

RECIPES FROM MENU WEEK 1

Day 1-

Shakes -

Original Recipe

2 rounded Tbs. of SP Complete

8 oz. water

1 Tbs. high quality oil

1-1½ cups fresh or frozen fruit or vegetables

Put in blender and puree. Makes 1 serving.

Lunch-

Fresh Spinach and Avocado Salad

1 large avocado

1 lime, juice of

8 ounces fresh baby spinach leaves

4 ounces cherry tomatoes

4 scallions, sliced

½ cucumber, cut into chunks

2 ounces radishes, sliced

Herbs, sprigs to garnish

Cut the avocado in half, remove the pit, and strip off the skin. Cut the flesh into slices. Transfer to a plate, drizzle with the lime juice and set aside. Wash and dry the spinach leaves. Put into mixing bowl. Cut the larger cherry tomatoes in half, and add all the tomatoes to the mixing bowl, with the scallions, cucumbers, and sliced radishes. Add avocados, add your dressing, and toss. 30 minutes preparation time. Makes 2 servings.

Dinner-

Tomato and Onion Salad

1 box plum tomatoes, wedged

1 red onion, thinly sliced (or chopped scallions)

Combine with basic vinaigrette dressing and marinade at least 15 minutes at room temperature before serving. Preparation time 20 minutes. Makes 4 servings.

Day 2

Mid-Morning Snack

Ingredients

2 bunches of asparagus olive oil salt and pepper

Cooking Instructions

Preheat the oven to 400 degrees.

Trim the tough bottom sections off of the asparagus. Rinse in water, drain, and pat dry with paper towels. Place the asparagus on a heavy, rimmed baking sheet and drizzle liberally with olive oil (a few tablespoons should be enough). Toss lightly to coat with the oil and then spread the asparagus evenly out on the sheet. Sprinkle lightly with salt and pepper.

Bake in the oven for about 10 minutes. Remove from the oven, and turn the asparagus spears over with tongs to prevent them from sticking. Cook for another 5 minutes or so until the asparagus is crispy at the tips and slightly browned. Remove from the oven, season to taste with more salt and pepper if needed, and serve.

Makes 6 servings

Lunch

Greek Cranberry Salad

5 ounces salad greens (Spring mix is good.)

$\frac{3}{4}$ cup dried cranberries (no sugar added)

$\frac{1}{4}$ cup thinly sliced red onions

1 cup coarsely chopped pecans (leave out)

$\frac{1}{4}$ cup red wine vinegar

$\frac{1}{4}$ cup olive oil

$\frac{1}{2}$ cup loosely packed parsley sprigs

2 dashes garlic powder

1 packet Stevia (if desired, for the dressing)

$\frac{1}{2}$ tsp. dried oregano

$\frac{1}{2}$ tsp. salt

$\frac{1}{8}$ tsp. pepper

To prepare the dressing pour the red wine vinegar, olive oil, parsley, garlic powder, oregano, salt, and pepper into a blender. Blend well until the ingredients are combined and the parsley is well processed. Toss the greens, nuts, cranberries, onions, with the dressing. Serve immediately. 15 minutes preparation time. Makes 4 servings.

Mid Afternoon Snack

Avocado dip

2 very ripe Hass avocados

2 cloves garlic, crushed or diced

2 medium tomatoes, diced

1/4 cup red onion, chopped fine

1 tsp. lemon juice

Dash cayenne pepper (optional) Dash sea salt, to taste

Cut the avocados in half and remove the pits. Mash the avocados with a fork. If they are not very ripe, you will probably need to blend them in a food processor. You can also blend the garlic and tomatoes along with them, but I prefer a chunkier dip.

When mashing the avocados by hand, I leave large chunks of avocado in the mix.

When you have the avocado, tomatoes, and garlic mixed, add in the lemon juice. In addition to adding to the flavor, it keeps the avocado from turning brown. Mix in the onions and spices to taste. You may want to play around with the amount of tomatoes used. Some people prefer a higher avocado-to-tomato ratio and vice versa.

Since avocado doesn't store well, it's best to make only as much as you're going to eat but if you do need to save it, squeeze some more lemon over the surface and wrap as tightly as you can with plastic wrap and keep in the fridge.

You can also buy fresh avocado dip from Whole Foods, Trader Joes, or other health food stores.

Dinner

Tomato Cups

6 medium tomatoes

1/2 small cucumber

2 stalks celery, thinly sliced

1/2 medium red onion or 2 scallions, chopped

1/2 cup fresh parsley

1 Tbs. fresh mint (optional)

1 clove garlic, minced

1/2 cup sunflower seeds (leave out for purification)

1 Tbs. lemon juice

1 Tbs. olive oil

Sea salt, to taste

Cut tomatoes in half and scoop out centers. Add tomato pulp to the other ingredients and finely chop everything. Mix well and fill tomato halves.

15 minutes preparation time. Makes 12 cups.

Poached Pears with Blackberries

4 pears, peeled, but left whole

½ lemon, juice and zest of

8 ounces blackberries

1 1/3 cups water

1 ounce blue agave

Put the pears in a saucepan with the lemon zest and the lemon juice. Add in half the blackberries and the water. Heat until the mixture bubbles, then cover and cook gently for 20 minutes or until the pears are tender. Flip the pears over half way so they cook evenly on both sides. Lift the pears from the cooking liquid and cool for a few minutes. Slice each one in half and scoop out the cores with the tip of a teaspoon. Tip the cooking liquid into a sieve set over a bowl and rub it through leaving the seeds behind. Pour the fruity syrup back into the saucepan, add the rest of the blackberries and reheat gently for a minute to lightly cook them. Pour the blackberry sauce over the pears.

45 minutes preparation time. Makes 4 servings.

Day 3

Mid-morning snack

Ingredients

1 bunch kale

1 tablespoon olive oil

1 teaspoon seasoned salt

Directions

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad

spinner. Drizzle kale with olive oil and sprinkle with seasoning salt. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Lunch

Lettuce Wraps

Oriental Lettuce Wraps

Dice small or grate: carrots, celery, broccoli stalks, mushrooms, or any variety of vegetable that you prefer. Toss with 1 tsp. balsamic vinegar. Add fresh bean sprouts and toss. Spoon vegetables into fresh, washed lettuce leaves of your choice, preferably leaf lettuce. Roll cabbage style. 30 minutes preparation time. Makes 4 servings.

Greek Lettuce Wraps

Dice small: tomatoes, cucumbers, onion, and minced garlic. Toss with extra virgin olive oil, and a little lemon juice; add fresh chopped basil or any herbs that you prefer. Spoon vegetables into fresh, washed lettuce leaves, and add a few olives. Add feta cheese post purification. Roll cabbage style. 30 minutes preparation time. Makes 4 servings.

Mid-afternoon snack

Strawberry Coconut Smoothie

10 to 12 ice cubes
1 13.5 ounce can of organic coconut milk
1 cup of strawberries
1 scoop of SP Whey Pro Complete
1 tablespoon flaxseed
1 teaspoon pure vanilla extract
1/4 tsp of stevia

Blend on high in blender

Dinner

Ratatouille and a small salad with lemon mint dressing

Ratatouille

2 large eggplants
1 zucchini, cut lengthwise and thinly sliced
1 green pepper, seeded and cut into strips
2 onions, peeled and sliced
4 tomatoes, peeled, seeded and chopped
4 cloves garlic, peeled and mashed
1 tsp. dried thyme
 $\frac{3}{4}$ cup extra virgin olive oil

There are two secrets to a good ratatouille: One is to sauté all the vegetables separately; the second is to bake your casserole in a shallow open pan so that most of the liquid evaporates. Peel and cube eggplant, place in a bowl and toss with a generous spoonful of fine sea salt. Let stand, covered, about 1 hour. Rinse in a colander and pat cubes dry with paper towels. Sauté eggplant cubes in batches in several tablespoons olive oil. Remove with slotted spoon to an oiled rectangular Pyrex baking dish. Peel tomatoes by scalding in hot water. Sauté zucchini, pepper, onions, and tomatoes in succession, adding more olive oil as necessary and removing to casserole. Add mashed garlic and thyme to casserole. Mix well and bake, uncovered, at 350 degrees for a least 1 hour. Ratatouille often tastes better reheated the next day.

2½ hours preparation time. Makes 8 servings.

Lemon Mint Dressing

2 cloves garlic, minced
 $\frac{1}{2}$ cup fresh lemon juice
Salt to taste
Freshly ground black pepper
 $\frac{1}{2}$ cup olive oil
2 Tbs. finely chopped fresh mint

Prepare the dressing in a small bowl, whisk together the garlic, lemon juice, stevia, salt, and pepper. Slowly add the olive oil, whisking until blended. Stir in the mint. Taste for seasoning. 10 minutes preparation time. Makes 6 servings.

Day 4

Mid-morning Snack

Sweet potato fries

Ingredients

- 4 sweet potatoes, cut into large French fries
- 1 tablespoon water
- 2 teaspoons Italian seasonings
- 1/2 teaspoon lemon pepper
- 1 pinch salt and pepper to taste
- 2 tablespoons olive oil

Directions

Preheat the oven to 400 degrees F (200 degrees C).

Place the cut sweet potatoes into a microwave-safe dish with the water. Cook on in the microwave for 5 minutes on full power. Drain off liquid, and toss with Italian seasoning, lemon pepper, salt, pepper, and olive oil. Arrange fries on a baking sheet in a single layer.

Bake for 30 minutes, turning once, or until fries are crispy on the outside.

Lunch

Cauliflower soup with a small salad you choice of dressing

Cauliflower Soup

- 2 Tbs. olive oil
- 2 garlic cloves, peeled and crushed
- 2 onions, peeled and chopped
- 3 leeks, washed, trimmed, and sliced
- 1/2 head of celery
- 1 cauliflower, trimmed and cut into small florets
- 4 cups water
- 1 cup brown rice, cooked
- 1 tsp. cumin
- 3 Tbs. parsley

Heat oil in a large saucepan with 1 Tbs. water over low heat. Add garlic, onions,

leeks and celery. Cook over low heat for 20 minutes, stirring occasionally. Bring to boil and reduce heat and simmer for 10 minutes, or until cauliflower is tender. Add cooked rice. Leave to cool for 5 minutes then blend in a food processor or blender until smooth. Add more water if necessary. 40 minutes preparation time.

Mid afternoon Snack

Salsa

2 large diced tomatoes
2 scallions, thinly chopped
1 garlic clove, minced
1 Tbs. chopped cilantro
1 Tbs. extra virgin olive oil
2 tsp. fresh lime juice

Combine all ingredients in a bowl and let sit for a few minutes before serving. Great as a topping on fish.

15 minutes preparation time. Makes 4 servings.

Dinner

Asian Fusion Salad

1 head red leaf lettuce
1 cup snow peas
1 large cucumber
1 sweet red bell pepper
1½ cups bean sprouts
2 carrots
2 Tbs. balsamic vinegar
1 tsp. sesame oil
½ tsp. Thai chili paste (or other chili sauce)
½ cup bottled salad dressing of your choice (e.g., Annie's sesame shitake, lemon tahini, cilantro lime, etc.)

Wash and tear the lettuce into bite-sized pieces. Drain thoroughly and place in a large salad bowl. Trim the tips from the snow peas and cut on a diagonal into 1-inch slices. Peel the cucumber and julienne (cut into thin, narrow slices 1 to 2 inches long). Cut the red pepper in half and remove the seeds and pith. Cut into thin slices

and then cut the slices diagonally into thirds. Rinse and drain the bean sprouts. Julienne the carrots and blanch them in submerging them in boiling water for 3 to 4 minutes. Rinse with cold water and drain. Add the snow peas, cucumber, red pepper, bean sprouts, and carrots to the salad and make an indentation in the center of the salad. Stir together the vinegar, soy sauce, sesame oil, and chili paste. Pour over the salad and toss. Serve with salad dressing of your choice on the side. 30 minutes preparation time. Makes 8 servings.

Vanilla Poached Pears

4 large pears, halved, peeled, and cored

Water, to cover

1½ inches piece fresh vanilla beans

Cinnamon, ground

Mint sprigs, to garnish

Place the pears in a large saucepan and pour water in to cover the pears. Add vanilla beans and bring the pears to a simmer over medium heat. Simmer until tender, being careful not to burn. Allow pears to cool, and then serve in the center of a dessert place. Spoon sauce over the pears, then sprinkle with cinnamon powder and garnish with a sprig of mint. 30 minutes preparation time. Makes 4 servings.

Day 5

Lunch

Cajun Crudités

1 package baby carrots

½ European cucumber, seeded and thinly sliced on an angle into ovals

3 small celery stalks, cut into ¾ inch pieces

½ green pepper, seeded and cut into thin strips

1 lime, juiced

2 tsp. chili powder

3-4 drops hot sauce or sprinkle with cayenne pepper

Salt to taste

Arrange sliced vegetables on a platter. Squeeze lime juice over them and season with salt, chili powder, cayenne, or hot sauce. 15 minutes preparation time. Makes 4 servings.

Mid- afternoon snack

Allison's Spinach Smoothie

2 handfuls of spinach
1 small handful of red grapes
½ of a small green apple
1/2 a banana
2 cup of water
1 cup of ice

Put in blender and puree. makes 2 servings

Dinner Primavera Vegetable

Primavera Vegetables

2 zucchini, medium, sliced
2 celery stalks, diagonally sliced
1 red pepper, seeded and cut into strips
1 yellow pepper, seeded and cut into strips
½ green pepper, seeded and cut into thin strips
1½ cups broccoli florets, fresh or frozen
2 Tbs. olive oil
4 garlic cloves, sliced
¾ cup fresh basil leaves or 3 Tbs. dried
1 cup flat leaf Italian parsley, slightly chopped
2 cups oven roasted plum tomatoes with juices, diced
Salt and pepper to taste

Parmesan cheese (sprinkle sparingly)

Prepare all the vegetables. Heat pan or wok over high heat. Add olive oil and sliced garlic. Stir fry 1 to 2 minutes. Add zucchini, celery, and broccoli while constantly stirring, just until vegetables soften, approximately 6-7 minutes. Add the peppers, basil, parsley, salt, pepper and tomatoes. Cover and reduce heat to medium high for 2 to 3 minutes. Remove from heat and sprinkle with Parmesan cheese. Serve on top of fish, chicken, or cooked and shredded spaghetti squash. 35 minutes preparation time. Makes 4 servings.

Weekend Ideas

Marinara Sauce

2 Tbs. olive oil
3 garlic cloves, minced
1 medium onion, finely chopped
4 cups oven roasted plum tomatoes with juices, diced
1 cup fresh Italian flat leaf parsley, chopped
½ cup fresh basil leaves, rolled and thinly sliced
Salt and pepper to taste

Heat pan on medium high heat and add olive oil, garlic, and onions. Stir until soft; add remaining ingredients. Stir occasionally and reduce heat to simmer for 10-15 minutes. Serve over lightly sautéed vegetables, chicken, or fish. 30 minutes preparation time. Makes 4 servings.

Lentil Soup

1 lb. lentils
2 Tbs. butter
¼ cup carrots, chopped
¼ cup onions, chopped
¼ cup celery, chopped
1 can diced tomatoes
2 quarts organic chicken broth (use organic vegetable broth until day 11)
Salt, pepper, thyme, and oregano to taste

Sauté onions, carrots, and celery in butter 6 to 7 minutes. Add the remaining ingredients and cook over stove 30-45 minutes or until tender. 55 minutes preparation time. Makes 8 servings.

Cinnamon Baked Apples

2 cooking apples
2 Tbs. raisins
1 Tb. blue agave
¼ tsp. cinnamon, ground
1 tsp. butter

Pre-heat oven to 375 degrees. Core the apples and pare a one-inch strip of skin from around the middle of each to prevent splitting. Place the apples in two 10-ounce custard cups. Pack the raisins into the apples. Mix the blue agave and cinnamon, pour over the raisins and into the apples. Top with butter. Bake for 30 minutes. 40

minutes preparation time. Makes 2 servings.

Kale Chips

Ingredients

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

Directions

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes.