

RECIPES, SNACKS, and EATING OUT

Snack Suggestions

As you integrate this diet into your lifestyle you will probably find less desire for snacking. However, the following are some healthy suggestions for snacks:

- **1/5 to 1/4 Fresh coconut**
- 3 parts **dried coconut** with one part **dried cherries**.
- **Fruit**. Try to keep fruit on hand at all times. If you are having a lot of problems with starch, bananas may be too starchy to eat very often. Citrus fruits may also be difficult to handle at first, depending on the state of your liver.
- Medjole **dates** and date rolls. They can be found at health food stores and contain only dates and coconut.
- **Smoothies**. Preferably, smoothies should not contain dairy or sugar. Wonderful smoothies can be made using coconut milk, frozen fruit, bananas, and honey.
- **Banana icicle**. Wrap a banana in plastic wrap and freeze. A great summer treat!
- **Guacamole** with veggies or as a cheese substitute.
- **Macaroons** using only coconut, egg whites, and honey can be found at most health foods (for that occasional sweet tooth).
- **Banana chips, maybe sweet potato chips, but please leave the white guys alone... I mean potatoes.**

Recipes

Recipes

SALADS

Salads are the most important food source in this diet. It is easy to be creative with them, and if you prepare them for the evening meal, they can satisfy even the pickiest appetite. Enjoy a big salad at least once a day. If you cannot tolerate this much raw food in the beginning, slowly work up to it and you will be enjoying it in no time!

There are so many wonderful ingredients with which to make a salad. The following are a few suggestions at ingredients to mix and match.

Alfalfa and bean sprouts	Avocado	Jicama	Scallions
Yellow squash and zucchini	Sun dried tomatoes	Mushrooms	Bell peppers
All lettuces (except iceberg)	Fresh herbs and spices	Onions (grilled or raw)	

Be creative with your salads. Here are a few suggestions.

Avocado Curry Salad

1 head romaine lettuce
1 avocado
Onion
Sea salt
Curry mix
Cayenne pepper

Broil onion in oven with a little bit of oil. Prepare lettuce and add avocado, curry, cayenne pepper and sea salt. Top with onions and cover with a moderate amount of olive oil and lemon. Toss and enjoy!

Basil and Sun Dried Tomato Salad

1 head of bibb lettuce (or any desired lettuce)
Sun dried tomato oil with sun dried tomatoes (can usually be found at most grocery stores)
Olive oil
Fresh basil
Sea salt

Combine washed and cut lettuce with sun dried tomatoes. Add moderate amount of olive oil and flavor with basil and salt to taste.

Chopped Veggie Salad

Grilled veggies (zucchini, yellow squash, onion, carrots, garlic*, etc.)
Romaine lettuce
Olive oil and sea salt

Chop grilled veggies. Mix ingredients together with olive oil and sea salt or any other desired dressing.

Hot Veggie Salad

Lightly steam vegetables until they are the color and texture you enjoy. Place veggies on top of any type of lettuce and top with light olive oil or dressing. This salad is great when you feel like a want a meal but want to eat mostly live food!

VEGETABLES AND MAIN DISHES

Fried Okra - a healthier way!

Okra
Coconut oil
Sea salt

Spread coconut oil lightly over the bottom of a pan. Cut okra into pieces. Place okra in pan and add salt to taste. Broil at 450 degrees for 20-30 minutes, stirring frequently. You can also use other spices such as cayenne pepper, cumin, etc.

Starchless Faiitas

Grilled chicken or vegetables
Shredded carrots
Mushrooms (optional)
Alfalfa sprouts
Salsa (without added sugar)
Guacamole (see guacamole preparation)
Butter or red leaf lettuce
Arame (soaked in filtered water for 10 minutes then simmer on very low heat for three to five minutes).

Enjoy this meal by wrapping ingredients in a fresh piece of lettuce instead of tortillas. If you are able to handle some sprouted breads at this time, use Alvarado Sprouted Tortillas.

Savory Artichoke

Large artichoke
Olive oil
Sea salt
Cayenne pepper

Steam artichoke until the meaty part of the leaf is soft. Mix olive oil, sea salt and cayenne pepper. Pour the oil into the center of the artichoke, leaving some for dipping. Enjoy as an addition to a meal or a snack.

Macrobiotic Onion

Chop onion in half and place in cooking dish in ¼ inch water. Bake in oven on 350° for 30-40 minutes (or until totally soft). Onions are a prime source of high quality carbohydrate and can be used in dishes like this as a meal.

Veggie Skewers

Using vegetables such as zucchini, yellow squash, bell peppers, onion, garlic*, mushrooms, sweet potato, etc. you can create delicious skewers. Simply marinate veggies in a mixture of olive oil, salt and any other spices you enjoy (e.g. garlic, basil, curry, cayenne pepper, etc.). Place on skewers and grill to desired texture. If you include sweet potato or carrots, you may want to steam or boil them first so that they are soft enough to place on the skewers.

Simple Guacamole

Avocado
Fresh jalapeño
Sea salt
Cumin

Chop avocado. Chop jalapeño (quantity depends on desired heat, be careful!). Combine chopped avocado with jalapeño, salt, and cumin to taste.

Awesome Guacamole (from *Vibrant Living Cookbook*)* *

2 medium avocados mashed
2 tsp. jalapeños, minced
1/2 c tomato, seed and chop
1 Tbs. lime juice
1 tsp. garlic, minced
1 Tbs. red onion, minced
2 Tbs. cilantro, minced
Cracked pepper and sea salt to taste
Green onion, minced as a garnish

Mash avocados with fork. Stir in the remaining ingredients. Place the avocado pit on top before storing to avoid discoloring.

California Nori Roll (from *Vibrant Living Cookbook*)**

Per roll:
1 Sushi nori sheet
3 avocado slices
3 tomato slices
1/3 alfalfa sprouts
Place avocado slices, then tomatoes, then sprouts down the center of the nori sheet.
Roll the nori sheet, moistening the remaining edge with filtered water.

Thai Vegetable Curry

1 can coconut milk (without any added sugar)
Desired vegetables (e.g. green beans, cabbage, cauliflower, broccoli, cabbage, carrots, etc.)
1 big red onion.
Sliced pineapple (without added sugar)
1 can pureed tomatoes (without added sugar)
1/2 cup water (depending on desired thickness)
Sea salt
1 Tbs. curry mix
1/2 Tbs. ginger powder
1/2 Tbs. cayenne pepper

Using a crock-pot, simply combine washed and cut vegetables with coconut milk, pureed tomatoes, onion, water and spices. Turn crock-pot on medium and let the vegetables cook at least 4-6 hours. One hour before mealtime, add the pineapple and adjust spices to taste.

Hot Vegetable Soup

Assorted vegetables (broccoli, carrots, cabbage, green beans, etc.)

1 can tomato paste
1 can pureed tomatoes
Basil
Oregano
Curry powder
1/2 cup water

Combine ingredients, bring to a slow boil and let simmer for 2-3 hours. Add spices to taste. Simply play with the ingredients until you get the taste and thickness you enjoy.

* Garlic contains sulfur and may cause irritation or inflammation with some people.