



# 60 Days to Reclaim YOUR Health

### FRESH PRODUCE

- avocado (Green Dressing, Fresh Herb Salad)
- lemon (Green Dressing)
- garlic (Italian Dressing, Pesto Pasta Salad)
- 3/4 cup raspberries fresh or frozen
- spinach (Spinach Salad)
- onion (Spinach Salad, Pesto Pasta Salad)
- broccoli (Pesto Pasta Salad)
- zucchini (Pesto Pasta Salad)
- cucumber (Pesto Pasta Salad, Fresh Herbed Salad)
- cherry tomatoes (Pesto Pasta Salad, Fresh Herb Salad)
- red pepper (Pesto Pasta Salad)
- carrot (Pesto Pasta Salad)
- basil (Pesto Pasta Salad, Fresh Herbed Salad)
- parsley (Pesto Pasta Salad)
- romaine or spring mix (Fresh Herb Salad)
- bok choy (Fresh Herb Salad)
- spring onion (Fresh Herb Salad)
- fresh mint (Fresh Herb Salad)
- fresh dill (Fresh Herb Salad)

### GRAINS

- 1 lb whole grain pasta (Pesto Pasta Salad)

### NUTS AND SEEDS

- 1/4 cup almonds (Green Dressing)
- walnuts (Spinach Salad)
- 1/4 cup pine nuts or walnuts (Pesto Pasta Salad)



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### DRIED HERBS AND SPICES

- \_\_\_ garlic powder (Green Dressing)
- \_\_\_ onion powder (Green Dressing)
- \_\_\_ minced/granulated garlic (Ranch Dressing)
- \_\_\_ parsley (Ranch Dressing)
- \_\_\_ Italian seasoning (Italian Dressing)
- \_\_\_ black pepper (Pesto Pasta Salad, Fresh Herbed Salad)

### CONDIMENTS

- \_\_\_ Vegenaise (Ranch Dressing)
- \_\_\_ Dijon mustard (Raspberry Vinaigrette)

### FROZEN PRODUCE

- \_\_\_ green peas (Fresh Herb Salad)

### CANNED FOODS

- \_\_\_ navy beans (Fresh Herb Salad)
- \_\_\_ 2 cans mandarin oranges (Spinach Salad)

### OTHER

- \_\_\_ unrefined salt (Green Dressing, Pesto Pasta Salad, Fresh Herbed Salad)
- \_\_\_ stevia (Green Dressing)
- \_\_\_ apple cider vinegar (Ranch Dressing, Raspberry Vinaigrette)
- \_\_\_ balsamic vinegar (Italian Dressing)
- \_\_\_ extra virgin olive oil (Italian Dressing, Raspberry Vinaigrette, Pesto Pasta Salad, Fresh Herbed Salad)
- \_\_\_ apple juice (Raspberry Vinaigrette)
- \_\_\_ black olives (Pesto Pasta Salad)
- \_\_\_ honey (Raspberry Vinaigrette)
- \_\_\_ rice Parmesan cheese (Pesto Pasta Salad) optional