

60 Days to Reclaim YOUR Health



FRESH PRODUCE

- ___ bananas (Banana Ice Cream)
- ___ 6 large onions (Onion Bread)
- ___ 2 red bell peppers (Roasted Pepper Dressing)
- ___ 1 orange pepper (Corn Salad)
- ___ carrots (Tomato Carrot Juice, Collard Greens Buckwheat Wraps)
- ___ tomato (Tomato Carrot Juice)
- ___ 2 Roma tomatoes (Collard Greens Buckwheat Wrap)
- ___ broccoli (Tomato Carrot Juice)
- ___ spinach (Pumpkin Seed Pesto)
- ___ garlic (Roasted Pepper Dressing, Pumpkin Seed Pesto)
- ___ parsley (Pumpkin Seed Pesto) optional
- ___ collard greens (Collard Greens Buckwheat Wraps)
- ___ 2 avocados (Collard Greens Buckwheat Wraps, Corn Salad)
- ___ cucumber (Collard Greens Buckwheat Wraps)
- ___ beet (Collard Greens Buckwheat Wraps)
- ___ celery (Corn Salad)
- ___ cherry tomatoes (Corn Salad)
- ___ 4 lemons (Corn Salad, Macadamia Cheese, Cream Cheese)

NUTS AND SEEDS

- ___ flax seeds or B-Flax-D from Hallelujah Acres (Onion Bread)
- ___ 1-1/2 cups sunflower seeds (doubling the recipe) (Onion Bread)
- ___ 2 Tbsp pumpkin seeds (Pumpkin Seed Pesto)
- ___ buckwheat (Collard Greens Buckwheat Wraps)
- ___ 3 cups macadamia nuts (Macadamia Cheese, Cream Cheese)
- ___ 2 cups cashews (Macadamia Cheese)

DRIED HERBS AND SPICES

- ___ cayenne (Roasted Pepper Dressing)
- ___ ground pepper (Roasted Pepper Dressing)
- ___ parsley (Corn Salad)
- ___ marjoram (Corn Salad)
- ___ oregano (Corn Salad)
- ___ basil (Corn Salad)
- ___ onion powder (Corn Salad)
- ___ garlic powder (Corn Salad)



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FROZEN FOODS

- ___ frozen corn (Corn Salad)

OTHER

- ___ extra virgin olive oil (Onion Bread)
- ___ raw honey or agave (Cream Cheese)
- ___ unrefined salt (Roasted Pepper Dressing, Corn Salad, Macadamia Cheese)
- ___ Udo's Oil (Roasted Pepper Dressing, Pumpkin Seed Pesto)
- ___ nama shoyu (Onion Bread, Macadamia Cheese)
- ___ apple cider vinegar (Roasted Pepper Dressing)
- ___ dulse (Collard Greens Buckwheat Wraps)
- ___ balsamic vinegar (Pumpkin Seed Pesto)
- ___ nutritional yeast (Macadamia Cheese)