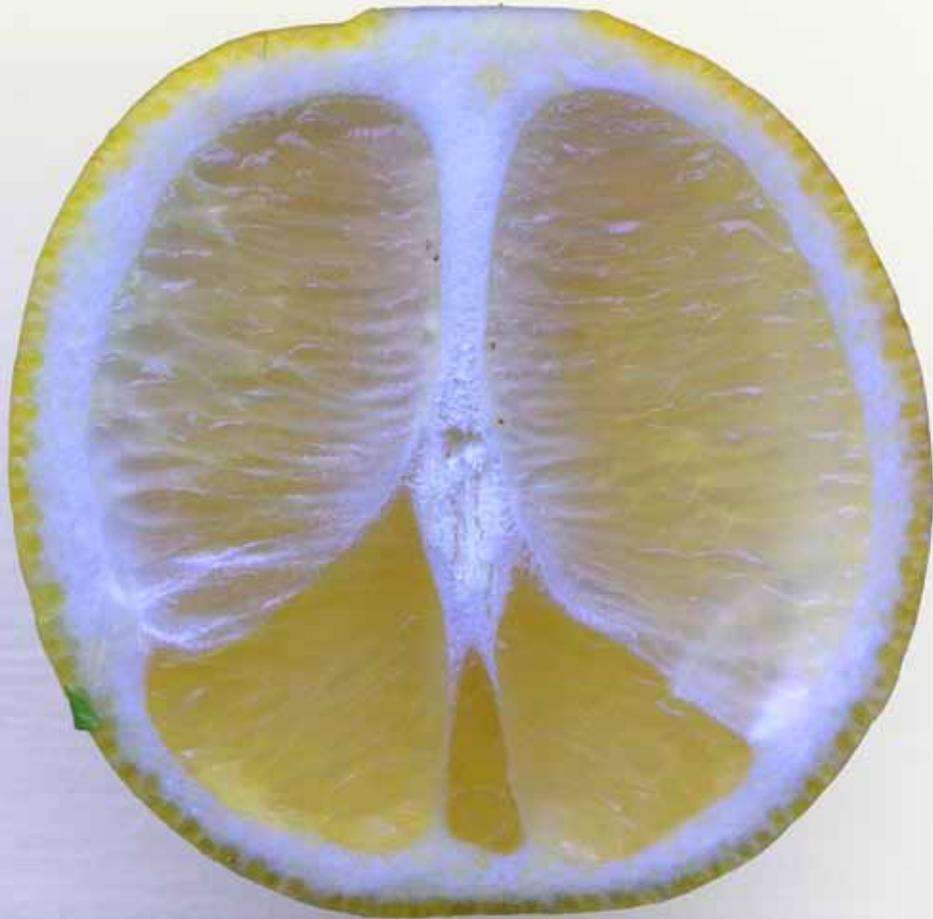


Diana Stobo's

Miracle

4-Day
Detox



A COMPLETE
GUIDE TO
LOOKING
BETTER &
FEELING
GREAT, FAST!

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Food design and photography by Diana Stobo, except where noted

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Diana Stobo's Miracle 4-Day Detox

Table of Contents

Introduction	1	LUNCH JUICES	
What to Expect While You Are Cleansing	2	ABCs	13
Juicing Tips	3	Apricot Zinger	13
It's Not All About Food	4	V-11	13
3 Different Levels of Detox.....	6	Green Lemonade	13
Juice Plan	7	REFRESHERS	
Juice & Smoothie Plan	8	Pear-Limeade	14
Juice, Smoothie & Small Meal Plan	9	Pineapple	14
Ending the Cleanse	10	Kale Lemonade.....	14
Recipes	11	Blood Orange Soda	14
MORNING JUICES		Lemon-Lime Sparkling Soda.....	14
Morning Blend	11	Hawaiian Sparkler	14
Marmalade	11	DINNER JUICES	
Morning Sunshine	11	Chop Chop	15
ANYTIME JUICES		Power Punch	15
High-C	12	Skin Smoother	15
Metabolic Boost	12	Refuel	15
Sweet 'n Sour.....	12	Super Greens	15
Diana's Favorite Green Juice	12		

SMOOTHIES

Morning Burst	16
Power it Up	16
Morning Glory	16
Tropical Greens	16
Watermelon Mint	17
The Perfect Pear	17
Creamy Orange	17
Popeye's Passion	17
Lemony Kale Greens	17

LIGHT MEALS

Butternut Squash Soup.....	18
Super Sprout Wrap.....	18
Zucchini Hummus With Veggie Sticks.....	18
Creamy Carrot Soup.....	19
Coconut Curried Cauliflower Soup.....	19
Zucchini Pasta With Lemony Kale Pesto	19
Spinach Caesar Salad	20
Avocado Hand Roll	20
Marinated Kale Salad	20

Introduction

Drinking freshly made juice from leafy greens and juicy fruits is one of the most generous gifts you can give your body.

You get all the nutrients from the produce, the micronutrients, the vitamins, the natural enzymes, and the alkalizing effects. It's a power-shot of intense nutrition that your body absorbs quickly and easily, giving your overworked digestive system a break. And it makes you feel fantastic!

To intensify the fabulous effects of juicing, try a 3–4 day juice fast, which I like to call a juice “feast.” You feast on juices all day, rejuvenating your organs, adrenals, and immune systems, which are exhausted from dealing with all the toxins and stress of day-to-day life.

This juice-feast guide lays out a basic plan for a 4-day juicing program. It is intended to be flexible. This is YOUR body and your experience, so allow yourself to personalize your program to what works best for you. If you want to challenge yourself to have nothing but juice, water, and tea all day, that's great. If you have juice all day and need a solid, light meal at lunch or dinner, that's fine, too.



What to Expect While You Are Cleansing

1st day on a cleanse always seems to be more mental than physical because once you get past the idea of deprivation, your body welcomes the change.

2nd day, detox begins as the toxins start to release from the tissue, causing some discomforts (listed below).

3rd day, you notice a change, and although you are still dealing with some residual detox, you are clear that you are going in the right direction.

4th day, the habit is broken, you succumb to the new regime, and your body is thankful.

Discomforts:

- Large and regular elimination
- Constipation
- Headaches
- Skin rashes
- Extra blemishes
- Heavy or irregular periods for menstruating women
- Anger
- Lethargy

Benefits:

- Clearer skin
- Weight loss/balance
- More energy
- Better sleep
- Youthful appearance
- Moist and glowing skin
- Ability to perform at higher levels
- More acute cognitive function
- Lack of cravings
- Stronger libido

At first you will miss your old vices, like hot coffee, wine with dinner, or potato chips. But after about 3 days, those cravings subside.

You will probably feel hungry more often throughout the day. That's a good sign — it's your body adjusting to no longer being weighed down with slow-to-digest foods. Just remind yourself that your body is not starving; it is feasting on nutrients.

A few times during this process, you will experience the side effects of detoxification. You may feel like you're coming down with a cold, you may get a headache, or you may just be cranky. When you know what it is, it helps you to get through it.

Juicing Tips

1. When buying your ingredients, choose organic produce, if possible. It is especially important for fruits and vegetables that tend to absorb more pesticides, which have been dubbed “The Dirty Dozen” by the Environmental Working Group:
 - Celery
 - Domestic blueberries
 - Cherries
 - Peaches
 - Nectarines
 - Potatoes
 - Strawberries
 - Sweet bell peppers
 - Imported grapes
 - Apples
 - Spinach, kale, and collard greens
 - Lettuce
2. Rinse all produce thoroughly to remove dirt. Some root vegetables, like beets or carrots, may need to be scrubbed, but don't peel them.
3. Leave peels on most fruits and vegetables, such as apples, cucumbers, grapes, and potatoes.
4. For citrus fruits, remove just the colored peel by either peeling it off or cutting it off. Leave on the nutrient-rich white pith.
5. Cut off rigid or rough peels, like melons, pineapple, mangos, and kiwi.
6. To get the most juice from your produce, cut it into small enough pieces to fit in the mouth of the juicer. Alternate soft and hard produce. Roll leaves up before juicing.
7. When juicing root vegetables — like carrots and beets — juice the green tops as well, as long as they are still fresh and green. They are full of nutrients.
8. Leave the seeds in when you juice. The one exception is apple seeds. They contain a small amount of arsenic and should be removed.
9. It's a good idea to drink citrusy juices with a straw to protect your tooth enamel.

It's Not All About Food

To get the most from your cleanse, focus not just on what you eat and drink but involve your whole body. Detox through your skin, lungs, lymphatic system, and mind. I recommend you do the following activities during your juice cleanse (and continuing afterward).

Keep a journal

A journal is a powerful tool for self-reflection. I recommend that you write whatever you want. You may want to jot down what you have eaten, how your body feels, your fears or hopes, or make notes on your progress. Journaling is for you and nobody else, so you can write whatever you like to read about.

Hydrate

Make a conscious effort to drink water all day. Drink more than you are used to drinking and twice as much as you think you need. Water can help flush the body of toxins and aid in digestion. If you get tired of water, have some hot herb tea or hot water with lemon (or iced herbal tea if the weather is warm). Sip on it all day and night to help you get more alkalizing fluids into your body.

Take a bath

Taking a nice, hot bath aids in detoxification by pulling toxins out of your skin and infusing it with minerals. Bottom line: it makes you feel better while your body is detoxing. There are many different kinds of baths:

- **Salt bath:** add sea salt or Epsom salt and soak at least 20 minutes.
- **Oxygen bath:** add 1 cup of food-grade 35% hydrogen peroxide to your bath for a stimulating bath.
- **Baking soda bath:** baking soda balances an overly acidic system leaving you refreshed and invigorated. Add 8 ounces of baking soda to your bath and swirl to dissolve. Soak for 20 to 30 minutes. Make sure to wrap yourself in a towel and lay down for 15 minutes to recover from any dizziness that may occur from the rapid toxin release.
- **Tea bath:** an herbal concoction that can be used to feed the body through the skin. Using elderflower, peppermint, and yarrow can help with stiff joints. Chamomile flowers or lavender flowers provide a relaxing and soothing bath. Black tea along with baking soda can help facilitate a virus or flu to move quickly through the system.
- **Clay bath:** another wonderfully detoxifying bath. Use any bath clay that you like. I use Vitality Herbs & Clay Sacred Clay and add about 1/4 cup to my bath water. You can also make a paste out of it and rub it on your skin or feet, use it for a facial, and you can even add it to liquid and drink it.

Clean your lymphatic system

The lymphatic system is made up of 600 to 700 lymph nodes throughout your body plus the thymus gland, tonsils, and spleen. It acts as a filter for toxic input to protect your organs. If you overload it with too much work, it becomes exhausted and you feel sick and tired. You can assist the draining of this system in a few ways:

- Get a lymphatic massage.
- Dry brush before taking a bath. To dry brush, take a soft, bristly brush and brush your limbs moving upward.
- Drink lots of fluids.
- Practice deep breathing through exercise or yoga.
- Exercise. Getting regular exercise can help prevent disease as it transports oxygen and nutrients to your cells and carries toxic waste to your elimination organs. If you work out hard enough to sweat, you are using the body's natural elimination system to sweat the toxins right out of your skin. Take a regular 20-minute "gland health" walk every day. Do yoga stretches each morning. Get morning sunlight every day you can. And BREATHE.

Bounce!

Bouncing is a mover and shaker for the lymphatic system. It is a simple act that you can do while you are walking, running, or jumping lightly on a mini trampoline, called a re-bouncer. I like bouncing on a yoga ball.

Get out in nature

Negative ions are odorless, tasteless, and invisible molecules that we inhale in abundance out in nature. Think mountains, waterfalls, and beaches. Once they reach our bloodstream, negative ions are believed to produce biochemical reactions that increase levels of the mood-chemical serotonin, helping to alleviate depression, relieve stress, and boost our daytime energy.

Relax

Relaxing means taking time for YOU. Quiet time. Mindless relaxation. Don't worry if this sounds like an impossible task; even 10 minutes can make a big difference. Meditate, take a bath, focus on a beautiful scene or image while you do a facial mask, stare at the fire in the fireplace. Whatever helps take you out of your daily stress and into yourself.

3 Different Levels of Detox

This 4-day plan is flexible so that you can customize it as you like to suit your goals.

For the most intense cleansing, follow the **Juice Plan** and have nothing but juices 6 times a day plus unlimited water and herbal tea.

For a slightly less intense but still incredibly beneficial result, do the **Juice & Smoothie Plan**. You'll have about 3 smoothies and 3 juices a day plus unlimited water and herbal tea.

For a plan that gives you all the benefits of juicing but allows you to eat a little too, do the **Juice, Smoothie, & Light Meal Plan**. You'll have juices and smoothies in the morning, the option of light meals for lunch and dinner, and unlimited water and herbal tea.

The menus for each plan follow. You'll find all the recipes in the last section.

Juice Plan

Days 1 through 4

Upon waking

20 ounces of purified water (either hot or cold) with freshly squeezed juice of 1/2 lemon

Morning

1 large glass of a **Morning Juice**

Mid-morning

1 large glass of an **Anytime Juice**

Lunch

1 large glass of a **Lunch Juice**

Mid-afternoon

A glass of any **Refresher Juice**

Dinner

One large glass of hearty **Dinner Juice**

After dinner

Herbal or detox tea



Juice & Smoothie Plan

Days 1 through 4

Upon waking

20 ounces of purified water (either hot or cold) with freshly squeezed juice of 1/2 lemon

Morning

1 large glass of a [Morning Juice](#)

Mid-morning (choose 1)

1 large glass of an [Anytime Juice](#)

1 large smoothie of choice, like [Morning Burst](#)

Lunch (choose 1)

1 large glass of juice of choice, like [V-11 Juice](#)

1 large smoothie of choice, like [Tropical Greens](#)

Mid-afternoon

A glass of any [Refresher Juice](#)

Dinner (choose 1)

One large glass of hearty [Dinner Juice](#)

1 large glass of vegetable-rich smoothie, like [Super Greens](#)

Note: Choose something different than what you had for lunch.

After dinner

Herbal or detox tea



Juice, Smoothie & Light Meal Plan

Days 1 through 4

Upon waking

20 ounces of purified water (either hot or cold) with freshly squeezed juice of 1/2 lemon

Morning (choose 1)

1 large glass of any fruity juice, like a [Morning Juice](#)

1 large creamy smoothie, like [Morning Glory](#) or [Morning Burst](#)

Mid-morning (choose 1)

1 large glass of any vegetable-rich juice, like [Chop Chop](#)

1 large smoothie of choice, like [Watermelon Mint](#)

Lunch (choose 1)

1 large glass of [Lunch Juice](#)

1 large smoothie, like [Tropical Greens](#)

Bowl of soup, like [Creamy Carrot Soup](#)

Salad, like [Spinach Caesar](#)

Wrap, like the [Super Sprout](#)

Mid-afternoon (choose 1)

1 large glass of juice of choice, like [Refuel Juice](#)

Piece of fruit

Vegetable sticks

Dinner (choose 1)

A hearty, vegetable-rich juice, like any [Dinner Juice](#)

1 large glass of vegetable-rich smoothie, like [Lemony Kale Greens](#)

Bowl of soup, like [Coconut Curried Cauliflower](#)

Salad or vegetable dish like [Zucchini Pasta With Lemony Kale Pesto](#)

Wrap, like the [Avocado Hand Roll](#)

After dinner

Herbal or detox tea

Juice of choice



Ending the Cleanse

The one question that you may have now is, “How do I continue after today? Will I drink Green Smoothies and Green Juices the rest of my life?”

The answer is simple: YES.

Take what you have learned the last 4 days and integrate it into your daily routine for optimal health. Make it a habit to —

- Wake up each morning with a BIG glass of water
- Only drink your food before 11 a.m. each day
- Drink low-acid coffee (if any)
- Have at least ONE green smoothie or green juice a day
- Have ONE cleansing day a week
- Take a mineral bath as often as you can
- Stretch, bounce on a ball, or take a walk each day

As you wean yourself off the detox, start adding more salads, soups, and grain bowls into your diet. Continue creating foods that are easy to digest, good for you, and delicious.

If you like to have a menu plan to follow, use the “10-Day Weight-Loss Guide” available at dianastobostore.com. It's a great guideline for a sustainable Naked diet.

Recipes

Morning Juices

Morning Blend

- 1 large sweet potato
- 1 carrot
- 1 red bell pepper
- 2 red beets
- 2 golden delicious apples, seeds removed
- 1 orange, colored peel removed

Cut ingredients into chunks and press through juicer, alternating soft and hard produce. Save any leftover juice in a glass jar for up to 3 days.

Marmalade

- 2 small oranges, including rind
- 1/4 pineapple, peeled, cored, and cut into pieces
- 4 carrots

Morning Sunshine

- 1 large sweet potato
- 1/2 pineapple, peeled, cored and cut into cubes
- 1 carrot



Anytime Juices

High-C

- 1/2 a cantaloupe, seeded, cut from rind, and chopped into large pieces
- 4 stems of rainbow chard
- 1/2 small head of cabbage, cut into chunks

Metabolic Boost

- 4 large carrots
- 2 stalks of celery
- 1 green apple, seeds removed
- 1 cup tightly packed spinach
- 1/4 lemon or lime, peeled
- 1/4 teaspoon cinnamon

Sweet 'n Sour

- 2 cara cara oranges, colored peel removed
- 1 lime, colored peel removed
- Whole head of celery
- 2 cucumbers
- 1/2 beet
- About 1 inch of ginger, or to taste
- 1 green apple, seeds removed

Diana's Favorite Green Juice

- 3 cucumbers
- 2 bunches of celery
- 1 bunch of parsley
- 1 bunch of rainbow chard or kale
- 3 green apples, seeds removed
- 3 lemons, colored peel removed
- 2 fennel bulbs

This will make about 4 quarts. Store in glass jars and use within 3 days.



Lunch Juices

ABCs

- 1 Asian pear
- 1 apple, seeds removed
- 1 beet
- 1 carrot
- 1/2 cup cabbage
- 3 chard leaves

Apricot Zinger

- 1 Asian pear
- 4 apricots, pitted
- 2 cup green grapes
- 1/4 inch fresh ginger
- 10 mint leaves
- 1/4 teaspoon ground cloves

Juice all ingredients except cloves. Stir powdered cloves into juice.

V-11

- 4 plum tomatoes
- 1 large cucumber
- 2 celery stalks
- 1 red bell pepper
- 1/4 small red onion
- 2 cups packed parsley leaves and stems, roughly chopped
- 1 lime, colored peel removed

Green Lemonade

- 1 cucumber
- 3 stalks of celery
- 1 apple, seeds removed
- 1 whole lemon, colored peel removed



Refreshers

Pear-Limeade

- 2 Bartlett pears
- 1/2 fennel bulb
- 1 cucumber
- 1 lime, peeled with pith on

Pineapple

- 1/2 pineapple, cored, peeled, and cut into chunks
- 1 cucumber
- 2 green apples, seeds removed
- 3 cups spinach

Kale Lemonade

- 1 cucumber
- 3 stalks celery
- 1 sweet apple, seeds removed
- 1 whole lemon, peeled with pith on
- 2–4 kale leaves

Blood Orange Soda

- 3 blood oranges, peeled with pith on
- Sparkling water

Juice oranges, pour juice into a glass of ice, and add sparkling water.

Lemon-Lime Sparkling Soda

- 2 golden delicious apples
- 1/4–1/2 lemon, peeled with pith on
- 1/4–1/2 lime, peeled with pith on
- Sparkling water

Juice fruits, pour into a glass of ice, and add sparkling water.

Hawaiian Sparkler

- 1/2 pineapple, peeled
- 1 mango, peeled and pitted
- 1/2 inch ginger
- Sparkling water

Juice fruits and ginger, pour into a glass of ice, and add sparkling water.



Dinner Juices

Chop Chop

- 1 cup broccoli, chopped
- 1 cucumber
- 2 cups green grapes
- 1/2 lemon, peeled with pith on
- 20 mint leaves

Power Punch

- 1/4 large pineapple, peeled, cored, and cut into cubes
- 6 kale leaves
- 2 cups spinach
- 1/2 cucumber
- 4 celery stalks
- 1 inch of ginger

Skin Smoother

- 2 large carrots
- 1 celery stalk
- 1 apple, seeds removed
- 1 cucumber

Refuel

- 1 small sweet potato
- 2 oranges, peeled with pith on
- 1 apple, seeds removed
- 1/2 cup almonds, soaked 6–12 hours
- 1/2 cup water

Press produce and almonds through juicer, then add water to juice.

Super Greens

- 1 cucumber
- 2 stalks celery
- 1 cup spinach or kale
- 1 cup Swiss chard leaves
- 1/2 cup parsley
- 1 whole lemon, colored peel removed
- 1/4 teaspoon SOLE or sea salt



Smoothies

Morning Burst

- 1 cup fresh-squeezed orange juice
- 1 cup almond milk or coconut milk
- 1 cup blueberries
- 1 cup fresh spinach
- 1/2 frozen banana

Blend in high-speed blender until smooth.

Power It Up

- 1/2 large mango
- 3/4 cup frozen blueberries
- 2 cups (or handfuls) of raw, baby spinach
- 1 tablespoon ground chia or flax seed (optional)
- 4 to 6 ounces of filtered water
- Dash of stevia to enhance fruit sweetness (optional)

Blend in high-speed blender until smooth.

Morning Glory

If you simply must have your coffee, this is a great option.

- 1 1/2 to 2 cups fresh almond milk
- Coffee:
 - 6 ounces brewed low-acid coffee, cooled
 - OR 1 heaping tablespoon Kava (dried instant coffee)
 - OR 4 ounces strong cold-brewed coffee
- 1/2 to 1 frozen banana
- Agave or stevia to sweeten (1 to 2 teaspoons or packets)

Blend in high-speed blender until smooth and creamy. You may add additional nutrients, protein powder, green powder, maca powder, chia powder, or other superfoods if you like.

Tropical Greens

- 1 1/2 cups coconut water
- 2 cups fresh pineapple
- 1 kiwi
- 1/2 fresh papaya (1 cup)
- 1/2 head of romaine lettuce
- 3 kale leaves

Blend in high-speed blender until creamy.



Watermelon Mint

- 1 cup of coconut water (optional)
- 1 1/2 cups watermelon
- 1 1/2 cups spinach
- 3/4 cup of grapes
- Half a cucumber
- About 4 sprigs of mint

Blend in high-speed blender until smooth.

The Perfect Pear

- 1 1/2 cups water
- 1/2 Bartlett pear, cored and stemmed
- 1 bok choy
- 3 celery stalks
- 3 large romaine lettuce leaves
- 3 large kale leaves
- 1 banana
- Juice of 1 lemon

Blend in high-speed blender until smooth.

Creamy Orange

- 2 cups of freshly squeezed tangerine juice
- 1 cup of almond milk
- 2 bok choys
- 1/2 cup parsley
- 1 fresh banana

Blend in high-speed blender until smooth.

Popeye's Passion

- 2 cups freshly juiced apple juice
- 2 cups fresh organic spinach
- 1 frozen banana

Blend on high for 30–40 seconds until creamy.

Lemony Kale Greens

- 1 1/2 cups water
- 1 1/2 cups green grapes
- 1 bok choy
- 1/4 head of romaine lettuce (or 5 large leaves)
- 4 kale leaves
- Juice of 1 Meyer lemon
- 1 banana

Blend in a high-speed blender until smooth.



Light Meals

Butternut Squash Soup

- 4 cups butternut squash, peeled and diced (about 1 medium squash)
- 1 large yellow onion, diced
- 2 tablespoons ghee
- 1 quart organic vegetable broth
- 1 1/2 teaspoons sea salt
- 1 pinch of saffron (optional)

In 4-quart saucepan, sauté onion and butternut squash in ghee until vegetables sweat but do not brown. Add broth, saffron (if desired), and sea salt. Cook on medium/low heat until vegetables are tender and soft, about 15 minutes. Turn off heat and cool slightly. Place immersion blender directly in pot and blend until puréed or to desired consistency. Or cool slightly and transfer to a blender and purée for 20–30 seconds. Return mixture to saucepan and bring back to serving heat. Ladle into a bowl or mug and drizzle with flaxseed oil, if desired.



Super Sprout Wraps

Makes 2 wraps

- 2 raw nori sheets
- 1/2 avocado
- 1/2 cup fresh sprouts
- 4 romaine lettuce leaves
- 1/2 cucumber, diced
- 2 tablespoons pumpkin seeds
- Dijon mustard
- Nutritional yeast
- Sea salt

Lay nori sheets on a cutting board or clean surface. Smash 1/2 of an avocado on 1/2 of the seaweed, flavor with Dijon, a light sprinkle of nutritional yeast, and sea salt (or add any other flavor you may like). Sprinkle with cucumbers and pumpkin seeds, bunch up the sprouts and lettuce on top, and roll into a cylinder shape. Wet the ends of the seaweed to stick the wrap closed.

Zucchini Hummus With Veggie Sticks

- 2 cups zucchini, diced (about 2 zucchinis)
- 3/4 cup tahini
- 1/2 cup lemon juice, freshly squeezed
- 1/4 cup olive oil
- 1 clove garlic, minced
- 1 1/2 teaspoons sea salt, or to taste (omit if tahini includes salt)
- 2 teaspoons cumin powder

In food processor fitted with the s-blade, process all ingredients until smooth. Serve with veggie sticks like carrot, celery, jicama, and cucumber. Store leftover hummus in airtight container in refrigerator for up to 5 days.

Creamy Carrot Soup

- 2 cups freshly juiced carrot juice
- 1 avocado, peeled and cut into fourths
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1/2 jalapeño (seeds removed)
- 1/2 teaspoon sea salt

Blend 3/4 of the avocado with all other ingredients in a high-speed blender until warm. Pour into a mug or bowl. Top with the final fourth of the avocado cut into cubes.

Coconut Curried Cauliflower Soup

- 1 head of cauliflower, diced
- 1 yellow onion, diced
- 2 tablespoons ghee
- 1 1/2 tablespoons curry powder
- 2 teaspoons sea salt
- 1 quart organic vegetable broth (e.g., Pacific Natural Foods)
OR 1 quart water and organic vegetable bouillon cube
- 2 cups homemade coconut milk
OR 1 14-ounce can organic coconut milk
- 1/4 cup cilantro, chopped

In 4-quart saucepan, sauté onions and cauliflower in ghee until they sweat but do not brown. Add curry powder, sea salt, and vegetable broth. Cook on medium low for about 15 minutes until vegetables are soft. Take pot off the heat and add coconut milk. Use a hand blender to blend soup until creamy. Stir in cilantro and serve.

If you do not have a hand blender, cool and transfer to blender and blend for 20–30 seconds. Pour soup back into pot and reheat.

Zucchini Pasta With Lemony Kale Pesto

- 1–2 zucchini squash
- 1 bunch lacinato (dinosaur) kale
- 1/4 cup nutritional yeast
- 3/4 cup raw pecans
- 1/2 teaspoon sea salt
- Zest of 1/2 lemon
- 1 tablespoon lemon juice, freshly squeezed
- 1 clove garlic, grated
- 1/4 cup cold-pressed olive oil



Slice the squash into pasta-like strips using a spiralizer or grater.

Set aside. Remove stems from kale. In a food processor fitted with an s-blade, add the kale, nutritional yeast, pecans, lemon zest, lemon juice, salt, and garlic. Process until coarsely chopped. Slowly add olive oil and pulse to incorporate. Taste for salt and add more oil if it is too dry. This should not be an oily pesto; only add enough oil so it is moist. Toss with the zucchini pasta and enjoy.

Spinach Caesar Salad

1 bunch fresh spinach or baby spinach, washed and air dried

Dressing

1/2 cup raw cashew butter
1–2 garlic cloves, grated
1–2 tablespoons lemon juice
1 1/2 teaspoons prepared Dijon mustard
2 tablespoons olive oil
Water for consistency
Himalayan sea salt to taste
White pepper to taste

Place cleaned spinach in a large salad bowl. In a high-speed blender, mix cashew butter, garlic, lemon juice, mustard, olive oil, salt, and pepper until creamy and smooth. Add water for consistency. Pour over spinach and toss.

Avocado Hand Roll

1 sheet of nori seaweed, untoasted
1/4 avocado, sliced lengthwise
1/4 cucumber, julienned

Wrap avocado and cucumber in seaweed and serve with Ponzu Sauce.

Ponzu Sauce

1/2 cup orange juice, freshly squeezed
1/4 cup nama shoyu
2 tablespoons Ume Plum Vinegar

Whisk all ingredients together.

Marinated Kale Salad

1 small bunch of dinosaur kale leaves, shredded
2 teaspoons olive oil
2 teaspoons lemon juice, freshly squeezed
1 teaspoon nama shoyu
1 avocado, diced
1/2 red bell pepper, diced
1/2 cucumber, diced
1 scallion
Pinch of salt and black pepper



Place the shredded kale in a mixing bowl and add olive oil, lemon juice, and nama shoyu. Toss with your hands, massaging the kale to tenderize and incorporate the marinade. Add half of the avocado and massage a little more to coat kale and make a creamy dressing. Add the red pepper, cucumber, scallion, and remaining avocado and toss gently. Let sit for 10 minutes. Season with salt and pepper and serve immediately at room temperature.