

EASY STEP PROGRAMME

DETOXIFY YOUR BODY IN 21 DAYS



TABLE OF CONTENTS

EASY STEP PROGRAM:

UNDERSTANDING THE HEALING CRISIS 2

MOST FREQUENTLY ASKED QUESTIONS ABOUT
BIODETOXIFICATION AND NUTRICLEAR DRINK..... 4

CALENDAR..... 8

NUTRICLEAR BIO-DETOXIFICATION & REJUVENATION
PROGRAM 10

EASY STEP BIO-DETOXIFICATION PROGRAM 12

RECIPES 18

VEGETARIAN RECIPES..... 22

EASY STEP PROGRAM: UNDERSTANDING THE HEALING CRISIS

You may feel worse before you feel better.

- **In the process of bringing your body back to good health** you may experience some temporary pain or discomfort. Symptoms of cold, flu, dizziness, nausea and fatigue may occur. Do not be alarmed. These symptoms do not mean your treatments are not working, but quite the contrary. The discomfort is often a very positive sign that the healing process is taking place.
- **A healing crisis is any of a wide range of symptoms** that may occur during the course of healing. Typically, the onset of these symptoms is very rapid. You may experience some symptoms immediately after a treatment, or up to 2 to 3 days later. The worst of the symptoms may last as little as a few hours or as long as several days. The longer the symptoms last, the stronger the healing crisis. But it is also characterised that when the symptoms have passed, you will feel better than prior to the crisis.
- **Most patients do not understand the healing crisis** because of their experience with conventional medicine. Where the focus of conventional medicine is on eliminating discomfort and curing disease, holistic medicine seeks to address the underlying cause of pain and illness. It aims to balance the body's energy flow so that the body can restore itself to a healthy state.
- **Disease is a long, gradual process** that occurs over time with stages of progressively ill health preceding it. It moves from less serious physical complaints to more serious ones, and then moves inward to deeper levels. Sometimes minor ailments are driven deeper into the body and become more serious with drug therapy, which suppresses the symptoms, but weakens the immune system. For example, you may first experience a skin problem, which seems to clear up. Later, the disease may progress inwardly to become asthma. Some time after that, you may even develop depression.
- **Increasing a person's health** reverses the disease process, almost like putting a video of your disease on rewind. You must move through previous states of health and that is when old symptoms crop up, occurring in reverse order of their original appearance. The person with the skin problem may re-experience some depression, followed by some asthmatic episodes, and later on, the skin problem may re-occur.
- **The aching body, headaches, nausea and fatigue** often felt during a healing crisis are primarily the effects of detoxification. In the healing process, the body is working to eliminate its storage of toxins; materials that have been collected in the colon, the tissues and in individual cells. In a sense, the body becomes more toxic temporarily until the toxins are excreted.
- **Once you understand that some discomfort is normal**, and that symptoms can be a positive sign that healing is taking place, there are a number of things you can do to help your body during a healing crisis. First, try to follow your prescribed program correctly.

Taking medications, such as antihistamines, aspirin or other painkillers, delay the healing process and may actually prolong the discomfort.

- **Sufficient rest is very important** since your body is under a great deal of stress during the healing process. Similarly, your diet should consist of light, easy-to-digest meals and heavy, hard-to-digest foods should be avoided. Plenty of hot water should be taken throughout the day.
- **Exercise is often helpful** especially if the crisis presents itself on an emotional level. Because many toxins leave the body through the skin, light brushing of the skin with a natural bristle brush can help stimulate blood and lymph flow. Soaking in a warm bath with Epsom salts may also be helpful.
- **Reducing environmental stresses** can help a healing crisis pass more quickly. Take a good look at your daily stress level. Your diet, smoking habits, alcohol intake and other lifestyle elements may need to be changed.
- **Attitude can be one of the most beneficial factors** in coping with healing crisis. A positive attitude will allow you to relax and to recognise that the symptoms are temporary and your treatment is on target.
- **Keep the lines of communication open** with your practitioner. Report your symptoms and allow the Health Care Practitioner to help you if your symptoms become intolerable. Adjustments in the degree or frequency of treatments may be possible to lessen your discomfort.
- **The road to good health is an exciting and rewarding journey**, but like any worthwhile endeavour, it has some challenges. The healing crisis is an opportunity for you to understand the process your body is going through to reach a state of health. Despite symptoms, you should experience more areas of improvement than discomfort. These brief episodes of symptoms should be considered signs of progress and an indication that you're on the road to good health.

MOST FREQUENTLY ASKED QUESTIONS ABOUT BIODETOXIFICATION AND NUTRICLEAR DRINK

Q1. What are NutriClear and NutriClear-S?

A1: **NutriClear** and **NutriClear-S** are chemically defined foods, designed to support the nutritional needs of a wide spectrum of patients – even those who are sensitive to certain foods or chemicals. **NutriClear** and **NutriClear-S** have been formulated with the highest quality ingredients and are compatible with vegetarian foods, some of which you are likely to be allergic or sensitive to.

NutriClear and **NutriClear-S** are often used as meal replacements in cleansing or “metabolic clearing” programs. Metabolic clearing refers to the processes responsible for eliminating toxic substances that have built up in the body. Most people encounter toxic agents in their work or home environment, due to pollutants in air, water and beverages, and, of course, foods. Drugs and alcohol also contribute to the toxic burden, as do potentially harmful materials generated by intestinal bacteria. Removing accumulated toxic materials enables the body to recover from imbalances, and therefore, enables it to work more efficiently. **NutriClear-S** is designed for those patients needing extra calories in their program, and for whom soy is beneficial.

Q2: How can NutriClear and NutriClear-S Help balance the body’s chemistry?

A2: **Specific nutrients can help improve your nutritional status in a variety of ways:**

- **Help to convert fat and carbohydrate to energy, while maintaining muscle tissue.**

Some nutrients, such as amino acids, function as building blocks; others are enzyme helpers (cofactors that function as metabolic “spark plugs”), still others function as fuels to run the body’s machinery. When these are limited by inadequate diet or problems with digestion or absorption, nutritional imbalances and reduced ability to repair wear-and-tear can occur.

Key nutrients:

B vitamins – niacin, riboflavin, pantothenic acid

Trace elements – zinc, copper, manganese

Amino acids – rice protein (NutriClear) or soy protein (NutriClear-S), together with lysine and threonine

Fuels and essential fatty acids – canola oil, rice carbohydrate

- **Help eliminate potentially harmful substances.**

NutriClear provides a full range of nutrients that support the processing and disposal of waste materials and other potentially harmful materials. The liver functions as the body’s major waste disposal unit and specific nutrients can help in this role.

Key nutrients: Niacin, riboflavin, pantothenic acid, zinc, cysteine, glutathione

- **Help protect the body against free radicals and oxidation.**

Pollutants such as ozone and nitrogen oxides, cigarette smoke and other substances, lead to the formation of free radicals – “pyromaniac molecules” – that randomly attack cells and increase the body’s need for substances called antioxidants. Antioxidants serve to block or inactivate free radicals.

Key antioxidants: Natural mixed carotenoids, Vitamins C & E, N-acetylcysteine, selenium, glutathione

- **Help improve intestinal health.**

The intestinal lining is the primary barrier against foreign materials. When the intestine is compromised, digestion and nutrient absorption decrease, and the intestine may become “leaky,” allowing unwanted substances to enter the bloodstream.

Keys to the intestinal health: Trace minerals, B-complex vitamins, L-glutamine (an amino acid) and quercetin (bioflavonoid)

Q3. How much weight can I expect to lose on the Bio-Detoxification Program?

A3: NutriClear drink and other supplements in the bio-detoxification program are not formulated for weight loss. However, fluid retention or bloating is a symptom of toxicity. As people begin to detoxify, they will lose retained fluids, which may result in the loss of 2 to 10 pounds.

Q4. What happens if my symptoms worsen during the Detoxification Program?”

A4: If your symptoms get worse, it’s due to the healing crisis. Please read Dr. Abbas Qutab’s article on “healing crisis”, carefully. Remember to drink up to 3-5 pints of water over the course of a day and add some sea salt to your food, not to overexert physically, and to allow yourself to be “sluggish” while your body is detoxifying. After you detoxify, you will regain your vitality.

Q5. What side effects can I expect?

A5: Individual response to cleansing programs is highly variable due to personal differences in biochemical makeup, stress levels, toxin build-up, and medical histories. Individuals sometimes experience headaches, joint pain, mood swings, constipation or other side effects. These side effects are commonly associated with cleansing programs and usually dissipate within a week to 10 days. Notify your health care provider if you develop any adverse symptoms, or encounter discomfort while using this product with your individualised program.

Q6. When should I begin to feel better?

A6: Your medical history, including the use of medications, exposure to toxic materials in the workplace, and your age can affect the rate of improvement. A slower response time might be expected for older patients. Most people begin to feel better within one

to two weeks on the cleansing program; others may take a longer time to see an improvement in their symptoms.

Q7. Can I mix my NutriClear drink in juice?

A7: Ideally, it is best to mix it in bottled spring or purified water, and only add fresh fruit if necessary. Many people enjoy the additional flavour fruit can provide, and sometimes people need extra phytonutrients, which are found in organic blueberries, wild berries, and strawberries. Therefore, the drink may be blended with these fruits. Clinical practice shows diluted organic pear juice is the least likely to cause a reaction while on the detoxification program.

Q8. Why do you recommend white rice instead of brown rice?

A8: Nutritionally, brown and white rice are very similar. The chief advantage of brown rice is its high fiber content and B-vitamin levels. However, it has been found that individuals are less likely to experience a larger “reaction” to white rice than to brown. Brown rice contains lecithin, like phytohemagglutinin, a large plant protein, which can stimulate agglutination, or sticking together, of red blood cells and the proliferation of lymphocytes associated with the allergic response. If you don’t like standard white rice, I suggest trying basmati rice, which is an excellent choice among types of white rice, because of its delicious taste and nutritional profile.

Q9. Is it OK to exercise while I am on the Detoxification Program?

A9: Yes, clinical experience has shown that some individuals experience reduced energy and stamina due to the body’s detoxification process. If you exercise regularly, give yourself permission to ease up on the time and intensity of your workout. If you do not exercise regularly, it may be best to wait until you have finished the detoxification program. However, it is okay to go for a walk and enjoy nature.

Q.10 What is the reason for putting me on a restricted or elimination diet during the detoxification program?

A10: One of the purposes of the Bio-detoxification program is to potentially remove all allergenic and provocative foods from your diet, and allow you to choose from a group of healthy and organic foods, to which you are less likely to be allergic. The foods allowed are based on the scientific literature available, and do not contain any ingredients that could interfere with the cleansing process. This helps to put less stress on the digestive system and support the liver detoxification.

Q.11 What are the main foods I will be avoiding?

A11: The Bio-detoxification booklet will take you through the approach step by step and will also provide you with breakfast, lunch, and dinner recipes. However, for informational purposes, the following chart will describe the main foods to avoid during the Bio-Detoxification program, and also the reasons behind avoiding them.

FOODS TO AVOID

1. All gluten-containing foods like wheat, rye, oats, and barley, which are commonly found in breads, pasta, and other products from refined flour.
2. Alcohol, caffeine:- including coffee, black teas, sodas and soymilk. All soda and fruit drinks that are high in refined sugars.
3. Pork, cold cuts, bacon, hot dogs, canned meat, sausage, and shellfish.
4. Corn and tomato sauce.
5. Eggs and all dairy (milk, cheese butter, yoghurt, etc.).
6. Citrus fruits or juices, strawberries and pineapples.
7. Foods high in fats and oils, including peanuts, refined oils, margarine, and shortening.
8. Any other foods not listed on these pages that you know you are allergic to.

WHY?

The most common allergies are caused by this group of foods. By avoiding these foods for a few weeks your system gets a chance to relax and clear itself out. You may not even know you have an allergy to these foods because the symptoms may be so subtle.

Both alcohol and caffeine are hard on the liver, and this is going to be your liver's vacation.

Meats are typically high in nasty things like oestrogens, antibiotics, and other ingredients utilised in processing.

These vegetables are common allergens.

Dairy products are most likely to cause allergies.

These fruits are common allergens.

This diet was designed to lessen the burden placed on your system by eliminating many foods, including those high in fats and refined and processed high in fats and refined and processed oils.

Give your healthcare practitioner a list of all foods that you know you are allergic to.

CALENDAR

To help keep track of your 21-day program, complete the calendar below. Begin by noting the dates of the month on which your 21-day program will take place. Then, mark days 1 through 21 of your program, and note the physical or emotional symptoms you experience during the detoxification.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

In addition to your Bio-Detoxification program, please take the following supplements, beginning the first day of your program. These supplements are specific to your individual needs and will allow your body to cleanse the liver and GI tract.

R_x:

NUTRICLEAR BIO-DETOXIFICATION & REJUVENATION PROGRAM

I have recommended the NutriClear Bio-Detoxification and Rejuvenation Program for you. Bio-Detoxification is designed to reduce your body's load of toxic substances, which may be present from either external sources (drugs, chemicals, alcohol) or your own physiological activities (bacterial toxins, intestinal toxins, metabolic byproducts). By following this program, you will eliminate many food and metabolic toxins or allergens, and achieve more "healthy" function and vitality.

NutriClear is a complete and nutritionally balanced therapeutic food. NutriClear is carefully formulated so that even the most sensitive individuals can depend on it effectively, for relief of toxicity symptoms. NutriClear supports the detoxification processes of your body and provides you with the essential nutrients necessary for effective metabolic cleansing.

The therapeutic program is divided into two stages:

1. **Remove** the toxins
2. **Repair** the liver and digestive tract

Before you begin this diet, read the following pages completely. If you know you have problems with any of the recommended foods, discuss your situation with your healthcare provider. Although only the most widely tolerated foods have been selected, each individual will react differently.

SOME TIPS AS YOU'RE STARTING OUT:

1. Foods that are most likely to cause allergy/sensitivity reactions have been eliminated from this diet. **Do not make food substitutions**, except as allowed in these instructions.
2. This diet is **not designed to be a weight-loss program**. Calories are not the concern. Beginning with Day 4, portions can be adjusted so you never have to feel hungry.
3. There is **flexibility** within the daily menus provided. For example, if you are a large, active male, you may want to eat larger portions. If you have sensitivity or an aversion to some foods, you may choose substitutions from the lists provided.
4. Starting Day 1 of the Bio-Detoxification program, take only the **nutritional supplements** that have been prescribed by your healthcare provider. Do not take any extra vitamins or herbs. **Your healthcare provider should monitor prescription drugs**. Sometimes patients are able to reduce their usual dosage of prescription drugs after they have been on the NutriClear program.
5. **Whenever possible, select organically grown fruits and vegetables** to avoid exposure to toxins. All produce should be washed well to remove chemicals.

6. Now is a perfect time to become familiar with your **local health food store** to locate any of the unfamiliar foods listed in the diet. A health food store is also a good place to purchase organic foods.
7. Remember that the **foods, which may cause sensitivity reactions**, are very often the foods you eat most frequently. Therefore, where food choices are offered during the program, try to select unusual foods, or foods you have not eaten in some time. And, don't eat the same foods day after day.

EASY STEP BIO-DETOXIFICATION PROGRAM

NUTRICLEAR MIXING INSTRUCTIONS

Blend 8 oz. room temperature, or chilled, water with two (2) scoops NutriClear. Use only filtered or distilled water; slightly more or less water may be used to suit individual tastes. Consume slowly. Too rapid consumption may cause headaches in some people. In some circumstances, your healthcare provider may suggest supplementing additional nutrients to the mixture, such as fresh/frozen fruit or extra Rice Protein Concentrate.

SPECIFIC NUTRICLEAR MIX INSTRUCTIONS

Based on your personalised needs, mix the following nutrients:

- 1.
- 2.
- 3.
- 4.
- 5.

DAYS 1-7:

*Congratulate yourself on starting the Bio-Detoxification Program.

- You will consume **NutriClear drinks three (3) times daily** (Day 1-7).
- There is **no limit to the amount** of food you can eat from day one (1) of the program.
- Be sure to drink **plenty of room temperature water**.
- You may add a little amount of **white rice** to any meal as a bulk.
- All vegetables may remain raw, stir-fried, or steamed. **Always add extra-virgin olive oil to vegetables.**
- **SNACK OPTIONS:** If needed, the best choice is to take 2 extra scoops of the NutriClear mix between meals. Other options would be celery sticks with almond butter, steamed broccoli or carrots, or a small salad with extra-virgin olive oil and lemon or lime.

DAILY SAMPLE MENUS:

Day 1	Breakfast	8 a.m.	NutriClear Mix
	Lunch	12 noon	NutriClear Mix, spinach salad: ½ cup of fresh organic spinach leaves, ¼ or ½ cup of sliced fresh mushrooms, ½ sliced tomato. Add extra-virgin olive oil seasoned with lemon or lime.
	Snack		NutriClear Mix
	Dinner	6 p.m.	4-6 oz. baked turkey breast with either 4-5 oz. baked winter squash or 1 medium sweet potato. Enjoy this with steamed asparagus or green beans.
Day 2	Breakfast		NutriClear Mix
	Lunch		NutriClear Mix, mixed-green salad or green veggies stir-fried in olive oil, plus sliced cucumber or steamed broccoli.
	Snack		NutriClear Mix
	Dinner		Oven-roasted vegetables (see recipe #10) and 4-6 oz. baked salmon.
Day 3	Breakfast		NutriClear Mix
	Lunch		NutriClear Mix, fresh mixed greens, stir-fried with chicken, or a salad with chicken. Use olive oil and lemon dressing.
	Snack		NutriClear Mix
	Dinner		Pinto beans and rice with steamed broccoli, cauliflower or stir-fried vegetables, or a mixed-green salad with salmon.
Day 4	Breakfast		NutriClear Mix
	Lunch		NutriClear Mix, mixed-green salad with olive oil and lemon, and an organic chicken breast.
	Snack		NutriClear Mix
	Dinner		Almond butter on rice crackers, with red-leaf or romaine lettuce. Use extra-virgin olive oil with lemon/lime as dressing, and add 1 can water-based tuna.

Day 5 Breakfast	NutriClear Mix
Lunch	NutriClear mix, lightly steamed broccoli, with olive oil and lemon/lime dressing. You may add basil or oregano with sliced cucumber, and red onion with turkey breast or chicken breast.
Snack	NutriClear Mix
Dinner	Chicken breast with green beans and baked winter squash, or spicy baked Flounder fillet with mixed green salad* (see recipe #11).
Day 6 Breakfast	NutriClear Mix
Lunch	NutriClear Mix, and stir-fried mixed vegetables, with almonds and steamed white rice.
Snack	NutriClear Mix
Dinner	Steamed vegetables with baked Haddock and Tahini *(see recipe #9).
Day 7 Breakfast	NutriClear Mix
Lunch	NutriClear Mix, plus marinated vegetables * (see recipe #1).
Snack	NutriClear Mix
Dinner	Halibut or Cod fillet with steamed spinach.

DAY 8-10 TOTAL TOXIN REMOVAL PHASE:

The goal of the **Total Toxin Removal Phase** is to wash foreign or toxic substances out of the body; substances that may contribute to sensitivity and the overburdening of the body's natural Bio-Detoxification system. The majority of patients must eliminate all foods except NutriClear or NutriClear smoothies for three days. Some individuals may need to extend this phase for as long as 4-5 days. The exact duration should be determined in consultation with your healthcare provider.

It is important for you to **follow the Total Toxin Removal Phase very carefully**. A small amount of the wrong substance can prevent effective cleansing.

DAY 8-10 INSTRUCTIONS:

- Drink five (5) or more NutriClear beverages each day, and drink at least 5 additional 8 oz. glasses of water, daily.
- Space your NutriClear drinks approximately three hours apart.
For example: 7 a.m., 10 a.m., 1 p.m., 4 p.m., and 7 p.m.
- No other food is allowed, except water.

WHAT TO EXPECT DURING THE TOTAL TOXIN REMOVAL PHASE:

Depending upon the degree of toxic load your body is carrying, you can expect some symptoms as those elements work their way out of your system. This usually occurs on Day 9 or 10, or later, depending on the individual.

Typical symptoms during the **Total Toxin Removal Phase** are mild to strong headaches, an increase in muscular aches and pains, weakness, light-headedness or a feeling that everything is happening in slow motion, plus a variety of intestinal symptoms, including loose bowels. If needed, drink plenty of hot or warm water with lemon.

DAYS 11-21 BIO-DETOXIFICATION, EXPANDED FOOD ROTATION MENUS:

By this time, you should have noticed the benefits of detoxifying. You probably have eradicated any symptoms, such as headaches, by Day 11. By the end of the second week, you may notice a renewed sense of energy and clarity. Each individual will detoxify at a different rate. If you experience any difficulties, discuss the situation with your healthcare professional. You may need to make some adjustments to your program.

Day 11 Breakfast	NutriClear Mix
Lunch	NutriClear Mix, tossed salad; use any of the following: red-leaf lettuce, romaine lettuce, celery, peppers, avocado, or bamboo shoots. Use olive oil and lemon/lime as a dressing. You may add basil OR oregano.
Snack	NutriClear Mix
Dinner	Turkey soup* (see recipe #2) plus celery sticks with Hummus dip (optional) *(see recipe #8).

Day 12 Breakfast	NutriClear Mix
Lunch	NutriClear Mix, with salad; shredded cabbage, OR fresh greens with olive oil and lemon/lime with a slice of grilled or steamed fish, such as Salmon, Tuna, or Halibut.
Snack	NutriClear Mix
Dinner	Falafel* (see recipe #6) and steamed broccoli OR stir-fried chicken with mixed greens OR stir-fried beef with vegetables *(see recipe #13).
Day 13 Breakfast	NutriClear Mix
Lunch	NutriClear Mix, and steamed artichokes with olive oil as a spread OR mixed-green salad with a chicken or turkey breast OR 4-6 oz. grilled or baked rump steak.
Snack	NutriClear Mix
Dinner	Turkey salad *(see recipe #5) or baked Haddock Italiano *(see recipe #12).
Day 14 Breakfast	NutriClear Mix
Lunch	Spinach salad * (see recipe #4).
Snack	NutriClear Mix
Dinner	Hurry-up hearty hash* (see recipe #7), steamed asparagus OR courgette OR rice soup with lamb.

DAYS 15-21:

- Continue to rotate foods by preparing meals similar to those suggested above by following the 4-day rotation plan. For example, Day 15 meals should be similar to those listed on Day 11.
- **Every day**, drink **three (3) NutriClear beverages**, with at least five additional 8 oz. glasses of water.
- Continue to **avoid wheat, milk, caffeine, sugar, and fruits for 21 days**, as well as foods containing these substances.
- A small amount of lemon or lime juice may be used in recipe preparation.
- **Continue to substitute foods from the Expanded Food list choices.**

ADDITIONAL CONDIMENTS AND BEVERAGES:

Bay leaf	Dill	Marjoram
Caraway seeds	Dry mustard	Nutmeg
Chives	Garlic	Poppy seeds
Cinnamon	Ginger	Tarragon
Curry	Mace	Herbal teas (no citrus)
Corriander		

EXPANDED FOOD LIST CHOICES:

Beginning with Day 1 thru 7, and Day 11 thru 21, you may eat the foods listed below on any day. Always keep in mind not to eat the same foods every day. Eat a variety of foods, and always rotate the meals.

VEGETABLE CHOICES

Carrots, celery, yams, sweet potatoes, green beans, yellow wax beans, squash, broccoli, cauliflower, peas, mushrooms, cabbage, Jerusalem artichoke, avocado, beets, kale, Swiss chard, cucumber, asparagus, bok choy, brussel sprouts, spinach, chives, leeks, shallots, common artichoke, parsley, okra, etc.

MEAT/SEAFOOD CHOICES:

[*Note: Always try to buy organic meats.*] Chicken, turkey, duck, lean natural beef or lamb, Cornish game hen, fresh or water-packed tuna, Halibut, Salmon, Haddock, or Flounder. Seafood is okay, except shellfish, including shrimp, lobster, mussels and scallops. Shellfish could cause sensitivity reactions.

CHOICE OF GRAINS:

White rice, tapioca, Quinoa, 100% buckwheat, millet, amaranth.

CHOICE OF DRESSINGS:

Extra-virgin olive oil with lemon or lime and dry herbs, including oregano and basil.
Flax seed oil dressing.

RECIPES

#1* MARINATED VEGETABLES*

1/3 cup lemon juice

1/2 cup sunflower oil

1/2 tsp. salt

1 lb. vegetables (choose from radishes, brussel sprouts, cauliflower, summer yellow squash, courgette, leeks, chives, asparagus, peas, and okra.)

1 tsp. fresh or dried salad herbs or seasonings (choose from paprika, cayenne, caraway, celery seed, chervil, cumin, dill, fennel, parsley)

- In a small saucepan, combine lemon juice, garlic and herbs. Add oil and simmer gently for 5 minutes. Cover and set aside to steep.
- Cut vegetables into bite-sized pieces. Harder vegetables like brussel sprouts, cauliflower and asparagus may first be lightly steamed. Leave others raw.
- Toss vegetables with salt in a large bowl. If you use fresh herbs, they can be added at this point.
- Pour marinade evenly over vegetables and toss again. Let sit at least 1 hour, preferably overnight, to develop full flavour. Toss from time to time, or weight vegetables down in the marinade.
- This recipe can be doubled. It keeps well.

#2* TURKEY SOUP*

3/4 cup white rice or white basmati rice

1 turkey hind quarter (about 3 pounds)

2 1/2 quarts water

1 tsp. salt

1/4 tsp. pepper

1/2 tsp. dried basil

1 medium onion, chopped

2 stalks celery with tips, sliced

1 green pepper, seeded and diced

1 cup chopped Jerusalem artichoke
(optional)

- Rinse turkey and place in a 6-quart pot.
- Add water, bring to a boil and simmer 2 to 3 hours.
- Add remaining ingredients and continue to simmer 30 minutes.

#3* RICE SOUP*

1/2 lb. cubed lamb

1 can chopped tomatoes

1/2 cup rice

Add parsley, salt, pepper, cinnamon to taste

- Boil lamb in 2 quarts of water until cooked.
- Wash rice and add to meat. Add remaining ingredients. Cook for 30 minutes.

#4* SPINACH SALAD*

1 Tbs. chives, chopped	
2 Tbs. leeks, diced	
½ cup chopped radishes	
1 bunch fresh spinach	
Chick peas or toasted pumpkin seeds	1 tsp. oregano, savory or thyme

Dressing:

2/3 cup olive oil
¼ cup lime juice
1 tsp. salt
¼ tsp. pepper

- Mince chives, leeks and radishes until fine and pulpy. Set aside.
- Wash and drain spinach, tear into small pieces. Toss with dressing. Garnish with chick peas or toasted pumpkin seeds.

#5* TURKEY SALAD*

½ cup sunflower or almond oil	¼ tsp. salt
1/3 cup lemon juice	1/8 tsp. paprika
1 sprig parsley, minced	1 cup cubed turkey
1 tsp. tarragon	2 cups cooked rice
1 tsp. dill weed	Almonds, pine or brazil nuts, or sunflower seeds

- Gently toss all ingredients together. Cover and chill several hours.
- Serve on bed of lettuce. Sprinkle with chopped almonds, pine or Brazil nuts, or sunflower seeds.

#6* FALAFEL*

2 cups cooked chick peas	2 Tbs. chives or chopped leeks
½ cup cold water	¼ tsp. pepper
1 Tbs. sesame or olive oil	½ tsp. each rosemary, thyme, turmeric, dry mustard
1 clove garlic	

- Grind or mash chick peas very fine. Add liquid as needed to make smooth paste. Add remaining ingredients. Mix well.
- Shape into 2-inch balls. Place on greased baking pan. Cover with foil.
- Cover and bake at 350° for 15 minutes. Turn balls and bake uncovered for 5 minutes.
- Sprinkle with chives before serving.
- Option: Instead of making balls, you can spread mixture ½ inch thick on a greased cookie sheet. Bake covered 15 minutes, uncover and bake an additional 20 minutes. Cut into squares.

#7* HURRY-UP HEARTY HASH*

½ cup leeks or chives, chopped	½ tsp. salt
½ cup chopped pecans or pumpkin seeds	1 clove garlic, minced
¼ cup chick peas or bean flour	2 cups cooked, mashed, winter squash or pumpkin

2 Tbs. oil (available in health food stores)

- Combine all ingredients. Form into patties. If dry, add water. If too moist, add additional flour to desired consistency.
- Fry in lightly oiled skillet until nicely browned on both sides.
- Hint: Save leftovers for tomorrow's breakfast, or freeze for future use.

#8* HUMMUS DIP*

1 can chick peas	3 Tbs. tahini
1 clove garlic	½ tsp. salt
1 lemon, juiced	½ cup water

- Rinse chick peas in hot or cold water until clear (Boil 10-15 min. optional)
- Reserve ½ cup water. Mash chickpeas through sieve into bowl.
- Add crushed garlic, salt, tahini, lemon juice, and water. Blend well.
- Blender: Put all ingredients in at one time. Do not over-blend. Garnish with browned pine nuts, parsley, or whole chick peas reserved from the can.

#9* BAKED HADDOCK WITH TAHINI*

1 lb. Haddock fillet	3 medium onions
2 Tsp. oil	2 Tbs. lemon juice
1 clove garlic, crushed	½ tsp. salt

- Marinate fish with oil, lemon juice, garlic, and salt.
- Wrap in foil with opening on top. Place in baking pan and bake for 30 min. at 350° /180°C/Mark 4
- Remove from foil and place on platter. Slice onions into thin wedges, and sauté in 3 Tbs.oil.
- Optional: brown ¼ lb. almonds, walnuts, or pine nuts. Add to onions. Set aside.
- May be eaten with steamed rice, broccoli or asparagus.

#10* OVEN-ROASTED VEGETABLES*

1 med. courgette	1 med. summer squash
1 med. red bell pepper	1 med. yellow bell pepper
1 lb. fresh asparagus	1 red onion, chopped
3 Tbs. extra-virgin olive oil	1 tsp. salt
½ tsp. Black pepper	

- Preheat oven to 450°/230°//Mark 9
- Cut all vegetables into bite-sized pieces, excluding squash.
- Place the courgette, squash, bell peppers, asparagus, and onion in a large roasting pan and toss with oil, salt, and black pepper. Spread in a single layer.
- Roast for 30 min., stirring occasionally, until vegetables are lightly browned and tender.

#11*SPICY BAKED FLOUNDER FILLET*

1 lb. Flounder fillets	1 carrot, thinly sliced
2 garlic cloves, minced	1 tomato, diced
2 Tbs. olive oil	1 Tbs. fresh lemon juice
1 tsp. dill	1/4 tsp. black pepper
1/2 tsp. turmeric	

- Rinse Flounder and place in a shallow baking dish. Over low heat, sauté garlic in oil.
- Pour garlic/oil mixture over fish and sprinkle with dill and turmeric.
- Spread carrots and tomatoes over fish, and sprinkle with fresh lemon juice and pepper.
- Cover and bake at 325°/170°C/Mark 3 for 15–20 minutes.
- Fish is done when it flakes easily with a fork.

#12*BAKED HADDOCK ITALIANO*

1 lb. haddock	4 Tbs. fresh parsley, chopped
3 Tbs. olive oil	½ tsp. dried basil
1 clove garlic, minced	½ tsp. dill weed
½ red onion, minced	pinch of black pepper
1 green pepper, chopped	1 Tbs. lemon juice
2 tomatoes, diced	

- Thoroughly wash haddock in cool water and set aside.
- Heat oil in a heavy skillet and sauté garlic and onion until tender. Add green peppers and continue to sauté on low heat until tender. Add tomatoes, parsley, basil, dill, and black pepper.
- Remove from heat and spread half the sauce on a 9 X 13 inch baking dish. Layer fish on sauce and pour the remaining sauce over the entire fish. Sprinkle with lemon juice.
- Cover with foil and bake at 375°/190°C Mark 5 for 15-20 minutes, or until flaky.

#13*STIR-FRIED BEEF WITH VEGETABLES*

12 oz. boneless sirloin steak, trimmed of fat, thinly sliced into small bite-sized strips	1 yellow onion, thinly sliced into wedges
1 red pepper, seeded, and cut into slender strips	2 celery stalks, chopped
2 Tbs. canola/olive oil mixture	4 oz. thinly sliced carrots
1 clove garlic, pressed	4 oz. sliced mushrooms
¼ c. burgundy wine	2-3 Tbs. lemon juice

- Sauté the beef in a mixture using half of the oil, half of the wine, and garlic, until beef is browned.
- Remove from skillet. Heat the residual oil in the skillet. Sauté the onion, red pepper, celery, and carrots until the onion is tender - about 4 minutes.
- Add the remainder of the red wine, the mushrooms and the lemon juice.
- Stir-fry mixture for approximately 3 more minutes. Combine the vegetables with the meat.

VEGETARIAN RECIPES

#14*TERIYAKI TOFU SALAD*

8 oz. plain, extra-firm tofu, cubed
part, cut
3 Tbs. vegetable broth or purified water
1 1/3 tsp. sesame oil, raw or toasted
radish,
4 cups broccoli, cut into florets, stems
peeled and sliced into thin rounds, or
(use half broccoli, half cauliflower)
1 cup carrots, julienne or thin half-moons

3/4 cup spring onions, white and green
into 1-inch logs
1 cup red radishes or Japanese white
cut into thin slices
1 Tbs. teriyaki sauce
1/2 cup celery, cut in diagonal slices
Olive oil can be used as an alternative

- Arrange cubed tofu in a 12 to 16 oz. bowl. Combine teriyaki sauce, broth, and sesame oil or extra-virgin olive oil.
- Pour over tofu and gently stir to coat. Cover and refrigerate for at least 3 hours or overnight, turning once or twice to season all sides.
- Layer and spread vegetables on a collapsible vegetable steamer, or bamboo steamer basket, over rapidly boiling water.
- Cover and steam for 6 to 8 minutes or until crisp-tender. Immediately transfer vegetables to sink. Run cold purified water over them to stop the cooking and hold their brilliant colors. Drain thoroughly.
- Arrange vegetables on a large dinner plate or in a portable 1-qt. bowl with a snap-on lid. Top with cubed, seasoned tofu and any remaining marinade.

#15*TOMATO FENNEL SOUP WITH TOFU AND BASIL PESTO*

3 medium fresh tomatoes, diced
(4 if canned)
2 medium onions, diced
2 cups water
8 oz. extra-firm tofu, cubed
1 tsp. olive oil

1 small fennel bulb, thinly sliced
1 clove garlic, minced
2 Tbs. vegetable broth powder
3-4 whole stalks fresh basil or parsley
1/2 lemon, juiced
1/2 tsp. light miso, yellow or white

3 black olives
Parsley

Dash of salt

- Combine tomatoes, fennel, onion, garlic, water, vegetable broth powder, and tofu in large soup pot.
- Heat to boiling and then simmer on low, covered, for 30 minutes.
- Meanwhile, combine basil, olive oil, lemon juice, salt, miso, and olives in small food processor (or, use small blender, mortar and pestle, or suribachi) and grind to the consistency of a coarse paste.
- Once soup is served, add a dollop of basil pesto in the center. Stir in pesto while eating.

#16*SOY BURGER WITH GREEN BEANS*

1 1/3 tsp. olive oil	1/4 tsp. ground allspice
1 cup Soya Mince	1 cup frozen green beans, thawed
1 cup canned chopped tomatoes	1 cup red seedless grapes
1 1/2 tsp. tomato paste	1/4 tsp. oregano
1 clove garlic, minced	Salt and pepper to taste
3 tsp. grated non-dairy cheese	

- Heat oil in a heavy non-stick skillet over medium-high heat.
- Sauté mince, onion, and garlic about 5 minutes, stirring constantly, until onions are translucent.
- Stir in tomato paste, oregano, and all-spice. Season with salt and pepper to taste and bring to a boil.
- Reduce heat to medium and simmer 5 to 10 minutes, or until liquid is reduced by half.
- Stir in green beans and bring to a simmer. Sprinkle non-dairy cheese over top. Serve grapes on the side.

#17*GINGER-SCALLION TOFU STIR-FRY*

2 cups mushrooms, sliced	1 Tbs. lite soy sauce
1/8 cup vegetable stock	1 Tbs. fresh ginger, minced
1 1/2 cloves garlic, minced	1 1/2 cups tomatoes, chopped
8 oz. extra-firm tofu, thinly sliced	1 1/3 tsp. canola oil or extra-virgin olive oil
oil	
3 cups snow peas, thawed if frozen	1 1/2 cups spring onions, cut into 1-inch pieces
pieces	

- Combine mushrooms, soy sauce, vegetable stock, ginger, garlic, tomatoes, and tofu in a bowl and marinate 30 minutes.
- Heat oil in a heavy skillet or wok over medium-high heat. Add tofu mixture and stir-fry 3-4 minutes. Add snow peas and scallions and stir-fry 3-4 minutes or until snow peas are bright green.

#18*ORANGE, TOFU, AND SPINACH SALAD*

1 lb. package pre-washed baby spinach or flat leaf spinach, steamed, washed, spun dry, torn into large pieces	1 ^{1/3} tsp. untoasted sesame or almond oil
1/2 grated carrot	4 1/2 to 6 oz. smoked tofu, cubed
1/2 Sweet red onion, cut into rings	1/2 Tbs. Umeboshi plum vinegar or rice vinegar
1 Seedless orange, peeled & sectioned, or 2/3-Cup mandarin orange sections	1/3 cup water chestnuts, drained
	1-inch piece of fresh gingerroot
	1 Tbs. purified water

- Place spinach in a large serving bowl. Top with grated carrot, onion rings, orange sections, water chestnuts, and tofu cubes.
- Wash ginger root and peel with paring knife or vegetable peeler.
- Grate on the smallest hole of a standard grater. Grab pulp. Make fist and squeeze over a small bowl or tablespoon. Wet pulp with few drops of water, squeeze again, and then discard pulp.
- Combine ginger juice, Umeboshi plum vinegar or rice vinegar, water, and oil. Whisk with fork.
- Pour over salad and toss with two large salad forks or spoons until salad wilts slightly. Transfer to a large salad plate and enjoy.

#19*STIR-FRY TOFU WITH PEPPERS AND ALMONDS*

10-15 almonds	1 tsp. sesame or extra-virgin olive oil
8 oz. extra-firm tofu, cubed	1 clove garlic, pressed
½ tsp. fresh grated ginger	3 turnip tops, washed and chopped coarsely
1 1/3 Tbs. rice wine or sherry vinegar	1 tsp. pure maple syrup
1 Tbs. tamari or shoyu sauce	2 tsp. arrowroot, dissolved in 2 tsp. water
Optional: ½ tsp. chili or Tabasco sauce	1 small onion, dried
1 small green bell pepper, diced	12 mushrooms sliced
1 clove garlic, pressed	½ tsp. fresh ginger
2 spring onions, sliced	

- Roast almonds in toaster oven or under broiler for 3 –5 minutes, turning twice. Set aside.
- Combine sesame or extra-virgin olive oil and tofu in skillet and sauté over high heat. After 5 minutes, add garlic and ginger. Sauté another 3 minutes and remove from skillet.
- Rinse and steam turnip tops in steamer basket over boiling water, or in small amount of water with no basket, until tender, about 10 minutes. Set aside with lid half off.
- Mix rice wine or vinegar, maple syrup, tamari, arrowroot, and Tabasco in a small bowl.
- Combine onion, peppers, mushrooms, and garlic. Add ginger in a skillet and sauté 5 minutes on medium-high heat. Add water if necessary and stir regularly.
- Stir sauce in bowl and add to skillet. Cook until thickened, stirring constantly. Add tofu and heat thoroughly, about 3 minutes.
- Serve over bed of warm turnip tops. Sprinkle with spring onions.