“The fusion of health and culinary art is what makes The Fresh Energy Cookbook so incredible...innovative, practical, easy, and delicious.”
—CHEF MATTHEW KENNEY, FOUNDER OF MATTHEW KENNEY CUISINE AND AUTHOR OF RAW FOOD/REAL WORLD

As a businesswoman, philanthropist, and TV personality, I always need to look and feel my best in the spotlight. And as a mother, I want to be the best caregiver I can possibly be. Natalia Rose’s peerless guidance has made it all possible. Now, with The Fresh Energy Cookbook, it’s easier than ever to incorporate clean, nutritious meals into my busy lifestyle.
—SONJA TREMONT-MORGAN, STAR OF THE REAL HOUSEWIVES OF NEW YORK CITY AND FOUNDER OF SONJA IN THE CITY AND SONJA HOME, INNOVATIVE LIVING

“Natalia Rose is a true pioneer in the movement toward helping people through diet and lifestyle. The Fresh Energy Cookbook is a great tool for helping people help themselves.”
—DENISE MARI, FOUNDER AND EXECUTIVE DIRECTOR OF ORGANIC AVENUE

“Doris Choi’s innovative recipes combined with Natalia Rose’s wealth of information capture both the flavor and the creativity that often elude health-oriented cookbooks. In a world where genetic engineering seems to be unavoidable on our plates, this book’s holistic approach to food shows the way to a healthier and tastier future.”
—CHEF PIERRE THIAUM, OWNER OF PIERRE THIAUM CATERING AND AUTHOR OF YOLELE! RECIPES FROM THE HEART OF SENEGAL

“Natalia Rose changed my life. She steered me through the many ups and downs of weight loss by teaching me that it’s really about health and well-being. The delicious recipes that she and Chef Doris have created make this journey effortless and, most importantly, fun.”
—CORNELIA GUEST, AUTHOR OF CORNELIA GUEST’S SIMPLE PLEASURES

Doris Choi has inspired a whole new culinary approach. Rose and Choi teamed up to create a detox culinary institute and food-delivery service for clients nationwide. Now, with The Fresh Energy Cookbook, they unveil nearly two hundred of Chef Doris’s most coveted recipes, drawing from a range of ethnic flavors, and ideal for dieters and home cooks of all stripes. Lively and compelling and gorgeously photographed, it covers essential health topics, gym tips, pantry items, and recipes for everything from juices and smoothies to warm savory salads, satisfying entrees, and guiltless desserts—all delicious and stunningly simple to prepare. In addition to the many delightful vignettes and interviews are dozens of mouthwatering dishes featuring savory cheeses, fresh fish, and gently cooked vegetables that will inspire and delight.

Contrary to popular opinion, true detoxing is not about sipping lemon water and starving oneself for weeks at a time; it’s about enjoying clean, living foods as nature intended us to, every day.

“Delivers. training with Natalia Rose’s dietary principles to co-City. Doris merged her extensive classical culinary rants, and catering companies throughout New York rated highly successful bars, nightclubs, cafes, restau-

service industry. She has owned, managed, and operated more than fifteen years of experience in the restaurant and is a private chef and caterer with more

Doris Choi

New York City with her husband and three children.

Elizabeth Arden Red Door Landmark Spa. She lives in the nutrition director for the Frederic Fekkai Spa and actors, and media personalities. She has served as body-conscious men and women, including models, inte-
Doris Choi is a private chef and caterer with more than fifteen years of experience in the restaurant and service industry. She has owned, managed, and operated highly successful bars, nightclubs, cafes, restaurants, and catering companies throughout New York City. Choi merged her extensive classical culinary training with her inventive cuisine, which always excites, delights, and satisfies. Each course is an adventure, carried out with wit, insight, and joy. You will love this book’s remarkable range of unforgettable recipes. To your good health and great enjoyment!

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—JEFFREY SACHS, DIRECTOR OF THE EARTH INSTITUTE AT COLUMBIA UNIVERSITY AND SPECIAL ADVISOR TO THE SECRETARY GENERAL OF THE UNITED NATIONS

Natalia Rose is a true pioneer in the movement toward helping people through diet and lifestyle changes. With the publication of The Fresh Energy Cookbook, it’s easier than ever to incorporate clean, nutritious meals into one’s daily routine. The recipes use only whole, foods as nature intended us to, every day. It covers essential kitchenware, prep skills, pantry items, and recipes for everything from juices and smoothies to warm savory salads, satisfying entrees, and guiltless desserts—all delicious and stunningly simple to prepare. In addition to the many delightful vegan and vegetarian dishes, Rose reveals a wide variety of clean, nutritious, and guiltless desserts that feature fresh, whole foods and gently-cooked starches and vegetables. Rose and Choi teamed up to create a detox culinary institute and food delivery service for clients nationwide. They unveiled nearly two hundred of Chef Doris’s most coveted recipes, drawing from a range of ethnic flavors, and>
THE FRESH ENERGY COOKBOOK
Also by Natalia Rose

*The Raw Food Detox Diet*
*Raw Food Life Force Energy*
*Detox 4 Women*
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On a recent quiet evening, I decided to do something that I hadn’t found time for in months—I flipped on the television. To be more precise, I tuned into one of the mainstream food channels. The show was related to extreme eating and focused on the hosts sourcing and devouring the most fattening, calorie-dense, processed foods on the planet. If the producers’ goal was to demonstrate virtually everything wrong with our society’s relationship with food in less than thirty minutes, they did a fine job. The show proceeded to highlight a series of eating feats that no human should ever attempt.

Unfortunately, this type of attitude toward food has become all too common. Food writers encourage readers to dine at restaurants whose menus should be delivered with a warning label. Even many well-respected chefs pile on fat, salt, and oil to the point where the main ingredients are no longer recognizable; the fast-food industry is not alone in employing this method. The negative impact of this on our health is immeasurable.

As a classically trained chef, I learned firsthand that health is typically far from the objective when preparing meals. In fact, in the pursuit of creating flavor, chefs and other food industry professionals are often skilled at just the opposite. This has created a number of systemic problems that have not only rendered most of what we eat these days unhealthy, but also caused a massive disconnect between what we believe tastes good and what actually tastes—and feels—good. Far from just a source of nourishment and pleasure, food is now a full-blown addiction, influencing nearly every spectrum of society, from our health to the environment to the economy.

I was fortunate to learn many years ago that a more natural diet would improve my own life and that of everyone for whom I prepared meals. When I did, I changed my entire career path and have since been devoted to the pursuit of creating food that is both nutritious and delicious. However, simply making healthy cuisine available is not enough. We also need education and information to guide our choices, and that is where Natalia Rose has been so effective for so long with her previous books. Now, in partnering with the
talented chef Doris Choi, she is taking her work a significant step further. This fusion of health and culinary art is where my passion lies and is what makes *The Fresh Energy Cookbook* so incredible.

The beauty of this book lies in the harmonious balance achieved through the collaboration of Natalia and Doris with their respective backgrounds. You can feel the passion that they have for sharing this information; their enthusiasm simply jumps off the pages. They know how much better you can feel! They have seen the results, thousands of times. I have been a fan of Natalia for a long time and respect all of the work she has done to educate us about the benefits of a healthy diet and lifestyle. The innovative recipes by Doris not only reinforce the detox philosophy, but also make it practical, easy, and delicious. In addition to its user-friendly attributes, this book is filled with nuggets of valuable information on subjects we all need to understand.

As the authors point out, since eating is emotional and we are pleasure seekers, it is understandable how our food choices have become misaligned with our health needs. Many of us no longer know what tastes good, due to our compromised palates and lifestyles. This subject is clearly addressed in *The Fresh Energy Cookbook* and is one reason why it should be essential reading for every home cook. In these pages, Natalia and Doris deliver the road map to health in a way that is both clear and deeply motivating. Of course, health is much more than eating your vegetables or an apple a day—Natalia explains why we need to adopt a clean diet, and Doris shows us how, with easy-to-follow, imaginative recipes.

*The Fresh Energy Cookbook* delivers vital information that is new to most of us, in a way we can all embrace and learn from. For example, food combining is a subject that, in recent years, has become so complex and confusing, many of us have simply given up trying to understand it. The authors have demystified this topic into a very clear and concise set of guidelines that will allow you to enjoy all of your favorite foods without loss of ultimate nutrition or enjoyment. Perhaps my favorite aspect of the book is how it encourages us to understand our own internal ecosystems. Think about that: The idea alone inspires a depth of thinking not often encountered in a cookbook.

Natalia and Doris remind us why we can all feel better than we do, and as plain as day, they provide the core principles of a successful detox diet before setting you free in your own kitchen. By the time you get to the recipes, you
will already be several steps ahead in the kitchen, excited to experiment with these wonderful tonics, dishes, snacks, and treats.

When we all adopt this intuitive but elusive philosophy of bringing good, clean energy into our bodies and into our lives and removing the not-so-good energy through the detox lifestyle, it will render the world a better place. I’m most thankful for the work of these talented authors and am certain that even the most knowledgeable readers of this book will be inspired by their words, recipes, and all of the wonderful information they share.

CHEF MATTHEW KENNEY
FOUNDER OF MATTHEW KENNEY CUISINE AND LIFESTYLE
JANUARY 2012
INTRODUCTION

Natalia Rose

This is much more than a cookbook. The recipes in the following pages will no doubt dazzle your taste buds, but they will also, we hope, revolutionize the way you think about food and food preparation. Why? Simply put, the twenty-first century is an exceptionally difficult time for human health. Amid the many medical, scientific, and technological “advances” of our age, we are finding ourselves more vulnerable to physical and chemical imbalances today than ever before. Doris Choi and I see this in our professional lives every day; clients keep coming to us for answers they can find nowhere else.

What we need, then, is a new health protocol that will serve us well now and into the future. That’s why Doris and I joined forces to create this book. We designed it specifically to help lift you up and out of the quagmire of toxicity that is all around and within us in the modern world and to restore you—through real, human food—to a state of balance, beauty, and vitality.

The rash of symptoms and illnesses we’re seeing—everything from weight gain, lethargy, and mood disorders to the most common killers, such as cancer and heart disease—is a warning call to us all. It’s the surest indication that the old health standbys of allopathic medicine and restrictive dietary labels such as “vegan,” “low-cholesterol,” “low-fat,” “sugar-free,” “all-raw,” and “gluten-free” are falling short of their promises. At a time when our environment and food supplies have become perilously denatured, what we need is to broaden our minds, reconnect with our roots, and redraw the dietary map.

For years, I have been studying the effects of the modern industrial paradigm on our environment, our food supplies, and the human body. And yet, as dire as the warning signs have become, I still have hope for the future.

In my lifelong search for balance within a deeply imbalanced world, I have identified, with the help of many brilliant minds, a way forward for health seekers—a way, in effect, to soar off the bow of this ill-fated Titanic.
THE ROOTS OF HUMAN HEALTH

Let’s revisit our origins for a moment. For millions of years of human evolution, our environment somehow maintained an ideal alkaline pH balance. But with the growing influence of industry on our lives, our pH has become increasingly acidic, and this is threatening the critical balance of all life on our planet. The elements outside our bodies (air, water, soil) and within our bodies (our cells, blood, tissues) are dipping to acidic levels that do not support human health.

Countless symptoms, diseases, and disorders are challenging medical researchers, baffling doctors, and panicking their victims—and, quite frankly, sending many said victims to innovative health practitioners like me. Honest health seekers (and I’m pleased to note, our ranks are growing every day) are losing faith in purely Western allopathic approaches to health and are discovering a whole new frontier of knowledge.

Fundamental to the detox lifestyle is the recognition that our world is one great, interconnected, living, breathing organism, and every individuated organism within it is integrally connected to and affected by the whole. When we adopt this holistic perspective, we appreciate that what is true for the macrocosm is also true for the microcosm, and vice versa. Simplified by the ancient hermetic text, we have the maxim, “As above; so below.”

In direct opposition to this paradigm, we have our Western culture’s separation model, in which elements are categorized hierarchically, according to their culturally determined values. Under this system, nonliving things, such as industries and products, are often valued more than living organisms, such as ecosystems and basic human health. The development of industry and commerce at the cost of life has crippled humankind, without exception to one’s place in the social hierarchy. (Sure, the financial elite may appear to escape while the masses suffer—after all, the rich can afford all the quality foods, medicines, and treatments they need, right? Well, I can tell you from firsthand observation that they are just as physically ravaged by our mainstream diet as anyone else, because they are subject to the same laws of nature.)

There is a price to be paid for snipping away at the web of life. Just as the land, air, water, and myriad life forms that make up our world are weakening and mutating under the onslaught of toxicity, we humans—down to the very fiber of our beings—are weakening and mutating in equal measure. Is it any
wonder, then, that our bodies and minds are sluggish, devitalized, and overweight? When we fuel our days with sugar, caffeine, and all manner of genetically modified and chemically processed foods (let alone large quantities of drugs and alcohol), how are our bodies supposed to respond?

Just like the soil of industrial agriculture, our internal physical terrain has been devastated with unfit, albeit culturally approved, “foods” and toxic substances. Consider the genetically modified grains, pasteurized milk and dairy products, factory-farmed meats, antibiotics, hormones, and other chemicals and medications that overrun the typical Western diet. As a result, our organs and tissues, just like the soil beneath our feet, are recycling toxicity and becoming rapidly devitalized.

Just prior to his death in 2009, I had the distinct honor of interviewing renowned agricultural biologist Dr. Bruce Tanio, who kindly walked me through the reasons pesticides and chemical fertilizers were originally developed and used. In brief, with industrial agriculture came the tractor and synthetic fertilizers, which promised to reduce the output of time and energy, and the need for horses, and increase crop yield for farmers. While such productivity was very alluring, the widespread integration of these agricultural
technologies destroyed the ideal nutritional balance in the soil—great for productivity, tragic for the body and the ecosystem.

Nutritionally balanced soil, Dr. Tanio explained to me, would remain rich with humus and naturally keep those decomposer pests in check indefinitely. Pests occur naturally in healthy soil, but the ratio of destructive microbes to productive ones rests heavily in favor of the latter. But pesticides and synthetic fertilizers disrupted this crucial balance. The good microbes were killed off with the bad, and the soil became weak and increasingly dependent on chemical intervention. That’s how pesticides became an accepted agricultural norm.

The same thing has been happening to our bodies. The microbial balance of fertile soil is similar to that of a healthy human intestine, which by definition must not exceed a ratio of 15 percent bad bacteria to 85 percent good bacteria. Just as unadulterated soil has no need for pesticides, the unadulterated human body has no need for antibiotics. It’s only when unfavorable microbes, or harmful bacteria, are provided an environment in which to thrive and overtake their productive counterparts that we get ourselves into trouble. Combine a weakening army of good bacteria with high acidity and an accumulation of old waste matter, and we’ve got ourselves an ugly situation.

It’s not enough simply to cut down on one type of food or another. Food industry behemoths are producing crops that actually handicap the human body. That’s right, even toxic fruits and vegetables! Chemically and energetically, the crops from manipulated seeds send incoherent signals throughout the body and trigger mutations in the cells. That’s why it’s important to opt for local green markets and trusted organic sources whenever possible.

**ENERGETIC DESIGN**

All of the ancient healing traditions agree that our organs, cells, tissues, and blood rely on the quality and quantity of a universal life force energy. The Chinese referred to this energy as chi, the basis of all ancient Chinese medicine. The Hindus named it prana, the centerpiece of Ayurveda, a system of traditional medicine native to India. Ancient Greek medicine called it pneuma and understood it to be the essential component of vitality. Whether or not you believe in any of these ancient traditions, there is no question that the physical makeup of a human being is a reflection of energetic design.
As we all learned in biology, we are a complex of interdependent systems—respiratory, circulatory, digestive, endocrine, immune, lymphatic, nervous, skeletal, and musculatory. For the purposes of the detox diet, however, it’s helpful to think of these systems in terms of electromagnetic energy. As I described in a previous book, *Raw Food Life Force Energy*, all organisms are made up of what I call *living light energy*—derived either directly or indirectly from sunlight. Therefore, in essence, all of the body’s systems rely on pathways whose job is to conduct fresh, clean energy (in the form of water, oxygen, and nutrients absorbed from sun-fed foods) continually to every organ and every cell.

Sadly, understanding the human body in terms of energetic systems and cellular health has been left out of our culture’s health conversation. Due to a sticky, acidic mainstream diet that routinely clogs the body’s internal pathways with toxic residues, most people today, whether they know it or not, are starving their cells of this vital energy. Thus, while there is much wisdom in the Hippocratic adage “Let food be your medicine and medicine be your food,” we must remember that much of our food has become just as denatured as we have and that the body can only thrive on a diet of clean, living foods.

The good news is that we can begin to reverse the damage to our cells—right here, right now. Gently guiding people back to a state of physical and energetic balance with cleansing foods is really what Doris and I do best. But navigating ourselves out of this catch-22 requires a specific method that I will outline very clearly for you in the coming pages. Doris’s recipes then make it easy for you to implement the principles of the detox diet and start reaping its benefits immediately.

If you already practice the detox lifestyle and are familiar with my previous books, *The Raw Food Detox Diet*, *Raw Food Life Force Energy*, and *Detox 4 Women*, feel free to skip straight to the recipes. If not, I urge you to read through the dietary principles and tips that we provide in the first two parts of the book. Of course, the recipes in
the third part bring all of these principles to life in the kitchen for you, so even if you decide to fly blind, you’ll be winging your way to a cleaner, slimmer, healthier, more energized you.

**ABOUT CHEF DORIS CHOI**

Enter Doris Choi, engineer of a whole new generation of food preparation. This book was really born when I met Doris in 2008. She was a traditionally trained personal chef with a history of successful catering companies in Manhattan. But once she discovered the power of living foods and the benefits of proper food combining, she couldn’t go back to her old-school techniques.

A consummate artist and innovator with a highly discerning palate, Doris began questioning the raw food fare she was discovering in the marketplace and coming up with far tastier, more vital, easy-to-digest recipes. She shared her discoveries with me, and I was blown away. That began our joint venture with our national delivery service, Detox Delivers. But Doris never stopped innovating, and today her recipes are better than ever.

Doris took all of the key principles that I have deemed critical to supporting cellular cleansing—including the particularly tricky ones, such as eradicating yeast in the body and omitting the density of nuts and seeds—and made masterpieces out of every single dish, sauce, and beverage.

For the last several years, Doris has been providing her extraordinary meals to our clients all over the country. Now, for the first time, she has compiled nearly two hundred of her best recipes for you, so you may easily whip them up in your own kitchen. No more guesswork, just the simple joy of food. (I say “simple,” because simplicity is one of the best features of these recipes. Note the short lists of easy-to-find ingredients and easy-to-follow instructions for light, clean, quick-exit creations that will reenergize your whole body.)

Doris innovates as naturally as she breathes. So for her to take all the dietary principles required for the ideal human diet in the modern age and translate them into the most delightful, gastronomically satisfying recipes was as natural as, say, Leonardo da Vinci picking up his pencil to sketch the Vitruvian Man, or Michael Jordan picking up a basketball. It’s one of her gifts, and it’s a gift to us all.
INTRODUCTION

THE FUTURE OF FOOD

Doris and I opened our doors to The Rose Program Culinary Institute in 2009 because we wanted to share our insights about what we were calling the “future of food.” We did not want to delay. Health seekers needed the information, and they needed to know how to adapt the information in the kitchen so it could really work as a diet-lifestyle makeover.

Most of our clients come to the detox diet because they are struggling with their weight or experiencing physical symptoms that no other diet has ever successfully addressed. What they find is a whole new understanding of the underlying forces (for example, obstruction, waste retention, acidity, yeasts, environmental estrogens, and radiation) that are creating these imbalances in the body and how to reverse them through dietary intervention.

Like our clients, you will learn that your body is a brilliant organism that’s designed for continual self-cleansing and self-healing. It just needs your help in creating the best environment for the cleansing and healing to begin. Sure, we can dissect the body, study all its component parts, and pull out the manual of scientific terms, but if we do not grasp the principle of energetic flow and conductivity—indeed, if we do not connect the dots—we will forever be working at odds with our bodies.
Contrary to popular belief, health does not come primarily from the daily intake of a certain number of nutrients and superfoods, but rather from aiding the continual removal of obstructions from the body’s pathways so that it can better absorb and conduct vital nutrients. Health comes when we clear the way for life force energy to flow harmoniously throughout all the body’s systems—continually reconnecting, oxygenating, and nourishing every cell. Ever wonder where detox dieters get that wonderful glow? Well, now you know.

But let’s get back to the culinary classroom with Doris: In our experience, most of our students’ imbalances (excess weight, cellulite, premature aging, irritable bowel syndrome (IBS), acid reflux, acne, allergies, autoimmune diseases, female reproductive problems, cancers, headaches, chronic fatigue, stress, and insomnia are among the most common issues that we see) almost always come from addictions to certain foods and substances. Growing up on a mainstream diet of chemically processed foods, sweets, meats, and poor food combinations wires us to crave certain tastes and textures. By the time we are adults, our whole physiology is a reflection of those misguided dietary choices. The addictions are system wide, and rewiring our brains and our bodies to accept a cleaner diet can be very challenging. Often, despite all the health information in the world, people cannot make the necessary changes because the tastes and textures of the old favorite foods keep luring them back.

As anyone from Alcoholics Anonymous will tell you, the first step to healing is to acknowledge there is an addiction in the first place. In our culinary school, we shine a light on these addictions (both obvious and not so obvious), how they were established, and how to overcome them by transitioning to a cleaner, emotionally satisfying diet. We always aim to fully empower our students—to make them indomitable in the face of their old dietetic demons—and now we offer the same to you.

Whether you are merely looking to lose weight and “get the glow” from good, clean food or have more ambitious, long-term health goals, you’ve come to the right place. Anyone on a mainstream Western diet is an addict of one sort or another. So familiarize yourself with our detox principles (see “Eight Essential Properties of Cleansing Foods,” page 17) and try a few of the recipes that sound most appealing to you. Then notice how your palate awakens to
the vibrant flavors of real, living foods and how your previously overburdened body gradually comes back to life.

Before long, you will discover that you have no use for most of the products that the big food industry would have you shelling out good money for, day after day, for the rest of your life. All you need to liberate yourself from the old toxic food traps is an abundance of fresh, unadulterated vegetables and fruits, herbs and spices, the occasional piece of fresh fish (if you so desire), and a few tricks of our culinary trade. This is the future of food.
THE SKINNY

If, like many people, you are drawn to books on cleansing because of the weight loss benefits, I can assure you, weight loss is on the menu. You will lose all your excess weight when you eat this way. But what good is a skinny bod if you’re sick or if you feel lethargic or depressed?

One of the best parts of my job is watching people transform beyond what they thought possible as a result of the detox lifestyle—physically, mentally, emotionally, and spiritually. Most people have no idea how good and energized they can feel, how clear their head and heart can be, and how great they can look once they remove the internal blockages of waste, carbonic gas, yeast, rogue bacteria, and other toxins. While many forward-thinking people are working hard to save our planet’s ecosystems, Doris and I are here to help you save your own. So, by all means, enjoy the weight loss and beauty benefits—after all, losing excess weight is all part of rebalancing the body.

We are so excited to share this knowledge with you. It is our sincerest wish that with my guidance and Doris’s recipes you will experience ever-greater states of health and joy. But remember, you don’t have to memorize everything or take it in all at once. You can jump straight ahead to the glorious recipes right now. If, however, you are the inquisitive type who wants to grasp why these recipes are designed exactly as they are, you will find that information in the coming pages.

Doris Choi

Three years ago I came across Natalia’s book, The Raw Food Detox Diet. Normally, I didn’t read books with the word diet or detox in their titles—and forget about “raw food,” whatever that was. It was out of character for me to pick up such a book, but I did, and I then spent the next hour sitting on the floor of the book store devouring it. And then I bought it.

I was excited and agitated at the same time. I had a strange feeling, almost like nostalgia or déjà vu; I’d never heard of food combining, cleansing, detoxing, or alkalinity before, but somehow the concepts came flooding back to me as if I had known them all along. It all made perfect sense. I was excited because I knew this knowledge was going to change me, but I was agitated because it had taken me so long to find it. In the past decade of working in the
food service industry, I had never questioned the “health” of my food. I felt no obligation toward myself or my customers other than to cook foods that tasted great and earned compliments. So what if a recipe called for deep-frying and half a stick of butter? After all, classically trained chefs learn quickly that butter makes everything taste better. Cooking this way had altered my taste buds and desensitized them to fresh foods.

Although I wanted to start Natalia’s detox diet right away, as a personal chef it seemed unrealistic. I had always loved being a chef. Even fourteen-hour days in a 90-degree kitchen made me happy; at least I wasn’t stuck in an office with fluorescent lighting getting headaches just to bring home the bacon. But after ten years of cooking bacon, I was starting to feel just as bad. Meanwhile, America’s love affair with pork was still going strong. I had some great memories involving my deep fryer, but maybe enough was enough. I was turning forty. For the first time in my life, I was gaining weight, my cholesterol was going up, my skin was freaking out, and I was finding it hard to go to sleep and even harder to wake up. I was just plain tired. It didn’t help that everyone around me thought I was fine: “You’re just getting older, Doris. It happens to all of us.”

But I didn’t want to give up my trade. Cooking was fun, gritty, and instantly rewarding. I didn’t have to wait for the quarterly report to see how I was doing; I knew right away if I was good or not. As with most jobs, however, you are only as good as your last performance. So even after discovering Natalia’s book, I kept cooking four-course meals with chicken liver pâté, filet mignon smothered in Gorgonzola, and crème brûlée. But I was also drinking green juices, eating salads for lunch, and, eventually, food combining properly. Then I went on a three-day juice fast and got so sick it shocked me (a clear sign of how much further I still had to go on my detox journey), but I stayed the course and made it through like a champ.

A couple of months later, a cook caught me spitting out a lamb meatball that I had to make for a party and looked at me funny. That was all it took. I dissolved my catering company and called Natalia.

My mission was clear: I wanted to open a personal chef service where I wasn’t being a hypocrite and cooking foods that I would not eat myself. I also wanted others to benefit from Natalia’s principles because they had helped me tremendously; I had lost excess weight, my skin was clear, and my mind was less foggy.
I began by seeking out the guidance of all the raw food cookbooks I could find. These cookbooks introduced me to a whole new world of kitchen artillery, and, armed with my new “raw food” equipment—juicers, blenders, dehydrators, and other fun gadgets—I went to work. I followed the recipes diligently and fastidiously. I even embraced the “all raw” diet, momentarily setting aside Natalia’s emphasis on transitioning and incorporating some cooked foods in the detox diet.

But something was amiss. Preparing foods this way was laborious, the ingredients lists were a mile long, and forget about the “uncooking” time. It took me two days to sprout nuts that took another two days in the dehydrator to eat. Also, it wasn’t very good. I lamented that my taste buds would never adapt to cleansing foods. After all, it had taken me weeks to get used to drinking green juice without gagging. (I was die-hard back then; the greener the better, and forget the lemon!) I felt destined to spit out the food I was “uncooking.”

But I persevered. I showed up at Natalia’s door with a box of raw foods I had ordered from a local health food store. Although the food was unprocessed and raw, it was dense and unappetizing: The burgers were mainly nuts and seeds, the raw breads looked and tasted like corkboard, and the cookies were, well, not even a dunk in milk could save them—they were that dry. I was adamant: I did not want to cook or eat like this. And a funny thing happened: Natalia agreed. She proceeded to tell me what she ate every day. It was mainly fresh raw foods, unadulterated and simply prepared. She did not even own a dehydrator.

It was time to get back to basics.

Writers can tell you that the hardest part of writing is the editing. Using an economy of words to get a point across is difficult. As a chef, we suffer the same problem; we tend to overembellish, overdress, or Overseason foods, all in the name of creativity. Learning that less is more was challenging, but as I turned more and more to fresh raw foods, it became a natural organic process, and the frills fell by the wayside. It soon seemed silly and superfluous to add or distract from the beauty of real foods. My recipes reflect that.

This cookbook documents my growth not only as a chef but also as a person. I have become less selfish, more compassionate, and more concerned for our environment. I am more sensitive to the degeneration of our food supply
and the mistreatment of our soil. I like to believe my recipes will help to cultivate and sustain what we still have left of nature's bounty and not further damage an already fragile ecosystem. And I trust that honoring our own internal ecosystems by eating mainly fresh plant-based foods is one of the best ways to honor the planet.

It’s time to get back into the kitchen and start making a difference.
THE PRINCIPLES
THE FUNDAMENTALS

EIGHT ESSENTIAL PROPERTIES OF CLEANSING FOODS

The realities of modern living require anyone who wants to escape the quicksand of cellular deterioration to eat a clean diet. That means reaching for whole, fresh, unadulterated foods with natural healing powers. By our estimation, there are eight properties that qualify foods as cleansing and revitalizing for the body. Every recipe in this book seamlessly incorporates all of these properties, so you don’t have to try to keep track of them unless you want to. In previous books, I have written extensively about each of these properties in the context of larger detox lifestyle principles. For our purposes here, I will briefly list and define them in the context of Chef Doris Choi’s masterful creations. Ready? Here we go.

1. Easy to digest (aka “quick exit”)

The less time a food or combination of foods spends being broken down in the stomach and moving through the length of the alimentary canal, the better. Substances take more or less time in the digestive tract based on several factors, such as how water-containing or dense, how alkaline or acidic, and how gluey and mucus-forming they are.

Another very important factor in determining digestive transit times is food combinations. For example, combine a baked sweet potato, which is very easy to digest, with other cooked and raw vegetables, even add an avocado to that meal, and it will take about three hours to exit the stomach. Now, take that same sweet potato and combine it with fish, and that combination could well stay in the stomach for over eight hours. You might think: What’s the big deal if it’s in there for three hours or eight? Isn’t it just the calories and fat grams that matter at the end of the day? Not remotely! What actually matters most is how efficiently the body is able to assimilate energy from the food and then eliminate what it
can’t use. (We will discuss proper food combining further in the next chapter.)

Foods that sit in the stomach for too long require a tremendous amount of energy to digest. This is why you will feel exhausted after an overly large and/or poorly combined meal. Now, imagine that slow-moving food being baked at the body’s internal temperature of about 98.6°F. The longer it takes to digest, the more dehydrated it becomes, making it slower and denser still. The dryer it gets, the less likely it will ever fully exit the body. Meanwhile, more food is being tossed down the hatch. This is how meals really start to pile up in the digestive tract, as excess food and miscombined meals rarely exit the stomach before the next one enters. This generates a lot of carbonic gas and reverse pressure in the stomach and the rest of the digestive tract. Acids in the stomach are often pushed up into the esophagus, a condition commonly known as acid reflux. There are countless medications for indigestion, but it is entirely preventable.

Poor food choices, overeating, and miscombined meals are the harbingers of great intestinal havoc—not to mention embarrassing gas, bloat, and putrid bacterial growth. By contrast, easy-to-digest foods and smart food combinations move through the body smoothly and quickly, energizing the body rather than slowing it down. Are you prone to indigestion? Well, you can put an end to the embarrassment and discomfort. Fix it with quick-exit foods!

2. Non-yeast-feeding

We are far more vulnerable to yeast overgrowth today than we’ve ever been before, thanks to higher levels of acidity (both in and outside the body) and constant exposure to environmental estrogens. The combination of acidity and excessive amounts of estrogen creates the perfect breeding ground for yeast and fungus (yeast is a single-celled fungus). So all of us, but especially women, need to be vigilant against developing and feeding an overyeasted system.

For many people, this means creating a very yeast-sensitive diet—by eliminating almost all sugars and starches. This may sound really daunting, but it doesn’t have to be. First
of all, you can start starving off your yeast colonies immediately just by consuming fewer sugars and starches than you typically consume. However, if you are really struggling with yeast-related symptoms (such as excess weight, bloat, moodiness, and skin issues), you will want to cut way down on sugars and starches until you’ve eradicated those yeast colonies.

Unfortunately, fruit is a yeast feeder, because as far as yeast is concerned, sugar is sugar. In an ideal environment, fruit would be an ideal food for humans; but in the modern environment of high acidity and excess estrogens, fruit can perpetuate the yeast problem. Also, the way fruits are grown and prematurely picked today, they are often more acidic than they should be for human consumption, and many fruits are becoming yeasted themselves due to soil imbalances and pesticides.

The recipes in this book have been created for yeast-minded individuals. With very few exceptions, Chef Doris’s creations are grain-free and use only stevia as a sweetener. So welcome to the easy way to slay yeast and keep them away forever.

3. Alkaline and water-containing

You’ve probably heard a lot about the virtues of an alkaline diet. Well, have you ever paused to think about why? As you might recall from high school chemistry (don’t worry, we’ll keep this lesson review short!), alkaline substances carry a negative ionic charge, and acidic substances carry a positive ionic charge. What determines whether a substance is alkaline or acidic depends on whether there are more or fewer electrons in the outer shell of the atom than there are protons in the nucleus. Believe it or not, cleansing the body is all about harnessing the electromagnetic energy of negatively charged atoms. Substances made up of these healthy, electron-rich atoms have the power to magnetize acidic, positively charged substances (waste) up and out of the cells and intestines for removal. This makes them essential little helpers when detoxing.

By contrast, when there are more protons in the nucleus than electrons on the outer shell, you have an acidic substance, which sticks magnetically to alkaline human tissue—in this case, the intestines. Too much acidity in the intestines leads to an overaccumulation of waste, which leads to obstruction of the body’s vital pathways and eventually to major physical problems.
Practically all our modern diseases start in the digestive system due to all the acidic substances we typically consume.

Alkaline foods are also water-containing. Their electromagnetic power and the high water content combined creates the best possible biochemical scenario for lifting up old intestinal waste and keeping it hydrated enough for removal. Thus, the electromagnetic power tools that are the most cleansing for the human body are raw vegetables, raw fruits, and their juices. However, because of the yeast-feeding property of fruits and fruit juices, we reach mainly for raw vegetables and raw vegetable juices—the greener and more water-containing, the better. (As you'll notice from the Food Combining and Alkalinity Index on page 34, the most water-containing substances are also the most alkaline, so these two factors almost always coincide in the same foods.)

4. High-vibration (rich in life force energy)

In the modern age, with so much conflicting information, it can be misleading to categorize foods as either healthy or unhealthy. What truly determines whether a food has a high health quotient is how much natural vitality that food has, combined with how it reacts once it enters the body. A food's vitality is equal to its life force energy quotient, measured by how harmoniously and rapidly it vibrates on the subatomic level.

Typically, the more water-containing the food, and the more directly it derived its energy from the sun, the more life force energy it contains. So what are the most high-vibration foods that work in harmony with the human body? For the committed detox dieter who is no longer acidic, yeasted, or intestinally impacted, organically raised fruits grown in full sun are extremely high on the life force scale and the ideal high-vibration food. For the rest of you, whose acidity and yeast levels are high, the ideal foods are organic leafy greens and other organic raw vegetables. (However, if you have serious, chronic intestinal imbalances such as diverticulitis and Crohn's disease, you should have cooked or blended vegetables until you are healed enough to digest raw vegetables normally.)

Organic raw vegetables are our greatest catalysts to healing. Notice that I say catalysts, because foods in and of themselves are not healers; rather, it’s the body that does the healing. All we can do is cultivate the right
environment—that is, a healthy internal ecosystem—with high-vibration alkaline foods to help continually remove blockages and infuse our blood, cells, tissues, and organs with life force energy.

When we give the body the chance to rebalance and heal itself, it begins the work of cellular renewal, and it will continue to do so for as long as we let it. That’s why a detox diet, for Chef Doris and me, is not merely a stopgap for short-term weight loss. Rather, it is a way of life that continually heals and reenergizes the body, as the body has been designed to do all along.

Never forget that all life is an energetic system. That’s why the body responds so well to living foods with harmonious high vibrations. So the next time you eat a scrumptious raw salad, savor the sensation of supercharging every cell in your body.

5. Organic (free of hormones, antibiotics, chemicals, and genetic modification)

There are not many things in the modern world as acidic and poisonous to the human body as artificial hormones and antibiotics, which are commonly used in animal farming today to ramp up production. These alien hormones and antibiotics create imbalances great and small, depending on source, quality, and quantity. They are used because the animals’ internal systems and external environments are rife with horrific bacteria. When you consume inorganically farmed animal flesh, you may as well be injecting yourself with these hormones and antibiotics.

Here’s how it works. Whatever an animal is exposed to becomes part of its biomass—the biochemical substance of all its cells, tissues, and organs. When you consume this animal flesh, its biomass becomes your biomass. Hence, we can understand the adage “You are what you eat” to be literal. These alien hormones wreak havoc on your hormone balance and contribute to an already overly estrogenic system (which, as you’ll recall, is the foundation for yeast overgrowth). The antibiotics, meanwhile, kill off your good bacteria, which are already dramatically weakened by preexisting microbial imbalances. In short, continuing to consume inorganic animal products makes a bad situation exponentially worse.

I’m not saying that you must become a vegetarian; you can still eat carefully cultivated animal products and avoid these dangerous hormones and
antibiotics. I’m merely pointing out that the substances used in the majority of animal farms are hugely detrimental to your health. I believe it’s possible to consume some animal products if desired and maintain a great level of health if they come from trusted organic sources that comply with honorable farming practices (for example, grass-fed cows, free-roaming chickens, and organically fed fish). Just don’t confuse animal products with essential or ideal human food. Even the highest-quality ones are acidic, mucus-forming, and hard to digest.

Genetically modified foods come from genetically modified organisms, which are created by transferring genes across species through genetic engineering. This is how viruses and bacteria are often introduced to foods that would not normally contain them. Nature has structures in place to prevent such “infection” from another species’ DNA. Science uses highly questionable methods to override these protections, methods that are largely unregulated, despite what the US Food and Drug Administration (FDA) and food industry giants would like us to believe. Instead of waiting for an official research paper to report on the full depth and breadth of damage that such practices are causing our internal and external ecosystems, I recommend using common sense before it’s too late. We can bet that GMO (genetically modified organism) foods trigger frightening mutations, cellular damage, and energetic dissonance in our bodies. Avoid these foods at all cost.

The use of chemical fertilizers and pesticides is commonplace in industrial farming. However, we humans have only been exposed to them since about the mid-nineteenth century and know very little about how they may be affecting our physiology over the long term. What we do know is that these manufactured, synthetic chemicals are foreign to our systems, making them difficult, if not impossible, to metabolize. This means they are accumulating in our cells and tissues. We must consider the accumulation of these industrial chemicals over decades to be a contributing factor in degenerative diseases, autoimmune diseases, infertility, and chemical imbalances in general.

6. Non-gluey and non-mucus-forming

Foods that are of a gluey consistency or generate lots of mucoid matter when consumed should be avoided. The body creates mucoid matter (not to be confused with the mucus of a healthy mucous membrane) to line its intestinal
tract and defend itself from highly acidic alien substances. Consuming gluey, mucus-forming substances increases acidity and slows digestion. These include all packaged processed foods, pasteurized cow dairy, animal flesh, inorganic poultry, soy products, and all manner of fake meat products.

7. Grain-free

While grain has been heralded in our culture as a key food group, even the whole-grain variety is not very good for us. With a few exceptions (which I’ll get to in a moment), most grains are inflammatory in the body, acidic, gluey, yeast-feeding, and difficult to digest. They agitate the intestine, resulting in inflammation, bloating, and fluid imbalances, and contribute greatly to weight gain. They also reduce mental clarity.

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**how long do i detox?**

This way of eating is an affirmation of life, not a crash diet or a quick fix. We eat this way because we love it! We believe that harmonizing the body with its own natural rhythms and with those of the natural world is the most profound and effective way to attain balance, energy, and joy. How could anyone put an end point on an experience like that? If the principles of the detox diet appeal to you, and if you would like to undertake a more structured, week-by-week detox, consult my previous books. If you would like to undergo a fast to help cleanse and reset your body more deeply, I recommend a guided three-day juice fast, either with our team at detoxtheworld.com or with another trusted detox guide. But we designed this cookbook with an even loftier goal in mind—to inspire you with knockout recipes and set you up for a lifetime of continual detoxification and regeneration.
Thus, generally speaking, grains are not an ideal go-to food in the modern diet. If you love grains and must have them, that’s okay. But if you want superior health, energy, and weight loss, you should avoid a grain-based diet. Also, keep in mind that sprouted grains are far superior to regular whole grains. The highest-quality grains are the ancient pseudo-grains, which are gluten-free and easier to digest than cereal grains but do have a similar nutritional profile. These include millet, quinoa, buckwheat, and amaranth. Typically, some grains can be included with successful detoxification results, but it is best to avoid them whenever possible and to find nongrain options for your favorite grain-based foods. Fortunately for all of us, Chef Doris has discovered many brilliant and satisfying ways of doing this in her recipes.

8. Low-density

People often confuse dense foods, such as oatmeal, nuts, and chicken, with being nutritionally dense and more satisfying. Well, I’m here to say the opposite is actually true. We gain the most nourishment from high-vibration, life force energy-rich foods, not heavy, dense ones that move sluggishly through the body.

With so much accumulation in the typical modern intestine already, it is unadvisable to consume dense foods (even raw ones, such as raw nuts and cold-pressed oils) unless used only occasionally in small quantities, and then ideally consumed with leafy greens or other water-containing raw vegetables to ease their passage. Many meats, grains, processed soy products, and nut-and-seed-based foods (even raw and organic ones) are very dense. You will find some egg and fish recipes in this book because eggs and fish are the least dense and the easiest to digest of the flesh foods. There is room in the modern detox diet for nonvegan foods. In fact, foods such as fish and eggs are much less dense and more detox-diet-friendly than many vegetarian, vegan, and raw food staples, such as wheat, soy, and nut-based foods.
SIX PRINCIPLES OF PRACTICALITY

Professional and personal experience has taught me that as vital as the Essential Eight are, they will not have a fighting chance in our daily lives if we cannot recognize them as also practical and enticing. There are just too many competing health messages, programs, temptations, and addiction traps in our world. So, for any diet to work for more than just a fanatical few, it must adhere to these principles.

Fortunately for us, the modern detox diet is all of these. Let’s take a moment to look at these additional factors and the role each one plays in a cleansing diet.

1. Emotionally satisfying

In our desire for a lean, energized, clean-celled body, we cannot ignore the main reason many of us eat—for emotional reasons. If we were only eating for nourishment, we would eat far less frequently and copiously, and then reach for only the simplest foods. But even the most devout health enthusiasts among us eat for another level of satisfaction.

As you undertake a cleansing diet, it’s important to honestly consider your inclinations around food. You’ll fare better and give longevity to the process if you acknowledge your desire to eat foods that soothe and comfort you. Eventually, as your body heals, and as you become less chemically and emotionally addicted to certain mainstream foods, the intensity of these inclinations will dissolve. When this happens, it feels wonderfully freeing—but it cannot be forced. Allow yourself a gentle transition to a more cleansing diet, taking care to satisfy yourself deeply with the foods you eat. You can rest assured, we have created this book with your emotional satisfaction in mind.
2. Lifestyle friendly

In an ideal world, we wouldn’t be running to lunch, dinner, and drink meetings, eating under stress or out of boredom in cubicles, and grabbing something on the go in airports or on the road. But these are all factors of our daily routines. I’m hopeful that with the growing consciousness of true health seekers everywhere, we will collectively, as a society, revise our values and enact deep cultural shifts that serve our greatest good. Little by little, we are starting to feel the changes already, but we still have a long, long way to go. In the meantime, we can successfully weave all the principles of clean living into the fabric of the modern world as we currently know it.

If you don’t own a juicer, getting raw vegetable juices has never been easier, as more and more juice bars and fresh-pressed juicing stores are opening up around the country. Food combining (as you will see in the next chapter) is a cinch. Raw salads can be incredibly delicious and satisfying, not to mention fun to make (for creative inspiration, try any of Chef Doris’s salad ideas). You can almost always find great options when you eat out (how does arugula salad with goat cheese and lemon dressing, grilled fish with veggies, and a glass of your favorite wine sound?). And preparing snacks and meals to go is easy (just invest in some containers for those chopped veggies, dips, and sandwich wraps). We know that if the modern detox diet is to have any staying power, it must harmonize with the modern lifestyle.

3. Affordable

Everyone has a different bottom line, but most of us have to work within a pretty tight food budget. The great thing about this way of eating is that it celebrates fresh, local, seasonal produce, which delivers the most nutritional value at the most reasonable prices.

If you are on a tight budget, seek out local co-ops and in-season produce. For example, in the colder months, yams, apples, avocados, romaine lettuce, carrots, and winter squashes are very affordable. My splurges are on raw goat cheeses, but I find that a little goes a long way in making my veggies savory and satisfying. I also recommend making lots of homemade vegetable soups to store, and making or buying your own organic marinara sauces—these are very inexpensive way to keep your diet vegetable-centric and delicious.
If you plan on juicing often, I would recommend investing in a juicer. While some die-hard juice aficionados insist upon the masticating juicers because they maintain the enzymatic integrity better than their centrifugal counterparts, in my experience these masticating juicers are too cumbersome for most people to use daily—and daily use is the goal. The masticating juicers are also usually much more expensive than the basic centrifugal juicers, so the latter are the ones I recommend most widely. The most important thing I look for in a juicer is its ability to juice leafy greens, since some juicers juice carrots, beets, and fruits seamlessly but cannot manage leafy greens. The Breville and the Jack LaLanne are easy to use, easy to clean, very reasonably priced (with the exception of the more costly Die-Cast Breville model, which is a design choice, not mechanically superior). You cannot go wrong with these.

For further convenience and cost efficiency, consider doing all your produce shopping once a week at a local farmer’s market, organic co-op, or farm.

4. Easy to prepare
There are many cookbooks out there for people who enjoy creating rarified, complicated dishes, but this is not one of them. Simple is best not only for our busy lives but also for our bodies. The fewer ingredients in a recipe, the healthier and more easily digestible the dish. The ideal modern diet calls for minimal effort in the kitchen and relatively few appliances and tools, so keep it simple.

5. Ideal for all ages and stages alike
When people ask me what the best diet is for kids or their elderly parents, I can say with all honesty, “This is!” The only tweaks I would make for kids, assuming they are not exhibiting symptoms of systemic yeast (such as thrush for babies, eczema, and psoriasis) or taking antibiotics, would be to add organic fruit liberally and include sprouted-grain products and raw nuts, seeds, nut and seed milks, and dried fruits as desired. Some honey, agave, and maple syrup can also be used to sweeten items such as homemade cookies, homemade ice creams, pancakes, and toast.

In the case of seniors and the elderly, I suggest preparing juices that focus more on mild, watery greens, such as cucumbers, celery, and romaine lettuce.
(at least at first), and less on the darker greens, such as chard, collards, spinach, and parsley (which may be introduced to the juices in small amounts, as desired). Blended foods and cooked vegetables should be the centerpiece of the over-sixty-five cleanser because they are easy to digest and will not overly awaken waste in their blocked systems. Blending foods makes digestion even easier, which helps more energy go where it’s needed to regenerate the blood and organs.

6. Delicious and widely varied

You should be able to enjoy a vast spectrum of flavors and textures that cross cultural and international divides. The only thing that would ever make me feel deprived where food is concerned is if I were denied a certain palate experience. I’ve always loved a variety of ethnic foods, but most of it is cooked with ingredients I no longer eat, such as lots of cooked oils and grains served in unfavorable combinations.

Doris and I have learned that all the amazing international flavors we love can be achieved using alternative vegetable-based ingredients, filled with the spices, herbs, flavors, and textures that make certain dishes so irresistible. You will find great ideas in this book for creating Indian and Southeast Asian curries, Italian and Mediterranean flavors, Mexican and Tex-Mex salsas, guacamoles, and so much more. Sometimes you don’t want a salad but a hearty soup or a Moroccan stew; or you might not want to eat restaurant sushi anymore, but you still want the unique experience of sushi—all this can be arranged, using superior ingredients.

Every day, you can ask yourself, What type of food am I craving? Run the variety of choices through your mental palate until the one you really want makes itself known. Then find it in the book, or interpret one of Chef Doris’s recipes to satisfy your craving, or invent one of your own dishes using any of her tricks of the trade. The modern detox diet celebrates the full spectrum of world flavors that humankind has spent thousands of years cultivating. Now is the time to bring all those flavors to the next level of our culinary evolution.
SUMMARY

The masterminds behind most diet fads have overlooked two major factors: the natural laws of the human body, particularly how it digests and assimilates food, and our current state of toxicity, which not even the most health-conscious among us can ever fully escape in the context of the modern world. If only it were as easy as saying, “All we need to do is cut down on carbs and eat more lean meats” or “We must eat only raw fruits and vegetables, to the exclusion of everything else.”

In essence, every recipe in this book was thoughtfully and lovingly created as a direct answer to this basic question: Why do we eat? The most basic answer is: We eat to energize our bodies. But in an age of environmental dissonance, this means we must take extra care to eat foods that will work with our bodies, meeting them at our current levels of toxicity in order to restore balance and vitality. We do this by basing our diet on foods with the fundamental properties we’ve just outlined.

This cookbook is not about shortcuts, restrictions, or cultish dietary dogma. Rather, it is all about meeting our most fundamental dietary needs and, at the same time, fulfilling our highest physical potential as real human beings living in the real world. It is a call to simplicity in an age of accelerating complexity. It is about honoring the body and the spirit with the most cleansing, healing, and nourishing foods available to us. Granted, in the jungle of modernity, it’s not always easy to find our way to health and vitality, but with this book, we seek to shine a bright and hopeful light into your dietary future.
FOOD COMBINING

For optimal digestion, a meal or snack must move quickly through the stomach for assimilation and elimination. Different types of foods require different types of stomach enzymes to break them down, and some combinations of these will clash and dilute one another’s effectiveness. Therefore, eating meals in harmonious combinations ensures that stomach enzymes will have an easy time breaking down the meal for assimilation. This is an essential part of the detoxification process.

When you are mindful of proper food combining, your stomach thanks you for it by moving meals swiftly and painlessly through your digestive system, you draw greater energy from the foods you eat, and you shed excess waste and weight. When you regularly consume poor food combinations, your stomach becomes a battleground of enzymes working at cross-purposes, which obstructs proper digestion, produces gas and bloat, and creates hothouse conditions for yeasts, mold, and bacteria.

Take a look at the following food categories and our recommended foods in each, and use them as a guide to create easy-to-digest meals.

ANIMAL PROTEINS

Optimal foods within this category:

- Raw sheep and goat dairy
- Organic free-range eggs
- Wild or organic fish
- Free-range chicken and game (enjoy occasionally, if desired)

These can be safely consumed in the company of raw vegetables and any cooked, nonstarchy vegetables (see the next category for examples of starchy foods to avoid when eating in this category) or with other animal proteins.
COOKED STARCHY VEGETABLES AND GRAINS

Optimal foods within this category are:

- Yams
- Sweet potatoes
- Acorn squash
- Kabocha squash
- Butternut squash
- Millet, quinoa, buckwheat

These can be safely consumed in the company of any raw or cooked vegetables, as well as with avocados.

NUTS AND SEEDS

Optimal foods within this category are:

- Sesame seeds
- Raw sesame tahini
- Sunflower seeds
- Raw nuts to be used for nut milks (almond, macadamia, pecan, walnut)

These can be safely consumed in the company of any raw vegetables or other nuts, seeds, or dried fruits, as well as bananas. Avocados can be combined with dried fruit, but never nuts or seeds.

However, dried fruits and nuts—even the soaked and sprouted raw variety—should not be the focal point of the modern detox diet. Nuts are dense and grow fungus easily, and dried fruit has a sugar content that will feed systemic yeast growth.

FRUIT

The modern detox diet is low in sugar and only includes low-sugar fruit as desired. Thus, the optimal foods in this category are:

- Green apples
- Grapefruit
- Lemons and limes
- Berries
- Avocados
Fruit should be consumed alone, or with raw leafy greens such as spinach or lettuce, and always on an empty stomach. Once the system has been significantly cleansed and alkalinized, all fruits may be enjoyed alone and on an empty stomach.

**NOTE:** Avocados are technically a fruit, but they can be enjoyed with all vegetables, cooked or raw, and with all starches. They also go very well with dried fruits and bananas. The only things avocados don’t combine with are flesh and dairy—so leave avocados out of those goat cheese salads.

**LEGUMES**

Legumes are mostly starchy but have enough protein in them to make them a food-combining challenge. This is why most people find that legumes give them gas. Legumes do not qualify as easy-to-combine quick-exit fare, which is why they are not a focus of the modern detox diet. However, the smaller the legume, the easier it is to digest. Lentils and split peas, for example, can be enjoyed with any raw or cooked vegetables, as well as with avocados.

**TOP ITEMS FOR YOUR DETOX GROCERY LIST**

Nature spreads a cornucopia of vegetables, fruits, and herbs before us, but there are some among them that are particularly important to the detox diet. These specific foods are not only nutritionally dense, with wonderful healing and anti-inflammatory properties, but they lend a great deal of gastronomic value to any dish. The combination of healing properties and culinary enrichment are what keep them at the top of our grocery list all year round.

**AVOCADOS:** Contrary to popular belief, the mighty avocado is not a harbringer of weight gain. When properly combined, it moves seamlessly through the digestive tract, offering the body its nutritional value and life force, and makes a quick exit. This is definitely a case where a food cannot be judged by its caloric and fat content alone.

**BEETS:** “Where have you been all my life?” That’s the question you will ask when you discover baked beets. In addition to the gorgeous color, when baked, beets take on a rich, “meaty” texture that is deeply satisfying and slightly sweet. They also have the most positive effect on digestion. I have a rather unorthodox
way of preparing beets that Doris teases me about, but I’ll share it with you: I wash them, leaving the skins on, then simply place them whole and unwrapped on a baking sheet and bake them in the oven at a very low temperature (approximately 275ºF) for 4 to 5 hours. The long duration and low temperature protect their delicate skins from becoming burnt and brittle. Instead, the skins bake soft and chewy and become very much a part of the delicacy. These slow-cooked

### FOOD COMBINING AND ALKALINITY INDEX

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*Combines with dried fruit, never nuts and seeds.
beets are a sweet, hearty comfort food. Eat them fresh from the oven (you’ll find the warmth and consistency provide the satisfaction of a much heavier starch), or chill them overnight and add them to salads for a robust, caramelized flavor and texture the next day. Beets are a light quick-exit food (even when cooked, they are still very moist and water-containing). Beetscombine beautifully withfleshes and starches alike, making them extremely versatile. They are a main-stay for me in the fall and winter months.

**LEMONS:** Since lemons are juicier than limes, we typically reach for lemons over limes for our recipes, unless the specific lime flavor is required. Although lemons are technically a fruit, and good food combining requires keeping fruits away from other foods, lemons are different. There is no fruit sugar in lemons, so they can combine with absolutely anything. Lemons are one of many raw fruits that are unfairly blamed for causing acidity. When organically grown and picked ripe, lemons—like tomatoes, oranges, and other natural foods that are acidic outside the body—actually have an alkaline effect in the body because they are life force rich and alkaline in nature. By contrast, there are many foods that are considered nonacidic outside the body (such as milk) that actually have an acidic effect in the body. We love the fresh taste of lemon in green juice, salad dressings, and herbal teas.

**GINGER:** This well-known anti-inflammatory root is often used by naturopaths to reduce arthritis and ease other joint problems. It has so many uses in natural medicine—such as easing colic, motion sickness, and digestion—but we use it mainly because we just love the flavor. We love the way it combines with lemon in green juice and how it mixes with garlic to breathe authenticity into ethnic dishes and robust flavor to soups.

**GARLIC:** Garlic is a potent antibacterial agent and fungicide also widely used in natural medicine to cure all sorts of infections, from asthma to parasites. While it’s always nice to know that freshly diced garlic is keeping unfavorable microbes at bay, again, we mainly just love the way garlic elevates the flavor of our salads, soups, and cooked vegetable and fish dishes.

**GOAT AND SHEEP CHEESE:** I am the first one to admit that if it were not for goat and sheep cheeses, I probably would not have been able to detox over the long term. But add the cheese, and I’m good for life. Of course, goat and sheep cheeses (particularly in their raw, unpasteurized form) are special. They are
easy to digest—unlike their pasteurized cow cheese counterparts, which, on a molecular level, have a more complex casein component. After you’ve had one of our goat cheese salads, you will understand how we could easily walk away from cow milk products and be perfectly happy in detox-land. Goat and sheep dairy combine best with all raw vegetables, all cooked nonstarchy vegetables, eggs, and fish. *Viva il formaggio!*

**BROCCOLI AND CAULIFLOWER:** These cruciferous vegetables appear frequently throughout this book because of their heartiness and versatility. Many of the recipes are innovative, converting cauliflower and broccoli into “rice” or as a base for flatbreads or pizza crusts, a great alternative to grains. Some people find it very difficult to digest these cruciferous vegetables raw, and consuming too much of them may produce gas and bloating. This is easily remedied by breaking down the cellulose by blanching, steaming, or roasting the vegetables before consuming.

**SPINACH:** Classic steamed spinach is a detox staple. It is light and easy to digest, and adds wonderful warmth and density to a meal. Don’t underestimate what steamed spinach can bring to a dish. For a detox-friendly alternative to traditional creamed spinach, try melting goat cheese on a plate of piping-hot spinach and dig in.
HOW TO USE THIS BOOK

If you are simply looking to incorporate some healthier, weight-loss-friendly foods into your existing diet without adopting the detox diet as a way of life, by all means, you may use this book strictly for the recipes whenever the mood strikes. This is not an all-or-nothing proposition. The recipes are ideal for preparing healthy meals and snacks for everyone in your life, and however often you opt to cook this way will be a boost to your well-being. The dishes are not only delicious and easy to prepare but also beautiful and presentable for any occasion.

Ideally, though, this book will serve as an inspiration and guiding light as you familiarize yourself with the basic detox principles and become increasingly attuned to your relationship with food. Use the recipes frequently to put these principles into action, and pay attention to how your palate awakens to the full spectrum of clean, vibrant flavors. Pay attention, too, to how your body responds. There is no greater teacher than positive experience, and the manifold rewards of eating this way—weight loss, renewed energy, fewer aches and pains, mental clarity, and a glowing complexion, just to name a few—will truly bring it all home to you. Once you start to internalize what a detox diet is all about, you’ll soon be confident enough to experiment with ingredients and flavors and come up with inspired creations of your own.

We recommend that you start by finding three to five recipes that you love and master them, so they become reliable meals that you know will satisfy you. Make them for yourself, for your family, or for friends. Start with a small repertoire and figure out the tweaks, tricks, and variations that make your chosen recipes perfect for you.

We designed this book as a resource to help you integrate this way of eating into your everyday life. Do you want to impress some dinner guests with a beautiful spread or brighten up a holiday meal? Do you want to prepare some quick wraps or finger foods to bring to the office for lunch? Do you want to seduce your loved ones into eating better? Doris has worked with hundreds of private clients to create easy menu options that simplify and reenergize their lives. Now her recipes can do the same for you!
If you want to fully immerse yourself in the detox diet, create a meal plan with several easy options that you find simple and delicious. For example, if you know you will want to enjoy a daily juice, lunchtime salad, afternoon snack, and well-combined dinner, simply choose your favorite three juices, salads, snacks, and dinners and rotate them throughout the week to begin an easy transition.

Start with the morning. Are you able to juice every morning, or will it be easier for you to make a large batch of vegetable juice and freeze some for use throughout the week? Are you at a stage where a juice will be enough, or will you need a midmorning snack to carry you until lunchtime? By choosing your three favorite options for each meal, you can easily make a weekly grocery list that will simplify your trip to the market.

Next, decide what you would like to do for lunch. If you are a fairly advanced juicer and generally prefer to juice until late afternoon or dinner, you can simply enjoy another juice recipe. If you prefer a large raw salad, choose one of your three favorites and make it at home at lunchtime or in the morning to bring with you to work. All of the salads in this book are alkaline, water-containing, properly combined, and perfect for your midday meal.

For dinner, try always to start with a salad, then follow with your favorite cooked dish enhanced with sauces and sides. Make sure to choose a properly combined pairing of salad and cooked options, and follow with a delicious dessert.

Half the fun is deciding what you want your day to look like, then plugging your favorite recipes into your meal plan. The other half of the fun, of course, is savoring the food and revitalizing your body. This is how you can take charge of your dietary health within the framework of your daily commitments. You can trust every recipe in this book to be part of a health-generating meal that will
CREATE YOUR PERSONALIZED MEAL PLAN

delight your taste buds, satisfy your hunger, and support your highest goals. To help get you started, here’s a sample meal plan.

**SAMPLE MEAL PLAN**

**BREAKFAST:** Formula One, Green Lemonade 101, or Señor Verde

**LUNCH:** Kale Salad and Cauliflower Pizza, Raw Sunflower “Tuna Salad” Wrap and Thai Basil Slaw with Creamy Sesame Dressing, or Green Papaya and Carrot Salad and Gazpacho Soup

**SNACK:** Raw Sweet Potato Fries with Barbecue Sauce, or Raw Goat Cheese “Sandwiches,” or Pizza Kale Chips

**DINNER:** Beet, Arugula, and Goat Cheese Salad followed by Steamed Sea Bass with Ginger and Scallions; Raw Thai Young Coconut Soup and Thai Collard Rolls with Thai Guacamole; or Avocado Garden Salad with Carrot Ginger Dressing, followed by a roasted vegetable platter

**DESSERT:** Coconut Ginger Yam Pudding, Chocolate Beet Cake, or Basic Banana Soft Serve Ice Cream

Next, consider when you may need to be flexible on any given day. Sometimes you will need to have lunch delivered to the office from a local deli or restaurant, so have a clear idea of which menu items (or combination thereof) will support your detox diet. Or you may need to spend the afternoon at Little League practice, so figure out which snacks will be easy to grab and bring with you (such as chopped vegetables and guacamole or hummus).

Travel, holidays, social outings, and special events are other times you will need to have some wiggle room within your planned meals. Using these internationally inspired recipes as a general guide for flavorful, well-combined pairings, you will become adept at shopping for groceries in whatever part of the world you happen to find yourself, and you will become equally adept at identifying detox-friendly items on restaurant menus.

Here is your chance to design a dietary lifestyle that will help you reach your goals. When you make wise food choices and elevate your eating patterns in this way, your palate will reawaken to the vibrant, fresh flavors of nature’s bounty, and your body will hum with new energy. So go ahead, dive in and get creative in the kitchen. The detox diet is all about living with passion!
YOUR KITCHEN
KNIVES. The number one question in my culinary classes is “How do I improve my knife skills?” My answer: “It’s not you, it’s the knife. Get a great chef’s knife.” By that, I don’t necessarily mean a heavy-handed, 12-inch, samurai-style one such as you might see Mario Batali wielding. That may be perfect for him, but it’s not for everybody. I, for one, have small hands, and my wrists hurt when I use a knife that’s heavy, so I opt for a smaller, lighter chef’s knife, and I keep it sharpened at all times. A dull knife is not only dangerous but joyless to cook with (prepping is a chore when your knife is dull and cumbersome). Find a knife that works for you, and your knife skills will automatically improve.

A serrated knife is great for cutting baguettes and other crusty breads, but when I get a chance to eat high-quality bread, believe me, I’m not cutting it, I’m tearing it. If you already have a serrated knife, great, but if not, there’s no need to run out and buy one. A sharp chef’s knife is really all you need. However, a paring knife, which is small with a curved blade, is useful for cutting small ingredients and peeling fruits.

HAND GRATER OR SHREDDER. A hand grater or shredder is incredibly useful. The box grater has different-size holes on each side, so it is the most versatile. I use it to zest citrus fruits, grate cheeses, shred vegetables such as carrots and cabbage, and even make cauliflower “rice.”

HAND PEELER. A hand peeler is useful not only for peeling skin off vegetables but for creating vegetable “ribbons.” For example, I like to make cucumber ribbons and roll two layers together to make cucumber rolls stuffed with avocado.

JULIENNE PEELER. A julienne peeler is similar to a hand peeler but it has teeth, so it perforates your vegetables into beautiful, thin strips. It is a great gadget, perfect for making zucchini “spaghetti” as well as numerous types of vegetable slaws and garnishes.
FILE ZESTER. A file zester is a must for fine-zesting citrus, mincing ginger or garlic, and grating whole nutmeg. I recommend the Microplane brand.

GARLIC PRESS. A garlic press is efficient for mincing garlic and peeled ginger. Personally, I don’t like having to clean a garlic press, so I prefer to mince small amounts by hand, or if I need more in a hurry, I’ll use a mini food processor.

STEAMER. You can get a bamboo steamer that fits snugly over a pot or a stainless steel one that can be set into a pot. I have both. You can also rig a metal colander into a pot and not even buy one.

CITRUS JUICER. A manual citrus juicer for lemons, limes, and small grapefruits is ideal because it captures 95 percent of the juice, compared to an electric juicer, which is not as efficient. Besides, it is one less piece of equipment that you have to plug in.
**TOOLS AND EQUIPMENT**

**a note about aluminum and nonstick pans**

ALUMINUM SHOULD NEVER BE USED FOR COOKWARE. PURCHASE CAST-IRON OR COPPER POTS AND PANS, OR STAINLESS STEEL COOKWARE WITH A COPPER CORE. MOST COMPANIES USE AN ALUMINUM CORE IN THEIR STAINLESS STEEL PANS FOR HEAT DISTRIBUTION, CLAIMING THAT ENCAPSULATING THE ALUMINUM WILL PROTECT THE FOOD FROM IT DURING THE HEATING PROCESS. WELL, UNTIL WE KNOW FOR SURE, IT’S BETTER TO BE SAFE THAN SORRY.

**MANDOLINES** are very useful for an array of raw dishes. I use one not only for finely slicing vegetables in general, but also for preparing daikon sheets that serve as wraps for rolls, as well for preparing butternut “lasagna” pasta. Please be careful when using a mandoline, and always use the protective guard, since the blades are notorious for nicking fingers.

**A SPIRALIZER** is a raw foodist’s special gadget. It “spiralizes” vegetables into long, curled strips and is perfect for making raw “spaghetti.” It is so fun to use that I am never short on volunteers when I need a big batch of spiralized vegetables made. I like the Spirooli brand, which comes with three different blades with two different hole sizes and a slicing blade.

**QUALITY POTS AND PANS** are worth the investment as they will serve you beautifully for life. They should be uncoated and made of pure metal—stainless steel, cast iron, and/or copper. Opt for metal handles, as opposed to wood or plastic, so you can easily pop them into the oven when necessary.

**NONSTICK PANS** are coated with materials that should never make contact with food during the heating process. Using a small amount of coconut oil, water, or organic butter will create a nontoxic, nonstick surface, so skip the Teflon coating. As soon as these synthetic coatings reach certain temperatures, they release toxins that will become a part of any dish you prepare.
OTHER ESSENTIALS that you need to have on hand include: cutting boards (it is best to have a couple, keeping one aside for seafood and meats, if applicable), mixing bowls, rubber spatulas (for scraping up the last bits in your food processor or blender), large wooden mixing spoons (stay away from metal spoons as much as possible), a salad spinner for fresh herbs and salad greens, and microfiber kitchen towels (I recommend these because they are incredibly absorbent and pick up all the dirt), as well as multipurpose tongs and strainers.

PLUG-INS

I try to limit the number of machines in my kitchen. If I can chop, cut, shred, or blend by hand, it will be my first choice. Prepping by hand develops kitchen skills and strengthens your connection with the food; machines tend to sever that bond. It also makes you slow down and appreciate the meal you are preparing. When my mother gets ready to make her huge vat of kimchi, she spreads out newspapers with dozens of garlic bulbs. We sit around peeling each garlic clove by hand, and although it might take us an hour, it is time well spent and in good company.

All that said, I must admit that some electronic kitchen aids are time-savers and incredibly efficient. I have found the following appliances to be worthy investments.

A HIGH-SPEED BLENDER with variable speeds can whip up soups, purees, dressings, sauces, puddings—just about anything—with ease. Having the variable speed option gives you more control and allows you to blend as much or as little as you like. If you are new to preparing blended foods, a regular blender will do, but as you grow with these recipes, you will start yearning for the real deal.

FOOD PROCESSORS come in different sizes. I have a 14-cup-capacity food processor, which is great for making a family-size coleslaw, a half dozen veggie burgers, and an enormous amount of jicama “rice.” If you don’t cook in large quantities like I often do, buy a medium-capacity food processor. But in any case, be sure to get one with two different blades: one for grinding, and the other for mincing and chopping. A shredding and slicing disk is also a great addition.
A JUICER is a no-brainer and the best possible investment for you and your family. For juicing every day, a centrifugal juicer will do, and there are plenty of worthy brands on the market. I have a Breville that has stood by me for years. (However, my Breville has recently taken a backseat to my new love, the Norwalk Juicer, which allows you to make up to 3 days’ worth of fresh-pressed juices with minimal enzymatic loss. It’s a serious and expensive piece of machinery, though, so unless you’re a professional juicer or can easily afford it, I’d recommend a more basic model.)

MORE FUN KITCHEN AIDS can make your life easier. I also recommend getting an ice cream maker (because we have some wonderful recipes that will change the way you look at ice cream and sorbets); a spice grinder for whole spices; and, last but not least, a dehydrator as a luxury item, in case you want to make the kale chips.
KITCHEN SKILLS

To be a good cook, you have to start with the basics. Once you master chopping and cutting techniques, cooking will become a breeze. I find myself in a meditative state when I am preparing foods. I also feel reverence for the fresh, beautiful produce that not only feeds my body but nourishes my soul. When I peel away the skin of a butternut squash, my mood brightens at the sight of its rich orange hue, as if the sun has been hiding in there all along. So here are the basic prep skills that you will need for the recipes in this book. I hope, with a little practice, you will take as much pleasure in wielding them as I do.

BLENDING: Incorporating or mixing two or more ingredients by hand or with a blender.

CHIFFONADE: A term for leafy ingredients, such as basil and collard greens, that are stacked, rolled, and then sliced into thin strips. This technique yields thin, uniform ribbons and minimizes “bruising.”

DICING: Chopping into coarse cubes or pieces, anywhere from \( \frac{1}{8} \) to \( \frac{1}{4} \) inch. Most recipes call for small, medium, or large dices. You do this by slicing in one direction first, then slicing again crosswise.

EMULSIFYING: Combining two liquids that normally don’t mix together easily, usually by drizzling them very slowly while beating continuously.

JULIENNING: Slicing into thin strips by stacking sliced ingredients, then cutting into the desired thickness and length like matchsticks. You may also use a julienne peeler, which is an efficient time-saver.

MINCING: Chopping into very fine pieces, either by hand, press, or food processor.

PEELING: Using a hand peeler to remove skins as well as create vegetable “ribbons” for salads and garnishes.

PUREEING: Creating a paste or thick liquid by processing ingredients through a blender or pressing them through a strainer.
**SHREDDING:** Tearing with a hand grater, box grater, or food processor. This is ideal for hard vegetables, such as cabbage and carrots, for easier digestion and absorption.

**SLICING:** Cutting flat pieces to a desired thickness, in rounds or at a diagonal for more surface area.

**SPIRALIZING:** Converting vegetables into long, spiral-like strands similar to spaghetti.

**ZESTING:** Peeling the outer layer of citrus fruits into thin strips.
IN DORIS’S PANTRY

DEVELOPING FLAVORS

The key to successful cooking is being able to develop and balance flavors. A well-developed recipe contains a combination of these basic flavors: sweet, salty, sour, spicy, and bitter. In theory, it sounds easy enough to achieve, but unlike baking—which is more of a science, requiring precise measurements and temperatures—cooking in general is more intuitive. You can follow a recipe, but it will likely have many variables, especially if you are relying on Mother Nature’s bounty of fresh foods to be consistent; for instance, carrots can be as sweet as a fruit or as tasteless as a piece of chalk, depending on when and where you got them. So don’t be afraid to experiment with the recipes and discover what amounts and combinations of flavorings work best for you.

If you are still relatively new to this way of cooking, or to cooking in general, I urge you to make friends with all the wonderful, detox-friendly ingredients and flavorings (listed below) that can be called upon in a pinch to greatly enhance any dish you make. If you are a more experienced cook, you might experiment further with them in order to discover a new and exciting balance of flavors for your palate. Rest assured, the recipes in this book yield flavors that should appeal to most palates, but we encourage you to play around with them and tailor them to your personal preferences and detox level. So, without further ado, here are the items we will reach for again and again.

OILS AND BUTTERS

Traditionally, oils and butters are used to carry flavors. They are the base for bringing together a harmony of other flavors, but more often than not, I find plant-based ingredients can carry the show. A lot of my recipes omit oil or butter entirely. For example, roasted eggplant is creamy and rich and makes a great base for sauces and spreads. Carrots can be pureed and transformed into a delicious salad dressing. And avocado, a great substitute for foods with saturated fats, makes dressings rich and creamy. Although you
don’t have to rely on oils and butters to build a recipe, some dishes warrant and deserve them and might even fail without them. That’s when I reach for the following items:

**COLD-PRESSED EXTRA-VIRGIN OLIVE OIL** is the most versatile of all oils. But ever since I discovered how to make plant-based dressings, dips, and sauces without relying on oil bases, olive oil no longer takes top billing. Instead, I now let the plant-based ingredients create the flavor. This means I no longer need to buy the most expensive oil on the shelf. I simply buy a decent bottle and move on.

**VIRGIN RAW COCONUT OIL** is also my go-to fat. It is more stable to cook with than other oils because it will not turn rancid when cooked at high heat. This means it has a higher smoke point, the temperature at which oils become inedible (the higher the smoke point, the better). I use coconut oil to cook and roast vegetables, but I eschew it for seafood dishes, soups, or sauces that do not need a coconut flavor. Coconut oil is best in ethnic cuisines, such as Thai and African, where coconuts are indigenous to the region.

**SESAME OIL** is a must when developing most Eastern Asian recipes. Although it is stable and can withstand the heat, I prefer to use it sparingly as a finishing touch rather than cook with it. This keeps the integrity of the

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**a note about peanuts**

PEANUTS ARE NOT INCLUDED IN ANY OF THE RECIPES IN THIS BOOK. THE FLAVORS OF TRADITIONALLY PEANUT-BASED DISHES ARE CREATED WITH OTHER INGREDIENTS. THIS IS BECAUSE PEANUTS ARE NOT A NUT, BUT A LEGUME. LEGUMES ARE DIFFICULT TO DIGEST BECAUSE THEY ARE BOTH A STARCH AND A PROTEIN, AND THEIR STARCH CONTENT MAKES THEM YEAST-FEEDING. PEANUTS ALSO CONTAIN MANY MICRO-TOXINS, WHICH MAKE THEM ONE OF THE MOST COMMON ALLERGENS. FOR DETOX DIET PURPOSES, AVOID DISHES THAT EMPHASIZE PEANUTS.
flavor, and you wind up using a lot less of it. For the same reason, I prefer toasted sesame oil over raw. The latter is too mild and must be used in higher quantities to make a flavorful impact.

**NUT OILS AND BUTTERS**—almond, hazelnut, pistachio, and sunflower oils—are all wonderful in dressings, sauces, and some sweets. If you can afford them, use them, but search out unrefined, organic, and/or cold pressed, if available. They do add a certain touch and delicacy to the recipes, but for our detox purposes, the aim here is to use less oil and rely more on plants to create flavorful recipes. None of my recipes require the use of any of these oils because, seriously, I don’t want you running out and buying a bottle when the basics will do.

**TAHINI BUTTER**, which is made out of ground sesame seeds, is a great base for dressings and sauces. Like sesame oil, the toasted variety has intense sesame flavor, so you can use less of it. If you are fastidious about being completely raw, by all means, use raw tahini; just be prepared to use more. Be sure to blend the tahini before use, since the oil rises to the top, and the paste settles on the bottom.

**ALMOND BUTTER** should be raw. It is a great neutral base for many dishes. I use it mainly in Asian-inspired recipes, especially Thai dishes that call for peanut butter. I choose almond butter when I want the creaminess of tahini but not the flavor.

**BUTTER**—or, better yet, clarified butter (in which milk solids are removed from the fat) or ghee (clarified Indian butter)—can be used judiciously and safely. Butter, like cream, is low in casein, making it more easily digestible. For sautéing purposes, I often start off with a pat of butter, and instead of adding more when it starts to fizzle out, I raise the heat and add a teaspoon of water at a time, as necessary, to sauté the rest of the dish without losing the browning effect.

**SWEETENERS**

How many times have I heard people say, “I’m not a ‘sweet’ person”? This is not a reference to their personality but to their food tastes. Yet, whether we’re aware of it or not, sweet flavorings are used in almost all types of dishes. To
balance something salty or sour, you need something sweet. I’m not talking about adding sugar to your steak; it’s usually more subtle than that, such as adding a bit of honey to your soy marinade, so it picks up on the saltiness and then balances it out. Sweet foods are abundant in nature; in addition to fruits, vegetables such as corn, red bell peppers, jicama, snap peas, carrots, butternut squash, and so many others all have a naturally occurring sweet component.

**STEVIA** is a leafy green plant with a natural sweetness. You can bite down on a raw stevia leaf and taste it. Many companies distribute pure stevia leaf in its dried or powdered state. It can also be found in liquid form, usually suspended in alcohol or glycerin. Some stevia includes additives such as erythritol, dextrose, and maltitol. Look for pure stevia whenever possible, but also remember that you are consuming a very small amount of stevia within the context of a diet featuring gallons of raw vegetable juice, big salads, and beautiful vegetable-centric meals, so don’t torture yourself in your search for sweetness. I find liquid stevia to be the most convenient to use for recipes.

Stevia makes green juices more palatable for beginners by sweetening the bitterness of the greens. It also allows you to use less of other sweeteners, such as maple syrup and agave nectar, which are yeast- and fungus-feeding. Typically, you can use half the amount of a sweetener called for in a recipe by using stevia as a sweetness booster. It also has a great affinity with citruses such as lemons and limes; citrus with stevia creates the natural mouthfeel of sugar without the aftertaste that some people dislike. Add several drops of stevia to a glass of freshly squeezed lemon juice to make instant lemonade.

**AGAVE NECTAR** is derived from the agave plant. Vegans like to use agave as a substitute in recipes that call for honey. Unfortunately, agave nectar is composed mainly of fructose and, like all sugars, should be consumed sparingly. I do use it modestly, often with stevia, to boost the sweetness level of many desserts. It has a simple sugar flavor with an undertone of caramel and creates a gloss or shine in a dessert that you won’t get from just stevia. It is already in liquid form naturally, and the syrup consistency adds the right texture to desserts that call for dissolved sugar or simple syrup.

**MAPLE SYRUP** is best enjoyed in its pure, organic state without being reduced or processed, but like all sugars, it should be consumed in
moderation. As with agave nectar, I like to boost its sweetness with stevia. The specific flavor of maple syrup goes well with fall harvest vegetables such as squash and pumpkin. It is a comforting flavor of country kitchens and holiday cooking.

**Honey** is wonderful on its own or in tea. It is perfect in its own right, just like fruit. But I don’t often use honey in cooking; I prefer agave and stevia for sweetness in a prepared dish.

**SALTS AND SALT-BASED INGREDIENTS**

Most chefs and home cooks are heavy-handed when it comes to salt. It is mindlessly added to everything—sometimes before, during, and after cooking. In my recipes I take the moderate route and suggest you use sea salt and freshly ground pepper “as needed.” Certain preparations require salt, such as pickling, fermenting, and marinating, but for developing most recipes, there are many salty options to choose from, such as miso, soy sauce, anchovies, seaweed, and celery (yes, celery is salty!). Just remember to use them sparingly and as needed.

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**A note about salt**

THE STANDARD AMERICAN DIET IS CHOCS-FULL OF SODIUM, BECAUSE MANY MAINSTREAM FOODS ARE HOPELESSLY BLAND WITHOUT IT, AND THE AVERAGE MODERN PALATE HAS BECOME DESENSITIZED TO OTHER FLAVORS. SALT IS FINE IN MODERATION, BUT ONE OF THE WONDERFUL THINGS ABOUT EATING A CLEANSING, VEGETABLE-CENTRIC DIET IS THAT THE PALATE QUICKLY CHANGES TO APPRECIATE DISHES WITH VERY LITTLE SALT. DETOX DIETERS DEVELOP SENSITIVE TASTE BUDS AND CAN RELISH THE NATURALLY OCCURRING FLAVORS OF THE BEAUTIFUL, PURE FOODS THEY ARE CONSUMING. MOREOVER, SALT DOES NOT CAUSE WATER RETENTION WHEN EATEN IN THE CONTEXT OF THIS LIFESTYLE.
**KOSHER SALT** has a texture and consistency that allows for even seasoning, which makes it my salt of choice in cooking, baking, and roasting. More often than not, it is unnecessary to add salt to freshly prepared dishes. For raw salad dressings, sauces, and spreads, I rely more on fresh ingredients such as herbs or condiments such as miso and nama shoyu (the Japanese term for raw soy sauce) to provide the saltiness or flavor.

**SEA SALT** is great to cook with when you actually want the flavor of the sea. It boosts the flavor of seafood, but I find its unique flavor is wasted in other cooked dishes. Sea salt, however, is my salt of choice for table use.

**SOY SAUCE**—specifically, tamari (gluten free) and nama shoyu (raw)—is a staple in my pantry. I use it for cooking and for making marinades and dressings. Because of its high sodium content, it is not necessary to add salt when using soy sauce.

**MISO**, a fermented paste made out of soybeans, adds depth and flavor to dressings and sauces and makes a great base for soups and stews. Miso comes

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**a note about soy**

SOYBEANS AND SOYBEAN PRODUCTS ARE NOT PART OF THIS DETOX DIET BECAUSE THEY ARE DENSE AND DIFFICULT FOR THE BODY TO BREAK DOWN. THEY CAN ALSO AFFECT THE BODY’S HORMONAL BALANCE (THIS IS WHY SOY SUPPLEMENTS ARE OFTEN RECOMMENDED BY DOCTORS TO MENOPAUSAL WOMEN). MOST SOY PRODUCTS ARE FERMENTED AND OVERLY PROCESSED AND WILL CLOG THE SYSTEM LIKE WET CEMENT SENT IN TO DEHYDRATE AND HARDEN. RAW AND UNPASTEURIZED MISO, NAMA SHOYU, AND TAMARI CAN HAVE A PLACE IN YOUR PANTRY BECAUSE THEY ARE NOT DENSE OR OVERLY PROCESSED AND BECAUSE THEY ONLY NEED TO BE USED IN VERY SMALL QUANTITIES TO FLAVOR A DISH. DETOXERS CAN ALSO SUCCESSFULLY ENJOY WHOLE EDAMAME IN SMALL QUANTITIES BECAUSE IT IS NOT OVERLY PROCESSED.
in different varieties, ranging from white miso (sweet and mellow) to red miso (rich and savory). Miso is the secret ingredient in many of my recipes.

**OTHER SALT-BASED INGREDIENTS** in my pantry are sugar-free fish sauce, which is widely used in Southeast Asian cooking, bottled anchovies, organic Worcestershire, concentrated mushroom stock, olives, capers, umeboshi paste (which is made of pickled plums), and tamarind paste.

**CITRUS AND VINEGAR**

Nothing brings a recipe to life and awakens the palate like something tart, such as lemons and limes, or sour and pungent, such as vinegar. Sometimes you want just enough acidity to brighten the flavor and make you sit up a little. It can really change the dynamics of a dish, especially when paired with something sweet—a classic combination. Citrus is especially refreshing and cleansing.

**FRESH LEMONS AND LIMES** are the best ingredients when you need something tart and acidic. Squeezing fresh lemon juice on salads is often all you need for a simple dressing. Every detox kitchen should have a large bowl of lemons and limes year-round. Search out seasonal citruses such as Meyer lemons or yuzu for variety and flavor. Yuzu is a Japanese citrus (a cross between a lemon and a lime), available bottled in most Asian markets. Choose brands with no added preservatives or salt.

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**a note about vinegar**

VINEGAR IS AN ACIDIC, FERMENTED FOOD. IT IS USUALLY FERMENTED THROUGH A SUGAR PROCESS (ESPECIALLY BALSAMIC VINEGAR) AND IS THEREFORE YEAST-FEEDING. VINEGAR SHOULD NOT BE THE FOCAL POINT OF ANY SALAD, BUT RATHER USED SPARINGLY AS A FLAVOR ENHANCER. RAW APPLE CIDER VINEGAR AND RAW COCONUT VINEGAR ARE THE EXCEPTIONS BECAUSE THEY ARE LESS ACIDIC AND WILL NOT FEED SYSTEMIC YEAST.
**RAW VINEGARS** are second only to fresh lemons and limes in terms of alkalinity. Raw apple cider vinegar is slightly sweet and tart, while raw coconut vinegar has a lighter, slightly sweeter flavor. I use them interchangeably. They are also good substitutes in recipes that call for white vinegar.

**MIRIN.** Mirin is a cooking rice wine that is a staple in Japanese cooking. A few tablespoons are all that is required in most recipes. Be sure to read the label and take home only the sugar-free brands.

**DRIED HERBS AND SPICES**

Spicy ingredients can be piquant, fiery, and assertive or savory and complex, or they can walk the fine line and be a little bit of both. Fresh herbs are generally all you need to develop this simple yet complex flavor in a dish. However, store-bought dried herbs and spices also have a place here and can elevate recipes by hitting that savory high note. The more, the merrier!

Usually, the difference between ethnic cuisines is the indigenous use of herbs and spices. Roasted cauliflower with rosemary and crushed red pepper makes a great Italian side dish, while roasted cauliflower with curry powder becomes decidedly Indian. Whole spices have a longer shelf life, and grinding spices just before use helps release their flavors, but for convenience and ease, most ground spices do just as well. Likewise, fresh herbs are almost always superior to dried herbs, but it helps to have some dried types on hand at all times. In my pantry, I keep the following dried herbs and spices.

**BAY LEAVES** are not always available fresh, so the dried leaves are handy to have around. They are a must for soups, stocks, and tomato-based sauces.

**GROUND CHILE** is fine, but you can go wild here and try whole ancho chiles, whole Thai chiles, or other international varieties.

**CINNAMON** is a warming spice, great in sweet and savory dishes, and prominent in Middle Eastern and African cooking.

**CORIANDER** makes a great partner in crime with cumin, balancing out cumin’s assertiveness with its mellow, sweet, slightly fruity flavor.

**CUMIN** is a versatile spice used in Mexican, Indian, and Middle Eastern cooking. It has a strong, slightly bittersweet flavor.
CURRY POWDER is a mixture of spices and can range from mild to spicy. You can make your own (a combination of ginger, cumin, turmeric, coriander, nutmeg, fennel seeds, cardamom, and/or cayenne).

GARAM MASALA is a five-spice mixture, usually consisting of ground cardamom, cinnamon, coriander, cloves, and cumin.

DRIED GINGER is a dismal substitute for fresh ginger but has an affinity to cinnamon and allspice. It’s great for marinades, baking, and tea blends.

WHOLE NUTMEG is preferable to ground, and a little goes a long way. It is the best of friends with cinnamon, and its sweet, aromatic flavor makes it ideal in desserts, chai teas, and savory dishes, such as spinach, and starchy vegetables, such as sweet potatoes.

OREGANO is my favorite of all dried herbs. I actually prefer it to fresh oregano, which I find too strong. Dried oregano is used worldwide. I like to buy whole dried oregano stalks (as opposed to ground) and crumble the leaves between my hands before use. Oregano is great in tomato-based sauces, beans, soups, and stews.

PAPRIKA is normally mild and warm in flavor but can range from sweet to spicy. It also comes smoked, which is a great crowd pleaser.

FRESHLY GROUND WHOLE PEPPERCORNS is preferable but can be too spicy for some people. You can also purchase black pepper, finely or coarsely ground. White pepper makes me wrinkle my nose; I find no redeeming quality about it other than its color, which renders it invisible in light-colored foods.

SAFFRON has a distinctive bitterness that adds a bit of luxury to a dish. It’s easily the most expensive spice in the world, but a pinch is all you need and worth the price for some Indian and Mediterranean dishes.

DRIED TARRAGON is not a bad substitute for fresh tarragon (drying tames its flavor). Too much tarragon can be cloying due to its licorice-like flavor. It is favored in French cooking.

ZA’ATAR is my favorite Middle Eastern spice blend, consisting of oregano, thyme, sesame seeds, and sumac. It makes a great spice rub for goat cheese and a seasoning for pita chips and chopped salads.
REGIONAL SPICE BLENDS

If you want to get to the heart of an ethnic cuisine, look no further than its use of herbs and spices. Without these unique blends, the recipes fall flat and lack the spirit of the region. Spices and spice blends are readily available and affordable since a little goes a long way. I encourage you to make your own spice blends, if possible; the hands-on experience of mixing spices for balancing flavors and creating depth to recipes will make you a better cook.

Here are my favorite blends. In each case, simply mix all the ingredients together and store in an airtight container.

Chinese Five-Spice Powder

This blend is a staple in Chinese cooking and showcases the five flavors: sweet, sour, bitter, pungent, and salty. You can use equal parts of each spice to make your own blend or look for it at your local ethnic market.

- 2 tablespoons fennel seeds
- 2 tablespoons ground star anise, or
  4 whole star anise
- 2 tablespoons cinnamon powder
- 2 tablespoons peppercorns
- 1 tablespoon cloves

Place all ingredients in a spice grinder and grind until mixture becomes a fine powder.

Pumpkin Pie Spice

My past experience with pumpkin pie spice was limited to making sweet potato pies and puddings. Now I toss a spoonful into teas, smoothies, raw blended soups, and cooked savory soups—anything that calls for a little homey warmth.

- 4 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon ground cloves
- ½ teaspoon freshly grated nutmeg
- ¼ teaspoon ground allspice (optional)

Dry Ranch Seasoning

To be honest, ranch dressing is unappealing to me since my experience with it is limited to the bottled variety, which is ubiquitous in fast food restaurants and salad bars. But the dry seasoning is a different story. I love it sprinkled on root vegetable fries and tossed with puffed Kamut as a savory snack. You can also make your own ranch dressing using avocado and/or goat cheese as a healthier alternative to mayonnaise and sour cream.

- 1 tablespoon dried parsley or chives
- 1 teaspoon dried dill weed
- 1 teaspoon onion powder
- 1 teaspoon garlic powder

NOTE: Khorasan wheat is widely marketed under the brand name Kamut. In fact the wheat is commonly known as Kamut.
Za’atar Spice
I used to buy this in bulk at my favorite Middle Eastern mecca in Brooklyn called Sahadi’s, but this nutty and savory blend has become one of the most requested recipes in my cooking classes. I always took it for granted, but if you can’t find it near you, here is the recipe.

- 2 tablespoons oregano
- 2 tablespoons thyme
- 2 tablespoons sumac
- 2 tablespoons toasted sesame seeds
- 1 tablespoon cumin (optional)

Pizza Spice Blend
Add this to almost any recipe, including soups, salads, flatbreads, and, oh yes, my favorite, Pizza Kale Chips (see page 197), for the instant pizza parlor aroma.

- 1 tablespoon oregano
- 1 tablespoon basil
- 1 teaspoon crushed red pepper flakes
- 2 teaspoons garlic powder
- 2 tablespoons nutritional yeast (optional for cheese flavor)

Spanish Spice Blend
This is my go-to spice blend for Mexican- or Spanish-influenced dishes.

- 1½ tablespoons dried oregano
- 1 tablespoon cumin powder
- 1 tablespoon coriander powder
- 1 tablespoon paprika powder
- 1 tablespoon ancho chile powder

Herbes de Provence
Yet another wonderful and versatile herb blend, perfect for roasts, poultry, and fish, but even better with roasted vegetables, soups, and stews.

- 4 tablespoons dried thyme
- 3 tablespoons dried marjoram
- 2 tablespoons dried rosemary
- 1 tablespoon dried tarragon
- 1 tablespoon dried whole fennel seeds
- 1 teaspoon dried chervil
- 1 teaspoon dried lavender flowers

Basic Curry Powder
There are dozens of curry powders on the market, ranging from mild (Madras) to spicy (garam masala). I like making my own on occasion because toasting the seeds brings out more flavor.

- 2 tablespoons whole cumin seeds
- 2 tablespoons whole coriander seeds
- 1 tablespoon whole cardamom seeds
- 1 tablespoon mustard seeds
- 1 tablespoon ground turmeric
- 1 teaspoon cayenne (optional)

Toast the seeds over dry medium heat until fragrant, approximately 2−3 minutes. Place in a spice grinder and grind until seed mixture becomes a fine powder. Add the turmeric and cayenne, if using.
CONDIMENTS

I have been known to build a menu around condiments, especially hot sauces and mustards. There might be three to five different hot sauces set out on my table with my Fish Taco Wraps (see page 182), or I might make a Kitchen Sink Frittata (see page 162) just for the drizzle of hot sauce. Romaine lettuce is a great vessel for Dijon mustard with a slice of tomato and red onion. Just read the labels and choose condiments with high-quality ingredients.

HOT SAUCES are only limited by your imagination and your threshold for heat. I like sriracha, a type of Thai hot sauce, on almost anything, including eggs, soups, and dressings. I always have on hand a couple of Mexican red and green sauces, including Cholula, both classic and chipotle flavors. Tabasco is also a staple.

CHILE PASTES such as sambal oelek (made with dried chiles, spices, and vinegar) are a staple in Thai and Malaysian cooking. Asian chile garlic paste adds great depth and heat to sauces and dressings. Chipotle chile in adobo sauce gives recipes immediate heat and flavor with a Mexican influence.

CURRY PASTES can be challenging to make from scratch because the long list of exotic ingredients may be hard to find locally. Store-bought pastes are great time-savers, and they are easy to doctor up to suit your personal tastes.

MUSTARDS such as Dijon, whole grain, and wasabi (either as a paste or a powder) have their own shelf in my pantry. High-quality brands using apple cider vinegar as their bases are readily available in all health food stores.

BARBECUE SAUCE is usually sweetened with high-fructose corn syrup, so if using, choose agave nectar–based brands.

THE SWEET STUFF, like cocoa powder, carob powder, and dried coconut can be used in many recipes to add flavor or texture. I use a sprinkle on desserts or drinks as a garnish, serve hot cocoa or hot carob on a cold day, or set these items on a table with a hot beverage like warm nut milk for friends and family to top their mugs.
**NUTRITIONAL YEAST** is different from fungal intestinal yeast; it will not feed systemic yeast growth. It is the condiment of choice for many health food enthusiasts and has long been the vegan “Parmesan cheese.” It even comes in a shaker from the market. This yellow flaky condiment is great on a salad, in a hot vegetable dish, or on kale chips.

**TOMATO-BASED INGREDIENTS** are a must-have in any pantry. Sundried tomatoes, tomato paste, and chopped or strained tomatoes are the base of many sauces, ketchups, salsas, and more. Store-bought marinara sauces are also great in a pinch, but read the label and choose brands that have the least amount of oil and sugar.

**EXTRACTS** can enhance or bring out the flavor you are looking for without adding more yeast-feeding ingredients to a dessert. Vanilla, maple, and orange extracts are all used in my dessert recipes.

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**a note about condiments**

*SOME TABLE CONDIMENTS INCLUDE ADDED SWEETENERS. IF SUCH CONDIMENTS ARE USED SPARINGLY AS A COMPLIMENT TO THE DEEP FLAVORS OF A WELL-CRAFTED MEAL, THEY WILL NOT BE SIGNIFICANTLY YEAST-FEEDING. CHOOSE THE BRANDS WITH THE SMALLEST NUMBER OF INGREDIENTS, AND ALWAYS USE INGREDIENTS THAT YOU KNOW. PURE, CLEAN (THAT IS, NOT CHEMICALLY PROCESSED) SWEETENERS ARE ALWAYS PREFERABLE, SO IF YOU HAVE A CHOICE, ALWAYS CHOOSE AGAVE OR CANE JUICE OVER PROCESSED SUGAR. ALTHOUGH THESE SWEETENERS ARE YEAST-FEEDING, THEY HAVE A PLACE IN YOUR PANTRY IF YOU CAN USE SMALL AMOUNTS FOR THE FLAVOR YOU DESIRE.*
THE MARKET

SELECTING FRESH PRODUCE

Although it is sometimes tempting to eat fruits and vegetables that are out of season, when you do, you end up doing yourself and the planet a great injustice. Just as you rotate your wardrobe for the changing seasons, you should savor fruits and vegetables as they come into season. This is a great way to ensure that you get the freshest foods and also reduce your carbon footprint. Your food should not have to travel far to reach you. Honor your body by eating in harmony with nature.

When choosing fruit, it should be firm, unblemished, and dense for its size. For example, a ripe melon should feel weighty, not light and dehydrated or dry. Fruit shows when it is past its prime. It will turn brown and moldy, and its skin will appear withered and dry. When choosing citrus fruits, search out smooth, thin rinds since they tend to yield more juice.

Vegetables, especially leafy greens, should have a deep, vibrant color and hold their shape, not appear wilted, lackluster, or yellowed. Check that the stalks and roots are firm and intact and look healthy.

ORGANIC PRODUCE

At first glance, organic fruits and vegetables may not look different from non-organic produce, but they won’t appear shiny and waxed or perfectly symmetrical and spot-free. However, there is a difference between commercially appealing produce and produce that truly looks and smells fresh, ripe, and vibrant. Generally speaking, if it looks too good to be true, it probably is—meaning it will make a good centerpiece, but not good eating.

RARE OR HARD-TO-FIND PRODUCE

Exotic and rare fruits and vegetables are a pleasure when you are centering your diet on produce. Sweet potatoes and yams come in many different varieties that look and taste distinctly different; exchanging one for the other
within a recipe can change the look and taste of the dish. If you are fortunate enough to have small ethnic communities where you live, seek out produce at the markets where the locals go. Korean, Indian, Southeast Asian, Spanish, Italian, and Japanese markets are great resources, abundant with detox-friendly produce and ingredients.

In a Spanish market, you might find jicama, plantains (or green bananas), yautias (a type of yam), chayotes, and yucca. You can also find many types of jalapeños and other peppers, tomatillos, and cilantro.

In Southeast Asian markets, look for kabocha squash, green papayas, purple yams, okra, Thai basil, assorted chile peppers, and exotic fruits such as mangoes, dragon fruit, durian, pomelos, and red bananas.

Korean and Japanese markets have a vast array of vegetables, such as mustard greens, red and green leaf lettuce, Japanese eggplants, daikon radishes, bamboo shoots, burdock root, lotus root, and sweet potatoes (satsumaimo).

**SELECTING CHEESES**

For detox diet purposes, always select goat or sheep cheese, especially raw and unpasteurized if available.

Fresh goat cheese, or chèvre, is a staple in my kitchen because of its versatility and can be used in salads, frittatas, and cream-based sauces. It makes a great substitute for sour cream by just adding lemon juice. You can make flavored cream cheeses by adding herbs and spices such as parsley, dill, scallions, garlic, or chipotle chile powder.

Raw sheep pecorino has the same nutty saltiness as Parmesan and is my favorite cheese. It is a good substitute for pasteurized cow Parmesan, and I use it as a finishing touch for many meals and salads.

Feta is a widely popular Mediterranean cheese, made from both goat and sheep milk, or a mix of the two. There are many varieties, such as Greek, Bulgarian, and French, each with its own level of saltiness and creaminess. Feta is the perfect addition to your green salad.

Halloumi is a hard cheese from Cyprus that stands up to grilling or baking. It makes great “croutons” for warm savory dinner salads.

To make a versatile cheese platter, use a soft cheese (like an herb-rolled chèvre log), a semisoft cheese (try a nutty, salty cheese like Midnight Moon,
smoked sheep Gouda, or goat cheddar), and a hard cheese (raw sheep pecorino or aged Manchego). Instead of bread or crackers, serve crudité such as zucchini, carrot, and celery sticks, sliced cucumber, asparagus spears, and broccoli and cauliflower florets. Add an assortment of olives, cornichons, and caper berries with sliced tomatoes and onions, as well as a couple of spreads, such as Zucchini Hummus (see page 154) or Baba Ghanoush (see page 103), and this could easily turn into a decadent party platter.

SELECTING OLIVES

Olives should be dry-cured or cured in brine rather than in oil. They should be fresh and crisp, with pits. Watch out for olives stuffed with something you would rather avoid, such as almonds, blue cheese, or figs. Olives can be rinsed and strained under cold running water to remove excess salt, brine, and oils.

Cerignola are large, meaty olives and have a mild, subtle nutty flavor that is more neutral than other olives. They make a great base for a mixed olive plate.

Castelvetrano olives are fresh, small, crisp, and bright green. They make a perfect snack on their own but are also wonderful marinated with herbs and citrus, such as rosemary with orange zest.

Kalamata olives are typically available in oil or brine. Choose the brined variety and be sure to rinse them well. Chop them up in salads or tomato-based sauces, or puree them to make an olive tapenade or spread.
There is a story in Oliver Sacks’s *An Anthropologist on Mars*, a book about true-life neurologic disorders, called “The Case of the Color-blind Painter.” It describes how an artist suffered a car accident and consequently became color-blind, as if “viewing a black and white television screen.” Of course, for a painter, this was especially hard, but of particular interest to me is that “he found foods disgusting due to their grayish, dead appearance and had to close his eyes to eat.” This man turned to black and white foods such as white rice and black olives because they appeared normal.

Food is a multisensory experience. The first thing most people say when they sit down to eat is, “That looks great.” Sometimes they are just being nice, but for the most part, people “eat” with their eyes first. Even Andrew Zimmern says on his *Bizarre Foods* television show, “If it looks good, eat it.” But what if it’s not so simple? Food manufacturers commonly add food coloring to foods that look “grayish and dead.” Meats and seafood are typically packaged with color preservatives and other additives to make them appear fresh. If you had to eat most meats the way they actually look, you might also want to close your eyes.

Processed and pasteurized foods, drinks, and snacks (especially items with a long shelf life) usually suffer similar treatment: a dye job to make them look more appealing and appetizing. The only thing you can count on to be exactly what it looks like is fresh raw foods, because Mother Nature lets her gray hair show; she’s not covering it up. If a potato has too many green bits, it’s moldy and past its prime.

But how stunning is her visual palette? This detox lifestyle has awarded me the gift of vision, as if I have been color-blind all these years and now I can
finally see. When I create recipes, I let Mother Nature be my guide. I look for rich contrasts of color and texture to fine-tune a recipe. It’s no coincidence that foods that are rich in color are the healthiest foods on earth. For instance, dark blue and purple fruits are rich in antioxidants, while orange foods are rich in vitamin C. Dark, leafy greens are rich in folic acid and are a great source of calcium and iron, while red foods contain lycopene, a compound that helps prevent heart disease. Eating directly from the color wheel inspires culinary creativity and serves our health.

Working with Adrian Mueller, the food photographer for this book, I was able to see my recipes come to life. We chose to work with natural lighting, and the only adjustment we made to the final dishes was a spritz of water, if needed, to perk up the salads. This was a huge contrast from an earlier project when I owned a more mainstream catering company that served mostly cooked foods. Back then we needed bright, harsh studio lighting, a food stylist with a bag of tricks to make the foods look sexy, and a lot of second takes because the dishes just buckled under pressure since they were literally “cooked to death.” It was like working with a model who relies on tons of makeup, fancy clothes, and stacked heels to look good. A natural beauty needs nothing more than a slight touch-up, just as real food needs nothing more than a simple garnish.

So nowadays, my job as a chef is both simpler and more fun. I no longer slave away in the kitchen, and the simplicity of the following recipes is a testament to that. I don’t compete by making fancy foams and following the latest food trends. I still consider myself a food nerd, but more often than not, I am impatient with all the bells and whistles in traditional cooking. Other chefs are pushing themselves to the limit by adding bacon, butter, creams, sauces, and a million garnishes to dishes to achieve the maximum palatal experience and to up the wow factor. I find this to be almost like cheating; what doesn’t taste better with bacon? It takes more imagination and creativity to take a star ingredient and create a one-person show without a supporting cast. That’s why I find myself cooking less but assembling more. The guiding principle that we “eat with our eyes first” motivates me to pay attention to the details, but also to honor the full spectrum of natural foods.

I hope you will see the following recipes as a guide to help you develop your own palate based on your personal health needs and specific food
preferences. But keep in mind that simplicity is key; don’t overdo it. To slave away in the kitchen is no longer required. As a matter of fact, cleaning up should be a breeze, since prepping fresh produce and cooking with minimal oils hardly makes a mess. Feel free to tweak and substitute ingredients as desired, as long as the flavor profile stays balanced. Cooking is an organic, personal experience, and there are no steadfast rules. And remember, what matters most is not the destination but the journey. Here’s to the road less traveled!

—DORIS
THE RECIPES
LEMONADES & HERB WATERS

You can make a significant difference in your health simply by substituting processed sugary drinks and sodas with homemade lemonade. The following recipes are full of fresh herbs and citrus fruits and sweetened with stevia as desired.

This is such a refreshing take on lemonade. It can be a wonderful way to start the day. Enjoy it as an alternative to your morning coffee or tea, as a hydrating, alkalinizing tonic after exercise, or as a chilled afternoon treat on a hot day. Before you buy your fancy flavored water, try these simple and delicious drinks. —NATALIA

Mixed Citrus Lemonade

4 cups pure water  
½ cup fresh lemon juice  
1 lemon, thinly sliced  
1 cup fresh grapefruit or orange juice (blood orange or navel)  
Stevia to taste

Mix all the ingredients together in a large glass pitcher. Serve chilled or over ice as desired.

MAKES APPROXIMATELY 1 1/2 QUARTS

Thai Basil Limeade

6 cups pure water  
½ cup fresh lime juice  
1 lime, thinly sliced  
2–3 stalks fresh Thai basil  
2–3 stalks fresh mint  
Stevia to taste

Mix all the ingredients together in a large glass pitcher. Serve chilled or over ice as desired.

MAKES APPROXIMATELY 1 1/2 QUARTS
Rosemary Lemonade

4 stalks fresh rosemary
6 cups pure water
½ cup fresh lemon juice
Stevia to taste
1 lemon, thinly sliced

Steep the rosemary in a pitcher of tepid water for 30 minutes, or for 4–6 hours in the sun, to release its flavor. Add the lemon juice and the stevia. Garnish with sliced lemon and serve chilled or over ice as desired.

MAKES APPROXIMATELY 1½ QUARTS

Ginger Honey Lemon Tea

This fantastic concoction deserves a permanent place in your kitchen. It is delicious and refreshing as a lemonade, soothing and warming as a tea, and effective as a medicinal elixir taken by the spoonful.

4 lemons, thinly sliced
1 cup peeled and julienned ginger
1 cup raw honey

In a medium glass jar, alternate layers of lemon, ginger, and honey. You should have at least four layers.

Cover and let stand for at least 2 hours until the lemon slices release their juices and the flavors meld. Refrigerate and use as needed.

For hot brewed tea, place a tablespoon of the mixture in your mug and cover with hot water. (For lemonade, add a tablespoon of the mixture for every 2 cups of cold water. For a sore throat or an upset stomach, take a tablespoon of the mixture as needed on an empty stomach.)

a note about water

HUMAN BEINGS ARE MEANT TO DRINK LIVING WATER, WHICH COMES FROM LIVING EARTH. THAT’S WHY THE BEST WATER COMES FROM NATURAL SPRINGS. HOWEVER, IN THE MODERN WORLD, MOST PEOPLE ARE UNAWARE OF HOW TO ACCESS FRESH SPRING WATER. DO YOUR BEST TO SOURCE SPRING WATER IN GLASS BOTTLES INSTEAD OF PLASTIC BOTTLES, WHICH SUCCOCATE THE LIFE FORCE FROM THE WATER AND LEACH TOXINS INTO IT. FILTERING, IONIZING, CHARGING, OR DISTILLING YOUR TAP WATER CAN IMPROVE ITS QUALITY. IN NEW YORK CITY, THE BEST WE’VE FOUND IS MOUNTAIN VALLEY SPRING WATER, WHICH IS BOTTLED IN A GLASS CONTAINER FROM A NATURAL SPRING. YOU CAN ALSO LOCATE A SPRING NEAR YOU VIA WWW.FINDASPRING.COM AND BOTTLE YOUR OWN WATER.
LIFE FORCE ENERGY JUICES

These juice recipes are perfect for your centrifugal or cold-press juicer. A centrifugal juicer, such as the Breville, extracts the juice by masticating the vegetables against a blade and separating the liquid from the pulp through a spinning screen, using centrifugal force. These juices should be consumed as fresh as possible, but they can be refrigerated in a sealed container for a few hours if necessary. They do begin to lose their vitality after the first hour.

A cold-press juicer, such as the Norwalk Press, employs a slower extraction process that allows the juice to remain fresh for up to 3 days when sealed and refrigerated. It is best used for preparing several days’ worth of juice at once. All of the following recipes are delicious, smooth, and refreshing when made with either variety of juicer.

Vegetables used for juicing should be organic to avoid toxins and pesticides, as well as any food-grade wax found in conventional produce, such as cucumbers and apples. This will also eliminate the step of having to peel your vegetables; simply rinse and scrub the skins free of dirt before juicing.

Raw, organic, fresh vegetable juices are essential to the modern detox diet. Not to be confused with blended green juices, powdered grasses, or any lesser versions of vegetable juice (such as bottled pasteurized juice), they are the heart and soul of self-healing. These juices deliver pure life force and are the only way to guarantee our reserves of alkalinity—the best health insurance we can ask for in a world where even our air and water are increasingly acidic. Find a few varieties you like and make them a part of your daily routine. Don’t be put off by the effort of juicing or picking up juices at your local organic juice shop. Juicing is fun, and it’s the modern-day fountain of youth.

—NATALIA
Formula One
This is the Rolls-Royce of juices and not for the faint-hearted. It is packed with all green vegetables and revved up with fresh ginger.

1 head romaine lettuce
3 stalks kale
Handful of spinach
3 stalks celery
1 medium cucumber
½ bunch fresh parsley
1 lemon, halved
1 (3-inch) piece of ginger
Liquid stevia (optional)

Put all the ingredients through a high-speed juicer one at a time. Add a few drops of stevia for sweetness as desired.

SERVES 1-2

Green Lemonade 101
This recipe makes a mellow green lemonade, perfect for the novice juicer.

1 head romaine lettuce
5 stalks celery
2 medium cucumbers
½ bunch fresh parsley
1 lemon, halved

Put all the ingredients through a high-speed juicer one at a time and serve.

SERVES 1-2

Señor Verde
This is a refreshing twist on the old standby, with a Mexican flair. If you can’t take the heat, omit the jalapeño.

1 head romaine lettuce
5 stalks celery
2 medium cucumbers
1 green bell pepper, cored
½ bunch fresh cilantro
1–2 limes, halved
1 jalapeño (remove seeds as desired to reduce heat)

Put all the ingredients through a high-speed juicer one at a time and serve.

SERVES 1-2

Sweet’art
Count on your sweet’art to sweeten your green juice with apples.

1 head romaine lettuce
Handful of spinach
3 stalks celery
1 medium cucumber
1 Granny Smith apple
½ bunch fresh parsley
1 lemon, halved

Put all the ingredients through a high-speed juicer one at a time and serve.

SERVES 1-2
V-12

Okay, you counted. This juice doesn’t quite have twelve ingredients, but it is much more powerful than the sum of its parts. Just like the powerful engine it’s named after, this mixed vegetable juice is so smooth and luxurious it will have you purring like a race car in no time.

½ head romaine lettuce
2 stalks kale
Small handful of spinach
2 stalks celery
2 medium carrots
1 cucumber
1 medium beet
1 Granny Smith apple

Put all the ingredients through a high-speed juicer one at a time and serve.

SERVES 1–2

Beet-Dill Juice

Dill in your juice? It’s magic, guaranteed to resurrect the dead.

3 medium beets
4 medium carrots
2 stalks celery
1 small bunch of dill
1 lemon, halved

Put all the ingredients through a high-speed juicer one at a time and serve.

SERVES 1–2

Bunny Milk

The secret to this recipe is balancing greens with carrots. The carrots should comprise one-half of the juice; the other half should be three-quarter romaine and one-quarter spinach. Bunny Milk is a juice but has the density and creaminess of milk. This one will get you hopping!

1 head romaine lettuce
2 handfuls of spinach
6 medium carrots

Put all the ingredients through a high-speed juicer one at a time and enjoy.

SERVES 1–2
Chocolate Bunny Milk
No, Chocolate Bunny Milk does not come from chocolate bunnies but from adding cocoa powder to the delicious concoction above.

Bunny Milk (see previous recipe)
1 tablespoon cocoa powder
Stevia to taste

Slowly add a little bit of the Bunny Milk to the cocoa powder and mix together until it forms a paste. Add the paste to the rest of the juice and shake to blend. Add stevia to heighten sweetness as desired.

SERVES 1–2

Spiced Apple Pie
Liquid apple pie, anyone?

4 Granny Smith apples
1 knob ginger
½ teaspoon cinnamon
½ teaspoon nutmeg
¼ teaspoon cardamom

Place the apples and the ginger through a high-speed juicer, then add the spices.

SERVES 1–2

Pretty in Pink
This one is oh-so-pretty and sweet!

2–3 pineapple spears
2 Granny Smith apples
1 medium beet
1 lemon, halved
1 knob ginger

Put all ingredients through a high-speed juicer one at a time and serve.

SERVES 1–2
Smoothies are a delicious treat to enjoy as a lunch or as a mid-morning or afternoon snack. They should never replace your fresh-pressed morning vegetable juice. Smoothies are a blended meal, often called blended soups or salads because they are vegetable-based. Unlike juices, smoothies contain fiber and therefore require digestive energy. Smoothies do not assimilate into the body as quickly as juice, but they are digested far faster than a nonblended dish or meal.

Because the ingredients are already partially broken down by the blending process, smoothies are perfect for integrating into the daily diet of someone who is sick or has a compromised digestive system. They are the lightest possible meals and are not yeast-feeding because they are not fruit-based.

For each smoothie recipe, simply blend all the listed ingredients together until smooth and creamy.

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*I’ll have a smoothie if I’m craving something rich and creamy. I don’t depend on smoothies as health generators, but as blended treats for those who genuinely enjoy them. They are also wonderful for clients with deficient organs or digestive function.*

— NATALIA
My Name Is Mud

1 box alfalfa sprouts
1 cup frozen blueberries
½ ripe avocado
2 tablespoons cocoa powder
2 tablespoons carob powder
1–2 cups coconut water (preferably raw, organic young coconut water—see NOTE)
Stevia to taste

SERVES 1–2

NOTE: The coconut water beverage industry has boomed recently, but most brands available in stores are not raw or even organic. Packaged coconut water, such as the kind you find in Tetra Paks, is a pasteurized product. If you do not want to open your own fresh coconuts by hand, Exotic Superfoods is a dependable resource for bottled coconut water. In a pinch, go ahead and use a pasteurized version, but be aware that raw coconut water is superior for detox purposes—and better tasting.

how to open a fresh young coconut

OPENING A COCONUT CAN BE DAUNTING, BUT THERE IS A SAFE AND EASY WAY THAT DOESN’T REQUIRE A CLEAVER. LOOK FOR FRESH YOUNG COCONUTS IN THE PRODUCE SECTION OF A MARKET, WITH THE OUTER GREEN SHELL REMOVED. THEY ARE WHITE AND USUALLY WRAPPED IN CELLOPHANE TO SEAL IN MOISTURE. WITH A CHEF’S KNIFE, SHAVE OFF THE TOP THIRD OF THE COCONUT UNTIL IT’S “BALD,” EXPOSING THE HARD COCONUT SHELL UNDERNEATH. PLACE YOUR KNIFE AT A 45-DEGREE ANGLE AND FIRMLY WHACK AT THE EDGE OF THE EXPOSED SHELL UNTIL IT CRACKS OPEN. USE THE KNIFE TO PRY UP THE SHELL, UPWARD AND OUTWARD. THE ENTIRE LID SHOULD POP OPEN IN ONE ROUND PIECE. IF THIS STILL SOUNDS TOO INTIMIDATING, SEARCH OUT FRESH RAW COCONUT WATER AND FLESH, WHICH IS AVAILABLE IN SOME HEALTH FOOD STORES AND JUICE BARS.
SMOOTHIES

ALL SMOOTHIES SERVE 1–2

Green Machine
1 (5-ounce) box organic baby spinach
½ ripe avocado
1 ripe banana
1 tray of ice cubes
1–2 cups pure water
Stevia to taste
Optional: Sprinkle dried shredded coconut on top.

Midas Touch
1 cup raw cubed acorn or butternut squash
2 cups carrot juice
½ ripe avocado
Dash of nutmeg
Stevia to taste

Frozen “Peanut Butter” Cup
1 ripe banana
1 ripe frozen banana
4 tablespoons raw sesame tahini
2 tablespoons carob powder
1–2 cups unsweetened almond milk
(Preferably raw homemade almond milk)
Optional: Sprinkle dried shredded coconut on top.

Snowflake
Flesh and water of 1 raw young coconut
1 cup cubed butternut or acorn squash
2 tablespoons vanilla extract
Pinch of salt

Strawberry Fields
Flesh and water of 1 raw young coconut
1 cup frozen strawberries
1 cup alfalfa sprouts

a note about blending and molecular structure

THERE IS MUCH DEBATE ABOUT THE BLENDING PROCESS AND ITS EFFECT ON FOOD SUBSTANCES. BLENDING SOUPS, SALADS, AND SMOOTHIES INCREASES DIGESTIBILITY BY PREMASTICATING THE FIBER OF THE FRUIT AND VEGETABLES. MANY RAW FOOD ENTHUSIASTS BELIEVE THAT THIS IS AN EASY WAY TO INCREASE THEIR INTAKE OF RAW LEAFY GREENS WITHOUT ALL OF THE CHEWING INVOLVED IN BREAKING DOWN THE CELLULOSE WALLS IN THE GREENS. ON THE OTHER SIDE OF THE DEBATE, THE VIOLENT BLENDING PROCESS MAY HAVE AN IMPACT ON THE MOLECULAR STRUCTURE OF THE PLANTS, POSSIBLY RENDERING THEM LESS ENERGETICALLY RICH. IN OUR PROFESSIONAL OPINION, WE HAVE FOUND BLENDED FOODS TO BE ESSENTIAL FOR THOSE WITH COMPROMISED DIGESTION AND CERTAIN HEALTH ISSUES. ALSO, PARENTS WILL LOVE THE DELICIOUS, ENZYME-RICH POWER PUNCH A FRUIT SMOOTHIE WITH LEAFY GREENS AND SPROUTS CAN PACK FOR THEIR KIDS. THERE IS DEFINITELY AN IMPORTANT PLACE FOR BLENDED FOODS IN THE DETOX DIET.
SEED & NUT MILKS

There are several good brands of organic unsweetened almond and hemp milks available on the market, but every health enthusiast and raw food lover should have a basic nut and seed milk recipe in his or her repertoire. You can use anything from the smallest seeds, such as sesame seeds, to the largest nuts, such as Brazil nuts, to try new flavors. Nut milks can be used in place of cow milk and are perfect for high-quality cereals, smoothies, or dessert recipes, or simply served warmed or chilled as desired.

Selecting the highest-quality organic raw nuts and seeds is important. Nut and seed milks can be combined neutrally, unlike nuts and seeds or nut and seed butters. For detoxification purposes, smaller is cleaner. This means that a sesame milk will always move through the body more cleanly and quickly than an almond or Brazil nut milk.

—NATALIA

Basic Raw Nut or Seed Milk

1 cup nuts or seeds
4 cups pure water

For a creamier texture, soak the nuts or seeds overnight in pure water, strain, and rinse. In a high-speed blender, add the nuts or seeds and water. Blend until all the nuts or seeds are smooth and silky. Strain through a cheesecloth, and store in the refrigerator in an airtight sealed container for up to 5 days. Always shake before use.

MAKES 1 QUART

Nutty Comfort

2 cups Basic Raw Nut or Seed Milk (see previous recipe)

1 tablespoon agave or maple syrup (stevia to taste can be used as an alternative for those following a yeast-conscious diet)
Dash of cinnamon and nutmeg

SERVES 1–2
Chocolate Milk
2 cups Basic Raw Nut or Seed Milk (see page 86)
1 tablespoon cocoa powder
Pinch of salt
Stevia to taste
SERVES 1-2

Cappuccino
2 cups Basic Raw Nut or Seed Milk made with equal parts water to soaked nuts or seeds (see page 86)
2 teaspoons cocoa powder
2 teaspoons carob powder
1 teaspoon vanilla extract
Pinch of salt
Stevia to taste
SERVES 1-2
FRUITS

Although fruit should be eaten alone and on an empty stomach, adding a touch of salt, a hint of stevia, or herbs and spices will not hinder the superior cleansing and digestive properties of fruit. If you are on a yeast-conscious diet, fruits high in naturally occurring sugar might not be suitable for your lifestyle just yet.

Instead of opting for big fruit salads, eat one type of fruit at a time for ease of digestion, since different fruits have their own transit times. Melons, for example, take only 15 minutes to digest, whereas bananas might take 30 to 45 minutes. Below are some of our favorite ways to enjoy a mono-fruit dish, but feel free to experiment with salt, stevia, herbs, and spices to discover your own favorite flavor combinations.

I personally prefer to eat my fruit whole and unseasoned, as nature intended. But, in the spirit of the modern gourmet, we want to show you how fruit can become a cutting-edge gastronomic showpiece—so simple yet powerfully dynamic and ideal for entertaining.

—NATALIA

Pineapple with Sea Salt
Papaya with Lime
Watermelon with Mint, Cilantro, and Lime
Mango with Chile and Lime
Mixed Berries with Basil, Mint, Lemon, and Stevia
Bananas with Pumpkin Pie Spice

Honey Dew with Orange Zest and Crushed Mint
Peaches with Minced Ginger
Fresh Figs with Rosemary and a Drizzle of Raw Honey
Assorted Citrus Fruits (Tangerines, Grapefruits, Blood Oranges) with Yuzu Lime
All-Purpose Vegetable Stock
This should be the most dog-eared section in the book. These basic recipes are multipurpose, and I refer to them throughout the rest of the book. Some of the recipes can be made in advance or in bulk and kept in the refrigerator or the freezer as directed so they are ready when you need them. Basics that require refrigeration have a shelf life of 3 to 4 days for optimal freshness.

We’re going back to a place of empowerment, where we consciously decide what goes into our bodies. We needn’t be at the mercy of large-scale manufacturers and mass-produced packaged products. We can restore body and soul to a harmonious state of purity and simplicity. We can reconnect with our food. When we prepare our meals from scratch, it’s impossible to eat mindlessly; we appreciate every ingredient, every source, every cleansing bite. These basic recipes nourish us on a much deeper level, by offering more nuanced flavor with less salt and fat and leaving us more satisfied.

—NATALIA
All-Purpose Vegetable Stock

I never plan on making a stock; it just happens when I’ve accumulated enough vegetable trimmings. But I always start with carrot, celery, onion, garlic, tender herbs, and bay leaves. I will toss in corncobs, parsnip, parsley stems, mushroom stems, fennel, and asparagus if I have them, but I don’t go out of my way to get them if I don’t. Just avoid any cruciferous vegetables such as cabbage, broccoli, or kale, which will dominate the stock with a strong off-putting flavor. Also, avoid strong herbs such as sage, rosemary, or too much marjoram. If you sauté the aromatics beforehand, especially mushrooms and stems, the stock will be richer and more robust and better suited for heartier recipes.

1 large white or yellow onion, quartered
2 medium carrots, roughly chopped
2 celery stalks, roughly chopped
5 garlic cloves
2 bay leaves
Handful of herbs (parsley, dill, thyme, chives, oregano, etc.)
4 cups any vegetable trimmings (parsnip, corncobs, zucchini, tomatoes, mushrooms, scallions, etc.)
3 quarts water

Toss all ingredients in a large stockpot and cover with water. Bring to a boil, then simmer for 1 hour, until vegetables are soft. Strain through a sieve (pressing the vegetables down will extract more liquid and flavor but may muddy the stock). Refrigerate and use for up to 3 or 4 days, or freeze in a sealed container for longer storage.

Mushroom Gravy

Please note that the arrowroot powder in this recipe loses its thickening properties when overcooked, so if you need to reheat the gravy, just let it come to a bare simmer.

1/2 cup chopped onions
2 garlic cloves, minced
1 pat butter or 1 tablespoon olive oil
1 cup diced cremini, portobello, or shiitake mushrooms
1 tablespoon fresh thyme leaves
1 large bay leaf
2 cups vegetable stock
2 tablespoons arrowroot powder

In a large saucepan, sauté the onions and garlic in butter or oil until the onions are soft (about 8 minutes).

Add the mushrooms and herbs and continue sautéing, adding 1 tablespoon of water as needed to keep the aromatics from drying out without having to add more oil. When the mushrooms are soft, add the vegetable stock and simmer.

Meanwhile, mix the arrowroot powder with a little cold water (about 2 tablespoons) to form a slurry. Stir the arrowroot slurry into the simmering stock for 30 seconds until blended.

Transfer the gravy to a food processor and puree until smooth.

MAKES 3 CUPS
TOMATO-BASED SAUCES

These three basic but diverse tomato-based sauces make last-minute meals a breeze. They also freeze well, so make a big batch of each and portion out the sauces into pint-size freezer bags, flattening them out in an even layer so they can be easily defrosted in warm water when needed.

These three sauces are made using the same basic ingredients and method, but they are changed significantly by the unique flavors and herbs that make them special. Be sure to try all three. —Natalia

Basic Tomato Sauce

Adding carrots sweetens the sauce, so you can skip the sugar that is found in most tomato sauce recipes. If you don’t like the mouthfeel of diced carrot and prefer a smoother texture, you can grate the carrot instead of dicing it. I prefer a chunkier, more rustic texture.

2 tablespoons extra-virgin olive oil
4 garlic cloves, minced
Pinch of crushed red pepper (optional)
1 medium yellow onion, diced
1 medium carrot, diced
1 (28-ounce) can peeled whole tomatoes
1 tablespoon dried oregano
2 bay leaves
Salt and pepper to taste

Heat the oil in a large saucepan. Add the garlic and the crushed red pepper and sauté for 1 minute until the oil is fragrant.

Add the onion and carrot and cook until the vegetables are soft (about 8 minutes).

Add the tomatoes and dried herbs and bring to a boil, stirring often. Lower the heat and simmer for 20 minutes.

Break up the tomatoes with a fork or masher and simmer for an additional 10 minutes. Season with salt and pepper as desired.

MAKES 1 QUART

Spanish Tomato Sofrito Sauce

This piquant sauce is a wonderful base for stews and tapas-style dishes, a pan sauce for fish, and an accompaniment for grains or beans.

2 tablespoons extra-virgin olive oil
6 garlic cloves, minced
1 medium yellow onion, diced
2 green bell peppers, cored, seeded, and diced
1 jalapeño, seeded and finely diced
1 bunch cilantro, chopped
1 (28-ounce) can crushed tomatoes
1 tablespoon dried oregano
2 bay leaves
1 tablespoon ground coriander
1 tablespoon ground cumin
1 teaspoon cayenne pepper
Salt and pepper to taste

Heat the oil in a large saucepan. Add the garlic and sauté for 1 minute until the oil is fragrant.

Add the onion, green bell peppers, jalapeño, and cilantro and cook until the vegetables are soft (about 8 minutes).

Add the tomatoes, dried herbs, and spices and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes. Season with salt and pepper as desired.

MAKES 1 QUART
Spicy Matbucha Sauce

This Moroccan-inspired recipe is the most versatile tomato-based sauce. It is a perfect base for vegetables, seafood, eggs, tagines, stews, and even pizza.

- 2 tablespoons extra-virgin olive oil
- 4 garlic cloves, minced
- 1 medium yellow onion, diced
- 2 red bell peppers, cored, seeded, and diced
- 1 jalapeño, seeded and finely diced
- 1 (28-ounce) can crushed tomatoes
- 1 tablespoon dried oregano
- 2 bay leaves
- 1 tablespoon cayenne pepper
- Salt and pepper to taste

Heat the oil in a large saucepan. Add the garlic and sauté for 1 minute until oil is fragrant.

Add the onion, red bell peppers, and jalapeño and cook until the vegetables are soft (about 8 minutes).

Add the tomatoes, dried herbs, and spices and bring to a boil, stirring often. Lower the heat and simmer for 20 minutes.

Season with salt and pepper as desired.

MAKES 1 QUART

Quick Ketchup

This is a super-quick recipe, tangy and sweet, without added sugar. It makes a great tomato glaze for vegetable loaves (see Mushroom Loaf, page 168).

- 1 cup chopped tomatoes (vine ripe, plum, or cherry)
- ½ cup soaked sundried tomatoes, or 2 tablespoons tomato paste
- 2 tablespoons apple cider vinegar
- 1 garlic clove
- Stevia to taste

Put all the ingredients in a high-speed blender and blend to a smooth consistency.

MAKES 1½ CUPS
BASIC GRAINS, PASTAS & PLANT-BASED ALTERNATIVES

This section is bound to raise eyebrows. My credibility as a chef is being questioned at this very moment, but let’s talk this through. Most forms of rice, pastas, and breads not only are overly processed and stripped of their nutrients, but are also high glycemic carbohydrates that wreak havoc in your body. High-quality grains such as millet, buckwheat, and quinoa are better options and definitely have a place in your diet as long as you eat them in moderation. But plant-based foods are the kings and queens in the hierarchy of foods. Most of the following recipes are neutral (made of low-starch vegetables) so you can enjoy pasta with protein or pizza with cheese. That in itself should motivate even the most novice detoxer to give these recipes a try.

These dishes never fail to amaze. They are hearty and offer all the satisfaction and comfort of a bowl of rice or pasta without any of the density or yeast-feeding starch of grain. They are water-containing and easily digestible. This is what sets Doris’s recipes apart. These dishes are health-generating and deeply satisfying at the same time. Nobody can tell you pizza is bad for you if it’s on a cauliflower crust.

—NATALIA

Cauliflower “Rice”

1 head cauliflower

Remove all the leaves from the cauliflower head and trim the tough woody part of the stem. Roughly chop the cauliflower into 1-inch pieces. Pulse the cauliflower florets in a food processor until it resembles short-grain rice (at least 6–8 pulses). Do not overpulse or the cauliflower will become too mushy. Alternatively, use a box grater for a similar effect, using the largest hole for shredding. The cauliflower rice can be made in advance and refrigerated in an airtight container for several days. Use broccoli instead of cauliflower for a variation of this recipe.

NOTE: Cruciferous vegetables such as cauliflower and broccoli release a sulfuric odor when opened after storing. Do not be alarmed! The smell dissipates and will not affect the taste.

MAKES 3–4 CUPS

Jicama “Rice”

1 large jicama

Jicama is naturally sweet and crunchy and is a great substitute for recipes that call for sushi rice. Be sure to peel away the rough outer layers using a hand peeler, until the smooth white flesh is exposed. Roughly chop the peeled jicama into 1-inch cubes. Pulse the jicama in a food processor until it resembles short-grain rice (at least 6–8 pulses). Jicama has a high water content, so you will need to wring the excess moisture out of it using a multilayered cheesecloth or thin kitchen towel. You can save the sweet, milky jicama juice if desired for other recipes. Like cauliflower rice, jicama rice can be prepped in advance and refrigerated in an airtight container for several days.

MAKES 3–4 CUPS
Zucchini Pasta

3 medium zucchini

If you want beautifully curled “spaghetti,” you will have to invest in a spiralizer, but making zucchini pasta this way is so much fun. Just use the spiralizer as directed by the manufacturer. You can also use a julienne blade to make long julienned strands similar to thin spaghetti or angel hair pasta. Raw zucchini has a neutral taste and really picks up on all the sauces just like regular spaghetti. You can also cook the “spaghetti” by adding it to the cooked sauce at the last minute. You can peel the green outer skin if desired to mimic real spaghetti, but I like the look and nutritional value of zucchini with the skin intact.

Makes 2 servings

Butternut Squash Lasagna Sheets

1 large butternut squash

Cut the butternut squash where the stem meets the bulb and reserve the bulb for other recipes. Trim the stem and peel the outer skin using a hand peeler. To make sheets, use a mandoline to cut lengthwise into ¼-inch slices.

Makes 8-10 lasagna sheets

Cauliflower “Bread”

This recipe is a versatile base for sandwiches and hors d’oeuvres and is also the recipe I use for Cauliflower Pizza crust. Use broccoli instead of cauliflower when making the “rice” for a variation of this recipe.

4 cups Cauliflower “Rice” (see page 95), steamed and excess moisture removed using a cheesecloth
½ cup goat cheese or goat feta cheese
1 egg, lightly beaten
1 teaspoon dried oregano or za’atar
Pinch of paprika (optional)

Preheat the oven to 400°F and line a baking sheet with parchment paper. Combine all the ingredients in a large bowl and transfer the mixture to the baking sheet. Shape the mixture into a flat circle, keeping it ½-inch thick. Bake for 25-30 minutes until the “dough” feels firm.

To make flatbread, follow the above instructions but spread the mixture slightly thinner (¼ inch) and shape into a rectangle. Sprinkle extra za’atar and paprika on top before baking.

Makes 1 large pizza crust or flatbread
COOKING WHOLE GRAINS

Whole grains can have a place in this lifestyle. They have a very basic low-impact taste, so they can lend themselves to many different dishes and flavors. The grains with the lowest starch content and acidity are millet, quinoa, and buckwheat. These are preferable for anyone who is taking a yeast-conscious approach to meal preparations. Other very clean and delicious grains are all of the harvest grains, such as amaranth (a pseudograin), Kamut (a variety of khorasan wheat, an ancient grain), and spelt.

Grain is best consumed with raw or cooked vegetables and can also follow an avocado-based dish or salad. It should be well cooked or sprouted to ensure hydration for easy transit through the digestive system.

To make light and fluffy grains to accompany a stir-fry or your favorite salad or vegetable dish, or even to enjoy as a hot cereal, follow these steps:

1. In a pot, combine 1 part grain to 2 parts water or vegetable stock and bring to a boil on your stovetop. Turn down the heat to a simmer and cover. Let simmer until the water is almost gone (about 15–20 minutes, depending on the grain).

2. Remove from heat and let stand for 5 minutes or until the last bit of liquid is absorbed. Lightly fluff with a fork and serve hot, or let cool and then chill for a cold grain salad.

SPROUTING WHOLE GRAINS

Sprouting brings more alkalinity, water content, and life force to grains. If the process is too lengthy for you, you can certainly just enjoy low-starch grains cooked or soaked as you prefer. If you would like to try your hand at creating a truly raw grain dish, sprout away. For sprouting,

choose organic unhulled grain, such as millet, quinoa, or buckwheat.

1. Carefully rinse the grain with cool, pure water by placing it in a glass or glass jar, filling it with water, covering it with a cheesecloth, then emptying the water out of the glass through the cheesecloth.

2. Refill the glass container with cool, pure water. Cover with plastic or foil and allow the grain to soak in a cool, dark place for 8–10 hours.

3. Drain the water and rinse the grain once again.

4. Spread the grain over a damp cheesecloth on a baking tray and cover with another damp cheesecloth.

5. Continue to rinse the grain morning and night until it begins to sprout (about 3 days). Rinse the grain one last time and place in a sealed container in the refrigerator.

NOTE: Sprouted grain should be eaten right away for freshness. It can be stored for up to 4 days if rinsed every 24 hours. Rancid or moldy grain will have a distinct smell and a slimy texture. Throw rancid grain out right away!

a note about millet

MILLET IS THE SMALLEST OF THE LOW-STARCH GRAINS, CLOSER TO THE SEED FAMILY. IT LEAVES AN ALKALINE ASH IN THE BODY AND HAS THE LOWEST ACIDITY OF ALL OF THE GRAINS. TO RELEASE ITS NUTTY FLAVOR, TOAST IT SLIGHTLY IN A HOT PAN BEFORE COOKING IN WATER.
Pico de Gallo
People ask me how I can eat the same thing every day, salad after salad, without getting bored. All they see is a pile of mainly raw vegetables and salad greens. Less visible are the dressings, dips, sauces, and spreads. What they don’t realize is that these are the meal makers. With the following arsenal of recipes, I can have Japanese, Thai, Mexican, or Italian food every night of the week without leaving home or ordering takeout. Globally, we all share the same basic produce and greens, but you’ll enjoy the national flavor profiles in these much-loved and coveted regional recipes.

When people think about green salads, they usually envision something pretty bland and unexciting. I wish they could see our salads—these are the recipes we use to make our salads the most hearty, mouthwatering, satisfying concoctions ever. Pile your favorite ingredients onto your greens in a big bowl, mix it all up, and dig in. Chances are, you’ll crave little else once you’ve tried some of these recipes. And people ask me if I still crave burgers and pizza—that’s a laugh!

—NATALIA
Pico de Gallo

2 plum tomatoes, seeded and chopped
½ cup finely diced radishes (optional)
½ cup finely diced white onion
2 jalapeños, seeded and finely chopped
1 red, green, or yellow bell pepper, finely diced
½ bunch finely chopped fresh cilantro
2−3 tablespoons fresh lime juice
Salt and pepper to taste

Combine all the ingredients in a glass jar or bowl. If preparing in advance, do not add salt and lime juice until right before serving.

MAKES 1 PINT

Classic Guacamole

Customize your home-made guacamole by making it mild, spicy, or even sweet. A couple of tablespoons of Pico de Gallo thrown in with some extra lime juice makes a classic guacamole.

4 avocados, pitted and peeled
¼ cup Pico de Gallo (see recipe at left)
2 tablespoons fresh lime juice
2 tablespoons chopped cilantro
Salt and pepper to taste

Mash the avocados with a fork until nearly smooth. Add the Pico de Gallo, lime juice, cilantro, and salt and pepper and mix thoroughly.

MAKES 1 PINT

Thai Guacamole

Guacamole isn’t just a dip for tortilla chips. It also makes a great spread for collard rolls (see page 116), as well as a delicious dressing for kale salads. Here is a versatile Thai-inspired spin on the classic guacamole.

4 avocados, pitted and peeled
¼ cup finely diced red bell pepper
¼ cup finely chopped mint leaves
¼ cup finely chopped Thai or regular basil
4 scallions, finely chopped
1 knob ginger, peeled and minced
1 tablespoon minced lemongrass
2 tablespoons fresh lime juice
1 tablespoon soy sauce
1 tablespoon Chinese chile paste

Mash the avocados with a fork until nearly smooth, then stir in the rest of the ingredients.

MAKES 1 PINT

a note about guacamole

HOW DO YOU KEEP GUACAMOLE FROM TURNING BROWN? STICKING THE AVOCADO PIT IN THE GUACAMOLE DOESN’T WORK. COVERING IT WITH PLASTIC WRAP TO REMOVE ALL THE AIR IS A BIT BETTER, BUT I FIND THAT PLACING A LAYER OF THIN LIME SLICES (SLICED ON A MANDOLINE) ON TOP OF THE GUACAMOLE CREATES A GOOD BARRIER. WHEN YOU REMOVE THE LIME SLICES, THEY LIFT OFF THE BROWNED PARTS WITH THEM, REVEALING A LOVELY GREEN GUACAMOLE.
Zucchini Hummus

Chickpeas and tahini together in the same recipe are a no-no in food combining. Here is a lighter, more digestible hummus recipe.

2 zucchini, peeled and chopped
¼ cup tahini paste
2 tablespoons fresh lemon juice
2 garlic cloves
1 tablespoon za’atar
Salt and pepper to taste

Combine all the ingredients and puree in a food processor.

MAKES 1 PINT

Baba Ghanoush

The addition of tahini and spices makes this eggplant spread rich and delectable. Just don’t overdo it on the cumin, since it has a tendency to overwhelm a dish.

2 medium eggplants, halved length-wise
2 garlic cloves, minced
¼ cup tahini paste
½ cup chopped parsley leaves
1 teaspoon cumin
2 tablespoons fresh lemon juice
Salt and pepper to taste
2 tablespoons chopped mint (optional)

Broil the eggplant halves, skin side up, under high heat until the skin is charred and the flesh feels soft (about 15 minutes). Scoop out the flesh from the skin. Combine all the ingredients and blend in a food processor until pureed. Garnish with fresh mint if desired and serve.

MAKES 1 PINT
Roasted Red Pepper Sauce

Don’t bother with the canned or jarred roasted red peppers. The flavor is impaired by the brine or citric acid in which the peppers are packed. For optimal flavor, roast peppers at home.

4 red peppers  
¼ cup tahini  
¼ cup parsley  
1 garlic clove, minced  
2 tablespoons fresh lemon juice

Core the peppers by placing each pepper upright and slicing each side for 4 equal pieces. Remove any membranes and seeds.

Lay the pepper pieces on a baking tray, skin side up, and place 2 inches from a broiler. Broil under high heat until the skin chars (about 10 minutes).

Transfer the peppers to a bowl, cover with a plate, and let cool before peeling off the skins.

Combine all the ingredients and blend in a food processor until pureed.

MAKES 1 CUP

Raw Pizza Sauce

2 vine ripe or plum tomatoes, chopped  
½ cup sundried tomatoes, rehydrated in water for 15 minutes, drained, and chopped  
3 garlic cloves  
1 tablespoon crushed red pepper flakes  
1 tablespoon fresh or dried oregano  
1 tablespoon dried basil  
1 tablespoon fresh lemon juice  
Salt and pepper to taste  
½ cup nutritional yeast

Combine all the ingredients and blend in a food processor, keeping it slightly rustic and coarse.

MAKES 1 PINT
Cucumber Yogurt Sauce (Tzaziki)

This classic Greek recipe tends to get too watery, which is good as a soup, but not when you want to use it as a sauce or a dip. To avoid this, shred the cucumbers with a box grater, using the largest hole size, and mix it by hand.

1 cup plain goat yogurt
1 medium seedless cucumber, shredded
1 tablespoon finely chopped dill
3 tablespoons fresh lemon juice
Salt and pepper to taste

Combine all the ingredients in a bowl.

MAKES 1 PINT

Creamy Chipotle Sauce

I first made this sauce specifically with fish tacos in mind. The traditional version with cow-based sour cream, mayonnaise, garlic, and lime juice gets a detox makeover. Fresh goat cheese or chèvre is cleaner than sour cream and mayonnaise, and a little bit goes a long way. I added chipotle peppers to give it a kick, but you can leave them out.

4 ounces goat cheese
1 chipotle pepper with 1 tablespoon chipotle sauce (optional, or as desired)
1 garlic clove, minced
3 tablespoons fresh lime juice
¼ cup water, as needed
Salt and pepper to taste

Combine all the ingredients and blend in a food processor, adding the water as needed for desired consistency.

MAKES 1 CUP
Zucchini Pesto

Traditional pesto contains pine nuts, Parmigiana Reggiano, and a lot of olive oil. This is a cleaner version, omitting the pine nuts but adding zucchini for a rustic mouthfeel, substituting sheep pecorino for Parmesan, and using a scant amount of oil to blend all the ingredients.

1 medium zucchini, roughly chopped
Handful of fresh basil leaves
2–3 garlic cloves
Up to ¼ cup extra-virgin olive oil
½ cup freshly grated raw sheep pecorino
Salt and pepper to taste

Process the zucchini, basil, and garlic in a food processor and pulse until slightly coarse, drizzling olive oil as needed to blend. Add the cheese and puree for 1 minute until incorporated. Season with salt and pepper as needed.

MAKES 1 PINT

Avocado Aioli

This is a great alternative to traditional egg-based mayonnaise.

1 avocado, pitted, peeled, and coarsely chopped
1 tablespoon Dijon mustard
3 tablespoons fresh lemon juice
1 garlic clove
2 tablespoons extra-virgin olive oil
Salt and pepper to taste

Combine all the ingredients and blend in a high-speed blender until smooth.

MAKES 1 CUP

Mustard Aioli

1 tablespoon Dijon mustard
1 egg yolk or ½ avocado, chopped
3 tablespoons extra-virgin olive oil
3 tablespoons fresh lemon juice
Salt and pepper to taste

Combine all the ingredients and blend in a high-speed blender until smooth.

MAKES ½ CUP

Cheese Sauce

This velvety cheese sauce is great over steamed vegetables, especially cauliflower and broccoli. It also makes a great base for kale chips (see page 198).

½ red bell pepper
¼ cup water
2 tablespoons fresh lemon juice
2 tablespoons nutritional yeast
2 tablespoons raw sesame tahini
1 garlic clove
Salt and pepper to taste

Combine all the ingredients and blend in a food processor until smooth.

MAKES 1 CUP
Raw Caesar Dressing

This revised recipe originally appeared in Natalia’s *Raw Food Detox Diet*, and I have been hooked ever since.

3 medium celery ribs, chopped  
2 tablespoons white miso  
2 garlic cloves, chopped  
2 tablespoons extra-virgin olive oil  
2−3 tablespoons fresh lemon juice  
¼ cup water, as needed

Blend all the ingredients in a high-speed blender, adding the water as needed to facilitate blending.

MAKES 1 CUP

Roasted Beet Dressing

I stole and tweaked this recipe from Tuck Shop, an Australian meat pie restaurant in New York City. Hopefully, they won’t sue me, since I married one of the owners.

4 medium roasted beets, roughly chopped  
2 garlic cloves  
1 knob ginger (1 inch), chopped  
1 tablespoon tahini paste  
2 tablespoons apple cider vinegar  
Salt and pepper to taste  
¼ cup water, as needed

Blend all the ingredients in a high-speed blender, adding the water as needed to facilitate blending.

MAKES 2 CUPS

Herbed Goat Cheese Dressing

4 ounces goat cheese  
1 garlic clove (optional)  
1 tablespoon chopped herbs (dill, oregano, basil, or parsley)  
3 tablespoons fresh lemon juice  
Salt and pepper to taste  
¼ cup water, as needed

Combine all the ingredients and blend in a food processor, adding water as needed for desired consistency.

MAKES 1 CUP

Creamy Sesame Dressing

This is a great dressing for raw Pad Thai Noodles (see page 154) and slaws.

¼ cup raw tahini paste  
1 tablespoon tamarind paste  
½ cup warm water  
1 tablespoon chile garlic paste  
5−8 drops liquid stevia  
1 lime, zest and juice  
Salt and pepper to taste

Combine all the ingredients and blend in a high-speed blender until smooth.

MAKES 1 CUP
Roasted Beet Dressing
**Tomato Yuzu Dip**

1 cup cherry tomatoes  
1 knob ginger, chopped  
2 tablespoons yuzu lime juice, or equal parts lemon, lime, and grapefruit juice  
3–5 drops liquid stevia to taste  
Salt and pepper to taste  

Combine all the ingredients and blend in a high-speed blender until smooth.  

**MAKES 1 CUP**

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**Wasabi Avocado Dressing**

This wasabi is perfect not just for sushi or nori rolls, but as a dip for chopped vegetables.

2 ripe avocados, halved, pitted, and peeled  
1 tablespoon wasabi paste  
1 scallion, chopped  
2 tablespoons fresh lemon juice  
Salt and pepper to taste  

Combine all the ingredients in a high-speed blender and blend until smooth.  

**MAKES 1 CUP**
Carrot Jalapeño Sauce

This hearty dressing stands up to collard wraps, crudités, and dark leafy greens such as kale, spinach, and shredded collard greens.

1 cup carrot juice
2 medium carrots, chopped
2 tablespoons white miso
1 knob ginger, chopped
1 garlic clove, chopped
½ jalapeño, seeded and chopped
3 tablespoons fresh lime juice
Salt and pepper to taste

Combine all the ingredients and blend in a high-speed blender until smooth.

Makes 2 cups

Korean Red Pepper Sauce

This is a much coveted spicy recipe for the traditional Korean bibimbap, a rice and vegetable dish (see page 170). It also makes a good dip for steamed vegetables, such as steamed zucchini spears.

2 tablespoons gochujang (Korean red pepper paste)
2 tablespoons apple cider vinegar
1 tablespoon water
2 teaspoons sesame oil
1 tablespoon honey, or 3–5 drops liquid stevia

In a medium bowl, whisk all the ingredients together until fully incorporated.

Makes ½ cup

Shoyu Vinaigrette

3 tablespoons nama shoyu with equal parts water
3 tablespoons raw coconut vinegar, or 4 tablespoons fresh lemon or lime juice
1 knob ginger, peeled and cut into matchsticks
1 tablespoon finely chopped scallion or chives
Dash of cayenne
A couple drops of sesame oil (optional)
Stevia to taste
Sesame seeds to garnish

Combine all the ingredients and let flavors steep for at least 20 minutes before serving.

Makes ½ cup

Dijon Vinaigrette

1 tablespoon Dijon mustard
2 tablespoons fresh lemon juice
1 garlic clove, minced
1 teaspoon chopped tarragon, chervil, rosemary, or thyme
2 tablespoons extra-virgin olive oil
½ medium zucchini, peeled and chopped
Salt and black pepper to taste

Combine all the ingredients and blend in a high-speed blender until smooth.

Makes ¾ cup
Daikon Summer Rolls with Tomato Yuzu Dip
I was enamored of raw wraps and rolls when I first starting experimenting with raw foods. Visually, they are so appealing, and creatively, there are no limits. For my more conventional private clients, I serve raw wraps and rolls as appetizers or as the first course before I move on to the rest of the menu. This is my way of introducing raw foods without preaching; they get their dose of fresh raw vegetables, and, more often than not, it is the most talked about part of their meal.

*These preparations of raw vegetables burst with beauty and flavor. Representing the pinnacle of what can be achieved using raw vegetables, they are so light that you can eat your fill and not put on an ounce, and rich enough in leafy green vegetables that they fulfill your salad quota. Make extra wraps and rolls if you’re with others because they will be the most attractive and tasty items in the room and will quickly disappear.*

—NATALIA

### Daikon Summer Rolls with Tomato Yuzu Dip

Creating a thin, slightly transparent daikon sheet is pivotal to the success of this recipe. Too thin, it will fall apart; too thick, it will be cumbersome to roll. Persevere and the outcome will be worth it. These rolls are a refreshing crowd pleaser.

1 medium daikon radish
1 medium seedless cucumber, julienned
1 carrot, julienned

12 sprigs of cilantro
12 sprigs of mint

Tomato Yuzu Dip (see page 110)

To make daikon sheets, cut the daikon on each side to create a flat, even edge. Use a mandoline on the thinnest setting to make a dozen sheets. Roll each daikon sheet with several pieces of cucumber and carrot, a sprig of cilantro, and a mint leaf. Serve with Tomato Yuzu Dip on the side.

**MAKES 12 ROLLS**
Cucumber Avocado Roll

My go-to lunch back in my predetox days was a cucumber-avocado roll from my local Japanese market with a pint of miso soup. That was as healthy as it got for me. I patted myself on the back for ignoring the katsudon (fried pork cutlet and egg over rice). Who would have thought I would create a satisfying all-vegetable, no-starch alternative?

2 medium seedless cucumbers with skins
1 small carrot, shredded
1 avocado, chopped
Handful of alfalfa sprouts
1 nori sheet, chopped into thin strips (optional)
2 tablespoons nama shoyu
1 teaspoon wasabi paste

To make cucumber ribbons, trim the ends of each cucumber and use an upright vegetable peeler (for wider ribbons) or a mandoline on the thinnest setting. The ribbons should be very thin and slightly transparent.

Stack up two cucumber ribbons at a time, and using your finger as a guide, roll them into 1-inch circles. Stand each circle upright and lay the inside layer flat to seal the bottom hole.

Fill each cucumber roll with a layer of shredded carrots, add some diced avocado, and then top with sprouts and nori if using. Serve with nama shoyu and wasabi paste on the side.

MAKES ABOUT 12 ROLLS

Collard Hand Rolls with Carrot Jalapeño Sauce

I should call this the “kitchen sink” roll because I make this when I have leftover bits and ends of vegetables that didn’t make it into my juicer. Use this recipe as a general guide, but basically a handful of salad greens and a bunch of crunchy vegetables will do. Also, hand rolls don’t need to be rolled so neat and tight, so you can choose to blanch the collard greens or not.

3 collard leaves
2 cups field greens or shredded romaine lettuce
1 cup shredded red cabbage
1 cup shredded carrots
1 medium cucumber, julienned
1 cup mung bean sprouts
Handful of cilantro or parsley
Carrot Jalapeño Sauce (see page 111)

Cut the collard leaves from their center stems so you end up with 6 halves. Place a half leaf smooth side down, with the cut edge nearest you.

On the left side only, place a mound of greens and top with some of each of the remaining vegetables, letting them hang over the edges a bit.

To roll, bring the bottom left corner to the top right corner to create a triangle shape, and continue rolling until it forms a cone.

Repeat 3 steps above for all 6 rolls, then serve with sauce on the side.

MAKES 6 ROLLS
Collard Hand Rolls with Carrot Jalapeño Sauce
Thai Collard Rolls

The trick with this recipe is to blanch the collard greens, because it turns them a vibrant green and makes them easier to roll. To fill the rolls, you can use any crunchy vegetables you have on hand, including jicama, daikon, or even green papaya.

6 collard green leaves, blanched
1 cup shredded red cabbage
1 medium carrot, coarsely grated
1 cup Thai Guacamole (see page 102)
1 red bell pepper, cored and thinly sliced
2 scallions, halved lengthwise (white and green parts)
Handful of cilantro

To make collard wraps, remove the center stems and stack the leaves into a pile. Trim into 4 x 6-inch rectangles.

Dip collard greens in boiling water for less than 5 seconds and place in an ice-water bath. Dry with a clean kitchen towel.

On one end of the collard wrap, add a small mound of cabbage and carrot, a dollop of guacamole, and a couple pieces of red pepper, scallion, and cilantro.

Roll tightly into a thick cigarlike shape and cut down the middle on a diagonal. Place rolls seam side down on a plate.

MAKES 12 ROLLS

Hand Nori Vegetable Rolls with Wasabi Avocado Dip

This is another “kitchen sink” roll. Again, I’m not too particular about the vegetables, but raw fresh beets are a welcome addition.

3 nori sheets, halved into 6 smaller sheets
2 cups field greens
1 medium beet, julienned
1 medium carrot, julienned
1 medium cucumber, julienned
2 scallions, halved and sliced (white and green parts)
Wasabi Avocado Dressing (see page 110)

On the left side of a nori sheet, place a mound of greens and top with some of each of the remaining vegetables, letting them hang over the edges a bit. To roll, bring the bottom left corner to the top right corner to create a triangle shape, and continue rolling until it forms a cone. Repeat for all 6 rolls and serve with sauce on the side.

MAKES 6 ROLLS
Hand Nori Vegetable Rolls with Wasabi Avocado Dip
Spicy “Tuna” and Avocado Sushi Roll

If you did your homework, you know that tuna and avocado do not combine well. I have very few recipes that aim to mimic dense food with vegetable substitutions, but this one warrants the mock tuna title. And, yeah, I also replace the rice with Jicama “Rice.”

2 red bell peppers, each pepper cored, seeded, and sliced into 4 equal pieces
1 tablespoon sriracha sauce
4 nori sheets
4 cups Jicama “Rice” (see page 95)
1 avocado, pitted, peeled, and sliced into thin strips
1 large cucumber, julienned
2 scallions, halved and sliced (white and green parts)
3 tablespoons nama shoyu
1 teaspoon wasabi paste

Lay the pepper pieces on a baking tray, skin side up, and place 2 inches from a broiler. Broil under high heat until the skin chars (about 10 minutes).

Transfer the peppers to a bowl, cover with a plate, and let cool before peeling off the skins. Slice into ⅛-inch-thick strips and mix with the sriracha sauce.

Place a nori sheet on top of a sushi mat. Add 1 cup of Jicama “Rice” in an even layer on the lower half of the sheet. On the rice, add some avocado strips in a row and top with some spiced red pepper strips, cucumber, and scallions.

Start rolling the nori with the mat from the bottom half, tucking the rice inward. Keep using your mat to secure and tighten until you reach the top. Moisten the edge of the nori sheet with water to seal. Repeat steps 3 and 4 for all 4 nori rolls.

Cut each roll into 8 equal pieces, and serve with nama shoyu and wasabi paste on the side.

MAKES 4 ROLLS, 8 PIECES EACH

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a note about sea vegetables

WHEN YOU USE HIJIKI, ARAME, OR ANY OTHER SEA VEGETABLES IN A RECIPE, IT IS IMPORTANT TO HYDRATE THEM FIRST. IF THEY ARE CONSUMED DRIED, THEY CAN HAVE A HARD TIME MOVING THROUGH THE BODY QUICKLY BECAUSE THEY SOAK UP THE BODY’S HYDRATION AND BECOME EXTREMELY BULKY. BEFORE ADDING SEA VEGETABLES TO A RECIPE, SIMPLY SOAK THEM IN A GLASS OF PURE WATER FOR 10 MINUTES AND DRAIN BEFORE USING. FOR NORI ROLLS, THIS IS NOT NECESSARY BECAUSE THEY BECOME QUITE HYDRATED BY THE CONTENTS OF THE WRAP. DULSE IS A SEASONING AND DOES NOT NEED TO BE SOAKED.
ALL SALADS CONSIDERED

Most of my students and clients come to me when they are stuck in a rut and in dire need of a palatal awakening. More often than not, they find themselves eating the same salads day after day. So I send them off with a dozen of these diverse but easy-to-prepare recipes. If you are looking for more heft, consider the Warm Savory Salads (see page 131), which will still provide you with a healthy dose of fresh raw greens but also satiate your appetite.

These salads are simple and easy but are anything but basic. They are much greater than the sum of their parts because the flavors in each salad perform a perfect balancing act to delight the palate. In fact, they may be the best salads you’ve ever tasted. Follow the amounts given for each recipe, or double your order if you love them so much you’d like them in entree-size portions.

—NATALIA
Amalfi Salad

The colors and flavors of this refreshing salad can take you back to the coast of southern Italy.

1 fennel bulb, sliced paper thin (fronds chopped and reserved)
4–5 assorted heirloom tomatoes, quartered or halved depending on size
Handful of radishes, sliced paper thin
1 grapefruit, zest and peeled sections
1 lemon, juice and zest

Arrange the fennel, tomatoes, radishes, and grapefruit on a platter. Squeeze fresh lemon over the salad. Sprinkle the zest and fennel fronds on top and serve.

SERVES 2–4

Green Papaya & Carrot Salad

Carrots add color and body to this classic Thai salad.

FOR THE VINAIGRETTE:
¼ cup fresh lime juice
2 tablespoons nama shoyu
1 tablespoon fish sauce (optional)
1 red chile pepper, thinly sliced
3–4 drops liquid stevia to sweeten (optional)

FOR THE SALAD:
1 medium green papaya, peeled and julienned
2 large carrots, peeled and julienned
1 cup haricots verts, sliced in half on a diagonal
Handful of cherry or grape tomatoes, halved
Handful of cilantro
1 dozen mint leaves

In a small mixing bowl, whisk together all the ingredients for the vinaigrette. In a large serving bowl, toss the rest of the salad ingredients and add the vinaigrette.

SERVES 2–4
Amalfi Salad
Shaved Fennel, Baby Arugula & Shaved Raw Sheep Pecorino

Raw sheep pecorino is my go-to cheese when I need a hard grating cheese with a bite. It is easy to find and a good substitute for recipes that call for Parmigiana Reggiano, which is made from cow’s milk. Freshly shaved pecorino adds a great nutty, salty bite to salads.

4–6 ounces baby arugula
1 fennel bulb, haived and thinly sliced (fronds chopped and reserved)
Juice of 1 lemon (zest reserved)
4 ounces shaved raw sheep pecorino
Salt and pepper to taste

In a large bowl, toss all the ingredients together. Season with salt and pepper as desired. Garnish with reserved fennel fronds and lemon zest.

SERVES 2–4

Beet, Arugula & Goat Cheese Salad

My tried-and-true method for roasting beets has always been to trim the ends, wrap the beets individually in tinfoil, and bake in a preheated 400°F oven until the middle is soft, about 45 minutes to 1 hour, depending on size. This allows the skins to be slipped off easily, and the beets come out glossy and beautiful. Natalia begs to differ and roasts her beets “naked” in a preheated 300°F oven for 4 to 5 hours. (I might give it a try one day when I have the time!)

Meanwhile, whether to roast beets, or any food, in tinfoil is debatable, since you don’t want the aluminum leached into your foods. Wrapping foods in parchment before aluminum is a good compromise.

2 medium beets
4–6 ounces baby arugula
1 large lemon
4 ounces goat cheese, crumbled

Preheat the oven to 400°F. Trim the tail end of the beets, and wrap each beet individually in parchment and then in tinfoil. Transfer to a baking tray and bake for 45 minutes to 1 hour until the beets are easily pierced with a knife. When cool enough to handle, rub the skins off using paper towels. Slice into ¼-inch-thick slices.

Arrange the beet slices in a circular pattern on a salad plate and top with the arugula. Squeeze lemon juice on top and add the goat cheese.

SERVES 2–4
Beet, Arugula & Goat Cheese Salad
Celery Root Salad with Mustard Aioli

Celery root is a knobby vegetable full of nooks and crevices. Try to find one that is large, smooth, and uniform in size.

1 medium celery root
1/3 cup Mustard Aioli (see page 106)
Handful of chopped parsley

Cut the top and bottom off the celery root to create a level base. Use a knife to trim off all the skin, so you are left with a clean, meaty interior. Cut the root into 1/4-inch-thick slices, stack them 3 or 4 slices high, and cut into matchsticks. In a large bowl, mix the celery root with the aioli and parsley and toss to combine.

SERVES 2–4

Raw Jicama “Potato” Salad with Wasabi Avocado Dressing

1 large jicama, peeled and cubed
1/2 cup fresh corn kernels
1/2 cup diced celery (celery leaves reserved for garnish)
1/2 cup finely diced red bell pepper
1 tablespoon celery seeds
1 dill pickle, finely diced
1/4 cup chopped parsley
1 cup Wasabi Avocado Dressing (see page 110)

Combine all the vegetables in a large bowl. Add the dressing to the vegetables and toss. Garnish with reserved celery leaves and serve.

SERVES 2–4

Shredded Greek Salad with Fresh Dill

The combination of julienned cucumbers, light, feathery dill, and thinly sliced scallions, all tossed in a mammoth bowl of finely shredded young romaine with crumbled raw goat feta, lemon, and extra-virgin olive oil, makes this an elegant Greek salad.

1 romaine heart, finely shredded into 1/2-inch-thick slices
1 seedless cucumber, julienned
2 scallions, thinly sliced (including green parts)
1/4 cup finely chopped dill
3 tablespoons fresh lemon juice
4 ounces crumbled goat feta
Salt and pepper to taste

In a large bowl, toss all the ingredients together. Season with salt and pepper as desired.

SERVES 2–4
Shredded Greek Salad with Fresh Dill
Avocado Wasabi Slaw
Slaws are a great way to enjoy raw cruciferous vegetables, since shredding allows for easier marinating, which helps break down the cellulose for easier digestion and absorption of nutrients. This is my lazy, don’t-feel-like-rolling-sushi salad.

- 1 cup shredded red cabbage
- 1 cup shredded green cabbage
- 1 medium carrot, peeled and shredded
- 10 radishes, trimmed and cut into matchsticks
- Handful of snow pea shoots (optional)
- 2 scallions, chopped
- 1 cup Wasabi Avocado Dressing (see page 110)

Salt and pepper to taste

In a large bowl, toss all the vegetables together thoroughly with the dressing. Add salt and pepper to taste.

SERVES 4

Gorgeous Rainbow Herb Slaw with Herbed Goat Cheese Dressing
I suggest using a food processor fitted with a shredding blade for this recipe, to speed up the prep time.

- ¼ red or white cabbage, shredded
- 1 medium carrot, shredded
- 1 small fennel, shredded (fronds reserved)
- 1 small endive, shredded
- 1 medium beet, shredded
- Handful of shredded radishes
- 1 cup Herbed Goat Cheese Dressing (see page 108)

SERVES 4

Mexican Kale Salad
This is a great way to use up leftover guacamole and pico de gallo.

- 1 bunch kale, stemmed and cut into bite-size pieces
- 1 cup Classic Guacamole (see page 102)
- 1 cup Pico de Gallo (see page 102)
- 1 lime, halved

Massage the kale with the guacamole until thoroughly coated. Add the pico de gallo and give it a quick toss. Squeeze fresh lime juice on top and serve.

SERVES 2–4

Thai Basil Slaw with Creamy Sesame Dressing

- 1 medium zucchini, julienned
- 1 medium carrot, julienned
- 1 cup shredded red cabbage
- 1 cup cherry or grape tomatoes, halved
- 1 cup loosely packed Thai or regular basil
- Handful of cilantro
- 1 cup Creamy Sesame Dressing (see page 108)

In a large bowl, toss all the vegetables and cilantro together thoroughly with the dressing.

SERVES 4
Thai Basil Slaw with Creamy Sesame Dressing
Kale Salad with Zucchini Hummus
My husband recently texted me: “Eating a bucket of kale salad. Delicious!” Now, that was sexy!

1 bunch kale, stemmed and finely chopped
3/4 cup Zucchini Hummus (see page 103)
1/2 cup cherry tomatoes, halved
1/2 medium red bell pepper, cored, seeded, and thinly sliced
2 scallions, finely chopped

In a large bowl, massage the kale with the dressing until thoroughly coated and the kale is slightly wilted. Toss with the remaining vegetables.

SERVES 2–4

Sea Caesar Salad

1 head romaine lettuce, chopped
1 cup Raw Caesar Dressing (see page 108)
1/4 cup hijiki, soaked
4 toasted nori sheets, cut into matchsticks
2 scallions, finely chopped

In a large bowl, toss the romaine with the dressing and transfer to serving plates. Add the hijiki and nori, and garnish with scallions.

SERVES 2–4

Crazy Chopped Salad
The only rule with this salad is that there are no rules. Anything goes, but here is a rough guide to get you started.

1 head romaine lettuce, finely chopped
1 ripe tomato, chopped
1 small cucumber, chopped
1/2 red or green bell pepper, chopped
1/2 red onion, chopped
Handful of radishes, chopped
Handful of olives, chopped
Handful of parsley, chopped
4 ounces crumbled feta cheese
3 tablespoons fresh lemon juice
Salt and pepper to taste

In a large bowl, combine all the ingredients and season with salt and pepper as desired.

SERVES 2–4
Sea Caesar Salad
**Perilla, Cucumber & Romaine Salad with Shoyu Vinaigrette**

Koreans do great things with vegetables, but salads are a rarity in Korean cuisine. This is actually an appetizer that I revised into a salad by adding romaine lettuce.

1 head romaine lettuce, chopped
1 seedless cucumber, thinly sliced
10 perilla or shiso leaves, torn into bite-size pieces
4 scallions, finely chopped
Shoyu Vinaigrette (see page 111)
Pinch of gochugaru (Korean red pepper powder)

In a large bowl, toss all the ingredients with the vinaigrette. Top with a sprinkle of red pepper powder and serve.

SERVES 2–4

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**Soba Noodle Salad**

You can dress this salad with Shoyu Vinaigrette, but to make it creamy, go for the Wasabi Avocado Dressing.

4 ounces soba noodles, cooked and rinsed under cold water
1 carrot, julienned
1 medium zucchini, julienned
1 cup cabbage (purple or green), julienned
Handful of snow peas, thinly sliced lengthwise
2 scallions, finely chopped
¼ cup Shoyu Vinaigrette (see page 111) or ½ cup Wasabi Avocado Dressing (see page 110)

Combine all ingredients in a large bowl and toss well.

SERVES 2–4
WARM SAVORY SALADS

The beauty of these salads is that they still offer you your daily dose of fresh raw greens but with the added warmth of cooked foods. You can also take cooked leftovers to make an impromptu salad. Roasted vegetables work especially well; just toss them in with salad greens, add some lemon juice or raw apple cider vinegar for tartness, and sprinkle fresh herbs to wake it all up a bit. A couple of ounces of raw nuts or seeds and cheese will also enhance the flavors, as long as they are properly combined.

Roasted Kabocha Squash Salad

It is not necessary to remove the skin of the kabocha squash before roasting, but peeling off a thin layer is a good idea if the skin seems too thick. Steam the squash for 5 minutes to soften and lightly run a hand peeler over the squash to remove a thin layer, revealing a lighter shade of green.

2–3 pounds kabocha squash, cut into ½-inch wedges
5 ounces baby spinach
Handful of fresh mixed herbs, parsley, oregano, and basil
2 tablespoons raw apple cider
2 tablespoons extra-virgin olive oil
1 garlic clove, minced
Salt and pepper to taste

Preheat the oven to 400°F. Place the squash in a single layer on a parchment-lined baking tray and roast for 20–30 minutes, turning the squash halfway through so it browns evenly on both sides. In a large bowl, combine the rest of the ingredients and transfer to a platter. Add the squash, and serve.

SERVES 4
Caramelized Onions & Goat Cheese Salad

**Pat of butter**
1 large sweet onion, sliced into ¼-inch rounds
½ cup water
6 ounces field greens
1 pint cherry or grape tomatoes, halved
¼ cup chopped parsley or basil
3 tablespoons fresh lemon juice
Salt and pepper to season
4 ounces soft crumbled goat cheese

In a large pan, heat the butter. Add the onions and sauté for 3–4 minutes. Add 1 tablespoon water to keep sautéing without adding more butter, keeping the heat on high so the water sizzles and cooks the onions. Keep adding water until the onions are browned and caramelized (about 15–20 minutes). In a large bowl, combine the greens, tomatoes, and herbs. Dress with lemon juice and season with salt and pepper. Transfer to a platter and top with the goat cheese.

SERVES 4

Grilled Halloumi Cheese Salad

I am fascinated with croutons that are not bread-based. I love finding these perfectly sized crunchy or chewy bites as I make my way through a salad. Halloumi is a widely popular Cypriot cheese that is firm enough to withstand grilling and makes for a warm, delicious, golden “crouton.” Just don’t overcook it, or it will become hard and crispy.

6–8 ounces halloumi cheese, cut into 1-inch cubes
1 pint cherry tomatoes, halved
½ small red onion, thinly sliced
5 ounces baby spinach
Juice of 1 lemon
Salt and pepper to taste

Preheat the oven to 375°F. On a parchment-lined baking tray, place the cheese in a single layer. On a separate tray, place the tomatoes skin side down. Bake both trays for 15–20 minutes until the cheese is a light golden brown, turning the “croutons” occasionally to brown them evenly on all sides, and the tomatoes are slightly wilted. In a large bowl, combine the rest of the ingredients. Add the cheese and tomatoes and serve.

SERVES 4
Grilled Halloumi Cheese Salad
Beluga Lentil & Beet Salad

Well, it doesn’t get any smaller than a beluga lentil! This tiny legume, aptly named beluga, really does resemble caviar. The trick is to cook these little black beauties until slightly al dente so they retain their shape and texture.

1 cup cooked beluga lentils
2 medium beets, roasted and finely diced
1 cup chopped herbs (for example, parsley, mint, and basil)
½ medium red onion, finely diced
3 tablespoons fresh lemon juice
Salt and pepper to taste
5 ounces baby arugula or baby spinach

Combine all the ingredients except the salad greens in a bowl. Divide the salad greens on serving plates and top with the lentil and beet salad.

SERVES 2

Salmon Salad

1 (6–8 ounce) salmon fillet
Kosher salt and pepper to taste
1 cup finely diced celery
½ cup finely diced red onion
¼ cup chopped parsley
2 tablespoons chopped dill or tarragon
1 tablespoon Dijon mustard
1 lemon, zest and juice
8 ounces mesclun, arugula, or baby spinach

Preheat the oven to 400°F. Season the salmon with salt and pepper and bake for 10 minutes until the flesh is firm and opaque. Let it cool for 5 minutes and then flake into large bite-size pieces with a fork.

Combine the salmon with the rest of the ingredients (except the salad greens) in a bowl and mix well to an even consistency. Divide the salad greens on serving plates and top with the salmon salad.

SERVES 2

Legumes are both a starch and a protein and are difficult for the body to break down. However, lentils are the smallest of the legumes and can be safely eaten with any raw or cooked vegetables.
—NATALIA

I love to eat salmon salad with a huge pile of leafy greens. It’s wonderful as a salad topper or inside a romaine lettuce wrap. It’s also a great appetizer, scooped onto endive leaves. Salmon salad is lighter than a fillet and as versatile as a traditional deli tuna salad.
—NATALIA
Americans have a love affair with sandwiches like no other people in the world. As a matter of fact, sandwiches are the most popular lunch food, which is hardly surprising, since lunch is usually a hurried affair—eaten on the go or at the office desk. Sandwiches are the epitome of fast food. Back in my office days, I can’t tell you how many times I picked up a salad and forgot a fork; it was hardwired into my brain that lunch shouldn’t require a fork. The bigger problem is that sandwiches, although convenient, are rarely healthy.

We can build a better sandwich using high-quality breads made out of sprouted or superior grains, or we can kick it up a notch and use plant-based ingredients such as collard greens to wrap things up. We can cater to our “busy as bees” mentality and eat on the go, but let’s keep our motors running by fueling ourselves with clean, pure foods.

For proper food combining, stick to sturdy vegetable leaves such as collard greens, cabbage, or Swiss chard to wrap protein-based fillings. For neutral or starch-based wraps, you have the option of using sprouted-grain wraps and tortillas.

_These are go-to lunch options for my kids and hubby, so they get all the satisfaction of a sandwich and all the life force the vegetables can deliver. No one has an afternoon slump after these!_ —Natalia
Raw Thai Guacamole Wrap

Here is another way to showcase my favorite guacamole recipe.

1 cup Thai Guacamole (see page 102)
2 sprouted-grain wraps or tortillas
1 medium tomato, sliced
1 cup shredded carrots
Handful of sprouts
Handful of fresh cilantro

Spread the guacamole on each of the wraps or tortillas, add the remaining ingredients, and roll into sandwich wraps.

MAKES 2 WRAPS

Grilled Veggie with Zucchini Pesto Wrap

This may seem like a lot of work for a wrap, but these roasted vegetables can be leftovers from last night’s dinner.

1 medium zucchini, sliced lengthwise in ¼-inch slices
1 medium red bell pepper, sliced
½ bunch asparagus, woody stems trimmed
1 medium red onion, sliced
Salt and pepper
¼ cup Zucchini Pesto (see page 106)
4 sprouted-grain wraps or tortillas
2 handfuls of baby arugula

Preheat the oven to 400°F. On parchment-lined baking trays, place the zucchini, red bell pepper, asparagus, and onion in a single layer. Bake for 20–30 minutes until slightly roasted. Season with salt and pepper and let the vegetables cool to room temperature. Spread a tablespoon of the pesto on each of the wraps or tortillas, then add the arugula and the roasted vegetables. Roll them up into sandwich wraps.

MAKES 4 WRAPS
Raw Sunflower “Tuna Salad” Wrap

I’m not a big fan of mock foods, as I’d rather tell it like it is: Tuna is tuna, seeds are seeds, period. But my son came barreling home from school one day when I was halfway through my lunch and commandeered the rest of it. “Awesome tuna salad, Mom!” and it was gone in two seconds. Fast-forward to a year later, and as a newly self-proclaimed vegetarian, he loves and appreciates this “tuna salad” more than ever.

1 cup sunflower seeds, soaked for at least 4 hours
1 medium carrot, finely diced
1 stalk celery, finely diced
½ red onion, finely diced
½ cup finely diced cornichons or pickles (optional)
2 tablespoons parsley, finely chopped
1 tablespoon Dijon mustard
½ teaspoon cumin
2 tablespoons fresh lemon juice
Salt and pepper to taste
12 baby romaine hearts or cabbage leaves

Rinse the sunflower seeds thoroughly, removing the seed skins that float to the top, and strain. Place in a food processor and pulse 3 or 4 times. The seeds should be coarse and crumbly. Place in a bowl and add the rest of the ingredients except for the romaine hearts. Toss well and serve with those baby romaine hearts on the side for scooping.

SERVES 2
Lentil Burgers

Veggie burgers tend to be dry and tasteless, but roasting the vegetables before adding them to the cooked lentils makes a flavorful burger. The cooked vegetables also help bind the ingredients so you don’t have to add eggs or bread crumbs to bring it all together. You can serve these on sprouted-grain buns or, for a lighter version, on fresh romaine leaves.

1 cup green lentils
1 cup chopped portobello mushroom
1 cup shredded medium carrot
1 cup chopped celery
½ cup chopped onion
2 garlic cloves, minced
1 tablespoon fresh thyme leaves
1 tablespoon tomato paste
2 tablespoons nama shoyu
4 sprouted-grain buns

In a large saucepan, cover the lentils with cold water by 2 inches and bring to a boil. Reduce the heat and simmer the lentils until they are tender (about 10 minutes). Drain well.

Preheat the oven to 400°F.

In a large bowl, mix together all the vegetables and herbs, not including the tomato paste. Transfer the mixture to a parchment-lined baking tray and bake for 30 minutes until the vegetables are soft.

Lower the oven temperature to 350°F.

In a food processor, combine the vegetables, lentils, tomato paste, and nama shoyu. Pulse until mostly smooth but the mixture still has texture. You will have to do this in batches, depending on the size of your food processor.

Divide the mixture into 4 equally sized burgers. Bake for 15 minutes.

Serve on sprouted-grain buns with all the usual fixings.

MAKES 4 BURGERS

a note about packing lunches

WHENEVER I USED TO PACK SALADS FOR MY SON’S SCHOOL LUNCH, THEY WOULD COME BACK HALF EATEN. WHEN I ASKED HIM ABOUT IT, HE SAID HE NEVER HAD TIME TO FINISH IT. SO I STARTED MAKING SALAD WRAPS INSTEAD, AND IT SOLVED THE PROBLEM. THESE HANDHELD SALADS ARE PERFECT WHEN YOU ARE ON THE GO AND CAN’T BE BOTHERED WITH A FORK. THEY ARE ALSO A GREAT WAY TO CLEAN OUT YOUR REFRIGERATOR OF LEFTOVER SALADS, GREENS, AND VEGETABLES. MAKE THE OLDER ITEMS NEW AGAIN BY ADDING GUACAMOLES, SALSAS, SPREADS, AND FRESH HERBS. WRAP THE SANDWICHES IN TINFOIL LINED WITH A PAPER DINNER NAPKIN TO KEEP IT FRESH UNTIL LUNCHTIME.
**Raw Vietnamese “Bánh Mi” Portobello Sandwich**

This classic street-vendor food is usually stuffed with marinated pork and a slab of pâté with pickled daikon and carrot slaw, all jammed in a crusty French baguette. Re-creating a raw vegan version was not as difficult as I thought. The marinated mushrooms are meaty and delicious, but the pickled vegetables are what satisfy my bánh mi cravings.

**FOR THE MUSHROOM MARINADE:**
- 2 tablespoons nama shoyu
- 2 tablespoons water
- Handful of cilantro, chopped (reserving some sprigs for garnish)
- 10 mint leaves, chopped
- 1 garlic clove, minced
- 3 tablespoons fresh lime juice
- 2 portobello mushrooms, stems removed, sliced ½-inch thick on a diagonal

**FOR THE PICKLED DAIKON AND CARROT SLAW:**
- 2 medium carrots, julienned
- 1 small daikon, julienned
- 1 jalapeño, seeded and cut into ¼-inch slices (optional)
- 2 cups water
- 4 tablespoons rice vinegar or apple cider vinegar
- 10 drops liquid stevia
- 1 tablespoon kosher salt
- 4 slices sprouted-grain bread

In a medium bowl, combine the first 6 ingredients for the mushroom marinade. Add the mushrooms and toss. Cover and let marinate until the mushrooms are soft but still al dente (at least 1 hour).

Combine the carrots, daikon, and jalapeño in a bowl. Mix together the water, vinegar, stevia, and salt and pour over the vegetables. Let marinate for at least 1 hour. Strain before use.

To assemble each sandwich, place the mushrooms on the bread, top with the pickled daikon and carrot slaw, and garnish with cilantro sprigs.

Makes 2 sandwiches
Raw Mexican Corn Chowder
Most people wrinkle their noses at the idea of raw soup. “Raw soup” just doesn’t sound appealing, but offer the same people a gazpacho and watch their faces light up. My advice is to leave “raw” out of it and tell them it’s a chilled soup. It just sounds better. Raw or chilled soups are best consumed the same day they are made for freshness.

Raw soups make a beautiful meal or snack all on their own. These recipes combine neutrally and can also accompany a protein or starch-based meal to increase its water content and alkalinity. —Natalia

Raw Mexican Corn Chowder

4 cups fresh corn kernels
1 avocado, pitted, peeled, and chopped
½ bunch cilantro (plus extra reserved for garnish)
1 garlic clove
½ jalapeño, cored and seeded
1 teaspoon cumin
2 tablespoons fresh lime juice
1½ cups water, as needed
Salt and pepper to taste
1 scallion, finely chopped for garnish

Puree the corn, avocado, cilantro, garlic, jalapeño, cumin, and lime juice in a high-speed blender, adding up to 1½ cups of water as needed for desired consistency. Add salt and pepper as desired. Garnish with chopped scallions and fresh cilantro.

SERVES 4

A note about corn

We love corn, but it is very important to use corn that is organic and not genetically modified in any way. Buying local is a great idea for corn. We have omitted cooked corn because it feeds yeast and fungus. Raw corn is sweeter, crisper, more water-containing, and easier to digest.
**Raw Cucumber Gazpacho Soup**

- 2 seedless cucumbers, peeled, finely diced
- ½ small red onion, finely diced
- 1 medium jalapeño, cored, seeded, and finely diced
- 2 garlic cloves, minced
- 10 mint leaves, chopped
- 5 sprigs dill, chopped
- 1 lemon, zest and juice
- Salt and pepper to taste

Combine the cucumber, onion, jalapeño, and garlic in a bowl. Transfer half of the mixture to a blender and puree until smooth. Return to the bowl with the other half of the mixture and stir in the herbs, zest, and juice. Season with salt and pepper. Serve immediately or chill in the refrigerator.

SERVES 4

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**Raw Thai Young Coconut Soup**

- 2 cups young coconut water
- 2 cups young coconut flesh
- 1 garlic clove
- 1 knob ginger
- 1 tablespoon minced lemongrass
- 1 cup Thai basil leaves, loosely packed
- Handful of cilantro
- 2–3 tablespoons fresh lime juice
- 1 red Thai chile, optional
- Salt and pepper to taste

Puree all but the last three ingredients in a high-speed blender. Season with salt and pepper as desired. Garnish with the red bell pepper and scallion.

SERVES 4

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**Raw Chilled Tomato Ginger Yuzu Soup**

- 2 pints grape or cherry tomatoes
- 1 knob ginger, peeled and chopped
- 2 tablespoons yuzu lime juice (or substitute equal parts lemon and lime juice)
- 1 teaspoon umeboshi paste (optional)
- Salt and pepper to taste

Puree all the ingredients in a high-speed blender until smooth. Season with salt and pepper as desired.

SERVES 2–3

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**Raw Cream of Celery Soup**

- 4 stalks celery, chopped
- 2 cups fresh celery juice
- Juice of ½ large lemon
- 1 avocado, pitted, peeled, and diced
- 1 teaspoon fresh thyme leaves
- Salt and pepper to taste

Blend all the ingredients together in a blender until smooth. Add salt and pepper as desired.

SERVES 2–3
Raw Thai Young Coconut Soup
Roasted Beet Soup with Ginger & Wasabi Cream
Cooked soups are the most digestible form of cooked foods available, with the added bonus of maintaining the vitamins and nutrients from the vegetables. Cooking the aromatics such as carrots, onions, and garlic with a little butter or oil will add great depth to any soup or broth. For a simple, clean recipe, you can usually forgo this step and just simmer all the ingredients together. Cooked soups can be refrigerated for up to 3 or 4 days or frozen and used within 3 months.

**TIP:** Most of the soup recipes call for 6 cups of liquid for the stock. When pureeing soups, reserve the last cup of liquid in case you reach the desired consistency before all of the soup is pureed. You can always add the last cup as needed. Use caution when blending hot liquids.

**Roasted Beet Soup with Ginger & Wasabi Cream**

- 4 medium beets, scrubbed and ends trimmed, chopped
- 1 large onion, chopped
- 1 (3-inch) knob ginger, scrubbed and sliced
- 3 garlic cloves, finely chopped
- 6 cups water
- Kosher salt and black pepper to taste
- 4 ounces fresh goat cheese
- 1 tablespoon wasabi paste
- Juice of 1 lemon
- 1 tablespoon snipped chives (for garnish)

Put the beets, onion, ginger, and garlic in a large stockpot with the water and bring to a boil. Turn down the heat and simmer for 45 minutes to 1 hour until beets are soft. Puree the cooked vegetables using an immersion blender or in batches in a blender or food processor. Season with salt and pepper as desired.

To make the wasabi cream, whisk the goat cheese, wasabi paste, lemon juice, and up to 1 tablespoon of water as needed for desired consistency. Season with salt and pepper as desired.

Ladle the beet soup in bowls. Drizzle wasabi cream on top and garnish with freshly snipped chives just before serving.

SERVES 4
Roasted Red Pepper Soup with Harissa

2 tablespoons extra-virgin olive oil
3 garlic cloves, chopped
1 medium onion, chopped
3 large red bell peppers, cored, seeded, and chopped
2 tablespoons tomato paste
1 tablespoon harissa paste
4 cups All-Purpose Vegetable Stock (see page 92) or water
Kosher salt and black pepper to taste

Heat a large saucepan over medium heat and add the olive oil. Add the garlic, onion, and red bell peppers. Cook slowly until the onions are translucent (about 8 minutes).

Stir in the tomato paste and harissa. Add the vegetable stock or water and bring to a boil. Turn down the heat and simmer for 30 minutes.

Puree the soup using an immersion blender or in batches in a blender or food processor. Season with salt and pepper as desired.

SERVES 4

Broccoli or Broccoli Rabe Soup

2 tablespoons extra-virgin olive oil
1 medium onion, chopped
1 carrot, scrubbed and chopped
3 garlic cloves, finely chopped
Pinch of crushed red pepper flakes
½ teaspoon finely chopped rosemary leaves
1½ pounds broccoli and/or broccoli rabe, chopped
3 bay leaves
1 tablespoon dried oregano
6 cups All-Purpose Vegetable Stock (see page 92) or water
Kosher salt and black pepper to taste

Heat a large pot over medium heat and add the olive oil. Add the onion, carrot, garlic, crushed red pepper flakes, and rosemary. Cook for about 8 minutes until the vegetables are softened.

Stir in the broccoli or broccoli rabe, bay leaves, oregano, and vegetable stock or water. Bring to a boil. Turn down the heat and simmer for 30–45 minutes until the broccoli is very soft and falls apart.

Remove the bay leaves. Puree the soup using an immersion blender or in batches in a blender or food processor. Season with salt and pepper as desired.

SERVES 4–6
Broccoli or Broccoli Rabe Soup
**All-Purpose Vegetable Soup**

This is a neutral vegetable soup, good on its own or made heartier with starch-based additions such as cooked lentils or vegetables like butternut squash, kabocha squash, or white sweet potato.

- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, finely chopped
- 1 medium onion, finely diced
- 2 carrots, finely diced
- 2 sticks of celery, finely diced
- 1 zucchini, finely diced
- Pinch of crushed red pepper flakes
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 2−3 bay leaves
- 2 plum tomatoes, chopped
- 4 cups All-Purpose Vegetable Stock (see page 92) or water
- 1 cup cauliflower florets
- 1 cup broccoli florets
- 2 cups chopped curly kale, stalks removed
- Kosher salt and black pepper to taste

Heat a large pot over medium heat and add the olive oil. Add the garlic, onion, carrots, celery, zucchini, crushed red pepper flakes, and the dried herbs. Cook slowly for about 10 minutes until the vegetables are softened.

Add the chopped plum tomatoes and the vegetable stock. Cover and bring to a boil. Turn down the heat and simmer for about 10 minutes.

Add the cauliflower, broccoli, and kale and cook for 5 minutes more. Season with salt and pepper as desired.

**SERVES 6**

**Turkish Red Lentil Soup**

Sumac is a widely used Middle Eastern spice that is tangy, sweet, and salty all at once. It also lends a colorful red hue to dishes, making it a great finishing touch for many soups, stews, and seafood dishes.

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, finely chopped
- 1 teaspoon paprika
- 1 teaspoon cumin seeds
- 2 tablespoons tomato paste
- 1 cup red lentils, rinsed
- ½ teaspoon cayenne pepper (optional)
- 6 cups water
- 1 tablespoon crumbled dried mint leaves
- 1 tablespoon sumac powder
- Kosher salt and black pepper to taste

Heat a large pot over medium heat and add the olive oil. Add the onion, paprika, and cumin seeds. Cook slowly until the onions are translucent (about 8 minutes).

Stir in the tomato paste, lentils, cayenne pepper (if using), and water. Bring to a boil, lower the heat, and simmer and cook until the lentils are soft (about 30 minutes).

Add the mint and sumac, and season with salt and pepper as desired.

**SERVES 4**
People who eat exclusively raw tend to desire foods that mimic cooked foods. My own personal foray into eating all raw made me realize the futility of trying to re-create recipes to satisfy this desire. Not only were the recipes complicated and the grocery lists long, but they also contained an enormous amount of nuts and seeds. I experienced no difference in my health or energy level when I consumed a nut-laden burger or the real beef counterpart; both made me sluggish and tired. Besides, I never got the hang of dehydrating foods twelve to eighteen hours in advance of eating my meal.

These days, my approach to raw dishes is just as clear and straightforward as it is for the rest of my recipes. I like to keep it simple and satisfying.

Notice that these raw recipes are in no way trying to create raw versions of standard American food. They are unique. Although we sometimes use labels such as “couscous,” “pasta,” and “fried rice” to describe a food’s texture, presentation, and taste, our raw mains don’t have to try to be something they’re not. Many raw food recipes attempt to re-create dense, salty, fatty foods with equally dense, salty, fatty raw ingredients. Our raw entrees celebrate raw as it’s supposed to be: made from water-containing plants.

—NATALIA
Cauliflower “Couscous”

I prefer to use Cauliflower “Rice” for this dish because, unlike real couscous, which is made out of grains, the cauliflower absorbs all the flavor of the other ingredients without becoming soggy.

3–4 cups Cauliflower “Rice” (see page 95)
2 medium tomatoes, finely diced and strained
1 small seedless cucumber, finely diced
½ bunch parsley, chopped
2 scallions, chopped
1 garlic clove, minced
1 lemon, juice and zest
2 tablespoons capers
Salt and pepper to taste

In a large bowl, combine all the ingredients. Season with salt and pepper as desired.

SERVES 2–4

Raw Zucchini Pasta Puttanesca

I love this pasta dish a bit rustic, so I roughly chop all the ingredients. The sauce becomes richer as it sits and keeps up to 5 days in the refrigerator. Top with grated raw goat cheese. This dish is unbelievably satiating and will make converts out of reluctant “raw eaters.”

4 plum tomatoes, roughly chopped
½ cup black olives, pitted and halved
1 tablespoon capers, drained
2–3 garlic cloves, minced
1 teaspoon crushed red pepper flakes
½ cup chopped parsley
1 tablespoon chopped oregano
2 tablespoons tomato paste
Salt and pepper to taste
Drizzle of extra-virgin olive oil (optional)
3 medium zucchini, spiralized
Fresh herbs to garnish (basil, parsley, and/or oregano)
Grated raw goat cheese (optional)

Toss all but the last 3 ingredients together and allow the flavors to develop by letting the mixture sit for 1 hour or more. Ladle on top of the zucchini and garnish with herbs. Serve with a bowl of grated raw goat cheese on the side if desired.

SERVES 2
Cauliflower “Couscous”
Raw Butternut Squash Pasta with Creamy Tarragon Avocado Sauce

I like this pasta a bit crunchy to contrast with the creaminess of the sauce, but for a more authentic pasta mouthfeel, you can add 1 teaspoon of salt to the spiralized butternut squash and let it sit for 15 minutes. Gently massage the pasta to soften without breaking the noodles. Alternatively, you can use raw sweet potato or zucchini.

1 ripe avocado, pitted and halved
½ medium zucchini, peeled and coarsely chopped
2–3 garlic cloves
2–3 sprigs fresh tarragon, removed from stems
(additional sprigs reserved for garnish)
1 lemon, juiced
Salt and pepper to taste
Stevia to taste
¼ cup water as needed
1 butternut squash, peeled and spiralized

Toss all the ingredients in a high-speed blender, adding up to ¼ cup water as necessary to facilitate blending. Add the sauce to the butternut squash and toss to coat evenly. Add fresh tarragon sprigs to garnish.

SERVES 2

Raw Ratatouille

1 cup grape or cherry tomatoes, halved
1 medium zucchini, sliced into half-moons
1 medium yellow squash, sliced into half-moons
1 red bell pepper, thinly sliced
1 medium carrot, thinly sliced
½ small red onion, thinly sliced
1 tablespoon kosher salt
1 garlic clove, minced
1 tablespoon tomato paste
1 lemon, juice and zest
Handful of chopped parsley
Handful of chopped basil

Place all the vegetables and the onion in a colander fitted over a bowl. Sprinkle salt over them and let marinate for at least 1 hour until the vegetables are slightly soft and the tomatoes release moisture. You can also marinate them overnight in the refrigerator. Rinse the vegetables under cold water to remove excess salt if necessary. Whisk in the garlic, tomato paste, lemon juice, and zest to the salted water collected in the bottom of the bowl. Toss with the vegetables and top with the fresh herbs.

SERVES 4
Raw Ratatouille
Vegetable “Fried Rice”

This simple recipe is a perfect example of how just a couple ingredients such as nama shoyu and toasted sesame oil can add instant ethnicity to a dish. You can add chopped avocados if you are eating a big bowlful of this for lunch. If serving with cooked vegetables such as roasted Teriyaki Kabocha Squash (see page 192), consider steaming the vegetable rice for a warm, hearty meal.

4 cups Cauliflower “Rice” (see page 95)
1/2 cup broccoli florets
1/2 cup finely diced celery
1/2 cup finely diced carrot
1/2 cup fresh corn kernels
2 scallions, thinly sliced
2 tablespoons nama shoyu
1 tablespoon toasted sesame oil
1 teaspoon sesame seeds

Combine all the ingredients in a large bowl and let sit for at least 15 minutes to let the flavors develop.

SERVES 2

Pad Thai Noodles with Creamy Sesame Dressing

This raw dish is loosely based on traditional pad Thai, but it’s creamier with a tahini-based dressing.

2 medium zucchini, spiralized or julienned
1 cup broccoli florets
2 heads baby bok choy, quartered lengthwise
1/4 red bell pepper, thinly sliced
1 cup thinly sliced carrots
1 cup mung bean sprouts
2 scallions, thinly sliced on a diagonal
1 cup Creamy Sesame Dressing (see page 108)

Combine all the ingredients in a large bowl and toss to coat evenly with the dressing.

SERVES 2–4

Zucchini Hummus

This recipe also appears under Dressings, Dips, Sauces, and Spreads, but it’s in high demand and nicely rounds out the Mediterranean Meze Platter, so here it is again for your convenience. Serve it with your favorite crudités.

2 zucchini, peeled and chopped
1/2 cup tahini
1/4 cup fresh lemon juice
2 garlic cloves
1 tablespoon za’atar
Salt to taste

Combine all the ingredients and puree in a food processor.

MAKES 1 PINT
Vegetable “Fried Rice”
Mediterranean Meze Platter

This medley of simple raw plates is great for entertaining. The following recipes should be created separately and plated together for a raw take on a traditional Mediterranean spread.

MARINATED CUCUMBERS

2 medium cucumbers, thinly sliced
½ medium red onion, thinly sliced
2 tablespoons chopped fresh dill
Juice and zest of 1 lemon
Salt and pepper to taste

Marinate the cucumbers, onion, and dill in a small bowl with lemon juice, salt, and pepper for 10 minutes before serving.

RAW BEETS WITH PEPITA SEEDS

2 medium raw beets, thinly sliced
1 teaspoon extra-virgin olive oil
Juice of ½ lemon
Salt and pepper to taste
10 basil leaves, chopped into a chiffonade
10 mint leaves, chopped into a chiffonade
1 tablespoon pepita seeds (to garnish)

Combine the beets, oil, lemon juice, salt, and pepper in a small bowl. Garnish with herbs and pepita seeds.

MARINATED CARROTS WITH SMOKED PAPRIKA

2 medium carrots, thinly sliced
1 garlic clove, minced
1 tablespoon chopped parsley
¼ teaspoon smoked paprika
Juice of ½ lemon
Salt and pepper to taste

Toss all the ingredients in a bowl and marinate for 20 minutes.

MARINATED OLIVES WITH CITRUS AND HERBS

1 pint mixed olives (Cerignola, Alfonso, or Castelvetrano)
1 garlic clove, minced (optional)
½ teaspoon minced rosemary
Zest and juice of 1 lemon
Zest and juice of 1 orange or grapefruit
Pinch of crushed red pepper flakes

Mix all the ingredients in a bowl and serve.

I first encountered these olives at my favorite downtown Manhattan Italian restaurant. They have become a staple in my home, and I will even sneak a ziplock full of olives into my purse before heading to an event or dinner out. They are the perfect light and delicious appetizer.

—NATALIA

FETA CHEESE WITH ZA’ATAR SPICES

6 ounces goat feta, cut into 1-inch cubes
1 tablespoon za’atar
1 tablespoon finely chopped parsley

Mix all the ingredients in a bowl and serve.

EACH SERVES 2–4 SEPARATELY; TOGETHER THEY SERVE A PARTY OF 6
Cauliflower Pizza with Spicy Matbucha Sauce
When you are eating mainly raw, your cooked meal takes on a whole new significance. When my husband and I discuss what to have for dinner, we already know there will be a salad. What we are really discussing is what we should cook. Once a week, it is usually fish or a frittata, but mainly it will be vegetables—steamed, roasted, or in a stew. Considering that we only eat one cooked meal a day, the possibilities are endless, and we never run out of ideas. There are times we cannot decide, so we will have several days’ worth of meals planned out at once.

Most of the cooked dishes are simple; gone are the days of shopping for a dozen ingredients and having several pots and pans going at once. For special occasions, I don’t mind making a bit of a mess in the kitchen, but on most days my approach is simple. What is in season, and what looks good in the market? It might be globe artichokes in full bloom that we will steam up with a Dijon aioli sauce. I might serve two per person as a main course after a salad. Sometimes we crave pizza, so we will make a couple of cauliflower pizzas and devour one pie each. I never feel the cooked foods unravel all the good of our mostly raw meals; rather, they go hand in hand. I cannot imagine eating “all raw” any more than I could imagine eating “all cooked.”

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You want real food, comfort food, a hot, hearty meal? That’s what the following recipes are all about. They’re guaranteed to satiate and please the vegetarian lumberjack in you (who wants to maintain a lovely, whittled waistline). If you’re running a household, this is the future of family dinners. Notice these dishes are convenient and inexpensive to prepare. Kids of all ages will clean their plates. —NATALIA
Cauliflower Pizza with Spicy Matbucha Sauce

This is one of the most gratifying recipes in my repertoire. My clients get so excited when they discover they can actually have pizza on the detox diet. For a variation of this recipe, try a broccoli crust with Basic Tomato Sauce (page 93) instead.

1 large Cauliflower “Bread” (see page 96)
1 cup Spicy Matbucha Sauce (see page 94)
1 cup grated goat mozzarella cheese

Preheat the oven to 400°F. Follow the directions for baking the cauliflower pizza crust. When the crust is done, spread on the matbucha sauce and top with the cheese and return to the oven. Bake until the cheese is melted and bubbly (about 10 minutes).

MAKES 1 (12-INCH) PIE

Eggplant Steaks with Zucchini Pesto or Tomato Sauce

Did you know that eggplants can be male or female? The males tend to have fewer seeds, which helps to keep their integrity intact, especially when roasting them. Male eggplants have an oblong indentation on the bottom, while the females are more oval in shape. If you find this daunting, just choose a firm eggplant with shiny, unbroken skin. For this recipe, search out the smaller American or globe eggplants or a larger Italian or Holland eggplant. To keep the eggplant steaks firm, bake them without seasoning with salt or oil, which will draw out the moisture. Use parchment-lined baking trays to prevent the eggplant from sticking.

1 eggplant, sliced 1-inch thick, skins intact
1/4 cup Zucchini Pesto (see page 106) or 1/2 cup Basic Tomato Sauce (see page 93) or Spicy Matbucha Sauce (see page 94)
4 ounces goat cheese, sliced
2–3 handfuls arugula

Preheat the oven to 400°F. Place the eggplant in a single layer on a parchment-lined baking tray. Bake for 15 minutes and flip. Bake an additional 10 minutes until it is golden brown. Add a layer of pesto or tomato sauce and top with goat cheese. Bake until the cheese is slightly melted. Serve the eggplant steaks on a bed of arugula greens.

SERVES 2
Eggplant Steaks with Tomato Sauce
Quick Ratatouille

I like to serve this over steamed spaghetti squash for a very satisfying meal. Make a big batch since it also makes good leftovers. You can puree the rest and serve it as a dip for crudité or toss it with some wilted spinach to stretch it out into another meal.

2 tablespoons extra-virgin olive oil
3 garlic cloves, minced
1 small yellow onion, chopped
1 pinch crushed red pepper flakes
1 small Holland or Italian eggplant (about 3/4−1 pound), medium diced
1 medium zucchini, medium diced
1 yellow squash, medium diced
1 red bell pepper, cored, seeded, and medium diced
1 cup Basic Tomato Sauce (page 93)
Salt and pepper to taste

Heat the oil in a large saucepan and add the garlic, onion, and crushed red pepper flakes. Lightly sauté until the onion is slightly translucent.

Add the eggplant, zucchini, squash, and red bell pepper and cook for 15 minutes until they are soft but still slightly al dente.

Add the tomato sauce and stir until warmed through. Season with salt and pepper as desired.

SERVES 4

Kitchen Sink Frittata

This frittata is more vegetable than egg and is a great way to use leftover vegetables. From start to finish, it takes less than 10 minutes to make. The possible variations are endless, but here is the basic recipe.

2−3 eggs, lightly beaten
2 cups chopped vegetables or fresh greens (raw, steamed, or cooked)
1−2 tablespoons fresh chopped herbs (basil, parsley, mint, cilantro, dill, oregano, thyme, etc.)
2−3 ounces cheese (feta, goat, pecorino, etc.)

To make a quick frittata, whip up the eggs and add them to the vegetables. Add the fresh herbs and grated cheese to boost the flavor. Throw it all in a pan with metal handles, cover, and let it cook over medium heat on the stove top for about 5 minutes. Then stick it under a broiler to finish until the eggs are set, not runny (5−7 minutes).

SERVES 2−4

SUGGESTED COMBINATIONS

• Thinline sliced zucchini, red onion, basil, mint, and raw sheep pecorino
• Spinach, chopped scallions, fresh dill, parsley, and feta cheese
• Roasted red pepper, arugula, basil, and goat cheese
• Caramelized onion, sliced portobello mushroom, parsley, and thyme
• Asparagus, arugula, thyme, and pecorino cheese
Kitchen Sink Frittata
King Oyster Mushroom “Scallops”

King oyster mushrooms are large, woody-looking mushrooms with a long stem and a short cap. Their meaty texture makes them perfect for grilling. But, curiously, its texture, taste, and overall appearance when sliced are reminiscent of scallops. You can substitute the mushrooms for scallops in any scallop recipe, but here are two recipes to get you started. For these recipes, look for large mushrooms, at least 1½ inches in diameter, that will yield 4 or 5 “scallops” per mushroom.

“SCALLOPS” WITH ZUCCHINI PESTO

2 king oyster mushrooms, stems only, sliced ¾-inch thick
Small pat of butter
1 tablespoon water (or more, as needed)
1/3 cup Zucchini Pesto (see page 106)
1 tablespoon chopped parsley (to garnish)

Sauté the mushrooms in a pan with the butter. Lightly brown them on one side and flip them over. Add 1 tablespoon of water to keep cooking without adding more butter, keeping the heat on high so the water sizzles and sears the mushrooms. Repeat this several times until you achieve a nice golden brown color on both sides (no more than 5 minutes). On each serving plate, place about 2 tablespoons pesto, add 4 or 5 mushroom “scallops,” and garnish with parsley.

SERVES 2–4

“SCALLOPS” WITH ROASTED VEGETABLES AND BALSAMIC GLAZE

½ cup chopped onions
2 garlic cloves, minced
½ cup chopped celery
½ cup chopped carrots
½ cup chopped beets
2 tablespoons thyme leaves, sage, or oregano
2 king oyster mushrooms, stems only, sliced ¾-inch thick
Small pat of butter
1 tablespoon water (or more, as needed)
Salt and pepper to taste
½ cup balsamic vinegar

Preheat the oven to 400°F. Combine the onions, garlic, celery, carrots, beets, and herbs and transfer to a parchment-lined baking tray. Bake for 20–30 minutes until the vegetables are soft but slightly al dente.

Meanwhile, sauté the mushrooms in a pan with the butter. Lightly brown them on one side and flip them over. Add 1 tablespoon of water to keep cooking without adding more butter, keeping the heat on high so the water sizzles and sears the mushrooms. Repeat this several times until you achieve a nice golden-brown color on both sides.

Transfer the vegetables and the mushrooms to a plate. Season with salt and pepper as desired. Drizzle on a balsamic glaze, and serve.

SERVES 2–4
COOKED MAIN DISHES

King Oyster Mushroom "Scallops"
Marinated Portobello Steak with Cauliflower Puree

Consider this your Sunday night supper. If tradition calls for a roast or a steak, try this version of “steak and potatoes,” whether for yourself or for everyone to enjoy. Serve with Basic Cauliflower Puree (page 188), and don’t forget the gravy! Steamed green vegetables such as spinach or broccoli will round out the meal.

2 portobello mushrooms, cleaned and stems trimmed
1 tablespoon balsamic vinegar or nama shoyu
1 tablespoon extra-virgin olive oil
2 tablespoons water
1 teaspoon fresh thyme leaves
1 garlic clove, minced
Pinch of crushed red pepper flakes
Salt and pepper to taste
Mushroom Gravy (see page 92)
Basic Cauliflower Puree (see page 188)

Preheat the oven to 400°F. Place the mushrooms in a baking pan, stem side up. Combine the balsamic vinegar (or nama shoyu), olive oil, water, thyme, garlic, and red pepper flakes into a marinade and spoon into the cavity of the mushrooms. Flip gently so they are stem side down, keeping the marinade under the caps (this will help bake and steam the mushrooms at the same time). Bake for 5−7 minutes. Flip the mushrooms over so they are stem side up, and bake for another 2−3 minutes. Season with salt and pepper as desired. Serve hot with Mushroom Gravy and a side of Cauliflower Puree.

Serves 2

Stuffed Acorn Squash

1 medium acorn squash, halved and seeds removed
½ cup All-Purpose Vegetable Stock (see page 92)
½ cup chopped carrot
½ cup chopped onions
½ cup chopped celery
1 tablespoon chopped oregano or rosemary
Pinch of crushed red pepper flakes
10 collard leaves, ribbed and chopped into a chiffonade
Salt and pepper to taste

Preheat the oven to 400°F. Place the acorn squash halves flesh side down on a parchment-lined baking pan. Roast for 20−25 minutes until the flesh is soft when pierced with a fork.

Meanwhile, bring the stock to a simmer in a medium-size pot. Add the carrots, onions, celery, herbs, and red pepper flakes. Cover and let simmer gently for 5−8 minutes until the vegetables are slightly soft but still al dente.

Add the collard leaves to the pot, cover, and let steam for 2 minutes until wilted and bright green. Season the vegetables with salt and pepper as desired.

Stuff each acorn squash with half of the vegetables and serve.

Serves 2
Stuffed Acorn Squash
Mushroom Loaf

I basically came up with this recipe by pulsing leftover stuffing in a food processor and giving it a second life. Adding a tomato crust makes it more like a classic meatloaf. Slice up the leftovers and make mushroom loaf sandwiches for yet a third life.

1 pound portobello or cremini mushrooms
1 cup chopped celery
1 cup chopped carrots
1 cup chopped yellow onions
4 garlic cloves, minced
1 tablespoon thyme leaves
1 tablespoon chopped sage leaves
1/4 cup chopped parsley
Salt and pepper to taste
1 cup shredded zucchini
2 tablespoons tomato paste
2 tablespoons nama shoyu

Preheat the oven to 400ºF.

Combine the first eight ingredients in a large bowl and season with salt and pepper. Transfer the vegetables to a parchment-lined baking tray and roast for about 30 minutes until the vegetables are soft but slightly al dente.

Put the roasted vegetables, zucchini, tomato paste, and nama shoyu in a food processor and blend until well combined but still chunky in texture.

Put the mixture into a meatloaf pan. Thin out the tomato paste with a little water and spread on top of the mixture to form a crust. Cover with a tented piece of foil and bake for about 20 minutes. Remove the foil and bake another 5 minutes.

SERVES 2–4

Spicy Marinated Beet Spaghetti

4 medium beets, peeled and cut into small cubes
Drizzle of extra-virgin olive oil
½ medium red onion, finely diced
3 garlic cloves, minced
1 teaspoon crushed red pepper flakes
1 teaspoon thyme leaves
1 lemon, juice and zest
Salt and pepper to taste
1 pound spelt spaghetti, cooked as directed, or Zucchini Pasta (see page 96)
Handful of torn basil leaves
Handful of mint leaves
2 tablespoons nutritional yeast

Lightly steam the beets until al dente (about 5 minutes in a steamer). Toss the hot beets with the oil, red onion, garlic, red pepper flakes, and thyme. Add the lemon juice, and season with salt and pepper as desired. Let sit and marinate for at least 5 minutes. Toss the marinated beets with the spaghetti and top with the basil, mint, lemon zest, and nutritional yeast.

SERVES 4

a note about mushrooms

THIS LIFESTYLE FOCUSES ON RIDDING THE BODY OF FUNGAL GROWTH, SO THE FUNGI FAMILY IS NOT FEATURED IN MANY RECIPES. WHEN MUSHROOMS ARE USED IN A DISH, THE FOCUS SHOULD ALWAYS BE ON THE DARKER, MEATIER MUSHROOMS—SUCH AS SHIITAKE AND PORTOBELLO—WHICH ARE CLEANER AND LESS YEAST- AND FUNGUS-FEEDING.
Spicy Marinated Beet Spaghetti
**Bibimbap**

This classic, highly popular Korean dish—rice with seasoned vegetables all mixed with spicy red pepper sauce—can be made with steamed Cauliflower “Rice” for a healthy, grain-free version. The following recipes are great on their own as small plates, or *banchan*, as they are called in Korean cuisine. But if making them specifically for bibimbap, you can omit the sesame oil in most of the recipes since it will be in the spicy red pepper sauce. Just serve them in equal portions atop bowls of steaming Cauliflower “Rice” (see page 95). Top it all off with a poached egg if desired, and it will still be properly combined.

**MARINATED MUSHROOMS AND ONIONS**

1 large portobello mushroom, thinly sliced  
½ yellow onion, thinly sliced  
2 teaspoons nama shoyu  
1 teaspoon sesame oil  
1 tablespoon water (or more, as needed)

Combine all the ingredients in a bowl and marinate for 20 minutes. You can keep the mushroom and onion mixture raw or sauté it in a medium-size pan. To sauté, add 1 tablespoon of water to continue cooking without additional oil, keeping the heat on high so the water sizzles and cooks the mushrooms and onions. Repeat this step several times until the mushrooms are soft and the onions are slightly transparent (no more than 5 minutes).

**SEASONED MUNG BEAN SPROUTS**

½ cup water  
12 ounces mung bean sprouts  
2 scallions, finely chopped  
1 teaspoon toasted sesame seeds  
1 teaspoon toasted sesame oil (omit if making for bibimbap)  
1 teaspoon salt

Bring water to a boil in a medium-size saucepan. Add the mung bean sprouts, cover with a lid, and steam for 5 minutes. Drain the sprouts and transfer to a mixing bowl. Add the rest of the ingredients and toss to coat.

**SEASONED CARROTS**

4 carrots, peeled and cut into 2-inch matchsticks or julienned  
½ teaspoon fine-grain salt  
1 teaspoon toasted sesame oil (omit if making for bibimbap)  
½ teaspoon gochugaru (Korean red pepper powder)

Combine all the ingredients in a bowl and marinate for 20 minutes before serving.

**SEASONED SPINACH**

1 pound spinach  
1 tablespoon toasted sesame seeds  
1 teaspoon toasted sesame oil  
1 teaspoon salt

Fill a large pot with water and bring to a boil. Add the spinach and cook for 1 minute. Strain the spinach in a colander and rinse with cold water. Wring out any excess moisture and roughly chop into 2-inch pieces. Transfer the spinach to a bowl and add the rest of the ingredients. Mix well.

SERVES 2–4
Bibimbap
Korean Japchae Noodles

Most glass noodles are made out of rice, but there is a Korean variety that is made out of sweet potato starch. Although they might be hard to find unless you visit a Korean market, they are worth the trip. These glass noodles become transparent and glossy when cooked. Toss them with sesame oil to keep them from sticking together after cooking.

½ pound dried Korean sweet potato noodles
1 teaspoon sesame oil
½ cup Marinated Mushrooms and Onions (see page 170)
½ cup Seasoned Carrots (see page 170)
½ cup Seasoned Spinach (see page 170)
2 tablespoons nama shoyu
3 stalks scallions, julienned
1 tablespoon sesame seeds

Add the noodles to a large boiling pot of water and cook as instructed on the package. Immediately drain and rinse the noodles with cold water until they come to room temperature. Transfer to a bowl and toss with sesame oil.

Add the vegetables and nama shoyu to the noodles and toss well to combine. Garnish with scallions and sesame seeds.

SERVES 2–4

Shakshuka (Baked Eggs in Spicy Matbucha Sauce)

2 cups Spicy Matbucha Sauce (see page 94)
½ cup water
4 organic free-range eggs
Handful of chopped cilantro

Combine the sauce and the water in a medium-size saucepan and bring to a simmer. Add the eggs and cover with a lid. Lower the heat and allow the eggs to cook in the sauce (4–5 minutes). Serve with chopped cilantro.

SERVES 2
Korean Japchae Noodles
**Japanese Vegetable Curry**

Japanese curry is usually sweeter and thicker than other traditional curries and is made by making a roux with butter or oil, flour, and curry powder. Carrot and onion with cubed beef or chicken is standard. It is usually eaten over rice or udon, thick noodles made of wheat flour. It is Japanese comfort food at its best . . . or maybe not. Most people forgo making the roux and buy the instant version, which is cheap and cheerful until you read the long ingredients list of preservatives and additives.

Here it gets a detox makeover using steamed kabocha squash as the base for the curry sauce. It’s important to use really good, strong curry powder that isn’t mainly turmeric, like British curry powders are. You will know if it’s mainly turmeric if the powder is more yellow than brown.

1 small kabocha squash (about 1½−2 pounds), chopped into 2-inch pieces
2 carrots, chopped
1 small yellow onion, chopped
1 knob ginger
3 garlic cloves
2 tablespoons curry powder
Salt and pepper to taste
4 cups Cauliflower “Rice” (see page 95), cooked millet, or quinoa
4 cups steamed vegetables of choice (such as broccoli, carrots, and snow peas)

Place the squash, carrots, onion, ginger, and garlic in a large pot, adding enough water to cover by 2 inches. Simmer for 30–40 minutes until the vegetables are soft. Reserve the cooking water.

Puree the vegetables with the curry powder in a food processor, adding the cooking water as needed to facilitate blending. You want a nice puree, not too thick and not too thin.

Season with salt and pepper as desired. Serve over Cauliflower “Rice,” quinoa, or millet and steamed vegetables.

SERVES 2–4
Japanese Vegetable Curry
Vegetable Green Coconut Curry

1 tablespoon coconut oil
½ medium onion, chopped
1 garlic clove, minced
1 knob ginger, minced
1 teaspoon lemongrass, minced
2–4 tablespoons green Thai curry paste, depending on desired heat
1 cup coconut milk
2 cups All-Purpose Vegetable Stock (see page 92) or water
2 cups chopped butternut squash
1 large carrot, sliced
1 red bell pepper, thinly sliced
1 cup broccoli florets
1 cup cauliflower florets
Handful of cilantro
1 lime, cut in wedges

Heat the coconut oil in a large saucepan. Add the onions, garlic, and ginger and sauté over medium heat until the onions are translucent (about 8 minutes).

Add the lemongrass, curry paste, coconut milk, and stock or water. Stir to combine and bring to a simmer. Add the butternut squash and carrot and simmer until slightly al dente (about 8 minutes).

Add the rest of the vegetables and simmer for another 10 minutes. Ladle the curry into serving bowls, garnish with cilantro, and serve each bowl with a wedge of lime.

SERVES 2–4
Moroccan Vegetable Tagine

1 tablespoon extra-virgin olive oil
1 medium onion, chopped
3 garlic cloves, minced
1 knob ginger, minced
Pinch of saffron threads, soaked in 1 teaspoon hot water
2 tablespoons tomato paste
1 (16-ounce) can plum tomatoes
4 cups All-Purpose Vegetable Stock (see page 92)
1 tablespoon cumin
1 tablespoon coriander
1 teaspoon paprika
2 cups diced butternut squash
1 cup diced zucchini
1 cup diced yellow squash
2 cups cauliflower florets
Handful of cilantro sprigs
1 lemon cut into wedges

Heat the oil in a large pot over medium heat. Add the onion, garlic, and ginger and sauté until the onions are translucent (about 8 minutes).

Add the saffron, tomato paste, and plum tomatoes and cook for 10 minutes.

Add the stock, spices, and butternut squash. Bring to a simmer and cook until the squash is slightly soft but still al dente.

Add the zucchini, yellow squash, and cauliflower and cook until all the vegetables are soft (about 10 minutes). Adjust the seasonings as desired. Garnish with cilantro and serve each plate with a wedge of lemon.

SERVES 4
SEAFOOD

Seafood is the most digestible of proteins and a great option for anyone trying to transition away from animal proteins. Seafood dishes do best when simply prepared with herbs and lemon, but when I am trying to recruit mainstream meat eaters, I will go the extra mile and make tuna meatballs or salmon burgers. Inevitably, they will be sold and requested again.

When selecting fish, choose wild or organically fed. Bottom-dwellers such as shellfish carry a higher toxic load and are best avoided or enjoyed only on occasion.

Everyone seems to have a different reaction to seafood. Vegetarians, raw foodies, and vegans shun it; environmentalists are concerned (quite rightly) about overfishing and contaminating our oceans; and others simply dislike seafood. But for most of us, it is a favorite menu option. I share all the same concerns about overfishing and the decline of our underwater ecosystems. I also take into full consideration the heavy metals and other toxins that are becoming part and parcel of the biomass of fish. However, as we seek creative ways to balance the physical, social, and emotional needs of detox dieters as they transition away from the modern diet to a more enlightened one, seafood provides a footbridge over treacherous waters. It is one of the few food groups that will satiate you without compromising digestibility or derailing your weight loss and cleansing efforts. So if you love seafood and are mindful of where you get it from, there is a place for it in your detox diet. Now, please pass the Ginger Miso Glazed Salmon!

—NATALIA
Fish with Julienned Vegetables in Parchment

Using parchment paper is a great way to keep foods from sticking to the pan in the oven without using oil. Cooking in parchment packets seals in flavors and allows a dish to steam, creating its own juices.

2 (6-ounce) skinless red snapper fillets
Sea salt and pepper
½ bunch asparagus, trimmed and sliced diagonally in half
1 small zucchini, julienned
½ red, orange, or yellow bell pepper, cored and julienned
1 tablespoon thyme leaves
1 tablespoon chopped parsley
1 lemon, thinly sliced
1 tablespoon extra-virgin olive oil

Preheat the oven to 400°F. Season the fillets on each side with salt and pepper. Cut out two 1 ½-foot pieces of parchment paper. Place a fillet lengthwise on each piece of parchment and add the vegetables, herbs, and sliced lemons. Drizzle oil over all. To seal the parchment packets, bring the opposite ends together and fold several times to close. Fold in the edges and wrap with butcher twine like a present. Bake for 15 minutes or more, depending on the thickness of the fish (about 10 minutes per inch).

SERVES 2
Steamed Sea Bass with Ginger and Scallions

2 (6-ounce) skinless sea bass fillets or other firm white fish
Salt and pepper
1 knob ginger, peeled and cut into matchsticks
2 garlic cloves, thinly sliced
2 tablespoons nama shoyu
1 teaspoon toasted sesame oil
2 scallions, julienned
0.5 red bell pepper, cored and julienned
2 red chile peppers, sliced thin

Set a large bamboo or metal steamer basket over a skillet of simmering water over medium heat.

Place the fish on a plate and season with salt and pepper. Arrange the ginger and garlic on top of the fish in an even layer. Mix the nama shoyu with the sesame oil and pour over the fish. Top with the scallions, red pepper, and chile peppers.

Place the plate in the steamer and cover. Steam the fish until just cooked through (8−10 minutes, depending on the thickness). Carefully remove the hot plate from the basket and serve.

SERVES 2

Ginger Miso Glazed Salmon

1 tablespoon white miso paste
2 tablespoons mirin
2 tablespoons soy sauce
1 knob ginger, grated
1 tablespoon sesame oil
1 tablespoon agave nectar or 3−4 drops liquid stevia
2 (6−7 ounce) salmon fillets

Preheat the oven to 400°F. In a large bowl whisk together the marinade ingredients. Add the salmon fillets and coat thoroughly. Let sit for a few minutes to marinate. Transfer to a parchment-lined baking sheet. Bake for 10 minutes or more, depending on the thickness of the fillets.

SERVES 2

Whole Roasted Fish with Fennel

Have your local fishmonger clean the fish for you: scales, guts, and fins removed.

1 (1½−2 pound) cleaned whole fish (rainbow trout, sea bass or branzino, or Arctic char)
Sea salt and pepper
1 lemon, sliced
1 fennel bulb, thinly sliced, fennel fronds reserved
3 garlic cloves, minced
5 thyme sprigs
2 fresh bay leaves

Preheat the oven to 400°F. Place the fish on a parchment-lined baking tray. Season with salt and pepper on both sides. Line the cavity of the fish with lemon slices and the rest of the ingredients. Use twine if necessary to keep the filling from spilling out. Bake for 30 minutes or more, depending on the thickness of the fish (about 10 minutes per inch).

SERVES 2
Tuna Meatballs

Tuna meatballs, which are made without bread crumbs or eggs, are a great alternative to traditional beef meatballs. These are perfect for converting big meat eaters to lighter, healthier dinners. Serve with any of the tomato sauces in the Basic Recipes section (see page 91) with zucchini pasta or steamed spaghetti squash.

1 pound fresh tuna, chopped into 1-inch pieces
2 ounces sheep pecorino cheese, grated (optional)
2 garlic cloves, minced
Handful of parsley, minced
1 teaspoon dried oregano
1 lemon, zest and juice
Sea salt and pepper
1 tablespoon extra-virgin olive oil

Preheat the oven to 400°F. Place all the ingredients in a food processor and pulse until just combined. Form the resulting mixture into 6 to 8 balls, depending on the desired size. Transfer to a parchment-lined baking tray and bake for about 8 minutes, shaking the pan occasionally to brown the meatballs evenly on all sides.

MAKES 6–8 TUNA MEATBALLS
Fish Taco Wraps

FOR THE MARINADE:
3 garlic cloves
1 bunch cilantro, chopped
2 limes, zest and juice
1 teaspoon cumin
1 teaspoon ancho chile powder
Salt and pepper to taste

FOR THE FISH TACO WRAPS:
2 (10–12 ounce) red snapper fillets
1 bunch red leaf lettuce, whole leaves for wraps
2 cups finely shredded red or white cabbage
1 cup Creamy Chipotle Sauce (see page 105)
2 cups Pico de Gallo (see page 102)

Preheat the oven to 400°F. In a large bowl, whisk together the marinade ingredients. Add the fish and coat thoroughly. Let marinate for 20 minutes or more.

Transfer the fish to a parchment-lined baking sheet. Bake for 10 minutes or more, depending on the thickness of the fillet (about 10 minutes per inch).

To assemble each taco, place a forkful of the fish on a lettuce leaf with some cabbage, add a drizzle of chipotle sauce, and top with Pico de Gallo. Serve with the rest of the sauces on the side.

SERVES 4

Cod Poached in Tomato Sauce with Fresh Basil

2 cups Basic Tomato Sauce (see page 93)
½ cup water
2 (6-ounce) cod fillets
Handful of fresh chopped basil
1 lemon, halved

In a medium-size saucepan, heat the tomato sauce and water and bring to a simmer. Add the fillets and cover. Lower the heat and cook until the fish is opaque and cooked through (about 8–10 minutes). Garnish with the fresh basil and squeeze on the lemon juice.

SERVES 2
Salmon Burgers

This recipe can be used to create salmon burgers or salmon cakes, a great alternative to crab cakes.

1 pound fresh salmon, skin removed
1 tablespoon Dijon mustard
2 tablespoons minced red onions
2 garlic cloves, minced
1 tablespoon capers, rinsed and drained
1 tablespoon finely chopped parsley
1 teaspoon finely chopped dill or tarragon, optional
Sea salt and pepper to taste

Preheat the oven to 400°F. Place all the ingredients in a food processor and pulse until just combined. Form the resulting mixture into 3 patties or 6 salmon cakes. Transfer to a parchment-lined baking tray and bake for 8 to 10 minutes, flipping once.

MAKES 3 BURGER PATTIES OR 6 SALMON CAKES

Salmon Fish Pie with Cauliflower Puree Topping

When I make this for clients, they often ask me if it’s really okay to eat something so decadent when they’re supposed to be detoxing. I love to reassure them that, yes, it’s really okay.

12 ounces salmon fillet, skin removed
Salt and pepper
1 fennel bulb, thinly sliced
1 small onion, thinly sliced
1 teaspoon thyme leaves
Juice of 1 small orange
Basic Cauliflower Puree (see page 188)
1 pat of butter (optional)

Preheat the oven to 400°F. Season the salmon with salt and pepper and transfer to a parchment-lined baking tray. Toss the fennel, onion, thyme, and juice together on a separate parchment-lined baking tray. Bake both trays for about 10 minutes until the fish is cooked through and opaque.

Break the salmon into large pieces and place in a loaf pan. Top with a layer of the fennel and onion mixture. Top with the cauliflower puree, and add a pat of butter if desired. Bake for an additional 10 minutes.

SERVES 2
Steamed Asian Vegetables with Sesame Vinaigrette
I am reluctant to call these “side dishes,” since they are much more than that. Granted, they are simple dishes that focus on one or two main ingredients, but who says a main meal should be fussy? All meals should begin with a raw salad, followed with cooked vegetables if desired.

Often, when I’m at a restaurant, I ask for the best-looking side vegetables on the menu to be plated together for my main course—carrots, portobello mushrooms, Brussels sprouts, butternut squash, and so on. You can use these recipes, which stand strong on their own, as side dishes or choose your favorite ones to be the centerpiece of your meal. One of my nightly favorites is a great big green salad coupled with a delicious side of my favorite cooked vegetable. It’s the perfect combination of refreshing, water-containing food and hearty cooked comfort food. —NATALIA
STEAMED VEGETABLES

The healthiest way to enjoy minimally cooked vegetables is to steam them, allowing them to keep their nutritional integrity intact. There are no rules for steaming vegetables other than to err on the al dente side. Don’t overcook them unless you have a fondness for cafeteria food. Steamed vegetables that are eaten cold as crudité will benefit from an ice-water bath to halt the cooking and keep the colors vibrant. Sea salt and pepper is the simplest seasoning, but to make it a bit more exciting, try the recipes below.

Steamed Asian Vegetables with Sesame Vinaigrette

You can use any assortment of vegetables, but the trick is to slice and chop the vegetables so they steam evenly at the same time.

FOR THE STEAMED VEGETABLES:
1 medium carrot, sliced ¼-inch thick
1 cup broccoli florets
1 cup sliced shiitake mushrooms, or handful of enoki mushrooms
1 cup sliced asparagus
Handful of snow peas
Handful of napa cabbage, chopped in 1-inch pieces
Handful of bok choy, chopped in 1-inch pieces

FOR THE VINAIGRETTE:
1 tablespoon sesame paste (tahini)
2 tablespoons rice vinegar or lemon juice
1 tablespoon nama shoyu
2 tablespoons water
½ teaspoon grated ginger
2–3 drops liquid stevia

Steam the vegetables for 5−7 minutes until al dente. To make the vinaigrette, whisk all the ingredients until smooth. Serve the steamed vegetables with the sauce on the side.

SERVES 4

Steamed Okra with Roasted Red Pepper Sauce

I love okra fresh from the farmers’ market. Once, I ate a half pint of raw okra while waiting in line to pay, and the farmer caught me. He was astonished to learn that one can eat it raw. It is crunchy and delicious without the gooeyness of overcooked okra. Steaming okra also preserves its freshness and minimizes the gooey factor.

1 pound okra, caps removed
Roasted Red Pepper Sauce (see page 104)

Steam the okra whole for 5 minutes until al dente. Toss with the sauce and serve.

SERVES 4

Steamed Zucchini Spears with Korean Dipping Sauces

Fill up on this light, yummy finger food before heavier dishes. It’s sweet, spicy, and vinegary.

2 medium zucchini, cut into spears
Korean Red Pepper Sauce (see page 111)
Shoyu Vinaigrette (see page 111)

Steam the zucchini for 5−7 minutes until al dente. Serve with the sauces on the side.

SERVES 2–4
PUREED AND MASHED VEGETABLES

Pureed vegetables make dishes simple but elegant. They should be smooth, silky, and without any stringy fibers. Mashed vegetables are thicker, more rustic, and sometimes lumpy. Either way, these vegetable sides are not just for babies.

Here are a few rules for pureeing and mashing: Fully cook the vegetables until soft and easily pierced with a fork. Remove the stems and tough fibers from vegetables such as cauliflower, broccoli, and celery for silky, smooth purees. For moisture-robbing vegetables such as eggplants and zucchini, dry roast or bake them first instead of cooking them in water. Season your purees with herbs, spices, cream, and/or butter as desired.

Carrot Ginger Puree

I love this warm, savory puree over steamed quinoa, millet, or buckwheat noodles, with a medley of steamed vegetables such as broccoli, kale, and cabbage.

2 large carrots, scrubbed and chopped into 1-inch pieces
1 small onion, chopped
1 knob ginger, thinly sliced
1 garlic clove, halved
5 sprigs thyme
1 bay leaf
4 cups water
Salt and pepper

Place all the ingredients in a medium-size pot and bring to a boil. Lower the heat and simmer until the carrots are fully cooked (about 30 minutes). Remove the thyme sprigs and bay leaf and place the rest of the ingredients in a blender with 1 cup of the cooking liquid. Puree until smooth. Season with salt and pepper as desired.

SERVES 4
**Basic Cauliflower Puree**

This makes a great side dish with roasted portobello mushroom steaks or roasted fish. To jazz it up, add a tablespoon of minced herbs (thyme, rosemary, or basil) or a teaspoon of spices (curry, cumin, or smoked paprika). For a cheesy puree, add goat cheese or nutritional yeast.

1 head of cauliflower, broken evenly into florets  
1 tablespoon butter  
Sea salt to taste  
½ cup grated goat cheddar or ¼ cup nutritional yeast (optional)

Steam the cauliflower until fully cooked (at least 10 minutes). Place half the cauliflower in a blender with ¼ cup of the steaming liquid to facilitate blending. Add the remaining cauliflower and butter, and season with sea salt. To make the puree cheesy, add grated cheese or nutritional yeast.

SERVES 4

**Beet Balsamic Puree**

This is a great accompaniment to roasted root vegetables as well as grilled endive or radicchio. The puree is rich and intense, so several tablespoons per serving will go a long way.

2 cups cubed roasted beets  
2 tablespoons balsamic vinegar  
1 tablespoon extra-virgin olive oil  
¼ cup water, as needed  
Stevia to taste  
Sea salt and pepper to taste

Place all the ingredients in a blender, adding water as needed to facilitate blending. Season with stevia, sea salt, and pepper as desired.

SERVES 4

**Butternut Sage Puree**

When no one is looking, I eat this straight from my blender, using my rubber spatula as a spoon. It has all the flavors of a Thanksgiving dinner for a deeply soul-satisfying dish. You can eat it over pasta or a bowl of millet. It is also delicious on its own as a soup.

1 medium butternut squash (about 2½ pounds)  
2 garlic cloves, minced  
5 sage leaves, finely chopped  
½ cup All-Purpose Vegetable Stock (see page 92)  
Sea salt and pepper to taste

Preheat the oven to 400°F. Cut the butternut squash in half and scoop out the seeds and membrane. Place the garlic and sage inside the cavities and flip over onto a parchment-lined baking tray. Roast for 30–40 minutes until soft. With a spoon, scoop out the flesh, along with the garlic and the sage, and transfer to a food processor or blender. Add the stock as needed to facilitate blending until smooth. Season with sea salt and pepper as desired.

SERVES 4

**ROASTED VEGETABLES**

Roasting vegetables is simple: You just bake the vegetables on a parchment-lined baking tray at 400°F. Cooking times depend on their thickness and density. Asparagus and zucchini might take 15 minutes; cruciferous vegetables such as broccoli, cauliflower, and cabbage might take 20 minutes; and starchy vegetables such as yams and sweet potatoes need at least 30–45 minutes. Also keep in mind how the vegetable is prepared. If it is shredded or sliced, it will take less time to roast than a vegetable that is roasted whole. Err on the al dente side.
Experiment with roasting vegetables without oils. Instead, add a drizzle of olive oil afterward, along with some fresh herbs. A pat of butter is a better option as butter can tolerate the heat better than oil. A squeeze of lemon brightens and refreshes most roasted vegetables.

EACH SERVES 2–4

FOR THE FOLLOWING VEGETABLES:
Preheat the oven to 400°F, combine all the ingredients, season with salt and pepper, and roast for 15 minutes. Add garnishes and/or lemon juice after cooking.

ASPARAGUS
1 bunch asparagus, woody stems trimmed
2 ounces shredded raw sheep pecorino for garnish
Fresh lemon juice for garnish

BRUSSELS SPROUTS (PICTURED)
1 pint brussels sprouts, shredded
1 garlic clove, minced
1 tablespoon thyme leaves

SAVOY CABBAGE
1 head savoy cabbage, shredded
1 tablespoon butter

SWISS CHARD
1 bunch Swiss chard, chopped into 2-inch pieces
1 garlic clove, minced
Fresh lemon juice

COLLARD GREENS
1 bunch collard greens, cut into ¼-inch ribbons
1 small red onion, thinly sliced
1 teaspoon cumin
Fresh lemon juice

SCALLIONS, LEEKS & RAMPS
1 pound scallions, leeks, and/or ramps, trimmed but whole
1 tablespoon butter
Fresh lemon juice

FOR THE FOLLOWING VEGETABLES:
Preheat the oven to 400°F, combine all the ingredients, season with salt and pepper, and roast for 20–25 minutes. Add garnishes and/or lemon juice after cooking.

KALE
1 bunch kale, stems removed and cut into bite-size pieces
1 teaspoon coconut oil
1 tablespoon curry
Fresh lemon juice

CAULIFLOWER (PICTURED)
1 head cauliflower, cut into large florets
1 small red onion, thinly sliced
2 garlic cloves, minced
1 stalk rosemary, minced
1 lemon, thinly sliced
1 teaspoon paprika
1 tablespoon raw pine nuts for garnish
Chopped parsley for garnish

SWEET ONIONS
2 large sweet Maui or Vidalia onions, sliced ½-inch thick
2 tablespoons butter
2 garlic cloves
1 teaspoon thyme leaves
1 teaspoon chopped oregano
1 tablespoon chopped parsley
2 ounces raw sheep pecorino

MISO GLAZED EGGPLANT (PICTURED)
4 medium Japanese eggplants, halved lengthwise
2 tablespoons white miso
2 tablespoons mirin

Place the eggplant halves flesh-side up on a baking tray. Combine the miso and mirin to form a thin paste and brush on the eggplants before roasting.
FENNEL
1 bulb fennel, thinly sliced (reserve fronds for garnish)
1 teaspoon thyme leaves
1 small orange or grapefruit, sliced
1 tablespoon fennel fronds for garnish

FOR THE FOLLOWING RECIPES:
Preheat the oven to 400°F, combine all the ingredients, season with salt and pepper, and roast for 30−40 minutes. Add garnishes and/or lemon juice after cooking.

TURNIPS
4 large turnips, quartered
1 tablespoon butter
1 tablespoon chopped tarragon

TERIYAKI KABOCHA SQUASH
1 medium kabocha squash, halved, seeded, and cut into 1-inch wedges
2 tablespoons nama shoyu
1 tablespoon toasted sesame oil
2 tablespoons agave nectar
2 garlic cloves, minced
1 knob ginger, minced

FIVE-SPICE KABOCHA SQUASH
1 medium kabocha squash, halved, seeded and cut into 1-inch wedges
1 tablespoon Chinese Five-Spice Powder (see page 60)

BUTTERNUT SQUASH
1 large butternut squash, peeled and cut into 1-inch cubes
1 tablespoon butter
2 garlic cloves, minced
1 tablespoon chopped sage

ROOT VEGETABLE FRIES (PICTURED, PAGE 191)
Cut carrots, parsnip, beets, sweet potatoes, butternut squash, and/or sweet potatoes into “steak frites,” approximately ¼-inch thick. Season with any spice blend. Lightly toss with coconut oil or a pat of butter. Turn the fries halfway through cooking to brown evenly on all sides.

WHOLE SWEET POTATO, YAM, OR BEET
Wrap in parchment paper, cover with tinfoil, and roast until the center is soft when pierced with a fork (up to 1 hour for larger vegetables).

PICKLED VEGETABLES (PROBIOTICS)
Products such as pickles, vinegars, and sauerkraut that come from a container in the supermarket are acidic and devoid of life force. Eating them for their probiotic qualities is an act of futility and will do more harm than good. However, freshly fermented dishes such as raw kimchis and fresh pickles will cultivate beautiful and lush intestinal flora that will aid digestion and ease symptoms of ailments such as acid reflux, IBS, and Crohn’s disease. Probiotics also play an important part in eradicating yeast and fungus from the body because the powerful cultivation of good bacteria helps to stem fungal growth. Fresh fermented foods should be enjoyed alone on an empty stomach, before a meal, or as a snack, for at least 4 days in a row to cultivate successfully. The following Korean-inspired recipe is a classic probiotic standby.
Cabbage Kimchi

Many traditional kimchis may contain anchovies, shrimp paste, or oysters. This is a straightforward vegan recipe.

1 large napa cabbage, quartered, keeping the leaves whole and the tops intact
1/2 cup coarse sea salt
10 garlic cloves, minced
1 large knob ginger, peeled and minced
5 scallions, chopped
1/2 cup gochugaru (Korean red pepper powder)

Rub the cabbage leaves with half of the salt and let sit at room temperature for at least 4 hours to soften.

Rinse out the salt and squeeze out any excess moisture.

Mix the garlic, ginger, scallions, and gochugaru together with a little water to form a paste or slurry. Rub the paste on the leaves of the cabbage, carefully getting between each layer. (It might be a good idea to wear gloves to protect your hands from the heat of the spices.)

Pack the cabbage sections into a large sterile jar, carefully pushing each layer down so that all of the oxygen is forced out. Place a plate on top to tamp down all the cabbage into the jar, seal it, and leave out at room temperature.

After 2 or 3 days, check your kimchi. The cabbage should be slightly transparent and tangy. Refrigerate and enjoy within the week for maximum probiotic health.

**MAKES 1 QUART**
Pizza Kale Chips
“Yes, but what about snacks?” my clients often ask me. They tend to do well with the detox meals but hit a wall when it comes to snacks. Although resting the digestive system between meals is important, allowing it to do some much-needed housekeeping, snacks provide emotional support, especially when transitioning into this lifestyle. If you need snacks as a part of your daily routine, raw vegetables are the best option. Keeping in mind that conscious eating (not mindless grazing) is important, you can still enjoy alternative snacks, such as kale chips, seasoned Kamut puffs, and baked starchy vegetables.

Raw vegetables are the most ideal snack: They are alkaline, water-containing, quick exit, neutral food for combining between meals, and they leave you feeling refreshed rather than temporarily stimulated and then wanting more. Common snacks such as energy bars, crackers, and other packaged snack foods are dense and addictive and will clog the body, contributing to weight gain and disease. By trading in your old snack foods for these snacks, you’ll get to enjoy snack time while you elevate your mood, energy, and blood chemistry. What’s up now, Doc?

—NATALIA
Raw Vegetables 101

Have fun getting to know your vegetables. It was pretty cool when I tried raw kohlrabi root for the first time, or when I realized broccoli and cauliflower stems are delicious peeled. I also spent a whole summer eating jicama like an apple. Fresh, raw, organic corn on the cob kept me from eyeing everyone else’s popcorn when I snuck it into a movie theater and ate it kernel by kernel. Who knew raw corn could be so sweet and tender?

The following list of raw snack options might seem simplistic and unnecessary, but it is not uncommon for someone to ask me, “What is that?” and I have to respond, “It’s, um . . . a radish?” Serve these raw vegetables alone or with your favorite dressing, dip, or sauce.

Asparagus: choose thin, tender stalks; raw or blanched
Beets: red, golden, or Chioggia; sliced thinly or julienned
Bell peppers: red, yellow, or green
Broccoli: florets and stems; raw or steamed
Carrots: search out colorful varieties
Cauliflower: raw or steamed
Corn: always eat raw, not steamed or cooked
Cucumber: Persian, Kirby, or hothouse
Daikon: varieties range from sweet to spicy; peeled
Endive: bitter by itself but good with creamy spreads
Fennel: outer layer removed
Jicama: peeled
Kohlrabi: purple or white; peeled unless very small and tender
Okra: raw or lightly steamed
Radish: scrubbed
Sweet potato: orange variety only; peeled
Tomatoes: all varieties
Yellow squash
Zucchini
Raw Sweet Potato Fries with Barbecue Sauce

Yes, you can eat sweet potatoes raw, even if your mom told you otherwise.

2 sweet potatoes, peeled and cut into fries or slices
4 ounces barbecue sauce

Search out organic barbecue sauces sweetened with agave nectar. To cut down on the sweetness, you can puree the sauce with several cherry tomatoes or add a teaspoon of tomato paste and/or hot sauce.

SERVES 2

Guacamole & Salsa

This is an obvious choice, but it’s often overlooked. Scoop up the dips with romaine hearts.

1 cup Classic Guacamole (see page 102)
½ cup Pico de Gallo (see page 102)
Leaves of 1 romaine lettuce heart

SERVES 2

Raw Goat Cheese “Sandwiches”

This is my favorite snack to keep me going until dinner.

4 romaine heart leaves, cut in half
4 slices raw goat cheese
4 slices tomato
4 slices red onion
1 tablespoon Dijon mustard

Assemble 4 sandwiches by adding a slice of each ingredient between the romaine lettuce halves.

SERVES 2

Pizza Kale Chips

Step into any health food store and you will see a vast array of dehydrated kale chips, and deservedly so. I prefer making my own since it is easy to do in bulk and more affordable.

2 bunches kale, stems removed, leaves kept as whole as possible
1½ cups Raw Pizza Sauce (see page 104)
¼ cup nutritional yeast

Massage the kale leaves with the pizza sauce. Sprinkle additional nutritional yeast on the surface of the kale leaves, so when they dehydrate, the “cheese” clings to them.

Place the coated leaves in a dehydrator on full blast for the first couple of hours, then lower the temperature to 110°F for technically raw chips. Dehydrate for an additional 6–7 hours until the leaves are crisp and dry. If you don’t need them to be raw, keep the dehydrator on full blast until the chips are done (about 4 hours).

MAKES 6–8 OUNCES

SNACKS
Coconut Kale Chips
2 bunches kale, stems removed, leaves kept as whole as possible
¼ cup coconut oil
¼ cup agave nectar
Sea salt to taste
¼ cup unsweetened coconut flakes
Sweet paprika (optional)

Massage the kale leaves with the oil, agave, and sea salt. Sprinkle with the coconut flakes and sweet paprika, if you choose to use it.

Put the coated leaves in a dehydrator on full blast for the first couple of hours, then lower the temperature to 110ºF for a technically raw chip. Dehydrate for an additional 6-7 hours until the leaves are crisp and dry. If you don’t need them to be raw, keep the dehydrator on full blast until the chips are done (about 4 hours).

Makes 6-8 ounces

Cheesy Kale Chips
2 bunches kale, stems removed, leaves kept as whole as possible
1 cup Cheese Sauce (see page 106)
¼ cup nutritional yeast

Massage the kale with the cheese sauce. Sprinkle additional nutritional yeast over the kale leaves so when they dehydrate, the “cheese” clings to them.

Put the coated leaves in dehydrator on full blast for the first couple of hours, then lower the temperature to 110ºF for a technically raw chip. Dehydrate for an additional 6-7 hours until the leaves are crisp and dry. If you don’t need them to be raw, keep the dehydrator on full blast until the chips are done (about 4 hours).

Makes 6-8 ounces

Kamut Puffs with Dry Ranch Seasoning
This is a better alternative to popcorn.

4 cups kamut puffs
1 tablespoon Dry Ranch Seasoning (see page 60)

Sprinkle the Kamut puffs with seasoning, and dig in!

Makes 4 cups
Coconut Yam “Cookies”
You can bake the yam “cookies” without any coconut or agave nectar, if preferred.

2 Korean yams, scrubbed clean, sliced ½-inch thick
2 tablespoons agave nectar
2 tablespoons raw unsweetened coconut flakes

Preheat the oven to 375°F. On a parchment-lined baking sheet, place the yam slices in a single layer. Drizzle with agave nectar and sprinkle with coconut flakes. Bake for 25−30 minutes until the centers are soft and chewy.

MAKES ABOUT 12 COOKIES

Spiced Sweet Potatoes
These make a great nutritious snack when your raw vegetables won’t do.

2 sweet potatoes, scrubbed clean, sliced ½-inch thick
1 tablespoon Pumpkin Pie Spice (see page 60) or Chinese Five-Spice Powder (see page 60)

Preheat the oven to 375°F. On a parchment-lined baking sheet, place the potatoes in a single layer and sprinkle with spices. Bake for 25−30 minutes until the centers are soft and chewy.

MAKES ABOUT 12 COOKIES
Basic Chocolate Sauce
DESSERTS

Like snacks, desserts are not eaten for health-generating reasons and rarely to satisfy hunger. But you cannot nourish the body without feeding the soul, and desserts can keep the spirit of detoxing alive as long as they are enjoyed in moderation. In the context of a highly alkaline, mostly raw day, these non-yeast-feeding dessert recipes will not hinder your progress. The quantities of sweeteners such as agave nectar and maple syrup are reduced greatly by boosting sweetness levels with stevia. Most of the recipes are plant-based and simple to make and require little or no baking. Now, that is sweet!

_I don’t feel like my evening meal is complete if I haven’t had dessert. This diet-lifestyle would not have been sustainable for me long term if dessert weren’t a daily pleasure. Dessert is the yin for dinner’s yang—it just rounds out the meal and, in many ways, the day. These are desserts to celebrate the specialness of every day, not just special occasions. We have taste buds for a reason. This is not the time to deny them!_ —NATALIA
Citrus Granita

Granita can be made by juicing fresh citrus fruits such as lemons, blood oranges, yuzus, kalamansis, or grapefruits and adding stevia to sweeten. Herbs such as mint, cilantro, and even rosemary can be added for a twist. Try mixing different types of citrus juices for more depth.

1 cup fresh citrus juice
1 cup pure water
Stevia to taste

Combine all the ingredients and pour into a shallow pan. Freeze until icy around edges. Stir the icy portions with a fork into the middle of the pan. Freeze again, occasionally scraping the edges into the center, until completely frozen (about 6 hours).

MAKES 1 PINT

Tomato Sorbet

2 pounds ripe tomatoes
¼ cup fresh lemon juice
½ cup agave nectar and stevia as desired
1 tablespoon tomato paste

Combine all the ingredients in a high-speed blender. Process through an ice cream maker, or, alternatively, pour into ice cube trays and freeze. Defrost until slightly thawed before blending again to make sorbet.

MAKES 1 QUART
Beet Sorbet
4 cups roasted beets
1 cup Granny Smith apple juice, freshly juiced
½ cup agave nectar and stevia as desired
2 tablespoons fresh lemon juice
Preheat the oven to 350°F. Roast the beets for 1 hour on a baking tray. Remove the skins and let cool to room temperature. Combine the beets with the rest of the ingredients in a high-speed blender. Process through an ice cream maker, or, alternatively, pour into ice cube trays and freeze. Defrost until slightly thawed before blending again to make sorbet.

Makes 1 Quart

Carrot Sorbet
4 cups raw carrot juice
½ cup fresh lemon juice
1 knob fresh ginger
½ cup agave and stevia (use less agave if desired)
Combine all the ingredients in a high-speed blender. Process through an ice cream maker, or, alternatively, pour into ice cube trays and freeze. Defrost until slightly thawed before blending again to make sorbet.

Makes 1 Quart

Basic Chocolate Sauce
For this recipe, you may substitute carob powder for the cocoa powder, if desired.
½ cup cocoa powder
½ cup agave nectar and stevia as desired
1 teaspoon vanilla extract
Pinch of salt
Whisk all the ingredients together in a small bowl, and serve slightly warmed over your favorite dessert.

Makes 1 Cup

Chocolate Avocado Pudding
2 ripe avocados
¼ cup cocoa powder
¼ cup agave and stevia as desired
1 teaspoon orange zest and juice as needed to facilitate blending
Mint leaf to garnish (optional)
Combine all the ingredients in a food processor or a high-speed blender. Serve garnished with a mint leaf or citrus peel spiral.

Makes 1 Cup
Chocolate Coconut Pudding with Agar-Agar

Agar-agar is a vegetarian gelatin substitute derived from seaweed. It is sold both in flake and powder varieties, and can be used as a thickening agent for vegan and/or dairy-free recipes.

2 cups coconut milk
1/2 cup cocoa powder
1/4 cup agave nectar and stevia as desired
2 tablespoons agar-agar
1 tablespoon vanilla extract

In a sauce pot, combine all the ingredients and bring to a boil, whisking occasionally so there are no lumps. Lower the heat and simmer for at least 10–15 minutes to let the agar-agar dissolve completely and thicken properly. Transfer the mixture to a serving bowl or individual ramekins and let cool to room temperature. Refrigerate and serve cold.

MAKES 1 PINT

Butternut Squash Pudding with Agar-Agar

1 cup almond milk
1 tablespoon agar-agar
1 cup pureed butternut squash (steamed, peeled, and seeded before pureed)
1/4 cup agave nectar and stevia as desired
1 teaspoon pumpkin spice
1 teaspoon vanilla extract
2 tablespoons maple syrup (optional)

In a sauce pot, combine all the ingredients, except the maple syrup, and bring to a boil, whisking occasionally so there are no lumps. Lower the heat and simmer for at least 10–15 minutes to let the agar-agar dissolve completely and thicken properly. Transfer the mixture to a serving bowl or individual ramekins and let cool to room temperature. Refrigerate and serve cold, adding a drizzle of maple syrup if desired.

MAKES 1 PINT

Coconut Ginger Yam Pudding

2 Korean or purple yams
1/2 cup coconut milk
1-inch piece of ginger
1/4 agave nectar and stevia as desired

Preheat the oven to 400°F. Bake the yams for about 45 minutes until very soft. Remove the skins. Combine all the ingredients in a high-speed blender or food processor and blend until the mixture achieves a silky consistency. Serve warm or chilled.

MAKES 1 PINT
Coconut Ginger Yam Pudding
Basic Banana Soft Serve Ice Cream

The trick to making the perfect “soft serve” ice cream is to freeze the bananas ahead of time. Defrosting the bananas until slightly thawed will prevent your food processor from getting a beating. Try this basic recipe with any of the suggested toppings.

2−3 bananas, chopped into 1-inch pieces, frozen and slightly thawed
Stevia as desired

Combine the bananas and the stevia in a food processor until smooth. Serve with the topping of your choice.

MAKES 1 PINT

SUGGESTED TOPPINGS:
- Basic Chocolate Sauce (see page 203)
- 70 percent dark chocolate chips or chunks
- Chopped nuts or seeds

Banana Tahini Ice Cream

2−3 bananas, chopped into 1-inch pieces, frozen and slightly thawed
2 tablespoons raw sesame tahini
Stevia to taste
1 teaspoon vanilla extract

Combine all the ingredients in a food processor until smooth. Serve topped with Basic Chocolate Sauce (see page 203) if desired.

SERVES 4

Coconut Avocado Ice Cream

2 ripe avocados
1 cup raw young coconut
½ cup coconut water
½ cup agave nectar and stevia as desired

Combine all the ingredients in a blender, then process through an ice cream maker. Serve topped with Basic Chocolate Sauce (see page 203) if desired.

MAKES 1 PINT
Basic Banana Soft Serve Ice Cream
Kabocha Squash Ice Cream

2 cups coconut milk, chilled
2 cups kabocha squash puree
¾ cup agave nectar and stevia as desired
1 tablespoon pure vanilla extract
1 tablespoon maple extract
2 tablespoons Pumpkin Pie Spice (see page 60)
½ teaspoon salt

Combine all the ingredients in a blender, then process through an ice cream maker. Serve topped with Basic Chocolate Sauce (see page 203) if desired.

MAKES 1 QUART

Chocolate Beet Cupcakes

1 cup millet flour
½ cup cocoa powder
Pinch of salt
3 medium roasted beets, chopped
½ cup agave nectar
10–15 drops liquid stevia as desired
1 tablespoon vanilla extract
1 tablespoon orange zest
1½ teaspoons baking soda
2 teaspoons raw apple cider vinegar

Preheat the oven to 350°F. Line each cup of a muffin tin with paper liners. Whisk together the flour, cocoa powder, and salt.

Puree the beets in a high-speed blender with the agave nectar, stevia, vanilla, and orange zest. You will have to scrape down the sides to facilitate blending. Add more stevia if the beet puree is not sweet enough. Transfer puree to a mixing bowl.

Stir the flour mixture into the beet puree, mixing until incorporated. In a small bowl, stir the baking soda and vinegar together and add the mixture to batter.

Divide the batter evenly among the lined cups, up to ¾ full. Bake for 30–40 minutes, or until a skewer comes up clean after piercing the center of a cupcake. Transfer the tin to a wire rack to cool completely before removing cupcakes.

MAKES 8 CUPCAKES
Chocolate Beet Cupcakes
YOUR DETOX FUTURE

Show me your palm so I can read your detox future. Are you going to be a cleansing success story who sheds the standard Western diet like old skin to find a regenerated being underneath? Or are you doomed to slog through a painful detox, feeling neither here nor there about your body or your mind?

Okay, I confess, I can’t actually tell by looking at your palm, but I can tell by knowing your worldview—the fundamental perspective you bring to every single decision, action, and interaction in your life. It is rooted deep in the layers of your subconscious and unconscious from years of social conditioning. In the modern age, it takes vision to cultivate a life-generating worldview.

For example, if you think nothing of tossing a piece of garbage on the street rather than in the garbage can, chances are, deep down, you feel pretty disconnected from the world of life around you. Or if you think of detoxing as merely a regimen for your weight-loss goals, you probably think of your body as a burden, something to take into the shop now and again for a tune-up, not as an extraordinary living organism to be honored every day. You can know intellectually that certain things are good or bad for you, but if you don’t cultivate a worldview that supports them, knowing them won’t do you much good. Until you stand up for yourself and make a conscious decision to live for your highest good, you will travel the same old paths that have led you astray before. Until you appreciate the power of true cellular health, and its profound implications for you in the context of your life at large, you will probably just “detox to retox,” forever caught in a cycle of overindulging and fasting.

That’s why the first step to proper detoxing is to review your values, which are at the root of all that you are and do. Ask yourself, do your values support or undermine a life-affirming worldview, one that respects the world as one great, interconnected, living, breathing organism? Take the time to honestly evaluate what you are made of—literally and figuratively—and begin
to draw the connections between your choices, your actions, and your experiences. Clearing the clutter, drawing connections, and getting to the heart of your deepest desires for life here on earth is what detoxing is all about.

THE DETOX BEATITUDES

The term beatitude comes from the Latin word beatus, or blessed, and is best known in the context of the teachings from the Sermon on the Mount. I like to think of the beatitudes as three essential attitudes for spiritual growth: love, praise, and gratitude. When we hold these attitudes, even just one of them, for a long enough period, we can take great positive leaps out of our old self-defeating patterns and into new life-affirming experiences.

Similarly, I find there are three “detox attitudes” that will get you far on the cleansing path: reverence for life, self-discipline, and creativity. The first attitude, reverence for life, is the most fundamental to the detox ethos. If we truly appreciate Mother Nature in her all-encompassing glory—in her every micro and macro incarnation—we cannot help but live in a state of perpetual wonder at the energetic flowering of life all around and within us. In this state of wonder, or reverence, we have no desire to take more than we need; rather, we bring a gentle touch to everything we do, and we learn to honor our bodies as we would honor any living creature under the sun. Narrow-minded vanity (“If only I could lose weight and look great in these jeans!”) gives way to far loftier and, quite frankly, more effective goals (“I wish to feel balanced and whole again, so I may radiate positive energy wherever I go.”). We would look upon the human body with compassion and reverence, not as an object to be constantly judged or deemed defective.

Here’s how the first detox beatitude might read: Blessed are the reverent for life, for they will receive knowledge of Natural Law and grow ever more beautiful and joyous.

Next is the attitude of self-discipline. Self-discipline is essential because we live in a culture of excess and separation consciousness. When you begin to detox, it’s common to feel the strong tug and resistance of these forces, for they are set deep within the collective modern consciousness. How we respond to them depends largely on self-discipline. If reverence for life is your off-roading vehicle on your detox journey, you can think of self-discipline as its four-wheel drive, the ability to power through the rocky
moments of cultural resistance and self-doubt. Self-discipline requires both stamina and strength of personal conviction. It’s great to glean knowledge and inspiration from other guiding lights, but we must learn to rely on our own inner compass.

Ralph Waldo Emerson, an icon of self-reliance, wrote, “Do not go where the path may lead. Go instead where there is no path and leave a trail.” We’re so conditioned to stay within our cultural comfort zones, our culture’s charted paths, that we become blinkered from greater worlds of possibility. Personally, I delight in finding my bliss outside the mainstream, in trusting my own inner compass above the one my culture provides. Self-reliant, self-disciplined people tend to demand more of themselves, but for good reason.

Here’s how this beatitude might read: Blessed are the self-disciplined, for they shall live to see their own evolution.

Finally, we have the attitude of creativity. It’s the most fun attitude—the “I can innovate at any given moment” attitude; the “I’m gonna find a way even if it hasn’t been done before” attitude. It’s the attitude that keeps recharging you with inspiration and achievement. It fuels your self-discipline with joy and fires up your reverence for life with inspiration.

Here’s how this beatitude might read: Blessed are the creative, for theirs is an ever-growing kingdom of innovation, inspiration, and joy.

When you hold these detox beatitudes—reverence for life, self-discipline, and creativity—you generate a whole new relationship with food and your body. Peer pressure will cease to assert any power over you. You will be free and clear of mind and body to live your dreams. With all that life force energy coursing through you, nothing and nobody will stand in your way.

— NATALIA
ACKNOWLEDGMENTS
(aka Love, Praise, and Gratitude Soup)

A recipe is only as good as its ingredients, and a life is only as good as the people you share it with. I have many people in my life to thank for making it positively delicious.

It’s not often you get to collaborate with the people you love on a dream project. I’ve had that rare and wonderful experience putting this book together. Chef Doris Choi, my coauthor, also happens to be one of my best friends. Spending hours, days, and weeks working side by side with her could hardly be called “work.” Doris is a genius—an innovator and artist of the highest caliber. I am honored to share this book with her and delighted that everyone can now benefit from her talent. While I may share the credit on the cover, the recipes and culinary innovations are all Doris’s.

While only two names appear on the book cover, there is another who has worked passionately and tirelessly at our sides to develop every aspect of this book: Ana Ladd-Griffin. If it were not for Ana’s indefatigable, loving dedication to this book and to DetoxTheWorld at large, I don’t see how any of it could have been possible. Ana’s input, recipe suggestions, organization, and inspired ideas are woven throughout the entire book. I should also note that Ana had to work with Doris and me while we were both pregnant—’nough said!

Anna Bliss, my brilliant editor, has been at my side since the launch of The Raw Food Detox Diet in 2005. It would be impossible to overstate how valuable she has been to me since then. Not only does she warrant the highest distinction as an editor, but she is also a solid-gold human being.

Effusive thanks to our photographer, Adrian Mueller, who swiftly and skillfully captured the quality, taste, and texture of the food. I think I’ll just let his gorgeous photographs say it all.

Thank you to Mary Norris and the wonderful team at Skirt! for sharing our vision and helping us bring it to fruition.

Thank you to visionary chef Matthew Kenney, for his gracious foreword and for being such a huge inspiration to me (and so many others). His
innovations taught us that gourmet cuisine and higher consciousness can indeed share the same plate.

Above all, I thank my heart-and-soul mate—my husband, Lawrence. Despite his remarkable and demanding career, he remains an ever-ready, heroic father to our children, enabling me to have a loving, happy family and a fulfilling life of creativity and balance. Lawrence, in your love and support, I find the most rarefied, essential nourishment of all.

—NATALIA

I was fortunate to meet Natalia at a rare point in my life when I was open to change. Had I met her earlier, I would have been intimidated by her “warrior” ways and missed out on not only this “detox revolution” but also her enormous gift of friendship. I am only one among many who have been blessed to have found her.

Among all of Natalia’s wonderful gifts is a jewel named Anna. Anna Bliss, the editor, should get a medal for her patience and dedication to this book; she is a trouper, especially working alongside two obviously pregnant authors, one of whom suffered from “pregnancy brain” and was in dire need of her expertise. Thank you, Anna, for guiding this novice author.

Ana Ladd-Griffin, the pillar behind DetoxTheWorld, was able to weave both our voices into one, making this book a force to be reckoned with. Her contribution was invaluable, her patience godly, and her support endless.

To my husband, Niall, thank you for eating enormous amounts of kale before I learned to make it palatable and, more importantly, for teaching me to always take the scenic route.

—DORIS
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ABOUT THE AUTHORS

Natalia Rose, a graduate of New York University, is a clinical nutritionist. In her private Manhattan practice, Rose works with some of the world’s most body-conscious men and women, including models, actors, and media personalities. She has served as the nutrition director for the Frederic Fekkai Spa and Elizabeth Arden Red Door Landmark Spa. Rose has been featured on NBC, FOX News, MSNBC, The View, and NPR and in publications such as the New York Times, USA TODAY, Women’s World, Yoga Journal, Hamptons Magazine, and Psychology Today. She is also a Living/Health blogger for the Huffington Post. She lives in New York City with her husband and three children.

Doris Choi is a private chef and caterer with more than fifteen years of experience in the restaurant/service industry. She has owned, managed, and operated highly successful bars, nightclubs, cafes, restaurants, and catering companies throughout New York City. Doris merged her extensive classical culinary training with what she discovered about food combinations, “quick exit” fare, and the cornucopia of fresh, natural flavors from the garden to create hundreds of recipes à la Natalia Rose’s dietary principles. Soon after, Doris presented her creations to Natalia—and their Detox Delivers service was born!

Smart, beautiful, and dynamic, Natalia Rose and Doris Choi literally embody the fruits of their work. As a certified nutritionist, Rose can back up her progressive dietary principles with science and substance; as a classically trained chef, Choi brings rare knowledge and skill to her culinary creations. Rose and Choi are tapped into the fashionable epicenter of New York City, where they serve a devoted and ever-growing clientele. These brilliant gourmands bring passion and personal flair to all that they do.
The essential kitchen companion for today's detox dieters and enlightened home cooks, from two leading lights in the alternative health community.

"The fusion of health and culinary art is what makes The Fresh Energy Cookbook so incredible . . . innovative, practical, easy, and delicious."

—CHEF MATTHEW KENNEY, FOUNDER OF MATTHEW KENNEY KITCHEN AND AUTHOR OF RAW FOOD/REAL WORLD

"As a businesswoman, philanthropist, and TV personality, I always need to look and feel my best in the spotlight. And as a mother, I want to be the best caregiver I can possibly be. Natalia Rose's peerless knowledge on this subject has inspired me to make real changes in my life—both in what I eat and how I eat it. I have, in many ways, been transformed by her guidance."

—JEFFREY SACHS, SPECIAL ADVISOR TO THE SECRETARY GENERAL OF THE UNITED NATIONS

"Natalia Rose helped pioneer the practice of detox dining, her principles for cleansing and revitalizing the body with living foods and proper food combi-

nation caught the attention of Doris Choi, personal chef and caterer to New York's cognoscenti—and inspired a whole new culinary approach. Rose and Choi teamed up to create a detox culinary institute and food-delivery service for clients nationwide.

Now with The Fresh Energy Cookbook, they unveil nearly two hundred of Chef Doris's most coveted recipes, drawing from a range of ethnic flavors, and idea for dinner and home cooks of all stripes. Lusciously compel and gorgeously photographed, it covers essential ingredients, prep skills, pantry items, and recipes for everything from juices and smoothies to warm hearty soups, satisfying entrees, and guiltless desserts—all delicious and stunningly simple to prepare. In addition to the many delightful vegans and macrobiotics are dozens of delectable dishes featuring savory cheeses, fresh fish, and turkey, and nearly two hundred of Chef Doris's most coveted recipes, drawing from a range of ethnic flavors, and idea for dinner and home cooks of all stripes. Lusciously compel and gorgeously photographed, it covers essential ingredients, prep skills, pantry items, and recipes for everything from juices and smoothies to warm hearty soups, satisfying entrees, and guiltless desserts—all delicious and stunningly simple to prepare. In addition to the many delightful vegans and macrobiotics are dozens of delectable dishes featuring savory cheeses, fresh fish, and turkey. Also included are simple to prepare. In addition to the many delightful vegans and macrobiotics are dozens of delectable dishes featuring savory cheeses, fresh fish, and turkey. Also included are simple to prepare. In addition to the many delightful vegans and macrobiotics are dozens of delectable dishes featuring savory cheeses, fresh fish, and turkey. Also included are simple to prepare. In addition to the many delightful vegans and macrobiotics are dozens of delectable dishes featuring savory cheeses, fresh fish, and turkey. Also included are simple to prepare. In addition to the many delightful vegans and macrobiotics are dozens of delectable dishes featuring savory cheeses, fresh fish, and turkey. Also included are simple to prepare. In addition to the many delightful vegans and macrobiotics are dozens of delectable dishes featuring savory cheeses, fresh fish, and turkey. Also included are simple to prepare. In addition to the many delightful vegans and macrobiotics are dozens of delectable dishes featuring savory cheeses, fresh fish, and turkey. Also included are simple to prepare. In addition to the many delightful vegans and macrobiotics are dozens of delectable dishes featuring savory cheeses, fresh fish, and turkey.
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Natalia Rose is the founder of DetoxTheWorld.com, and the author of The Raw Food Detox Diet, The Fresh Energy Cookbook, and Detox: 4 Women. In her private Manhattan practice, Rose works with some of the world’s most body-conscious men and women, including models, actors, and media personalities. She has served as the nutrition director for the Dr. Mehmet Oz Show and Elizabeth Arden Red Door Landmark Spa. She lives in New York City with her husband and three children. Doris Choi is a private chef and caterer with more than fifteen years of experience in the restaurant and service industry. She has owned, managed, and operated highly successful restaurants, cafes, hotels, and catering companies throughout New York City. Doris merged her extensive classical culinary training with Natalia Rose’s dietary principles to create Rose’s Program, a culinary institute and detox delivery service throughout the United States. Natalia Rose’s and Doris Choi’s innovative recipes combined with Natalia Rose’s wealth of information capture both the flavor and the creativity that often elude health-oriented cookbooks. In a world where genetic engineering seems to be unavoidable on our plates, this book’s holistic approach to food guides us to a healthier and tastier future.

As a businesswoman, philanthropist, and TV personality, I always need to look and feel my best in the spotlight. As a mother, I want to be the best caregiver I can possibly be. Natalia Rose’s peerless guidance has made it all possible. Now, with The Fresh Energy Cookbook, it’s easier than ever to incorporate clean, nutritious meals into my busy lifestyle.

“Doris Choi’s innovative recipes combined with Natalia Rose’s wealth of information capture both the flavor and the creativity that often elude health-oriented cookbooks. In a world where genetic engineering seems to be unavoidable on our plates, this book’s holistic approach to food guides us to a healthier and tastier future.”

—Cornelia Guest, author of Corinella’s Simple Pleasures

“This is clean and simple. The recipes use only foods as nature intended us to, every day. You will love that book’s remarkable range of unforgettable recipes. To your good health and great enjoyment!”

—Chef Pierre Thiam, owner of Pierre Thiam’s Catering and Author of Yolele! Recipes from the Heart of Senegal

“Natalia Rose changed my life. She steered me through the many ups and downs of weight loss by teaching me that it’s really about health and well-being. The delicious recipes that she and Chef Doris have created make this journey effortless and, most importantly, fun.”

—Denise Mari, star of The Real Housewives of New York City

Now, with The Fresh Energy Cookbook, you can easily adapt Chef Doris Choi’s most coveted recipes, drawn from a range of ethnic flavors, and ideal for diners and home cooks of all stripes. Livelier, more vibrant, and gorgeously photographed, it covers essential ingredients, prep skills, pantry items, and recipes for everything from juices and smoothies to warm savory salads, satisfying entrees, and guiltless desserts—all delicious and stunningly simple to prepare. In addition to the many delicious vegan and vegetarian dishes, Rose and Choi reveal secrets for removing unhealthy fats and sugars, foods rich, and greatly ordered the world of detoxing. Contrary to popular opinion, true detoxing is not about sipping lemon water and starving oneself for weeks at a time; it’s about eating clean, living foods as nature intended us to, every day.

“The fusion of health and culinary art is what makes The Fresh Energy Cookbook so incredible... innovative, practical, easy, and delicious.”

—Chef Matthew Kenney, founder of Matthew Kenney Cuisine and author of Raw Foods/Real World

“Doris Choi has charmed the palates of world leaders with her inventive cuisine, which always excites, delights, and satisfies. Each course is an adventure, carried out with wit, insight, and joy. You will love this book. It’s all about food that is clean and simple. The recipes use only foods as nature intended us to, every day. You will love that book’s remarkable range of unforgettable recipes. To your good health and great enjoyment!”

—Sonja TreMont-Morgan, star of The Real Housewives of New York City and founder of Sonja in the City and Sonja Home

Now with The Fresh Energy Cookbook, it’s easier than ever to incorporate clean, nutritious meals into your busy lifestyle. Do not hallucinate.
The essential kitchen companion for today’s detox dieters and enlightened home cooks, from two leading lights in the alternative health community.

“As a businesswoman, philanthropist, and TV personality, I always need to look and feel my best in the spotlight. And as a mother, I want to be the best caregiver I can possibly be. Natalia Rose’s peerless guidance has made it all possible. Now, with The Fresh Energy Cookbook, it’s easier than ever to incorporate clean, nutritious meals into my busy lifestyle.”

—SONJA TREMONT-MORGAN, STAR OF THE REAL HOUSEWIVES OF NEW YORK CITY AND FOUNDER OF SONJA IN THE CITY AND SONJA HOME, INNOVATIVE LIVING

“Doris Choi’s innovative recipes combined with Natalia Rose’s wealth of information capture both the flavor and the creativity that often elude health-oriented cookbooks. In a world where genetic engineering seems to be unavoidable on our plates, this book’s holistic approach to food shows us the way to a healthier and tastier future.”

—CHEF PIERRE THIAM, OWNER OF PIERRE THIAM CATERING AND AUTHOR OF YOLE! RECIPES FROM THE HEART OF SENEGAL

“Natalia Rose changed my life. She steered me through the many ups and downs of weight loss by teaching me that it’s really about health and well-being. The delicious recipes that she and Chef Doris have created make this journey effortless and, most importantly, fun.”

—CORNELIA GUEST, AUTHOR OF CORNELIA GUEST’S SIMPLE PLEASURES

“Chef Doris Choi is a private chef and career woman with more than fifteen years of experience in the restaurant and service industry. She has owned, managed, and operated highly successful restaurants, cafes, catering companies, and food delivery services for clients nationwide. Now with The Fresh Energy Cookbook, she unveiling nearly two hundred of Chef Doris’ most coveted recipes, drawn from a range of ethnic flavors, and ideal for dinner and home cooks of all stripes. Liveliness, uncomplicated and gorgeously photograped, it covers essential Donna’s, poppy seed, pinky Turkey, and recipes for everything from juices and smoothies to warm savory salads, satisfying soups, and guiltless desserts—all delicious and stunningly simple to prepare. In addition to the many delicious vegetables and soups, there are dozens of mouthwatering dishes featuring savory cheeses, fresh fish, and gently cooked grains. Opposite popular opinion, true detoxing is not about sipping lemon water and starving oneself for weeks at a time; it’s about enjoying clean, living foods as nature intended us, every day.”

—CAPTAIN CASSANDRA S. MORGAN, COMMANDER, USN (RET), CAPTAIN, UNITED STATES MARINE CORPS, NATIONAL COMMANDER, NAVAL ORDER OF THE MISTLETOE, NAVY WOMEN’S ASSOCIATION, ARMY TIMES, BALTIMORE SUN, TV host, and author of The Marine’s Kitchen: Dining with the Military’s Finest

Detox Recipes to Supercharge Your Life

NATALIA ROSE & DORIS CHOI

The FRESH ENERGY COOKBOOK

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