

60 Days to Reclaim YOUR Health



FRESH PRODUCE

- 2 onions (Veggie Burgers, Sprout Slaw)
- 2 heads broccoli (Fettuccine Alfredo, Curried Kale)
- mushrooms (Fettuccine Alfredo)
- 6 lemons (Greens Beans Amandine, Curried Kale, Sprout Slaw, Cheesecake)
- 2 containers sprouts (Curried Kale, Sprout Slaw)
- 3 cups strawberries (Cheesecake [may substitute blueberries], Smoothie)
- 2 avocados (Peanut Butter Chocolate Pie)
- tomato (Veggie Burgers)
- spinach (Veggie Burgers)
- 1 lb. green beans (Greens Beans Amandine)
- shallot (Greens Beans Amandine)
- chives (Fettuccine Alfredo)
- garlic (Curried Kale)
- 3 bunches kale (Curried Kale)
- 1-2 heads cabbage (Sprout Slaw)
- 2 bananas (Smoothie)

NUTS AND SEEDS

- slivered almonds (Greens Beans Amandine)
- flaxseeds (Cheesecake)
- 1 jar almond butter
- 2 cups pecan or walnuts (Cheesecake)
- 3 cups cashews (Cheesecake)
- 2 cups almonds (Almond Milk)

DRIED HERBS AND SPICES

- white or black pepper (Green Beans Almandine)
- cumin powder (Curried Kale)
- curry powder (Curried Kale)
- poppy seeds (Sprout Slaw) optional

FROZEN FOODS

- veggie burgers

GRAINS

- whole grain buns or English muffins (Veggie Burgers)
- whole wheat fettuccine noodles (Fettuccine Alfredo)

CONDIMENTS

- ketchup (Veggie Burgers)
- Vegenaise (Veggie Burgers, Fettuccine Alfredo)
- mustard (Veggie Burgers)

OTHER

- extra virgin olive oil (Fettuccine Alfredo, Green Beans Amandine, Curried Kale, Sprout Slaw)
- unrefined sea salt (Greens Beans Amandine, Curried Kale, Cheesecake)
- 2 cups plus 11 medjool dates (Curried Kale, Cheesecake, Almond Milk)
- whole wheat pie crust (Peanut Butter Chocolate Pie)
- carob (Peanut Butter Chocolate Pie, Smoothie)
- vanilla bean (Almond Milk) can use vanilla flavoring
- nutritional yeast flakes (Fettuccine Alfredo)
- honey (Sprout Slaw)
- raw apple cider vinegar (Sprout Slaw)
- vanilla flavoring (Cheesecake)
- agave nectar (Cheesecake)
- coconut butter (Cheesecake) optional
- almond milk (Cheesecake, Smoothie)
- maple syrup (Peanut Butter Chocolate Pie)