

Meal Ideas		Pantry	
<p>Breakfast:</p> <ul style="list-style-type: none"> • Salmon and Kale w/sesame seed • Oatmeal with Ghee and Honey • Ultra Clear or other Meal Replacement • Almonds, Raisin, Cacao with Coconut Milk • Sauteed Apples and chopped nuts <p>Lunch:</p> <ul style="list-style-type: none"> • Saute Collards and lamb burgers • Mung bean soup with roasted greens • Big salad with pumpkin seeds, hot tea • HF&C Soup • Refried beans, flax crackers, salsa <p>Dinner:</p> <ul style="list-style-type: none"> • Brown rice pilaf with Bok Choy • Tofu baked with spinach and ghee • Bison steaks, squash and artichoke hearts • Black beans, turkey, roasted brus. Sprouts • Tilapia, steamed carrots and thin dulse 	<p>Sea Vegetables</p> <ul style="list-style-type: none"> ✓ Dulse ✓ Arame ✓ Sea Palm ✓ Nori <p>Whole Grains</p> <ul style="list-style-type: none"> ✓ Quinoa ✓ Brown Rice ✓ Amaranth <p>Beans (all)</p> <p>Mung Bean</p> <p>Pumpkin Seeds</p> <p>Almonds</p> <p>Walnuts</p> <p>Pecans</p> <p>Chestnuts</p>	<p>Cacao</p> <p>Raisins</p> <p>Dried Apple</p> <p>Goji</p> <p>Kale</p> <p>Collards</p> <p>Mustard Green</p> <p>Bok Choy</p> <p>Napa Cabbage</p> <p>Cabbage</p> <p>Brus. Sprouts</p> <p>Sweet Potato</p> <p>Carrots</p> <p>Beets</p> <p>Parsnips</p> <p>Radish</p> <p>Turnips</p> <p>Onion</p> <p>Squash (all)</p> <p>Variety Herbal Teas</p>	<p>Bison</p> <p>Tofu (from Sprouted Soy)</p> <p>Salmon (wild)</p> <p>Black Cod</p> <p>Domestic Tilapia</p> <p>Grass Fed Beef</p> <p>Pasture poultry</p> <p>Ghee</p> <p>Olive Oil</p> <p>Sesame Oil</p> <p>Coconut Oil</p> <p>Tamari</p> <p>Apple Cid Vin</p> <p>Lemons</p> <p>Limes</p> <p>Sea Salt</p> <p>Spice Mixes</p> <p>All natural bouillon</p>
<p>Schedule</p>		<p>Recipe Ideas</p>	
<p>Day One: Cut out dairy. Add in coconut.</p> <p>Day Two: Cut out sugar, add in dried fruit.</p> <p>Day Three: Cut out wheat, add in root vegetables</p> <p>Day Four: Cut out caffeine, add in cacao</p> <p>Day Five: Cut out processed food, add in sea veggies</p> <p>Day Six: Cut out guilt, add in compassionate self acceptance</p> <p>Day Seven: Cut out factory farmed meat, add in grass fed</p>		<p>Day Eight: Maintain with variety</p> <p>Day Nine: Add in exfoliation of skin and / or sauna</p> <p>Day Ten: Add in Hot Epsom salt baths</p> <p>Day Eleven: Add in early bedtime</p> <p>Day Twelve: Add in a nice long walk</p> <p>Day Thirteen: Add in affirmations of health</p> <p>Day Fourteen: Add in enjoyment of a healthy, strong body</p>	
		<p>Real Simple Winter Detox and Boost</p> <p>from Seth Braun</p> <p>Prepare roasted root veggies. Add them to meals until its time to roast more.</p> <p>Shop twice a week. Sunday and Wednesday. Cook something in large quantity twice a week. (Brown Rice, Mung Beans, Root Veggies)</p> <p>Crock pots and soups are simple, tasty and reliable. Check out my book for specifics.</p> <p>Strategies for Success</p> <ul style="list-style-type: none"> • Set simple steps, one at a time • Make it better than last year • Make it social, share the cooking • Make it easy to eat well, fill the fridge with veggies • Eat Seaweed, just do it. Dulse. It is good. • Eat the right mix of protein, fats and carbs (Metabolic Typing) 	