash.....                         | 11     |
| Vegetable Casserole.....                  | 48     |
| Vegetable Soup.....                       | 38     |
| Vegetarian Pizza.....                     | 12, 23 |
| Very Veggie Lasagna .....                 | 24     |
| Warm Mustard Potato Salad .....           | 18     |

# Index

continued

---

## SALAD DRESSINGS

|                              |            |
|------------------------------|------------|
| Almond Mayonnaise.....       | 07         |
| Avocado .....                | 41, 52     |
| Barbecue Sauce.....          | 31         |
| Basil Vinaigrette.....       | 15         |
| Daisy's Simple Dressing..... | 52         |
| Honey Mustard.....           | 19, 35, 51 |
| Non-Dairy Ranch .....        | 51         |
| Sula's Dressing .....        | 11         |
| Sweet Lemon.....             | 51         |
| Vinaigrette.....             | 15, 36     |

## SPECIAL OCCASION TREATS

|  |    |
|--|----|
| Almond Butter Balls.....               | 55 |
| Almond Cookies.....                    | 57 |
| Apple Lemonade .....                   | 57 |
| Banana Oatmeal Drop Cookies .....      | 55 |
| Banana-Strawberry Ice Cream .....      | 55 |
| Buckwheatie Bars .....                 | 56 |
| Fruit Slush .....                      | 53 |
| Fruit Smoothie .....                   | 53 |
| Fruit Soup.....                        | 58 |
| Hedgehog Balls .....                   | 57 |
| Holiday Sweet Potato Pie.....          | 54 |
| Mary Lynn's Mexican Pinwheels .....    | 58 |
| Raw Apple Pie.....                     | 54 |
| Strawberry Shake.....                  | 56 |
| Valda's Yummy Persimmon Ice Cream..... | 56 |
| Valda's Raw Fudge.....                 | 53 |
| Very Strawberry Pie .....              | 55 |
| Yummy Peach Cobbler .....              | 57 |





