

Appendix

A			F			S		
All Nut Crumb Crust	97		Frittata	26		Sauteed Turkey Cutlets	83	
Almond Oat Energy Bites	100					Simple Pie Crust	99	
Almond Tart Crust	98		G			Spelt Flour Crackers	37	
Apple Butternut Squash Soup	41		Grilled Eggplant Slices	63		Spiced Chicken Thighs	76	
Apple Cider Vinegar Tea	123		H			Steaks w/ Chimichurri sauce	84	
Apple Nut Muffins	19		Health Nut Muffins	22		Stuffed Mushrooms	30	
Artichoke Salad	48		Hot Cocoa	125		Sweet Potato Beet Pasta	69	
B			Hummus	34		Sweet Potato Drop Biscuits	24	
“Baked” Apples	101		K			Sweet Potato Salad	55	
Bacon Wrapped Dates	29		Kale and Avocado Salad	52		Sweet Potatoes in Maple Syrup	71	
Baked Fennel	61		M			Sweet Potato-Wild Rice Salad	56	
Baked Oatmeal	20		Mashed Cauliflower	64		Swiss Chard and Ricotta Peppers	92	
Balsamic Glazed Salmon	75		Mashed Sweet Potatoes	65		T		
Basic Vinaigrette	57		P			Thai Style Green Curry Chicken	85	
Beet and Leek Salad	49		Pear, Goat Cheese Salad	54		Throat Healing Tea	127	
Beet, Walnut and Apple Salad	50		Peanut Butter Cookies	108		Thumb Print Cookies	117	
Black Bean Hummus	32		Pears in Red or Port Wine	109		Tilapia and Spinach	86	
Black Bean Soup	42		Plantain Chips	35		Tomatoes & Eggplant Stew	89	
C			Potassium Drink	126		Tres Leches	118	
Caribbean Pumpkin Soup	43		Pump. Chocolate Chip Cookies	110		Turkey Breast stuffed	87	
Carob Mousse	102		Pumpkin Pie	111		Turkey Corn Chowder	46	
Carob Pudding	103		Pumpkin Pudding	112		V		
Carrot Bisque Soup	44		Pumpkin Squares	113		Veggie Burgers	93	
Cherry Walnut Bites	104		R			W		
Chicken Breast w Romano & Spinach	80		Ranch Dressing	58		Waffles	25	
Chicken Soup	45		Ratatouille	78		Walnut Basil Spread	36	
Chicken with Garlic & Veg.	81		Raw Apple Pie	114		Walnut Date Topped Shortbread		
Chocolate Chip Cookies	105		Raw Fudge	115		Cookies	120	
Chocolate Earth Balls	106		Raw Lotus Wraps	88		Warm Balsamic Vinaigrette	57	
Citrus Cleansing Drink	124		Raw Vanilla Cashew Cream	116		White Bean & Garlic Soup	47	
Coconut Pie	107		Red Beet “Ravioli”	90		Y		
Cooked Kale	62		Roasted Brussel Sprouts	66		Yam Saute	72	
Country	21		Roasted Butternut Squash	67				
Cran-Pist Wild Rice Salad	53		Roasted Chicken with Herbs	82				
Cran-Broccoli Salad	51		Roasted Sweet Potatoes	68				
E			Roasted Vegetable Medley	70				
Ezekiel Pita Chips	33							