

## ***There is another copy of this page with the Daily Plans***

Prepare for the Shopping. I have listed examples of local (Visalia, CA) stores. Of course, other towns will be different, and stores come and go.

1. Usually, you must go to at least 4 stores for the first week
  - A. health food (Watson's is the local store)
  - B. nut store (Naturally Nuts is my preference)
  - C. Harris Ranch beef supplier (Best Buy, Glick's) – Glick's is on Non-residue program
  - D. and produce store (Vons, Save Mart, Albertson's)
  - E. "good" fish supplier (Vons, Save Mart, Albertson's, Glick's)
    - You really need to go to the coast, but that's not practical.
- ⊙ Directions for local Visalia, CA stores:
  - A. Watson's: east of Redwood H.S. and east of One-Hour Martinizing® on the south side of Main Street
    - ◆ Watson's is NOT open on the weekends.
  - B. Naturally Nuts: on Caldwell at Ben Maddox
  - C. Best Buy: Walnut at Giddings
  - D. Glick's: Murray at Willis

### *Changes I May Make*

1. **Quantity:** - The program is designed for a healthy weight 180 lb. male
  - A. Increase or Decrease proportionately
    - i.e. 1 pear and 1 sandwich to 1 ½ pear and ½ sandwich
    - i.e. If you double 1 item, you must double all the items for that meal or snack.
    - You may take extra Metabolic Clearing Food, but you may need to order an extra canister.
      - As prescribed there should be just enough to get you through the 3 weeks.
  - B. To AVOID losing weight, eat 1 or 2 or more handful of rice per day, on ANY day.
  - C. Add any of the vegetables on the "Food Choices List" to any dish before the 3 day modified fast.
  - D. You may add an extra **Ultra Clear** scoop for every 40lbs of healthy weight that you weigh over 150 lbs.
2. **Substitutions:**
  - 1 vegetable for another
  - 1 fruit for another
  - turkey for chicken
  - turkey or fish for chicken
  - chicken or turkey or fish for tofu – nuts for tofu in smoothie
    - preferable not unless you are allergic to soy products
  - rice milk for soy milk
  - You may occasionally have a serving of Metabolic Clearing Food instead of a meal or snack, but this should be an exception because whole foods are necessary.
3. **Additions:**
  - individual spices on the "Food Choices List" to improve the taste
  - NO packets unless the ingredients are obvious AND on the Food List
4. **NOT using the Ultra Clear or other metabolic/medical food.**
  - If you DON'T use the medical food meal supplement, you will need to shop for the items listed next to "FOOD TRACK" in the Daily Plans." Also, there are some Food Track recipes at the end.

## Food Choices List

### Proteins

Chicken  
Turkey  
Lamb  
Fish:  
Cod  
Halibut  
Mackerel  
Salmon  
Tuna  
Trout

Wild game  
Dried beans  
Dried peas  
Lentils

### Grains

Rice  
Rice bread  
Rice pancakes  
Rice cakes  
Rice pasta  
Rice milk  
Cream of rice  
Puffed rice  
Tapioca  
Amaranth  
Millet  
Teff  
Quinoa

### Vegetables

➤ Alfalfa sprouts  
➤ Artichoke  
➤ Avocado  
➤ Asparagus  
➤ Beets  
➤ Bok choy  
➤ Broccoli  
➤ Brussels sprouts  
➤ Cabbage  
Carrots  
➤ Cauliflower  
➤ Celery  
➤ Cucumber  
➤ Daikon radish  
➤ Endive

➤ Escarole  
➤ Green or yellow beans  
➤ Greens -- mustard,  
turnip, chard  
➤ Jicama  
➤ Kale  
➤ Kohlrabi  
➤ Leeks  
➤ Lettuce  
➤ Mung beans  
➤ Okra  
➤ Onions  
➤ Parsnips  
➤ Radishes  
➤ Rutabaga  
➤ Sea vegetables  
(seaweed, kelp)  
➤ Snow peas  
➤ Spinach  
➤ Squash - summer and winter

### ...Vegetables

➤ Taro  
➤ Turnips  
➤ Water chestnuts  
➤ Zucchini squash

Yams  
Sweet potatoes

### Sweeteners

Brown rice syrup  
Fruit sweetener  
Molasses

### Fruits

Apple  
Applesauce  
Apricot  
Avocado  
Banana  
Blueberries  
Cherries  
Kiwi  
Mango  
Melon  
Nectarine  
Papaya

Pear  
Peach  
Pineapple  
Plum  
Prune  
Raspberries  
Strawberries (only "organic")  
Nuts, Seeds, and Oils  
➤ Olive oil (low-med heat cooking)  
➤ Flax oil (NO heat cooking)  
➤ Almonds, Almond Oil  
➤ Cashews  
➤ Hazelnuts  
➤ Pecans  
➤ Pumpkin seeds  
➤ Sesame seed oil  
➤ Sunflower seeds, Sunflower  
oil  
➤ Walnuts, Walnut oil  
➤ Nut butters as allowed  
on list

### Spices

Anise  
Bay leaf  
Basil  
Cardamon  
Celery seed  
Cinnamon  
Cumin  
Dill  
Dry mustard  
Fennel  
Garlic  
Ginger  
Marjoram  
Oregano  
Parsley  
Rosemary  
Saffron  
Savory  
Tarragon  
Thyme  
Turmeric

## Central Valley Whole Body Cleanse

### — **Anti-Allergy Metabolic Shopping List (Days 1-9)** —

to use the Shopping List

1. Unless specifically stated, “Qty” usually indicates number of HANDFULS
2. Quantities are for **1 person in most cases** (not incl. nut milk, vegetable bullion, etc.) (palm-full of meat/tofu/beans)
3. If you are doing the “Food Track”(not the Metabolic /Medical Food [UltraClear]), you will need to shop for the additional foods listed on the Daily Plans Food Track snacks.

Day	SPICE / SEASONING	QTY	STORE 1	\$	STORE 2	\$
3>	Bay Leaf(WHOLE, fresh, if poss)	3				
1>	Cilantro (Fresh is best)	2Tbl.				
1, 2,4>,14,17,20	Garlic	1 head				
3,4	<b>Basil (Fresh is best)</b>	2 pinch	SaveMart			
√	<b>Cinnamon</b>	1jar				
√	Olive Oil (Extra Virgin, cold-pressed)	1 Btl.				
√	Balsamic Vinegar	small				
√	Apple Cider Vinegar	1 btl	SaveMart		Watson's	
4,18	Tamari	1 btl	SaveMart		Watson's	
4	Vegetable Bullion ( <i>Morga</i> ®)	1 pkg	Watson's	4.00		
7>	<b>Honey</b>	¼ C				
√	Recommended: Sea Salt(Fine)	1	Watson's	2.19/454g		
2	<b>Optional: Amino Acids sauce (<i>Bragg's</i>)</b>	1 sm.	SaveMart	3.00	Watson's	

Day	NUTS, SEEDS, MILKS & BUTTERS	QTY	STORE 1	\$	STORE 2	\$
1, 4	Brazil Nuts	½ lb	Naturally Nuts	5.00/lb		
1,3, 4, 6	Almonds (chopped will save effort)	½ lb	Naturally Nuts	3.00/lb	Watson's	5.49/lb
2, 4	Walnuts (chopped will save effort)	¼ lb	Naturally Nuts		Farmer's Mkt	3.00/lb
4,5	<b>Almond (or Cashew) Butter</b>	1 jar	Watson's	7.80/16oz		
4	<b>Sunflower Seeds (Raw)</b>	¼ lb	SaveMart		Watson's	
	<b>Optional: Ground Flax (<i>Bob's Red Mill</i>) – for constipation &amp; nutrition</b>		Watson's	2.70/lb		

Day	DRIED FOOD	QTY	STORE 1	\$	STORE 2	\$
1>	Black Beans	2 bags	SaveMart			
3, 6	Brown Rice	28 oz.	Watson's			
3>	<b>Split Peas</b>	2 bags		16oz		
2	Wh. Grain Rice cereal (rice bread would be okay to substitute, in a pinch)	1box	SaveMart		Watson's	
[1,5]	Optional: Tamari w/ seaweed Wh. gr. Rice cracker... <b>If you love that “crunch” feel</b>	1-2 pkg	Watson's	3.29/12	Save Mart	2.59

Day	FRUITS	QTY	STORE 1	\$	STORE 2	\$
5	Papaya	1	SaveMart			
1,2 4,5	Raspberries, Blue/Blk-berries (Frozen o.k.)	1 bag				
1	Banana	1	SaveMart			
2,4	Apple	1½	SaveMart			
3,4	Pear	1½	SaveMart			
2	Mango	1				

VEGETABLES							
1,3,4	Red onion	3					
3,2>,4	Yellow or White onion	2					
1,3,5	Broccoli	3 stalks	SaveMart				
3,4	Spinach (bagged or fresh)	1 bundle	SaveMart				
2,4,6	Kale	1 bundle	SaveMart		Vons		Fmr Mkt
4	Bok Choy	1 'head'	SaveMart				
2	Cauliflower	1 head	SaveMart				
2,3,6	<b>Carrots</b>	7	SaveMart				
2, 5	Brussels Sprouts	1 handful	SaveMart				
2,3, 4, 6	Leeks	2 lg	SaveMart				
3,5	Asparagus (springtime) <b>OR</b> Squash	1 bunch 2 small	SaveMart				
4	White/Green Cabbage	1/2	SaveMart				
3	Celery	2-3 stlks	SaveMart				
1,5	Optional: dried Greens	1	Watson's	10.00			

DAY	REFRIGERATED	QTY	STORE 1	\$	STORE 2	\$	
1, 5	<b>Rice Bread</b> ( <i>ex. Food for Life®</i> )	1 loaf	Save Mart	4.10	Watson's		
1,2,4	<b>Almond Milk</b> (unsweetened, reg.)	1/2 gal	Save Mart	3.70/0.5gal			
3	Halibut	1					
4	Cod (Fresh, Ocean, no fishy smell)	3/4 lb					
2,5	(Salmon or Trout) Fresh, no fishy smell, not <i>farmed, if possible</i>	2	WinnCo (frozen)				
2,3, 4, 2	Chicken ( <i>Foster Farm's®</i> or organic)	4 br	Costco		SaveMart		Vons
1	Beef ( <b>Harris Ranch®</b> )-Round	palm-full	Best Buy		Glick's		Bob's Mkt(Tulare)
√	<b>Flax Oil (Organic)</b>	1 btl	Watson's	14.8/pt, 8.5/ 1/2pt			

DAY	MISCELLANEOUS	QTY	STORE 1	\$	STORE 2	\$	
8,11	Epsom Salts	4 lbs	SaveMart		Longs		
	Beano® (if not used to gassy beans)	1 btl					

**Very Useful Items** (I will assume you have these or can make similar accommodations.)

- Crock Pot
- Blender
- Filtered Water (Brita devices or bottled work great)
- Rice steamer / cooker
- Potato Masher
- Garlic Press
- Vegetable chopping knife
- Tupperware
- 1 or 1/2 gallon jug
- Nut Chopper
- Salad spinner (after cleaning fresh veggies)

# Anti-Allergy Metabolic Detox Shopping List & Recipes

## Day1

### Power Smoothie #1

- |  |  |
|--|--|
| 1 cup soy milk or water or Nut Milk        | ¼ cup Raspberries, Blueberries or Blackberries           |
| ½ cup plain, cultured soy yogurt (organic) | 1 banana   |
| 1 Tbl flax oil (or 2 Tbl ground flax)      | ¼ tsp. cinnamon  |
| ¼ cup Brazil nuts                          | ¼ cup ice (optional)                                     |
| ¼ cup Almonds                              | <b>Optional:</b> 2 Tbl. dried (1/4 C fresh) dried Greens |

Add yogurt and liquids. Blend nuts in blender. **Hand Stir.** Add banana and Flax. Add remainder of ingredients.

### Black Bean Soup (This makes 4 servings to last through 4 meals in the coming couple weeks)

- |                                |                        |
|--------------------------------|------------------------|
| 2, 16 oz. bags black beans     | 2 Tbl chopped cilantro |
| 10 cups cooking liquid (water) | 6 cloves minced garlic |
| 1 cup diced red onion          |                        |

Rinse off beans. Check for rocks and dirt clods.

Soak beans overnight in purified water (Use about twice as much water as beans. They expand a lot.)

Rinse off beans again. Add liquid to beans and Cook on LOW in crock pot for ≈7 hours. Add all other ingredients about 1 hour before finished cooking. Add sea salt to taste.

**Beef**– (see “Cooking Meat” under “Various Days” section at the end)

**Veggies** – (see “Vegetables” under “Various Days” section at the end)

## Day 2

**Poultry** – (see “Cooking Meat” under “Various Days” section at the end)

**Fish** – (see “Cooking Meat” under “Various Days” section at the end)

**Veggies** – (see “Vegetables” under “Various Days” section at the end)

### Baked Apple

- |         |                        |
|---------|------------------------|
| 1 Apple | Cinnamon (or Allspice) |
|---------|------------------------|

Cut in half and remove core. Sprinkle with cinnamon or allspice. Cover and microwave for 1 minute or bake 5 min. (preheated to 425°).

## Day 3

### Omelet: Chicken and Veggie

- |                                 |   |
|---------------------------------|---|
| 1 chicken breast                | 1 tsp. <i>fresh</i> basil                       |
| 1 Tbl. olive oil or ghee        | Sea Salt to taste                               |
| ½ chopped leek                  | Optional: Quick squirt of Bragg’s Liquid Aminos |
| ½ cup broccoli (finely chopped) | Tamari  |
| ½ compact cup chopped spinach   |   |

Cut leeks in half long-wise and clean out dirt. Sauté leeks, broccoli and oil until aromatic on low boil in ¼ cup of water. Add chicken, herbs, and vegetables. Sauté until chicken starts to brown -- about 5 minutes. Keep griddle at moderate temperature. Use Tamari to taste.

# Anti-Allergy Metabolic Detox Shopping List & Recipes

## Split Pea Soup –(Makes about 4 servings) (Make extra to freeze for Day 6 and Day 10)

2, 16-oz bags green split peas	1 medium white onion -- diced
10 cups water	3 Bay leaves
2-3 Stalks celery (chopped)	Sea Salt, Pepper (to taste)
5-6 carrots (peeled and chopped or sliced)	*Optional: 1-2 cups Almonds (chopped)

Wash Peas. Combine all ingredients (EXCEPT salt) in crock pot. Combine Peas and Water in a pot. Bring to a boil on the stove. Then simmer (“baby boil”) for 2 hours, stirring occasionally. Then Add bay leaves, Celery, Carrots, Onion. Simmer 45 more minutes. Sea salt and Pepper to taste.

**For CrockPot:** Combine all ingredients (EXCEPT salt) in crock pot. Cook on low for ~8-9 hours.

Depending upon the heat of your crock, you may need to stir or add water. Remember, the soup will thicken further as it sits over the next day in the fridge.

- Sprinkle Almonds on before serving

## Brown Rice (1 cup)

(see “Cooking Grains” under “Various Days” section at the end)

**Fish** – (see “Cooking Meat” under “Various Days” section at the end)

**Veggies** – (see Veggies under “Various Days” section at the end)

## Cinnamon Pear

1 pear	Cinnamon (or Allspice)
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Cut in half and remove core. Sprinkle with cinnamon or allspice. Cover and microwave for 1 minute or bake 5 min. (preheated to 425°).

## Day 4

### Omelet: Chicken and Veggie

1 chicken breast	1 cup chopped kale ( <del>or spinach</del> )
1 Tbl. olive oil or ghee	1 tsp. fresh basil
½ cup broccoli (finely chopped)	Sea Salt to taste
1 leek ( <del>or onion</del> )-chopped	¼ tsp. <del>spike</del> or Nori flakes

Sauté leek, broccoli and oil until aromatic and tender. Add chicken & herbs to olive oil. Sauté until chicken starts to brown -- about 5 minutes. Keep griddle at moderate temperature.

### Chicken Spinach Salad w/ Nuts

2 handfuls spinach (chopped)	½ cup cubed cooked chicken
¼ C chopped red( <del>or yellow</del> ) onion ( <del>or leek</del> )	½ cup chopped almond or Brazil nuts
½ cup chopped sunflower seeds	Use Honey Flax Dressing** (see various days)
	If you like cheese, Use nutritional yeast, to taste

Cover & Sauté onions and oil until aromatic or tender in ¼ cup of water to low boil. At same time, cook chicken, fish ~~or tofu~~(finely crumbled). At same time, wash and chop spinach. Mix with nuts in salad bowl and serve.

## Anti-Allergy Metabolic Detox Shopping List & Recipes

### Cabbage Soup (2-3 servings)

1 cubes vegetable bullion  
1 C water  
¾ lb cod

2 cloves minced garlic  
½ cabbage (white) -- chopped  
½ white onion -- chopped

Combine all ingredients in crock pot. Cook for ≈5 hours on High or ≈8 hours on Medium.  
ALTERNATE: LEAVE out COD until finished. Grill or sauté(medium heat with olive oil) cod.

### Fruit Medley #1

½ small apple and ½ small pear, sliced  
1/2 cup mixture of blue-/black-/or raspberries

¼ - ½ C. total of chopped Walnuts (or almonds,  
cashews, or pumpkin seeds)

Slice fruit and arrange in bowl. Garnish with nuts.

## Day 5

### Power Clear #1

1 cup purified water  
¼ cup Brazil nuts  
1 Tbl flax **oil** (or 2 Tbl ground flax)  
¼ cup Raspberries or Blueberries

2 Scoops Medical Food (Ultra Clear)  
¼ tsp. cinnamon  
⅛ cup ice (optional)  
**Optional:** 2 Tbl. dried (1/4 C fresh) dried Greens

Add water. Blend nuts in blender. Add flax **oil**. Add remainder of ingredients.

### Black Bean Crisps

Prepare beans using extras/leftovers from **Black Bean Soup** (see Day 1)  
Place in frying pan and smash with Potato Masher (or fork, spoon, etc.) while adding water to desired consistency.  
Toast rice bread (or use rice crackers)  
Spread on thick. Add sea salt to taste.

**Fish** – (see “Cooking Meat” under “Various Days” section at the end)

**Veggies** – (see “Vegetables” under “Various Days” section at the end)

## Day 6

**Split Pea Soup** (see Day 3)

### Brown Rice

(see “Cooking Grains” under “Various Days” section at the end)

**Veggies** – (see “Vegetables” under “Various Days” section at the end)

## Day 7

Ultra Clear in purified water

## Day 8

# Anti-Allergy Metabolic Detox Shopping List & Recipes

Ultra Clear in purified water

## Day 9

Ultra Clear in purified water

### **Vegetables: Steamed or Stir-Fry or Wok**

Chop Vegetables to comfortable bite size

(Big, Green leafy(Kale, Spinach, etc.) shrink considerably—ending up at about 1/2 original volume)

Warm ≈1/4 inch layer of water in dish.

Cook hard veggies (broccoli stalks, cabbage, brussel sp., carrots for a couple minutes before others

Take off top as needed so that no water remains when finished – to preserve leached nutrients.

Add remainder of veggies

Optional: Wheat-free Tamari

#### **Steamed**

use steamer or Double-boiler

### **Cooking Grains(Millet, Quinoa, Rice)**

1 cup “organic” grain

2 cups pure water

Rinse grain in a strainer until water runs clear.

**Easy Way:** Place water and rice in rice steamer and wait until it’s done (**about 45 MINUTES**).

**Other Way: Put** grain in a pot with 1 ½ cups cold water. **Bring** to a boil, uncovered; then reduce heat to low simmer(covered) for another 20-30 minutes. **Add** water as necessary.

**Optional:** Stir in 1Tbl ghee when water is almost gone. – for great flavor

### **Cooking Meat (Beef, Fish, Chicken, Turkey)**

Beef and Chicken are easiest **grilled** (the George Foreman Grill is a winner).

**Non-stick pan** Frying in about a palm-full of water works well with any meat.

Vegetables can be added which provide nice flavor mixtures.

**Baking** always works.

**Cut Beef into squares or strips** ½ diced onion 2 cloves garlic (pressed) 3 Tsp Tamari, ¼ cup water.

Cook on medium (easy boil) until tender.

(The **slower** and the **less blackening** results in the **fewer carcinogens** produced.)

### **Honey Flax Dressing**

¼ C Apple Cider Vinegar

¼ C Flax **Oil**

¼ C Honey

Warm Honey in microwave for 10 seconds before combining ingredients. (Blend and keep extra sealed in refrigerator.)

### **Alkaline Broth**



## Central Valley Environmental Detox

### – **Anti-Allergy METABOLIC Shopping List** –Days 10-20

3 stalks celery or bok choy  
Parsley  
3 carrots  
1 large onion or 2 cloves garlic  
1 cup spinach leaves  
6 organic unpeeled potatoes

Cover with water in a non-aluminum soup pot. Let cook until broth has a rich flavor. Strain and drink hot or cold

#### **Bieler Blend / Broth**

Bieler broth is a calming food use by naturopaths and holistic doctor's for years during fasting. It helps to nourish and de-acidify the system.

Choose a combination of equal amounts from the following vegetables:

Celery, Green beans, Zucchini, Spinach, Parsley

Place your vegetables in a steaming basket(a wok or pot would an option), and cover the bottom of the pot with enough water so that it does not boil dry but not enough to cover any of your vegetables. Check them with a fork periodically to make sure that they are still "crunchy." This will usually take only a few minutes.

Place your vegetables and steaming water in your blender and puree.

Add any of your favorite fresh or dried herbs to enhance the flavor of the blend.

#### **If your system is sensitive:**

**Place** the above vegetables in a soup pot with a significant amount of water. **Add** any of your favorite fresh or dried herbs to enhance the flavor of your soup. **Bring** this to a boil, then let it simmer for 4-6 minutes. **Drain** and keep the broth. **Throw** away the vegetables because the nutrients will be leached out of them.

**Central Valley Environmental Detox**  
**– Anti-Allergy METABOLIC Shopping List –Days 10-20**

**Special Note: 1) Check your cupboards before you shop.** You will already have some of these items.  
**2) This is for days 10-20! Note the days you will use the item in the left column.**  
**Don't buy perishable items (i.e. Broccoli or Squash) so early that it goes bad.**

Day	SPICE / SEASONING	QTY	STORE 1	\$	STORE 2	\$	
14,17,20	Garlic	1 head					
16	Thyme	½ tsp					
16	Bay Leaf	2					
12, 20	Cilantro	2 pinch					
16,17	Basil	3 tsp					
12,16,17	Parsley – FRESH	2/3 cup	Save Mart				
12	Tarragon leaves	1 tsp.					
12,16	Black Pepper (fresh is best)	1 tsp.					
13,18,20	Cumin	2 tsp.					
14	Italian Seasoning Blend	1 tsp.					
17	Oregano	to taste					
√	Olive Oil (Extra Virgin, cold-pressed)		Watson's				
15	Peanut Oil (for high-heat cooking)	3 Tbl					
15	Curry Powder	2 tsp.					
13	Optional: Cayenne Pepper	½ tsp.					
18, 20	Optional: Chili Powder	1 ¼ tsp.					
16	Optional: Ground Celery Seed	½ tsp					

Day	NUTS, SEEDS, MILKS & BUTTERS	QTY	STORE 1	\$	STORE 2	\$	
13,14,20	Brazil Nuts	1½+ C	Naturally Nuts	5.00/lb			
13, 14, 20, 16, 17, 18, 20	Almonds	3+ C	Naturally Nuts	3.00/lb (unchopped)	Watson's	5.49/lb	
14	Cashews	¾ cup	Watson's	7.80/16oz			
10,11,12, 13	Almond (or Cashew) Butter	¾ cup	Watson's	7.80/16oz			
14, 17	Soy Butter	½ cup	Watson's		Save Mart		
15,19	Peanut Butter ( <i>Laura Skudder's</i> ®)	½ cup	Any brand with <u>only</u> peanuts as ingredients is OK				
17	Tahini	4 Tbl	Watson's				
	Optional: Ground Flax ( <i>Bob's Red Mill</i> ) – for constipation & nutrition		Watson's	2.70/lb			

Day	DRIED FOOD	QTY	STORE 1	\$	STORE 2	\$	
20	Black Beans	1 cup					
11,12,13, 14,15	Brown Rice	7 cups	Save Mart		Watson's		
18	Quinoa	1 cup	Watson's				
18	Lentils(brown)	1 cup					
10	Green Split Peas	1 bag					
15	Yellow Split Peas	1 bag					
18	Nutty Rice Cereal® (or Wh. Grain Rice®)	bowl	Watson's	3.20/12oz			
17	Vegetable Bullion ( <i>Morga</i> ®)	1 tsp	Watson's	4.00			
17,19	Optional: Tamari Br. Rice Crackers ( <i>San-J</i> ®) If you love that "crunch" feel	4	Watson's	3.29/12			

**Central Valley Environmental Detox**  
**- Anti-Allergy METABOLIC Shopping List -Days 10-20**

Day	FRUITS	QTY	STORE 1	\$	STORE 2	\$	
16,20	Papaya &/or Mango (Frozen OK)	2	Save Mart		Vons		
11	Mango (Frozen OK)	1	Save Mart		Vons		
11, 17	Raspberries (Frozen OK)	¼ cup	Save Mart		Vons		
18,13,20	Blue/Blk-berries (Frozen OK)	¾ cup	Save Mart		Vons		
14,16,17,18,19,20	Banana	6 ½	Save Mart		Vons		
12, 14,15	Apple	3					
12	Lemon Juice	½ cup					
12,16,17	Orange	5					
13,14,15	Peach or Nectarine (Frozen OK)	3	Save Mart		Vons		
10 <sub>x3</sub>	Pear	3					
15, 18	Watermelon	1 ½ cup	Save Mart		Vons		
15, 18	Honeydew	1 ½ cup	Save Mart		Vons		
15, 18	Cantaloupe	1 ½ cup	Save Mart		Vons		
19	Cherries (Frozen OK)	1 handful	Save Mart		Vons		Fmr Mkt

VEGETABLES (& vegetable-like foods)							
13, 20	Red onion	2					
14,15, 16,18	Yellow or White onion	8					
17	Broccoli	1 ½ cups					
12,13,14,17,20	Green Onions	1 bunch					
10,11,16, 18,20	Carrots	7 cups					
12,13,14,15,16	Celery	12 stalks					
13,14 <sub>x2</sub> ,20	Tomatoes	8-10					
13,14,15	Green Bell Pepper	3					
15, 18	Russet Potatoes	6 lg					
16	Red Potatoes	6 ½ cups					
13,14	Zucchini	1 medium					
13	Squash	4					
13,14	Mushrooms	1 cup					
11,18,19	Asparagus	3 handfuls					
16	White Cabbage	3 cups					
12	Your favorite green leafy veggie	2 cups					
14	Frozen(or Fresh) Corn	1 Cup					
	Optional: dried Greens		Watson's	10.00			

**Central Valley Environmental Detox**  
**– Anti-Allergy METABOLIC Shopping List –Days 10-20**

DAY	REFRIGERATED	QTY	STORE 1	\$	STORE 2	\$	
12,13,14, 15 <sub>x2</sub> , 19	Rice Pecan or Rice Almond Bread (example <i>Food for Life</i> ®)	8+ slice	Watson's	4.10			
13,14, 19, 20	<b>Almond</b> Milk (unsweetened)	3 cup	Watson's	3.70/0.5gal	Save Mart		
18	Cow's Milk – ORGANIC - RAW	1 bowl	Watson's		Save Mart		Vons
17	Tofu ( <i>Mori-Nu</i> ®) – organic, Extra Firm (if you're not allergic)	1 carton	Save Mart	12oz			
13	Tofu ( <i>Mori-Nu</i> ®) – Soft (if you're not allergic)	½ cup					
20	Eggs (Free-range)	1	Watson's	2.40/doz	Farmer's Mkt		Von's
20	Cod (Fresh, Ocean, no fishy smell)	1/4 lb					
11, 18,19	(Salmon or Trout) Fresh, no fishy smell, not <i>farmed</i>	4 palm-sized					
12,13, 14	Chicken ( <i>Foster Farm's</i> ®)	3 breasts	Costco		Save Mart		Vons
17	Beef ( <i>Harris Ranch</i> ®)-Round	1 palm-sized	Best Buy		Glick's		Bob's Mkt(Tulare)
13,17,20	<b>Flax Oil (Organic) – Refrigerate, Do NOT cook with!</b>	2/3 cup	Watson's	14.8/pt, 8.5/ ½pt			
14	<b>Peas (Frozen, low sodium) OK</b>	1 cup					

DAY	MISCELLANEOUS	QTY	STORE 1	\$	STORE 2	\$	
12	Vegetarian Refried beans	1 can					
12	Mandarin Oranges or Juice-packed pineapple	11 oz					
14	Chicken Broth (low fat)	28 oz					
18	Tomatoes (in juice)	15oz					
16,17, 20	<b>Whole</b> wheat bread	4+ slice					
20	<b>Corn Tortillas</b>	1 pkg					
20	Optional: <b>Salsa (for fish tacos)</b>						

**Very Useful Items** (I will assume you have these or can make similar accommodations.)

- |   |  |
|---|--|
| <input type="checkbox"/> Crock Pot<br><input type="checkbox"/> Blender<br><input type="checkbox"/> Filtered Water (Brita devices work fine)<br><input type="checkbox"/> Rice steamer / cooker | <input type="checkbox"/> Vegetable chopping knife<br><input type="checkbox"/> Tupperware<br><input type="checkbox"/> 1 or ½ gallon jug<br><input type="checkbox"/> Nut Chopper |
|---|--|

## Anti-Allergy DETOX RECIPES (Days 10-15)

### Day 10

**Split Pea Soup** (see Day 3)

### Day 11

Nutty Brown Rice

(see “Cooking Grains” under “Various Days” section at the end)

Add chopped almonds

**Fish** – (see “Cooking Meat” under “Various Days” section at the end)

**Veggies** – (see “Vegetables” under “Various Days” section at the end)

### Day 12

**Rice 'n Beans with Chicken:**

1/2 cup vegetarian refried beans

2 oz cooked fresh or canned white chicken meat

1/2 cup cooked brown rice

Cilantro and green onions to taste

Mix beans, rice and meat. Garnish with cilantro and green onions to taste.

**Mandarin Almond Salad**

**Spinach, Lettuce (red, leaf. Bibb, romaine, radicchio)**

ones) or drained, juice-packed pineapple

**or any other green leafy vegetable,**

1 cup (or more) chopped

**and as much as you want**

celery

**1 tablespoon minced parsley**

11 ounces drained mandarin oranges (or fresh

**Dressing:**

1/2 cup lemon juice (or tarragon vinegar)

~~1/2 teaspoon Dijon mustard~~ Not YET !

1 teaspoon tarragon leaves

1/2 cup flax seed oil

1/8 teaspoon black pepper [fresh ground is best]

1/4 cup toasted sliced almonds

1 teaspoon honey

*Place spices, nuts, and lemon juice (or vinegar) in a small bowl or blender and mix. Add oil slowly, mixing continuously until dressing is a light creamy color. Refrigerate for 1 hour before serving over salad. Dressing makes enough for 8 to 12 salads and keeps well in the refrigerator. **From Guilt-Free Indulgence.***

### Day 13

**Power Smoothie #2 – (takes approx. 15 min.)**

1 1/2 cup soy or nut milk

1/2 banana

1 Tbl flax oil (or 2 Tbl ground flax)

1/2 tsp. cinnamon

1/4 cup Brazil nuts

1/2 cup soft tofu

1/4 cup Almonds

1/4 cup ice (unless fruit was frozen)

1/4 cup Peach or Nectarines

Optional: 2 Tbl. dried (1/4 C fresh) dried Greens

Add liquids. Blend nuts in blender. Add tofu, flax. Add banana. Add remainder of ingredients.

**Stuffed Tomatoes– (takes approx. 45min.-1hr.)**

4 to 6 tomatoes	½ C chicken broth
1 onion, chopped	1 green bell pepper, chopped
2 tablespoons olive oil	½ cup zucchini, chopped
1 teaspoon cumin (or more, to taste)	½ cup mushrooms, chopped
½ teaspoon cayenne pepper or more, to taste)	¼ to ½ cup cooked rice
2 stalks celery, diced	

Cook Rice (takes ~45 minutes) while preparing other.

Cut tops off tomatoes, remove pulp carefully with a spoon, leaving flesh around sides. Invert to drain. Chop pulp. Sauté all ingredients in ½ Cup chicken broth. When liquid is evaporated, stuff tomatoes with filling. Serve cold or arrange in baking dish and bake until tomatoes are warmed through, about 15 minutes at 350 degrees. *Serves 4 to 6.* (You can also add shredded carrot, red chili pepper, sunflower seeds or other vegetables or nuts.)

From *Guilt-Free Indulgence*

**Chicken (“Cooking Meat (Beef, Fish, Chicken, Turkey)”)**

**Vegetables (see “Vegetables: Steamed or Stir-Fry or Wok”)**

**Day 14**

***Banana milk Shake***

1 frozen banana	¼ -1/2 cup Basil nuts ( in smoothie or on the side)
1 cup vanilla-flavored nut milk (or add ¼ tsp vanilla)	

Combine in blender until smooth

**Stuffed Tomatoes– (takes approx. 45min-1hr.)**

4 to 6 tomatoes	1 green bell pepper, chopped
1 onion, chopped	½ cup zucchini, chopped
2 tablespoons olive oil	½ cup mushrooms, chopped
1 teaspoon cumin (or more, to taste)	1 cup cooked rice
½ teaspoon cayenne pepper or more, to taste optional	¼ cup cashews
2 stalks celery, diced	

Cook Rice while preparing other.

Saute onion, with cumin and cayenne, in oil. Cut tops off tomatoes, remove pulp carefully with a spoon, leaving flesh around sides. Invert to drain. Chop pulp. Add vegetables add tomato pulp. When heated through, add rice and cashews. There will be extra stuffing stuff tomatoes with filling. Serve cold or arrange in baking dish and bake until tomatoes are warmed through, about 15 minutes at 350 degrees. *Serves 4 to 6.* (You can also add shredded carrot, red pepper, sunflower seeds or other vegetables or nuts.)

From *Guilt-Free Indulgence*

**Risi e Bisi – (takes approx. 1 hr. 15 min.)**

- |   |                                    |
|---|------------------------------------|
| 1 ¾ cups fat-free chicken broth (or one 14 ½ ounce can) | 1 cup peas, fresh or frozen        |
| 1 cup long-grain(or short) brown rice                   | 1 cup corn, fresh or frozen        |
| 2 fresh [or 8 ounces canned no-salt tomatoes in juice]  | 1 teaspoon Italian seasoning blend |
| 3 cloves garlic, finely chopped                         | Dash white pepper (optional)       |
|   | ½ cup finely chopped green onion   |

In a medium saucepan, bring broth to a boil over high heat. Add rice, cover and reduce heat to low. Cook for 50 minutes, or until rice is tender and liquid is absorbed. While rice is cooking, cut up canned tomatoes, reserving ¼ cup juice. Combine tomatoes, ¼ cup juice, garlic, peas, corn and seasonings in a large skillet. Sauté over medium-high heat 5-7 minutes, or until garlic and peas are at desired doneness. When rice is tender, stir into skillet. Heat until rice mixture is hot, approximately 5 minutes. Remove from heat, sprinkle with green onions and serve. *3 servings.*

*From Cooking Without Fat –George Mateljan*

**Day 15**

**Melon Smoothie**

- |                      |                  |
|----------------------|------------------|
| 1 cup watermelon     | 1 cup cantaloupe |
| 1 cup honeydew melon |                  |

Combine in a blender. Blend thoroughly.

**Skinny French Fries**

- 3 tsp. Peanut oil, or canola oil
- 3 large baking potatoes (unpeeled, cut into french fry strips)

Preheat oven to 450°. Measure ½ of the oil into the palm of your hand. Rub onto half of the fries. Spread in a single layer on a baking sheet. Repeat with the remaining oil and fries. Bake 15 minutes. Turn over and bake 15 more minutes. *Serves 2.*

**Split Peas and Rice Quick Stir– (takes approx. 1 ½ hr.)**

- |                          |                                     |
|--------------------------|-------------------------------------|
| 4 tablespoons olive oil  | 6 cups water                        |
| 2 teaspoons curry powder | 1 cup yellow split peas             |
| 2 onions, finely chopped | 1 green bell pepper, finely chopped |
| 2 cups cooked brown rice |                                     |

In a large, heavy pot, saute the curry, onions and green pepper in 3 tablespoons oil until onions are tender. Stir in rice and continue to cook 5 minutes. Add water and bring to a boil. Cook, covered, over low heat 20 minutes. Saute yellow split peas in remaining oil. Add split peas to the cooking rice and cook 30 minutes more. *Serves 4.*

## Various Days

### **Vegetables: Steamed or Stir-Fry or Wok**

Chop Vegetables to comfortable bite size

(Big, Green leafy (Kale, Spinach, etc.) shrink considerably—ending up at about 1/2 original volume)

#### **Special considerations:**

- Leeks
- Green onions: remove root end

Warm ≈1/4 inch layer of water in dish.

Cook hard veggies (broccoli stalks, cabbage, brussel sp., carrots for a couple minutes before others

Take off top as needed so that no water remains when finished – to preserve leached nutrients.

Add remainder of veggies

Optional: Wheat-free Tamari

#### **Steamed**

use steamer or Double-boiler

### **Cooking Grains (Millet, Quinoa, Rice)**

Use “certified organic” grains, when possible

Use only “whole” grains

Use purified water for cooking

See package for amounts.

Rinse grain in a strainer until water runs clear. For very small grains, line strainer with cheesecloth or thin cotton towel.

**Easy Way:** Place water and rice in rice steamer and wait until it’s done (**about 45 MINUTES**).

**Other Way:** Put grain in a pot with 1 ½ cups cold water. **Bring** to a boil, uncovered; then reduce heat to low simmer (covered) for another 20-30 minutes. **Add** water as necessary.

**Optional:** Stir in 1Tbl ghee when water is almost gone. – for great flavor

### **Cooking Meat (Beef, Fish, Chicken, Turkey)**

Beef and Chicken are easiest **grilled** (the George Foreman Grill is a winner).

**Non-stick pan** Frying in about a palm-full of water works well with any meat.

Vegetables can be added which provide nice flavor mixtures.

**Baking** always works.

(The **slower** and the **less blackening** results in the **fewer carcinogens** produced.)

### **Honey Flax Dressing**

¼ C Apple Cider Vinegar

¼ C Flax Oil

¼ C Honey

(Blend and keep extra sealed in refrigerator.)



## Anti-Allergy DETOX RECIPES (Days 16-20 + extra)

### Day 16

#### **Banana Papaya Smoothie**

- 1 fresh or frozen banana
- 1 papaya, scooped out of skin
- 2 oranges

Combine in a blender and blend until smooth. Add ice if desired.

#### **Split Peas and Rice Quick Stir**(from yesterday's leftovers)

#### **Irish Vegetable Stew**– (takes approx. 20 min. prep time, 45 min cooking time)

- |  |  |
|--|--|
| 8 cups pure water                            | Optional: ½ teaspoon ground celery seed                      |
| 2 cups (2 to 3 large stalks) celery, chopped | 3 cups (1 small head) white cabbage, coarsely chopped        |
| 3 cups (2 medium) onions, diced              | 2 cups (2 medium) carrots, quartered lengthwise, thin sliced |
| 6½ cups unpeeled red potatoes, cubed         | ½ cup minced fresh parsley                                   |
| ½ teaspoon thyme                             | Dash of pepper or pinch of cayenne, to taste                 |
| 1 teaspoon basil                             |  |
| 2 bay leaves                                 |  |

Bring water, celery, onion, potatoes, cabbage, carrots, and bay leaves to a boil. Turn heat to medium. Cover and cook 15 minutes. Add basil and thyme [and celery seed]. Lower heat and continue simmering gently about 25 to 30 minutes until potatoes are just tender. Add parsley during last 5 minutes. Add any other spices you like. Adjust seasonings to taste.

*Makes 4 quarts. Serves 12.*

From *Guilt-Free Indulgence*

### Day 17

#### **Citrus Smoothie**

- |                   |                |
|-------------------|----------------|
| 2 Oranges         | 1 banana       |
| ¼ cup raspberries | 1 Tbl flax oil |
| ¼ cup almonds     | ½ cup water    |

Combine in blender and blend until smooth. Add ice if desired.

#### **Lorie's Hormone Support Dip**– (takes approx. 45 min.)

- |   |                                |
|---|--------------------------------|
| 1 carton Tofu (extra firm)                  | 2 tsp basil                    |
| 1 tsp vegetable broth powder(from cubes OK) | 4 Tbl minced onion             |
| 4 Tbl tahini                                | Salt, oregano, garlic to taste |
| 3 stalks chopped parsley                    |                                |

Combine tahini, basil, vegetable broth powder, parsley, salt, oregano, onion, and garlic. Mix well. Then add carton of tofu and mix with hand mixer or blender.

#### **Irish Vegetable Stew** (from Day 16 leftovers)

#### **Beef** (“Cooking Meat (Beef, Fish, Chicken, Turkey)”)

#### **Vegetables** (see “Vegetables: Steamed or Stir-Fry or Wok”)

## Anti-Allergy DETOX RECIPES (Days 16-20 + extra)

### Day 18

#### **Quick Quinoa Stew– (takes approx. 45 min.)**

1 cup quinoa	2 cups vegetable stock or tomato juice
1 cup brown lentils	1 teaspoon chili powder (or to taste)
2 medium potatoes, peeled (or scrubbed) and chopped	½ teaspoon cumin (or to taste)
2 carrots, skinned and cut into rings	1½ teaspoons tamari
2 onions, chopped	

RINSE QUINOA: Put quinoa in a bowl and cover with water. Swirl bowl and drain in a fine sieve or a colander lined with cheesecloth or thin cotton towel. Repeat several times, until water runs clear.

COOK: Put quinoa and all other ingredients in a large covered pot and bring to a boil. Reduce heat and simmer until carrots are tender. Stir several times during cooking. Add more liquid if necessary.

#### **Fish (“Cooking Meat (Beef, Fish, Chicken, Turkey)”)**

#### **Vegetables (see “Vegetables: Steamed or Stir-Fry or Wok”)**

### Day 19

#### **Fish (“Cooking Meat (Beef, Fish, Chicken, Turkey)”)**

#### **Vegetables (see “Vegetables: Steamed or Stir-Fry or Wok”)**

*Quick Quinoa Stew (leftovers from yesterday)*

### Day 20

#### **Power Smoothie #1**

½ cup soy milk or water	¼ cup Blackberries or Blueberries
½ cup plain, cultured soy yogurt (organic)	1 banana
1 Tbl flax oil (or 2 Tbl ground flax)	¼ tsp. cinnamon
¼ cup Brazil nuts	¼ cup ice (optional)
¼ cup Almonds	<b>Optional:</b> 2 Tbl. dried (1/4 C fresh) dried Greens

Add yogurt and liquids. Blend nuts in blender. **Hand Stir.** Add banana and Flax. Add remainder of ingredients.

#### **Spicy Black Beans and Tomatoes**

1 teaspoon olive oil	¼ teaspoon chili powder
½ onion, chopped	1 tablespoon chopped fresh cilantro
2 cloves garlic, minced	1½ cups cooked dry beans (or 1 can black beans, drained)
½ teaspoon cumin	1 can chopped stewed tomatoes (or 2 to 3 fresh, chopped)
½ teaspoon cayenne pepper	(Substitute parsley if you can't find cilantro in the market.)

Sauté onions and garlic in olive oil over medium heat until tender. Add tomatoes, green chilies. Reduce heat and cook, uncovered, 6 to 8 minutes, until thickened. Stir in beans and remaining ingredients. Cover and heat 5 minutes. *Serves 8.*

## Anti-Allergy DETOX RECIPES (Days 16-20 + extra)

### **Fish Tacos**

2 lbs cod  
10 green onions

sea salt (to taste)

Place cod in covered pan with ¼ cup water and chopped green onions . Cook on medium, stirring occasionally, until cod falls apart. Warm corn tortillas in oven for 1 minute (or microwave for 1 ½ min.)  
6-8 servings

### Various Days

#### **Vegetables: Steamed or Stir-Fry or Wok**

Chop Vegetables to comfortable bite size

(Big, Green leafy(Kale, Spinach, etc.) shrink considerably—ending up at about 1/2 original volume)

#### **Special considerations:**

- Leeks
- Green onions: remove root end

Warm ≈1/4 inch layer of water in dish.

Cook hard veggies (broccoli stalks, cabbage, brussel sp., carrots for a couple minutes before others

Take off top as needed so that no water remains when finished – to preserve leached nutrients.

Add remainder of veggies

Optional: Wheat-free Tamari

#### **Steamed**

use steamer or Double-boiler

#### **Cooking Grains(Millet, Quinoa, Rice)**

Use “certified organic” grains, when possible

Use only “whole” grains

Use purified water for cooking

See package for amounts.

Rinse grain in a strainer until water runs clear. For very small grains, line strainer with cheesecloth or thin cotton towel.

**Easy Way:** Place water and rice in rice steamer and wait until it’s done (**about 45 MINUTES**).

**Other Way:** Put grain in a pot with 1 ½ cups cold water. **Bring** to a boil, uncovered; then reduce heat to low simmer(covered) for another 20-30 minutes. **Add** water as necessary.

**Optional:** Stir in 1Tbl ghee when water is almost gone. – for great flavor

#### **Cooking Meat (Beef, Fish, Chicken, Turkey)**

Beef and Chicken are easiest **grilled** (the George Foreman Grill is a winner).

**Non-stick pan** Frying in about a palm-full of water works well with any meat.

Vegetables can be added which provide nice flavor mixtures.

**Baking** always works.

(The **slower** and the **less blackening** results in the **fewer carcinogens** produced.)

## Anti-Allergy DETOX RECIPES (Days 16-20 + extra)

### EXTRA RECIPIES

#### Honey-Flax Dressing

-- tasty source of essential fatty acids(EFA's)

1/4 C Flax Oil

1/4 C Honey

1/2 C Apple Cider Vinegar

(Stir, Shake, or blend and keep the extra sealed in refrigerator.)

#### Fruit Medley #2

1 small apple

1 Peach or Nectarine

1/2 Mango <cut chunks off of seed>

1/2 cup soy yogurt

1 Tbl total of chopped Brazil (or Walnuts)

Optional: 1/4 tsp. cinnamon

Cut fruit small pieces mix (or pretty slices and arrange) in bowl. Cover with soy yogurt and garnish with nuts.

#### Power Clear #2

1/2 cup soy milk

1/4 cup Brazil nuts

1 Tbl flax oil (or 2 Tbl ground flax)

1/4 cup Raspberries or Blueberries

1/4 tsp. cinnamon

1/2 cup plain, cultured soy yogurt (organic)

1 Banana

1/8 cup ice (optional)

2 Tbl. dried (1/4 C fresh) wheat Greens (optional)

2 Scoops Medical food

Add soy milk. Blend nuts in blender. Add yogurt, flax. Add banana. Add remainder of ingredients.

#### Millet Divine

3 cups cooked millet

1 tsp vegetable broth powder

4 tsp tahini

3 stalks chopped parsley

2 tsp basil

4 Tbl minced onion

Salt, oregano, garlic to taste

Cook millet as directed – takes 30-45 minutes.

Combine tahini, basil, vegetable broth powder, parsley, salt, oregano, onion, and garlic with cooked millet.

Mix well and cook on medium in non-stick pan.

#### Healthy Dressing:

1 tsp flax oil

3 tsp vinegar

Vinegar suggestions: apple cider, tarragon, balsamic, rice, ume plum, red wine or a combination. Mix larger batches and keep in a bottle in the refrigerator and remove a serving (about 1 1/2 T) as needed.

#### Nutri Ola Cereal or Breakfast Bar

2 cups arrowroot, buckwheat flour or finely ground  
filberts, walnuts, or sesame seeds

1 cup walnuts (or filberts) coarsely chopped

1 cup whole sesame seeds

1 cup finely chopped dried apples, papaya or raisins

1/2 cup honey or fruit puree (or conc. frozen  
fruit juice)

1/2 cup sesame, walnut, or soy oil

2 teaspoons pure vanilla extract

Preheat oven to 275 degrees. Use blender or food processor to grind nuts, grains or seed to desired consistency. Mix the nuts, seed ans/or grains in a large bowl Mix with fruit and sweetener, oil, and vanilla. Pour over the dry mixture and stir lightly. Spread mixture into a lightly oiled baking pan (15" x 10" x 1"). Bake for 1 hour, stirring every 15 minutes. Cool. Break into small pieces for cereal or chunks for snacks.

## Anti-Allergy DETOX RECIPES (Days 16-20 + extra)

### **Heavenly Quinoa Hash**

1 cup raw quinoa	2 cloves garlic, minced
2 cups water	1 green or red bell pepper, diced
¼ teaspoon salt-free herb blend	¼ cup minced parsley
2 cooked potatoes, diced	1 tablespoon olive oil
1 onion, sliced	

water to a boil. Stir in quinoa, cover and simmer 15 minutes, until grains become translucent and pop open. Drain immediately.

### **Stir-Cooked Chicken and Vegetables**

1 whole chicken breast, skin, bones and all visible fat removed	2 cups broccoli florets
1 onion, chopped	1 cup Chinese edible pod peas
1 green or red bell pepper (or a combination), cut in strips	2 tablespoons olive oil
	Tamari sauce

Cut chicken into thin strips, about 2 inches long and ½ inch wide. In a wok or large frying pan, stir-cook onion in 1 tablespoon oil until it is translucent. Add the other tablespoon oil and the chicken. Quickly cook over medium-high heat until chicken is thoroughly cooked. Remove chicken from pan and set aside. Quickly brown vegetables, adding pea pods only during final 2 minutes. Add chicken last and serve over rice. Season with tamari. *Serves 2.*

### **Vegetarian Chili**

3 tablespoons olive oil	2 (15 oz.) can pinto or kidney beans, incl. liquid
1 medium onion, coarsely chopped	1 cup tomato juice
4 cloves garlic, minced	1 tablespoon ground cumin
½ pound mushrooms, chopped	2 tablespoons chili powder
2 cups cauliflower pieces	1 teaspoon paprika
1 large potato, peeled (or scrubbed) and chopped	1½ teaspoons salt-free herbal blend
1 large green bell pepper, seeded and chopped	1/8 teaspoon cayenne
2 large carrots, peeled (or scrubbed) and chopped	2 tablespoons tomato paste
3 cups fresh or frozen corn kernels	3 tablespoons red wine vinegar
1 (28 oz.) can plum tomatoes, chopped, incl. juice	

Heat olive oil in Dutch oven over medium heat. Add onions and garlic and sauté until onions are see through, about 5 minutes.

Add Mushrooms, and sauté another 10 minutes. Stir in cauliflower, potato, green pepper, carrots, corm, tomatoes, beans, tomato juice, cumin, chili powder, paprika, salt-free herb, cayenne, tomato paste, vinegar.

Bring mixture to a boil. Reduce heat to a simmer. Cover and cook, stirring occasionally, until vegetables are tender, about 30 minutes. *Serves 6.*

## Detox Recipes

### **Chicken and Veggies Stir Fry**

3 chicken breasts  
4 medium squash  
½ red onion, diced

1 cup bean sprouts  
Sea salt to taste

Cut chicken breast into small cubes. Place in wok or skillet with 2 Tbl water. Cook until done throughout and remove. Add squash, bean sprouts, and onions to remaining chicken liquid. Cook until onions are clear. Add back chicken. Toss and serve warm.

### **Spinach Salad w/ Chicken, Fish, or Tofu – (Day #3, 6)**

2 handfuls spinach (chopped)  
¼ C chopped red(or yellow) onion (or leek)  
1 Tbl olive oil  
1 C Fish, Tofu(extra firm), or Chicken

1/2 cup chopped brazil nuts  
1/2 cup chopped almond nuts  
If you like cheese, Use nutritional yeast, to taste

Sauté onions and oil until aromatic. At same time, cook chicken, fish or tofu(finely crumbled). At same time, wash and chop spinach. Mix with nuts in salad bowl and serve.

### **Garbanzo Fish Salad: – (Day #-----)**

1/2 cup cooked garbanzo beans  
Palm-full Fish  
Mung bean sprouts  
Parsley (or basil), chopped

¼ cup green peas  
¼ cup shredded carrot  
¼ cup shredded cabbage  
Rice vinegar and Dill seasoning

In a shallow bowl, combine garbanzo beans (drained) and cucumber. Add rice vinegar and dill seasoning to cover. Marinate for 30+ minutes, stirring occasionally. In a medium mixing bowl, combine beans, fish, and vegetables. Toss with dressing\* (Use a vinegar-flax oil dressing or choose one of the better Newman's Own dressings.)

### **Tempeh Salad: – (Day #5)**

2 oz Tempeh, cubed and steamed  
¼ lb. fresh asparagus, steamed  
¼ cup frozen peas, thawed  
½ cup cooked garbanzo beans  
¼ cup toasted almond/cashew pieces

1 Green Onion (chopped)  
1 stalk celery (chopped)  
1 cup spinach  
1 cup Bok Choy

### **Semi-Greek Salad: – (Day #4)**

1 cup cooked garbanzo beans (optional)  
3 cups mixed greens  
½ cup shredded carrot

½ cup cabbage  
½ cup green onion  
A few sliced black olives and a few red onion ringlets

Cook lightly(see Veggies\*\*) **OR** serve raw and toss all ingredients with Healthy Dressing\*\*.

### **Carrot-Cabbage Salad (w/ flax oil or seed)– (Day #9)**

1 cup finely ground carrots (skins removed)  
1 cup finely chopped Cabbage

Either or combination: 1 ½ Tbl flax oil or 2 Tbl ground flax

### **Carrot-Celery Salad (w/ flax oil or seed)– (Day #7)**

(See **Carrot- Cabbage Salad**, but substitute with finely chopped Celery)

## Detox Recipes

**Kasha:** 1 tsp olive oil 1/4 cup chopped onion

1 celery stick, chopped 1 cup water

1/2 cup buckwheat groats 1 T wheat-free tamari sauce

Saute onion and celery in oil. Add buckwheat groats, water, and tamari. Bring to a boil. Reduce heat. Simmer 20 minutes.

### Simple Salad:

1/2 cup cooked garbanzo beans Rice vinegar

1/2 cucumber, sliced Dill seasoning

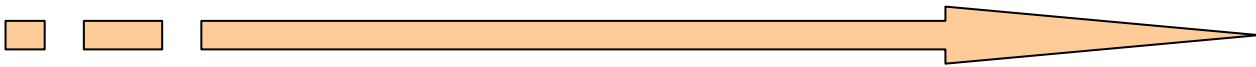
### Nutty Squash

1 Squash

Chopped Almonds

Steam squash. Sprinkle almonds on top.

**Sweet Squash:** Add 1 tsp flax oil, 1 tsp brown rice syrup and cinnamon to taste upon completion of cooking.



## Anti-Allergy + Food Track Detox Recipes (Days 7- 9)

\*\*These recipes are to be used on the “FOOD TRACK,” when you are not using the UltraClear medical food

**Special Note: Check your cupboards before you shop.** You will already have some of these items.

Day	SPICE / SEASONING	QTY	STORE 1	\$	STORE 2	\$	
14,17,20	Garlic	1 head					
16	Thyme	½ tsp					
16	Bay Leaf	2					
12, 20	Cilantro	2 pinch					
16,17	Basil	3 tsp					
12,16,17	Parsley – FRESH	2/3 cup	Save Mart				
12	Tarragon leaves	1 tsp.					
12,16	Black Pepper (fresh is best)	1 tsp.					
13,18,20	Cumin	2 tsp.					
14	Italian Seasoning Blend	1 tsp.					
17	Oregano	to taste					
√	Olive Oil (Extra Virgin, cold-pressed)		Watson’s				
13	Optional: Cayenne Pepper	½ tsp.					
15	Optional: Curry Powder	2 tsp.					
18, 20	Optional: Chili Powder	1 ¼ tsp.					
16	Optional: Ground Celery Seed	½ tsp					

Day	NUTS, SEEDS, MILKS & BUTTERS	QTY	STORE 1	\$	STORE 2	\$	
11,13,20	Brazil Nuts	1+ C	Naturally Nuts	5.00/lb			
0,11, 12, 13, 4x2, 17,18,20	Almonds	5+ C	Naturally Nuts	3.00/lb (unchopped)	Watson’s	5.49/lb	
10,12, 13	Cashews	¾ cup	Watson’s	7.80/16oz			
0,11,12, 13	Almond (or Cashew) Butter	¾ cup	Watson’s	7.80/16oz			
14, 17	Soy Butter	½ cup	Watson’s				
15,19	Peanut Butter ( <i>Laura Skudder’s</i> ®)	½ cup					
17	Tahini	4 Tbl	Watson’s				
12	Honey	1 tsp					
	Optional: Ground Flax ( <i>Bob’s Red Mill</i> ) – for constipation & nutrition		Watson’s	2.70/lb			

Day	DRIED FOOD	QTY	STORE 1	\$	STORE 2	\$	
20	Black Beans	1 cup					
10,11,12, 13, 14,15	Brown Rice	8 cup	Watson’s				
18	Quinoa	1 cup	Watson’s				
18	Lentils(brown)	1 cup					
10	Green Split Peas	1 bag					
15	Yellow Split Peas	1 bag					
18	Nutty Rice Cereal® (or Wh. Grain Rice®)	bowl	Watson’s	3.20/12oz			
17	Vegetable Bullion ( <i>Morga</i> ®)	1 tsp	Watson’s	4.00			
10,11	Rice Cereal(baby; organic is best)	2 bowls	Vons	2.00	Watson’s	4.00	
17,19	Optional: Tamari Br. Rice Crackers ( <i>San-J</i> ®) If you love that “crunch” feel	4	Watson’s	3.29/12			



## Anti-Allergy + Food Track Detox Recipes (Days 7- 9)

### Day 7

#### Spinach Salad

- 1 Pound Fresh spinach
- 1/2 cup almonds (chopped or slivered)
- 1/4 cup green onions (chopped)
- 1 Carrot (grated)
- 1/4 C. Sunflower seeds

Wash spinach thoroughly and tear into pieces. Mix all ingredients

#### Honey-Flax Dressing (see Day 4)

#### Lentil Soup –(about 4 servings)

- 2 cloves Garlic (minced)
- 1 Red Onion (chopped)
- 1 1/2 C. Green Lentils
- 2 Large Carrots (chopped)
- 7 1/2 Cups water or vegetable broth (made from bullion cubes)
- 2 Tbls Tamari
- Thyme (1 pinch)
- Optional: Cumin or Chili powder to taste
- Optional: dash of paprika

Coarsely chop carrots and onions. Add to water or broth along with minced garlic and lentils. Bring to a boil. Add Thyme, Paprika, and Tamari. If you prefer a spicy soup, add a few pinches at a time of: Cayenne, chili powder, curry powder, and/or cumin. Reduce heat to medium-low, and simmer, cover, 45 minutes-1 hour, until lentils are soft. For a creamy consistency, puree about 1/2 the soup in the blender and return to soup pot.

Recipe adapted from *The 20-day Rejuvenation Diet*, by Jeff Bland

### Day 8

#### Black Beans

- 1 C. Black Beans (soaked overnight and drained)
- 4 C Water
- 1 small white onion (chopped)
- 1 Carrot (chopped)
- 2 cloves Garlic (minced)
- 1tsp. Tamari
- 1/2 Tsp Cumin
- 1 Bay Leaf

In a 3 Quart saucepan, combine beans, water, onions, carrots, garlic, bay leaf, tamari, cumin. Bring to a boil, over medium heat, and simmer about 2 1/2 hours, or until beans are tender and almost all liquid is absorbed. Discard Bay leaf. May be made up to 2 days ahead.

**Crock Pot method:** Combine all ingredients in crock pot. Cook on Low, 6-8 hours.

#### Yellow Rice

- 2 Cups vegetable broth (made from cubes)
- 1 small white onion (finely chopped)
- 2 tsp. Olive Oil
- 1 clove Garlic (minced)
- 1/2 tsp. Tumeric
- 1 1/3 C. uncooked Brown Rice

In a 2-quart saucepan, over low heat, sauté onions in oil until tender, about 5 minutes. Add garlic, and sauté 1 minute. Stir in Tumeric, then rice. Add stock. Bring to a boil, cover and simmer 15 minutes, or until rice is tender and all liquid is absorbed.

# Detox Recipes

**\*\*These recipes are to be used on the “FOOD TRACK,” when you are not using the UltraClear medical food**

## Day 9

### **Snow Peas and Broccoli**

- 1 Large bunch broccoli
- 1 C. snow peas (trimmed and cleaned)**
- 1 Tbl olive oil

4 cloves Garlic (chopped)

**Optional: Red pepper flakes, to taste**

Wash and chop broccoli. Add broccoli and snow peas to ¼ C cold water, olive oil, and the garlic. Optional: Add a pinch or more of hot red pepper flakes. Salt to taste. Bring to a boil, cover tightly, and let steam until the broccoli is bright green and very crunchy tender—no more than 5 minutes. Add broccoli and snow peas to cooked brown rice. May use Tamari for added seasoning.

Recipe adapted from *The 20-day Rejuvenation Diet*, by Jeff Bland

### **Quinoa Pudding**

- 1 C Quinoa
- 2 C Apple juice**
- 1 C almonds (chopped)
- 1 Lemon
- Cinnamon (to taste)

Sea Salt (to taste)

2 tsp Vanilla Extract

Optional: Berries or banana

Place Quinoa in a sieve and wash thoroughly. Drain and place in a pot with 2 cups cold water. Bring to a boil, cover, lower heat, and boil gently until water is absorbed; and quinoa is tender, about 15 minutes. Measure 2 cups cooked quinoa and add it to the apple juice, nuts, lemon juice, and a pinch of cinnamon and salt to taste. Simmer, covered, for 15 minutes. Remove from heat and stir in vanilla extract. Chill. Serve or with berries and bananas.

Recipe adapted from *The 20-day Rejuvenation Diet*, by Jeff Bland

### **Spinach with Garlic**

- 1 ½ lbs fresh spinach
- 2 tsp olive oil**
- 1 head garlic (separated into cloves, peeled, chopped)

Optional: 1 Lemon

Optional: Balsamic vinegar or Red pepper flakes

Wash spinach well. Remove large stems. Heat olive oil in large, heavy skillet. Add garlic. Sauté, stirring for 2 minutes. Add in small batches as it wilts down. Pour off any liquid that accumulates. Sauté just until the spinach is wilted and bright green. Add salt if desired. Serve as is or with one of the optional condiments.

Recipe adapted from *The 20-day Rejuvenation Diet*, by Jeff Bland