

## Load up on these foods

Plenty of purified water  
Wild salmon  
Organic chicken and vegetable soup with plenty of fresh herbs  
Greens!! Fresh salad greens, dark leafy greens, and green smoothies  
Sweet vegetables (yams, squash, carrots, beets)  
Raw nuts and seeds (almonds, walnuts, pumpkin seeds, sunflower seeds)  
Raw almond butter  
Whole grains (quinoa, amaranth, oats, sweet brown rice, millet, eff)  
Organic berries  
Sea vegetables  
Lentils  
Carminative herbs and spices (cumin, cardamom, fenugreek, ginger, mint, fennel seeds)  
Raspberry leaf tea (raspberry leaf along with fennel help to contract the uterus)  
Nettle tea enriches and increases milk production  
Healthy fats (avocado, extra virgin olive oil, virgin coconut oil, fresh flax or fish oil)

## If you breast feed, be careful of these foods

Dairy products  
Citrus fruit, especially juices  
Peanuts  
Heavily spiced foods  
Beef  
Raw garlic and onions  
Cruciferous vegetables (broccoli, cauliflower, cabbage)  
Wheat / Gluten  
Refined soy products  
Caffeine (coffee, tea, soda)  
Chocolate  
Prenatal vitamins (the iron may be irritating to baby)

Each of these recipes is loaded with nutrient dense ingredients to offer your healing body the building blocks it needs to replenish your temple.

Contrary to mainstream beliefs eating fat actually will help you loose weight, especially after you have a baby. If you deprive your body of healthy fats it will go in starvation mode and store it. Fat plays an integral role in brain function, hormone production and is a key ingredient in breast milk. So enjoy the healthy fats listed in abundance!

Have an avocado a day!

### **Spice truffles**

1 cup almonds  
1 cup raw cashews  
1 cup dates  
1 cup dried cherries  
1 tablespoon vanilla extract  
2 teaspoons grated ginger  
2 teaspoons ground cinnamon  
2 teaspoons ground cardamom  
½ teaspoon sea salt

*Place nuts, dates and cherries in a food processor pulse until well ground. Pulse in vanilla, ginger, cinnamon, cardamom and salt. Remove mixture from food processor and roll into ping-pong sized balls.... Refrigerate overnight (6-8 hours)*

### **Pumpkin Hummus**

1 can (15 oz) pumpkin puree (NOT pumpkin pie mix)  
1/4 cup roasted tahini  
1 tsp extra-virgin olive oil  
1 tsp cinnamon  
2 cloves minced garlic (optional)  
1/2 tsp ground cumin  
1/2 tsp salt  
1 T lemon or lime juice  
1 T fresh minced cilantro or flat-leaf parsley  
Put everything in a food processor. Blend!

Chia seeds are LOADED with the amazing omega-3s which help our bodies heal, calm inflammation and are the building blocks of hormones. Sprinkle them on salads, into smoothies, on cereal, what ever suits you. This recipe is amazing, you can improvise on this basic recipe with berries, nuts, coconut, the sky is the limit. This is great for breakfast, snack and dessert.

### **Cinnamon almond chia pudding**

1 1/2 c milk (ideally organic and any nut/grain milk will work too)  
1/4 cup chia seeds  
1 T raw honey or maple syrup  
1 vanilla bean seeded or dash of vanilla extract  
1/2 t cinnamon & pinch of sea salt  
Add all ingredients to a blender, combine and pour into a jar, set in refrigerator for 1 hour minimum so that it gels up and becomes pudding like

### **Lentil rice casserole**

(Portions can also be frozen into small containers for future use. Enjoy!)

2 tablespoons extra virgin olive oil, coconut oil or butter  
1 medium onion, chopped  
1 to 2 tablespoons finely chopped fresh ginger  
1 tablespoon finely chopped fresh turmeric, or 1 teaspoon dried  
2 teaspoons curry powder  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1/2 teaspoon cinnamon  
2 teaspoons sea salt  
4 carrots, chopped  
1 1/2 cups french lentils  
1 cup long grain brown rice  
5 cups water  
1 can coconut milk

Preheat oven to 350 degrees F. Saute onion in olive oil until soft, about 5 to 6 minutes. Add ginger, turmeric, spices, and salt. Continue to saute for another 2 minutes until fragrant. Place onion-spice mixture into a large casserole dish. Add carrots, lentils, rice, water, and coconut milk. Mix together well. Cover and bake for 2 hours. After 2 hours, turn oven temp up to 425 degrees F. Remove cover and cook for another 20 to 30 minutes to let excess liquid cook off. Stir and serve!

Beets are loaded with all sorts of goodies, especially antioxidants, which will help to heal your body and offer a gentle detox. The healthy fats in this will slow down the sugar digestion offering you sustained energy and a delicious experience.

### **Beet Salad**

1/4 cup burdock root, grated  
2 carrots, grated  
1 small beet, grated  
1 tablespoons orange juice, freshly squeezed  
1/2 a lime juice, freshly squeezed  
1/4 cup chopped almonds  
1/2 an avocado, sliced  
1 Tablespoons cup olive oil  
1/4 teaspoon sea salt

In a large bowl, combine burdock roots, carrots and beets. In a glass jar combine orange juice, lime juice, oil and salt; shake well. Toss dressing into salad and TOP with almonds and sliced avocado.

### **Savory Bieler Broth**

(healing & rich in potassium)

2 medium zucchini, chopped coarsely into bite sized chunks  
2 stalks celery, chopped into half moons  
1 bunch parsley, chopped up (with stems)  
1/2 pound of green beans, take stems off and cut into bite-sized pieces  
1 tsp coconut oil  
4-5 cloves of garlic, minced  
2 tsp of thyme  
2 t sea salt

Saute garlic in coconut oil over medium for 5 minutes. Add thyme and sea salt, really mix/mash with a wooden spoon the garlic & salt with thyme to create a good base. Add all veggies into a soup pan. Just cover with water, bring to a boil and skim any foam off (those are impurities). Lower heat and simmer for 30 minutes. The blend part for a chowdery soup OR all of it for a smooth soup.

**Roast a whole chicken and utilize the meat to add to any/all lunches and some of the dinner recipes that call for chicken. Use all bones and carcass to make bone broth.**

### **Bone broth**

Take carcass and all bones from whole roasted chicken and add it to a big stockpot or a slow cooker. You'll want to use nearly a half gallon of water (2 quarts), 3 carrots, 2 T sea salt, 2 T vinegar and choice dried herbs. Cover chicken with all of the ingredients and water, bring to a boil, remove and foam. Then lower to the very lowest heat, cover and simmer 4-8 hours.

This will likely be a go to over and over. It is a simpler take on your traditional chicken soup. Its extra nourishing with the bone broth and the shiitakes.

### **Kale chicken soup**

1 quart chicken bone broth 1 quart water

1 bunch kale, chopped

3 carrots, sliced

1/2 shiitake mushrooms, sliced

2 cups roasted chicken

Place 1 quart water in a soup pot over medium heat. Take the other quart of stock and blend it with kale in a blender until smooth and creamy. Pour kale-stock mixture into pot of water. Add carrots and mushrooms and chicken. Bring to a boil, and then simmer for 30 minutes..

Super simple and delightful, get both your salmon and greens here. This can be breakfast lunch or dinner

### **Steamed Salmon with sauteed greens**

Roughly 1/4 cup of your favorite leafy herbs (parsley, basil, chervil, tarragon, etc.)

3/4 lb. salmon filet

a cup of your favorite fresh greens (kale, spinach, dandelion, chard, etc.)

1 wedge of lemon

Line your steamer with the herbs and rest the salmon filet on top. Steam for 11 minutes. Put the greens alongside the fish and steam for an additional 7 minutes. Squeeze the lemon over the fish and greens and serve.

### **A Tasty Frittata Recipe**

6 large organic eggs

1 tablespoon butter or olive oil

1 small yellow onion, chopped

3 small potatoes, very very thinly sliced

5 leaves of kale, ripped or chopped up

choice fresh herbs, parsley, cilantro, chives to top

Optional top

1/4 cup goat cheese, crumbled

1/4 cup pumpkin seeds or sunflower seeds, toasted

couple pinches of salt

In a medium skillet over medium-high heat add the olive oil/butter, onion, and pinch of salt. Saute, stirring constantly, until the onion starts to brown, 5 - 7 minutes. Add the potatoes cover, and cook for another 10 minutes or so. Pour in the eggs and cook over medium-low heat covered for up to 15 minutes. For the last 5 minutes add the kale, cover and let set for about 5 more minutes. Add a crumble of goat cheese, fresh herbs and the pumpkin seeds across the top of the frittata, cut into wedges and serve.



