**BODHI BLUEPRINT: WEEK 3**

**Bodhi Blueprint: 7 Day Cleanse[[1]](#footnote-1)**

**Why “Cleanse?”**

Cleansing helps to rid of foreign substances and toxins stored in the body’s fatty deposits.  According to some experts, people may be carrying up to ten or more extra pounds of toxic waste in their bodies.  Cleansing not only helps us dispose of excess weight but may also help with such issues as depression, headaches, bad breath, fatigue, blemishes, allergies, brain fog, constipation, insomnia, joint pain and so on.

**The Bodhi Blueprint Cleanse**

The 7-day Bodhi Blueprint Cleanse is based on the work of various nutrition and health experts, including but not limited to Dr. Gillian McKeith, Kris Carr, Dr. Alejandro Junger, and Dr. Mark Hyman.

Certain foods must be eliminated from your diet for the entire duration of this cleanse.  You may find that you feel so good that you want to keep avoiding these foods long after the cleanse is over. Borrowing language from Dr. Gillian McKeith, author of You Are What You Eat, we are going to call these foods “the nasties.”

**The Nasties:**

* Caffeine (if you feel like you must have something caffeinated, drink green tea before reaching for anything else)
* All Processed “Foods” (basically everything with an ingredient you cannot pronounce)
* Sweets (refined white sugar, dextrose, corn syrup, artificial sweeteners, chocolate; if you must have something, use dates SPARINGLY)
* Dairy Products; Eggs
* Alcohol (it is only 7 days; you can do it!)
* Red Meat
* Soybean Products (soy sauce, soybean oil in processed foods, tempeh, tofu, soy milk, soy yogurt)
* Gluten (wheat, barley, rye, couscous, spelt)

**Day 1:  Eliminate:  The Nasties**

**Day 2:  Eliminate:  The Nasties + All Meat + Fish**

**Day 3:  Eliminate:  The Nasties + All Meat + Fish + All Grains**

**Day 4:  Eat only Fruit, Vegetables (No Beans, Nuts)**

**Day 5:  Eliminate:  The Nasties + All Meat + Fish + All Grains**

**Day 6:  Eliminate:  The Nasties + All Meat + Fish**

**Day 7:  Eliminate:  The Nasties**

**Not Sure What or How Much to Eat?**

The first chart on the next page outlines foods that you can eat throughout the cleanse.  The second outlines foods that you can eat on certain days during the cleanse.  Stock up on these foods!  They will leave you feeling stronger and more energized.

Note: The amounts below are suggestions.  If you have known food allergies, diseases, or intolerances, adjust accordingly as you are comfortable or, if necessary, in consultation with a medical professional.

**Throughout the Cleanse**

|  |  |
| --- | --- |
| UNLIMITED (Eat as much as you want) | * All raw vegetables (goal is 16 oz per day)
* Cooked green and non-green nutrient dense vegetables (goal is 16 oz per day): eggplant, mushrooms, peppers, onions, tomatoes, carrots, cauliflower
 |
| LIMITED | * Cooked starchy vegetables: butternut squash, acorn squash, potatoes, sweet potatoes (goal is 16 oz per day)
* Avocado (2 oz per day)
* Fresh Fruit (4 pieces); dried fruit (2 tbsp per day)
 |
| OFF-LIMITS | The nasties, between-meal snacks, fruit juice, bread |

**Certain Days of Cleanse**

|  |  |
| --- | --- |
| UNLIMITED (Eat as much as you want) | Days 1-7* All raw vegetables (goal is 16 oz per day)
* Cooked green and non-green nutrient dense vegetables (goal is 16 oz per day): eggplant, mushrooms, peppers, onions, tomatoes, carrots, cauliflower

Days 1-3, 5-7* Beans, legumes, bean sprouts (goal is 16 oz per day)
 |
| LIMITED | Days 1-7* Cooked starchy vegetables: butternut squash, acorn squash, potatoes, sweet potatoes
* Avocado (2 oz per day)
* Fresh Fruit (4 pieces)
* Unsweetened dried fruit (2 tbsp per day)

Days 1, 2, 6, 7* Cooked whole non-gluten grains: rice, quinoa, millet, non-gluten cereal, like oatmeal (not more than 1 cup/serving per day)

Days 1-3, 5-7* Raw nuts and seeds (1 oz per day)
* Ground flaxseeds (1 tbsp per day)

Days 1, 7* Grilled or broiled fish with lemon juice
 |
| OFF-LIMITS | The nasties, between-meal snacks, fruit juice, bread |

**Beyond Food**

In addition to eliminating food during the cleanse, the following activities are suggested:

* Body Brushing
* Baths
* Relaxation Techniques (restorative yoga, meditation…)
* Massage

**Suggested Recipes and Regimes:**

Day 1, 7:

* Awaken: Hot Water and Lemon + Daily Meditation and Affirmations
* Breakfast:  Banana-nut Oatmeal
* Lunch: Quinoa Salad with Roasted Vegetables (add chicken or fish if desired)
* Dinner Red Chile Salmon with Sweet Corn and Potatoes
* Tea:  Spicy Ginger Tea
* Snack (if needed):  Chunky Monkey Smoothie

Day 2, 6:

* Awaken: Hot Water and Lemon + Daily Meditation and Affirmations
* Breakfast: Apple Pie Smoothie
* Lunch: Green Monster with Basil-Mint Dressing
* Dinner: Mexican Soup
* Tea:  Peppermint Tea
* Snack: Chia Pudding

Day 3, 5:

* Awaken: Hot Water and Lemon + Daily Meditation and Affirmations
* Breakfast:  Cherry Bomb Smoothie OR Purple Sunrise Juice
* Lunch:  Mango and Avocado Salad OR Apple and Cucumber Salad
* Dinner: Easy Raw Zucchini Pasta
* Tea:  Mint Tea
* Snack: Celery and unsweetened almond or cashew butter

Day 4:

* Awaken: Hot Water and Lemon + Daily Meditation and Affirmations
* Breakfast:  Green Juice
* Lunch: Super Greens Salad
* Dinner: Spicy Green Juice
* Tea:  Mint tea
* Snack: Piece of fruit or Cooling Grapefruit Smoothie

**RECIPES**

BREAKFAST

Chia Pudding (serves 1-2) (Days 1,2,3,5,6,7)

* 1 cup cashew milk (or 1/3 cup cashews and 2/3 cup water)
* 1/3 cup chia
* 2-3 dates
* 1/2 tsp vanilla

For the cashew milk:  Soak 1 part cashews in water overnight.  Next, in a food processor, blender or Vitamix, combine the soaked cashews with 2 parts water, agave and vanilla until blended and smooth.  It should look white like a milk.

Next, add the chia and dates.  Blend until smooth.  Slowly (it will take about 5 minutes or so), the liquid will begin to absorb and a pudding will form.

Fruit and Nut Granola (about 4 cups) (Days, 1,2,6,7)

* 2-3 cups of old fashioned whole oats
* 1/2 cup each of chopped (or smashed with a rolling pin) walnuts, almonds and/or pecans \*I love nutty granola so for me I like alot of nuts, but depending on your taste and preference can opt for any variation
* 1/4 cup sunflower seeds and/or pumpkin seeds
* 1/2 dried cranberries or raisins
* 1/3 cup of shaved coconut
* 1 tsp cinnamon
* 1/4 cup coconut oil (sunflower or safflower will also work well)
* 1/3 cup of 100% natural maple syrup
* 1/2 tsp almond extract, coconut extract and vanilla extract (the coconut and almond extract are optional but I just put them in because I have them and thought it would be good).

\*Granola’ is really just a medley of whatever grains, nuts, berries and spices you prefer.  So use this as a basis to create what you choose to add. The key ingredients that make this recipe appealing is the maple syrup combined with the oil, which gives it a nice light hint of natural sweetness.

Preheat the oven to 350 degrees.

Mix all the dry ingredients together in a bowl and add cinnamon to taste.

On the stove top over low heat (or in a small bowl to nuke), mix together the oil, maple syrup, and extracts just until blended and warmed.

Combine the wet ingredients with the dry, making sure to coat all the mixture.

Spread mixture on a baking sheet and bake for about 20-25 minutes, while stirring and moving the mixture around every 5-10 minutes.

Once the granola is slightly browned, remove from oven and let cool.  Store granola in air tight container.

LUNCH

\*Feel free to add quinoa, millet or amaranth to any recipe for an extra boost! (add as appropriate on cleanse days)

Fennel Citrus Salad with Cashews (Days 1,2,3,5,6,7)

This refreshing salad combines a very nice sweet taste that will be the perfect snack or light lunch option for warmer days.

* 1 large orange or grapefruit, cut up into 1 inch chunks
* 1 large blub fennel, sliced
* parsley, dill and/or cilantro, all fresh and chopped
* a handful of raw cashews
* juice from 1 lime/lemon
* 2 tsp olive oil
* sea salt, pepper to taste

Chop and simply mix all the ingredients together in a bowl and serve. Note that you will want to eat this dish fairly soon.

Mango Avocado Salad (Days 1,2,3,5,6,7)

This refreshing salad combines a very nice sweet taste that will be the perfect snack or light lunch option for warmer days.

* 2 ripe mangoes, peeled, pitted, and chopped
* 1 large avocado, peeled, pitted, and chopped
* 1 tablespoon lime juice
* 2 tsp olive oil
* 1 tbsp cilantro leaves
* 1 tbsp black sesame seeds

After you have the mangoes and avocado’s chopped and pitted, simply mix all the ingredients together in a bowl and serve. Note that you will want to eat this dish fairly soon.

Apple Cucumber Salad (Days 1,2,3,5,6,7)

* 1 apple, cored and diced
* 1 small cucumber, peeled and chopped with seeds removed
* 1/2 small red onion, diced
* 1 tablespoon apple cider vinegar
* sea salt

In a bowl, toss all ingredients together and serve.

Quinoa Salad with Roasted Vegetables (Days 1,2,6,7)

\*feel free to substitute any veggies you like in this dish!

* 2 cups cooked quinoa
* 2 cups water
* 1 medium zucchini
* 1 medium carrot
* 1 small red onion
* enough oil to lightly cover
* sea salt to taste
* juice of one fresh lemon

Roast chopped vegetables in the oven at 300 until tender and set aside. Cook the quinoa until fluffy and water is absorbed. Toss together and serve warm or at room temperature with the lemon juice to taste. Blend all ingredients in a high-powered blender to desired consistency.

Cucumber and Peanut Salad (Days 1,2,3,5,6,7)

* 1 large cucumber, chopped
* 1 small, green serrano chile, chopped
* 1/2 cup raw or dry-roasted peanuts
* 1/2 cup unsweetened coconut, lightly toasted
* 5-10 sprigs of cilantro, chopped
* ghee, olive oil, lemon juice, sea salt, cayenne and cumin, to taste

In a small skillet, heat the ghee on medium heat and lightly saute (toast) the peanuts. Set aside and repeat with the coconut.

In a medium bowl, combine the chopped cucumber, chile, cilantro and add toasted coconut and peanuts. Just before serving, toss with lemon juice, oil, sugar and spices to taste. Salad is best served cold, so place in fridge for 1-2 hrs if you have the time!

Green Monster with Basil-Mint Dressing (Days 1,2,6,7 or all days without Quinoa)

* 2 cup romaine or mixed greens
* ½ cup cooked quinoa
* ½ cup broccoli florets
* ½ avocado
* ½ cup peas
* ½ cup cucumber
* olive oil basil, chopped mint, chopped lemon juice salt and pepper

Cook quinoa and peas per instructions. Then chop and combine all ingredients together. For the dressing, bled last 5 ingredients and coat salad.

Super Greens Salad  (All Days)

* 1 stalk romaine
* 1-2 cups kale
* 1/2 cup grape tomatoes
* 1/4 cup sun-dried tomatoes
* 1 avocado
* olive oil

For the Dressing:

* Salt, pepper, cayenne
* 1 tablespoon nutritional yeast (optional)
* 1 lemon
* olive oil

Preheat oven to 350F.  Drizzle kale with olive oil, salt and pepper and place in oven for 7-10 minutes.

Meanwhile, chop all ingredients in place into a bowl.  When kale is crispy, add to the salad.

For the dressing: Mix olive oil, nutritional yeast, lemon juice, salt, pepper and cayenne until blended.  Pour over salad and give it a shake so the salad is coated with all the dressing.

Sweet Asian Salad with Soy-Lime Dressing (Days 1,2,3,5,6,7 w/o honey)

* 1/4 head red cabbage
* 1-2 cups crispy kale (roasted as explained above)
* 1 stalk romaine
* 1 cup strawberries
* 1-2 pears
* 1 avocado
* fresh parsley

For the Dressing:

* 1 lime
* Olive Oil
* Rice Vinegar
* Honey
* Salt, pepper, cayenne

For the salad: Prepare the kale as explained above, and chop the remaining ingredients.  Add the kale to the salad.

For the Dressing: Blend all ingredients together and then pour the dressing over the salad. Shake and coat and enjoy!

Kale and Red Pepper Salad with Garlic-Tahini Dressing (Days 1,2,3,5,6,7 w/o agave)

For the Salad:

* 1-2 cups kale, de-vined
* 1/2 cup shredded green cabbage
* 1/2 cup pea shoots, chopped (you can get these at Trader Joes or use other spout-like variations)
* cilantro, chopped
* basil, chopped
* 1 red pepper, chopped
* handful of sunflower seeds

For the Dressing:

* 1/3 cup tahini
* 1 heaping tbsp nutritional yeast (optional)
* olive oil and water (use as much or as little of each as you like)
* juice of 1 lemon
* agave, to taste
* ginger
* cayenne
* garlic salt

Combine all the veggies in a big bowl.

Combine all the dressing ingredients.  Depending on how liquid, oil-based or water-based you prefer your dressing, use as much or as little oil/water combination as you like.

Pour the dressing over the salad and gently coat.

The Ultimate Dressing (I use this for everything) (Days 1,2,3,5,6,7 w/o Nutritional Yeast)

* 1/3 cup tahini
* 1 heaping tbsp nutritional yeast (optional)
* olive oil and water (use as much or as little of each as you like)
* juice of 1 lemon
* ginger
* cayenne
* garlic salt

DINNER

Thai ‘Nut Sauce’ Veggies (Serves 2-3)(Days 1,2,3,5,6,7)

* 1/2 cup almond or peanut butter
* 1 tbsp fresh ginger, chopped
* 1 1/2 tbsp lemon juice
* 2 tbsp dates or raisins
* 2 cloves garlic, chopped
* 1 tsp sea salt
* 1 tsp serrano pepper, chopped
* 1/3 cup water, more to thin
* 2 zucchinis or cucumbers, sliced in 1/2 moons
* 2 carrots
* 1 cup broccoli florets
* 1 cup snap peas
* 1/2 cup cilantro
* 1 head iceberg lettuce and/or gluten-free noodles

In highspeed blender, blend the nut butter, ginger, lemon juice, dates, garlic, salt, pepper and water until smooth.  Toss the sauce with veggie and cilantro and serve over gluten-free noodles or wrapped in lettuce.

The Big, Basic, Healthy Bowl (serves 2-3)(Days 1,2,6,7)

\*This is a great basic bowl for lunch or dinner. Use a gluten-free grain as a base, pack it with veggies and seeds and top with avocado.  Feel free to mix it up as needed.

* 1-2 cups quinoa, brown rice, millet (or other gluten-free grain).
* 1/2 head broccoli
* 1 cup chickpeas or lentils
* 1/2 red onion
* 1 grated carrot
* 1 clove of garlic, chopped
* 1 red pepper, chopped
* 1/3 cup seeds (hemp, pumpkin, sunflower)
* 3-4 whole tomatoes, chopped or a 16 oz can of diced tomatoes
* 1/2 avocado
* herbs and seasoning to taste (use parsley, cilantro, sea salt, pepper, cayenne)

Cook the grains first.  If using raw veggies, chop and toss into the grains while still hot.  Season and dress to taste.

Lentil Chili (serves 3-4) (Days 1,2,3,5,6,7)

* 1 can chickpeas
* 2 tbsp olive oil
* 1 tbsp paprika
* 2-3 cloves of garlic, chopped
* 1 medium onion, chopped
* 2-3 red peppers, chopped
* 1 cup veggie stock
* 3-4 whole tomatoes, chopped or a 16 oz can of diced tomatoes
* 1 cup dry lentils, soaked
* 2 tbsp coriander
* 2 tbsp fresh parsley, chopped

Heat the oil in a large sauce pan and saute onions, garlic and paprika.  Add chorizo and peppers and saute until cooked.

Add the veggie stock, tomatoes and lentils and reduce the heat and simmer for an hour or so. (a tip for cooking lentils: microwave for a couple minutes in a bowl of water to pre-cook).

Red Chile Salmon with Krispy Kale and Sweet Potatoes (Day 1,7)

\*feel free to use other white fish instead of salmon!

* 2 fresh salmon steaks
* Krispy Kale
* 2-4 sweet potatoes, whole and with skin

For the Rub:

* Cayenne
* Cumin
* Red pepper flakes
* Cinnamon
* Brown sugar
* Olive oil
* Sea Salt
* Fresh Ground Pepper

To start, pre-heat oven to 350F and put sweet potatoes (with skin) in.  They take about 25-30 minutes to cook. When the potatoes are cooking with the skin, they almost caramelize from the inside out and when you go to eat them the skin just peels right off. You will know the sweet potatoes are done when they start to ooze.

Next, combine all ingredients for the rub and brush over the top and bottom of the salmon steaks. Let it marinate (if theres time) for as long as you can (20-30 minutes is probably good). Over the stove, cook on one side for about 2 minutes and then flip to top side and cook for about 5 minutes.

Make Krispy Kale according to recipe under Snacks.

Wild Rice, Lentils and Cherry Salad with Honey-Balsamic Dressing (Days 1,2,3,5,6,7 w/o honey)

For the salad:

* 1 cup dried green lentils, soaked overnight or for 8-10 hours
* 1/2 cup white, pinto or kidney beans (or a combo)
* a handful of almonds, crushed
* a handful of dried cherries or cranberries
* 1 cup wild rice or quinoa
* 2 stalks celery, chopped
* parsley or cilantro to taste

For the Dressing:

* 1/4 cup olive oil
* 2 tbsp balsamic vinegar
* 2 tbsp of lemon juice
* 1-2 tbsp honey (non-cleanse time)
* sea salt, fresh black pepper and fresh thyme to taste

Cook lentils and beans first. Cover and let simmer over medium heat for 15-20 minutes. Once beans are cooked, drain water and rinse with cold water.

Meanwhile, cook rice/quinoa.

In a medium bowl, combine the beans and grains and toss with the almonds, cherries, celery and cilantro/parsley.

For the dressing: In a small bowl, combine all ingredients (these measurements are approximations because with dressings I tend to combine due to taste – so use your best judgement). Pour dressing over the salad and lightly mix to coat.

This salad is really delicious served with hummus or tahini as well.

Homemade Veggie Burgers (Days 1,2,6,7)

\*it took me some time to come up with a homemade veggie burger recipe that worked, but feel free to substitute in chickpeas or sweet potato or other beans/veggies that you like better.  I also use brown rice instead of the oats as well.

* 1/2 onion, chopped
* 1 cup mushrooms, chopped
* olive oil
* balsamic vinegar
* 1 carrot, chopped
* 1 can of black beans or 1 cup brown lentils, cooked (either are great, but I like 1/2 and 1/2)
* 2 tomatoes, chopped
* 1 clove garlic
* 1 tbsp hot sauce
* 1/2 tsp veggie bouillon broth base, 1 bouillon cube, crushed or 1/2 tsp miso paste
* 1 cup rolled oats or cooked brown rice
* salt, pepper and cayenne to taste

In a small saute pan, saute the onions until soft. Put aside in a large bowl. Then, saute mushrooms with balsamic vinegar until soft. Add to onions.

In a food processor, puree the beans/lentils and tomatoes with a few pulses until it becomes a saucy chunky mixture. Put aside in a small bowl.

Next, in the food processor, puree the onions, mushrooms, carrot and garlic until finely blended. Add this mixture to the bean mixture.

Season the mixture with spices and sauces to taste. Next, add the oats and mix well until a loose paste is formed. Let the mixture sit for about 5-10 minutes and form into small disks and places in a cupcake tin to bake.

Bake at 350 degrees for about 20-25 minutes.

Green Lentils with Sweet Potato, Carrots and Amaranth (Days 1,2,6,7)

* 1 cup dried green lentils, soaked overnight or for 8-10 hours
* 1-2 sweet potatoes, chopped
* 3-4 carrots, chopped
* ½ onion, chopped
* 1 cup amaranth
* 1/4 cup olive oil
* 2 tbsp of lemon juice
* sea salt, fresh black pepper and fresh thyme to taste

Place lentils in a pot with about 3 cups of water. Cover and let simmer over medium heat for 15-20 minutes. Once beans are cooked, drain water and rinse with cold water.

Meanwhile, place amaranth in a pot with ⅕ cups of water. Cover and simmer over medium heat for 15 minutes.

In a small sauce pan, par-boil the sweet potatoes and carrots (just about 5-10 minutes). Then in a large saute pan, begin to lightly saute with olive oil and onions. Add the lentils and amaranth and season to taste.

Vegan Palak Paneer (serves about 4) (Days 1,2,3,5,6,7)

* 9-10 oz baby spinach (1 bag) or frozen chopped spinach
* 1 tbsp + 1 tsp olive oil
* 1 large onion
* ¼ teaspoon cinnamon
* ¼ teaspoon ground cardamom
* 1 teaspoon ground ginger
* ½ teaspoon chopped garlic + 3 garlic cloves minced
* ½ cup chopped tomatoes
* 3 tbsps coconut milk
* 1 tbsp coriander powder
* ½ tsp garam masala
* ½ tsp paprika
* ½ tsp salt
* 1 can chickpeas

Cut spinach into shreds and cook in 3 tbsps water or until tender; remove from heat.

In a separate pan, saute onion, cinnamon, cardamom, and ginger in 1 tablespoon oil until onion is translucent. Then add ½ teaspoon chopped garlic and chopped tomatoes, and reduce heat.

Cook this briefly and blend in coconut milk. Add coriander, garam masala, paprika, and salt, mixing well. Add cooked spinach with liquid, cover and simmer on low heat for approximately 20-30 minutes.

\*Add more water or vegetable broth until you get your perfect consistency.

While simmering, saute tofu and 3 minced garlic cloves in 1 tsp oil until tofu is lightly crisp, set aside.

Remove spinach mixture from heat. Take half of spinach mixture and puree in food processor or blender, and return to mixture and stir. Stir in chickpeas

Serve over grain of choice (quinoa, brown rice) or shirataki noodles.

Soba Noodles and Broccoli (Days 1,7)

* 1/2 package soba noodles (feel free to substitutde Mung Bean Fettuccini or other of your favorite gluten-free noodles)
* 4 cups of water
* sea salt
* 1 small onion, chopped
* 2-3 cloves of garlic, chopped
* 2 heads of broccoli (and/or add asparagus, zucchini in the spring/summer)
* lemon or lime juice
* olive oil
* serrano pepper (or tabasco is a decent substitute)
* sugar, to taste
* parsley or cilantro, chopped

Boil the water and add soba noodles. Lower the heat and simmer for about 3-5 minutes. Place noodles in a colander and rinse with cold water. (make sure to not over cook the noodles as they will get mushy).

In a pan, saute the garlic and onion in olive oil. Once browned, add the parmesan-crusted tofu and saute until browned.

In a small saucepan, steam the broccoli for about 5 minutes.

In a large bowl, combine the lemon/lime juice, pepper or tabasco, sugar, olive oil and additional parmesan cheese (if desired) all to taste. \*when I make dressings like this I rarely measure anything and just add a little of each until I get the desired taste. it usually works, so I just go with it.

Add noodles to the dressing and toss lightly. Add the broccoli and other veggies, and onions and top with parsley. You can opt to make additional ‘dressing’ for when you serve.

Asian Stir Fry Medley (Serves 3-4) (Days 1,2,3,4,5,6,7)

\*Use any variation or combo of veggies you love!

* 1 cup broccoli florets
* 1 cup red bell pepper, chopped
* 1 cup cabbage, chopped
* 1 cup carrots, shredded
* 1 cup bean or pea shoots
* 1/2 cup cilantro, chopped
* 1/2 cup fresh basil, chopped

For the Dressing:

* 1/2 cup olive oil
* 2/3 cup orange juice
* 3 tbsp white miso
* 3 tbsp fresh ginger, chopped
* 1 tbsp garlic
* 1 tbsp sea salt
* 1 tsp cayenne

In large bowl, toss the veggies together and set aside.

In high-speed blender, blend all dressing ingredients until smooth.  Toss the sauce with the veggies and saute over medium heat until veggies are cooked slightly.

Easy Raw Zucchini Pasta (serves 1) (All Days Depending on Sauce)

* 2 zucchinis
* ½-1 cup of your favorite pasta sauce

In this recipe zucchinis stand in for pasta. You will need a vegetable peeler or a spiralizer to turn the zucchini into pasta. If using a vegetable peeler, shred the zucchini lengthwise to make pasta. You can lightly steam the pasta or eat raw, topped with your favorite pasta sauce and fresh veggies.

SNACKS

Banana Ice Cream

1-2 frozen bananas (bananas should be semi-ripe or very ripe and peeled before freezing) + and toppings you choose

Break up frozen bananas into small chunks and place in food processor. Blend in food processor for about 2-3 minutes (you will likely have to stop and clear the sides or bottom if the bananas get stuck, especially if they are very frozen. Sometimes it helps to let them thaw for just a couple minutes before blending). Also, make sure to blend for enough time because the bananas will go through a blending process and it takes the couple minutes for it to get to the light and fluffy state (first you will see small chunks, then you will see large clumps, then it starts to turn into a whipped, light, fluffy delight).

The Breakfast Cookie

1 cup of whole grain oats

2/3 cups spelt flour

1/4 tsp sea salt

1/2 tsp cinnamon

1/3 cup unsweetened shredded coconut

1/3 cup raisins or dried fruit

1/3 cup chocolate or carob chips

1 tsp baking powder

1 tbsp chia seed + 2-3 tbsp water

1/3 cup maple syrup or maple/agave blend

3 tbsp almond butter (or other nut butter)

2 tbsp canola oil or melted Earth Balance

1 tsp vanilla

Preheat the oven to 350 degrees. In a medium bowl, combine the oats, flour, salt, cinnamon, coconut, raisins, baking power and carob/chocolate chips. Stir until combined.

In a separate bowl, combine the chia + water, maple syrup, oil, almond butter, and vanilla and stir until blended. Add the wet ingredients to the dry and stir until combined.

Line a baking sheet with a cookie liner or grease baking sheet with Earth Balance. Spoon 1 tbsp balls of batter on cookie sheet and bake 7-9 minutes. Remove from oven and let them cool before enjoying.

Carob Energy Chunks

3 dates, chopped

1 cup raw almonds

1/4 cup sesame seeds

1/4 cup unsweetened coconut

1/4 cup pumpkin seeds

1-2 tsp agave

pinch of salt

1 tsp vanilla

1/2 cup carob chips

Combine the almonds and dates and grind until a powder forms (be careful not to over grind because they almond will begin to turn to a butter, which you do not want!).

Add the remaining ingredients and grind until the batter forms a soft ball.

Form into 1-inch balls or press into a brownie tray and place into the fridge. When cool, cut into squares or whatever you like.

Raw Chocolate Mousse

3/4 cup of hazelnuts

2-3 tbsp olive oil

1 avocado

1/4 cup of soy or nut milk

1/4 cup of cocoa powder

3-4 tbsp agave nectar

Blend the hazelnuts and olive oil in food processor until a paste or ball forms. Add the avocado and milk and blend until creamy. Add the cocoa powder and agave to taste. Serve alone, with berries or use in a pie.

Roasted Edamame and Sweet Potatoes

2-3 medium sweet potatoes

1-2 cups of edamame, de-podded

Salt, pepper, cayenne to taste

olive oil

Preheat the oven to 350 degrees and roast the potatoes whole for 30 minutes or so. Meanwhile, depod your edamame if needed.

In a separate roasting dish, put the edamame in the oven for about 20-25 minutes, or until lightly browned.

Remove the cooked potatoes, de-skin and cut into 1-2 inch cubes. Add the potatoes to the edamame pan and sprinkle with oil, salt and pepper.

Turn the oven to broil and finish off for about 10-12 minutes.

Roasted Crispy Kale

1 large bunch of kale, rinsed and chopped

1/3 cup olive oil

juice from 1 lemon

1/8 cup nutritional yeast + 1/3 cup water

sea salt, fresh ground pepper, paprika, cayenne (all to taste)

Preheat oven to 250 degrees. Place kale in a large bowl and set aside. Combine marinade ingredients in a small bowl and mix until blended. Pour marinade over kale and coat it completely.

Lay out kale on cookies sheets and place in oven for about 1 hour or until kale is crispy.\*

\*Note: cooking on low heat for an extended period of time is an alternative to dehydrating. To get the kale very crispy, it is important to use this method. However, if you are short for time or prefer the kale in a more soggy, marinated form, cook at 350 degrees for about 10 minutes.

White Bean Hummus (makes 1 medium bowl of hummus)

1 8 oz can of white beans, rinsed

water, as needed

1/4 cup tahini

1 clove of garlic, chopped

lemon juice, to taste

salt, pepper, to taste

olive oil, as needed

Combine beans and water and blend in food processor until smooth. Add tahini, garlic and lemon juice and continue to process until blended. Slowly add oil and/or water (depending on how oil-based you like it) until it hit a nice creamy texture. Add salt and pepper to taste, and extra oil or lemon juice if desired.

hummus variations: Add and blend roasted red peppers, fresh basil, sun-dried tomatoes or kalamata olives for alternate flavors.

Sweet Potato Logs

1-2 medium sweet potatoes

olive oil

sea salt and fresh ground pepper

Preheat oven to 400 degrees. Slice potatoes into logs (or whatever size you prefer) and lay out on a baking tray. Heat oil in a pan and drizzle heated oil over the logs and generously sprinkle with salt and pepper. Bake for about 10 minutes on each side.

SOUPS

Creamy Cauliflower Soup (serves about 3) (Days 1,2,3,4,5,6,7)

* 1 head of cauliflower, chopped and steamed
* 2 cups water
* 1 tbsp veggie base or cube
* juice from 1 lemon
* fresh parsley, chopped
* salt, pepper, cayenne, garlic salt, rosemary, nutmeg to taste
* splash of almond milk

Boil water and add veggie broth base until blended and warm. Add cauliflower and steam with cover on for about 15 minutes. Then, puree in food processor with its same nutrient-dense water.

Put pureed caulifower back into sauce pan and simmer on low heat.  Add lemon juice, herbs and spices to taste.

Mint-Sweet Pea Soup (serves about 4) (Days 1,2,3,4,5,6,7)

* 2 bags of frozen peas or 3 cups fresh
* 2 cups water
* 1 tbsp veggie base or cube
* juice from 1 lemon
* alot of cilantro and mint, chopped
* salt, pepper, cayenne, garlic salt to taste

Boil water and add veggie broth base until blended and warm. Add peas and steam with cover on for about 15 minutes. Then, puree in food processor with its same nutrient-dense water.

Put pureed peas back into sauce pan and simmer on low heat.  Add lemon juice, herbs and spices to taste.

Broccoli Soup (serves about 4) (Days 1,2,3,5,6,7)

* 2 heads of broccoli, chopped and steamed
* 2 cups water
* 1 tbsp veggie base or cube
* juice from 1 lemon
* salt, pepper, cayenne, garlic salt to taste

Boil water and add veggie broth base until blended.  Meanwhile, in a separate sauce pan, steam broccoli and strain. Then, puree in food processor and slowly add veggie broth.

Put pureed broccoli + broth back into sauce pan and simmer on low heat.  Add lemon juice, nutritional yeast and spices to taste.

Sweet Potato and Carrot (serves about 4) (Days 1,2,3,5,6,7)

* 1 tbsp ghee
* 1 small onion, diced
* 2 tsp garam masala spices (cinnamon, black peppercorns, cumin, cardamom, nutmeg, cloves). \*if you dont have all these spices, use what you do have.
* 3 cups of vegetable broth (or 1 cup broth 2 cups water)
* 2 sweet potatoes, peeled and cut into small pieces
* 3 carrots, peeled and chopped
* 1 can of pumpkin puree (optional)
* 1/2 cup coconut milk

Saute the onion in the butter until browned and soft.  Add the spices and cook for about 1-2 minutes.  Add the broth, milk, potatoes and carrots and bring to a boil.  Lower the heat and simmer until vegetables are soft.  Remove from heat and puree.  Put the puree soup back in the sauce pan and add pumpkin puree and additional spices to taste.

Parsnip, Rosemary and Potato Soup (serves about 4) (Days 1,2,3,5,6,7)

* 4 parsnips, peeled and chopped
* 4 medium potatoes, peeled and chopped
* 4 cloves garlic, chopped
* 2 large sprigs of rosemary
* 1 small onion, chopped
* 2 tsp olive oil
* 4 cups veg stock

Par-boil parsnips and potatoes and set aside.  Cook onion in olive oil.

Add rosemary, garlic, parsnips, potatoes.  Cook for 5 mins on high heat.  Heat veg stock and add ingredients.

Cook for 30 mins till all ingredients are soft.  Blend together, add salt and pepper to taste.  Reheat for 10 mins on low heat.

Rustic Wild Rice, Barley and Vegetable Soup (serves about 4) (Days 1,7 and w/o barley and rice 1,2,6,7)

* 1 large onion, chopped
* 1 large potato, cubed
* 3-4 medium carrots, peeled and chopped
* 10 medium-length stalks of celery, chopped
* 3 tablespoons extra-virgin olive oil
* 2 cloves garlic, chopped
* 6 cups of vegetable broth
* 1/2 cup each wild rice and barley
* salt and pepper to taste

In a large soup pot over medium high heat combine the olive oil, onion, potato, carrots, celery and a few pinches of salt. Saute for about ten minutes or until the onions and celery are soft. Stir in the garlic and add the broth.

Bring to a simmer and let cook for another 10 minutes or until the celery, carrot and potatoes are just cooked through.

Add in the rice and barley and cook for another 15 minutes. Remove the soup from the heat and serve in soup bowls with rustic whole grain rolls.

Red Lentil and Chick Pea Soup (~4 healthy servings )

* 2 carrots, peeled and chopped
* 2 stalks of celery, chopped
* 1/2 onion, chopped
* 2 cloves of garlic, finely chopped
* 1/2 bulb of fennel, chopped
* 2 cups dried red lentils
* 1 15oz can chickpeas
* 6-8 cups veggie stock/water
* 1 tsp freshly ground coriander
* 1/2 tsp ground cumin
* 2 tbsp lemon juice
* salt and pepper to taste

Saute vegetables about 20 minutes until caramelized. Add the stock, chickpeas, and lentils. Cook at a simmer until the lentils are soft. Add coriander, cumin, and lemon juice. Cook 10-15 minutes longer before serving. \* Add salt and pepper while cooking to suit your tastes. \* When chopping the vegetables for the soup, think about the size of the spoon you will be using to eat.  If you have giant, unevenly cut vegetables, they will cook unevenly and be difficult to eat. Your soup will be more graceful if your veggies are consistently chopped and fit on your spoon.

Pumpkin Soup Is Love (~2 healthy servings)

* 2 cups vegetable stock
* 15 oz pumpkin puree
* 1 tsp olive oil
* 2 cloves garlic, minced
* 1 shallot, minced
* 1 tsp freshly grated ginger
* 1 tsp chili powder
* 1/2 tsp cumin
* squeeze of citrus
* pinch of sugar/stevia/honey/maple syrup
* salt and pepper to taste

Saute garlic, shallot, and grated ginger in the olive oil for a few minutes. Add stock, pumpkin puree, and the remainder of the ingredients. Simmer for 15-20 minutes. You can use an immersion blender to puree the soup or toss it in the blender. If you are in a hurry, just eat it!

Mexican Soup with Rice (3-4 hearty servings)

* 4 cups sodium-free vegetable stock
* 1 (28) oz can  fire roasted crushed tomatoes
* 1 medium white onion, chopped
* 1 cup kidney or black beans
* 4 cloves garlic, minced
* 1 poblano pepper, roasted
* 1 red pepper, roasted
* 1 jalapeno, diced
* 1 tbsp paprika
* 1/2 tsp chili powder
* 1/2 tsp ground cumin
* Pinch ground cinnamon
* 1 avocado, cut into ½ inch cubes
* Lime wedges, for serving

 Roast peppers in broiler, turning until skin is evenly roasted. I do this in a makeshift foil plate and then wrap the foil around the peppers until cool. Then it is easy to peel the skin off and there are no dishes to clean up. Dice the cooled, skinned peppers. While the peppers are under the broiler, heat a skillet over medium heat. Add diced onions and when they start to stick, add about 1 tablespoon of vegetable stock. Repeat this step, stirring often for 30 minutes, deglazing pan every so often with a small amount of vegetable stock. Cook onions for 30 minutes or until onions are dark in color with the desired caramelized flavor. In a stock pot, add vegetable stock, fire roasted tomatoes, garlic, jalapeno, paprika, cumin, cinnamon and stir. Bring to a boil. Reduce heat and simmer uncovered for 10 minutes, stirring occasionally. Stir in caramelized onions and roasted peppers, and continue to cook uncovered for 5 more minutes. Serve the soup topped with diced avocado and fresh chopped cilantro.

1. The statements in The Bodhi Blueprint documents have not been evaluated by the Food and Drug Administration. The Bodhi Blueprint program is not intended as medical or health advice. We recommend that you consult with a licensed health professional before changing your diet or starting an exercise program. [↑](#footnote-ref-1)