

RECIPES

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SOUPS

CHICKEN BROTH

- 1 whole pastured chicken or 2-3 lbs.
chicken necks, backs and wings (cut into pieces) and/or bones. Gizzards and/or feet (optional)
- 4 quarts cold water
- 2 Tbsp vinegar
- 1 large onion, coarsely chopped
- 2 carrots, coarsely chopped
- 3 celery sticks, coarsely chopped
- 1 bunch parsley

If using a whole chicken, remove neck and wings and cut those into several pieces.

Place chicken and/or chicken parts in a large stainless steel pot with all ingredients except the parsley.

Let stand 30 minutes to one hour.

Bring to boil, remove foam that forms at the top.

Reduce heat, cover and simmer for 6-24 hours (longer makes a richer stock).

Add parsley, simmer for 10 more minutes.

Cool, strain and store in refrigerator or freezer.

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BEEF BROTH

- about 4 lbs beef marrow and knuckle bones
- 4 quarts cold waters
- 1/2 cup vinegar
- 3 large onion, coarsely chopped
- 3 carrots, coarsely chopped
- 3 celery sticks, coarsely chopped
- several sprigs of fresh thyme, tied together
- 1 bunch parsley

Place bones in large pot with water, vinegar and vegetables. Let stand 1 hour.

Bring to a boil, remove foam that appears at top.

Reduce heat, add thyme, cover and simmer for at least 12 hours and as long as 48 hours.

Add parsley, cook 10 more minutes.

Cool, strain and store in refrigerator or freezer.

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RED LENTIL SOUP

- 3 tablespoons organic extra virgin olive oil, plus more for drizzling
- 1 large onion, chopped
- 2 garlic cloves, peeled and put through a press or minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- sea salt to taste plus about ¼ teaspoon ground black pepper
- Cayenne pepper to taste
- 5 cups water
- 1 cup red lentils
- 2 or 3 carrots, halved lengthwise and chopped
- Juice of 1/2 lemon, more to taste
- About 3 tablespoons chopped fresh cilantro.

In a large pot, heat oil over medium-high heat with onion and garlic, spices and some salt and pepper. Cook until starting to color.

Add water, lentils and carrots. Bring to a simmer, then cover pot and turn heat down till soup is just simmering. Cook until lentils are soft and veggies are cooked through, about 20 minutes or so. Add water to reach desired consistency. Use an immersion blender to puree half of the soup or leave it as is. Stir in lemon juice and cilantro, Season with salt to taste. For serving, drizzle the soup with more olive oil.

Serves 4-6

From Dara Merin of The Sage Table

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SIMPLE BEET BORSCHT

- 4 medium sized beets
- 1 medium or large leek, halved lengthwise, rinsed of dirt, and sliced
- 3 cloves garlic, minced or put through a press
- 3-4 carrots, halved lengthwise and sliced thinly
- 1 teaspoon caraway seeds
- 2 teaspoons ground coriander
- Sea salt and freshly ground pepper
- 1-2 cups tomatoes, pureed or chopped small
- about 1/4 cup chopped dill and/or cilantro, or more to taste

Scrub beets clean and then place them in a steamer basket and cook for about 30 minutes or until tender all the way through. Let cool about 20 minutes until they are cool enough to handle, then rub the skins off, chop into small pieces, and set aside.

Saute the leek and garlic with the olive oil, ghee or butter until translucent. Add carrots, spices, and some salt and pepper and cook for another minute. Add tomatoes and beets, then water to cover. Simmer for about 15 minutes until everything is tender, adding more water if necessary or desired. Season to taste, stir in dill, and serve.

Serves 4

From Dara Merin of The Sage Table

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RAW BORSCHT

- 3 medium beets
- 1 Tb. minced jalapeno
- 2 Tb. minced garlic
- 1 Tb. minced ginger
- 3 whole oranges
- ½ cup fresh-squeezed orange juice
- ¼ c chopped green onion
- 1 c grated cabbage
- 1 tsp. fresh chopped dill
- 2-3 avocados, cubed
- ½ c fresh herbs
- ½ c grated carrots
- 2/3 c olive oil
- ½ c fresh-squeezed lemon juice
- ½ apple, cut into thin slices
- 1 tsp. sea salt

In your blender, put beets and 3 whole oranges. Combine the beet juice with all other ingredients; adjust seasonings. Add water if too thick. Chill and serve. Serves 4-6.

From The Vegetarian Gourmet's Margaret Riesen Cooking Class 2012

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ACORN SQUASH AND PEAR SOUP

- 1 medium acorn squash, seeded and baked
- 2 T butter
- 1 small onion, chopped
- 1 garlic clove, chopped
- 2 cups vegetable or chicken broth, or water
- 1 large ripe pear, cored and cut into chunks
- salt and pepper to taste.

Scoop squash pulp into bowl. Discard skin. In a 2 quart saucepan, melt butter and sauté onion and garlic over medium heat until soft, about 5 minutes. Add broth, pear, and squash pulp; bring to a boil. Reduce heat and simmer until the pear is soft, 5-10 minutes. Purée using an immersion blender or other blender. Serve hot.

Serves 4

From a 21 Day participant

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IMMUNE BOOSTING CUCUMBER RADISH GAZPACHO

For the Soup:

- 2 medium-sized cucumbers (or 1 long English cucumber)
- 1/2 avocado (approx 1/2 cup)
- 1 handful fresh basil, (or arugula)
- 1/2 cup water
- 1 TBS olive oil
- 1/2 tbs apple cider vinegar, (or 1 tbsp lime juice)
- a small handful of or a combo of dill, cilantro, parsley, or other green herbs.
- 6 radishes, chopped
- 1 stalk celery
- 1/2 pepper jalapeno, optional

For the Garnish

- 1 TBS hemp seeds
- 1 tbs olive oil, or flax oil
- 1 tbs fresh oregano, leaves chopped
- sea salt & pepper
- sunflower sprouts or microgreens
- 1/2 watermelon radish, sliced thin sticks

INSTRUCTIONS

Blend soup ingredients together in a high-speed blender.

Chill for a couple of hours, or eat right away. Garnish & enjoy!

Serves 4

From Kitchen On Fire

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ZUCCHINI SOUP

- 2 onions, chopped
- ½ cup butter
- 5-6 small zucchini, sliced
- 1 teaspoon salt
- 3 cup chicken stock or vegetable stock (more may be necessary to thin soup)
- juice of ½ lemon (about 2 T)
- salt and freshly ground black pepper
- lemon slices for garnish, if desired.

In a 4-6 quart saucepan, sauté onions in butter until translucent. Add zucchini and 1 t salt and sauté 1 minute. Add stock and simmer, covered, 15 minutes. Puree until smooth with an immersion blender. Add more stock if the soup is too thick. Season with lemon juice, salt, and pepper. Serve hot or cold.

Serves 6-8

From a participant

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SPICY CAULIFLOWER SOUP

- 1/4 cup olive oil
- 1 onion, diced
- 1 carrot, diced
- 1 tsp coriander
- 1 tsp cumin
- 1 tsp chili powder
- 1/4 tsp turmeric
- 1/4 tsp dried chili flakes
- sea salt
- fresh ground pepper
- 6 cilantro sprigs, coarsely chopped
- 1 large head of cauliflower, trimmed and coarsely chopped
- 6 cups water (or homemade chicken broth)

Heat olive oil over medium heat in a soup pot. Add onion, carrot and spices, stirring often. When soft, add remaining ingredients. Raise heat, bring to a boil, then reduce to simmer until cauliflower is very tender, about 30 minutes. Use a whisk or an immersion blender to coarsely puree. Adjust seasonings as needed.

From: "The Art of Simple Food" by Alice Waters

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SIMPLE BUTTERNUT SQUASH SOUP

- 2 tbsp olive oil
- 2 onions, sliced thin
- 3 or 4 fresh sage leaves
- 1 bay leaf
- 1 med butternut squash, peeled, seeded and cut into 1/2 inch cubes
- salt
- 6 cups water or homemade chicken broth

Heat oil in a heavy-bottomed pot. Add onion, sage and bay leaves and cook over medium heat until tender, about 15 minutes. Add squash and salt. Cook 5 minutes. Add 6 cups water (substitute up to 3 cups homemade chicken broth). Cook at a simmer until squash is very soft. For a very smooth soup, remove sage and bay leaves and puree.

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CREAMY CAULIFLOWER SOUP

- 2 TB extra virgin olive oil
- ½ medium onion, diced
- 2 cloves garlic, sliced
- 1 medium cauliflower, cut into 2" chunks
- 1 TB tahini (or 2 TB sesame seeds)
- ½ avocado
- Salt and pepper to taste
- 1 TB chopped parsley

Heat oil in a medium saucepan over medium heat. Add onion and saute for 5 minutes.

Add garlic and saute for another 1-2 minutes.

Add 4 cups water (you can substitute a mild broth), cauliflower, and tahini (or sesame seeds). Bring to a boil, reduce to low, and simmer for about 10-15 minutes, until cauliflower is tender.

Transfer to a blender (be careful with hot liquid!) and add avocado and blend until smooth.

Alternatively, add avocado to the pot and use an immersion blender to blend the soup in the pot.

Add salt and pepper to taste.

Serve hot in bowls, drizzle with a bit more olive oil and garnish with parsley.

Featured in the [21 Days, Everyday Blog](#)

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MOROCCAN CARROT SOUP

- 2 tablespoons extra-virgin olive oil
- 1 yellow onion, chopped
- 3 pounds carrots, cut into 1-inch pieces
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cinnamon
- Pinch of red pepper flakes
- 1/2 teaspoon saffron threads
- 6 cups broth or water or a combo
- 2 1/2 teaspoons lemon zest
- 1 tablespoon freshly squeezed lemon juice, plus more if needed

Directions:

1. Heat the olive oil in a soup pot over medium heat, then add the onion and a pinch of salt and sauté until golden, about 4 minutes. Stir in the carrots, cumin, coriander, cinnamon, red pepper flakes, saffron, and 1/4 teaspoon salt and sauté until well combined.
2. Pour in 1/2 cup of the broth and cook until the liquid is reduced by half. Add the remaining 5 1/2 cups of broth and another 1/4 teaspoon salt and cook until the carrots are tender - about 20 minutes.
3. Put the lemon zest in a blender or Cuisinart and puree the soup in batches until very smooth, each time adding the cooking liquid first and then the carrot mixture. Use caution working with hot liquids! Or, let the soup cool before pureeing. If needed, add additional broth to reach the desired thickness.
4. Return the soup to the pot over low heat, stir in the lemon juice, and a pinch of salt, and gently reheat. Taste and adjust with more lemon juice and/or salt if needed.

6 servings [Adapted from this recipe by Rececca Katz](#)

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SORREL SOUP

This is a quintessential spring recipe, created by Rebecca Engle, a long-time repeat 21 Day participant.

If you have not experienced sorrel, it's a wonderful green to get acquainted with. Sorrel can be challenging to find. If you have neighbors who garden, ask around, as it grows well in the Bay Area. [Four Sisters Farm](#) specializes in "sorrel and other unusual greens" and sells at the Saturday Berkeley Farmers Market. You can also find sorrel at Berkeley Bowl or order online through Good Eggs.

- 1 large or several small leeks, cleaned well and white part chopped
- 1 large or 2 small sweet potatoes, peeled (optional) and cubed
- 1 quart chicken or veggie broth
- 1 can full-fat coconut milk
- 3-4 bunches of sorrel, rinsed and drained
- 2 TB Olive oil, or a combo equal parts olive oil and butter
- ½ teaspoon salt, or to taste

Directions:

1. In a medium soup pot, gently sauté leeks in olive oil, or a mix of olive oil and butter, with ½ tsp salt until tender.
2. Add sweet potatoes and chicken stock.
3. Simmer until sweet potatoes are soft.
4. Add coconut milk. Reheat but don't boil.
5. Add sorrel, and gently cook til leaves wilt.
6. Purée (caution with hot liquid!)
7. Use water or stock to adjust to the consistency you like.
8. Season to taste.

Serve warm or chilled.

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ALICE WATERS' MINESTRONE SOUP

Makes 8 servings

- 1/4 cup olive oil
- 1 large onion, finely chopped
- 2 carrots, peeled and finely chopped
- 4 garlic cloves, coarsely chopped
- 5 thyme sprigs
- 1 bay leaf
- 2 teaspoons salt
- 3 cups water
- 1 small leek, diced
- 1/2 pound green beans, cut into 1-inch lengths
- 1 medium zucchini, cut into small dice
- 2 medium tomatoes, peeled, seeded, and chopped, or 1 small can diced tomatoes
- 2 cups chard, coarsely chopped
- 1 cup cooking liquid

Directions

1. Heat the olive oil in a large heavy-bottomed pot over medium heat. Add the onion and carrots, and cook for 15 minutes, or until onion is translucent.
2. Add the garlic, thyme, bay leaf, and salt, and cook for 5 minutes longer.
3. Add water and bring to a boil. When boiling, add the leek and green beans. Cook for 5 minutes.
4. Add zucchini, tomatoes, and chard. Cook for 15 minutes. Taste for salt and adjust as necessary.
5. Cook for 5 minutes. If the soup is too thick, add water. (I added another two cups of water at this point.)

[*Recipe in the 21 Day Sample Meal Plan*](#)

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HELLA VEGGIES LENTIL SOUP

8 servings

- 1 Tbl olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 3 tsp italian seasoning blend
- Salt and pepper to taste
- 2 ribs celery, diced
- ½ pound diced carrots
- ½ pound diced zucchini
- 1 cup diced tomatoes
- 1 cup French de puy or green lentils
- 8 cups vegetable or chicken broth
- 1 large bunch spinach leaves or other greens such as chard or kale, washed and chopped (about 4 cups)
- [Pesto](#) (view homemade Pesto recipe)
- lemon juice for serving

(this recipe can be made substituting whatever veggies you have on hand, including root vegetables, winter squash, peppers etc.)

Saute onion in oil until translucent. Add garlic and seasoning, salt and pepper and saute briefly until fragrant. Add celery, carrots, zucchini, lentils and broth, stirring. Cover and bring to a boil, then lower heat and simmer for about 45 minutes. Add tomatoes and greens, stirring, and cook until greens are wilted. Serve with a dollop of pesto and squeeze of lemon.

[Recipe in the 21 Day Sample Meal Plan](#)

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GINGER SWEET POTATO & COCONUT MILK STEW WITH LENTILS AND KALE

- 1 tablespoon coconut oil
 - 1 medium yellow onion, small dice
 - ½ teaspoon chili flakes
 - ½ teaspoon ground coriander
 - ½ teaspoon ground cumin
 - ½ teaspoon ground turmeric
 - 2-inch piece fresh ginger, peeled and minced
 - 3 cloves garlic, peeled and minced
 - sea salt and ground black pepper, to taste
 - 1 ½ lbs sweet potatoes, peeled and diced into 1-inch pieces
 - ½ cup brown lentils, picked over
 - 4 cups chicken or vegetable stock, or water
 - 13.5 oz can full-fat coconut milk
 - 1 small bunch kale, stems removed and leaves chopped (about 4 cups chopped)
 - Optional to garnish: chopped cilantro, chili flakes, lime wedges
1. Heat a large, heavy-bottomed soup pot over medium heat. Add the coconut oil to the pot and let it melt. Add the onions and saute, stirring occasionally, until translucent, about 5 minutes. Add the chili flakes, coriander, cumin, and turmeric. Saute spices until very fragrant, about 1 minute. Add the ginger and garlic to the pot and cook for another minute. Add a pinch of salt and pepper.
 2. Add the sweet potatoes and lentils and stir to coat in the spices. Season liberally with salt and pepper. Add the stock or water and stir, scraping up any browned bits on the bottom of the pot. Place the lid on top of the pot and bring to a boil.
 3. Once the stew is boiling, lower the heat to a simmer and set the lid slightly askew on top of the pot so that there are a couple of inches available for steam to escape. Simmer until the sweet potatoes are almost falling apart and the lentils are tender - about 30 minutes.
 4. Add the coconut milk and kale to the pot and stir. Place the lid on top and continue to simmer the stew until the kale is wilted and bright green, about 3-4 minutes. Bring the stew back up to a strong simmer and check for seasoning.
 5. Serve the sweet potato and coconut milk stew hot with chopped cilantro, chili flakes, and/or lime wedges, if desired.
 6. 8 servings

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INSTANT POT GOLDEN WINTER SUNSHINE SOUP

8 servings

- 1 tablespoon coconut oil
- ½ large onion, finely chopped (about ½ cup)
- 2 cloves garlic, minced
- 1 tablespoon minced ginger
- 1 14 oz can organic coconut milk
- 2 tablespoons red Thai curry paste ([Thai Kitchen Red Curry Paste](#) does not have added sugar or soy)
- 1 14 oz can diced tomatoes, with juices, or 2 cups diced ripe tomatoes
- 2 cups water or broth
- 4 cups peeled and cubed (¾-inch) butternut squash
- ½ cup (100 g) uncooked red lentils
- ¾ teaspoon fine sea salt, or to taste
- Freshly ground black pepper, to taste
- 2 cups (1 bunch) packed stemmed and finely chopped kale or chard

Directions

1. Set your Pot to Saute mode and drop in the coconut oil. Allow to melt and heat (about 1 min) and add onions, ginger and garlic. Saute, stirring, until the onions are becoming translucent and everything is fragrant. Be sure to stir frequently so the garlic doesn't burn. (You can make this recipe without garlic or ginger if you prefer).
2. Add the coconut milk and curry paste, stirring to dissolve and melt any lumps from the coconut milk. When the paste is dissolved, add in the tomatoes, water or broth, squash, lentils and salt and pepper. Stir well to mix and ensure the ingredients are covered by liquid.
3. Press Cancel to stop the Saute mode and put the lid on the pot, being sure the vent is in the 'sealed' position. Press Pressure Cook or Manual (depending on your model) and set the cooking time to 20 minutes. The pot will take about 15

minutes to come to pressure. When the cooking is complete, release the pressure immediately with the 'quick release' method. Use a wooden spoon or towel to avoid getting any steam or spray on yourself!

4. When the pressure is released, remove the lid. Mix in the greens and set the pot to Saute mode (with the lid off) for 5-10 minutes to cook the greens and allow the soup to thicken slightly, stirring occasionally. Serve with a dollop of [kachumber salad](#).

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ROASTED BUTTERNUT SQUASH SOUP BUT MAKE IT TIKTOK

Ingredients (all vegetables should fit in your roasting pan)

- 1 whole butternut squash with stem removed, cut in half, and seeds scooped out
- Handful of cherry tomatoes - *If available otherwise substitute with red pepper, beets or red radish. If you do sub beets or red radish, don't blend with rest of ingredients but use to garnish on top when serving. Squeeze of lemon if you sub out tomatoes.*
- 1 red onion halved
- 3 whole carrots
- 1 whole bulb of garlic with the head cut off
- Dried herbs (your choice - thyme, rosemary, herb de Provence, etc)
- Olive oil
- Vegetable or chicken broth
- Canned coconut milk
- Salt and pepper to taste
- Optional: parsley or cilantro, red pepper flakes

Directions

1. Preheat oven to 400 F
2. In one roasting pan, lay all your vegetables. To make it picturesque, put your cherry tomatoes in one of the seed wells and the halved red onion in the other.
3. Sprinkle generously with your choice of herbs.
4. Drizzle equally generously with olive oil.
5. Add salt and pepper to taste.
6. Roast in oven for 30 to 40 min or when squash and carrots are tender.
7. Remove from oven and scoop out squash into a blender. Squeeze out garlic into blender. Add all other ingredients as is into blender.
8. Add broth to cover vegetables.
9. Puree and pour into soup pot.
10. Add canned coconut milk to taste and heat through.
11. If you subbed out the cherry tomatoes, add a squeeze of lemon for some acidity.
12. Top with chopped parsley or cilantro, red pepper flakes, salt and pepper and more coconut milk.

Slightly modified from [@bh.alhamad](#) on Tiktok. PS He makes a grilled cheese sandwich along with the soup and nope, you cannot do that during the cleanse ;)

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RED CURRY KURI SQUASH SOUP

Ingredients

- 1 medium red kuri (or butternut) squash, about 3 pounds
- 2 shallots, sliced in half
- 3 garlic cloves, unpeeled
- 1 (14-ounce) can coconut milk, reserve ¼ cup for garnish
- 1 stalk lemongrass (or 1 tablespoon lime zest)
- 2 teaspoons fresh grated ginger
- ½ - 1 tsp red curry paste (Thai Kitchen has no added sugar)
 - Or more to taste if you like it fiery
- 1 cup water or vegetable broth, more as needed for consistency
- 2 tablespoons fresh lime juice
- 1 tablespoon extra-virgin olive oil
- Sea salt and freshly ground black pepper

Instructions

1. Preheat the oven to 400°F and line a large baking sheet with parchment paper. Cut the squash in half lengthwise and scrape out the seeds. Place the squash and the shallots on the baking sheet, drizzle with olive oil and pinches of salt and pepper, and turn cut-side down. Wrap the whole garlic cloves in foil and place on the sheet. Roast for 40 to 50 minutes, or until the squash is tender and the shallots are nicely browned.
2. Prepare the lemongrass by cutting off the root end and the tough upper stem of the stalk. Smash the stalk with a rolling pin to loosen the layers then pull off the thick outer layers and dice the inner, tender parts. Measure out 1 tablespoon chopped lemongrass.
3. Scoop the flesh from the squash and unwrap and peel the garlic. In a blender, place the squash, shallots, garlic, coconut milk, lemongrass, ginger, curry paste, and a few generous pinches of salt and pepper. Blend until creamy. Add the water or broth, lime juice, and olive oil and blend again. Add more water or broth to thin the soup to your desired consistency. Taste and adjust seasonings with more salt, pepper, and lime juice.

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DRESSINGS, SAUCES, & CONDIMENTS

AWARD-WINNING AVOCADO-MANGO SALSA

- 3 ripe, firm avocados
- 1 lb fresh (or frozen) mango, cut into chunks
- 1 medium jicama, cut into large chunks
- 3-4 garlic cloves, minced
- 1 small chili: jalapeno or serrano, chopped fine
- 1/2 bunch cilantro, finely chopped
- Juice from 2-3 limes
- Sea salt to taste

Place jicama in a food processor and pulse until finely chopped but not pureed. Add the avocado and mango and pulse until blended. Fold in the minced garlic, chopped chili, cilantro, lime juice and salt. Serve with fresh veggies, or with fish.

Makes about 3 cups

6 servings

Contributed by Margaret Riesen, owner of [The Vegetarian Gourmet catering company](#).

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ARUGULA AVOCADO PUREE

- 2 cups baby arugula
- ½ cup ripe avocado
- 1 garlic clove
- 2-3 TB olive oil
- 2 tsp balsamic vinegar
- ¼ tsp salt (or to taste)

Puree in your blender or food processor. Thin with more olive oil if needed.

Use as a dip with raw veggies, or as a topper for steamed veggies, on a grain or by the spoonful.

4-8 servings, depending how you use it.

From a 21 Day participant

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SUNFLOWER SEED PESTO

- 4 cups basil
- 1 cup sunflower seeds
- 2 cloves garlic
- 1/2 teaspoon salt
- dash of black pepper
- 1/2 cup olive oil

Pulse everything but the olive oil in your Cuisinart until chopped.

Then add olive oil while continuously blending. Don't overblend.

4-8 servings, depending on how you use it.

From a 21 Day participant.

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CHERMOULA - MOROCCAN HERB SAUCE

- 2 cups fresh parsley, chopped
- 2 cups fresh cilantro, chopped
- 6 cloves garlic, chopped
- 3 tablespoons Harissa Powder
- 3/4 cup olive oil
- 1/4 cup lemon juice
- 1-2 teaspoons flake salt

Combine ingredients and blend in a food processor or blender until smooth.

4-8 servings, depending on how you use it.

From Oaktown Spice Shop, where you can buy the Harissa Powder.

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ROMESCO-ISH SAUCE

- 1/2 cup raw or dry roasted sunflower seeds
- 1 roasted red bell pepper (see notes)
- 1-2 tsp smoked paprika
- 1 clove garlic
- 1 tsp apple cider vinegar
- 3-4 TB extra virgin olive oil
- 1/2 tsp salt
- 1/4 tsp cracked pepper

Pulse sunflower seeds in a food processor until crushed. Add the remaining ingredients, blend until smooth. Taste and adjust seasoning as needed.

NOTE: you can roast a red bell pepper by stabbing it with a long fork and holding it over a gas stove burner, rotating it until it blisters. Then put in a paper bag to cool. The skin will slip off easily and then you can de-seed it. OR you can buy a jar of already roasted red peppers:)

This is a wonderful dip for raw veggies or with [Seeded Crackers](#). Or use as a topper to pizzazz up steamed veggies or any grain. Or just eat with a spoon!

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BASIC VINAIGRETTE

- 1 Tbsp vinegar
- unrefined salt
- fresh ground pepper
- 3 Tbsp olive oil

Mix first three ingredients in a small bowl.

Whisk in oil.

Additions: dijon mustard, minced fresh green herbs (basil, parsley, cilantro, oregano etc.), minced garlic

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CURRY VINAIGRETTE

- 1 clove garlic
- 1/2 tsp unrefined sea salt
- 2 tsp curry powder
- 1/2 tsp fresh ginger, grated
- 2 Tbsp lemon juice or red wine vinegar
- 4 Tbsp olive oil

Pound garlic in a mortar with sea salt.

Add curry powder and ginger, work into a paste.

Stir in lemon juice/vinegar, then whisk in oil.

This is delicious on beets (roasted or boiled and sliced) or cauliflower (steamed).
Probably good on just about anything!

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LEMON VINAIGRETTE

- juice (approx 3 Tbsp) and zest of one large lemon
- 1/4 tsp paprika
- pinch cayenne pepper
- 1 clove garlic, minced
- 1/4 tsp unrefined salt
- 6-8 Tbsp virgin olive oil

Stir all but oil together, then whisk in oil.

Makes a delicious lentil salad.

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LIME CUMIN VINAIGRETTE

- 1 garlic clove
- unrefined salt
- grated or minced zest of 2 limes
- 2-3 Tbsp fresh lime or lemon juice to taste
- 2 Tbsp chopped scallion or finely diced shallot
- 1/2 jalapeno chile, seeded and minced
- 1/2 tsp cumin seeds
- 1/2 tsp coriander seeds
- 1/4 tsp dry mustard
- 1/3 cup olive oil
- 2 Tbsp chopped cilantro

Pound the garlic with 1/8 tsp. salt in a mortar until smooth, then combine it in a bowl with the lime zest, juice, scallion and chili.

Toast the cumin and coriander seeds in a small dry skillet until fragrant, then immediately remove them to plate to cool. Grind to a powder in a spice mill, then add them to the juice mixture.

Whisk in the mustard and oil.

Taste and adjust the balance if needed.

Let the dressing stand for at least 15 minutes; add the cilantro just before using.

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RED PEPPER AND GINGER SALAD DRESSING

- 1/2 cup olive oil
- 1 red pepper, seeded and chopped into big pieces
- 1 lime, juiced
- 3/4 inch piece of ginger (approximate)
- 2 Tbsp apple cider vinegar or balsamic vinegar
- 1 clove garlic

Blend all ingredients thoroughly in a food processor or blender. Done!

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GINGER VINAIGRETTE

- grated fresh ginger (about 1.5 Tbsp)
- fresh squeezed juice of 1 organic orange
- 1/4 cup rice or white vinegar (if using rice vinegar,
- be sure it is not Mirin, which has sugar in it)
- 1/4 cup olive oil
- unrefined salt and pepper to taste

Mix first three ingredients.

Whisk in oil, add salt and pepper.

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MARINARA SAUCE

- 2 Tbsp olive oil
- 2-3 cloves garlic, sliced or minced
- 1 medium onion, finely chopped
- 3-4 cups fresh tomatoes, chopped
- 1 cup fresh Italian flat leaf parsley, chopped
- 1/2 cup fresh basil leaves, rolled and thinly sliced
- unrefined salt and pepper

Heat pan on medium high heat.

Add olive oil, garlic and onions. Sauté until soft then add remaining ingredients.

Stir occasionally and reduce heat to simmer for 10-15 minutes.

Salt and pepper to taste.

Serve over spaghetti squash.

Other options:

Serve over kale, broccoli, and portabella mushrooms.

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CHIMICHURRI SAUCE

- Fresh Parsley: 1 cup, compact
- Fresh Cilantro: 1 cup, compact
- Fresh Oregano: 10 sprigs or about 2 TB
- Garlic 1 clove (or more)
- Red wine vinegar 1T
- Extra Virgin Olive Oil (EVOO) approximately 1/2 cup
- Salt, pepper to taste

Pur-éeeeeee away!

From the Boss of Sauches Class w/Lexa Walsh

Alternate Chimichurri Recipe

- 1 cup firmly packed fresh flat-leaf parsley, trimmed of thick stems
- 3-4 garlic cloves
- 2 Tbsps fresh oregano leaves (or 2 teaspoons dried oregano)
- 1/3 cup olive oil
- 2 Tbsp red or white wine vinegar
- 1/2 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper
- 1/4 teaspoon red pepper flakes

Finely chop the parsley, garlic and oregano (or whiz in a food processor). Add olive oil, vinegar, salt, pepper and red pepper flakes and stir. Leftovers will keep for 1-2 days in the fridge.

[Recipe in the 21 Day Sample Meal Plan](#)

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TAHINI - MISO SAUCE

- ½ cup Tahini (or a “glug”)
- 3 TB Chickpea Miso (or substitute whole grain mustard)
- 1 TB Coconut aminos
- 1 Lemon, juiced
- Ginger: approx 2 inch by 1 inch chunk
- 2 Dates, pitted
- ¼ cup EVOO (approx)
- Salt, pepper to taste

Pur-éééééé away! Can stay in the fridge 5-7 days

From the Boss of Sauces Class w/Lexa Walsh

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MUHUMARA-ISH

- 1 jar Sweet roasted red peppers, drained, or 2 fresh, roasted at home
- 1 cup Sunflower seeds
- S & P
- 1 Lemon juiced
- 1 more or Garlic cloves
- 1-2 tsp Smoked paprika
- ¼ cup Tahini
- 1 pinch Chile Powder
- A splash of Red Wine Vinegar
- 1 Date - pitted
- 1 Pomegranate, seeded at home or pre-seeded from the store, approx ¾ cups
- ¼ cup EVOO
- Salt...to taste

Pur-éééééé away!

From the Boss of Sauches Class w/Lexa Walsh

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BABA GHANOUSH

- 1 ½ lb of eggplant
- 1 tsp salt
- 2 tsp minced garlic
- 1/2 cup tahini (or more if you wish)
- 3 Tb lemon juice (or more to taste)
- 2 Tb olive oil
- 1 tsp toasted sesame oil (optional)

Bake the whole eggplant on a baking sheet at 400 until the flesh is soft (a fork pierces it easily). Let it cool. Halve it and scoop out the flesh from the skin.

Mix salt, garlic, and tahini together in a large bowl, then combine with the eggplant. Add the lemon juice and mix well. Mash with a potato masher until smooth.

Alternatively, put all the ingredients and a food process and pulse until smooth.

Put the Baba Ghanoush in a serving dish. Drizzle the olive oil and optional sesame oil over the top.

Serve with sliced veggies for a delicious end-of-summer appetizer.

Featured in the [21 Days, Everyday Blog](#)

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FRESH MELON SALSA

- 2 cups 1/4 inch cubes melon or watermelon
- 1/4 cup finely chopped red onion
- 3/4 cup finely chopped cucumber
- 3/4 cup chopped cilantro
- 2 tablespoons fresh lime juice
- 1 medium serrano chile, stemmed, seeded, and thinly sliced
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon fine sea salt

In a large bowl, gently stir together all of the ingredients. Serve immediately or cover and refrigerate for up to 2 days. Great as topping for veggies, fish, or chicken!

Source: The Melon, by Amy Goldman

Featured in the [21 Days, Everyday Blog](#)

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BASIC VINAIGRETTE

1 serving

- 3 TB Olive Oil
- 1 TB Vinegar
- Sea Salt
- Fresh Ground Pepper

Additions: dijon mustard, minced fresh green herbs (basil, parsley, cilantro, oregano etc), minced garlic

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ROASTED CAULIFLOWER HUMMUS

6 servings

- 1 large head cauliflower, approx 5 cups florets
- 3 tbsp olive oil, divided
- 1/4 cup tahini
- 2 tbsp water, or more for desired consistency
- juice from 1 lemon
- 1 garlic clove
- 1/4 tsp salt
- 1/4 tsp ground cumin
- pinch of ground coriander
- pepper, to taste
- garnish with olive oil, sunflower seeds and chopped parsley

Directions

1. Preheat your oven to 400 degrees fahrenheit.
2. Remove the florets from the head of cauliflower and place on a baking tray. Drizzle with 1 tablespoon of olive oil (or avocado oil) and toss to combine. Place the baking tray in the oven and roast for 20 minutes.
3. Transfer the cauliflower to your Vitamix or a food processor. Add the tahini, remaining 2 tablespoons of olive oil, water, lemon juice, garlic clove, salt, cumin and coriander. Add pepper to taste. Blend on high until smooth and creamy.
4. Transfer to a serving bowl and garnish with sunflower seeds and chopped parsley.

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ROASTED VEGGIE DIP

- At least 1 pound of vegetables, peeled and/or trimmed if needed
- 2-3 tablespoons olive oil, plus more as needed
- 1 clove garlic, peeled
- Juice of 1 large or 2 small lemons
- 1/2 teaspoon ground cumin
- 1/2 cup olive oil or to taste
- A handful of parsley, cilantro, mint, dill, basil, or a mix (optional)

Directions

1. Preheat oven to 450°F. Chop, tear, or slice the vegetables into roughly 1-inch pieces. Coat a baking sheet with two or three tablespoons of oil, spread the vegetables on it in an even layer, and sprinkle generously with salt. Toss and stir to evenly coat with the oil.
2. Roast veggies for approximately 30 minutes, stirring or flipping occasionally. You want them browned and soft for maximum flavour. It's ok if they get slightly charred.
3. While the vegetables roast, place the garlic, lemon juice, cumin (if using), and a big pinch of salt in a food processor or blender. Pulse a few times, then let the mixture sit for 15 or 20 minutes to marry the flavors.
4. When the vegetables have cooled enough to handle, add them to the food processor or blender. Blend with the garlic mixture and drizzle in olive oil with the machine running until you get a consistency you like. Add fresh herbs and blend to combine. Transfer to container and store in the fridge.

Serving ideas: as a dip with crudite, or as a condiment for roast meat or fish or lentil patties.

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PESTO

(Store bought organic vegan pesto can be substituted. Gina's Pesto is a local brand that is 21 Day compliant)

- 2 cups basil leaves
- 1/2 cup sunflower seeds
- 3 cloves garlic
- 1/2 cup olive oil
- juice of 1 lemon
- 1 teaspoon salt
- 1/2 teaspoon pepper

In a food processor or blender, puree basil leaves and garlic cloves until finely chopped. Add in sunflower seeds, salt, pepper, and lemon juice and blend until seeds are broken down to a paste. Drizzle in the olive oil and blend pesto until all ingredients are combined. Can be kept in the fridge in a mason jar for up to a week, or frozen in ice cube trays.

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BOMBAY ORANGE ROASTED CARROT & TAHINI DIP

Ingredients

- 4 medium carrots, washed and roughly chopped into 1 inch pieces
- 6 cloves garlic, peeled
- 4 tablespoons Like Family extra virgin olive oil, divided
- 3 tablespoons Oaktown Spice Shop Bombay Orange, divided
- 1 teaspoon sea salt
- 1/3 cup tahini
- Juice of 1 lemon

Chili Oil

- 1 tablespoon Oaktown Spice Shop Bombay Orange
- 1 teaspoon sea salt
- 1/3 cup extra virgin olive oil
- 2 cloves garlic, thinly sliced
- 2 bird's eye chili or serrano chiles, thinly sliced

Directions

1. Preheat the oven to 400F.
2. In a medium bowl, combine the chopped carrots, garlic cloves, 2 tablespoons olive oil, 2 tablespoons Bombay Orange, and sea salt, tossing to combine. Add to a baking tray and roast for 30 to 35 minutes, or until tender.
3. Add the cooked carrots and garlic cloves to a food processor or blender with tahini, lemon juice, and remaining olive oil and Bombay Orange, blending until smooth.
4. While the carrots are roasting, make the chili oil. Add the Bombay Orange and sea salt to a heat-proof bowl.
5. In a small saucepan over medium heat, combine the oil, sliced garlic and thinly sliced chiles. The oil should bubble slightly on the edges of the pot. Cook for 6 to 10 minutes, stirring, or until the garlic becomes a deep golden brown.
6. Pour the infused oil over the Bombay Orange and sea salt. Let cool.
7. Before serving, spoon the oil over the dip. Serve.

This is a delicious take on hummus from [Oaktown Spice Shop](#) by Micah Siva - all cleanse friendly and packed with flavor. It is amazing with the [Oaktown Bombay Orange spice mix](#), but if you are imaginative, I bet you can flavor this up with your own spices. Or use this as an excuse to visit Oaktown Spice Shop in person or online.

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SILKY ROASTED ZUCCHINI SAUCE WITH GARLIC AND PEPPERS

[from Paula Hingley at How to Make Dinner.com](#)

Ingredients

- 2 medium zucchini
- 2 bell peppers
- 1 head garlic
- 3 tablespoons olive oil
- 1.5 teaspoons salt

Instructions

1. Preheat the oven to 325 F (165 C).
2. Chop the zucchini into large chunks, about 2 centimeters or 1 inch in diameter, and place it into a large bowl.
3. Core the peppers and slice them into somewhat fine strips. The peppers take longer than the zucchini in the oven, so chopping them smaller will help even out the cooking time. Add them to the bowl too.
4. Mince or grate the garlic finely and add it to the bowl.
5. Add the salt and olive oil to the bowl, and toss very well until everything is coated nicely.
6. Spread the veggies onto a heavy baking tray or dish. They should just fit in a single layer without too much extra space around, otherwise, they could burn. If you don't have the right-sized roasting vessel, you might need to split the mixture up among two or three dishes.
7. Roast the veggies for 30 minutes, then stir/toss and continue to roast for 1.5 hours or until the zucchini and peppers are soft enough to be mashed easily with a fork.
8. Mash the zucchini and peppers with a fork or a potato masher until they reach the desired level of silky chunkiness.
9. Taste for seasoning and adjust with salt if necessary.

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SALADS

RAINBOW KALE SALAD

- 1 lb. baby kale leaves
- 1 large carrot, shredded
- 1 large zucchini, shredded
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 medium onion, diced
- 1 tbsp. garlic, minced
- 4 tbsp. olive oil, divided
- Juice of 1 lemon
- 1/4 cup fresh basil, finely chopped
- 1 tbsp. fresh oregano
- 1 tbsp. fresh parsley
- 1 tsp. unrefined sea salt
- 1/2 tsp. fresh ground pepper

First, make the dressing:

Heat 2 tbsp. olive oil over medium heat in a skillet, then add the garlic and saute for 30 seconds, just until the fragrance blooms.

Add the onion, reduce heat to low, and saute slowly until the onions caramelize, stirring frequently.

Add the basil and saute just until it wilts and the fragrance blooms, then remove skillet from heat.

In a small bowl, combine the lemon juice, 2 tbsp. olive oil, garlic, sea salt, pepper, oregano, and parsley. Add the onion mixture and whisk to combine.

Then, assemble the salad:

Place the kale leaves in a large bowl.

Add the dressing and work it into the kale leaves thoroughly with your hands using a kneading motion, until the kale leaves are thoroughly saturated and soft.

Add the carrot, zucchini, and bell peppers and toss thoroughly to combine.

NOTES:

This salad can be refrigerated for up to a week.

Baby kale leaves are available in bulk at Berkeley Bowl. As an alternative, two 10-oz. packages of Trader Joe's Organic Tuscan Kale, which is already torn and ready to use, work just fine.

Serves 4

From a 21 Day participant

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QUINOA TABBOULEH

- 2 cups water
- 1 cup quinoa
- 1 pinch salt
- ¼ cup olive oil
- ½ teaspoon sea salt
- ¼ cup lemon juice
- 3 tomatoes, diced
- 1 cucumber, diced
- 2 bunches green onions, diced
- 2 carrots, grated
- 1 cup chopped fresh parsley

In a saucepan bring water to a boil. Add quinoa and a pinch of salt. Reduce heat to low, cover and simmer for 15 minutes. Allow to cool to room temperature; fluff with a fork.

Meanwhile, in a large bowl, combine olive oil, sea salt, lemon juice, tomatoes, cucumber, green onions, carrots and parsley. Stir in cooled quinoa.

Serves 4

From [Allrecipes](#)

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SPANISH BLACK RADISH AND CELERY ROOT SLAW

- 1 medium Spanish black radish
- 1 medium celery root (or kohlrabi)
- 1 carrot
- 1 TB organic roasted sesame oil
- 1 TB rice wine vinegar (no sugar added)
- 1 tsp salt

Shred the radish, celery root and carrot and place in a large bowl.

Mix the oil, vinegar and salt.

Toss with the shredded veggies.

This keeps well for several days.

Serves 4-6.

From a 21 Day participant.

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WATERMELON MINT SALAD

- 1 7-8 lb. seedless watermelon, chilled
- 1/2 cup extra virgin olive oil
- 3 limes, juiced
- 1 1/2 tsp salt
- 3/4 tsp black pepper
- 1 cup fresh chopped mint leaves

Chop watermelon into 1" pieces; let drain in a colander. Whisk remaining ingredients together in a bowl. Add watermelon and toss together.

Serves 8

Adapted from a Tory Avi post.

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BROCCOLI w/LIME-CUMIN DRESSING

- 1 bunch of broccoli
- 1 tsp grated lime zest
- 1 tbsp lime juice
- 1/2 tsp ground cumin
- 1/2 tsp sea salt
- dash of cayenne
- 3 tbsp olive oil
- 1/4 cup minced red onion

Steam broccoli for 4-5 minutes, until just tender. Mix together lime zest, lime juice, spices and olive oil. Stir in onion. Toss broccoli with dressing. Serve hot or at room temperature.

From: "Perfect Vegetables" by the Editors of Cook's Illustrated Magazine

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DISAPPEARING CARROT SALAD

- 2 cups grated carrot
- 1 apple, grated
- 1-2 tsp grated ginger
- zest and juice of 1/2 a lemon
- 1/3 cup orange juice
- dash of salt

Mix everything together and serve. Using a Cuisinart to grate the carrot, apple and ginger makes this really quick to assemble.

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CELERY ROOT & BEET SALAD

- 6 medium beets, trimmed, leaving 1 inch of stems attached
- 1 (1-lb) celery root (sometimes called celeriac)
- 2 TB plus 2 tsp fresh lemon juice, plus additional to taste
- 2 TB minced shallot
- 1/4 cup olive oil
- 3/4 tsp sea salt

Put oven rack in middle position and preheat oven to 425°F.

Wrap beets tightly in foil to make 2 packages (3 beets in each) and roast until tender, about 1 1/4 hours.

While beets roast, peel celery root with a sharp knife and cut into 1/8-inch-thick matchsticks. Whisk together lemon juice, shallot, oil, sea salt, and pepper to taste in a large bowl until combined well, then add celery root and toss until coated. Keep at room temperature, covered, until ready to add beets.

Carefully unwrap beets and, when just cool enough to handle, slip off skins and remove stems. Cut beets into 1/8-inch-thick matchsticks and toss with celery root.

Let salad stand, covered, at room temperature 1 hour. Taste and add more lemon juice and salt if needed.

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SALAD OF MIXED SEASONAL FRUIT WITH GINGER & AVOCADO

- 2 firm ripe avocados
- 2 firm ripe bananas, sliced
- 1 cup fresh cherries or 2 cups strawberries, sliced
- Juice of 1 large orange
- Shredded fresh ginger

Peel the avocados and slice attractively, and place in a bowl with the bananas and berries. Pour the orange juice over the fruit. Chill, then add a little shredded ginger. Makes 6-8 small servings.

From The Vegetarian Gourmet's Margaret Riesen Cooking Class 2012

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HARISSA CARROT SALAD

- 1 lb carrots, scrubbed and trimmed
- 1 1/2 tsp cumin seeds
- 2 cloves garlic, minced or pressed
- 1 tsp harissa powder (or more to taste)
- 1/2 tsp salt
- 1/4 cup olive oil
- Juice from 1-2 lemons
- 1/2 cup chopped cilantro, flat-leaf parsley, or a combo.

Run the carrots through the Cuisinart using the shred blade.

Use a small pan to toast the cumin seeds over medium heat until fragrant (but don't overcook!)

Add the garlic, harissa powder, salt, and olive oil and cook for 1-2 minutes.

Pour over the carrots and toss.

Add the lemon juice and chopped herbs and toss again.

Delicious! You can add sliced avocado, a few sliced mint leaves, and/or some sesame or sunflower seeds, but I just eat it right out of the bowl as is.

Source: Alexandra's Kitchen, with a couple of modifications

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LENTIL TABOULI SALAD

Note: Unlike other beans, you don't need to soak lentils, however, you can soak them beforehand (2-8 hours). It's not necessary but will reduce the cooking time and can help with digestion.

- 1-1/2 C lentils (preferably Puy/French or black lentils, but brown/green lentils will work)
- 4 Cups water
- 2 cups finely chopped tomatoes
- 1 large bunch Italian Parsley- finely chopped (about 1-1/2 Cups)
- 1/3 C finely diced Red onion or shallot
- 1/4 C finely chopped fresh mint
- 1 tsp kosher salt
- 1 tsp cinnamon
- 2 tsp allspice
- 3 Tablespoons olive oil
- 1/4 C lemon juice and zest of one lemon
- Cracked Pepper to taste

In a medium pot bring lentils and water to a boil. Turn down heat, cover, and let simmer on med-low to low heat for 20-25 minutes, or until just tender. Don't let them get mushy. Strain and rinse with cold water until the lentils are nice and cold.

While lentils are simmering. Finely dice tomatoes, onion, parsley, and mint, and place in a medium-sized bowl.

Toss in rinsed cold lentils and mix in olive oil, lemon juice, 1/2 of the zest, kosher salt, pepper, cinnamon, and allspice.

Mix and adjust salt and lemon if necessary, and let the flavors meld for at least 10 minutes. Chill until ready to serve. Garnish with remaining lemon zest.

5-6 servings

Source: Sylvia Fountaine's Feasting At Home

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SPICY SLAW

Approx 4 servings

- 2 cups shredded green cabbage
- 1 cup diced mango
- ½ c cilantro leaves
- 1 ½ cups peeled and diced jicama
- 1 fresh jalapeno, seeds removed, minced
- ⅛ chipotle powder
- ½ tsp ground cumin

Apple cider vinaigrette

(double or triple the vinaigrette recipe to have extra for salads and cooked veggies)

- ½ c olive oil
- ¼ c red wine vinegar
- 2 teaspoons dijon
- 2 tablespoons fresh orange juice (or use lemon juice)
- 1 T dried parsley

Salt to taste and toss it all together!

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CLASSIC COLD LENTIL SALAD

4 servings

- 1 cup dry brown lentils
- 1 carrot, diced
- 1/2 cup finely diced red onion, rinsed with cold water in a fine mesh sieve, drained
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider vinegar or white wine vinegar
- 1 tablespoon Dijon mustard
- 1 clove garlic, finely minced or grated on a microplane
- 2 teaspoons finely chopped fresh thyme or 1 teaspoon dried thyme, plus more to garnish
- 1/2 teaspoon salt
- ground black pepper, to taste

Directions:

Add lentils to a medium saucepan and cover with 3 inches of water. Bring to a boil, reduce to a simmer, partially cover (do not fully cover or it will boil over) and cook until tender, about 25 minutes. Drain in a large fine mesh sieve and rinse with cold water; drain well and add to a large bowl.

To lentils, add carrot, rinsed red onions

In a small bowl, combine oil, vinegar, mustard, garlic, thyme, salt and pepper. Add to lentils and toss to combine. Transfer salad to a serving bowl and garnish with additional thyme, if desired. Serve room temperature or chilled. Store leftovers airtight up to 4 days.

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KACHUMBER SALAD

- 1 large english cucumber
- 1 small red or sweet onion
- 1 tbl lemon juice
- ½ tsp cumin powder
- Sea salt

Finely dice the cucumber (no need to peel if organic) and the onion, combine with lemon juice and cumin. Sprinkle with salt to taste before serving.

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ARUGULA AND SHAVED FENNEL SALAD WITH MEYER LEMON VINAIGRETTE

Ingredients

- 1 large bunch arugula, washed (and torn into smaller pieces if needed)
- 1 fennel bulb
- Juice of 1 Meyer lemon
- 3-4 T good olive oil – adjust according to how large the lemon is
- 1 small or 1/2 large clove of garlic, crushed
- Salt and cayenne pepper to taste
- (Day 22 and Beyond: shaved parmesan to taste)

Directions

1. Place the arugula into a large salad bowl.
2. Using a mandoline, shave the fennel into thin slices. If you don't have one, use a knife to make
3. even, thin slices.
4. Add the shaved fennel to the arugula.
5. Combine all the ingredients for the salad dressing and whisk until emulsified.
6. Pour over the salad and toss well.
7. If Day 22 and Beyond: add some shaved parmesan

Serves 3-4

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ROOT VEGETABLES

ROASTED GINGERED CARROTS

- 1 lb. baby carrots
- 1 tbsp. lemon zest
- 1 tbsp. grated ginger
- 1 1/2 tsp. ground cinnamon
- 1/2 tsp. fresh ground pepper
- 2 tbsp. olive oil

Heat oven to 400 degrees F.

In a small bowl, whisk the lemon zest, ginger, cinnamon, pepper, and olive oil to combine.

Place the carrots in an ovenproof casserole, add the olive oil mixture, and toss thoroughly.

Roast for 30-40 minutes.

Serves 2-4

From a 21 Day participant

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ROASTED SPICED SWEET POTATOES WEDGES

- 1 teaspoon coriander seeds
- 1/2 teaspoon fennel seeds
- 1/2 teaspoon dried oregano
- 1/4 teaspoon dried hot red pepper flakes, or more to taste
- 1 teaspoon sea salt and freshly ground pepper
- 2 pounds medium sweet potatoes
- 3 tablespoons organic extra virgin coconut oil, warmed to liquid

Preheat oven to 425°F. Coarsely grind coriander, fennel, oregano, and red pepper flakes in an electric coffee/spice grinder or pound a bit with a mortar and pestle. Stir together spices and salt.

Cut potatoes lengthwise into 1-inch wedges. Toss wedges with oil and spices in a large roasting pan and roast in middle of oven for 20 minutes. Toss wedges around, and continue roasting until tender and slightly golden, 15 to 20 minutes more.

Serves 4-6

From Dara Merin of The Sage Table

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BAKED SWEET POTATO

- 1 Sweet Potato
- Organic Butter
- Cinnamon

Rinse and scrub sweet potato. Bake in a 350 degree oven on a cookie sheet until soft, approximately 30-40 minutes. Slit open, add a big dollop of butter and a sprinkling of cinnamon.

Yum!

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ROASTED ONIONS

- 1 onion per person
- olive oil
- sea salt
- pepper

Move oven rack to lowest level. Heat oven to 400 degrees. Use oil to coat a baking sheet. Cut a small "x" in the stem end and in the root end of each onion. Cut each onion in half through the "equator", but do not peel. Place cut side down on baking sheet. Roast until tender when pierced with a fork, about 30 minutes. Remove from oven and let sit for about 5 minutes. Skins should come off easily. Serve warm, seasoned with salt and pepper. Delicious just as they are, but you can drizzle a balsamic vinegar reduction over them (simmer 1/2 cup balsamic vinegar until reduced to 1/4 cup). You can also let them cool, then slice thinly and add to salads.

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CURRIED BEETS

- 4 or 5 medium beets
- 1 clove garlic
- 1/2 tsp sea salt
- 2 tsp curry powder
- 1/2 tsp grated fresh ginger
- 2 TBS lemon juice or red wine vinegar
- 6 TBS olive oil
- salad greens (optional)

Steam beets until tender. Drain. When cool enough to handle, peel and cut into chunks.

While beets are cooking, make dressing. Mash garlic in a mortar with sea salt until a smooth paste is formed. Add curry powder and ginger and work into garlic. Whisk in lemon juice or vinegar and then the oil. Toss beets with dressing. Serve as is, or on a bed of salad greens.

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MASHED RUTABAGA

- 3-4 medium rutabagas
- homemade chicken broth
- 2-4 TB butter, melted
- sea salt
- pepper

Peel rutabagas and dice into 1/2 inch cubes. Place in a steamer basket and steam until tender, about 30 minutes. Puree, adding melted butter and broth to thin to the consistency of mashed potatoes. Season with salt and pepper.

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SWEET POTATO AND VEGGIE HASH

8 servings

- 2 large sweet potatoes, peeled and shredded
- 1 chopped bell pepper
- 1 onion
- 1 tsp each: garlic powder, onion powder, chili powder, sea salt
- ¼ tsp cayenne
- 2 tbsp coconut oil or to taste

Directions

1. Saute bell pepper and onion in coconut oil for 5 minutes
2. Add in the sweets and cook until tender, stirring occasionally (about 15 minutes).
3. Add in the spices, stir to combine and serve.

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SWEET POTATO AND APPLE SPICED HASH WITH TOASTED PEPITAS

4 servings

- 2 large sweet potatoes, grated (use a box grater, spiralizer or food processor)
- 1 apple, grated (remove core, leave peel on)
- 1 tsp pumpkin pie spice or cinnamon
- ½ tsp sea salt
- 2 tablespoons ghee or coconut oil
- ½ cup pumpkin seeds (pepitas), toasted

Toss the sweet potatoes, apple, seasonings and salt together in a large bowl.

Heat the fat in a large cast iron skillet or heavy bottom pan on medium heat. When the fat is hot (try throwing one shred of sweet potato in - it should sizzle), add the hash mixture. Stir to coat the hash with the hot fat. Cover the pan and let it cook until the sweet potatoes are soft, with some crunch browned bits, about 5-10 minutes. Serve with tangy sauerkraut and top with 2 tablespoons toasted pumpkin seeds.

Toasted Pepitas

Put ½ a cup of pepitas (pumpkin seeds with the outer husk removed, they will be green) in a dry frying pan on medium high heat. Stir constantly for 1 minute, or until they are fragrant and beginning to darken, then remove from heat. You can do a larger quantity and keep in a mason jar for garnishing salads, steamed veggies or just to snack on.

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SAUTEED RADISHES WITH RADISH GREENS

Ingredients

- 1-2 bunches of radishes, hopefully with good-looking greens
- Butter or olive oil
- Salt

Directions

1. Remove the greens, rinse and lightly chop.
2. Slice the radishes.
3. Melt 1-2 teaspoon (or more) of butter, or heat 1-2 teaspoons of olive oil in a saute pan.
4. Add radishes and cook over a medium heat until almost soft.
5. Add the greens and cook until wilted
6. Season with salt to taste.

Serves 2

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COOKED VEGETABLES

HASHED BRUSSELS SPROUTS WITH LEMON

- 1 tablespoons freshly squeezed lemon juice
- 1 pounds brussels sprouts
- 1 tablespoon organic extra virgin olive oil plus 1 tablespoon organic butter, or all olive oil
- 2 garlic cloves, peeled and put through a press or minced
- 1 tablespoons black mustard seeds
- grated zest from about half a lemon
- Sea salt and freshly ground pepper
- Another splash of lemon or white or red wine vinegar

Squeeze the lemon juice into a large bowl. Cut the bottom stem end off the sprouts and discard them. Pull off any raggedy looking leaves, then halve the sprouts lengthwise. Then thinly slice them crosswise. Toss them with the juice and use your hands to separate some of the leaves.

Heat the oil and butter in a skillet large enough to hold all sprouts. When it's very hot, add the sprouts. Use a garlic press to press the cloves into the pot directly, and add the mustard seeds also.

Cook, stirring often, until the sprouts are wilted and lightly cooked, but still bright green and crisp, about 5 or 6 minutes. Some leaves might brown slightly.

Add the lemon zest, season with salt and pepper, and taste. You can add a bit more lemon or a splash of vinegar if desired to mellow any bitterness, then eat them as soon as possible!

Serves 3-4

From Dara Merin of The Sage Table

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BENGALI-STYLE GREENS

- 2 bunches/1 pound greens (kale, spinach, beet greens, dandelion green, chard all work well - mix and match), remove thick stems and coarsely chop
- Organic extra virgin olive oil or organic ghee
- Scant ¼ teaspoon each of:
 - Black mustard seeds
 - Cumin seeds
 - Fennel seeds
 - Fenugreek seeds
 - Nigella seeds (Oaktown Spice carries these; omit if you don't have them)
- ½ teaspoon red pepper flakes or cayenne
- about 2 garlic cloves, minced finely or put through a garlic press
- 1 ½ cups finely chopped onion
- 1 teaspoon salt or to taste
- a squeeze of lemon or a dash of vinegar

Heat oil in large skillet or a big soup pot or a wok (the greens will occupy a lot of space initially, but then cook down) over medium-high heat. Add spices and pepper and stir for a few seconds. Add garlic and a few seconds later add onion. Cook for about 2 minutes and lower heat to medium. Cook till very tender and soft, about 10 minutes.

Turn the heat to high and add the greens. Cook, stirring, until they are bright green. Add salt and cook until they give off liquid. Cover and steam until tender and cooked through. Remove from heat, stir in the lemon or vinegar and serve.

Serves 2-4

From Dara Merin of The Sage Table

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ZUCCHINI NOODLES WITH PESTO

- 4 large zucchini "spiralized" (to look like noodles) or sliced into rounds
- 1 large onion, chopped
- 3 cloves garlic, minced or pressed
- 2 T olive oil

Pesto:

2 cups basil

1/4 cup olive oil

Juice of 1 lemon

In a blender or food processor, combine all pesto ingredients until smooth.

Heat olive oil in a large skillet. Over high heat, saute zucchini, onion, garlic. Once cooked to desired texture, add pesto and heat through.

Serves 4-6.

From a 21 Day participant.

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CURRY CABBAGE

- 1 head green cabbage, roughly chopped
- 2 tablespoons coconut oil
- 1-2 teaspoons curry powder
- dash of cayenne
- sea salt, to taste

Heat coconut oil in a skillet on medium/medium high heat. Add cabbage, saute a few minutes. Then added spices and salt, continue sauteing until the cabbage is lightly cooked, or to your preference.

Serves 4

From a 21 Day participant

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PORTOBELLO MUSHROOMS & GREENS

- 2 tbsp olive oil or organic butter (or a combo of the two)
- 1 small onion or 1 medium leek, sliced thin
- 2 large portobello mushrooms, stems removed and sliced into chunks
- 1 large bunch of beet greens or kale or chard, de-veined and rinsed
- sea salt
- pepper

Heat oil on medium-high heat. Add onion/leek and salt. Saute five minutes. Add mushrooms. Cook until almost tender (you may need to add more oil while cooking the mushrooms). Add the greens, saute until just tender. Add pepper and more salt if needed to taste.

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SUPER SIMPLE CABBAGE

- 1/2 head cabbage
- organic butter
- sea salt

Slice cabbage into thin strips. Heat 1-2 TB butter in skillet on medium high heat. Add cabbage. Sprinkle with salt and saute, stirring frequently, for 4-5 minutes. When cabbage just begins to soften but is still bright green, remove from heat and serve. Simple and delicious!

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FENNEL w/GARLIC & PARSLEY

- 2 medium fennel bulbs
- 3 TB olive oil
- 4 cloves garlic, minced or pressed
- Sea salt
- Pepper
- 2 TB minced parsley leaves

Remove stems and fronds from fennel bulbs. Mince and reserve 1 TB fronds and discard stems. Halve bulbs through the base. Slice each half crosswise, then cut lengthwise into long, thin strips.

Heat oil in large skillet over medium heat. Add garlic and sauté for about one minute. Add fennel strips and cook, stirring often until fennel has soften quite a bit, but is not mushy, about 15 minutes. Season with salt and pepper to taste, stir in reserved fronds and parsley and serve.

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WILTED MUSTARD GREENS

- 1 large bunch of mustard greens, stems and ribs removed, washed
- 2 cloves garlic
- 2 tsp organic butter or olive oil
- Sea salt to taste
- Pepper to taste

Cook mustard greens in a large pot of boiling water, stirring to submerge, until wilted and tender, about 5 minutes. Transfer with tongs to a large bowl of cold water to stop cooking. Drain greens in a colander, pressing to squeeze out excess moisture, then coarsely chop.

Heat butter or olive oil in a skillet over medium heat, add garlic and cook, stirring occasionally, until softened, about 2 minutes. Add boiled greens, salt, and pepper and cook covered, stirring occasionally, until heated through, about 5 minutes.

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TURNIP TOPS & BOTTOMS

- 1 bunch of turnips with greens
- olive oil or organic butter
- sea salt

Wash turnips and cut in 1/4 or slice (depending on their size). Heat butter/oil in a skillet. Add turnips and some sea salt. Cook over medium heat until they begin to soften, about 6-8 minutes. Meanwhile, wash and spin dry the turnip greens. When the turnips are beginning to soften, add the greens and a bit more salt. Saute until greens are tender.

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ARTICHOKE WITH ROASTED PURÉED EGGPLANT WITH GARLIC & LEMON

- 2 whole artichokes
- Salted water
- Dash of white vinegar
- 1 medium eggplant
- 2 cloves garlic
- Lemon juice, to taste
- Salt to taste

To prepare the artichokes: Wash and trim the artichokes, cutting off most of the stem and using scissors to cut off the spiny pieces. Drop the cleaned artichokes into a large pot of boiling salted water with a dash of vinegar. Bring back to a boil and cook, uncovered for 35-45 minutes, until leaves pull out easily and the bottoms are soft. Place upside down to drain. To remove the “choke”, pull apart center leaves until the fuzzy center is visible. Scrape clean with a spoon. That way, the center can be filled with a dipping relish.

To prepare the eggplant: if you have a gas stove, the eggplant can be placed directly on the flame. It needs to be turned by small fractions to cook evenly. Use tongs, and take care not to puncture the skin. The eggplant is cooked once it feels like the tongs can be brought together in the middle. Place in a dish to cool, discarding bitter brown liquid. The peeled eggplant can be placed in a food processor with salt, lemon juice, garlic and served as a purée.

If roasting the eggplant in the oven, slice the eggplant into ½ inch slices and salt on both sides. Let eggplant “sweat” for 30 minutes, then carefully wipe off the salt, and put into an oven pan with a little olive oil and place into a hot oven (400 degrees). Turn eggplant once, until evenly browned on both sides. Purée and season. Garnish with parsley or chives.

From The Vegetarian Gourmet's Margaret Riesen Cooking Class 2012

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INDIAN STYLE CURRIED MIXED VEGETABLES

Indian spice box contains:

- Cayenne
- Sea salt
- Dhanna-jeeru (mixture of coriander and cumin powder)
- Turmeric
- Mustard seed
- Cumin seed
- Hing (asafetida)

- 1 small cauliflower
- 1 whole leek
- 3 medium yams
- 2 large carrots
- Frozen or fresh peas
- Olive oil
- Cilantro for garnish

Peel the yams, and cut them into $\frac{3}{4}$ inch cubes. Cut the cauliflower into small florets. Cut the carrots into $\frac{1}{2}$ inch pieces.

Place 1 tsp each mustard and cumin seeds into a hot pan with a little oil. When the seeds begin to pop, add a pinch of asafetida. Then immediately add the leeks and yams, add the rest of the spices, then the carrots and then the cauliflower. Add a little liquid and partially cover the pan. Shortly before serving, add the peas until cooked, then the cilantro. Adjust seasonings. Serves 4-6.

From The Vegetarian Gourmet's Margaret Riesen Cooking Class 2012

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LATE SUMMER HARVEST

- 2 medium onions, sliced
- 4-6 medium summer squash, cut in half and sliced
- 4-6 red or yellow bell peppers (or any other sweet pepper, cut in half and sliced
- Olive oil
- Salt and pepper

1. Using the biggest saute pan, add olive oil and heat the pan over medium/medium-high.
2. Add onions and a teaspoon of salt.
3. Sautee until the onions begin to soften slightly.
4. Add the summer squash and peppers.
5. Sautee until onions are soft and the pepper and squash are cooked to your liking.
6. Taste and add more salt if needed, and black pepper taste.
7. If you have some fresh basil, adding a handful of chopped leaves at the very end is wonderful.

This will make a big batch with plenty of leftovers. If you have a big household, cut up even more of each veggie and use a big soup pot to cook a bigger batch.

Eat warm. Eat cold. Add as a topper to a sandwich. Heat up some broth and add the veggies for a simple soup. Add to scrambled eggs. You'll think of other uses!

Featured in the [21 Days, Everyday Blog](#)

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SUMMER SQUASH WITH PEPPERMINT

- ½ yellow onion, sliced very thinly
- 1 lb summer squash (any type) cut into chunks
- Fresh mint leaves, chopped fine to make about 2TB
- Olive Oil
- Sea salt

Heat olive oil in a large pan over medium-high heat. Add the onions with a pinch of salt. Turn heat to medium and cook until onions are soft, stirring occasionally.

Add the squash to the pan and mix with onions. Add another generous pinch of salt. Cook until the squash is just tender (not soft or mushy)

Turn off the heat. Add the mint. Mix in and serve!

2-4 servings

Featured in the [21 Days, Everyday Blog](#)

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ZESTY BRUSSELS SPROUTS

4-6 servings

- 1 lb. brussels sprouts, halved or quartered
- 2-3 T coconut oil, melted
- ½ t sea salt
- Black pepper to taste
- 2 T olive oil
- Juice from ½ lemon

Directions

1. Preheat oven to 400F
2. Line a baking sheet with parchment paper
3. Toss together the sprouts, coconut oil and salt, pepper
4. Lay on the baking sheet sheet and roast for about 35 minutes or until fork tender
5. When done, put sprouts into a bowl and toss with olive oil and lemon juice

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ASPARAGUS AND BROWN SAGE BUTTER

3-4 servings

- 2 T coconut oil or ghee
- 1/2 T minced fresh sage
- 2 Cups diced asparagus
- Sea salt and pepper

Directions

1. Melt the oil over medium heat
2. Add the sage and saute until it begins to brown
3. Add the asparagus and saute until tender, maybe 5 minutes
4. Season to taste with salt and pepper

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CREATIVE VEGGIE STIR FRY

Serves 2-4

- 3 tablespoons olive oil or coconut oil
- 4-6 cups veggies, thinly sliced such as
- Summer squash
- Snow peas
- Mushrooms (fresh shiitake are especially good!)
- Carrots
- Broccoli
- Baby bok choy
- 3 cloves garlic, minced
- 1 tablespoon minced peeled fresh ginger
- Pinch of salt
- For serving: sesame seeds, toasted sesame oil, salt, red pepper flakes

Directions

1. Heat a flat-bottomed wok or large frying pan over medium-high heat until a drop of water vaporizes immediately on contact. Drizzle 1 tablespoon of the oil around the pan, add the firmer vegetables such as carrots, bok choy or broccoli, and season with salt. Using a metal spatula, stir-fry until they begin to soften. Scoop them out of the pan and onto a plate.
2. Add another tablespoon of oil to the pan, and stir fry moisture rich veggies like zucchini and mushrooms. Cook until they soften and begin to brown, then scoop onto plate. Transfer to the plate with the broccoli. Add last tablespoon of oil to the pan and add the snow peas if using, garlic and ginger, and a pinch of salt. Stir fry until the garlic and ginger are fragrant, just about 1 minutes.
3. Add the plate of cooked veggies back in, along with any juices. Serve over brown rice with a drizzle of sesame oil, sprinkling of sesame seeds, salt and red pepper flakes to taste.

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BAKED DELICATA STUFFED WITH MUSHROOMS AND GREENS

Approximately 4 servings | Adapted from The Kitchn

- 4 Delicata squash
- 1/2 large yellow onion, diced
- 4 tablespoons olive oil
- 8 ounces mushrooms, try cremini, portabello or mixed mushrooms like maitake, oyster or beech
- 1-2 bunches kale or other greens, washed and finely chopped (about 8 cups), leave slightly damp
- 2 tablespoons apple cider vinegar or water
- 2 cloves garlic, minced
- Freshly ground black pepper
- 2 teaspoons herbes de provence, italian seasoning, or 1/2 tsp each marjoram, basil, rosemary and thyme

Directions

1. Preheat the oven to 425°F. Line a small baking sheet with parchment paper. Cut the Delicata in two lengthwise and carefully scoop out the seeds to make four long 'boats.' If the boats are too wobbly, take a very thin slice off of the bottom so they'll sit flat. Brush with oil and place in the oven and roast until they are soft and just starting to char a little, about 30-40 minutes.
2. Meanwhile, in a large frying pan or cooking pot saute the onion in the oil until it softens and just starts to turn brown. While the onions are cooking, clean the mushrooms and chop them into small pieces. When the onions are ready, add the mushrooms to the pan. Add a little more oil if necessary. Saute until the mushrooms start to shrink and darken, about 5 minutes. Add the chopped greens and the apple cider vinegar or water. Toss in the pan (tongs are handy) until they start to wilt, then cover and let the greens cook for about 10-15 minutes, checking and stirring occasionally.
3. Stir in the herbs and add salt and pepper to taste. Stuff the mixture into the delicata and serve. Sprinkle with toasted sunflower or sesame seeds, or with tahini sauce (tahini diluted 3:1 with water) and dust with smoked paprika.

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SIMPLE ROASTED BRUSSELS SPROUTS

Serves 3-4

- 1 pound Brussels sprouts
- 1-2 TB organic olive Oil
- sea salt
- freshly ground pepper

Preheat oven to 400.

Trim ends of sprouts and cut in half (small ones can be roasted whole).

Toss with olive oil, and sea salt and pepper to taste.

Place on a rimmed baking sheet, and roast, stirring once or twice, until tender and slightly browned. Takes about 25-30 minutes.

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SAUTEED DANDELION GREENS

- 1 pound dandelion greens, rinses and torn into pieces
- 1 teaspoon salt
- 1-2 tablespoons olive oil, or a combination of olive oil and butter
- ½ onion, thinly sliced
- ¼ teaspoon red pepper flakes
- 2 cloves garlic, minced
- salt and ground black pepper to taste

Directions:

1. Bring a large pot of water with 1 teaspoon of salt to a boil; add greens and cook until tender, 3 to 4 minutes. Drain and rinse with cold water until chilled.
2. Heat olive oil and butter in a large skillet over medium heat. Add onion and red pepper flakes; cook and stir until onion is tender, about 5 minutes. Stir in garlic and cook until fragrant, about 30 seconds more.
3. Increase heat to medium-high and add dandelion greens. Continue to cook and stir until liquid has evaporated, 3 to 4 minutes. Season with salt and pepper.

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SAUTEED SWISS CHARD WITH LEMON AND GARLIC

[*From Happily from Scratch*](#)

Ingredients

- 2 bunches swiss chard (any color)
- ¼ cup extra virgin olive oil
- 1 head garlic, cloves peeled and thinly sliced
- Juice of ½ lemon
- Sprinkle of flaky sea salt

Directions

1. Wash your Swiss chard thoroughly (the curly leaves love to capture grit!) and pat dry.
2. Cut the stems off at the base of the leaves. Slice the stems crosswise into ½ inch thick slices.
3. Roughly chop the rest of the leaves (I do this by slicing each leaf vertically into 4 long strips, then roughly chopping crosswise into ~2-inch squares).
4. Don't bother removing the inner stems. Just chop them up with the leaves! They're thin enough to cook evenly with everything else.
5. Add the olive oil and sliced garlic to a large skillet and cook over low heat, stirring often, until the garlic is tender and just golden, but not browned. This should take about 5-10 minutes. If the garlic is cooking too quickly, turn down the heat.
6. When the garlic is tender, add the chard (leaves and stems) and increase the heat to medium. Cook, stirring occasionally, until the chard is just wilted and the stems are crisp tender. About 5 minutes more.
7. Turn off the heat, squeeze the lemon over the top of the chard, and sprinkle generously with flaky sea salt. Toss quickly to coat, then serve!

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LENTILS & GRAINS

GREEN LENTILS WITH CILANTRO AND MINT

- 3 TB olive oil or coconut oil
- 1/2 tsp cumin seeds
- 1/2 tsp black or yellow mustard seeds
- sprinkle of dry chili flakes
- 1 small onion, diced
- 2 cloves garlic (or more)
- 1-2 medium tomatoes, chopped (omit if not tomato season)
- 1 cup green lentils (aka French lentils)
- 3/4 tsp sea salt
- 1 tsp ground coriander
- 1/2 cup chopped fresh cilantro
- 1/2 cup chopped fresh mint
- 4 cups water or broth

Heat oil in deep pot over medium heat. Add cumin and mustard seeds. When they start to pop (just takes a few seconds) add chili flakes, onion, garlic. Saute until onion softens. Add tomatoes, cook a few more minutes. Add lentils, water/broth, salt, coriander, cilantro and mint. Bring to a simmer, cover and cook on a gentle simmer for 45-60 minutes. Add more water if needed.

Alternately, add the mint and cilantro during the last few minutes of cooking.

This is a very forgiving recipe - adjust according to your taste buds:)

Serves 4-6

From a 21 Day participant

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LENTIL SALAD

- 1 cup lentils (small French lentils are particularly good for this)
- 1/2 onion, diced small
- 1 carrot, diced small
- 4 cups water
- Dressing:
 - 3 Tbsp olive oil
 - 1 tsp lemon juice (or vinegar)
 - 1 small clove garlic, minced or pressed
 - unrefined salt and pepper to taste

Put salad ingredients in a small pot, bring to boil, then simmer for about 25 minutes. Make dressing while lentils are cooking. Don't overcook the lentils. Drain.

Dress lentils while warm. Eat room temperature or cold.

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LEMONY LENTILS

- 2 Tbsp butter or olive oil
- 3 cloves garlic
- 2 cups yellow or brown lentils, sorted and rinsed
- 4 cups chicken broth or water
- 1 Tbsp minced fresh ginger
- grated peel from 1 lemon
- 1/4 cup lemon juice
- unrefined salt and pepper
- chopped cilantro and lemon wedges

Melt butter in a 3-quart pan over medium high heat.

Add garlic and stir until just beginning to brown, about 1 minute.

Add lentils and stir to coat with butter, then add broth/water.

Simmer, covered, until lentils are tender, but not mushy, 20 to 30 minutes. They will thicken as they cool.

Stir in ginger, lemon peel, juice, salt and pepper to taste.

Serve with chopped cilantro and lemon wedges on the side.

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WILD RICE CASSEROLE

- 2 cups cooked wild rice
- 1/3 cup organic butter, melted
- 1 bunch green onions, chopped
- grated rind of 2 oranges
- 1/4 cup chopped parsley or cilantro (or a combo)

Preheat oven to 250. Combine all ingredients. Place in a casserole dish and bake for 30 minutes. Makes eight 1/2 cup servings.

From Nourishing Traditions by Sally Fallon

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HERBED QUINOA

- 2 3/4 cups chicken stock, water or a combo
- 1/4 cup fresh lemon juice
- 1 1/2 cups quinoa
- Dressing:
 - 1/4 cup extra-virgin olive oil
 - 1/4 cup fresh lemon juice
 - 3/4 cup chopped fresh basil leaves
 - 1/4 cup chopped fresh parsley leaves
 - 1 Tbsp chopped fresh thyme leaves
 - 2 tsp lemon zest
 - unrefined salt and freshly ground black pepper

For the quinoa: In a medium saucepan, add the chicken stock, lemon juice and quinoa.

Bring to a boil over medium-high heat.

Reduce the heat to a simmer, cover the pan and cook until all the liquid is absorbed, about 12 to 15 minutes.

For the dressing: In a small bowl, mix together the olive oil, lemon juice, basil, parsley, thyme, and lemon zest.

Season with salt and pepper, to taste.

Pour the dressing over the quinoa and toss until all the ingredients are coated. Transfer the quinoa to a bowl.

Season with salt and pepper, to taste, and serve.

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ROASTED MUSHROOMS WITH QUINOA

- 1/2 lb cremini mushrooms, chopped
- 1/2 lb oyster mushrooms, chopped
- 3 shiitake mushrooms, stemmed, chopped
- 1/2 cup plus 2 Tbsp extra-virgin olive oil
- Unrefined Kosher salt and fresh-ground pepper
- 1/4 cup balsamic vinegar
- 2 tsp finely chopped fresh marjoram
- 1 cup quinoa
- 4 ounces mesclun greens

Heat oven to 400 degrees.

Place mushrooms in a roasting pan, toss with 2 Tbsp olive oil and season with salt and pepper.

Roast, stirring a few times, until golden brown, 25 minutes.

Whisk together the remaining 1/2 cup oil, vinegar, marjoram and parsley. Season with salt and pepper. Reserve 3 Tbsp of the vinaigrette.

Add the warm mushrooms to remaining vinaigrette, season with salt and pepper, and stir to combine.

Let marinate at room temperature for at least 30 minutes.

Rinse the quinoa in a fine-mesh strainer under cold running water for 1 minute. Drain well.

Transfer to a medium saucepan.

Add 2 cups cold water and 1 tsp. salt; cover and bring to a boil.

Reduce heat to low; cook until quinoa is tender and water has evaporated, 18 minutes.

Turn off heat and let stand, covered, for 10 minutes.

Stir quinoa into mushrooms.

Toss the greens with the reserved vinaigrette.

Top with the quinoa-mushroom salad.

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LENTILS WITH GARLIC, LEMON JUICE, OLIVE OIL, MINCED GREEN ONION

- 1.5 cups dried French or beluga lentils, sorted & rinsed
- Bay leaf
- 1/2 raw onion
- 2 garlic cloves
- 1 carrot
- 1 celery rib (optional)
- Olive oil
- Fresh lemon juice
- Minced garlic
- Salt
- Green onion

Visually inspect lentils for rogue individuals, rocks and clumps of dirt, then rinse in a colander. Place lentils in plenty of cold water and 1-2 bay leaves and bring to a boil. Turn down the heat and cook on medium low heat until lentils are cooked but not mushy, about 25 minutes. Strain in a fine colander to drain liquid. Put lentils into serving dish and add fresh lemon juice, olive oil, minced garlic and salt to taste. Once lentils have cooled, fold in finely chopped green onion. Serves 4-6.

From The Vegetarian Gourmet's Margaret Riesen Cooking Class 2012

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LENTIL MUSHROOM PATTIES WITH CHIMICHURRI

4 servings

- 2 cups cooked lentils
- 1 T olive oil
- 1 cup finely chopped onion
- 2 stalks of celery, finely chopped
- 2 garlic cloves, minced
- 4 cups of mushrooms, chopped
- 1 T Dijon mustard
- 1 tsp balsamic vinegar
- 1 1/2 tsp dried thyme
- 1 T of flax meal mixed with 3 T water
- 1/4 tsp freshly ground black pepper
- 3/4 tsp sea salt
- 2 T sunflower seeds

Directions

1. Preheat oven to 350 degrees F.
2. Mash lentils with a potato masher or the back of a fork in a large bowl.
3. Combine flax meal with water and set aside - this acts as an 'egg', binding the patties together
4. Heat olive oil in a large skillet over medium heat. Add in onions and sauté for 3 minutes or until translucent. Add in celery, garlic cloves and mushrooms, cook for about 5 minutes or until the mushrooms have wilted and reduced down.
5. Add the mushroom mixture to the lentils and add the dijon, balsamic, and thyme. Mix until combined, then stir in the flax 'egg', salt and pepper and sunflower seeds.
6. Using your hands, form into 8 balls.
7. Place on a silicone or parchment lined baking sheet and flatten slightly using a spatula or back of a large spoon.
8. Bake for 15 minutes, Remove from oven and flip. If they come apart slightly use your hands to squish them back into shape. Bake for another 10 minutes.
9. Let cool on baking sheet for at least 10 minutes before serving. Can be eaten warm or at room temperature. Serve with Chimichurri (below)

[*Recipe in the 21 Day Sample Meal Plan*](#)

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PEAR APPLE QUINOA PORRIDGE

2 servings

Cook time: 20 mins

Total time: 20 mins

Ingredients

- 1/2 cup quinoa
- 1 cup water
- 1 apple, cored
- 1 pear, cored
- pinch cinnamon
- Toppings of choice: roasted sunflower seeds, berries, chia seeds

Instructions

1. Bring the water to a boil and stir in the quinoa. Cover and simmer until cooked. About 15 to 20 minutes. Alternatively, you can use 1 cup of plain cooked quinoa from the day before and re heat it.
2. Fluff the quinoa with a fork and allow to rest.
3. Add apple and pear to a pan with 1-2 T butter and saute until soft, sprinkle with cinnamon
4. Add toppings and serve right away.

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WARM QUINOA AND CARDAMOM PEAR CEREAL WITH TOASTED SUNFLOWER SEEDS

4 servings

- 4 ripe yet firm Bosc or Bartlett pears
- 3 cups water
- 6-8 cardamom pods, bruised
- 1 cup cooked quinoa
- Toasted sunflower seeds
- Sea salt

Directions

1. You can also use other spices you prefer, or a tea bag such as herbal chai for super easy spicing. Apples can be substituted for pears
2. Cut the pears in half from top to bottom. For a fancier dessert, peel and cut carefully to leave stems intact. Core each pear half by scooping out the center with a melon baller or spoon. Bruise the cardamom pods to crack them open slightly. The easiest way to do this is whack them firmly with the side of a large knife or a meat mallet, or the bottom of a coffee mug or glass.
3. Combine water, pears and spices in your Instant Pot and set Manual/Pressure Cook cook time to 10 minutes. You can quick release if you prefer a firmer pear, or allow to natural release for soft pears. On the stovetop, simmer for 15-20 minutes until pears are easily pierced with a knife.
4. For a thicker, sweeter liquid, remove the pears with a slotted spoon, and press Saute. Simmer the liquid for a 5-10 minutes until it reduces.
5. Serve 2 pear halves warm or at room temperature over ¼ cup cooked quinoa. Sprinkle with toasted sunflower seeds and pinch of sea salt .

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CLASSIC COLD LENTIL SALAD

4 servings

- 1 cup dry brown lentils
- 1 carrot, diced
- 1/2 cup finely diced red onion, rinsed with cold water in a fine mesh sieve, drained
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider vinegar or white wine vinegar
- 1 tablespoon Dijon mustard
- 1 clove garlic, finely minced or grated on a microplane
- 2 teaspoons finely chopped fresh thyme or 1 teaspoon dried thyme, plus more to garnish
- 1/2 teaspoon salt
- ground black pepper, to taste

Directions:

Add lentils to a medium saucepan and cover with 3 inches of water. Bring to a boil, reduce to a simmer, partially cover (do not fully cover or it will boil over) and cook until tender, about 25 minutes. Drain in a large fine mesh sieve and rinse with cold water; drain well and add to a large bowl.

To lentils, add carrot, rinsed red onions

In a small bowl, combine oil, vinegar, mustard, garlic, thyme, salt and pepper. Add to lentils and toss to combine. Transfer salad to a serving bowl and garnish with additional thyme, if desired. Serve room temperature or chilled. Store leftovers airtight up to 4 days.

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SPEEDY RED LENTIL AND COCONUT DAL

8 servings

- 3 cups water
- 2 cups dried red lentils
- 1 15 oz can of coconut milk
- 1 tablespoon curry powder
- 2 teaspoons turmeric
- 1 teaspoon cumin
- 1 teaspoon ginger
- 1/2 teaspoon salt & pepper

Bring water to a boil, then add lentils and coconut milk. Return mixture to a boil then reduce to simmer. Cook for 10 minutes, until the lentils have softened, then stir in spices and cook another 5.!

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RADISH & LENTIL SALAD

- 3 cups chicken or veggie broth OR water
- 1 cup black beluga lentils rinsed
- 3 tablespoons red-wine vinegar
- 2 teaspoons whole-grain mustard
- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{1}{2}$ teaspoon ground pepper, divided
- 6 tablespoons extra-virgin olive oil, divided
- $\frac{1}{2}$ cup roasted sunflower seeds
- $\frac{1}{2}$ cup thinly sliced radishes
- 1 medium shallot, thinly sliced
- 2 tablespoons chopped fresh mint, plus more for garnish
- 2 tablespoons chopped fresh parsley, plus more for garnish

Combine broth and lentils in a small saucepan. Bring to a boil, then reduce heat to maintain a low simmer. Cover and cook until the lentils are tender, 15 to 20 minutes. Remove from heat and drain any remaining broth.

Meanwhile, whisk vinegar, mustard and $\frac{1}{4}$ teaspoon each salt and pepper in a medium bowl. Slowly whisk in 4 tablespoons oil. Reserve 2 tablespoons vinaigrette in a small bowl.

Add the lentils, sunflower seeds, radishes, shallot, mint, parsley and $\frac{1}{4}$ teaspoon salt to the dressing in the medium bowl and stir to combine.

Drizzle with the reserved 2 tablespoons vinaigrette. Garnish with more parsley and mint, if desired.

Recipe from EatingWell.com modified for the 21 Days Cleanse

Featured in the [21 Days, Everyday Blog](#)

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SAUERKRAUT/KIMCHEE

BASIC SAUERKRAUT

- 1 liter glass jar with plastic lid or spring lid
- 1 cabbage medium sized
- 2 Tbsp unrefined sea salt
- 1 Tbsp of caraway seeds or fresh chopped dill

Grate cabbage with a hand grater or process in a food processor, then mix with salt and caraway seeds or dill in a large food grade plastic bucket (get them at a hardware store) or a large bowl.

Pound with a meat mallet or wooden pounder of some kind. Pound until the juices cause suction when you pull the pounder out of the mix.

Press the mixture into a clean glass jar using a wooden spoon. Press firmly until the juice rises to the top and covers the mixture, which it will do when it is pounded enough.

Leave at least one inch or more of space at the top of the jar to allow for expansion.

Cover the kraut and store the jar in a cupboard for 3-5 days (depending on the ambient temperature) before transferring to the refrigerator.

The sauerkraut may be consumed after a couple of weeks, though if you allow the fermentation process to continue for a month or so in the refrigerator, you will be well rewarded with a most delicious flavor.

As with all fermenting, follow your nose. If it smells putrid or you have any doubts about the quality, then discard the sauerkraut and start again.

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GRANDMA'S KIMCHEE

- 1 large Napa cabbage
- 1 medium yellow onion chopped
- 1/2 carrot peeled and chopped
- 3 cloves garlic chopped
- 1 Tbsp ginger chopped
- 1 Tbsp dry Korean chili pepper
- unrefined salt to taste

Wash outer leaves of cabbage.

Cut cabbage into 1/2 inch pieces, or grate.

Combine cabbage with other ingredients and process as directed in Basic Saurkraut Recipe.

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SNACKS & DESSERT

BAKED APPLES

- 1 apple per serving
- Butter
- Cinamon

Directions

1. Preheat the oven to 350 F degrees.
2. Core the apples making sure not to go all the way through and to leave the bottom on the apples.
3. Fill the hollowed out core with 1 tbsp of butter.
4. Sprinkle with cinnamon and nutmeg.
5. Bake until tender, about 30-40 minutes or until apples are soft.

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COCONUT CHIA SEED PUDDING

1 can full fat organic coconut milk

¼ cup chia seeds

Wisk chia seeds into coconut milk. Chill in the fridge. Enjoy as is, or with berries or seeds on top.

From the Boss of Sauces class with Lexa Walsh

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KALE CHIPS

Snack food genius! A great way to eat your greens, these kale chips stand out from the rest thanks to a simple single ingredient: cider vinegar. It gives these veggie crisps a nice tang that balances kale's bold flavor. You can also leave the vinegar out. Try it both ways. Watch them towards the end that they don't get over cooked. If the cookie sheet is crowded, give them a stir halfway through.

- 1 bunch kale, washed, dried & torn into 2" pieces
- 1 Tbsp olive oil
- 1 Tbsp cider vinegar
- unrefined salt

Preheat oven to 300 degrees.

Whisk oil and vinegar.

Toss kale in the dressing until thoroughly coated.

Line a baking sheet with parchment paper. Place kale in a single layer and sprinkle with salt.

Bake until crispy, about 30-40 minutes.

Or use a dehydrator.

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GUACAMOLE

- 3 medium avocados
- 1 lime, juiced
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground cumin
- 1/2 tsp cayenne
- 1/2 med onion, diced
- 1 clove garlic, minced
- 1 Tbsp chopped cilantro
- 1 small tomato, if in season
- raw veggies – carrots, celery, jicama, etc.

Cut avocados in half, remove seeds and mash with a potato masher.

Add juice and spices, mash some more.

Stir in onion, garlic and cilantro. Enjoy with the raw veggies.

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STEAMED SWEET POTATO

In a hurry? Slice a sweet potato into 1/2 inch slices, steam for 5-10 minutes. Dress with olive oil or butter and sea salt. Almost instant!

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SWEET POTATO OR CARROT FRIES

- 1-2 sweet potatoes, or 8 large carrots cut into fries
- 3 Tbsp olive oil
- unrefined salt
- cayenne pepper (optional)

Directions

1. Preheat oven to 350 degrees.
2. Cut sweet potatoes into fries.
3. Place fries into a bowl, drizzle with olive oil, add salt, pepper, cayenne and toss together, making sure the fries are well coated.
4. Place on baking sheet and put into oven.
5. Bake for 35-45 minutes, until sweet potatoes are golden crispy on the outside and tender on the inside. (Depending on your oven it can take longer.)

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VEGGIES & GUACAMOLE

- 3 medium avocados
- 1 lime, juiced
- 1/2 tsp sea salt
- 1/2 tsp ground cumin
- 1/2 tsp cayenne
- 1/2 med onion, diced
- 1 clove garlic, minced
- 1 TB chopped cilantro
- 1 small tomato (if in season)
- Raw veggies - carrots, celery, jicama, etc.

Cut avocados in half, remove seeds and mash with a potato masher. Add lime juice and spices, mash some more. Stir in onion, garlic and cilantro. Enjoy with the raw veggies.

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VEGGIE ROLLS

- 1 large collard green leaf
- 1/4 cup shredded beet
- 1/4 cup shredded carrot
- 1/4 cup thinly sliced red bell pepper
- 3 Tbsp ripe avocado, acts as “the glue”
- 1/4 cup sprouts

Carefully cut out the stem of the collard leaf, facing the two flaps toward you

Place a small amount of avocado, which will act like glue, then small amounts of remaining vegetables on top in a cute pile, finishing with the sprouts. Roll the two ends in, fold in the sides, and roll! You can use chard or kale leaves in place of collards as long as they are big enough to stuff.

From the Boss of Sauces class with Lexa Walsh

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NORI ROLLS

- Nori
- Brown rice, pre cook, use as a landing pad
- Mushrooms, sauteed
- Grated carrots
- Pickled red onions
- Microgreens, any kind will do

Grab a small bowl of water. Place Nori sheet shiny side down, with barely visible lines faced horizontally, on top of the sushi roller. Place a few spoonfuls of rice toward the first third of the sheet, closest to you. Layer other ingredients on top of the rice. Put your fingertip on some water and rub on back edge of nori. Fold over the front and roll until it meets the back end. Roll back and forth so it sticks.

Alternatively, if you don't have a sushi roller, we'll make hand rolls.

From the Boss of Sauces class with Lexa Walsh

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SEEDED CRACKERS

- 1.5 cups mixture of any combination of seeds, to your own taste:
 - Coriander seeds
 - Sunflower seeds
 - Pumpkin Seeds
 - Fennel Seeds
- Raw sesame seeds about 1 tsp
 - Virtually any other tasty seed
- 1/2 cup Chia Seeds, mandatory, as its the binder
- Pinch Dried Rosemary
- Salt and pepper

Preheat your oven to 350.

Combine seeds with rosemary and S & P. If you love different flavors, this is a great place to experiment! The only “must have” in this recipe is that by proportion, 1/4 of the seeds need to be chia, as they are the binding agent.

Add enough water to cover- about 2 cups. Let stand for ten minutes to activate the chia’s sticking properties.

With your hands, spread out the mixture onto a parchment-lined baking sheet as thin as you can. Bake for an hour or until edges are brown. Check on crackers at the 45 minute mark and break off ends, in case the middle is thicker and needs to bake longer to dry out. Then you have amazing artisanal crackers that can be stored in a tin or in a Ziplock bag (after cooling) for weeks!

From the Boss of Sauces class with Lexa Walsh

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ROASTED HARISSA PUMPKIN SEEDS

4-8 servings

- 2 T coconut oil
- 1 cup raw organic pumpkin seeds
- 1 teaspoon harissa powder
- Sea salt - start with 1/8 tsp. Adjust to your liking.

Heat the oil in a small pan until it crackles.

Toss in pumpkin seeds and stir constantly/when they start popping add spice and salt.

Total cook time is 5 minutes or less.

[*Recipe in the 21 Day Sample Meal Plan*](#)

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PEAR APPLE QUINOA PORRIDGE

2 servings

Cook time: 20 mins | Total time: 20 mins

- 1/2 cup quinoa
- 1 cup water
- 1 apple, cored
- 1 pear, cored
- pinch cinnamon
- Toppings of choice: roasted sunflower seeds, berries, chia seeds

Instructions

1. Bring the water to a boil and stir in the quinoa. Cover and simmer until cooked. About 15 to 20 minutes. Alternatively, you can use 1 cup of plain cooked quinoa from the day before and re heat it.
2. Fluff the quinoa with a fork and allow to rest.
3. Add apple and pear to a pan with 1-2 T butter and saute until soft, sprinkle with cinnamon
4. Add toppings and serve right away.

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CHIA PUDDING

2-4 servings

- 1/4 cup chia seeds
- 2 tbsp shredded unsweetened coconut
- 1 & 1/4 cup light coconut milk
- Fresh berries, washed and sliced
- Toasted sunflower seeds
- Unsweetened coconut chips

DIRECTIONS

1. Mix all the ingredients together in a bowl.
2. Let sit on the counter for 10 minutes, giving it a stir every 2-3 minutes.
3. Cover and place in the fridge to firm up for 1-2 hours.
4. Remove from fridge and top with the berries, seeds, chips!

Enjoy

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CREAMY FRUIT SALAD

Approximately 5 servings

- 1/4 cup coconut cream
- 1 orange, peeled and diced
- 1 pear, cored and diced
- 1 apple cored and diced
- 1/4 cup unsweetened shredded coconut
- 1/4 raw sunflower seeds
- 1 tsp cinnamon

Directions

1. Chill a full fat can of organic coconut milk overnight in fridge
2. Mix all the ingredients together except the coconut cream
3. Open the chilled can of coconut milk and scoop out the fat or cream that separated and measure out 1/4 cup and add to the bowl, mix well
4. Serve with extra coconut flakes on top

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COCONUT WHIPPED CREAM

Ingredients

- 1 can, full-fat, well-chilled coconut milk
- Cinnamon to taste
- Grated [vanilla bean](#) or or [vanilla powder](#) to taste

Directions

1. Leave coconut milk in the refrigerator a minimum of 2 hours but best overnight
2. Do not shake the can before opening.
3. Scoop out the full fat “cream” from the top. Reserve the coconut “water” for use in your next 21 Day shake.
4. Add cinnamon and vanilla.
5. Mix in a bowl until it thickens.
6. Serve with fresh fruit and enjoy!

Adapted from [The Nutty Kitchen](#)

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QUINOA COCONUT CHERRY PUDDING

Adapted from everydayhealthyrecipes.com

About 2 servings

- 1 ½ cups fresh or frozen cherries (or other fruit)
- 1/2 cup quinoa uncooked
- 1 cup coconut milk
- 1/3 cup water

Instructions

Rinse the quinoa and allow to drain. Set aside.

Place the cherries in a medium saucepan and cook over a high heat until the cherries have completely thawed and a syrup starts to form, stirring often (for about 5 minutes). You may need to add some water if using fresh cherries or fresh fruit.

Add the quinoa, coconut milk and water, stir thoroughly, cover and bring to a boil. Lower the heat to a low simmer and cook for 35-40 minutes, until the quinoa has softened and thickened, stirring every few minutes (ensure the mixture doesn't stick to the pan). If the mixture starts to bubble up too much open the lid a little.

Serve hot or cold with toasted seeds, coconut shreds, fresh fruit or simply on its own. The pudding will thicken as it stands (you can add a bit more coconut milk or water if you prefer it thinner).

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BEVERAGES

GINGER TEA

Add 2-3 Tbsp grated fresh ginger to 2 cups water.

Bring to a boil then simmer for 10 minutes. Strain and drink warm, or cool. Ratios of ginger and water can be adjusted to your preference.

From the original 21 Day Recipes

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SHAKES

FOR ALL SHAKES

- 2 scoops SP Complete and 1-2 scoops Whey Pro OR 3 scoops SP Complete Dairy Free instead of SP Complete/Whey Pro
- 8 ounces water (more or less depending on how thick you like your shake)
- 1/2-1 cup fruit and/or unlimited vegetables
- ice (optional)
- 1 Tbsp Flax or Olive oil (optional)

Some people enjoy using herb tea (steep and let cool to room temperature or chill) as the liquid base.

Add all the ingredients into a blender and blend.

COMBINATION

Spinach Shake

- lots of fresh spinach, rinsed
- 1/8-1/4 banana
- squeeze of lime
- a nub of fresh ginger (optional)

Spinach-Plus Shake

- lots of fresh spinach, rinsed
- 1/4-1/2 avocado
- 3-4 cherry tomatoes
- juice of 1/4-1/2 lemon
- 1/2 jalapeno
- cube of caramelized onions and mushrooms

Spinach Avocado Shake

- fresh spinach leave, several handfuls
- 1/4-1/2 small avocado
- 1/4 banana
- squeeze of lemon

Spinach Ginger Apple Shake

- fresh spinach leave, several handfuls
- 1/4 apple
- a chunk of ginger (more or less to taste)
- squeeze of half a lemon

Mango Kale

- 1/2 cup fresh mango
- 1 cup kale

Fruit Shake

- 1/4 cup of berries
- 1/4 banana

Summer Super Hydration Shake

- 1 small or 1/2 a large cucumber
- 1/2 a modest size zucchini
- 1/2 cup watermelon or strawberries
- 1-2 large handfuls of spinach or supergreens
- A few fresh mint leaves
- 2 scoops SP Complete or SP Complete Dairy Free
- 1-2 teaspoons coconut oil or coconut butter
- 1-2 cups water

Spinach Mango Avocado Shake

- 1 large handful of spinach
- 1/2 banana
- 2-ish chunks of frozen mango
- a couple of spoonfuls of avocado
- a few sprigs of cilantro
- 1-3 slices of fresh ginger
- 1-2 tsp of coconut oil or tahini
- pinch of salt

Beet Smoothie

- 1 small raw (or cooked) beet
(about 2/3 cup peeled and diced)
- 1 large green apple (chopped, skin on)
- 1/2 banana (chunks)
- 1/2 cup fresh or frozen pineapple chunks (substitute fresh or frozen blueberry, or mango)
- 2 scoops SP Complete and 1-2 scoops Whey Pro OR 3 scoops SP Complete Dairy Free instead of SP Complete/Whey Pro
- 1 cup water (or less if you use ice cubes)

Optional

10 ice cubes

1/2 tsp grated ginger

Mix all ingredients in blender. Drink, enjoy!

*Slightly modified from
ACoupleCooks.com*

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ANIMAL PROTEIN

FISH IN A PACKET

- 2 wild-caught fish fillets, 4 oz each, rinsed
- 2 fennel bulbs, thinly sliced
- 1 small tomato, sliced
- 8 thin slices red onion
- 2 TB olive oil
- juice of 1 lemon or lime
- 1 TB chopped fresh dill (or 1 tsp dried)
- sea salt and pepper
- aluminum foil or parchment paper

Preheat oven to 450.

Fold 2 large sheets of foil in half to create 2 double-thick squares. Brush a bit of olive oil on the center of each square.

Layer half the sliced fennel, onions and tomatoes on each square. Top with fish.

Combine olive oil, lemon/lime juice and dill in a small bowl and pour over fish. Sprinkle with salt and pepper. Fold foil into an air-tight packet. Bake for 20 minutes. Be careful to avoid the steam when opening packets.

Serves 2

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GRASS-FED BEEF BURGER

- 1 large onion or 2 small, cut in half and sliced thin
- 12 button mushrooms, stems removed, cleaned and sliced
- olive oil, organic butter or a combo of the two
- sea salt
- pepper
- 1/2 lb grass-fed ground beef
- 1 clove garlic

Heat 2 TB olive oil, butter or combo in a large skillet. Add onions, sprinkle with salt and cook on medium heat, stirring occasionally until onions begin to soften. Add mushrooms and cook until onions are very soft. Meanwhile, put beef in a bowl, crush garlic into meat and season with salt and pepper. Use your hands to mix well. Shape into 2 patties. When onion and mushrooms are done, push them to the side of the pan, add a bit more oil and add burgers. Cook on medium heat. Grass fed beef cooks more quickly than feed-lot beef, so cook a minute or two less per side for a similar thickness regular burger. Serve burgers topped with onions and mushrooms.

Serves 2

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20-40 GARLIC CLOVE CHICKEN

- 3-4 lbs chicken pieces, bone-in, skin on
- 1 large onion, sliced
- 1 TB olive oil
- 2 tsp sea salt
- 2 tsp paprika
- 1 tsp pepper
- 20-40 garlic cloves, peeled, but whole

Place onion slices on the bottom of the stoneware insert. In a large mixing bowl, toss chicken parts with olive oil, salt, paprika, pepper, and all of the garlic cloves. Pour into slow cooker, on top of the onion. Do not add water.

Cover and cook on low for 6-8 hours, or on high for 4-6. The longer you cook it, the more tender the chicken will be.

This recipe comes from "A Year of Slow Cooking", a blog done by a woman who cooked crock pot recipes every day for a year. Refreshingly, most of her recipes use primarily unprocessed ingredients, which I have found to be uncommon in the world of crock pot recipes.

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PERSIAN LIME CURRY CHICKEN

This is a ridiculously simple recipe from Oaktown Spice Shop that packs a big flavor punch, featuring one of their many amazing spice blends.

Because it is easy, takes just a few ingredients, is quick to prepare, and is incredibly delicious, it is now one of my go-to everyday recipes, on and off the cleanse.

I use broth in lieu of water when I have it on hand for an even richer flavor. I think using some coconut milk would make this even more amazing.

Serve over rice, riced cauliflower, or eat as a brothy soup.

- 1–2 tablespoons Persian Lime Curry Rub
- Salt
- 4 bone-in chicken thighs
- 2 tbsp olive oil
- 3/4 cup water
- 4 cloves garlic, minced

Sprinkle chicken with the Persian Lime Curry Rub and salt, making sure to coat both sides. Heat a skillet over medium-high heat and add the oil. When it's hot, brown the chicken on both sides, about 6 minutes per side.

Add the water and garlic. Bring to a boil and reduce the heat to a simmer. Cover and braise for about 25 minutes until the chicken is cooked through.

Serves 4

Featured in the [21 Days, Everyday Blog](#)

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PAN-FRIED STEAK

(For meat-eaters)

While we wouldn't recommend eating a steak on Day 11 :), a little celebratory steak on Day 19 might not be so bad! At a recommended serving size of 3 to 4 oz per person, you'll want to take your time and chew each delicious, savory bite thoroughly and slowly.

Pick up a sustainably raised, naturally fed, cut of steak at Local Butcher in Berkeley. Choose your cut based on your preferences in regards to amount of saturated fat and price. Here's a guide to the different cuts.

Pan seared steak - good for rib-eye and strip steak cuts (I also use this method for t-bone steaks)

- Thick bottomed or cast iron pan
- 3 to 4 oz steak
- A few pats of butter

The following to taste:

- Clove(s) of garlic
- Sprig(s) of rosemary
- Salt & pepper

Directions

1. Heat a dry pan on medium-high heat.
2. When the bottom begins to radiate heat, place steak on the pan.
3. Leave steak to sear for 2 to 3 min or until steak can move freely on pan.
4. Turn the steak over and sear the other side for 1 to 2 min.
5. Add butter, garlic cloves and rosemary sprigs.
6. Flip steak a few times and spoon butter et al over the steak after each flip.
7. Cook to a point before desired doneness*.
8. Place steak on a plate and let it rest a minimum of 5 to 7 minutes and up to 5 minutes for every inch of thickness.
9. Serve with 1/2 a roasted sweet potato, some salad then eat (slowly) and enjoy!

**You can use a thermometer to determine doneness:*

Rare: 120°–125°, Medium Rare: 130°–135°, Medium: 140°–145°, Medium Well: 150°–155°, Well Done: 160°–165° (we highly do not recommend well done for a good cut of steak :)

No thermometer? You can use the pad of flesh on your palm under your thumb to determine doneness. Tap the area with your hand open and then tap the area with your hand in a tight fist. Loosen the fist and tap the area again. The feeling with the hand open is roughly how the steak will feel if it is rare, the feeling with the hand in a tight fist is well done, and the looser the fist, the more you move from medium well to medium rare.

Another reminder is that steak is perhaps best viewed as a “feast food” meaning, only partake once in a while - it’s possibly healthier for you and definitely for the environment!

Featured in the [21 Days, Everyday Blog](#)

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21 DAY SAMPLE MEAL PLAN!

Here's a little info to help you use this tool to make your 21 Days even better.

The meal plan is designed for two people doing the standard 21 Days to Better Health Plan. During your consultation, your guiding practitioner will make any personalized recommendations, and use those to modify your meal planning.

This meal plan is a lot of food and a lot of cooking! Don't feel like you have to eat everything on the plan or follow it exactly. Always use your own hunger, fullness and preferences to determine what you eat. Talk with your practitioner if you have trouble determining when you're hungry or full.

Shakes. Generally during the 21 Days you are having two or more shakes a day, and they're indicated on the meal plan. [Tasty shake recipes](#) can be here or in the [Table of Contents](#)!

Meals on a red background are leftovers. If you'd like to cook less, double or triple recipes, especially basics like sweet potatoes, lentils, brown rice or quinoa, and recipes like soups, which can also be frozen for the following week.

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21 DAY SAMPLE MEAL PLAN WEEK 1 - Back to [Table of Contents](#)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	- Sweet Potato And Veggie Hash	- Pear-Apple Quinoa Porridge	-Sweet Potato And Veggie Hash	-Pear-Apple Quinoa Porridge	-Creamy Fruit Salad	-Pear-Apple Quinoa Porridge	-Creamy Fruit Salad
Snack	shake	shake	shake	shake	shake	shake	shake
Lunch	- Spicy Cauliflower Soup -with Spicy Slaw , -sliced avocado	-Sweet Potato Veggie Hash with -Zesty Brussels Sprouts	-Classic Cold Lentil Salad, -Asparagus and Brown Sage Butter, -Spicy Slaw	-Spicy Cauliflower Soup -Zesty Brussels Sprouts -endive with Basic Vinaigrette	-Green salad -with Roasted Harissa Pumpkin seeds, -Asparagus with Brown Sage Butter, -1/2 cup brown rice	-Alice Waters Minestrone Soup -1/2 avocado	-Classic Cold Lentil Salad, - Carrot Stick Oven Fries
Snack	- Roasted Harissa Pumpkin Seeds -plus shake	-Sliced jicama with lime juice -plus shake	-1/2 sliced avocado, -plus shake	-Roasted Harissa Pumpkin Seeds, -plus shake	- Roasted Cauliflower Hummus -with Veggie Sticks	- Cauliflower Hummus -with Veggie Sticks	-Cauliflower Hummus -with Veggie Sticks
Dinner	- Classic Cold Lentil Salad , - Zesty Brussels Sprouts , -small green salad	-Spicy Cauliflower Soup, -1/2 an avocado, - Asparagus and Brown Sage Butter	- Creative Veggie Stir Fry -with 1/2c brown rice	-Classic Cold Lentil Salad, -Spicy Slaw, -Sweet Potato And Veggie Hash	- Carrot Stick Oven Fries -and Alice Waters Minestrone Soup	-Classic Cold Lentil Salad, -Spicy Slaw	-Alice Waters Minestrone Soup -Small salad with Basic Vinaigrette
Snack	- Baked Apple	- Chia Pudding	- Creamy Fruit Salad	-Chia Pudding	- Simple Baked Apple	-Shake	-Simple Baked Apple

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	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Breakfast	<u>Sweet Potato and Apple ginger Hash with kale and toasted pumpkin seeds</u> , sauerkraut	Shake	<i>Sweet Potato and Apple ginger Hash with toasted pumpkin seeds, sauerkraut</i>	Shake	<u>Warm quinoa and cardamom pear cereal with toasted sunflower seeds</u>	Shake	<i>Warm quinoa and cardamom pear cereal with toasted sunflower seeds</i>
Snack	Shake	Roast veggie dip with carrot sticks	Shake	Steamed veggies with chili, lime and toasted pepitas	Shake	Carrot sticks with tahini	Warm quinoa and cardamom pear cereal with toasted sunflower seeds Shake
Lunch	<u>Roasted Veggie Dip</u> with carrot and celery sticks, cup bone broth	<i>Hella Veggies Lentil soup with pesto, berries</i>	<i>Golden Winter Sunshine Soup, with kachumber salad, sauerkraut</i>	<i>Lentil mushroom patties with chimichurri and mashed cauliflower, sauerkraut</i>	<i>Golden Winter Sunshine Soup</i>	<i>Hella Veggies Lentil Soup with pesto</i>	<i>Baked delicata stuffed with mushrooms and greens, sauerkraut</i>
Snack	Shake	Shake	Shake	Shake	Shake	Shake	Shake
Dinner	<u>Hella Veggies Lentil soup with pesto</u> , berries	<u>Golden Winter Sunshine Soup</u> , with <u>kachumber salad</u> , sauerkraut	<u>Lentil mushroom patties</u> with <u>chimichurri</u> and mashed cauliflower, sauerkraut	<i>Hella Veggies Lentil Soup with pesto,</i>	<i>Lentil mushroom Patties with roast veggie dip, steamed carrots with zaatar</i>	<u>Baked delicata stuffed with mushrooms and greens</u> , sauerkraut	<i>Golden Winter Sunshine Soup</i>
Snack if needed	Sliced apple with lemon juice and cinnamon	Steamed cauliflower with sesame seeds and sea salt	Sweet Potato with ghee and cinnamon	Shake	Sliced apple with lemon and cinnamon	Sweet potato with ghee and cinnamon	Mixed berries with sunflower seeds

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	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Breakfast	<u>Quinoa Coconut Cherry pudding</u>	<u>Kabocha-apple bake</u>	Shake	Kabocha-apple bake	Quinoa Fdal Cherry pudding	Shake	Shake
Snack	Shake	shake	Berries with coconut shreds	Shake	Shake	Artichoke with dijon vinaigrette	<u>Spiced pumpkin seeds</u>
Lunch	<u>Hella Veggies Lentil Soup</u> , berry bowl	<u>Sweet Potato and parsnip fritters</u> with pan seared cod and sauerkraut	Speedy Red Lentil Coconut Dal on Cauliflower Rice with kachumbar	Turkey Zucchini Burgers on salad greens with vinaigrette, sauerkraut	Quinoa-lentil salad with toasted pumpkin seeds	Lamb chops with ratatouille (from Recipes for Better Health) and baked squash, sauerkraut	Lentil+mushroom veg 'Burritos' in chard wrap, fresh tomato salsa, pickled radish
Snack	Shake	Roast veggie dip with carrot sticks	Guacamole (<i>from Recipes for Better Health</i>) with jicama sticks, chili and lime	Shake	Guacamole with jicama scoops, chili and lime	Shake	Shake
Dinner	<u>Sweet Potato and parsnip fritters</u> with pan seared cod and sauerkraut	<u>Speedy Red Lentil Coconut Dal</u> on <u>Cauliflower Rice</u> with <u>kachumbar</u>	<u>Turkey Zucchini Burgers</u> on salad greens with vinaigrette, sauerkraut	<u>Quinoa-lentil salad with toasted pumpkin seeds</u>	<u>Lamb chops with ratatouille</u> (<i>from Recipes for Better Health</i>) and baked squash, sauerkraut	<u>Lentil + mushroom Burritos in chard wrap</u>	Quinoa-lentil pilaf with kale salad and carrot-ginger dressing sauerkraut
Snack	<u>Roast Veggie Dip</u> and carrot sticks	Shake	Shake	Berries with coconut shreds	Shake	Coconut fried pears	Berries with coconut shreds