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wellbeing 

ROOT DOWN AND REST

AUTUMN DETOX

RECIPES





AUTUMN DETOX RECIPES

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Resources for this book came from my own recipe collection as well as yogahealer.com, joyfulbelly.com and yogawisdomandwellness.com,
Cookbooks: *Eat Feel Fresh* and *The Everyday Ayurveda*

Disclaimer: Your use of this booklet, suggestions, and procedures held within, and their resulting consequences lies not with the author, Heartfelt Wellbeing LLC or any distributor. This booklet is not intended to replace medical advice. We recommend consulting your licensed health professional before changing your diet.

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HOW TO USE THIS BOOK

There is no set menu. You get to create your own detox with the guidance provided here and in the DETOX GUIDE. Preparing clean, simple, whole foods meals will gently detox your system. Combine this with all the lifestyle recommendations and you'll experience an effective detox. Get inspired to be playful and try new things.

Tips:

1. These recipes are suggestions of what you can use for detoxing. If you are an inspired cook, don't feel tethered to these recipes, just follow the guidelines for what you are avoiding, increasing, etc.
2. If you want to lose weight, favor the lighter recipes and avoid recipes with grains, sweet tastes, and starchy veggies. If you don't want to lose weight, favor these heavier recipes.
3. Make your food in the morning for the entire day. That way you won't be tempted to grab something other than what you intend to put in your body that day.
4. Use the guidelines for your constitution on the recipes that give options for each Dosha.
5. Consult your **Detox Guide** before beginning to make recipes. It will help guide you to choose the best foods/plans.

VATA (best plants) @	PITTA (best plants) @	KAPHA (best plants) @
<p>Best Greens: butter lettuce, fennel, beet greens, romaine, Swiss chard, baby kale leaves, sweet lettuces, lambs quarter, young nettle</p> <p>Best other green veggies: fennel bulb, peas, asparagus, celery, zucchini, red, orange, and yellow peppers</p> <p>Best roots beets, carrots, sweet potatoes, zucchini, parsnips, radishes, winter squashes, maca, turmeric root, ginger root</p> <p>Best Sprouts: sunflower sprouts alfalfa sprouts, clover sprouts, radish sprouts</p> <p>Best Fermented Foods: All fermented foods, in small amounts are great for Vata. Live culture miso, kombucha, sauerkraut, kimchi</p> <p>Best seeds/nuts/fats sesame, sunflower, avocado, olives (ghee), chia, flax, almond, pine nuts, macadamias</p> <p>Best fruits: sweet & sour fruits: grapes, cherries, peaches, citrus, pineapples, bananas, tomatoes, cooked apples</p>	<p>Best Greens: Kale, dandelion greens, collards, all lettuces, cilantro, cabbage, nettles, lambs quarter, thistle</p> <p>Best other green veggies: fennel, peas, asparagus, celery, zucchini, peas</p> <p>Best roots: burdock root, sweet potatoes, parsnips, carrots, jicama, turmeric root</p> <p>Best Sprouts: sunflower sprouts, alfalfa sprouts, clover sprouts, mung sprouts, lentil sprouts, broccoli sprouts</p> <p>Best Fermented Foods: Small amounts of homemade sauerkraut, gut shots</p> <p>Best seeds/nuts/fats sunflower, coconut, avocado, (ghee), chia, flax, almond, hazelnuts</p> <p>Best fruits: sweet juicy fruits, peaches, apples, pears, berries, limes</p>	<p>Best Greens: All greens in enormous amounts! parsley, beet greens, radish greens, kale, cabbage, brussel sprouts, collards, mustard greens, nettles, dandelion</p> <p>Best other green veggies: fennel, broccoli, red, yellow and orange peppers, asparagus</p> <p>Best roots radishes, beets, turnips, ginger root, turmeric root, burdock root, daikon</p> <p>Best Sprouts: All sprouts! radish sprouts, onion sprouts, alfalfa sprouts, broccoli sprouts, fenugreek</p> <p>Best Fermented Foods: Small amounts of spicy ferments are best: kimchi, pickled limes, spicy kraut, gut shots</p> <p>Best seeds/nuts/fats pumpkin seeds, chia, flax, corn oil, mustard oil</p> <p>Best fruits: astringent fruits: grapefruits, pomegranate, apples, pears, tomatoes, berries, cranberries, lemons, limes</p>

Key to recipe Resources/Inspiration

~ = Yoga Wisdom and Wellness.Com

@ = Yogahealer.Com

+ = The Everyday Ayurveda Cookbook by Kate O'Donnell

% = Eat, Feel Fresh Cookbook by Sahara Rose Ketabi

WHENEVER POSSIBLE, CHOOSE TO EAT ORGANIC!

A word on Water:

Water is one of the most precious resources for our health and wellbeing. It is vital for the health and wellbeing of the planet too. As you go through this Detox, it's ideal to have clean, filtered water to drink and cook with. If you can use non-chlorinated, non-fluoridated water, please do.

Ayurveda's teaching for eating is that each meal should fill your stomach with 1/3 food, 1/3 water, and 1/3 space. This is a good thing to keep in mind as we tune into nourishing ourselves during these 3 weeks.

Try to drink at least half of your body weight in ounces of water each day, feasting on water between your meals. You are made up of mostly water. The more often you refresh your inner ocean, the happier you will be.

Drink up! Cheers!

BREAKFASTS

Cooked apples or pears: Breakfast or dessert

Chop 1-2 apples or pears. In a small saucepan add 1/4 c. water and heat. When water comes to a boil, add apples, and a handful of raisins, figs, dates or chopped prunes. Spice it up with cinnamon, nutmeg, cardamom, or fresh ginger. If you like oatmeal add a handful of oats and a little more water to the cooking process. Top with almond butter, ghee or unsweetened nut milk yogurt.

Jar of Chia @

Fill a 1 quart jar with water, almond or coconut milk.

Leave an inch of room at the top.

Add 1/2 cup chia seeds.

Screw on lid. Shake vigorously.

Rest the jar on its side.

Shake again a few minutes later.

Put in fridge. Leave at least 3 hours, or overnight.

See chia porridge recipes below.

Soaked Almonds @

Soak 1 cup of raw almonds overnight.

Peel the skins off in the morning.

Wrap in a paper towel and store in a jar or tupperware in fridge.

Add to recipes for more protein and fat.

Basic Chia Porridge @

You can gently warm this in a saucepan.

Take a big scoop from your chia jar. I usually use 1/2 cup.

If it's thick, add a little water and stir.

Add:

1/4 tsp. cinnamon

1/2 cup soaked almonds, chopped Maple syrup

Rice or almond milk to taste.

Super Chia Porridge@

1/4 cup dry chia
1 Tbsp. maca powder
1 Tbsp. hemp seeds
2 tsp. maple syrup
1tsp. vanilla, powder
pinch of sea salt
1tsp. coconut oil
1/2 tsp. cinnamon

Soak chia in 1 1/2 c. water for 20 minutes.

Stir midway through soaking to break up any clumps.

Blend all above in blender, just enough to give desired texture.

Autumn Leaf Smoothie Bowl %

1/2 cup cooked butternut squash, sweet potato, or pumpkin
1 tsp cinnamon
1/4 t. ground turmeric
1/2 inch fresh ginger (peeled and grated)
1 T. Almond butter
1-2 cups unsweetened non-dairy milk (heat before adding to blender)
1 pitted medjool date

Blend in blender until smooth

Apple Pancakes ~

1 egg
2 Tbsp shredded apple, 3 Tbsp ground flaxseeds, 1 tsp stevia (optional)
2 Tbsp filtered water
1/8 -1/2 tsp. cinnamon

Whisk the egg, apple, flaxseeds and stevia together.

Lightly coat a pan with ghee and heat over medium heat.

Pour the egg mixture into the pan and cook until the bottom of the flaxcake is solid enough to flip, 3-4 minutes.

Cook the other side until done, about 1 minute.

Sprinkle with cinnamon and serve. Makes a single serving.

Quinoa Pancakes %

1 cup quinoa flour (you can make your own by grinding the dry seeds in a coffee grinder)
1 c. unsweetened non-dairy milk
1 T. sunflower seed butter or almond butter
1 tsp baking powder
1 tsp cinnamon
1/4 tsp cardamom
1/4 tsp ginger
pinch of ground cloves
1 T maple syrup
1 T. apple cider vinegar or lemon juice
1/2 tsp sea salt
coconut oil or ghee for cooking

In a large bowl, stir together all ingredients except oil or ghee. Let sit 5 minutes to thicken
In a medium nonstick skillet, heat 1 tsp coconut oil or ghee over medium heat.
Spoon 2 T. of batter into the skillet and press into a pancake shape.
Cook until the bottom is firm and bubbles begin to appear on the surface.
Using a spatula, carefully flip the pancake and cook for 1-2 minutes on the opposite side, taking care not to let it burn.
Continue making pancakes until the batter is used up.
Top with dosha toppings of your choice
Vata: Almond butter, fresh berries, maple syrup
Pitta: sliced bananas, walnuts, maple syrup
Kapha: pomegranate seeds, cacao nibs

Lentil Porridge % (serves 3)

1 cup red lentils
2 cups unsweetened coconut milk
1.5 cups water
4 drops liquid stevia or 1 t. maple syrup (optional)
1 t cinnamon
pinch of sea salt

Additions:

Vata: 1/2 c. pumpkin puree, 1 t pumpkin pie spice
Pitta: 1 small apple chopped, 1/2 t vanilla
Kapha: 1 t grated ginger, 1/2 t ground cardamom, 1/4 turmeric, 1/8 t ground black pepper

Rinse the lentils well. Place in a bowl, cover with water and soak overnight for optimal digestion
Drain the lentils and place them in a large pot.
Add remaining ingredients and the ingredients for your dosha
Bring to a boil over medium heat.
Once boiling, reduce heat and simmer uncovered for 20 minutes or until most of the liquid is absorbed
Remove from heat and let sit for several minutes to continue to absorb the liquid.
Alternately you can use a multi-cooker and cook on high for 20 minutes.

Breakfast Pho Soup +

4 cups water
1 medium carrot
2 stalks bok choy or 1 head baby bok choy
1 daikon radish, about 6 inches long
2 t. freshly grated ginger
black pepper to taste
1 T. gluten free tamari
1 small lime

Boil the water in a large saucepan.
Coarsely chop the vegetables and add to the pan.
Add freshly grated ginger and black pepper to taste and simmer, covered, until vegetables are al dente.
Take off the heat and add lime juice and tamari.
Serve with lime wedges.

Savory Warming Carrot Oatmeal %

2/3 c. steel-cut oats
2 c. vegetable, meat or bone broth
1/2 c. shredded carrots
1/2 t. dried thyme
1 c. chopped spinach
sea salt and freshly ground pepper to taste
Toppings: sliced avocado, pumpkin seeds

In a small saucepan, combine the oats, broth, carrot and thyme.
Bring to a boil over medium-high heat, then reduce heat to medium-low and simmer for 20 minutes.
Stir in chopped spinach and cook for 3 minutes more until spinach is wilted and oats are fully cooked
Remove from heat and drain any remaining liquid.
Season with salt and pepper to taste and serve with avocado and pumpkin seeds.

Buck-up Morning Cereal +

2 cups water
1/2 cup dry buckwheat
1/2 teaspoon vanilla extract
cinnamon, nutmeg, and cardamom to taste
2 t. coconut oil
1/4 c. shredded coconut

In medium saucepan, bring 2 cups of water to a boil.
Rinse the buckwheat in a strainer and add it to the water along with spices and vanilla.
Turn heat down to low and simmer for 15 minutes.
Remove from the heat, add coconut oil and fluff with a fork.
Cover again and let stand for 5 minutes.
While it is resting, dry toast the shredded coconut in a small frying pan over low heat for a few minutes, stirring constantly until it begins to brown. Sprinkle over cereal.
Options: you can soak the buckwheat overnight to reduce cooking time and increase digestibility.
You can also soak the coconut and then just cook it into the cereal instead of toasting it for a creamier finished product (better for Vata).

Sweet Potato Cereal %

1 small/medium sweet potato, diced small

Preheat oven to 400F. Spread the sweet potato chunks in a single layer on a parchment lined baking sheet.

Bake for 20 minutes, until tender and beginning to brown

Top with the following:

Vata: 1-2 c. unsweetened almond milk, 2 T. almond butter, 2 T chia seeds, pinch cinnamon

Pitta: 1-2 c. coconut milk, 2 T. coconut flakes, 2 T hemp seeds, pinch ground cardamom

Kapha: 1-2 c. flax milk, 2 T pumpkin seeds, pinch of each cinnamon, cardamom, ginger

DRINKS

Coffee alternatives: Dandyblend, Rostaroma Tea, Rasa Koffe or Caffix

Golden milk spice paste (inspired from recipe by Nanette Davidson)

1/2 c. Fresh turmeric*
1/2 c. Fresh ginger*
2 t. Cinnamon
1/4 t. Ground black pepper
1 t. Nutmeg
1 t. Cardamom
1 T. Maple Syrup (add for Vata and Pitta, not for Kapha)
1 T. Ghee or coconut oil (add for Vata and Pitta, not for Kapha)
1 t. Ashwagandha (optional)

Combine everything in a small food processor (Magic Bullet or Ninja works great)

Mix until uniform and smooth

Transfer to a clean jar with a lid

Keep in refrigerator for up to 2 weeks

When ready to use, heat up milk (dairy or nut) and add 2 t. of spice paste per mug of milk, Stir well and enjoy!

*If you use dried turmeric or ginger, cut the amount of them in half and mix into a paste with water before adding to the other ingredients.

EVERYDAY CCF TEA

Every day of your detox, make at least a quart of CCF, with additions if desired and drink it throughout your day. Keep it hot in a thermos or insulated flask (I personally love the quart Hydroflask). Have this or hot water between meals.

BASIC CCF:

1 teaspoon each of cumin, coriander and fennel seeds (or 1 T of these three seeds already mixed together)

place seeds in pot with 4.5 cups of water and cover

boil for 20 minutes

strain out seeds and put into thermos

sip throughout your day

ADDITIONS:

if your digestion is sluggish or weak add a few slices of fresh ginger

if you are craving sweets, add 5 cardamom pods

for added flavor and digestive support add 1-2 cinnamon sticks

AUTUMN ALLERGY INFUSION

If you struggle with seasonal allergies, simply doing the detox will help you a lot, but this infusion will add more support if that is what you need.

BASIC ALLERGY INFUSION:

Combine in 1/2 gallon mason jar:

1.5 cups dried nettles

1/2 cup oat straw

a few cardamom pods

1 T dried tulsi (holy basil)

Pour boiling water over herbs to fill jar

put the lid on, and let it sit for 4-16 hours.

Strain out the herbs.

Keep in the refrigerator and mix 1 pint (2 cups) a day with hot water and drink it.

This takes some time to build up in your system, so be consistent about drinking it every day.

Make a new batch every four days.

AGNI TEA

1 quart of water

1/8 t. cayenne powder

1 T. shredded ginger

1 T. maple syrup

1/4-1/2 t. rock or mineral salt

1/2 lime (juiced)

For pittas: omit cayenne if you already have enough heat

Put all ingredients, except the lime, in a pot and boil for 10 minutes. Allow to cool for 10-15 minutes and then add the lime juice. Ideal to drink before each meal. (From *Vishnu's Kitchen*)

SPICY LEMONADE@

The staple of the Master Cleanse can be used in any detox if you have any congestion or want to burn fat. This recipe makes 1 pint: 2 cups water, 2 Tbsp of lemon juice, 2 Tbsp of maple syrup, 1/10 t. of cayenne pepper

Agni Builders (Digestive Aids)

GINGER LIME PICKLE

1/2 inch fresh ginger, thinly sliced,

juice of 1/2 fresh lime

2 pinches of rock, Himalayan, or sea salt.

Put all into a small container and eat a piece 10 minutes before each meal to kindle digestive fire and build healthy appetite.

PROBIOTIC FERMENTS

Basic Kimchi~

1/2 Red or green cabbage
2 Carrots
3 cloves Garlic
1 finger of Ginger
1 Onion
1 t. Cayenne

Chop and soak the cabbage in salt water overnight.

Next morning: Strain out the liquid (reserving a little for later)

Chop and add the rest of the ingredients to the cabbage and massage together.

Press in crock or large jar.

Place a cup or bag filled with water on top, making a lid on top to push the kimchee down.

Sit for a few days or a week

Basic Kraut

1/2 red or green cabbage
2 t. Salt

Shred cabbage, mix with salt.

Press into a mason jar and let juices emerge.

Return an hour later and pack down the cabbage even more so the juice covers the top.

Place another jar or bag filled with water on top of the cabbage as a weight.

Let it sit for a few days, until fermented.

optional: add 2 t caraway or cumin seeds.

Basic Gut Shots @ (Yields 6 cups of gut shots)

1/2 head of a large cabbage (red or green)
7 cups water
1 tsp sea salt

Chop the cabbage in chunks

Place cabbage in a blender. Add salt

Blend on low speed for 1 minute

Pour the liquid mix into 1/2 gallon glass jar.

Place plastic wrap directly on the surface of the liquid mix

Cover with a dish towel.

Store in a cool dark place for 3-7 days. The longer it brews, the stronger it gets.

After 3 to 7 days, remove towel and plastic wrap.

Scrape off and compost and browned material from the top.

Pour through fine mesh strainer or cheesecloth into a bowl, preferably with a spout.

Pour through a funnel into glass jars.

If you want the gut shots to be stronger, store in a cool dark place for another 2 days. Otherwise, store in the fridge. Keeps for many moons.

Tips

For it to brew faster, add a few tablespoons of a starter liquid from sauerkraut.

Experiment with variations to create colorful healing brews.

Vata Gut Shots

Vatas need more salt, spice and warming vegetables – like carrots and beets

Double the salt, or add as much as tastes good to you

Add 2 tbsp grated ginger

Add 1 tbsp grated turmeric

Try with red cabbage and add ½ cup chopped beets or carrots into the blender

Vata gut shots warm and heal your digestive tract

Pitta Gut Shots

If you have more Pitta in your constitution, you may omit the salt if desired

Use green cabbage and add 1 cup cilantro

Add 1 tbsp grated lemongrass

Add 2 tbsp fresh mint leaves

Pitta gut shots are cooling digestives

Kapha Gut Shots

If you have more Kapha in your constitution, omit the salt

Add 1 tbsp grated turmeric

Add 2 tbsp fresh basil leaves

Add ½ tbsp fresh jalapeño or another hot pepper

Or add 2 tbsp of kimchi to your basic gut shot recipe

Kapha Gut Shots are mucus busters

LUNCH AND DINNER OPTIONS

(remember that you want to eat a large lunch and an earlier, lighter dinner)

SOUPS

Soups and stocks can be nourishing for any meal of the day.

Add more fat (avocados, ghee, coconut oil, soaked almonds) if your hunger is intense.

Use hot spices to make soups warming. Ginger, cayenne, mustard seeds, cinnamon, etc.

BONE BROTH (great for healing the gut lining and deeply nourishing ojas)

Chicken or beef bones from a healthy source (1-2 chicken carcasses or a random assortment of leftover chicken bones, beef bones bought for this purpose)

2 chicken feet for extra gelatin (optional)

2 tablespoons Apple Cider Vinegar

2 bay leaves (dried)

2 sprigs of fresh thyme (or 1/2 tsp dried)

5 black peppercorns

filtered water

Optional: 1 carrot, 2 stalk of celery, 1/2 bunch of parsley, an inch long piece of ginger, cloves of garlic

Place the bones in a large stock pot or crock pot.

Pour (filtered) water over the bones and add the vinegar and bay leaves and thyme.

In a stock pot, bring the broth to a boil. Once it has reached a vigorous boil, reduce to a simmer and simmer until done.

In the crockpot, cook on **HIGH** for 2 hours then turn down to **LOW** until done.

After a few hours of simmering, remove the impurities that float to the surface. A frothy/foamy layer will form and it can be easily scooped off with a big spoon. Throw this part away. Grass-fed and healthy animals will produce much less of this than conventional animals.

About 6-8 hours before broth is done, add veggies and fresh herbs.

Remove from heat and let cool slightly. Strain using a fine metal strainer to remove all the bits of bone.

When cool enough, store in a glass jar in the fridge for up to 5 days, or freeze for later use.

For chicken bones, I recommend 24-48 hours. If using beef bones, I recommend 48+ hours. The longer you cook the bones, the more nutrient-dense your broth will be. (<https://www.savorylotus.com/easy-bone-broth-chicken/>)

Grant's Revitalizing Vegetable Soup (Hannah)

1 quart chicken bone broth

1 T. ghee

1 large or 2 small zucchinis

2 carrots, chopped

1 sweet potato, chopped into small cubes

1 white potato, chopped into small cubes

1 parsnip, chopped

1 t. fresh grated ginger

1 small clove garlic minced (optional)

1 inch piece of kombu seaweed (optional, but great if you want it more salty)

1/4 t. crushed rosemary

1/4 ground sage

salt to taste

Melt ghee in a pot over medium heat

Saute potatoes (sweet and white) in ghee for a few minutes, then add all the remaining ingredients, including the broth.

Bring pot to a boil, then reduce heat, cover and cook on a low boil for 20-30 minutes.

Try first alone. If you want/need more hardiness, try serving it over white basmati rice.

Butternut Squash Soup with Fennel, Ginger & Garlic

1/4 tsp black pepper

4c. butternut squash

1 tsp. fennel seeds

2 cloves garlic

2 T. ghee

1/2 inch ginger root

1/2 whole lime

1/4 tsp salt

4 c. water or broth

1/2 c. yellow onion

Roast the butternut squash in the the oven at 350 degrees for 30 minutes. Remove and let cool. The skin will peel off easily with a potato peeler after roasting.

When it cools, chop the butternut squash into 1 inch cubes.

Heat 2 tablespoons of ghee in a large stock pot. Add diced onions and saute.

Chop ginger and garlic, and toss them in the pot when your onions begin to brown. Add salt, pepper and fennel seeds. Continue frying another thirty seconds, taking care not to burn the garlic.

Now, add the butternut squash cubes, and 4 cups of water. Bring to a boil.

Reduce the heat to a simmer. Cook for about 20 minutes. Then mash with a potato masher, or puree in a blender. Squeeze the juice of half a lime into the finished soup.

(www.joyfulbelly.com)

Easy Miso Soup with Veggies ~

Sauté a few slices of leek or onion in ghee

Add 1 beet or carrot, chopped

Add 2 cups water and cook for about 5 minutes

Add a green of your choice—chard, spinach, kale, collards, arugula, etc.

Simmer for another 3-5 minutes

While the soup is simmering, dissolve a Tbsp of miso in a cup of water. When the beets or carrots are crispy tender, take it off the heat and stir in the miso.

Drizzle with oil. So easy and delicious!

*I (Hannah) like making miso soup with bone broth, green onions, leafy greens and bean thread noodles. Create your own variations. You can even find non-soy miso if you are sensitive to soy. Cook it all together and then add the miso paste once the soup is taken off the stove. This is one exception to our “no soy” rule during the detox.

Cleansing Soup @

1 large leek, chopped small

3 bay leaves

1 large turnip or 1 sweet potato, peeled and chopped

5 cups vegetable stock (or 5 cups water & 2 vegetable stock cube)

1" piece of ginger, minced

1 zucchini, chopped

2 cups minced kale

a large handful of spinach, coarsely chopped

Juice of 1 lemon

fresh chopped parsley for garnish

flax oil and fresh black pepper for garnish

Sauté the leek in a saucepan with a little water or ghee for a few minutes.

Add the turnip or sweet potato and sauté until they just begin to soften.

Stir in the stock, bay leaves and ginger and simmer for 10 minutes.

Add zucchini and kale and cook over medium---low heat for 20 minutes, covered.

At the end, stir in spinach and lemon juice, letting the spinach wilt.

Remove bay leaves. Puree half the soup in a blender or using a hand blender and serve with parsley and fresh pepper.

20-Minute Creamy Cauliflower Soup ~

Extra-virgin olive oil or Ghee

1 large leek chopped

2-4 large garlic cloves, coarsely chopped

2-3 tablespoons curry powder

1 large head cauliflower, trimmed of greens, washed, cored, and cut into chunks 1-2 yams (about 1 to 1.25 pounds), peeled and cut into 1-inch chunks

28 ounces of chicken or vegetable broth or 1 veggie bouillon cube and 28 ounces of water

Salt to taste

2 large lemons cut into wedges

1.5 cups plain whole-milk yogurt (optional)

Fill the bottom of a 6-quart pot with olive oil, and heat over medium heat. Stir in the leek and garlic.

Reduce the heat to medium low, and sauté for 3 to 5 minutes, taking care not to let the leek color. The leek and garlic should be softened a little but not browned.

Next add the curry powder and let the curry's aroma blossom. This takes about 30 seconds.

Add the cauliflower, yams, broth, and enough water to barely cover the vegetables.

Bring the soup to a boil, partially cover the pot, and cook for 15 minutes, or until the vegetables are tender.

Puree with a hand-held blender (for less cleanup) or in small batches in a regular blender. Add salt to taste.

Ladle out the soup, and then top off each bowl with a squeeze of lemon and a generous dollop of unsweetened nut milk yogurt (optional).

Gut healing seaweed broth %

12 cups water

1 T. coconut, avocado or sesame oil

1 red onion, quartered with skin

2 cloves garlic

3, 3 inch pieces of kombu seaweed

1 cup dried shitake mushrooms, sliced

1 inch piece of fresh ginger, chopped (with skin)

1 cup chopped carrots

1 cup chopped purple cabbage

2 celery stalks, chopped

2 cups chopped leafy greens such as kale spinach, collards, or bok choy

1 bay leaf

2 T. ground turmeric

1 T. coconut aminos

garnish: chopped parsley and lemon wedges

In a large pot, combine all ingredients except garnishes.

Bring to a boil, then reduce heat and simmer, covered for 1 hour

Strain the broth in a mesh strainer, pressing down on the solids to extract the liquid. Discard solids

Serve broth garnished with freshly chopped parsley and a squeeze of lemon.

Broth can be refrigerated in an airtight container for up to a week or frozen. Reheat on stovetop.

Dressings (for Veggies)

VATA Dressings @	PITTA Dressings @	KAPHA Dressings @
<p>Vata Basic Detox Dressing 1/2 c. olive oil Juice of 1 lemon raw honey to taste salt and pepper to taste</p> <p>Orange Avocado Dill Dressing 1 cup fresh orange juice, with pulp 1/2 avocado 2 tbsp. fresh dill pinch sea salt</p> <p>Sesame Ginger Dressing 1/2 c. white sesame seeds 1 tbsp. sesame oil 1/2 c. water 1 inch chopped ginger pinch of stevia</p> <p>Lemon Miso Tahini Dressing 3 tablespoons sesame tahini 1 tablespoon lemon juice 2 tablespoons miso</p> <p>Creamy Basil Dressing 1/2 cup hemp seeds 1/2 cup fresh basil 1/2 cup water juice from 1 lemon 2 cloves roasted garlic 1 tbsp. nutritional yeast 1 tbsp. agave nectar or raw honey.</p>	<p>Pitta Basic Detox Dressing 1/2 c. sunflower oil Juice of 1-2 lime maple syrup to taste salt and pepper to taste</p> <p>Mint - Cilantro Dressing 1/4 c. mint leaves 1/2 c. cilantro leaves 1/2 c. sunflower oil 1 tbsp. dried coconut 1 tsp. raw honey or stevia juice of 1 lime a few tbsp. water to desired consistency</p> <p>Pitta Dill Dressing 2/3 c. sunflower seeds, soaked 5 tbsp. sunflower oil 2 tbsp. lemon juice 1/2 c. chopped dill 1 tbsp. tamari 5 tbsp. water</p>	<p>Kapha Basic Detox Dressing 1/2 c. flax oil Juice of 1 lemon raw honey to taste pepper to taste</p> <p>Flax Ginger Dressing 1/2 cup flax oil Juice of 1 lemon 2 tsp. ginger juice a few pinches cayenne 1 tsp. raw honey or liquid stevia</p> <p>Spicy Mustard Dressing juice of 1 lemon 2 tbsp. yellow mustard 1/4 cup organic sunflower oil 1/4 cup flax oil 2 dates 1 celery stalk 1 tsp. raw honey pinch of cayenne</p> <p>Tomato Chives dressing 1 tomato 2 tbsp. hemp seeds 2 tbsp. flax oil 3 tbsp. chives 2 tsp. raw honey squeeze lemon juice pinch of salt</p>

COOKED DISHES & VEGGIES

Steamed Vegetables

Use a steamer basket in a medium to large pot. Put 1/2 inch of water in the bottom. Fill the steamer basket with veggies that are best for your constitution, placing the ones that need the most cooking time on the bottom, like beets or sweet potatoes. Cover the pot with a lid and cook on medium to high heat until the veggies are cooked. Serve with dressing choice from previous page, Autumn spice mix, and/or ghee. Add vegetarian or animal protein at lunch if you need some extra nourishment.

Vegetable Kitchari*

Kitchari is a wonderfully gentle detox food. This is a great staple for those needing rejuvenation. Learn to cook it during Week 1.

2 T. Ghee
1 t. black mustard seeds
1 t. cumin seeds
1 pinch hing (asafoetida)
1 cup yellow mung dal or red lentils
1 cup basmati rice
2 cups any mixed veggies, chopped
1 t. garam masala
1 t. turmeric powder
1 t. salt
1/2 t. cayenne (optional)
1.5 inch piece of ginger, peeled and minced
4-5 cups water, broth, or stock
toppings (optional): shredded coconut, lime juice, fresh cilantro, ghee, extra garam masala

Soak dal for a few hours or overnight, then drain. Heat a medium saucepan on medium heat and add ghee, mustard seeds, cumin and hing. Once the seeds have popped, add the rice, dal, veggies turmeric, cayenne, ginger, and salt and stir until all the spices are evenly blended. Pour in the water/ broth and bring to a boil. Let it boil for 5 minutes, then turn down the heat to very low, cover the pot and cook for 20 more minutes, or until rice and dal are tender. Garnish with chopped cilantro, shredded coconut, ghee, lime juice and/ or a few pinches of garam masala.

This dish contains all 6 tastes, is good for all doshic types, nourishes all the tissues and is easy to digest. It can be a meal in itself or can be eaten with other dishes.

* adapted from *Vishnu's Kitchen: A practical guide to Ayurvedic Cooking* by Vishnu Dass

Why Kitchari? (from Cate Stillman):

Kitchari is the traditional detox food of Ayurveda. The philosophy is simple. The body detoxes when it is given the opportunity. Lighten up what you eat, and nourish the 6 tastes, and 5 senses at the same time, and voila, you've created the opportunity. Kitchari is a considered a complete food in Ayurveda. You can eat it for weeks. Or do kitchari for a day. It's like baby food. Simple to cook and digest ... and then you don't have to worry about food for the day.

When to eat Kitchari: You're stressed out or overwhelmed, You're sick, Your cravings are unhealthy, You need a change of diet, You need to give your body a break, You're too busy to prepare other food and need deep nourishment.

Easy Mung Dal with Cilantro ~

1 cup whole green mung beans

5-6 cups water

2 tablespoons ghee or sunflower oil

1 teaspoon cumin seeds

1 teaspoon black mustard seeds

1 pinch hing/asafoetida

2 large cloves garlic (optional)

5 curry leaves -fresh or dried (optional)

1/4 cup chopped fresh cilantro

1/2 teaspoon turmeric powder

1/2 teaspoon curry powder or kapha seasoning (see recipe in 'Extras') 1/2 teaspoon salt

Wash the beans and soak overnight in plenty of water. Drain. Add the beans and 5 cups of water to a soup pot and bring to a boil.

Cook on medium heat for 45 minutes or until the beans are soft and begin to fall apart.

When the beans are done, heat the ghee or oil in a small saucepan on medium heat.

Add the mustard, cumin and hing.

As soon as the mustard seeds begin to pop remove from the heat.

Add garlic, curry leaves, cilantro, turmeric and curry powder. Mix quickly.

Stir the spice mixture into the beans. Add salt.

If the soup is too thick add more hot water. Heat again just to boiling.

Remove from the heat and serve -topped with more fresh chopped cilantro, if desired.

Roasted or Grilled Veggies ~

Choose your favorite veggies and spices for this delicious and easy dish such as:

Turnips, Carrots, Asparagus, Beets, Sweet Potato, Zucchini, Mushrooms, Onions

1 Tbsp crushed fennel seeds

chopped fresh rosemary to taste

olive oil

salt and pepper

Toss veggies with spices/herbs and olive oil.

Put into baking dish.

Bake for 45-60 minutes until veggies are soft but not mushy.

You can also grill the veggies over medium heat.

Baked Beets (and/or turnips, parsnips, yams, carrots) @

Scrub beets with a vegetable brush. Bake whole for best flavor and to prevent color from bleeding.

Rub with ghee or oil or place in a baking dish with a little water. Sprinkle with salt & pepper. Cover and bake in a 350 F oven until tender, 1 hour or longer. Trim the root and stem ends, peel and slice.

Sautéed Turnips @

2 medium turnips, cut and peeled (peeling is not necessary if turnips are fresh)
2 T toasted sesame oil
tamari
fresh parsley

Sauté turnips for 3 minutes in oil. Sprinkle with salt and cover. Simmer for an additional 10-15 minutes. The turnips will “sweat” and cook in their own juices (the salt draws the juice out) bringing out their sweetness. If needed, add a little water, cover and simmer until turnips are soft. Turn the heat off and drizzle tamari over turnips. Place in a bowl and sprinkle with fresh parsley before serving.

OMNIVORE’S DELIGHT

General Animal Protein Guidelines:

Ayurveda views meat as dense and intense nutrition. A little goes a long way. Add small amounts of organic grass-fed beef, lamb, chicken, turkey or wild caught salmon or game to any of the vegetable dishes if needing more dense nutrition for lunch, but the majority of your meals should be vegetables. Keep dinner vegetarian as much as possible. Note that meat should not be combined with beans or eggs.

Greek Style Grilled Lamb Chops and Cauliflower Mashed “Potatoes”~

Season lamb chops with lemon juice, oregano, salt and pepper
Grill chops to your liking
In the meantime, steam cauliflower florets until soft.
Put cauliflower into food processor with 1 clove of garlic, salt and ghee.
Blend until creamy.
Serve with lamb chops and other cooked vegetables.

Grilled Salmon and Bok Choy with Avocado Salsa ~

2 servings of Salmon
segments from 1 orange
1/2 diced avocado
1 Tbsp. chopped red onion
1 tbsp chopped cilantro
1 tsp lime juice
1/4 cup sesame oil
coarse salt and pepper to taste 2 4 oz fillets wild salmon
3 heads bok choy, halved
olive oil to taste

Heat grill or grill pan to medium high.
In a medium size bowl, combine first 6 ingredients. Season with salt and pepper and set aside.
Season wild salmon and bok choy with coarse salt and pepper and drizzle with olive oil.
Grill salmon, flipping halfway through, until cooked through.
Grill bok choy until bright green and slightly wilted.
Spoon avocado salsa over fish to serve. Serve with cooked vegetables of your choice.

Simple Salmon and Greens ~

1 lb. fresh Salmon cut into two servings
1 tsp dried thyme
sea salt
pepper to taste
Mixed Autumn Greens -1 plateful for each person
olive oil
lemon juice

Place salmon in a skillet or sauce pan.
Fill skillet with water just to the top of the salmon. Don't submerge the salmon in water.
Sprinkle salt, thyme, and pepper over salmon and in the water.
Heat the water over med high heat just to boiling.
Now, turn down the heat and cover the salmon to poach.
Cook no more than 6 minutes.
Pile the greens on a serving plate, drizzle with oil and lemon juice.
When the salmon is finished, serve it on top of the greens.
Enjoy! You can add onions or garlic and any other seasonings to the water for a variation.

Grass-fed Burgers

1 lb organic grass-fed beef
1/2 onion
1 clove garlic, minced
1 egg, beaten
1 T. flax meal
2 T. pumpkin or sunflower seeds
1 t. tamari
1/2 t. salt
dash of pepper, rosemary and coriander

Combine all ingredients in a bowl.
Form into small patties and cook in a frying pan or bake in the oven.
Add one patty to your veggie lunch each day of the first and third week of detox.

Chicken Stir fry

1 lb chicken cut into cubes
lots of veggies of your choice
1 T. Ghee
1/2 yellow onion, chopped
2 cloves garlic, minced
1 inch fresh ginger
1 T. Tamari
salt and pepper to taste

Heat ghee in skillet.
Add chopped onion and cook until lightly browned.
Add the rest of the ingredients and cook until veggies are tender and chicken is done.

SPICE MIXES

These Spice Mixtures are helpful in rebuilding Agni. Add them to foods to make them more flavorful and to receive a balance of tastes.

Autumn Spice Mix +

1 T. coriander seeds
1 T. cumin seeds
2 tsp. fennel seeds
1 T. turmeric powder
2 tsp. ginger powder

Dry roast the coriander, cumin, and fennel seeds in a heavy bottomed pan on medium-low heat until you can smell them, a few minutes. Transfer the seeds from the pan to a wide bowl and cool completely. Grind the whole roasted seeds to a uniform consistency in a coffee grinder dedicated to spices or by hand with a mortar and pestle. Pour them back into the bowl and stir in the turmeric and ginger powders. Store in a small jar with an airtight lid or in a glass spice jar with a shaker top. This recipe makes about a month's supply.

Autumn Salts +

1 T. sage
1 T. rosemary
1 T. thyme
1 T. sea salt
1.5 tsp. black pepper

Grind the herbs in a mortar and pestle or spice grinder until fine enough to fit through your shaker holes. Mix the the dried herbs, salt, and pepper together in a glass shaker jar. These salts can be used in cooking and also kept on the table as a condiment. Makes about a one-month supply.

GHEE

Place 1 lb. organic, unsalted butter in a pot and melt it, using low heat.

Boil on low heat for 15-20 minutes, you will notice the milk solids separating out into foam on top and sinking to the bottom.

Boil until they clear out and you see a pot of golden ghee.

Let cool for 10-15 minutes

Pour through strainer lined with cheese cloth into a pint jar, discard the milk solids that have separated.

Let cool and leave out (ghee is shelf stable) but always use a clean utensil so that it doesn't get contaminated (which leads to molding).

Ghee has a full spectrum of short, medium and long chain fatty acids, both unsaturated and saturated. It is naturally lactose and casein free and is a rich source of Omega 3 & 9 essential fatty acids, anti-oxidants, minerals and vitamins such as E, A, D, and K.

When we cook food in ghee it enhances the flavor of food and spices, improves agni (digestive fire), and increases the absorption of nutrients. Ghee alleviates vata and pitta dosha and supports immunity by enhancing and protecting ojas (the vital life sap or refined essence of all bodily tissues). It also helps to nourish the mind and nervous system. Ghee is also considered sattvic, or pure, and can be added to foods with full qualities to help balance them (meats especially). (*Vishnu's Kitchen* by Vishnu Dass)

A Word on Eating Out:

While it is best to plan to cook all your meals at home during the detox, you may find that you end up eating out once or twice. If you do, here are some general guidelines: Order off the appetizer and sides menus, choose cooked veggies without added oil or dairy, ask about ingredients in soups or salads to see if they have ingredients you don't want to eat. Most restaurants are accommodating if you ask them to leave out ingredients or mix and match elements from various dishes offered.

Online Resources for Ayurveda and Food

www.banyanbotanicals.com

www.joyfulbelly.com

www.ayurveda.com/resources/recipes/all

<https://amadeamorningstar.net/category/recipes/>

<http://everydayayurveda.org/category/eat/>

