

60 Days to Reclaim YOUR Health



FRESH PRODUCE

- ___ 1 clamshell container of grape tomatoes (Veggie Salad)
- ___ 4 cucumbers (Veggie Salad, Blended Salad, Cucumber Salad)
- ___ 2 red peppers (Veggie Salad, Blended Salad, Pizza)
- ___ 2 handfuls of spinach or leafy greens (Blended Salad, Pizza)
- ___ 1 pkg celery (Blended Salad, Broccoli and Pea Salad)
- ___ 2 heads broccoli (Blended Salad, Broccoli and Pea Salad, Pizza)
- ___ 1 handful of chives (Cucumber Salad) – optional
- ___ 1 lb. carrots (Veggie Salad)
- ___ 2 onions (Veggie Salad, Pizza, Santa Fe Pita)
- ___ 2 lemons (Veggie Salad, Cucumber Salad)
- ___ 1 tomato (Blended Salad)
- ___ 1 pear (Blended Salad)
- ___ 1 clove garlic (Blended Salad)
- ___ 1 apple (Blender Pancakes)
- ___ 1 head romaine lettuce (Santa Fe Pita)
- ___ 1 head purple cabbage (Santa Fe Pita)
- ___ 1 handful of dates (Stuffed Dates)

NUTS AND SEEDS

- ___ 1 small pkg slivered almonds (Broccoli and Pea Salad)

CANNED VEGETABLES OR DRIED BEANS

- ___ 1 can tomato sauce (Pizza sauce)
- ___ 5 cups dried black beans, pintos or small red beans (Pressure Cooker Beans)
- ___ 1 can sliced olives (Pizza)
- ___ 1 can black beans (Santa Fe Pita)

DRIED HERBS AND SPICES

- ___ onion flakes (Veggie Salad)
- ___ dill (Cucumber Salad, Broccoli and Pea Salad)
- ___ garlic powder (Pressure Cooker Beans)
- ___ Italian seasoning (Veggie Salad, Pizza Sauce)
- ___ onion powder (Pressure Cooker Beans)
- ___ cumin powder (Pressure Cooker Beans)

FROZEN FOODS

- ___ 1 pkg corn (Veggie Salad, Santa Fe Pita)
- ___ 1 pkg green peas (Broccoli and Pea Salad)

GRAINS

- ___ 2-1/2 cups long grain brown rice (Blender Pancakes)
- ___ 1 cup millet (Blender Pancakes)
- ___ 1 pkg pita pockets (Santa Fe Pita)
- ___ 1 whole wheat pizza crust (Pizza)
- ___ rice bran powder (Blender Pancakes)

OTHER

- ___ flax oil (Veggie Salad)
- ___ raw honey (Veggie Salad, Blender Pancakes)
- ___ extra virgin olive oil (Pizza Sauce, Blender Pancakes, Pressure Cooker Beans)
- ___ unrefined sea salt (Cucumber Salad, Blender Pancakes, Pressure Cooker Beans)
- ___ 1 jar Vegemise (Cucumber Salad, Broccoli and Pea Salad, Santa Fe Pita)
- ___ Rumford (or other) aluminum-free baking powder (Blender Pancakes)
- ___ Smart Balance butter replacement (Blender Pancakes)
- ___ Artisana coconut butter (Stuffed Dates) – available through Hallelujah Acres if you can't find at your local store