

60 Days to Reclaim YOUR Health

FRESH PRODUCE

- ___ 2 onions (Veggie Skewers, Mock Tuna Salad)
- ___ cherry tomatoes (Veggie Skewers, Wraps)
- ___ crimini mushrooms (Veggie Skewers)
- ___ 2 -3 bell peppers (Veggie Skewers, Baked Beans, Mock Tuna Salad)
- ___ 3 zucchinis (Veggie Skewers, Wraps, Day 41 Juice)
- ___ yellow squash (Veggie Skewers)
- ___ cabbage (Cole Slaw)
- ___ carrots (Cole Slaw, Wraps, Falafels)
- ___ pineapple (Exotic Fruit Salad)
- ___ mango (Exotic Fruit Salad)
- ___ 2 bananas (Exotic Fruit Salad)
- ___ 8 dates (Exotic Fruit Salad)
- ___ celery (Wraps, Mock Tuna Salad, Day 41 Juice)
- ___ 3 cucumbers (Wraps, Falafels, Day 41 Juice)
- ___ spinach (Wraps)
- ___ shallot (Wraps)
- ___ 15 lemons (Wraps, Falafels, Lemon Tahini Sauce, Dehydrated Potato Chips, Mock Tuna Salad, Hallelujah Butter)
- ___ orange (Wraps)
- ___ garlic (Wraps, Falafels, Lemon Tahini Sauce, Mock Tuna Salad)
- ___ cilantro (Wraps)
- ___ parsley (Falafels)
- ___ tomato (Falafels)
- ___ 2 plus 3 lbs potatoes (white or sweet) (Baked and Dehydrated Potato Chips)
- ___ Golden Delicious apple (Mock Tuna Salad)
- ___ Swiss chard (Day 41 Juice)

NUTS AND SEEDS

- ___ 1/2 cup cashews (Exotic Fruit Salad)
- ___ golden flax seeds (Wraps)
- ___ 4 cups almonds (Falafels, Mock Tuna Salad)
- ___ raw tahini (Falafels)
- ___ 2 cups sunflower seeds (Mock Tuna Salad)
- ___ flax seeds or hallelujah acres B-Flax-D (Travel Smoothie)
- ___ 1 cup pine nuts or macadamia nuts (Hallelujah Butter)

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DRIED HERBS AND SPICES

- dried onions (Ranch Bean)
- cinnamon (Cole Slaw, Wraps)
- cayenne (Wraps, Lemon Tahini Sauce, Dehydrated potato chips)
- cumin (Wraps, Falafels, Lemon Tahini Sauce)
- coriander (Wraps)
- garlic powder (Baked and Dehydrated Potato Chips, Herbed Spread)
- thyme (Herbed Spread)
- rosemary (Herbed Spread)
- basil (Herbed Spread)
- oregano (Herbed Spread)

CANNED VEGETABLES OR DRIED BEANS

- 1 can vegetarian baked beans or navy beans (Ranch Beans)
- 1 can kidney beans (Ranch Beans)

CONDIMENTS

- ketchup (Ranch Beans)
- Vegenaise (Cole Slaw)
- apple cider vinegar (Cole Slaw)

OTHER

- molasses (Ranch Beans)
- maple syrup (Ranch Beans)
- extra virgin olive oil (Veggie Skewers, Wraps, Falafels, Baked and Dehydrated Potato Chips, Hallelujah Butter)
- raw honey (Wraps, Herbed Spread or you can use Agave Nectar)
- unrefined sea salt (Cole Slaw, Wraps, Falafels, Baked and Dehydrated Potato Chips, Mock Tuna Salad, Herbed Spread, Hallelujah Butter)
- chickpea miso (Lemon Tahini Sauce)
- dulce (Mock Tuna Salad)
- kelp (Mock Tuna Salad)
- BarleyMax (Travel Smoothie)
- Nutritional Essentials (Travel Smoothie)
- hemp protein powder or hemp seeds (Travel Smoothie)
- vitamin C powder (Travel Smoothie)
- Earth Balance butter spread (Herbed Spread)
- Udo's Oil (Hallelujah Butter)
- shredded unsweetened coconut (Exotic Fruit Salad)
- coconut oil (Hallelujah Butter)