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Dear beloved friends,

First and foremost, thank you for purchasing my guide to tonsil stones. In return, I will share with you all my knowledge on tonsil stones acquired through my years of experience and research. This is basically a story on how I managed to free myself from the clutches of tonsil stones without any painful or invasive medical procedures. I’ve discovered a way to naturally eliminate tonsil stones and prevent them from reoccurring. And upon my discovery, I have since helped thousands of tonsil stones sufferers from around the world to banish their tonsil stones forever.

I know exactly what brought you here today. I know how it feels to just accept that you have tonsil stones and go through life without any hope of relief. I remember thinking to myself, “Just accept this Diane. Everyone’s got their cross to bear, and yours is tonsil stones.”

This guide, however, will make sure that you will be granted relief. I will take you by the hand and show you the exact steps you need to permanently eliminate your tonsil stones FOREVER!

So congratulations! You’ve taken that first step on your road to freedom. Tonsil stones will soon be nothing more than a bad memory,

Best Regards,

Diane Puttman
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What Are Tonsil Stones?

A tonsil stone, sometimes referred to as a tonsillolith, tonsillar debris or calculus of the tonsil, is a piece or a cluster of calcareous matter that develops in the back of the mouth in the tonsillar crypts of the tonsils or on the roof of the mouth.

Protruding tonsil stones have the feeling of a foreign object lodged in the back of the throat. They may be a very uncomfortable nuisance but aren’t harmful.

Tonsils are filled with crevices where bacteria and other materials such as dead cells and mucous can become trapped. When this occurs, the debris can develop into infections that occur in the pockets.

Tonsil stones are formed when this trapped debris combines and hardens or calcifies.

This occurs most often in people who suffer from chronic inflammation in their tonsils or repeated bouts of tonsillitis. These calculi are composed of calcium salts such as hydroxyapatite, calcium carbonate apatite, oxalates and other magnesium salts containing ammonium radicals.

They often appear as white or yellowish in color and are irregularly shaped and foul smelling. They can cause extreme halitosis (bad breath). Most sufferers who go to their doctor are concerned with the symptoms of bad breath.
Tonsil stones are substances which are white/yellow in color with a foul smell. These stones are made up of bacteria and mucus which gets stored at the back of your throat. These stones appear in the tonsil crypts. Tonsil crypts are small pockets/cavities which are present in everyone's tonsils.

The debris contains mucus, which is collected in the tonsil crypts from post nasal drip through the throat. The anaerobic bacteria produce the debris with the tonsil stones, which includes the most volatile sulfur compounds. The sulfur compounds may cause chronic Halitosis. Bad breath and taste disorders are the symptoms of it.

The tonsil stones do not do much physical harm, and sporadic coughing doesn't mean that there is something wrong with you. However, they make you restless. Nobody wants to cough frequently, which embarrasses you in society. Sometimes they are the main cause of your bad breath.

If you have ever come across an open tonsil stone, then you know that the smell is terrible!

The combination of bacteria, and post nasal drip along with volatile sulfur compounds is responsible for creating the foul smell in the area of the tonsils. Tonsil stones can form in those who have not had their tonsils removed by surgery or any other way. However, it does not mean that one should run out and get the tonsils removed! Tonsils are very important for the total health and immune system.
What Are The Symptoms Of Tonsil Stones?

Tonsil stones occur more frequently in adults than in children and younger children don’t exhibit any noticeable symptoms.

Even when they are large, some tonsil stones are only discovered incidentally on X-ray or CT Scans. However, when they are left untreated they’ll begin to cause very unpleasant symptoms.

Bad Breath

One of the prime indicators of a tonsil stone is exceedingly bad breath, or halitosis, that accompanies a tonsil infection. One study of patients with a form of chronic tonsillitis used a special test to see if volatile sulfur compounds were contained in the subjects' breath. The presence of these foul-smelling compounds provides evidence of bad breath. The researchers found that 75% of the people who had abnormally high concentrations of these compounds also had tonsil stones. Other researchers have suggested that tonsil stones be considered in situations when the cause of bad breath is in question.
White Debris

Some tonsil stones are visible in the back of the throat as a lump of solid white material. This is not always the case. Often they are hidden in the folds of the tonsils. In these instances, they may only be detectable with the help of non-invasive scanning techniques, such as CT scans or magnetic resonance imaging.

How do you get tonsil stones?

Tonsil stones is formed because of various different reasons. You should know that tonsil stones are quite common. There are many people who are struggling against bad breath and tonsil stones.

First of all, let us see what the tonsil stones are. The tonsil stones are off white to yellow in color, curd-like balls which form in the tonsils. The tonsil stones are made up of calcium, dead cells, sulfur, food particles and post nasal drip. They may cause a sore throat and can make swallowing difficult.

Worst of all, the stones can cause foul smelling or bad breath. Both adults as well as children can get tonsil stones, but they are most common in adults. Some people get the stones, but others may not. Each and every individual is different. As we can see, some are tall and some are short; some people have tiny eyes and some have larger, very prominent eyes.

This applies to everyone's tonsils too.

If yellowish balls are formed in someone’s tonsil crypts, that doesn’t necessarily mean that their oral hygiene is to blame.

He may have problems with an overactive salivary gland or have an excess of oral bacteria due to some other reason. Experts state that each day, every individual's tonsils shed oral mucosa which can be also termed as dead cells. This is the stuff which lines the crypts of the tonsils.
After that, in some cases people swallow the dead cells. These dead cells, along with bacteria and other fluid buildup, can turn into the white yellowish balls in the tonsil crypts.

If anyone is prone to tonsil stones, it simply implies that they need to take extra care in their regular oral hygiene. It is necessary to brush and floss along with gargling using non-alcoholic mouthwash daily. The addition of saltwater in your regular oral hygiene routine may help you to reduce the buildup of debris in your tonsil crypts. Although tonsils are glands of lymphatic system; they also have a connection with the digestive system and the respiratory system. Thus, they are a very important organ for all the three systems.

The Lymphatic system is the backbone of the immune system in our body. The lymph fluid is an essential fluid next to blood in our body.

It is flowing through the entire body and collects the harmful and waste substances from cells and tissues. Along with the collection of waste material, it also produces antibodies to destroy the harmful organisms. While flowing through the body it collects the junk at specific distances where there are clusters of lymph tissues formed called lymph nodes. These lymph nodes filter the lymph fluid brought to them and destroy the bacteria present in it.

If due to some reason the lymph nodes are not able to destroy and clear the harmful substances, it gets dumped in the cavities of the lymph nodes. As this garbage gets accumulated more and more, it starts forming hard substances like stone and we get the tonsil stones.
HOW TO REMOVE YOUR TONSIL STONES

Step-By-Step How to Remove Tonsil Stones

A medical practitioner may recommend removal of the tonsils by surgery, which is also known as Tonsillectomy.

Tonsillectomy is recommended in the following conditions:

- Tonsils appearing red and swollen for a long period.
- Discomfort while breathing due to swollen tonsils.
- Irritation in the throat while swallowing food
- Recurrent infection in the tonsils
- Recurrence of related problems like fever, throat infections etc.

This is a minor surgery and hardly takes 25-30 minutes to remove the tonsils.

There are two types of treatments available for tonsil stones, such as, natural/self-treatment and/or surgical treatment. Usually tonsil stones are not harmful except for the bad breath and almost all of the natural/self-treatments have been found to be equally effective in the removal of tonsil stones, depending on the size of the stones.
PREVENTING YOUR TONSIL STONES FROM REOCCURRING

This section is an interesting one.

I have received hundreds of emails and letters in regard to the next simple “secret” to preventing your tonsil stones from recurring.

Why?

Because it is so simple!

People think that it cannot possibly work because it is one simple step that gets rid of tonsil stones and bad breath forever.

The problem lies however, in the action. Like anything to do with your health the information isn’t the important bit. It is the ACTION!

85% of people who wrote in to tell me how this possibly couldn’t (or wouldn’t) work hadn’t even tried it!

So for all of you that think it is too simple I have now added a whole section on other methods for you to try.

For those of you wanting to get rid of your tonsil stones for good. Try this next tip over the next week and let me know your results.
Acupressure

It is an ancient therapy used in Asian countries since long ago. Most of the acupressure points are present on palm. Points are also on the feet, face and other body parts too. We will see in detail about those points.

But even if you press your palms, including fingers, together for a while (two to three minutes) everyday, automatically the points will get pressed and it gives relief to you in general.

These points are also known as "acupressure points" or "pressure points." Let us see how these points help us in early diagnose for curing throat disorders.

Here we will specifically consider the points related to respiratory disorders. One thing must be kept in mind while applying pressure on these points.
Here are the sample of extensive information you will discover as you adopt a full “Banish Tonsil Stones” System:

**Banish Tonsil Stones**

**Table of Content**

- Thank You Page 5
- Medical Disclaimer Page 6
- Introduction Page 7
- Background Information on Tonsil Stones Page 8
- What Are Tonsils? Page 8
- What Are Tonsil Stones? Page 13
- Tonsilloliths Page 16
- Treatments for Tonsillitis Page 18
- Treatments for Tonsilloliths Page 19
- What Are The Causes of Tonsil Stones? Page 20
- What Are The Symptoms Of Tonsil Stones? Page 22
  - Bad breath Page 23
  - White Debris Page 23
  - Sore Throat Page 24
  - Difficulty Swallowing Page 24
  - Ear Pain Page 25
  - Tonsil Swelling Page 25
- How do you get tonsil stones? Page 26
- Post nasal drip Page 28
- HOW TO REMOVE YOUR TONSIL STONES Page 32
- Step-By-Step How to Remove Tonsil Stones Page 32
  - Method One: Removing Tonsil Stones Page 36
    - With Bobby-Pin or Q-Tip
  - Oral Irrigator Page 39
- Gargling  
- Safety Tips  
- Preventing Your Tonsil Stones From Reoccurring  
- A Note From Diane  
- Stop Tonsil Stones from Reoccurring  
- Acupressure  
- Auto Urine Therapy  
- Massage Therapy  
- Fasting therapy  
- Color therapy  
- Lymph drainage therapy  
- Juices and diet beneficial for tonsil stones  
- Aromatherapy  
- Shiatsu  
- Reiki  
- HOW TO GET RID OF MUCUS  
- Garlic  
- Ginger  
- Turmeric  
- Goldenseal  
- Cinnamon  
- Fenugreek  
- Umcka  
- Cayenne  
- Honey  
- Massage Vapor  
- Nasal sprays  
- Cabbage steam inhalation  
- Steam bath  
- Vitamin C
- Basil
- PRECAUTIONS
- Tonsil Infection
- Preventing tonsil stones
- Mudra (hand positions)
- SHUNYA MUDRA
- LINGA MUDRA
- APAN MUDRA
- Magneto therapy
- Pranayama (Breathing exercises)
- Yoga for tonsils
- Note on Dairies
- Gargling Solutions
- General Oral Hygiene
- White spot on tonsils
- SUMMARY
- Recommended Foods:

And So Much More You Can learn

To get all of the steps of how to get rid of your tonsil stones problems, go to http://banishtonsilstones.com your full copy of ‘Banish Tonsil Stones” today.
Acid Alkaline Food Chart & Alkalizing Recipes

45 delicious recipes
Including Salads, Soups & Entrees
# Table of Contents

- **Foreword** .............................................................. Page 1  
- **Acid Alkaline Foods List** ........................................ Page 3  
- **Salads** ................................................................ Page 9  
- **Dressings** ............................................................. Page 14  
- **Soups** .................................................................. Page 15  
- **Entrees** .................................................................. Page 17
Acidification in the body comes as a result of THREE primary things:

1. Eating too many acidifying foods which create an acid ash in your body. This is where proper diet comes in. By eating a diet of 80% alkalizing foods, you’ll eliminate the production of excess acid in your body.

2. Microforms like bacteria, yeasts and fungi create acidic toxins in your body. Not only that, but they proliferate in an acidic body. So, not only do they “show-up” in an acidic body, they also pollute and further acidify your body. For this reason, it is important to cleanse & detoxify your body in order to jumpstart the process of balancing your pH.

3. You lack proper alkaline buffers such as certain minerals that neutralize acids. By increasing your intake of alkaline-mineral rich water and alkaline supplements, you will replenish your body’s capacity to neutralize excess acids.
ACIDIC & ALKALIZING FOODS

For the purposes of identifying the acid or alkaline potential of foods, we have divided the following list into three basic categories - alkalizing, slightly acidifying, and very acidifying. Even within a single category, however, not all foods are uniformly alkalizing, acidifying, or acid.

The classification used here presents foods in a three-column chart. Alkaline foods (vegetables) are divided into very alkalizing, acid but alkalizing, and slightly alkalizing. "Acid but alkalizing" foods are those which are acid by nature because they contain weak acids such as citric acid. However, these acids are easily exhausted in your body, converting to carbon dioxide and water during digestion. They are rich in alkaline minerals, and thus have an alkalizing effect on the body.

Fruits are classified as alkalizing, acid but alkalizing, and slightly acidifying. Since most fruits are high in sugar, they fit into the slightly acidifying category. If you are very acidic, it is best to avoid high sugar fruit altogether, or limit your intake to a serving per day. Once your pH becomes balanced, you can eat them in moderation.

Dairy products are classified as alkalizing, slightly alkalizing or acidifying. Some refute the fact that dairy products can be alkalizing. This is because they contain lactic acid, which is a weak acid.

While it is considered weak, it does contribute to a low oxygen environment and fatigue. The lactic acid in dairy products is produced by bacteria that feed on the sugar (lactose) in it. However, milk contains large amounts of alkaline minerals including calcium, magnesium, and potassium. It also contains phosphorous, which is necessary for calcium utilization. When one of these alkaline minerals, like calcium for example, binds with lactic acid, a neutral salt called calcium lactate is produced. Thus, while milk contains lactic acid, it also contains the minerals required to buffer it... and then some. The fresher the product is, the less amount of lactic acid it will contain, and the more alkalizing it will be.

Grains and breads are classified as alkalizing, slightly acidifying and acidifying. Most grains are slightly acidifying. When mixed with vegetables, however, they make for a great alkalizing meal. Meats and fish are classified as slightly acidifying, acidifying, and very acidifying. Some meats, of course are more acid producing than others. As a rule, these foods should be avoided until your body gets back into balance.

In order to maintain proper pH, you should eat them in moderation. The classification on these charts can serve as a useful guide for taking the first steps towards developing a healthier pH balanced diet and lifestyle.

Tip! While eating a healthy diet plays a fundamental role in the process of pH balancing, there are a few things you can do to get a jumpstart:
1. Cleanse your body (colon, lymph, liver, kidneys).
2. Hydrate! Drink PLENTY of water... Especially alkaline water.
3. Supplement your diet with alkalizing nutritional supplements.
Try to eat 80% (or more) alkalizing foods and 20% (or less) acidifying foods

**Note:** *"Acid but Alkalizing" foods are weak acid foods that contain weak acids. While their pH is acidic, these foods have an alkalizing effect in your body. This is because the weak acids (ie. citric acid) convert to water and carbon dioxide in your body. The carbon dioxide is expelled through your breath.*

### VEGETABLES

#### VERY ALKALIZING

- avocado
- beet greens
- broccoli
- Brussels sprouts
- carrots
- celery stalks
- chives
- corn
- cucumber
- edible gourds
- fennel
- garlic
- grasses (ie wheatgrass)
- green beans
- green cabbage
- leeks
- peas
- peppers
- potato
- radish
- red beets
- red cabbage
- rhubarb
- salad greens
- spinach
- squash
- sweet potatoes
- turnips
- watercress
- yellow beans
- Zucchini

* ACID BUT ALKALIZING

- Sour Pickles
- Tomato

#### SLIGHTLY ALKALIZING

- artichokes
- brussels sprouts
- cauliflower
- lettuce
- onion
- peas

### DRIED FRUITS

#### SLIGHTLY ALKALIZING

- apricots
- bananas
- dates
- raisins

#### SLIGHTLY ACIDIFYING

- apples
- figs
- mangos
- peaches
- pears
- pineapple
- prunes
- dates
- raisins
## Acidic & Alkaline Foods

### Beans & Legumes

#### Alkalizing

- navy beans
- soy beans
- soynuts
- soy sprouts
- white beans

#### Slightly Alkalizing

- tofu
- lentils
- mung beans
- dried peas
- kidney beans

#### Slightly Alkalizing

- chickpeas (garbanzo beans)
- red beans

### Fresh Fruits

#### Slightly Alkalizing

- coconut
- sour cherries
- watermelon

* bananas - the riper they get, the more acidifying they become

#### Acid But Alkalizing

- grapefruit
- lemons
- limes

#### Slightly Acidifying

- apples
- apricots
- blueberries
- cantaloupe
- cranberries
- dates
- figs
- gooseberries
- grapes
- kiwis
- mangos
- melons
- mulberries
- nectarines
- oranges
- papayas
- peaches
- pears
- pineapples
- plums
- raspberries
- red currant
- strawberries
- sweet cherries
## CEREAL GRAIN AND BREADS

### ALKALIZING
- buckwheat

### SLIGHTLY ACIDIFYING
- barley
- brown rice
- dark bread
- granola
- millet
- oatmeal
- oats
- quinoa
- rye
- spelt
- whole grain crackers
- whole grain pasta

### ACIDIFYING
- cakes
- cookies
- couscous
- dark bread
- commercial cereals
- cookies
- couscous
- crackers - white flour
- millet
- pasta - white flour
- pies
- semolina
- sweetened granola
- wheat
- white bread

ACIDIFYING
- white rice
- yeast bread

Continued on next page.
### DAIRY PRODUCTS

#### ALKALIZING

<table>
<thead>
<tr>
<th>Acidophilus Milk</th>
<th>Fresh Butter</th>
<th>Fresh Cheese</th>
<th>Raw Whole Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana Smoothie</td>
<td>Fresh Butter Milk</td>
<td>Fresh Whey</td>
<td></td>
</tr>
</tbody>
</table>

#### SLIGHTLY ALKALIZING

<table>
<thead>
<tr>
<th>Brie</th>
<th>Slightly Aged Whey</th>
<th>Oatmeal</th>
<th>Whole Grain Pasta</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drained Cheese</td>
<td>Swiss</td>
<td>Oats</td>
<td>Whole-Grain Bread</td>
</tr>
<tr>
<td>Fresh Yogurt</td>
<td>Yogurt Drinks</td>
<td>Quinoa</td>
<td>(Without Yeast)</td>
</tr>
<tr>
<td>Fruit Smoothie</td>
<td>Dark Bread</td>
<td>Rye</td>
<td>Whole-Grain Cereals</td>
</tr>
<tr>
<td>Pasteurized Milk</td>
<td>Granola</td>
<td>Spelt</td>
<td></td>
</tr>
<tr>
<td>Provolone</td>
<td>Millet</td>
<td>Whole Grain Crackers</td>
<td></td>
</tr>
</tbody>
</table>

#### ACIDIFYING

<table>
<thead>
<tr>
<th>Aged Brie</th>
<th>Aged Whey</th>
<th>Cooked Butter</th>
<th>Ultra Pasteurized Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aged Buttermilk</td>
<td>Aged Yogurt</td>
<td>Cream</td>
<td>Kefir</td>
</tr>
<tr>
<td>Aged Cheeses</td>
<td>Chocolate Milk</td>
<td>Dextrogyre Yogurt</td>
<td>Parmesan Cheese</td>
</tr>
</tbody>
</table>

**Note:** Some refute the fact that dairy products can be alkalizing. This is because they contain lactic acid, which is a weak acid. While it is considered weak, it does contribute to a low oxygen environment and fatigue. The lactic acid in dairy products is produced by bacteria that feed on the sugar (lactose) in it. However, milk contains large amounts of alkaline minerals including calcium, magnesium, and potassium. It also contains phosphorous, which is necessary for calcium utilization. When one of these alkaline minerals, like calcium for example, binds with lactic acid, a neutral salt called calcium lactate is produced. Thus, while milk contains lactic acid, it also contains the minerals required to buffer it... and then some. The fresher the product is, the less amount of lactic acid it will contain, and the more alkalizing it will be.
### ACIDIC & ALKALINE FOODS

#### MEAT AND FISH

### SLIGHTLY ACIDIFYING

<table>
<thead>
<tr>
<th>Bass</th>
<th>Oysters</th>
<th>Sole</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flounder</td>
<td>Pike</td>
<td>Trout</td>
</tr>
<tr>
<td>Liver</td>
<td>Salmon</td>
<td>Walleye</td>
</tr>
</tbody>
</table>

### ACIDIFYING

<table>
<thead>
<tr>
<th>Chicken</th>
<th>Halibut</th>
<th>Organ Meats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catfish</td>
<td>Mahi Mahi</td>
<td>Tuna</td>
</tr>
<tr>
<td>Egg Yolk</td>
<td>Mussels</td>
<td>Turkey</td>
</tr>
</tbody>
</table>

### VERY ACIDIFYING

<table>
<thead>
<tr>
<th>Beef</th>
<th>Crab</th>
<th>Lobster</th>
<th>Shrimp</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carp</td>
<td>Herring</td>
<td>Mackerel</td>
<td>Veal</td>
</tr>
<tr>
<td>Cold Cuts</td>
<td>Lamb</td>
<td>Pork</td>
<td>Whole Eggs</td>
</tr>
</tbody>
</table>

#### MISCELLANEOUS FOODS

### ALKALIZING

- Apple Cider Vinegar *
- Cold Pressed Vegetable Oils
- Green Herbs
- Sea Salt
- Stevia
- Table Salt

* Apple cider vinegar is alkalizing because the acetic acid in it is a weak acid, and easily exhausted. The remaining components are alkalizing.

### SLIGHTLY ACIDIFYING

<table>
<thead>
<tr>
<th>Brown Rice Syrup</th>
<th>Vegetable Oils</th>
<th>Pickles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fructose</td>
<td>Honey</td>
<td>Raw Cane Sugar</td>
</tr>
<tr>
<td>Heat Pressed</td>
<td>Maple Syrup</td>
<td>Vinegar</td>
</tr>
</tbody>
</table>

### ACIDIFYING

<table>
<thead>
<tr>
<th>Artificial Sweeteners</th>
<th>Capers</th>
<th>Lard</th>
<th>Mushrooms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown Sugar</td>
<td>Heated Oils</td>
<td>Margarine</td>
<td>Mustard</td>
</tr>
<tr>
<td>Processed Foods</td>
<td>Hydrogenated Oils</td>
<td>Mayonnaise</td>
<td>Mayonnaise</td>
</tr>
<tr>
<td>Canned Foods</td>
<td>Ketchup</td>
<td>Molasses</td>
<td>Pimientos</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>White Sugar</td>
</tr>
</tbody>
</table>
### BEVERAGES

#### ALKALIZING
- almond milk
- fresh lemonade
- fresh vegetable juice
- green tea
- mint tea
- soy milk
- tomato juice
- water with a pH of 7+
  *(from grasses)*

#### SLIGHTLY ACIDIFYING
- filtered water
- green tea
- tap water - depending on how treated

#### ACIDIFYING
- beer
- black tea
- carbonated water
- cocoa
- coffee
- commercial juices
- commercial lemonade
- hot chocolate
- liquor
- sodas
- wine

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**Now for the delicious recipies!**
SALADS

ROMINI SALAD

1 med. Red-Leaf Lettuce
1 med. Romaine Lettuce
2 med. Zucchini, thinly sliced
¾ cup Radishes, sliced
2-3 Green Onions, sliced

DRESSING

¼ cup Flax Seed Oil
2 tbs. Sea Salt
Crushed Garlic clove (to taste)
Pinch of dried Tarragon Leaves

SPICY ASIAN NOODLE SALAD

½ package thin Buckwheat Soba Noodles
½ cup green onion
10 pieces tofu (optional)
1 stalk celery, chopped
½ cup Mung bean sprouts
½ cup red pepper, chopped
½ cup raw almonds, chopped

DRESSING

4 tablespoons sesame oil
2 tablespoons Bragg® Aminos
¼ tablespoon hot chili oil

Cook the noodles, drain, and rinse in cold water. Mix the Sesame oil, Bragg® Aminos, and hot chili oil. Add the dressing to the noodles and toss well. Cover and chill for several hours or overnight. Just prior to serving, stir in the vegetables, and top off with the almonds.
SALADS

CABBAGE PATCH SALAD

2 cups Red Cabbage, thinly sliced  
2 cups Green Cabbage, thinly sliced  
1 Carrot, grated  
1 Red Pepper, slivered  
1 Yellow Pepper, slivered  
1 Green Pepper, slivered  
1 Orange Pepper, slivered  
4 Tbs. Scallions, chopped  
4 Tbs. Parsley, minced  
¼ cup Lemon Juice  
3 Tbs. Water  
1 Tbs. Oil (Extra Virgin Olive, Flax Seed, or Udo’s Choice)  
1-2 tsp. dried Red Chili Pepper  
Dash of Bragg® Liquid Aminos

Combine all ingredients, toss thoroughly, cover & refrigerate at least a half-hour before serving.

TRADITIONAL GREEK SALAD

½ head romaine lettuce  
1 cucumber, diced  
2 tomatoes, diced  
5 scallions, diced  
½ green pepper, diced  
1 cup soy feta cheese

DRESSING

2 tablespoons lime or lemon juice  
1 clove garlic, finely chopped  
1/8 teaspoon pepper  
¼ Teaspoon Sea salt  
½ teaspoon oregano  
1/3 cup olive oil

Wash and cut vegetables. Tear lettuce and place in a large salad bowl. Add cucumbers, tomatoes, scallions, green peppers, and feta cheese. Mix dressing ingredients together and slowly add olive oil. Sprinkle dressing on top of salad.
SALADS

FRESH SPINACH SALAD

1 head Spinach
2 stalks Celery, chopped
½ cup Cauliflower cut in small pieces
6 Radishes, chopped
2 Shallots, chopped (or 1 small Red Onion)
2 Red Peppers, chopped
½ cup chopped Basil
4 Tbs. Pine Nuts

Combine the spinach, celery, cauliflower, radishes, shallots, red peppers, basil, and pine nuts in a large bowl. Toss thoroughly. Top with Essential Dressing.

BROCCOLI SALAD

1 head Broccoli
1 large Red Onion, chopped
1 cup diced Celery
4 chopped Scallions
1/3 cup Flax Oil Dressing or Parsley Dressing

Cut broccoli into small pieces. Mix ingredients and chill for one hour.

SUPER FIESTA SALAD

2 tomatoes, sliced
1 cucumber, sliced and peeled
1 each red, green & yellow bell pepper, chopped
1 small red onion, coarsely chopped
1 can diced green chilies
¼ cup fresh cilantro, chopped
3 Tbs. salsa
2 Tbs. lemon juice
½ Tbs. garlic, minced
¼ tsp. pepper
¼ tsp. sea salt
¼ tsp. ground cumin

Combine ingredients and chill for one hour. Serve on a bed of lettuce or with tortilla chips.

Serves: 6, preparation time: 15 min, cook time: 0 min
AVOCADO SUNBURST SALAD

4 sprouted whole wheat tortillas  
1/2 package tofu  
1 1/2 Tbs. Chile sauce  
1 avocado seeded and diced  
1 pink grapefruit, sectioned and peeled  
1/8 cup toasted almonds, chopped  
1 Packaged Organic Salad Mix

Place tortillas over the top of a medium size bowl and bake in the oven at 350 degrees F for 10 minutes. Remove the tortillas and cool. Combine tofu and Chile sauce in a medium bowl. Cover and chill for 20 minutes. Stir in avocado, grapefruit, and almonds. Arrange greens in tortilla cups and spoon salad on top and serve.

CUCUMBER SALAD

2 cups Cucumbers, chopped  
2 Tbs. Parsley, chopped  
1/3 cup finely chopped Peppermint  
1 Tbs. Lemon Juice  
1 Tbs. Olive Oil or Flax Seed Oil

Combine the cucumbers, parsley, mint, lemon juice, oil in small bowl. Toss together. Chill for several hours or overnight. Toss before serving.

RAINBOW SALAD

Grated Beets  
Grated Jicama  
Grated Carrots  
Grated Squash (e.g. Butternut, Yellow Zucchini)  
Grated Red Cabbage  
Red, Yellow, and Orange Bell Peppers  
Sprouts  
Fresh Green Peas from the pod  
Cucumbers

In a large salad bowl, add fresh, clean, dry greens (baby greens, spinach, lettuce, etc.). Arrange the ingredients from the deepest dark colors to the lightest. Top with a dressing of lemon juice and desired oil and a sprinkle of sesame seeds.
SALADS

AVOCADO & TOMATO SALAD

2 Avocados
1 small Eggplant, diced
2 Green Chili Peppers, seeded
¾ Tbs. Curry Powder
2 Tbs. Lemon Juice
Salt and seasoning to taste
2 or 3 Tomatoes, thinly sliced
Sprout Salad with Avocado Dressing
8-10 leaves of organic leaf or romaine lettuce, washed and torn
2-3 cups mung bean sprouts
1-2 cups of your favorite sprouts (broccoli, buckwheat, clover, and lentil)
1 cucumber, peeled and sliced
1 tomato, cut into small wedge
1 carrot, peeled and grated
1 cup garbanzos, sprouted or canned

Arrange ingredients in a bowl and chill until ready to serve. Serve with avocado dressing.

AVOCADO DRESSING

One small avocado
1 Tbs. olive oil
2 Tbs. tofu
In a blender, blend all ingredients.

TOMATO SALAD

2 medium tomatoes
¼ tsp. fresh ground pepper
2 Tbs. dressing (see below)

Cut tomatoes into bite size pieces. Arrange them in a bowl. Pour the dressing over the tomatoes.

DRESSING

1 tsp. lemon juice 1 tsp. garlic powder Pepper to taste
1 tsp. olive oil Sea salt to taste Italian herbs to taste
**MINTY CINNAMON DRESSING**

½ cup Olive Oil  
5 Tbs. Carrot Juice  
1/3 cup Lemon Juice  
½ tsp. Cinnamon  
½ tsp. Lemon Pepper  
1 tsp. Orange Ginger Pepper blend (Spice Hunter)  
1/8 tsp. Paprika  
1 Tbs. fresh Mint, finely chopped

Blend all ingredients except mint in a food processor or blender. Blend until smooth. Stir in Mint.

**SOY CUCUMBER DRESSING**

2-3 tsp. Carrot Juice  
½ small Onion  
½ Red Bell Pepper  
1 lg. Cucumber  
1 cup Soy Milk  
1 tsp. dried Basil (or 2 tsp. fresh)  
1 Tbs. Bragg Liquid Aminos or Salt to taste

Blend ingredients in food processor or blender until smooth.

**FLAX OIL DRESSING**

30% Flax Seed Oil  
30% Bragg Liquid Aminos  
40% Water  
Liquid Lecithin to thicken and emulsify  
Season as desired  
Shake and pour. Can be used as dressing for salad or steamed veggies.
**YUMMIY BROCCOLI SOUP**

- 2 cups Vegetable Stock or Water
- 3-4 cups Broccoli, chopped
- 2 Red or Yellow Onions, chopped
- 1 Red Bell Pepper, chopped
- 1-2 stalks of Celery, cut in large pieces
- 1 Avocado
- Bragg Liquid Aminos or Salt to taste
- Cumin and Ginger to taste

Warm 2 cups of water or stock in an electric skillet. Keep the temperature at or below 118 degrees (finger test). Add the chopped broccoli and warm for 5 minutes. Puree the warmed broccoli, onion, bell pepper, celery, and avocado. Thin with additional water if necessary achieve the desired consistency. To add a crunch, save the broccoli stalks and peel off the tough outer skin; them in a food processor until they are small chunks. Add to the soup just before serving. Serve warm. Add Bragg’s, cumin, and ginger and any other spices you like.

**GAZPACHO**

- 4 cups fresh Tomato Juice
- ½ cup Cucumber, chopped
- ¼ cup celery, finely chopped
- ¼ cup Green Bell Pepper, chopped
- 1 Tbs. Olive Oil
- 1 tsp. Basil
- ½ tsp. Garlic, minced
- ½ tsp. Pepper

Combine ingredients. Cover and chill overnight.

**GREEN RAW SOUP**

- 1-2 Avocados
- 1-2 Cucumbers, peeled and seeded
- 1 Jalapeno Pepper, seeded
- 1 Carrot, finely diced
- ½ Yellow Onion, diced
- 1 Tbs. fresh Cilantro
- 1 Tbs. fresh Parsley
- Juice of ½ Lemon
- 1-2 cups light Vegetable Stock or Water
- 3 cloves roasted Garlic

Puree all ingredients, except onions and carrots, in a food processor. Add more or less water to desired consistency. To garnish add onions and raw carrot bits.
ALKALIZING RECIPES

SOUPS

**ASPARA ZINCADO SOUP**

12 stalks medium Asparagus (or 17 thin stalks)
5-6 large Tomatoes
1 cup fresh Parsley
3-5 Sun-dried Tomatoes (bottled in olive oil)
1 Red Bell Pepper
1 Avocado
¼ cup dried Onion
4 cloves fresh Garlic
Bragg Liquid Aminos to taste
1-2 tsp. Spice Hunter’s Herbes de Provence
2 tsp. Spice Hunter’s Deliciously Dill
2 Lemons or Limes, cut in thin slices

Blend the asparagus and red tomatoes, parsley, dried tomatoes, red bell pepper, onion, garlic, and spices in a food processor. Blend in the avocado until soup is smooth and creamy. Warm in an electric skillet and garnish with lemon or lime slices. Season with Bragg’s to taste.

**CELERY SOUP**

4-5 stalks Celery
3 cups pure Water
2 Tbs. yeast-free instant Vegetable Broth

Cook celery until tender. Add water and broth mix and pour into blender. Blend 15-20 seconds. Reheat and serve. Use Bragg Liquid Aminos, flax seed oil, and cayenne pepper, to taste.
TUSCAN TOFU MEATBALLS

1-2 cups Sprouted Wheat Tortilla crumbs
1 cup cooked Brown and Wild Rice, 50/50
1 med. Red Onion, finely chopped
2 cloves Garlic, minced
2 stalks Celery with leaves, finely chopped
2 lbs. FIRM Tofu (Nigari), crumbled
1 cup Vegetable Stock (Pacific Foods of Oregon brand)
¼ cup whole Rolled Oats
2 cups fresh Basil, finely chopped
2 cups Parsley
¼ tsp. Black Pepper, Freshly ground
2 tsp. “Zip” or pinch of Cayenne Pepper
1 Tbs. Olive Oil
3 Tbs. Bragg Liquid Aminos
Spice Hunter’s Herbes de Provence to taste (about 1 tsp.)

Take 8-10 sprouted wheat tortillas and leave them out to dry on a counter or quick-dry them in a low-heat oven. Break into small pieces and blend in a food processor until they are finely ground into crumbs. Set aside in a bowl. Steam-fry the celery, onion, and garlic in an electric skillet. Cook until softened, about 6 minutes. Transfer to a large bowl. Blend tofu, vegetable stock, oats, and Liquid Aminos until smooth. Add the basil, parsley, black pepper, and “Zip,” and pulse until well blended. Add to the onion mixture. Add the cooked wild rice and the tortilla crumbs to the onion mixture. Mix well. Mixture should be slightly sticky but form into balls easily. If mixture is too wet, you may need to add more tortilla crumbs. Preheat oven to 400 degrees. Lightly oil a cookie sheet or baking dish. Shape mixture into balls. Roll each ball into the remaining tortilla crumbs to coat. Bake 20-30 minutes or until lightly browned. Serve with Roasted Pepper Macadamia sauce to dip the balls in.

RED PEPPER MACADAMIA SAUCE

4-5 big pieces of roasted Red Peppers
1 lb. Macadamia Nuts (raw)
6 cloves roasted Garlic
3 large fresh Basil Leaves
Salt and Pepper to taste
½ to 1 cup Olive Oil

Process all ingredients, except olive oil, in a food processor until creamy. Slowly add olive oil until well emulsified. This sauce that can be made thick for dipping grilled Tofu slices or the Tuscany Tofu Meatballs, or it can be thinned for use as a salad dressing.
ENTRÉES

STUFFED VEGETABLES

8 Cabbage Leaves
2 stalks Celery
1 cup French-Style Green Beans
½ cup Bean Sprouts
½ Green Bell Pepper
1 tsp. Parsley (chopped)
3 tsp. dehydrated Onion Flakes moistened with Tomato Juice or Veggie Broth
2 cups Vegetable Broth


KALE & GARLIC SAUCE

1 lb. Kale
4 med. Garlic cloves, minced
2 tsp. ground Coriander
Salt and Cayenne Pepper

Rinse Kale and remove stems, including the tough part of stem in the leaf. Cut leaves into a manageable size. Steam kale until tender-crisp and then transfer to a bowl. Steam-fry garlic for 1 minute. Add coriander, salt, & cayenne and stir over low heat for 15 seconds to blend. In a pan or bowl, toss mixture with kale. Adjust seasoning to taste. Serve hot.

CAJUN BEANS AND RICE

1 lb. dried Pinto Beans
1 cup Green Onions (chopped)
2 cups Yellow Onion (chopped)
½ tsp. Garlic (minced)
¼ tsp. Oregano
¼ tsp. Garlic Powder
¾ tsp. Black Pepper
½ tsp. Celtic Sea Salt
¼ tsp. Red Cayenne Pepper
1 oz. Braggs Liquid Aminos
6 cups cooked Brown Rice
6 oz. Tomato Paste
¼ tsp. Thyme
1 tsp. Celery Flakes

Wash beans. Soak 12 hours, Drain water. Fill large pot with beans, add water about ½” above beans. Add remaining ingredients. Cover. Cook over low heat for 2 ½ hours. Serve over cooked brown rice.
ENTRÉES

STUFFED SQUASH

2 small Acorn Squash, halved and seeded  
½ cup Carrot, diced  
½ cup Red Bell Pepper, diced  
½ cup Zucchini, thickly sliced  
½ cup Onion, diced  
½ tsp. minced Garlic  
Non-Stick Vegetable Spray

Preheat the oven to 350 degrees. Use cooking spray to coat large baking dish. Place acorn squash halves in pan with ¼ cup of water and steam for 10 to 15 minutes. Lightly steam-fry remaining ingredients for a few minutes. Stir frequently. Spoon vegetables into squash halves and bake until squash is tender or for 20-25 minutes.

CHILI TOFU PITAS

1 pkg. Tortillas or Pita Bread  
1 small can Green Chilies (chopped)  
3 cloves Garlic, minced  
1 pkg. extra firm Tofu (Nigari)  
1 tsp. Mexican Seasoning (Spice Hunter)  
2 tsp. dried Onion, OR ¼ cup minced fresh Onion  
¼ cup Soy Parmesan Cheese substitute  
1 Tbs. fresh Cilantro  
½ tsp. Salt  
1 jar or can Enchilada Sauce  
3-4 Sun-dried Tomatoes for garnish  
Avocado slices for garnish

Cut the pita bread into eight triangular pieces, like a pie. Mince the garlic in a food processor. Add the other ingredients, except the tofu, and process until finely chopped. Grate the tofu into the mix by first placing the grater attachment on the processor. Process until mixed (a few seconds). Open each pita triangle up so you can put the filling in. Spoon the filling into the pita triangles and place into a pie pan. Add enchilada sauce inside over the filling mixture and over each pita on the outside as well. Bake at 350 degrees for 10-15 minutes. Cut the avocado slices and sun-dried tomatoes to put on top for a garnish just before serving warm.
CURRIEE VEGGIE CREPES

1 cup Almond Milk
3 Tbs. unsweetened Coconut Milk
1 ½ tsp. Egg Substitute OR 1 ½ Tbs. Agar Agar flakes
(seaweed gel, found in your health food store)
1/3 cup Water
1 Tbs. Olive Oil
½ tsp. Turmeric
¼ tsp. Curry Powder
Dash of Cinnamon
1 cup all-purpose Flour (or spelt, millet, or whole wheat flour)
½ tsp. Salt (optional)

In a bowl, whisk together the almond milk, coconut milk, egg substitute or agar flakes, water, oil, turmeric, curry, and cinnamon. Whisk in the flour and salt until there are no lumps left in the batter. If using agar, you must use a food processor and process until smooth.

Use saran wrap to wrap over the bowl and refrigerate for at least a half an hour or up to one day. Heat a small nonstick crepe pan or skillet over medium-low heat. Gently stir batter to blend again. Once the pan is hot, drop 2 Tbs. of crepe batter into the skillet. Swirl the pan to coat the bottom evenly with the batter. If the batter does not swirl easily you must add a little water to thin it down a bit. Cook for about a minute or two or until the top appears dry. Use a spatula to gently flip the crepe. Cook for about a minute or two longer or until the bottom appears lightly browned and the crepe slides easily in the pan.

Move the crepe onto a plate or paper towel. Once made, these crepes may be refrigerated or frozen for later use.

Curried Veggie Crepes Veggie Filling on next page...
**CURRIED VEGGIE CREPES VEGGIE FILLING**

- 10-12 thin Asparagus Stalks, cut into 3-in. segments
- ½ cup Snow Peas
- 1 Yellow Onion, thinly sliced
- 4 cloves minced Garlic
- 2 med. Orange or Yellow Bell Peppers
- 2 med. Red Bell Peppers
- ¼ cup Olive Oil
- 1 Tbs. fresh grated Ginger
- ½ to 1 tsp. ground Mustard Seed
- 1 ½ tsp. ground Cumin
- ½ tsp. Cinnamon
- 1 Tbs. Curry Powder
- ½ cup Pine Nuts
- 1 tsp. Salt or Bragg Liquid Aminos to taste
- 1/3 cup Coconut Milk (unsweetened)

Remove the seeds and ribs from all the bell peppers. Cut into matchsticks. Heat the olive oil in a large skillet or electric fry pan over medium high heat. Add the asparagus and snow peas. Cook. Stir constantly, until they barely begin to brighten and soften. Reduce the heat to medium and add the onions and garlic. Cook until onions soften. Add the bell peppers and steam-fry with a little water just until peppers are begin to soften. Add the ginger, mustard seed, cumin, cinnamon, curry, and a little more olive oil. Continue to stir and cook. Add the pine nuts, salt, and coconut milk, and cook until desired softness. Serve warm with the Autumn Curry Crepes. Can also be served over rice or any other cooked grain you prefer.

**PEPPER TOFU PACKETS**

- 1 pkg. firm or extra firm FRESH Tofu
- 3 Scallions
- ¼ Red Bell Pepper
- ¼ cup chopped fresh Coriander
- 1 tsp. Sesame Seeds
- 1 cup Bragg Liquid Aminos

Soak sesame seeds overnight. Drain tofu. Cut in half on the diagonal to form two triangles. Cut a pocket in each triangle. Finely chop the scallion, pepper, and coriander. Add sesame seeds. Stuff half the mixture into each piece of tofu. Pour Liquid Aminos over tofu packets and marinate in refrigerator for 10 minutes before serving.
### BUTTERNUT AND CELERY SOUP

3 Celery Stalks cut in big chunks  
2 Butternut Squash  
1 Onion, peeled and chopped in big chunks  
1 Onion, peeled and sliced into thin rings for garnish  
2 Tb Olive or UDO’s Oil  
3-4 cups Veggie Stock  
Cinnamon and Nutmeg or Salt and Pepper to taste

Cut Squash in half & remove seeds. Lightly oil the cut side of the vegetables. On an oiled cookie sheet, place squash cut side down and celery chunks and roast in a 400 degree oven until tender and lightly browned or for about 45 minutes. Scoop out soft squash from the skins. Puree the roasted vegetables in a food processor or blender with some of the stock. For a smoother texture, pass soup through a strainer into a clean pan. Add the remaining stock & season to taste. Keep warm. For the onion ring garnish, fry the onion in oil until brown and somewhat crisp or for about 10 minutes. Top soup & serve.

### VEGETABLE BORCHT

<table>
<thead>
<tr>
<th>6 cups Veggie Broth</th>
<th>1 Red Pepper (shredded)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup each Carrots (shredded)</td>
<td>1 ½ cups Cabbage, shredded</td>
</tr>
<tr>
<td>1 cup Beets (roughly chopped)</td>
<td>Vegetable Salt to taste</td>
</tr>
<tr>
<td>1 cup Onions (thinly sliced)</td>
<td>Pepper to taste</td>
</tr>
</tbody>
</table>

In a large saucepan combine broth, carrots, beets, and onion. Gently cook until tender. Add red pepper and cabbage. Add salt and pepper to taste and cook for about 5 minutes more. For a richer flavor, cool completely before serving time and reheat and serve.

### ZUCHCHINI TOFU PATTIES

<table>
<thead>
<tr>
<th>1 carton FRESH Tofu, drained</th>
<th>1 cup Zucchini, grated</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Tbs. Onion, chopped</td>
<td>Egg Substitute equal to 2 eggs</td>
</tr>
<tr>
<td>½ Tbs. Vegetable Broth Mix</td>
<td>3/8 tsp. Salt</td>
</tr>
</tbody>
</table>

Slice and steam tofu for 5-10 minutes. Chop & drain well. Steam-fry onions. Add vegetable broth mix & zucchini. Stir well. Add salt, tofu, & egg substitute and combine all ingredients. Make into patties. Place on sprayed baking sheets & flatten slightly. Lightly bake at 350 degrees. When bottoms are barely brown, flip patties. Finish baking, but make sure not to overbake.
**ENTRÉES**

**SIMPLE VEGGIE STEAM-FRY**

1-2 tsp. fresh grated Ginger (hand grated)  
2-3 cloves Garlic, crushed  
½ cup Yellow Squash  
½ cup Cauliflower, slices  
½ cup Red Peppers, strips  
½ cup Broccoli (cut small)  
½ cup Onion slices  
1 cup Pea Pods  
(other veggies as desired, cut julienne)  
1 cup fried Tofu (or use marinated tofu from the health food store)  
¼ tsp. Salt

Heat up electric fry pan. With a small amount of water, steam-fry the garlic and ginger for a couple of minutes. Pour in vegetables and tofu. Steam-fry until vegetables turn very bright and begin to slightly soften. Pour the steam-fry sauce mixture over the top and steam for a couple more minutes. Serve while warm.

**STEAM-FRY SAUCE**

1/3 cup Water or Veggie Stock  
1 tsp. Stir-Fry Ginger Spice (Spice Hunter)  
Juice of half a Lemon or Lime  
Bragg Liquid Aminos to taste

**BEAN SPROUT CASSEROLE**

1 cup baby Lima Beans, sprouted  
1 cup Mung Beans, sprouted  
3 cups chopped Leeks  
1 cup Pinto Beans, sprouted  
1 large Red or Green Pepper, finely chopped  
1 large Onion, chopped  
1 clove Garlic, finely chopped  
3 Tbs. Bragg Liquid Aminos  
Freshly ground Pepper to taste

Steam-fry the garlic and onions. Add leeks, Bragg Aminos, and pepper. Simmer for 15 minutes. Add chopped pepper and simmer for 5 more minutes. In casserole dish, pour over beans. Stir gently. Bake at 350 degrees for 15 minutes.
ITALIAN ZUCCHINI

8-10 med. Zucchini
2/3 cup Onion, coarsely chopped
1 ½ cups Tomatoes
2 cloves Garlic, minced
1 tsp. Salt
1/8 tsp. Pepper
3 Tbs. Olive Oil

Wash, cut ends, and slice zucchini. Steam-fry sliced zucchini, onion, and garlic in a saucepan over low heat for 10 minutes. Turn and move mixture occasionally. Remove vegetable mixture from heat and sieve in tomatoes with pepper. Blend thoroughly but lightly. Place mixture into a casserole dish. Cover and simmer 30 minutes. Add olive oil just before serving.

CABBAGE ROLLS

1 medium head of Cabbage
1 clove Garlic
1 Bay Leaf
1 pkg. drained FRESH Tofu (break into fine pieces)
1 cup Onion, finely chopped

1/8 tsp. Black Pepper
1 tsp. Bragg Liquid Aminos
½ tsp. Real Salt or Vegetized Salt
3 cups Vegetable Broth
½ cup Vegetable Broth Mix

Grease a shallow casserole dish with a tight-fitting lid. Remove wilted outer leaves from cabbage. Rinse and cut in half through core. Remove eight large leaves. Shred remaining cabbage, enough to yield 2 cups, and place in casserole dish.

Add garlic clove and bay leaf. Set casserole aside. In a large pan, pour boiling water to 1-inch level. Add the eight leaves of cabbage and salt. Cover and simmer for 2-3 minutes. Steam-fry chopped tofu, onion, pepper, and Liquid Aminos.

Place one-quarter cup of this mixture into the center of each of the eight cabbage leaves. Roll each leaf, tucking ends in. Use wooden picks to secure and place on shredded cabbage in a casserole dish. Stir vegetable broth mix into cold vegetable broth. Pour this mixture over cabbage rolls along with a few grains of pepper. Cover and simmer on low heat for 30 minutes. Remove bay leaf and wooden picks and serve.
ENTRÉES

**TOFU ONION STEW**

2 med. Onions, sliced 1 1/2 cups fresh Green Beans
3 cups Water 3 large Onions, Quartered
3 Kale leaves, torn to bite-size 1 pkg. FRESH Tofu, firmness of choice
1 Bay Leaf

Steam-fry the sliced onions in a 3-quart pan with a lid. Add water, kale, bay leaf. Cover and simmer until kale begins to soften. Remove bay leaf. Add in quartered onions and green beans. Continue to simmer until beans are tender. Drain and slice tofu and warm in pan or steam separately in steamer. Season if desired. Place tofu on top of stew and serve.

**TOMATO OKRA CREOLE**

4 cups sliced Okra
1/3 cup chopped Green Pepper
1 cup chopped Onion
2 cups chopped Tomatoes
1/8 tsp. Curry Powder

½ tsp. Salt
1/8 tsp. Black Pepper
1 tsp. powdered Lecithin
1/8 tsp. Thyme

Wash okra, cut off ends, and slice. Set aside. Chop green pepper and onion. In a large skillet, steam-fry green pepper and onion to a transparent stage. Add okra and tomatoes. Stir in mixture of curry powder, salt, pepper, lecithin, and thyme. Cover and simmer for 30-40 minutes or until okra becomes tender.

**SPINACH LASAGNA**

1-2 cans tomato sauce (6 oz.)
1 pkg. "no boil" spelt lasagna noodles
1 package fresh spinach

2 cups soy burgers (crumpled, precooked)
2 cups soy cheese (shredded)

Pour tomato sauce into a glass container. In a large skillet, sauté spinach for 5 minutes. Add spices for flavoring. Remove spinach and set aside. Spread a layer of tomato sauce on the bottom of a baking pan. Depending on the size of the dish, place 2 or 3 lasagna noodles on top of the tomato sauce. Spread another layer of tomato sauce over the noodles. Place spinach, crumbled soy burgers, and soy cheese on top of the layer of tomato sauce. Add more lasagna noodles on top of mixture. Repeat this procedure until all of the ingredients have been used. Place the baking pan in the oven and bake for 30 minutes at 350-400 degrees.
**ENTRÉES**

**CURRIED SQUASH**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>3 cloves Garlic, sliced</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>2 Serrano or Thai Chili Peppers, seeded or diced</td>
<td>¼ tsp. Turmeric</td>
</tr>
<tr>
<td>½ can unsweetened Coconut or Almond Milk</td>
<td>1 tsp. Salt</td>
</tr>
<tr>
<td>1 med. Yellow Onion, quartered</td>
<td>½ tsp. Turmeric</td>
</tr>
<tr>
<td>2-4 Sun-dried Tomatoes, minced</td>
<td>2 cups Vegetable Stock or Water</td>
</tr>
<tr>
<td>1 Tbs. fresh Ginger Root, minced</td>
<td>1 Tbs. Udo Choice Oil or Olive Oil</td>
</tr>
<tr>
<td>2 tsp. Garam Masala</td>
<td>4 cups Butternut Squash, peeled and diced</td>
</tr>
<tr>
<td>1 tsp. ground Cumin</td>
<td>2 cups fresh Tomatoes, diced</td>
</tr>
<tr>
<td>½ tsp. Cinnamon</td>
<td>2 cups Black-eyed Beans or Lentils, cooked</td>
</tr>
<tr>
<td>¼ tsp. ground Coriander</td>
<td>2 cups Spinach or Kale, chopped</td>
</tr>
<tr>
<td>1 Tbs. fresh Ginger Root, minced</td>
<td>1 cup Green Peas</td>
</tr>
<tr>
<td>2-4 Sun-dried Tomatoes, minced</td>
<td>2 cups Spinach or Kale, chopped</td>
</tr>
<tr>
<td>1 tsp. ground Cumin</td>
<td>3 Tbs. Mint, minced</td>
</tr>
</tbody>
</table>

Combine first twelve ingredients and 3 Tbs. of stock or water in a blender. Puree mixture to a paste while scraping down the sides of the blender a couple of times. In a large saucepan, heat oil. Add the spice paste and cook. Stir often for 10 minutes. Add remaining stock, butternut squash, and tomatoes. Cook over medium heat while stirring often. Cook until squash is just tender or about 20 minutes. Mix in black-eyed beans, spinach, and green peas. Continue to cook while stirring often. Cook until spinach is tender, about 10 more minutes. Remove from heat. Adjust seasonings to taste. Just before serving stir in the mint.

**HARVEST CASSEROLE**

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>1 each med Green and Red Pepper, cut into 1” strips</td>
<td>3 med. Carrots, cut into chunks</td>
</tr>
<tr>
<td>2 large Onions, cut and separated into rings ¾” thick</td>
<td>½ head Cauliflower florets</td>
</tr>
<tr>
<td>1 cup sprouted Barley, partially cooked (save 1 cup water)</td>
<td>1 lb. Green Beans, snapped in half</td>
</tr>
<tr>
<td>1 cup Barley Water (saved above)</td>
<td>2 cloves Garlic, crushed</td>
</tr>
<tr>
<td>4 Tbs. Vegetable Broth mix</td>
<td>1 tsp. Paprika</td>
</tr>
<tr>
<td>2 med. Zucchini cut into 1 1/2inch chunks</td>
<td>¼ cup Parsley, chopped</td>
</tr>
<tr>
<td>2 large Tomatoes, peeled and quartered</td>
<td>1 Tbs. Salt</td>
</tr>
<tr>
<td>3 med. Carrots, cut into chunks</td>
<td>¼ tsp. Black Pepper</td>
</tr>
</tbody>
</table>

Steam-fry green peppers and onion. In a casserole dish combine all ingredients and cover.

Bake at 350 degrees for 1 hour.

Barley should be tender.
### ENTRÉES

#### VEGGIE PAD THAI

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 package tofu</td>
<td>8 oz. rice noodles</td>
</tr>
<tr>
<td>3 Tbs. almond butter</td>
<td>2 cups bean sprouts</td>
</tr>
<tr>
<td>1/3 cup lime juice or lemon juice</td>
<td>3/4 tsp. garlic powder</td>
</tr>
<tr>
<td>1/3 cup Bragg’s Liquid Aminos</td>
<td>1” piece of ginger (minced or powdered ginger)</td>
</tr>
<tr>
<td>1/2 teaspoon red pepper flakes</td>
<td>2 Tbs. sesame oil</td>
</tr>
<tr>
<td>1 small onion (chopped)</td>
<td>Sliced lemons</td>
</tr>
<tr>
<td>1 small bunch green onions (chopped)</td>
<td>Water as needed</td>
</tr>
<tr>
<td>2 cups of mixed vegetables (steamed, stir-fried, or microwave)</td>
<td></td>
</tr>
</tbody>
</table>

Prepare rice noodles. Drain and set aside. Squeeze tofu until completely dry. Cut tofu in 1/4” to 1/2” squares. Set aside. Mix almond butter, lime or lemon juice, Bragg’s Liquid Aminos and red pepper flakes. Set aside. Stir-fry garlic and tofu in 1 tablespoon of sesame oil in a wok, until garlic and tofu slightly turn brown. Add in remaining oil, ginger, and onions. Stir-fry for two minutes. Add in vegetables and almond mixture. Stir-fry until all vegetables are covered in almond mixture. Add in noodles and bean sprouts. Stir-fry until sauce thickens and vegetables and noodles are hot. Use sliced lemons for garnish.

#### VEGGIE ENCHILADA TORTILLAS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 sprouted whole wheat tortillas</td>
<td>4 oz. soy Monterey Jack Cheese (shredded)</td>
</tr>
<tr>
<td>1/2 cup onion (diced)</td>
<td></td>
</tr>
<tr>
<td>1/2 cup green bell peppers (diced)</td>
<td>1/4 cup red bell pepper (diced)</td>
</tr>
<tr>
<td>2 tsp. canned green chilies (chopped)</td>
<td></td>
</tr>
</tbody>
</table>

Place tortilla in microwave with a paper towel cover. Microwave on high for 15 seconds. If preferred, place in toaster oven for 2 minutes or warm on a dry fry pan and flip each top to bottom until all are warmed through. Set aside. In a bowl, mix cheese, onion, peppers, and chilies. Split the mixture among the tortillas. Roll tortillas and place seam side down on a plate. Top the tortilla rolls with cheese. Bake at 350 F for 5 minutes or until cheese melts.

Serve hot. Serves: 4, preparation time: 15 min, cook time: 5 min
FALAFEL FRITTERS

¼ cup fresh Cilantro, coarsely chopped
¼ cup fresh Parsley, coarsely chopped
8 oz. (1 cup) Beans, soaked overnight (drain well and cook in boiling water for about 10 minutes or you could use black-eyed beans, cranberry beans, or lima beans.)
1 ½ cups canned Chickpeas, rinsed and drained (15 oz. can)
1 clove Garlic, minced
1 tsp. Salt
1 tsp. Cumin
1 Red Hot Chili Pepper, seeds and ribs removed, minced
½ cup Red Onion, chopped
1 tsp. Turmeric
1 Tbs. fresh Lime Juice
3 Tbs. Flour (spelt, millet, whole wheat)
2 heads Butter Lettuce or Savoy Cabbage, leaves separated, tear big ones in half
6 cherry Tomatoes, quartered; or 1 small tomato finely chopped
Tahini Tofu Sauce (see recipe below)
1 Tbs. toasted or raw Sesame Seeds

In the food processor bowl, process the cilantro and parsley until fine. Add the next nine ingredients. Pulse until the mixture forms a very thick, fairly smooth paste (you will need to scrape the sides down and process a few times.) Add the flour and pulse to combine. Place this mixture in a bowl and set aside. This mixture can be made a day ahead and refrigerated in an airtight container.

Drop falafel mixture 1 Tbs. at a time on a non-stick cookie sheet. Bake at 350 degrees for 10-12 minutes. This can be brushed with olive oil and baked until golden brown if preferred.

Each fritter should be served warm on a piece of lettuce or cabbage cup. Use the remaining onions, tomatoes, Tahini Tofu Sauce, and a sprinkling of sesame seeds to garnish. Wrap the cabbage around the fritter and eat like a finger food hors d’oeuvre.
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