

# 60 Days to Reclaim YOUR Health

## FRESH PRODUCE

- \_\_\_ 2 yellow squash (Marinated Squash)
- \_\_\_ 1 red onion (Marinated Squash, Raw Marinara)
- \_\_\_ 4 white onions (Pico de Gallo, Deviled Tomatoes, Holiday Nut Loaf, Curried Wild Rice, Sun burgers)
- \_\_\_ 6 red bell peppers (Marinated Squash, Deviled Tomatoes, Holiday Nut Loaf, Curried Wild Rice, Sun Burgers)
- \_\_\_ 9 tomatoes (Pico de Gallo, Raw Marinara, Holiday Nut Loaf, Curried Wild Rice, Sun Burger)
- \_\_\_ 3 jalepeño peppers (Pico de Gallo, Holiday Nut Loaf)
- \_\_\_ cilantro (Pico de Gallo)
- \_\_\_ lime (Pico de Gallo)
- \_\_\_ garlic (Raw Marinara, Holiday Nut Loaf, Flax Crackers)
- \_\_\_ 5 lemons (Raw Marinara, Deviled Tomatoes, Holiday Nut Loaf, Curried Wild Rice, Flax Crackers)
- \_\_\_ celery (Deviled Tomatoes, Holiday Nut Loaf, Sun Burgers)
- \_\_\_ 8 Roma tomatoes (Deviled Tomatoes)
- \_\_\_ sprouts (Deviled Tomatoes, Sun Burgers)
- \_\_\_ 5 pounds cabbage (Sauerkraut)
- \_\_\_ carrots (Sauerkraut, Sushi, Sun burgers)
- \_\_\_ 2 apples (Sauerkraut)
- \_\_\_ 1 small portabella mushroom (Holiday Nut Loaf)
- \_\_\_ parsley (Curried Wild Rice, Sun Burgers)
- \_\_\_ cauliflower (Curried Wild Rice)
- \_\_\_ avocado (Sushi)
- \_\_\_ cucumber (Sushi)
- \_\_\_ 5 bananas (Raw Pecan Pie)
- \_\_\_ 1 mango (Raw Pecan Pie)
- \_\_\_ 7 cups strawberries (Strawberry Pie)

## GRAINS

- \_\_\_ brown rice or buckwheat (Sushi)
- \_\_\_ hamburgers buns (Sun Burgers)

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### NUTS AND SEEDS

- 1 cup macadamias (Deviled Tomatoes)
- 1-1/2 cups almonds (Holiday Nut Loaf, Strawberry Pie)
- 1 cup hazelnuts or walnuts (Holiday Nut Loaf)
- 1 cup walnuts (Strawberry Pie)
- 1 cup pumpkin seeds (Holiday Nut Loaf)
- 1-1/2 cups sesame seeds (Holiday Nut Loaf, Flax Crackers)
- 1/2 cup sunflower seeds (Curried Wild Rice)
- 3/4 cup pine nuts (Curried Wild Rice)
- 2-1/2 cups pecans (Raw Pecan Pie, Strawberry Pie)
- flax seeds (Sun burgers, Flax Crackers)
- 1 cup sunflower seeds (Sun Burgers)

### DRIED HERBS AND SPICES

- oregano (Marinated Squash, Raw Marinara, Holiday Nut Loaf)
- basil (Raw Marinara, Holiday Nut Loaf)
- cayenne (Raw Marinara) optional
- dry mustard (Deviled Tomatoes)
- cumin (Deviled Tomatoes, Curried Wild Rice)
- turmeric (Deviled Tomatoes)
- thyme (Deviled Tomatoes)
- caraway seeds (Sauerkraut)
- sage (Holiday Nut Loaf)
- rosemary (Holiday Nut Loaf)
- garlic powder (Holiday Nut Loaf)
- kelp (Holiday Nut Loaf)
- curry (Curried Wild Rice)
- onion powder (Flax Crackers)
- chili powder (Flax Crackers)

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## CONDIMENTS

- \_\_\_ ketchup (Sun Burgers)
- \_\_\_ mustard (Sun Burgers)
- \_\_\_ Vegenaize (Sun Burgers)

## DRIED PRODUCE

- \_\_\_ 12 sundried tomatoes plus 1/2 cup (Raw Marinara, Holiday Nut Loaf)
- \_\_\_ 23 dates plus 1-1/4 cups (Raw Marinara, Holiday Nut Loaf, Raw Pecan Pie, Strawberry Pie)

## OTHER

- \_\_\_ unrefined salt (Marinated Squash, Pico de Gallo, Raw Marinara, Deviled Tomatoes, Sauerkraut, Holiday Nut Loaf, Curried Wild Rice, Raw Pecan Pie, Strawberry Pie, Sun Burgers, Flax Crackers)
- \_\_\_ extra virgin olive oil (Marinated Squash, Pico de Gallo, Raw Marinara, Holiday Nut Loaf, Curried Wild Rice)
- \_\_\_ raw honey (Deviled Tomatoes, Raw Pecan Pie)
- \_\_\_ nutritional yeast (Curried Wild Rice)
- \_\_\_ nori (Sushi)
- \_\_\_ agave nectar (Sushi, Strawberry Pie, Strawberry Pie)
- \_\_\_ wasabi (Sushi)
- \_\_\_ nama shoyu (Sushi)
- \_\_\_ psyllium husks (Strawberry Pie)
- \_\_\_ vanilla bean or pure vanilla flavoring (Strawberry Pie)