



**DETOX THE WORLD'S**

**EXTREMELY  
GREEN  
DETOX™**

**with Natalia Rose**

**PROTOCOL &  
RECIPE BOOKLET**



Welcome to the most important health protocol for today's world. I am delighted and honored to be your guide. Together, we will bring unprecedented healing to your body. While we will be addressing your physical body first, your emotional, spiritual, mental aspects will also be greatly improved. The principles will transfigure you into a being far more dynamic at every level than you may ever have dreamed possible for yourself. The only catch: you have to put the principles to work. That's all – you just have to do it. Take heart, you're in the best of company with over 100 other like-spirited cleansers and our highly trained Detox The World team is here to support each one of you.

## THE UNDERSTANDINGS

- We live in a more acidic environment than ever before.
- Our way of life has destroyed the functioning of our endocrine system.
- Our way of life has weakened our bones, organs, cellular integrity and sullied our blood chemistry.
- Our food, water and air supply is so contaminated that it is pouring pathogens into our system and creating a terrain that enables them to proliferate.
- The combination of the above makes it virtually impossible to enjoy the great life experience that is our birthright.
- Our cells are constantly renewing themselves. In a few weeks we will have skin and intestine cells reflecting the qualities of

what we are doing with this protocol - it is so exciting!

## THE PRINCIPLES

- **Green foods and juices:** life force and chlorophyll are the primordial nutrients that sustain and regenerate life in our bodies. They are also the most highly alkaline substance available to us. In addition to all of this, they can transform our terrain from bioacidic (life-deteriorating) to bio-genetic (life-generating).
- **Our blood** is the pivot point in our bodies for this shift. The greens clean our blood, the blood informs the organs and bones and eventually the whole body with all of it's dynamic systems and parts, wholistically takes on the qualities of the supreme physical sustenance. We receive this substance in all greens but in particularly high amounts from wheatgrass juice, dark leafy greens like kale and arugula (rocket), sea vegetables and sprouts.
- **Food combining:** other foods are also permitted (see list below) but they must be enjoyed adhering to good food-combining rules (i.e., avocados should not mix with nuts and seeds, cooked foods should not mix with nuts and seeds). Please see food combining/alkalinity chart. >>
- **Absence of offending substances:** in order for the green detox to do its work, certain foods must be avoided. Please see the list of foods below to know which ones to avoid. Some of these foods are good foods in theory but not in the context of deep healing. This is why they are left out

FOOD COMBINING CHART & ALKALINITY INDEX					• always choose organic, non-GMO & antibiotic free items •		
NEUTRAL TO COMBINE	raw leafy greens: sprouts, romaine, spinach, arugula, kale, collards, herbs...						
	non-starch vegetables: tomatoes, cucumbers, zucchini, raw corn, cauliflower, carrots, beets...						
	lemons & limes, dry herbs & spices, condiments, herbal teas, almond milk				<• more emphasized		
	organic butter & cream, cold pressed oil, dark chocolate, wine				>• less emphasized		
<• consume within category or with neutrals •>							
STARCHES & **LEGUMES	t: 3h	ANIMAL PROTEIN	t: 4h	SEEDS, NUTS & DRIED FRUIT	t: 3h	FRUIT	t: 30min
* young coconut & avocado		raw milk products: goat milk, goat kefir, goat & sheep cheese		* banana		melons (always consume alone): watermelon, canary, cantaloupe..	
raw sprouted legumes		*** pasteurized goat & sheep cheese		* young coconut			
cooked winter squash: kabocha, acorn, pumpkin..		raw cow cheese		seeds: sesame, hemp, pumpkin, sunflower..		citrus: oranges, nectarines, grapefruit..	
cooked potatoes: sweet, yams, Japanese..		organic, free-range eggs		mature dried coconut		apples & pears	
cooked legumes: lentils...		wild or organic fish: halibut, sea bream, trout, salmon..		dates & additive-free dried fruit: raisins, cranberries..		berries: raspberries, blueberries, strawberries..	
cooked grains: millet, quinoa, buckwheat...		free range poultry		nuts: almonds, cashews, hazelnuts, pecans, brazil..		stone fruit: apricots, plums, peaches, mangoes..	
cooked corn (incl. popcorn)		small game: rabbit, venison...				* bananas	
sprouted grain bread & whole grain baked goods		free-range grass fed beef				* avocado & young coconut	
<p>* Bananas, avocados and young coconuts, although technically fruits, combine well in multiple categories because of their consistency. Avocado can also combine with dried fruit, but not nuts &amp; seeds because mixing fats is hard on digestion.</p> <p>** Legumes are miscombined by nature but they combine well as starches which is why they are included in the starch category.</p> <p>*** Goat and sheep milk products are recommended over cow dairy because they are made of smaller, more digestible protein molecules.</p>							
VERY ALKALINE & WATER CONTAINING		LESS ALKALINE		NEUTRAL		SLIGHTLY ACIDIC	
MORE ACIDIC & DEHYDRATED							

- of the EGD but might have a place in your long term diet-lifestyle.
- Awaken & Release:** Cleansing is the event that occurs when accumulated waste and pathogens fully exit the body. This happens when copious amounts of waste leave the body primarily through the bowel. The extremely green detox diet “awakens” this accumulated matter but that is only one of a two-step process. The waste must leave through normal bowel movements, enemas and colonics.
  - Create space in the body:** The more waste exits the body, the more space there

will be in the body. That space was designed to be filled with life force, not waste. When the space is filled with life force you will feel the electromagnetic charge viscerally. The more space you make in your body by removing the awakened accumulation, the more energy you will have. We do not get energy by eating “filler” food - food with a high caloric quotient. We get energy by creating space that can be filled with life force! When we do this and combine that with an extremely green diet, avoiding over eating, we receive all the powerful nutrients from those green foods, contributing to our biogenic state of being. In this way, this food does recharge us

whereas other foods do not, they merely stimulate and fatigue us – the two part experience we get with all other foods to the degree at which they are dense, gluey and non-ideal for our consumption. The only exception to this rule is in the case of organic, ripe fruit – but ONLY when it is entering a strong, pathogen-free body (a rarity in today's world).

## ROUTINE AND HABITS

Having a regular routine during the EGD is going to be critical to ensuring success. While there are modifications, the core protocol recommends a light-to-heavy ordering of EGD intake starting with wheatgrass juice and green vegetable juice and leading to raw green salads and other raw vegetables and blended raw soups for lunch and dinner.

**Foods to Emphasize** (please do everything you can to procure organic, non-GMO produce):

- Herbs
- Olives
- Sprouts
- Greens
- Water containing raw veg
- Young Coconut (meat & water)
- Seeds
- Avocado
- Seaweed
- Sprouted legumes

If needed: Cooked vegetables - for beginners, pregnant women & those needing a little more to fill out their meals.

### Use sparingly:

- Mature coconut
- Nuts
- Nama shoyu
- Green powdered stevia
- 88% chocolate 1oz.

### Avoid:

- Alcohol
- Vinegar
- Grain
- Mushrooms
- Everything fermented
- Nutritional yeast
- Dairy
- Corn
- Sugars of all kinds (i.e., agave, cane sugar, turbinado, maple syrup, coconut sugar)
- Animal flesh, including eggs and fish

### Supplemental support:

- Candex or Scram
- Candida Clear
- O3
- Aloe
- Probiotic
- Oil of oregano
- Pau d'arco tea
- Triphala
- Chlorophyll
- Cell food
- Colloidal silver
- Dragon Herbs
- Nascent Iodine
- Grapefruit seed extract
- Caprylic acid



## THE CORE EGD™ PROTOCOL

### Day in the life:

Some time of dry fasting;  
Get sun air and sweat;  
Bowels empty;  
Mediation with Anita;  
Take supplements needed;  
Wheatgrass 1-4 ounces until you get up to 4;  
32 ounces green juice straight up;  
Dark leafy salad with sprouts and dressing;  
OR blended food;  
Same again for dinner - stop and digest well;  
Sleep long and deeply.

**Note:** Bridging the morning or afternoon  
- A beginner who has not gotten used to juicing till lunch or someone who is attempting to juice until dinner for the first time: try any one of the following that works for you to bridge your juice and lunch meal (or juice and dinner meal as the case may be):

Sliced organic sweet potatoes/yams,  
A variety of crudité (carrots, celery, yams, bell peppers, cucumbers, jicama, etc. with a tahini dip if needed)  
A blended salad per recipes below,  
A warm/hot pure vegetable soup,  
Baked root vegetables.

Please remember, the more you can devote a part of your day to fasting, the faster you will heal and strengthen your system. A few days of fasting in the morning or juicing

till lunch or dinner is all it takes to get your body used to it. This will make the program so much easier. If that is too difficult for any reason, feel free to use the above suggestions but do keep in mind that it is easier in the long run to reset your “intake clock” so you don’t have to find intake options at these intervals.

### Modifications:

The “fall out” plan (for the very advanced to the very beginners) - You are ready, willing and able to do the CORE EGD protocol but would like a “fall out” plan if needed. In this case, simply choose a Detox 4 Women style meal to get you over the hump such as a big vegetable salad with goat cheese and/or a small piece of wild fish.

Another “fall out” modification can be a “Rose Cleanse” protocol day – juicing until dinner with a Detox 4 Women dinner. Pepper your EGD with these “Rose Cleanse” days as needed.

**Pregnancy:** This can be a wonderful protocol for a cleansed pregnant woman because it ensures her nutrient, life force and hormone stores will not be drastically leached. However, greens do not typically appeal to pregnant women in their 1st trimester and there may be other times when something different is desired. What I would do if it were me is make the CORE EGD my “go-to” but include some organic fruits between my juice and first meal as desired, include hard goat cheese for a Detox 4 Women friendly meal when desired and include baked starch vegetables like yams and butternut as desired. This creates an incredibly wholesome, deeply

satisfying range of food for both mother and growing baby.

**Nursing:** Similar to the pregnancy modifications. The only things I would add are: Be extra vigilant to estrogen dominance - you may need to include progesterone cream. Daily nascent iodine would be recommended for a period of about 2 months.

**Diabetics:** The CORE EGD protocol is ideal for diabetics both because it balances blood sugar perfectly and because it enables the pancreas to regenerate, resulting in a stronger organ that can secrete insulin perfectly again. Type 2 Diabetics will be able to rectify their disease completely. For type 1 diabetics there is a deeper lineage issue but it will take them in the right direction. I would love to hear from both types who do this protocol over the long term. Please share your results!

**Travelers and Executives:** Whether you are moving around a lot for business or pleasure, you may find it difficult at various junctures to stick with the CORE EGD protocol. Remember the following:

1. Do the best you can in the situation you are in. You may have to compromise; just make the highest choice for yourself you can under the circumstances. If you can't get juice one day, have a salad instead. If you can't get a good salad, eat the cleanest cooked vegetables you can get. If the choice is white rice or fish, have the fish. If the choice is steak or a baked potato, have the potato (even topped with a little butter). Eat mindfully, even if it's not perfect and resist the urge to overeat and throw all your hard work away. One "off" meal here and

there, surrounded by deep greens juiced and chewed will still bring tremendous results.

2. As soon as you are able, douse your systems with wheatgrass juice and sprouts and you will neutralize your compromises. Keep moving forward. Don't look back and dwell in any way on the adjustments you had to make. Be proud of yourself for navigating it as well as you did under the circumstances.

3. Travel with as much as you can to ensure you won't have too many of these compromised days. Take frozen wheatgrass, frozen juices and dehydrated seaweed salads you can reconstitute. Do some recon work before hand to find organic markets for produce once you get where you are going. I always ask hotels to put a refrigerator in my room so I can fill it with my produce goodies!

### **Week 1 challenges:**

1. Increase your sprout intake;
2. Take 1 ounce of wheatgrass 4 days a week (do not do more until you work up your harmony with it);
3. Go 75% Green;
4. Make at least 4 new raw recipes & post your favorite one to our Facebook group.

## EXTREMELY GREEN DETOX™ RECIPES

### Extreme Green Lemonade

*makes 1 - 2 servings*

- 1 head romaine lettuce
- 1 head celery
- 1 cucumber
- 5 to 6 stalks kale (any type)
- 1-2 whole organic lemons (you don't have to peel it)
- 1 to 2 tablespoons fresh ginger (optional)

Process the vegetables through the juicer by admitting one vegetable at a time through the mouth of the juicer.



## RAW SOUPS & SHAKES

### Raw Harvest Butternut and Coconut Soup

*makes 4 servings*

- Meat of 2 young coconuts
- 1½ cups coconut water
- 1 cup butternut or pumpkin cubes (about 1-inch cubes)
- 1 pinch nutmeg, cinnamon, or pumpkin pie spice

Combine all the ingredients in a blender and blend on high until smooth. Enjoy!

### Classic Gazpacho

*makes 4 servings*

- 5 large tomatoes, quartered
- ½ cucumber, peeled, seeded, and chopped
- ½ red bell pepper, chopped
- 2 cloves garlic
- Himalayan sea salt to taste
- 1 teaspoon cayenne pepper
- 1 olive oil

Place all the ingredients in a food processor and blend until finely puréed. Depending on the size of your processor, you may have to do this in two or more steps.

### Spring In Your Step Gazpacho (by Marlena Torres)

- 4 small tomatoes, or 2 large tomatoes
- 1 small zucchini (or ½ regular sized zucchini)



**Tip for Blending:**

*Since the blending process heats up the precious ingredients of dressings and raw soups, adding a few ice cubes to the blender before blending helps to preserve the mixture's freshness and integrity. This is especially important for ingredients that are better served cool, such as that beautiful raw tahini!*

- 1 red, yellow, or orange bell pepper
- 2 tbsp red onion
- 2 garlic cloves
- 1 small handful basil
- 3 tbsp fresh mint
- ½ tsp cayenne pepper (to taste, it's spicy!)
- Juice of ½ lemon
- Juice of ½ lime
- 1 tbsp combined lemon/lime zest

Blend all ingredients together and enjoy!

**Lemon Cauliflower Cream Soup [(Raw or Cooked) by Ana Zaharia]**

*makes 2 servings*

- 1 small head of cauliflower florets (steamed optionally)
- 2 cups warm water
- 1 clove garlic
- juice of 2 lemons
- Himalayan salt to taste
- 1 tbsp turmeric
- 5 mint leaves
- 1 tbsp cold pressed olive oil (optional)
- 1/2 handful cashews (if making raw)



Blend all together until smooth, adding more water if necessary. Serve and sprinkle with fresh parsley & mint. If you would like to enjoy the soup cooked, steam the

cauliflower before blending all together, and omit the cashews.

### **Raw Garden Vegetable Soup (by Marlena Torres)**

1 yellow summer squash, chopped  
1 red bell pepper, chopped  
1 pint of grape tomatoes  
2 cups baby spinach (optional, I wanted to get my greens in, but this soup is a really gorgeous color without the greens)  
2 carrots, peeled and chopped  
½ avocado  
1 cup of water  
fresh herbs of choice (optional)

Blend all ingredients together and enjoy!

### **Fresh Tomato, Basil, and Zucchini Soup (by Marlena Torres)**

1 large chopped tomato  
1 zucchini (peeled and chopped, about 2 cups)  
2 tbsp lemon juice, 1 garlic clove  
a handful of fresh basil, and Himalayan salt and pepper to taste.

Blend all ingredients together. I added a small chunk of roasted beet to make this a beautiful color. You could add a bit of avocado to the blender to make it creamier and heartier.

### **Green Frappe (by Ana Zaharia)** *makes 1 serving*

1/2 cup young coconut meat  
1/4 vanilla bean  
3 handfuls baby spinach  
1/2 cup coconut water  
1 cup pure water  
2 cups ice, or more  
1/2 tbsp green stevia powder

Blend all together until a creamy consistency is achieved. Add more ice if you desire.

## **DRESSINGS AND SAUCES**

### **Raw Tahini Dressing**

*makes about 4 cups*

1 cup raw tahini  
¼ teaspoon cumin  
½ teaspoon coriander  
1 clove garlic  
juice of 1 lemon  
juice of 1 lime  
1 stevia packet (if more sweetness is desired)  
½ cup water

Blend all ingredients except water in a blender until smooth. This mixture thickens in the refrigerator. Add the water to dilute before serving.

### **Raw Coconut Curry Sauce (by Ana Zaharia)**

*makes about 1 cup*

2 carrots, chopped  
1/2 bell-pepper (any color but green), chopped  
2 scallions, chopped

1/4 cup raw almond butter  
2 tbsp shredded coconut  
2 tbsp young coconut water  
1/2" ginger knob  
juice of 2 limes  
1 tbsp curry powder (Frontier makes a few different ones - pick your favorite)  
1 tsp paprika  
Himalayan salt



Blend together until smooth. Use as a dipping sauce, a dressing for a massaged kale salad or curry kelp noodles!

**Raw Caesar Dressing** (for Arugula Caesar Salad)  
*makes 3 cups*

1/4 cup cold-pressed olive oil  
2 cloves garlic, chopped  
4 medium stalks celery, cut into thirds  
1/2 cup water  
1/4 cup freshly squeezed lemon juice  
2 tablespoons sweet white miso  
Freshly ground pepper & Himalayan salt to taste

Blend all of the ingredients in blender and serve over dark greens like arugula. This is a neutral dressing and may also be used as mayonnaise (use less water for a thicker consistency). Keeps for about 10 days.

**Raw Ranch Dressing**  
*makes 2 cups*

1/2 cup fresh lemon juice  
1 tablespoon Himalayan salt  
1 tablespoon dried chives  
1 tablespoon dried rosemary  
1 tablespoon dried oregano  
1 tablespoon dried sage  
1 cup whole, raw macadamia nuts  
OR  
1/4 cup cold-pressed olive oil

Blend all of the ingredients until very smooth. Add water to achieve desired consistency. Keeps for 1 week.



### **Raw Ranch Dressing (by Marlena Torres)**

2 cups raw zucchini, chopped into cubes  
1 large garlic clove  
2 tbsp raw onion  
1/2 tsp dried oregano  
1 tbsp dried dill, or 2-3 tbsp fresh dill  
half a lemon, juiced  
2 tbsp tahini, or 1/4 of an avocado  
1 tbsp cold pressed oil (optional)  
Himalayan salt and pepper to taste  
a bit of water to facilitate blending (don't use too much or you'll be stuck with a watery dressing)

Blend all ingredients together and pour over your salad or zucchini pasta!

### **Carrot-Ginger Dressing**

*makes 4 cups*

2½ cups carrots, cut into chunks  
3 tablespoons fresh ginger  
¾ cup water  
1 clove garlic  
¼ cup flax seed oil  
1 drizzle sesame oil (optional for flavor if desired)  
Cumin, coriander, or curry spice to taste

Blend all of the ingredients (using only ½ of the carrots) except the spice in a blender. Add the cumin, coriander, or curry to taste. As the mixture is blending, slowly add the additional carrots. You may need to add more water or apple cider vinegar to facilitate blending action. Use on salads or as a dip for raw sushi rolls or crudite. Keeps for 2 weeks.

### **Amazing Raw "Peanut" Sauce**

*makes 2 cups*

1 cup raw almond butter  
2 tablespoons fresh ginger, whole or chopped  
½ cup coconut water (to thin)  
4 tablespoon fresh lemon juice  
4 teaspoon sesame oil (optional)  
2 to 3 cloves garlic  
½ serrano or jalapeño chile



Himalayan salt to taste

Blend all ingredients at high speed until smooth. This makes an unbelievable dipping sauce for carrots or other vegetables, and it tastes amazing as a salad dressing or a sauce over young coconut noodles!

### **Guacamole**

*makes about 2 cups*

3 Hass avocados, chopped  
Juice of 2 limes  
¼ cup finely chopped red onion  
5 plum or vine-ripe tomatoes, chopped  
(or 1 cup grape tomatoes, sliced in half)  
½ cup red or yellow peppers, diced  
½ bunch fresh cilantro, chopped  
Himalayan salt to taste

Mix all ingredients in a salad bowl.



### **Rocka Mole**

*makes about 2½ cups*

1 cup Roma or Holland tomatoes, chopped  
2 ripe avocados, diced  
¼ to ½ cup chopped fresh cilantro  
1 tablespoon minced garlic  
¼ cup lime juice, fresh-squeezed  
Himalayan salt and fresh ground pepper to taste  
½ cup fresh organic sweet corn, cut off the cob

In a medium bowl, mix all of the ingredients well, until as creamy as desired. Serve it with raw veggies or serve it on top of a plate of greens to create a rich avocado salad.

### **Avocado - Spinach Sauce (by Marlena Torres)**

1/2 large avocado (or more if you'd like it even creamier)  
2 big handfuls baby spinach  
1 raw zucchini, chopped  
1 clove garlic  
2 handfuls of fresh basil  
the juice of 1 lemon

Blend on high speed until smooth and creamy, add Himalayan salt and pepper to taste, and pour over zucchini pasta, or use as a salad dressing.

### **Italian Style Guacamole (by Marlena Torres)**

2 ripe avocados

Juice of two limes  
1/2 teaspoon of Himalayan salt  
1/2 red bell pepper  
10 sun dried tomatoes, soaked, rinsed,  
and chopped  
1 large Heirloom tomato/diced  
1 large clove garlic/minced  
3 to 4 tablespoons of diced vidalia  
onion, or you could use shallots, or red  
onion  
1 handful chopped fresh basil  
a touch of green stevia powder if  
needed

Mix all ingredients in a bowl and enjoy as a  
dip for crudité or mixed with your favorite  
baby greens for a salad.

**Sweet & Sour Sun Dip (by Ana Zaharia)**  
*makes 2 servings*

2 tbsp raw sunflower butter  
1 tbsp raw tahini  
juice of 1 lime  
juice of 1 lemon  
dash of paprika



dash of cumin  
pinch of Himalayan salt  
1/2 tsp green powdered stevia

You can enjoy this over a large spinach  
salad with cherry tomatoes, celery, bell-  
peppers, cucumbers and a topping of raw  
almonds or as a dip for your favorite crudité.

**Raw Marinara With Fresh Herbs (by  
Marlena Torres)**

1 red bell pepper  
1/2 an avocado  
10 sun dried tomatoes (soaked)  
the juice of 1 lemon  
1 garlic clove  
1 spring onion or scallion, chopped  
(optional)  
rosemary, basil, sage, or other fresh  
herbs of choice, to taste (also optional)

Blend in a high speed blender until smooth  
and creamy! Enjoy over massaged kale, or  
zucchini pasta.

**Beet and Carrot Marinara (by Marlena  
Torres)**

1 pint of cherry tomatoes  
1 carrot, peeled and chopped (about  
3/4 cup of chopped carrot)  
1 small beet, peeled and chopped  
(about 1/4 cup of chopped beet)  
9 sun dried tomatoes  
9 or 10 leaves of fresh basil  
1 tsp of crushed red pepper flakes  
1 tsp herbamare (optional as the sun  
dried tomatoes will lend plenty of salt)



1 tsp Herbes de Provence  
Small amount of water to facilitate blending.



Place everything in a blender, add a tiny bit of water and blend until smooth. You can always add more water if you like your sauce thinner.

### **Kalamata Olive and Sun Dried Tomato Tapenade (by Marlena Torres)**

1 cup of kalamata olives, drained and rinsed

1 cup of sun dried tomatoes, soaked until soft

Put all of the ingredients in a food processor and process until it is at the desired consistency. This is such a simple recipe that you should feel free to add more olives or more tomatoes depending on how you like it best! Spoon into endive and enjoy!

### **RAW REGENERATION BOWLS**

Each of following Raw Regeneration Bowls is a totally satisfying life-force-rich meal in a bowl. And, if I do say so myself, each one is an intuitive masterpiece of maximum flavor and vitality!

#### **Raw Regeneration Bowl #1: The Amazing Marinara Cell-cleanse**

*makes 2 servings*

For the salad base:

1 medium zucchini, peeled into ribbons with a vegetable peeler

1 medium summer squash, peeled into ribbons with a vegetable peeler

1 large carrot, peeled into ribbons with a vegetable peeler

4 ounces organic baby romaine lettuce

For the marinara:

5 Roma or vine-ripened tomatoes

5 unsulfured sun-dried tomatoes,

### **Wooden Bowls and Chopsticks:**

*Personally, I prefer to serve my meals in wooden bowls with wooden utensils, ideally wooden chopsticks. I find that eating with metal forks, spoons, and knives—all the stabbing, shoveling, and cutting—creates an aggressive disconnect between me and the food that I am asking to replenish and heal me. This is why I make sure to eat with a peaceful heart and mind, with a feeling of love and gratitude. (Even the best alkaline foods will turn to acidic if consumed in a negative spirit.) I will resort to normal cutlery when necessary while eating out, but there is nothing like wooden bowls and chopsticks to present your meal in the most gentle, natural, and healing light.*

soaked in 1 cup of purified water for 10 minutes

1 tablespoon fresh oregano

¼ cup packed fresh basil

1 tablespoon fresh rosemary

1 heaping tablespoon fresh ginger, diced

2 cloves fresh garlic

2 tablespoons cold-pressed olive oil

1 teaspoon Nama Shoyu or Tamari soy sauce

1 teaspoon Himalayan salt (or to taste)

Stevia to taste

Combine all the salad base ingredients in a large bowl. Place all the marinara ingredients in a high-speed blender and blend until smooth. Pour the blended marinara mixture over the vegetables in the bowl. Toss, serve, and dig in!

### **Raw Regeneration Bowl #2: Wild Herb,**

### **Sprout, and Dandelion Power with Quick Tahini Dressing**

For the salad base:

1 cup organic sunflower sprouts

½ cup packed dandelion greens

4 ounces baby romaine or baby mixed lettuces

2 tablespoons fresh parsley

2 tablespoons fresh basil

For the dressing:

1 cup raw tahini

¼ cup fresh lemon juice

1 clove garlic

1 tablespoon ginger, diced

1–2 teaspoons Nama Shoyu or Tamari soy sauce

Stevia to taste

Place all the salad base ingredients in a bowl. Blend all dressing ingredients in a high-speed blender and pour on top of

the salad. Toss and enjoy — creamy and scrumptious!

### **Raw Regeneration Bowl #3: Carrot-Ginger Live Forever**

*makes 1 serving*

- 4 ounces baby romaine lettuce
- 1 cup grape tomatoes, halved
- 1 cup sunflower sprouts (substitute alfalfa sprouts if necessary)
- 1 ripe Hass avocado, sliced
- ½ bulb fennel (optional)

For the dressing:

- 10 ounces fresh carrot juice
- 3 tablespoons fresh lemon juice
- 2 cloves garlic
- 2 heaping tablespoons fresh ginger
- Stevia to taste
- Himalayan salt to taste

Combine the lettuce, tomatoes, sprouts, avocado, and fennel (if using) in a bowl. In a high-speed blender, blend the carrot juice, lemon juice, garlic, and ginger until smooth. Pour the mixture over the vegetables. Sprinkle on some sea salt and/or stevia as desired, toss, and serve.

### **Sushi Bowl (by Ana Zaharia)**

*makes 2 servings*

- 2 5 oz. boxes of spring mix, or baby spinach
- 2 avocados, cubed
- 1 carrot, grated
- 1/2 cup jicama, grated (optional for rice texture)



- 3 nori sheets, cut into strips (using scissors)
- 1" ginger chunk, grated
- 1 garlic clove, grated
- juice of 2 limes
- juice of 1 lemon
- 1 tbsp Nama Shoyu ( can be omitted for an extra clean salad)
- 1/2 tbsp sesame seeds

Toss all together thoroughly, allow the flavors to develop for 5-10 min & enjoy!

## **SALADS**

### **Fruity Veggie Salad (by Marlena Torres)**

- About 5 ounces of your favorite baby lettuces
- 2 big juicy tomatoes, chopped
- 1/2 orange bell pepper, chopped
- 1/2 yellow bell pepper, chopped
- 1 small handful of parsley, chopped finely



1 small handful of basil, chopped finely  
2 tbsp red onion, diced (optional)  
The juice of 1-2 lemons  
1/2 - 1 whole avocado  
about half of a lemon, zested  
a touch of pure green stevia powder if needed

Mix all ingredients together in a salad bowl, and enjoy!

### **Japanese Dinner Entree Salad (by Ana Zaharia)**

*makes 2 - 3 servings*

For the (oil-free) dressing, blend (pulsing a few times):

1 cup cherry tomatoes  
2 peeled carrots, chopped  
3 garlic cloves  
1/2" ginger knob  
juice of 1 lime  
juice of 1 lemon  
1 tbsp. Nama Shoyu (should be omitted for an extra clean salad)  
1/2 tsp green stevia powder (optional)

For the salad, toss:



1 box organic spring greens  
1 heart romaine, chopped  
2 avocados, cubed  
1 cucumber, semi peeled, sliced  
1/2 cup hijiki seaweed, soaked for 15 min and rinsed  
1 sheet of nori, torn  
4 celery ribs, chopped  
1 cup roughly cut asparagus, cooled and steamed  
1 cup cubed zucchini, steamed and cooled  
dressing

### **Creamy Asian Salad and Dressing**

*makes 4 to 6 servings*

For the salad:

2 cups mung bean sprouts  
2 cups shredded green or purple cabbage  
1 red bell pepper, thinly sliced  
1 cup sugar snap peas  
1/2 cup watercress, chopped  
1/4 cup fresh cilantro, chopped  
2 tablespoons fresh basil, chopped  
1 clove garlic, chopped

For the dressing:

1 inch ginger, chopped  
1 cup cold-pressed olive oil  
2 teaspoons toasted sesame oil  
2 cloves garlic  
2 tablespoons fresh minced ginger  
4 tablespoons lemon juice  
4 tablespoons sweet white miso  
1/2 cup water

Himalayan salt to taste

To make the salad: Mix all of the ingredients together in a salad bowl. Set aside.  
To make the dressing: Blend all ingredients in a blender until smooth. One hour before serving, pour half of the dressing over the salad. Mix thoroughly and enjoy!

### **Ambrosia**

*makes 4 to 6 servings*

- 1 bell pepper, thinly sliced
- 1 large carrot, sliced into matchstick pieces
- 1 zucchini, sliced into matchstick pieces or thinly sliced with a carrot peeler
- 1 large beet, cut into matchstick pieces
- ½ cup chopped walnuts
- 1 cup jicama, sliced into matchstick pieces
- 2 tablespoons fresh ginger, diced
- 2 cloves garlic, diced
- ½ jalapeño or serrano chili, diced
- ½ cup sliced sunchokes (Jerusalem artichokes; matchstick pieces)
- ¼ cup packed fresh mint
- ½ cup packed fresh basil
- ½ bunch packed fresh cilantro

Mix all ingredients in a large bowl. Toss well and serve topped with lemon&lime juice, olive oil & Himalayan salt.

### **Nutty Tuna Salad (by Ana Zaharia)**

*Makes 1 big serving*

- 3 handfuls mixed baby greens

- 2 celery sticks chopped
- 1 finely grated carrot
- 1-2 tbs dulse flakes
- 1 tsp hemp seeds
- 1 tbs raw sunflower seeds (soaked for 1 hour, if possible)
- 5 sugar plum tomatoes cut in half

For the dressing:



- 2 tbsp. raw almond butter
- 1 tbsp. young coconut water (fresh)
- 1/2 lemon juiced
- 1 lime juiced
- 1 tsp. Nama Shoyu (omit for the cleanest salad)
- Himalayan salt and pepper to taste

Mix the dressing in a small bowl or cup until

the almond butter completely incorporates into the dressing. Toss all together with the veggies and seeds, and enjoy as is or with a couple of raw crackers.

### **Fountain of Flavor Salad**

*makes 4 servings*

Clove and cinnamon add wonderful elements of surprise to a dish. This salad warms your senses and triggers further creativity in the kitchen by mixing warm and tangy with a touch of Indian spice.

- 1 cup cherry tomatoes, sliced in half
- 1 teaspoon cinnamon
- 1 teaspoon ground cloves
- 1 clove garlic, chopped
- 3 cups romaine lettuce, chopped
- 1½ teaspoons fresh oregano, chopped
- 1½ teaspoons fresh thyme, chopped
- ¼ cup cold-pressed olive oil
- 4 raw olives, chopped
- Himalayan salt and freshly ground pepper to taste

Add all of the ingredients into a mixing bowl. Toss well and enjoy! This is a neutral dish, so you can combine it with anything.

### **Avo-Rosemary Salad (by Marlena Torres)**

- 1 avocado , cubed
- 4 sun dried tomatoes, soaked until soft, and then diced
- 2 tablespoons finely chopped fresh rosemary
- 1 small clove garlic, minced (optional)

- 1 handful of grape or cherry tomatoes, or 1 yellow or orange bell pepper, chopped into small pieces
- the juice of 1 lemon
- a touch of pure green stevia powder if needed

Mix it all together and enjoy!

### **Extremely Green Salad Sensation (by Ana Zaharia)**

*makes 2 servings*

- 1 box of super greens or baby kale
- 1 avocado, cubed
- juice of 1 lemon
- juice of 1 lime
- handful of cilantro, chopped
- small handful of mint, chopped
- 2 tbsp Botiva olives
- 1/2 tsp green stevia powder (optional)
- Himalayan salt
- 2 beets, baked at 300 for 3 hours, or 400 for 1 hour, cubed or raw, grated (optional)

Toss all of the ingredients together thoroughly & enjoy!

### **Raw Rainbow Salad**

*makes 2 to 4 servings*

This is a simply beautiful creation that will appeal to everyone.

- ½ cup shredded or finely chopped red cabbage
- ½ cup julienned or chopped yellow bell pepper



½ cup shredded carrots  
½ cup alfalfa sprouts  
1 cup mixed greens

Place the red cabbage, peppers, carrots, and sprouts in little piles forming a circle around the greens like a rainbow. Serve with Carrot-Ginger Dressing.

**Italian “Pasta” Salad (by Ana Zaharia)**  
*serves 2*

The pasta:

2 summer squashes, ran through a spiralizer  
handful cherry tomatoes quartered  
handful sunflower spouts  
3 basil leaves julienned

Top with blended (the sauce):

1 large yellow heirloom tomato or 2 Roma tomatoes if not available  
5 basil leaves  
1 tbsp. fresh marjoram  
1/2 lemon juiced  
5 sun-dried tomatoes (oil-free)  
1/2 tbsp cold pressed olive oil (optional)



Himalayan salt and pepper to taste

Serve on top of tossed (the salad):

3 handfuls arugula  
1 tbsp mustard seed powder  
1 lemon juiced  
Himalayan salt to taste

Top everything with:

julienned basil  
1 handful chopped raw almonds (optional)

**Italian Salad**

*makes 2 to 4 servings*

1 head romaine, chopped  
2 cups arugula, chopped  
2 yellow bell peppers, finely chopped  
4 Roma tomatoes, chopped  
4 sun-dried tomatoes, soaked and chopped  
1 zucchini, julienned  
¼ cup fresh basil, chopped  
2 tablespoons cold-pressed olive oil  
1 tablespoon cloves garlic, minced  
Himalayan salt and freshly ground black pepper to taste

Mix all vegetables in a large bowl. Dress with the basil, olive oil, sea salt, pepper, and garlic.

**Parsnip, Tomato, and Herb Salad  
Inspired by Giada Di Laurentiis' recipe  
for “Farro Salad” (by Marlena Torres)**

1 parsnip, peeled, cut into smaller

pieces and then processed in the food processor

1 handful of grape tomatoes, quartered  
the juice of about 1/2 a lemon (about 2 tablespoons)

1 clove of garlic, very finely chopped  
2 tablespoons fresh parsley, chopped  
2 tablespoons fresh chives, chopped  
2 tablespoons vidalia onion, diced  
a drizzle of cold pressed extra virgin olive oil (optional)

Himalayan salt and pepper to taste  
a touch of pure green stevia powder if needed

Mix all ingredients together in a bowl.

### **Peace in the Middle East Salad**

*makes 4 servings*

If you love tabouli, you will love this dish!

1 cup halved cherry or grape tomatoes  
1/2 cup English cucumber, chopped  
1/4 cup sweet onion, chopped  
1 red bell pepper, chopped  
1/2 cup fresh mint, chopped  
1/2 cup fresh parsley, chopped  
1 tablespoon cloves garlic, minced  
1 tablespoon fresh ginger, minced  
1/2 cup olive oil 2 tablespoons  
1/4 cup lemon juice  
1 tablespoon jalapeño, minced (optional)  
1/4 cup raw sesame seeds (optional)  
Himalayan salt to taste

Mix all ingredients in a large bowl.

### **Sunshine Flavor (by Ana Zaharia)**

*serves 2*

3 handfuls baby lettuces  
2 handfuls baby arugula  
1 large handful sunflower sprouts  
2 large avocados, cubed  
1 English cucumber, cubed  
2 celery stalks, chopped  
1 tsp. organic dijon mustard seed powder  
2 mayer lemons juiced  
zest of 1/2 mayer lemon  
1 tbsp fresh oregano, chopped  
1 tbsp fresh marjoram, chopped  
1 large handful fresh basil, chopped  
10 sun-dried tomatoes, soaked for 30 minutes, thinly sliced

Toss all together in a large bowl and enjoy!



### **Guacamole Salad**

*makes 2 to 4 servings*

3 Hass avocados, finely chopped  
4 ripe Holland tomatoes, diced, or 2  
cups grape tomatoes, sliced in half  
½ tablespoon garlic, minced  
1 bunch cilantro, chopped  
¼ to ½ pound baby romaine, mesclun,  
arugula or regular romaine lettuce,  
chopped  
Juice of 2 limes  
Himalayan salt and freshly ground  
black pepper to taste

Mix all ingredients together and enjoy. Add  
dulse flakes and/or nori pieces for flavor  
and minerals.

### **Quick Guacamole Salad**

*makes 1 to 2 servings*

3 heaping tablespoons Guacamole  
¼ pound baby romaine lettuce

Place a couple of heaping spoons of gua-  
camole atop a pile of baby romaine lettuce.  
It's simple and creamy-dreamy!

### **Endive Bruschetta**

*makes 2 servings*

3 Roma tomatoes, chopped  
2 cloves garlic, chopped  
1 cup packed fresh basil  
2 heads endive, separated into leaves  
Himalayan salt and freshly ground pep-  
per to taste

In a mixing bowl combine the tomatoes,  
garlic, basil, salt, and pepper. Place a  
heaping tablespoon of the mixture on each  
endive leaf. This makes a sophisticated,  
fresh appetizer.

### **Doris' Simple Wakame Salad (Oil and Vinegar Free)**

1/2 cup wakame, soaked, rinsed, and  
patted dry with a paper towel  
baby greens of choice  
1 or 2 radishes chopped into match-  
sticks  
1 carrot, chopped into matchsticks or  
thinly sliced with a vegetable peeler  
1/2 cucumber, sliced into thin discs  
1 clove garlic, minced  
1 tsp fresh ginger, minced  
the juice of one lemon  
the juice of one lime  
a drizzle of toasted sesame oil (op-  
tional, it really adds great flavor but the  
salad is still delicious when it is oil free)





1/2 an avocado, sliced (optional, but it really rounds out the salad, especially if you are not wanting to use the sesame oil)

Mix all ingredients in a bowl and enjoy!

### **Giant Kale Salad Bowl (by Marlena Torres)**

1 bunch of kale (or as much as you'd like), massaged until it's wilted to about half the size it originally was

10-15 sun dried tomatoes, soaked, rinsed off, and chopped

2 or 3 radishes, chopped into matchsticks

1 carrot, chopped into matchsticks or thinly sliced into fettuccine like strips with a vegetable peeler

1 pint grape tomatoes, halved

1/2 cucumber, peeled and sliced into discs

Any other fresh vegetables you desire.

a handful of dulse, rinsed and patted dry with a paper towel

1/2 - 1 whole avocado

The juice of 1 lemon

The juice of 1 lime

a touch of pure green stevia powder if needed

Toss it all together and enjoy!

### **Fiesta Salad (by Ana Zaharia)**

*makes 2 servings*

10 oz. super greens

2 large heirloom tomatoes, yellow & red, roughly cubed

1 orange bell-pepper, cored & sliced

1/4 purple cabbage, shredded

2 avocados, cubed

handful cilantro, chopped

2 cloves garlic, minced

juice of 3-4 limes

Himalayan salt

Toss all together and enjoy!



## **Vegan Greek Salad (by Ana Zaharia)**

1 head Romaine lettuce, chopped  
2-3 Roma tomatoes, cubed  
10 Botija olives  
1 small cucumber, cubed  
1/2 red onion, thinly sliced  
1 tbsp olive Oil (optional)  
juice of 2 lemons

For the Feta Crumble:

1 handful Macadamia nuts  
1 tsp fresh Thyme,  
1 tsp fresh Oregano  
juice of 1/2 lemon  
Himalayan salt to taste

Pulse the ingredients for the Feta in a blender until a course topping is achieved. Toss everything together & enjoy!

## **RAW ENTREES**

### **Raw Neutral Pasta Pesto**

*makes 1/2 cup*

3 cups whole fresh basil  
2 cloves garlic  
5 teaspoons olive oil  
1 teaspoon Himalayan salt (or to taste)  
1 large zucchini  
2 Roma tomatoes, chopped

Blend basil, garlic, olive oil, and sea salt in a food processor. Turn zucchini into pasta with a Spiralizer, or finely julienne. Serve pesto sauce over the zucchini pasta. Garnish with chopped tomatoes.

## **Simple Pasta Marinara**

*makes 4 servings*

5 vine-ripe tomatoes  
1/3 cup packed fresh basil  
1/3 red bell pepper  
1/4 cup fresh oregano (optional)  
1 tablespoon fresh ginger, minced  
1 1/2 cloves garlic  
1/4 cup cold-pressed olive oil  
2 shallots  
1/2 cup sun-dried tomatoes  
Himalayan salt and freshly ground pepper to taste  
1 large zucchini or spaghetti squash, cut into thirds

Place all the ingredients except zucchini in a blender and blend until creamy. Then, one at a time, place each of the zucchini pieces onto a Spiralizer and turn until all of the zucchini looks like angel hair pasta. If you do not have a Spiralizer, do not cut the zucchini into thirds, rather julienne it finely until it resembles long thin pasta strips. (Alternatively, you may use spaghetti squash.) Pour the tomato sauce over the zucchini.

### **Kale Alfredo Spaghetti**

*Serves 2*

1 pack raw kelp noodles, rinsed and soaked in warm water for 15-30 minutes  
2 large handfuls baby kale massaged with juice of 1 lemon until "wilted"  
meat of 1 young coconut  
1 small handful raw cashews  
juice of 1/2 lemon

2 cloves garlic  
 Himalayan salt to taste  
 fresh parsley to taste  
 1tbsp nutritional yeast (optional but should be omitted for cleanest recipe)  
 1/2 cup young coconut water



Blend all ingredients, except the kale and kelp, with enough coconut water to keep blender moving - about 1/2 cup. Toss all together, top with parsley & enjoy!

### **Simple Raw Sushi**

*makes 8 rolls*

4 sheets nori seaweed  
 4 romaine leaves  
 1 cup alfalfa sprouts  
 1 cucumber, julienned  
 1 carrot, shredded or julienned  
 1 avocado (optional)

Place the nori sheet in front of you. Lay

one leaf of romaine lettuce horizontally on top of the nori on the side closest to you. Lay the sprouts, cucumber pieces, and carrot pieces horizontally following the line of the romaine leaf. Carefully roll the nori around the vegetables, pulling it gently toward you as you roll it to make it nice and tight. Then, moisten the end of the nori farthest from you with some water and seal it like an envelope. Slice the roll with a sharp knife down the middle. Dip in the Raw Caesar Dressing, or any other detox dressing that you prefer. Add avocado to make it more filling.

### **Raw Pad Thai**

*makes 4 servings*

3 cups shredded purple cabbage  
 2 large carrots, julienned  
 1 bunch cilantro, chopped finely  
 1 large zucchini, julienned  
 Meat of 3 young coconuts, sliced into long, thin strips like noodles  
 1 cup of Amazing Raw "Peanut" Sauce  
 1/2 cup chopped raw cashews

Mix the cabbage, carrots, cilantro, zucchini, and coconut strips in a large bowl and toss. Serve this mixture topped with 2 to 3 tablespoons of the sauce and a sprinkling of cashews.



## COOKED VEGETABLES

### Warm Carrot Ensalada With Capers and Olives (by Marlena Torres)

4 or 5 carrots, peeled, chopped, and steamed in a little bit of water until cooked to desired tenderness  
1/4 cup chopped assorted olives of choice  
1/4 cup freshly chopped parsley  
1 glove of minced garlic  
2 tbsp capers  
3 tbsp diced red onion  
1 tbsp cold pressed, extra virgin olive oil

Toss all of the ingredients together and enjoy!

### Sautéed Vegetables

*makes 2 to 4 servings*

1 broccoli head, cut into mini florets  
1 zucchini, sliced into coins  
1 summer squash, sliced into coins  
1 large carrot, julienned  
1/2 sweet onion, diced  
1 red bell pepper, julienned  
2 cloves garlic, minced  
6 to 12 ounces Pacific vegetable broth (as needed)

Place all the ingredients in a large skillet. Cook over medium heat until the vegetables reach the desired tenderness.

### Thai Carrot Soup

*makes 4 servings*

15 carrots, cut into 1 to 2-inch slices  
32 ounces Pacific vegetable broth  
2 tablespoons lemon grass  
1 small Spanish onion, chopped  
3 tablespoons curry (or to taste)  
3 tablespoons Spike  
1 tablespoon minced ginger  
2 to 3 cloves garlic  
Fresh cilantro

Place the carrots, broth, lemon grass, and onion into a soup pot. Bring to a boil and simmer until the carrots are medium-soft (you should be able to pierce with a fork). Let it cool. Put small batches (about 2 cups at a time) of the mixture into your blender and purée. Once it's all puréed, add the curry, Spike, ginger, and garlic until it suits your taste. Serve with fresh cilantro.

### Veggie Chips and Dip

*makes 3 cups of vegetable "chips" and 2 1/2 cups of dip*

1 cup carrots, thinly sliced  
1 cup parsnips, thinly sliced  
1 cup jicama, thinly sliced  
1 cup Rocka Mole

Artfully arrange each type of "chip" on a plate with the Rocka Mole in the middle for a colorful snack. Grab a chip and dig for Rocka Mole!

## DESSERTS & SNACKS

### Iced Green Latte (by Ana Zaharia)

*makes 1 serving*

- 1 cup home-made or Pacific brand almond milk
- 1 tsp vanilla extract (or 1/4 vanilla bean)
- 1 handful spinach
- 1/2 tbsp green stevia powder

Blend all together until smooth, pour through a strainer and enjoy over ice, or blend into a light ice-cream. Tastes like green tea ice-cream!

### Lemon-Lime Ice (by Ana Zaharia)

*makes 1 serving*

- juice of 1 lemon
- juice of 1 lime
- 1/2 tbsp green stevia powder
- 3-4 cups of ice

Blend on the highest setting of your blender until icy-smooth, adding a touch of water to facilitate blending.

### Lime in the Coconut (by Ana Zaharia)

*makes 1 serving*

- 1 young coconut (meat & water)
- juice & zest of 1 lime
- 1/2 tbsp green stevia powder (if desired)
- 2 cups ice

Blend all together until a creamy consisten-

cy is achieved. Add more ice if you desire.



### Sugar Free Macaroons (by Marlena Torres)

5-7 carrots, peeled, chopped, and cooked in pure water until soft (about 2 cups of chopped carrot)

Enough water to cover the carrots in a pan on the stove for cooking (about 1/3 cup)

About 12 ounces unsweetened shredded coconut, pulsed to be made into a flour in your blender (about 4 cups flakes, which turns into about 3 cups of flour)

1/3 cup raw carob powder

About 1/2 to 1 full tbsp Sweet Leaf brand liquid vanilla creme stevia to taste (you could probably use the pure green stevia powder and alcohol free pure vanilla extract, although I have never tried it this way)

## Pumpkin Pie Spice to taste

Once carrots are soft, transfer to a blender with 1/3 cup cooking water. Once carrot mixture is smooth, add vanilla creme stevia and pumpkin pie spice to taste. Mix the carrot mixture and carob powder into the coconut flour mixture until you have a “dough” that is dry enough so that you can form it into balls without leaving much residue on your hands at all. Place ball shaped macaroons on a parchment paper lined baking sheet, and press each macaroon down with the heel of your hand to flatten it so that they are about 1/2 inch or so thick. Top with extra cinnamon or pumpkin pie spice if you’d like.

Bake at 350 F / 180 C for about 15-20 minutes. It’s important to keep an eye on them, as the baking time will vary depending on how moist you made your dough. You’ll know they’re done when they get a little bit golden brown on the top.

Remove them from the oven and allow to cool for about 10-15 minutes. They’ll be ready to eat when you can pick them up and they don’t fall apart. Enjoy!



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