



Live More Cleanse Sample Recipe Ideas

** Spring Edition **

We've put together our favorite recipes and menu options that we are doing ourselves the next few weeks. This is exactly how we are eating. Please choose your favorites and remember to make sure to get in Liver-Loving Foods.

Focus On These Liver-Loving Foods:

- Bieler's Broth
- Carrots, Beets and Cabbage
- Turmeric
- Spring Golden Cup or Dandelion Root Tea
- Avocado
- Ginger
- Olive Oil
- Broccoli
- Hydration Station Drinks / Lemon and Lime

Healing Soups

Dana's Spring Chicken Soup

- Ingredients:

For Base Chicken Broth:

- (2) Tablespoons Organic Coconut Oil
- (1) Spring Onion (or 1 regular Onion)
- (1/2") peeled and grated Ginger (or finely chopped)
- (2) cloves Garlic finely chopped
- (2.5) Cup of Water
- Chicken bones from a Rotisserie Chicken

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- (1) can Organic Coconut Milk
 - (1") grated Ginger
 - (3) cloves garlic finely chopped (in addition to above)



(1) tsp Coconut Aminos (can usually find at Whole Foods)

(1) tsp Chili flakes

Juice of a Lime

Handful of chopped Cilantro

Himalayan Salt to taste

- In a medium soup pot heat 2 Tablespoons coconut oil on medium heat. Add chopped onion, garlic and grated ginger. Cook down for 10 minutes or so.
- Place chicken bones on top of the onion, garlic, ginger mix.
- Add 2.5 cups water. Cover. Bring to a boil and then simmer for 40-60 mins.
- Remove bones thoroughly with a slotted spoon.
- Add can of coconut milk, another 1 inch of finely grated ginger, 3 more cloves of finely chopped garlic, 1 tsp coconut aminos, 1 tsp chilis, chicken pieces, juice of one lime and handful of cilantro and/or basil (Note: Add any veggies you like at this point -- carrots, mushroom, zucchini, cabbage, broccoli all work)
- Bring back up to a boil then lower temp and cook down for 10-15 mins. (20 mins if you've added vegetables)
- Serve in small bowls with cilantro and basil garnish.
- Savor the flavor.

Carrot Ginger Coconut Curry Soup

- Ingredients:
 - (4) Large Carrots
 - (1) Small Onion
 - (1/4) tsp grated ginger
 - (2) T Coconut Oil
 - (1) T Olive Oil
 - (1.5) Cups water
 - (1/2) tsp curry
 - (1/4) tsp powdered ginger
 - (1/4) tsp salt
- Steam carrots.
- Sauté chopped onion and grated ginger in 1T coconut oil on medium heat. Cook till onions are browned.
- Throw carrots and browned onions and water in the blender and blend till smooth.
- Lower the speed and slowly add one tablespoon of olive oil to emulsify and make velvety.
- Add 1 tablespoon coconut oil, powdered ginger, curry and salt. Blend.
- Enjoy the vibrant goodness.



Live More Bieler's Broth

- Ingredients:
 - 4 medium zucchinis, chopped
 - 3 cups string beans, ends removed
 - 2 sticks celery, chopped
 - 2 bunches parsley, stems removed
 - 1 quart filtered water
 - sea salt to taste
 - ghee (optional)
- Place water, zucchini, string beans, and celery in a stock pot.
- Bring to a boil, lower heat and simmer for about 30 minutes until vegetables are softened but not over cooked. Spoon the mixture into a blender, add a handful of parsley, and liquefy. I usually pulse a few times to get it started.
- Make sure you hold onto the lid.
- One pot of broth will create several blender batches. Have a pitcher or jars on hand to fill as you blend. To thicken the broth and enhance the healing properties of the broth, add a teaspoon of ghee to each blender batch.



Farmer's Market Spring Soup

- Ingredients:
 - (3) New Potatoes or one medium Sweet Potato
 - (1) Leek
 - (1) Spring Onion
 - (4) Celery Stalks
 - (3) Carrots
 - (1/4) Purple or Green Cabbage
 - (1/2) bulb Fennel
 - (1) Beet (optional)
 - (1) inch grated Fresh Ginger (or to taste)
 - (6-10) Cloves Garlic
 - (1/2) bunch Parsley
 - (3-5) Springs Fresh Thyme
 - (1) Bay leaf
 - (2) quarts Water



- Coarsely chop all vegetables
- Put all veggies, ginger, parsley, thyme (if fresh, bundle together) and bay leaf (reserve garlic) into a med to large stock pot.
- Pour in 2 quarts or 10 cups water (to preference). Bring to a boil.
- Simmer for 2-3 hours.
- 20 mins before eating, add in garlic.
- At this point you can do one of three things:
- 1) Eat the soup as it is with vegetable pieces and enjoy the textures. Don't forget to chew, chew, chew.
- 2) Strain all veggies and drink as a broth for (2) days
- 3) If you do well with fiber, blend all veggies in a blender with soup water with thyme springs and bay leaf removed. Add water to meet desired consistency. If the color isn't pleasant— add more beets to make it more red or cooked kale to make it greener. Go with your mood.



Salads, Sides, Dips, and Dressing

Rainbow Salad / Stir Fry

- Choose as many colorful vegetables as you can find (red cabbage, carrots, celery, beets, watercress, etc)
- Shred in large amounts
- Use as a salad (with Live More Green Goodness Dressing)
- OR stir fry vegetables in garlic, ginger, and ghee (or coconut oil) if you can't digest raw foods well.



Live More Green Goodness Dressing

- Ingredients:
 - (1) whole organic avocado
 - (1) tablespoon organic apple cider vinegar
 - (1) clove organic garlic
 - Handful of organic cilantro
 - Squeeze of lime to taste
 - (2) tsps organic hemp seeds
 - Dash of Himalayan Salt
 - Olive oil to taste
 - (1/4-1/2) cup water



- Throw all ingredients in a high-powered blender.
- Blend for 30 seconds or until desired consistency.
- Add water, oil or lime juice to thin.
- **For Asian flare:**
- add (1/4) tsp ginger
- (2" x 4") piece of nori
- (1/4-1/2) tsp medium Miso
- (1/4) cup water

Brent's "No-Excuse" Garlic Potatoes

- Ingredients:
 - (1) bag of red potatoes (or enough to fill a boiling pot)
 - (2-3) tablespoon of organic ghee
- Boil potatoes in a pot until tender
- Drain water and dice/mash up potatoes in the pot with a fork and knife
- Add ghee, salt, organic garlic powder, and parsley
- Note: You can add the seasonings to the whole batch or to each serving

Live More Garlic Curry Aioli

- This Garlic/Curry a quick and delicious addition to your favorite vegetables or any dish. This aioli is non-dairy and eggless and simply delicious.
- Ingredients:
 - (3) Tablespoons Olive oil
 - (1) large raw or steamed Garlic clove
 - (2) Tablespoons Bulletproof Collagelatin (try agar agar if you are vegan)
 - (1/2) Teaspoon Curry
 - (1/4) tsp Apple Cider Vinegar (ACV)
 - (1/4) Cup Warm Water
 - Pinch of Salt
- In small blender, combine warm water, garlic clove, olive oil, ACV, curry, salt and Collagelatin.
- Blend until smooth.
- Let stand for 5-10 minutes to thicken.
- Serve and eat immediately over steamed broccoli, artichoke or your favorite vegetables.
- Eat it all up because it will turn into a pudding if you let it sit too long!



Fava Bean Hummus

- Ingredients:
 - (1) can Organic Fava Beans
 - (1) Small clove of Garlic (or large cut in half)
 - (3) T. Olive Oil
 - (1/4) tsp good salt
 - (1/2) tsp thyme
 - (2) T. water
 - Squeeze of Lemon
 - (2) springs fresh parsley
- Put all beans, garlic, olive oil, salt, thyme, water and lemon in a small blender.
- Blend to desired consistency.
- Spoon into small bowl.
- Make an indentation on the top of the mash, pool olive oil and sprinkle with fresh parsley.
- Serve with fresh vegetables or gluten-free crackers.



Butter (Lima) Bean Hummus

- Ingredients:
 - (1) can Butter or Lima beans
 - (1) small clove of Garlic
 - (3) T. Olive Oil
 - (1/4) tsp Himalayan or Sea salt
 - (1) large or two small Basil leaves (chopped or torn)
 - (2) T. Water
- Put all ingredients in a small blender.
- Blend to a paste.
- Spoon into small bowl.
- Drizzle olive oil and top with fresh basil.
- Serve with Mary's Gone Crackers or Fresh Veggies.



Cilantro-Mint Chutney

- Ingredients:
 - (2) C. Cilantro (unchopped)
 - (1/2-1) C. Mint leaves
 - (5-10) pickled Jalapenos
 - (1) tsp ACV (apple cider vinegar)
 - (6) tsp or 1oz Olive oil
 - (3-4) tsp water
 - (1/2) tsp garlic powder
 - (1/2) tsp powdered ginger
 - (1/4) tsp coconut sugar or 1 tsp honey
 - Squeeze of lime
 - (1) T. hemp seeds (optional)
- Cut stems off of cilantro, pluck mint leaves off the stem (mostly, a few are ok).
- Soak leaves in a drop of lemon oil or 1/2 tsp. ACV vinegar to clean.
- Rinse and pat dry.
- Put all ingredients in small blender (like a Nutribullet).
- Blend to desired consistency.
- Use as a dip or serve with meats and vegetables to add more nutrition and zing to your meal!



Chimichurri

- Ingredients:
 - (1) bunch Italian flat parsley (or curly)
 - (1) bunch cilantro
 - (3) T. Olive Oil
 - (2) tsp ACV (apple cider vinegar)
 - (1/4) tsp chili flakes
 - (2) pickled jalapenos
 - (1) oz water
 - (1) T. hemp seeds
- Chop stems off of cilantro and parsley.
- Soak in a drop of lemon oil or 1/2 tsp ACV to clean.
- Rinse and pat dry.
- Put all ingredients in a small blender (like the Nutribullet).
- Blend to desired consistency.
- Serve as a dip, add to salad dressings or serve with meat and vegetables to add more life and flavor to a meal.



Super-Duper (and Simple) Meat and Seafood Dishes

Spicy Tuna (or Sardine) Paleo Sushi

- Ingredients:
 - (1) can high quality Tuna (we recommend like [Vital Choice](#))
 - (1) T. Olive Oil
 - (1) clove garlic
 - (1/4) tsp Chili Flakes
 - pinch of salt
 - (1/2) Avocado
 - (1) tsp brown mustard
 - (1) sheet of Nori Seaweed
 - (1) tsp. medium Miso

Directions for Carrots

- Ingredients:
 - 1/2 of a carrot (julienned)
 - 1 T. ACV (apple cider vinegar)
 - pinch of sugar
 - squeeze of lemon
- Put all ingredients in a bowl.
- Let sit for 20-30mins.
- This will make the carrots softer and tastier.

Directions for Sushi

- In a saucepan, add 1 T. olive oil, 1 can tuna and chopped garlic clove.
- Add chili flakes.
- Stir ingredients together and cook till garlic is softened.
- Taste.
- Add salt if needed.



Directions for Wrapping Sushi

- Lay seaweed sheet on a plate. spicy tuna 2
- Spread miso along the bottom.
- Layer sliced avocado.
- Add carrots on top of that.
- Lay tuna mixture (a little over half the can) just above avocado and carrots.
- (Optional: add chimichuri or chutney in a line above tuna).
- Wrap seaweed over the ingredients and “tuck”under and roll. spicy tuna 3
- Dip fingers into vinegar mixture for the carrots... run along the outside of the roll to softened seaweed.
- Let sit for 5 mins.
- Warm a sharp knife under hot water and gently slice into pieces. Smaller is better.
- Pop in your mouth and Chew, chew, chew.
- Serve with coconut aminos as dipping sauce. spicy tuna 4
- So much nutrition here!
- Rotate seafood. You can use sardines, herring, or salmon. Tuna on special occasions and good quality!



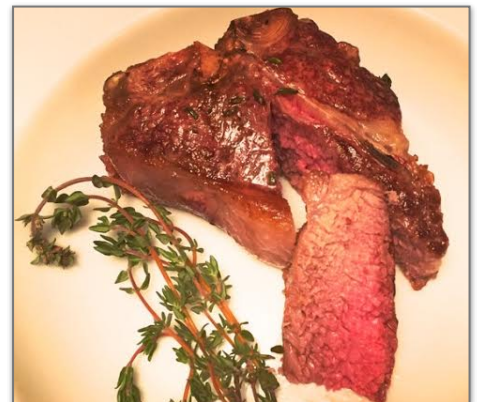
Spicy Tuna (or Sardine) Paleo Sushi

- Ingredients:
 - (1) Sheet Nori
 - Smoked Salmon
 - (1) Romain lettuce leaf
 - (1) tsp medium miso past
 - Avocado slices
- Lay nori on a plate.
- Lay one romaine lettuce leaf on the bottom.
- Add pieces of smoked salmon.
- Spread miso on top of salmon.
- Layer avocado slices.
- Squeeze of lemon (optional).
- Roll seaweed over ingredients and tuck, and continue rolling.
- Cut excess seaweed.
- Let sit 5 mins.
- Warm a sharp knife under hot water.
- Slice gently into pieces.
- Serve with veggies and sauerkraut.



Spring Lamb Chops

- Preheat oven to 400 degrees F
- Heat pan on medium high with (1) Tbsp Ghee
- When Ghee is hot, sear Lamb Chops (3 mins on each side)
- After seared, sprinkle with salt and fresh thyme
- Put in the oven for 10 mins (rare)
- Take out, cover and let rest for 15 mins (the longer, the more it will continue to cook)



Brent's "No-Excuse" Spring Chicken Thighs (bone in and skin on)

- Place chicken thighs in baking dish
- Season with salt, curry, and garlic powder/granules
- Bake in oven, uncovered, at 325 F for about 60-70 minutes

Baked Turkey Thighs or Chicken Breasts (bone in and skin on)

- Place turkey or chicken in baking dish
- Season with salt, paprika, thyme, and garlic powder/granules
- Add some water to the bottom of the baking dish (1/4 high max)
- Layer tops with slices of ghee or butter
- Bake in oven, uncovered, at 325 F for about 70-80 minutes

Sweet Treats and Snacks

Strawberry Jar Cakes *(Breaking Sugar)*

- Ingredients:
 - (2) C. sliced Strawberries
 - (1/2) C. Sprouted Brown Rice Flour (coconut flour for paleo)
 - (1/4) C. Coconut Palm Sugar
 - (1/4) C. Xylitol or powdered Stevia
 - (1/4) tsp Salt
 - (1/4) tsp BP powdered Vanilla
 - Ghee or Grass-fed Butter
 - (4) Half Pint Mason Jars
- Divide strawberries evenly into jars.
- Mix flour, sugar, salt and vanilla until even.
- Pour mixture over fruit.
- Shake the jar so the flour mixture falls through the cracks of the fruit.
- Top with a T. of Ghee or Grass-fed butter.
- Bake at 350 for 1 hour.
- Top with Coconut whipped cream.
- You will be amazed! These are so easy and delicious!
- Use coconut flour to make a Paleo version.



Coconut Milk Whipped Cream *(Breaking Sugar)*

- Ingredients:
 - (1) can Coconut milk
 - (1) tsp BP powdered Vanilla
 - (5) drops Stevia
 - pinch of salt
- Chill can of coconut milk overnight.
- Chill a metal bowl in freezer for 10-15 minutes before making cream.
- Open can of coconut milk.
- More out the liquid and save in a cup for later.
- Take all the coconut cream at the top and put into metal bowl.
- Add a bit of coconut liquid to get it started.



- Blend with a hand mixer.
- Add vanilla, stevia and salt to mixture.
- Blend until light and fluffy.
- Serve on any desserts or spoon directly into your mouth — heavenly!

Red, White, and Blueberries! *(Breaking Sugar)*

- Ingredients:
 - (10) oz bag of frozen Raspberries
 - (1) Cup water
 - (4) T. Great Lakes Gelatin
 - (5-10) drops Stevia
 - (1/4) tsp Vanilla
- In a saucepan, combine raspberries and water.
- Cook till warm but not bubbling.
- Transfer to blender.
- Add gelatin, stevia and vanilla.
- Blend till smooth.
- Pour into baking sheet.
- Refrigerate for minimum 3 hours.
- Cut in squares.
- Top with Coconut Whipped cream and fresh blueberries!
- A true Summer delight!



Live More Strawberry (or Banana) Pudding *(Breaking Sugar)*

- Ingredients:
 - (5) large organic Strawberries
 - (7) oz Warm Water
 - (1) scoop Bulletproof Collagelatin
 - (1) Tablespoon Ghee (or Coconut oil)
 - (1) tsp powdered organic Vanilla (we like Bulletproof Vanilla)
 - (3-5) drops Stevia
- In an 8oz glass or container, put vanilla and warm water and stevia to make a "tea".
- Pour into small blender.
- Add scoop Collagelatin, Ghee or Coconut oil, and Strawberries.
- Blend till color is smooth.
- Pour back into 8oz container and cover.
- Refrigerator for several hours. Pudding should be solid.
- Take bites as a dessert or eat a snack. Yums!
- * Note: Add more strawberries if you want a more intense berry flavor.. This works well with raspberries too!
- Alternate: To make Banana "Bread" Pudding Substitute 1 ripe banana for strawberries and add a dash of cinnamon (pinch of salt optional)



Chia Pudding

- Ingredients:
 - (1 1/2) cups coconut milk, almond milk, hemp milk
 - (4) drops liquid stevia (preferred) or tbsp of honey
 - (3) tsp pure vanilla extract
 - (6-8) tbsp high quality chia seeds (like Mila),
 - Nuts, berries, fruit, coconut flakes for topping (optional)
- Add all ingredients to a Mason jar or any container with a tight lid
- Refrigerate at least 6 hours or overnight
- Add toppings when ready to eat
- Store up to 5 days

Spoon Cookies *(Breaking Sugar)*

- Warm a teaspoon (in a cup of tea or tap)
- Take a scoop of your favorite almond (or nut butter)
- Put the spoon down on a plate
- With another spoon, scoop a small amount of coconut oil and spread on top of nut butter
- With another spoon, dip the tip of the spoon into honey and drizzle on top of spoon cookie
- Promptly spoon it into your mouth before it drips
- Optional: Sprinkle with Salty-Sweet Coconut Flakes
- Cap that cookie craving! Delish!
- Recommended no more than 2x per day (maybe 3)



Dana's Salty-Sweet Coconut Flakes *(Breaking Sugar)*

- Roast coconut flakes on a baking sheet for 5 minutes at 325 F
- In a small sauce pan, melt 1 tbsp of ghee and add 3 drops of clear stevia (we use Whole Foods brand)
- Toss the coconut and sweetened ghee together
- Sprinkle with Fine Himalayan Pink Salt
- YUM!



Spring Sunflower Seeds

- 1 lb organic sunflower seeds (shelled)
- Cover with water and soak overnight.
- In the morning, rinse till water runs clear. Drain water.
- Lay on a baking sheet in an even form.
- Slow roast on 250 degrees for 4-6 hours (check at 4).
- Sprinkle with Himalayan pink salt to your taste.
- Enjoy a handful of these seeds in place of processed crunchy snacks.
- Optional: You can do this with pumpkin seeds.



Sweet Treats and Snacks

Ginger Solution

- Ingredients:
(3-inch) long piece of ginger root
(3) cups water
- Peel and chop ginger into medium pieces (chop into smaller pieces or shred for a stronger solution).
- Boil ginger in water for ten minutes.
- Strain. Cool and store in a jar in the refrigerator.
- You may simmer longer for a stronger solution.
- * Note: This recipe makes a mild solution. If you are not used to ginger use this recipe to start. If you are accustomed to using ginger, you can add more ginger to make a stronger solution.

Electrolyte Drink

- Ingredients:
1/8 tsp of Original Himalayan Salt
1 quart of water
Juice of (1) lemon, (1) lime, and orange slice optional
1 Tbsp of the Ginger Solution (optional, to brighten drink)
Fresh herbs and oils are optional too (basil, mint, thyme, lavender)
- Mix ingredients together and stir.
- Add optional ingredients to taste.

Live More Ginger Ale

- Ingredients:
(5) T. Ginger Solution
(1/4) tsp Vanilla extract (powder ok if you don't mind the floating bits)
- (3-5) drops liquid Organic Stevia, or 1 tsp Raw Honey
Squeeze of Lemon
Bubbly water
- Stir all ingredients in an 8oz glass and add bubbly water
- Save room if you want to add ice
- Drink before or sip during a meal
- Refreshing and delicious. Oh and HEALTHY!

Live More Cola

- Ingredients:
 - (8) oz Dandelion Root "Coffee"
 - (1) tsp Urban Moonshine Organic Bitters
 - (3) tsp Ginger Solution (to taste)
 - (3-5) drops liquid Organic Stevia
 - Juice of half a Lime
 - (1) drop Wintergreen essential oil (high quality)
 - Bubbly water
- Mix all ingredients in a glass (except bubbly water)
- Stir well
- In another glass, pour mixture over ice
- Add bubbly water
- Garnish with mint and a slice of lime
- (Can be enjoyed without ice)



Live More Bitters Cocktail

- Ingredients:
 - Bubbly water or your favorite Kevita
 - Dash of Urban Moonshine Organic Bitters
 - Splash of Ginger Solution
 - Squeeze of Lime
 - Stevia to taste
- Mix ingredients in a glass
- Enjoy as a non-alcohol cocktail

Live More Spring Golden Cup

- Ingredients:
 - (7) oz warm Dandelion Tea (we like Dandelion Root Tea or Dark Roast Teccino)
 - (1) Tablespoon Ginger Solution
 - (1) Tablespoon Collagelatin (if Vegan, use your favorite protein powder instead)
 - (1) Tablespoon Coconut Oil
 - 1/4 tsp Vanilla (Bulletproof, prefer ground not liquid)
 - (1/2) tsp Organic Turmeric Spice
 - (3-5) drops Stevia (or 1/2 tsp Manuka honey or raw local honey)
- Put all ingredients in a blender and watch it turn light golden.
- Pour into 8 oz cup.
- Drink and be happy.

Live More Maca Love Latte

- Ingredients:
 - (12) oz Dandelion Root Coffee
 - (1) Tablespoon Ghee
 - (1) Scoop Collagelatin
 - (2) teaspoons Maca powder (work up to 1 Tablespoon)
 - (3-5) drops Stevia
 - (1/4) tsp Vanilla powder
- Pour Dandelion Coffee into small blender.
- Add Ghee, Collagelatin, Maca, Stevia and Vanilla.
- Blend til smooth and creamy.
- Pour into your favorite mug or glass and feel the love inside.



Sample Menu Ideas

(Some ideas for you to play with, get creative and have fun)

Breakfast / Lunch:

- Leftovers from the night before
- Bieler's Broth or your favorite Mineral Soup
- Miso Soup
- Spring Chicken Soup
- Warm Chia Pudding with Ghee and Honey
- Maca Love Latte or other Coffee Substitute
- Live More Spring Golden Cup

Lunch / Dinner:

- Rainbow Salad with Green Goddess Dressing (with Sunflower Seeds)
- Spring Chicken Soup, Bieler's Broth, Carrot Ginger Soup, or Farmer's Market Soup
- Lamb Chops and Brent's Potatoes
- Artichoke or Broccoli with Garlic Curry Aioli (see recipe)
- Salmon with with steamed vegetables of your choice

Quick / Light Meals:

- Chicken soup with side of arugula, olive oil, and sea salt
- Bieler's Broth with a spoonful of Miso
- Vital Choice Canned Salmon and Rainbow Salad
- Vital Choice Can of herring or sardines and green olives
- Macrobiotic Sushi (Mash can of sardines with olive oil, scallions, salt and pepper. Spread some brown rice on a seaweed square and add layer of sardine mash. Fold and eat. Mmmmmmmboy.)
- Sliced turkey/roast beef and arugula (or any greens) rollups

Sweet Snacks:

- Dana's Salty Sweet Coconut Chips (see recipe above)
- Spoon Cookie (Optional: with Green Apple) (see recipe above)
- Live More Spring Golden Cup (see recipe above)
- Bites of Live More Pudding or Chia Pudding (see recipe above)
- Bulletproof Bars

Savory Snacks:

- Handful of roasted sunflower seeds (see recipe above)
- Carrots, celery, zucchini sticks dipped in Green Goodness Dressing
- Olives
- Miso soup with seaweed
- Fava Bean Hummus

Travel Snacks:

- Seaweed snacks
- Miso (pack a little in a plastic bag)
- Roasted sunflower seeds (see recipe above)
- Dana's Salty-Sweet Coconut Flakes (see recipe above)
- Fortune Delight powdered tea
- Garden of Life Raw Meal protein packet (Whole Foods)
- Bulletproof Bars
- Sardines and gluten-free Mary's Gone Crackers

Desserts:

- Live More Pudding (see recipe above)
- Chia Pudding with Blueberries (see recipe above)
- Spoon Cookie (see recipe above)
- Green apples cooked with ghee and cinnamon
- Spring Golden Cup (see recipe above)
- Tea sweetened with stevia or small amount of raw local honey
- A few pineapple chunks or red grapes
- Chew on anise seeds (relieves sweet cravings)
- Dana's roasted Salty-Sweet Coconut Flakes (see recipe above)