

# Meals and Recipes

## STAY CLOSE TO NATURE IN THE FOOD YOU EAT

### MEDICAL DISCLAIMER:

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## SAMPLE DAILY MEALS

With 45 years as a healer I really don't have "meals". I don't have a eating schedule. I eat when I'm hungry and I don't when I'm not. If I don't eat for half a day I don't care, because I know that's healthy - it's called fasting. Just make sure that you drink enough water or juice and you'll be healthy, happy and full of energy.

But for those of you who think analytically and are ruled by a clock, here is a rough idea of a typical day for me...

Upon waking: glass of water with fresh lemon juice or two tablespoons of apple cider vinegar.

BREAKFAST - always keep it light; you are "breaking the fast" you just had all night. Here are some

Examples:

-papaya with lemon juice and garlic (also eat as many of the papaya seeds as you can)

or

-strawberries and banana slices with cinnamon on top

or

-smoothie (in blender) - strawberries with leafy greens and lemon juice, two cups water

Sample breakfast drink 1:

2 Aloe Vera leaves  
2 oranges  
1 grapefruit  
1 lime  
1 cup fresh pineapple  
1/2 cup tocotrienols (rice bran solubles)  
1 cup water  
3 tablespoons any kind green superfood

Sample breakfast drink 2:

2 Aloe Vera leaves  
coconut water and meat  
1 cup cranberries  
1 bok choy  
2 tablespoons herbs  
2 stalks celery  
16 oz water

**Mid Morning** - 2 ounces wheatgrass juice with: white or green tea, or glass of water with 4 tablespoons tocotrienols (rice bran solubles) or chia seeds, or bowl of durian blended with coconut water and meat with strawberries on top.

I go to the gym late morning so that I can have lunch right afterwards (biggest meal).

**LUNCH** - (biggest meal of day) - see my recipe section below or any meal from any raw food book. Some ideas are:

-one of the meal recipes pictured on the following pages.

-raw soup (in blender) - carrot juice, avocado, ginger, garlic, celery, cayenne, with:

-Spicy Thai noodles with "peanut" sauce or -simple salad like arugula, hemp oil, lemon, nutritional yeast, touch of sea salt.

**Mid Afternoon** -

Green smoothie (half fruit, half leafy greens) - see GREEN SMOOTHIE recipe ideas.

Example:

-celery, pineapple, mango, kale, kelp

**Late Afternoon** -

Raw food snack, like dehydrated dandelion bread topped with apple sauce (simply blend 2 apples, 2 pears, tiny bit of water).

or Enjoy two bananas.

or Cut three tomatoes in half and top with sliced onion, a touch of cayenne and sea salt.

**DINNER** - 2 ounces wheatgrass juice with: One of the meal recipes below.

If you absolutely need to have a cooked meal, then have one for dinner to celebrate your good behavior throughout the day. Be sure to take LOTS of enzymes before-hand. Personally, I have something light for dinner, like a green smoothie.

**Early Evening** -

Your herbal tea formula with 4 tablespoons tocotrienols (rice bran solubles) and chia seeds.

**Evening** - Water

## RECIPES

It's pretty simple. Buy everything that looks good in the grocery produce section (not just sweet fruits!) and just throw stuff together when you're hungry. Everyone's taste is different. Listen to your body - it will tell you what it needs.

Just remember to have lots of dark leafy greens every day... and believe it or not they go with everything.

I put kale and grass in my morning fruit smoothie and it tastes great. Don't overdo the sweet stuff, even natural sugar - everything in balance.

Here are some samples of what I eat with actual ingredient lists.

I don't have a lot of time, so these are all recipes that I can throw together quickly. I just use all the good stuff I have laying around.

Coconut water is the sweet liquid base for my smoothie concoctions.

Since there's no cooking, I just put everything right into a bowl and eat! Forget calling it "main course" or "dessert" - with raw food, everything can be your main course - even fruit. Use this as a starting point to whatever works for you.

Use a heavy duty blender like a VITAMIX - it liquifies everything in seconds. Have fun!

### KALE SALAD

2-3 bunches kale  
chopped onion  
cucumber  
lots of black pepper  
dash of sea salt  
1/3 cup olive oil  
1/3 cup apple cider vinegar  
1/3 cup fresh orange juice  
2 tablespoons nama shoyu (raw unpasteurized soy sauce)

### AVOCADO with TROPICAL SALSA

avocado  
papaya  
mango  
red onion  
olive oil  
apple cider vinegar  
cilantro  
sea salt  
black pepper

### SPICY THAI CABBAGE

red cabbage  
raw cashews  
scallions  
cilantro  
raisins, sea salt  
raw nut butter  
apple cider vinegar  
hot chili oil  
sesame oil

### SILICON SALAD

(Silica is good for skin, bones, joints, hair, teeth, lungs etc)  
red leaf lettuce, cucumber, okra  
nopales (cactus), onion  
Dressing: orange juice, nama shoyu, olive oil.

Spiced Nuts - shake nuts in bag with Raw Honey, Sea Salt, Cayenne.

Note: put the okra and cactus in just before you eat. Their high silica content makes them slimy after an hour - that's natural and OK.

### RAW FRUIT PIE

Raw fruit pies are now available at most health food stores. These are NOT cooked/baked, all ingredients are raw and just mixed together. Blueberries, coconut oil, cashews, agave nectar, lemon juice, vanilla sea salt. The crust is ground nuts & dates.

### SUPER FAST GREEN BLENDER MEAL

coconut water  
avocado  
red leaf lettuce  
parsley  
sea salt  
(cashews on top)

### KALE FUN SALAD

Again, mix whatever veggies you want with kale. Try this one:

tomatoes, sprouts, cucumber, red leaf lettuce, mustard greens, onions, cilantro, garlic, radishes, sea salt, sauerkraut

Dressing: equal parts of fresh orange juice, nama shoyu, olive oil.

### DECO CABBAGE SALAD

red decorative curly cabbage, red or orange bell peppers, cucumber, basil, oregano or cilantro or parsley, chopped garlic

Dressing: olive oil, apple cider vinegar, nama shoyu.

**Coconut oil** comes in different grades - make sure you get the raw extra virgin untreated, unheated kind. It's usually a tiny bit more expensive. Coconut oil is clear like water at room temperature, but when it's colder, it gets white and hard like wax. Do not be afraid of the oil or FAT issue - this is the GOOD oil that your body needs and these GOOD oils help get rid of the BAD oils and fats. Natives of Polynesia whose diet consisted of mainly coconuts never got heart disease and they didn't get fat (until white man came along and introduced them to pigs and white flour). This recipe calls for agave nectar, but I have since personally switched that for raw honey, after finding out raw honey is better for you.

### RAW CHOCOLATE "MILK"

In Vitamix blender:

12 cacao beans  
meat and juice of 1 coconut  
7 raw cashews  
1 big tablespoon coconut oil  
3 teaspoons raw honey  
cinnamon  
pinch sea salt

Here's an awesome recipe from my friend Ami...

### -Spicy Thai noodles with "Peanut" Sauce (recipe by Ami El)

- 2 packs raw (cold) kelp noodles
- 1/2 cup raw nut butter or tahini (ground sesame seeds is what I use)
- 4 tablespoons curry powder
- 2 tablespoons raw honey
- 2 tablespoons chili powder
- 1 bunch cilantro
- 1 lemon, juiced
- touch of sea salt
- 1/2 cup water

Mix equal parts water and tahini/nut butter.

Add curry, chili powder, honey, sea salt, lemon juice. Mix until creamy. Add noodles and chopped cilantro.

## VARIETY\*\*\* ROTATE WHAT YOU EAT

We need to rotate what we eat and eat as great a variety as possible.

Each plant has certain nutrients that are different from other plants. If we keep eating only the same fifteen things, we will develop deficiencies and have health issues. The more types of foods you eat, the more chance you will be getting what you need, nutritionally.

This is another mistake that many raw foodists make: they keep buying the same fruits and vegetables that they like and after a while they develop a deficiency and wonder why.

**Rotate. Variety!**

### As a general rule:

JUICER - use vegetables and non-sweet fruit.

BLENDER - use any combination of fruits and greens.

Basically, only put fruit in a blender, not a juicer. You need the fiber to buffer the high sugar content of the fruit. Most fruit is so soft and juicy - just EAT the dang thing!

You can also put a handful of grass in the blender with your smoothies.

Nothing wrong with that. You get ALL the fiber, phytonutrients, minerals, Vitamins and co-factors. Just make sure you drink this concoction within ten minutes or else it starts oxidizing, loses its value and it also begins to taste funky. Apple Cider Vinegar to jump start your stomach acid. At night, take Probiotics before bed (like acidophilus).

## MINERALS

Minerals are necessary for 95% of your life-sustaining functions. Unfortunately, today's soils are so depleted of most of the stuff we need that the plants grown in them are deficient also, therefore we need minerals from somewhere else. The best source is SEA VEGETABLES. Consume about 2-3 spoonfuls of sea vegetables each day. Take scissors and snip them into your salads and soups or just throw some in your blended smoothies.

## FIBER

Fiber helps slow down the sugar release into the blood and helps clean out our bodies, acting like a sponge soaking up toxic crap inside us. Fiber is absolutely necessary for health, especially those with sugar issues.

Fiber is so important to our well-being and health. It is the reason why blended drinks are better than juiced (**although juices are good for stage one of healing anything, when the body can't handle fiber**).

Flax crackers are common fare among raw foodists, but to me they taste like dried cardboard and they feel hard on my body. Remember, everything has to be turned into liquid inside us and we also don't chew our food like we are supposed to (it's supposed to be a creamy liquid goo with no chunks when we swallow it). Flax is good for you but the seeds need to be ground in a coffee grinder first, then put in water or smoothies. Great source of EFA Omega oils and of course, fiber.

Chia seeds are even better than flax and not as hard on the body. They are a great source of fiber and EFAs (essential fatty acids) - you know - the Omega oils. AND fiber AND B Vitamins. Simply put a couple spoonfuls of chia in water and drink... or you can blend it in a blender first. Chia seeds are one of the best sources of EFAs and they are easily digestible.

## SEEDS and NUTS

They are designed by plants to be eaten by animals, carried somewhere else and then pooped out, so that they can grow into new plants. They are small so that they can be swallowed whole and they are coated with enzyme inhibitors so that they won't be digested by stomach acid. This coating is acid-proof but is dissolved away by water. This is so that the seed or nut can survive the trip through an animal's digestive system,

and then when the seed or nut is laying on the ground again in a pile of poop (aka fertilizer), it sits there patiently waiting until it rains. Presto!

The protective coating is dissolved and the seed or nut instantly starts to sprout.

Yes, this is fascinating trivia, but what does that have to do with you? Well I'm trying to explain why you can't just pop seeds and nuts in your mouth and expect to get a lot of nutritional value from them. They will probably just irritate your stomach and intestines.... UNLESS you soak them in water overnight... ah... then the magic elixirs of life are made available to us.

By the way, seeds are better for us than nuts. In the wild, chimpanzees don't touch nuts but they occasionally eat seeds. Chimps also don't eat roots (carrots, beets, etc) but they eat the greens on top of these roots.

Take a hint.

Love,

*Shifa!*