

*NEED more vitality?
WANT more radiant looking skin and hair?
EXPERIENCE a truly nourished body?*



If you answered yes to the three questions, then this 7-Day vitality programme is for you!

After one week of following this programme you WILL experience higher energy levels and your digestion will be marked improved. Your skin will feel and look more radiant.

This 7-Day Vitality Programme is packed full of delicious, easy to use recipes that take no more than a couple of minutes to prepare.

The programme is equally suited for newcomers to Wheatgrass juice and the experienced person who includes Wheatgrass juice in their diet.



7 DAY VITALITY PROGRAMME

Written by: Dr. Britt Cordi, PhD





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Rebranded to Britt's Superfoods®

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Thank You!

I lovingly dedicate this book to Katherine Hartley who will remain such an inspiration and support to Britt's Superfoods. The very picture of vitality!

Thank you, Lynn Nicholson, editor of the International Lifestyle Magazine and nutritionist, for the energy and positive 'go get it' attitude. We had such fun exploring the various ways of enjoying wheatgrass juice. You as the reader will particularly benefit from her creative and knowledgeable way with food in the salads and lunch/dinner recipes.

Thank you also to Shams and Dan for the much improved and refreshed design and look.

Jason Vale and his juicy energy is always an inspiration – Thank you for sharing how juicing can be life transforming.

Janey Lee Grace, thank you for the enthusiasm and support, it is wonderful to have such a knowledgeable supporter.

Thank you to Thorbjörg Hafsteinsdottir for her knowledgeable inspiration and bold attitude, which comes across in her great book ('10 years younger in 10 weeks') and has inspired this programme.

Thank you also to the thousands of wheatgrass juice enthusiasts, your feedback, support and delicious juicing recipes have been a great encouragement.

Foreword

At last - a book that introduces wheatgrass in a fun and funky way.

All the benefits of wheatgrass are laid out clearly and it's easy to see that you'd be bonkers not to include this in your daily diet but it's awesome to also have an easy 7-day vitality and detox and some inspirational recipes.

I've long been a fan of wheatgrass, but along with so many people were put off by the powders, I progressed to growing my own but being 'imperfectly' natural and quite frankly I was way too busy most days to look after it, I gave up after a few months.

Imagine my total delight when I discovered Britt's Superfood, who deliver the perfect sized 'shots' to your door and being field grown and organic. I try not to miss a day and I'm convinced it has helped my hair look shinier and as a family we rarely darken the door of a GP or a pharmacy. As a mum of 4 kids I must confess it's been tricky trying to convince the kids to try my wheatgrass even in juice so I am totally delighted to find these innovative recipes, who would have thought of adding Wheatgrass to home-made Pesto sauce? Not to mention salad dressings and even ice cream! Inspired!!!

It's a gorgeous coffee table (or should I say fresh juice!) book too, great for beginners and wheatgrass 'acionados' alike. The images look really fresh and bright and good enough to eat! I'm off to try 'The Raw Foodies Inspiration'

Janey Lee Grace is the author of Look Great Naturally without ditching the lipstick and runs www.imperfectlynatural.com

The benefits of drinking fresh wheatgrass juice has been around for years with early pioneers like the inspirational Anne Wigmore discovering first-hand how powerfully beneficial it can be.

Only recently since the launch of the 'juice bar' age has wheatgrass well and truly gone global and people all over the world are now discovering that even one shot of pure wheatgrass juice can have the same nutritional value as a kilogram of green leafy vegetables. I've spent the last 15 years telling the world about the benefits of freshly extracted juices and true superfoods like wheatgrass and now it is even easier to get hold of.

Freezing juices, including wheatgrass juices, barely loses any of the nutritional value so having it delivered to your door pre-juiced and pre-frozen By Britt's Superfood Team makes sense.

When choosing fruits, vegetables and wheatgrass I always try to choose organic as you know it's been grown in the best quality soil. I highly recommend everyone to try having wheatgrass juice every day and within a week you will feel the difference!

Jason Vale - Juice Master | www.juicemaster.com

Introduction

NEED more vitality and energy?
WANT more radiant looking skin and hair?
EXPERIENCE a truly nourished body?

If you answered yes to these questions, then this 7-day vitality programme is for you.

Now, I used to think making juices several times a day would be a drag and take up too much of my time. I have since discovered that it takes me less time to make a fantastically tasting juice in the morning than to prepare a piece of bread with cheese. It takes 1.5 minutes!

Our family has a juice every morning and a protein shake. This is our breakfast and WOW the amount of energy we get from this! After one week of following this programme I promise you WILL experience higher energy levels and your digestion will be improved. Your skin will feel and look more radiant. You will also have had great fun experimenting with some really delicious ways for you and your family to enjoy Wheatgrass juice.

We tell ourselves that we look tired and feel heavy because we are getting older. But this is not necessarily the case! Often, we overfeed ourselves but end up being undernourished. We forget to drink enough water, eat too much bread and drink too much coffee. This is a sure way to feeling and looking older than we are.

I am going to let you in on a less known and acted upon fact: Your digestive system is the source of bodily youth, health and beauty. Eating the wrong foods and feeling excessive stress can disrupt your digestive system so it is vital that we keep ourselves in balance through our physical wellbeing and mental outlook.

By cleansing your digestive system through drinking water and wheatgrass juice, your body will begin to work wonders. At the end of the day, good health comes not from what we eat but what we digest. If we are unable to digest food properly it makes no difference at all what you eat, so having a healthy digestive system is vital.

Including wheatgrass in your diet is a great start to a healthy lifestyle. It is wonderful to start the day, with the equivalent of 1.5 pounds of greens in your system. This will hopefully, encourage you to think a little more about what is going into your system as the day goes on.

If you follow this 7-day programme and drink your 1.5 to 2 litres of water per day, along with your emerald green wheatgrass juice and other vegetables, cut down the amount of bread and pasta you eat and ensure you get enough sleep -- you will experience no less than a transformation!

A well hydrated and nourished body will absolutely give you a spring in your step. You will look, feel and behave 10 years younger and you can kiss good bye to being tired and drained in the afternoons.

The only way to move forward is to get started, so what are you waiting for?

I cannot wait for you to join us ...

Britt Cordi, PhD



How wheatgrass can support your health.

Here at Wheatgrass we are passionate about health and nutrition, but we understand that today's world doesn't always make it easy to be healthy, so we are dedicated to helping you do yourself some good from the inside out – in a simple and convenient way.

The frozen wheatgrass shots make it easy and quick to make yourself a nourishing drink.

All good reasons to fall in love with Wheatgrass juice... and feel better naturally!

Nutrition is at the heart of a healthy life. The foods we eat are the foundation of our health and good nutrition can enhance our wellbeing and help support the immune system.

Wheatgrass juice has for many years been highly regarded by health professionals for its remarkably nourishing, energizing and healthy properties.

Wheatgrass has been referred to by some as an outstanding health food or “rainbow food” due to the vast range of nutrients that it contains including vitamins A, B, E and it is also a good source of Vitamin B12.

It contains 91 minerals in small amounts, out of a possible 102, such as magnesium, phosphorus, Zinc, selenium, as well as over 80 enzymes.

All of these nutrients help maintain your health, digestion and can help cleanse/detoxify the body. As if that is not enough Wheatgrass is also one of the richest sources of chlorophyll on the planet!

It is this key ingredient that the powerful energizing effect of wheatgrass is attributed to. The chlorophyll molecule in green plants is almost identical to the haemoglobin molecule in human blood. The difference being that the central element in chlorophyll is magnesium, whereas in haemoglobin it is iron.

This means the body can readily use the components in chlorophyll, benefitting the blood and oxygen levels. Drinking Wheatgrass juice regularly, may, through the benefit of Chlorophyll, vitamins and minerals, help:

- nourish the body
- support a physical and mental sense of well-being
- encourage a healthy immune system
- detoxify the digestive tract and support intestinal health
- optimize a healthy circulatory system
- improve skin, hair and nails
- increase vitality, providing a tangible immediate and long-term energy boost

During the 7-day programme you will be drinking more wheatgrass juice than the daily recommended dose. This means you speed up the effects. From much research and experience, if you stay within the doses given in the table you will not be taking too much and you can consider these 7 days a treat for yourself.

How to use this programme.

Let's get started! The day before you start the 7-day programme, please turn to your cupboard and THROW AWAY:

- Any white and brown sugar,
- White our, pasta made of white flour
- White rice
- White potatoes
- Softened butter and margarine, as they contain the harmful saturated oils. Your body converts all these carbohydrates into harmful sugar.
- Cheap cooking oils
- Normal table and cooking salt- sodium chloride
- Normal/cheap cooking oils made from saturated (sun flower oil or mixed oils)

Instead on your shopping list Please ADD:

- Brown flour
- Quinoa – a fantastic protein power house.
- Pasta made from wholemeal flour
- Sweet potatoes
- Low GI Sugar free-xylitol sugar such as Xylitol, Agave or Yacon syrup.
- Cooking oils such as olive oil, coconut oil, Carotene cooking oil.
- Himalayan salt or natural rock salt

I suggest you start the programme on a Sunday, which gives you time to buy all the ingredients and you can make larger portions for both Sunday and Monday dinner.

The recipes in this programme are easy and you will see that you can decide between many really delicious meals ranging from juices to meaty or vegetarian meals. I promise you the recipes are so easy!!

Wheatgrass is a central part in the health programme as you get effects really quickly and it so simple to prepare.

The wheatgrass juice comes frozen in individual cups and all you need to do to follow the recipes.

According to the recipes, you will either prepare the wheatgrass juice by simply defrosting the cups into a bowl of room temperature water for 10 min. Once defrosted then add the juice to the other ingredients.

Or alternatively, in some of the recipes you use the juice from frozen and just blend it for 30 seconds.

This 7-day vitality programme will give you some really delicious ways of boosting your wheatgrass experience as well as giving you the experience of a truly nourished, energised body.

! Remember not to heat the frozen wheatgrass juice in a microwave or oven to defrost, as the high temperatures destroy the beneficial enzymes. Also, please use directly from the freezer (avoid placing in the fridge overnight) as the juice is most potent just after it has been defrosted.

For the warm dinner recipes please make sure to add the wheatgrass at the very end to avoid destroying the enzymes through the warm temperatures.

How much wheatgrass to use?

This 7-day programme can be used with different amounts of wheatgrass juice. The amount you choose depends on a number of factors, the table below will give you some guidance. The doses here are a bit higher than the daily recommended dose if you already take wheatgrass juice every day, so this 7-day health programme is a treat for your body.

Children	min 1/2 to 1 ounce cup
Under 50 Years Old and average weight	Women: 2 to 4 ounces per day Men: min 3 to 5 ounces per day
Under 50 Years Old and average weight	Women: min 3 to 5 ounces per day Men: min 4 to 6 ounces per day

Seeking major changes: Those trying to affect a major change should discuss dosage with a qualified nutritionist. However, if you are new to the Wheatgrass Juice, we recommend for this 7-day programme that you follow the dosage above. After the 7 days, you can then continue with 4 – 6 ounces for 2 months, then you can re-evaluate and decide whether to continue, discontinue or economise. Refer to our book list on our webpage for guidance on dosage and ways of taking Wheatgrass or give us a call.

Get moving!

As part of this 7-day programme, it is important that you exercise at least 30 min per day. You can go to the gym or do a 30-min jog or a fast walk. Just promise me and yourself, that you WILL do 30 min exercise. Foods to leave out these 7 days

Please do not eat red meats (beef, lamb, pork) during this 7-day programme. The vegetables, protein drink, fish and chicken will provide you with needed proteins. Please leave out any bread, pasta, white rice and white potatoes. Please also leave out breakfast cereals.

There are also recipes at the back of the book which you can use AFTER the 7 days. They are great as general health givers and can therefore help maintain your health once you have completed the 7-day programme.

The Five Components of a Youthful Diet

Eating sugar- the killer of youth

We get these messages that cereals are healthy and slimming because of the high fibre content - but all too often they are full of sugar and salt. Eating sugar is one of the most effective ways of looking old and feeling drained. Eating sugar results in fat around the stomach, and your body converts sugar into too high levels of cholesterol, which is one of the reasons for feeling and looking old too early.

HOWEVER, outside this 7 days programme, substituting with Xylitol is fine and you can have your sweet stuff without the negative effects on your mood, body – or conscience. Fantastic!

Low GI Sugar free-xylitol sugar such as Xylitol, Agave or Yacon syrup.

These types of sugar taste like normal sugar – but are far from it! They have a very low Glycaemic Index and only half the calories of normal sugar. This great stuff does not play with your or your children's blood sugar levels, and does not require insulin to breakdown.

The 'light' sugar alternatives products from the supermarket very often contain unhealthy alternatives such as aspartame. Now, I know these alternatives are not necessarily cheap but the benefits to your and your family's health are enormous.

Protein - the giver of energy

Taking enough protein is one of the most important things you can do for your health, irrespective of whether you are vegetarian or not, or whether it is summer or winter. Your body can either produce its energy from sugar, fat or protein. If you eat protein first thing in the morning, you are providing the body with the very best way to produce energy. This means you will have energy much longer and it will stabilise the blood sugar levels. In short, it will set you up for the day with no cravings and weight gain. Your need for protein will increase as a result of bodily stresses such as pregnancy, prolonged illness, excessive nervous stress, hard physical activity, surgery or wounds.

Follow the delicious breakfast recipes which are specifically designed to set you up for a fantastic start to the day. I have added two protein rich recipes which I recommend you use for 5 out of the 7 days. You are welcome to alternate between the other recipes to make your breakfast interesting. I promise they do not take more than a couple of minutes to prepare.

The 7 Day Vitality Programme

During the next 7 days, we will concentrate on giving our bodies the rocket fuel it needs to allow us to:
FEEL more vitality and energy
HAVE more radiant looking skin and hair
& EXPERIENCE a truly nourished body!
This 7-day programme is long enough, provided you follow the book and the recipes, to give you the experience of a nourished body and the tangible benefits.

I also hope that the 7-day programme will inspire you to continue to follow a healthy diet, so you allow yourself the experience of the more important long-term benefits. Personally, I believe that we should aim to eat healthy 80% of the time and allow ourselves to enjoy some of the less healthy foods about 20% of the time. You can still enjoy your favourite meal at that beautiful restaurant without feeling guilty.

This programme is highly relevant to the reader who is already eating raw, nourishing foods and juices. I am confident the recipes will benefit and inspire both the newcomers and the very experienced wheatgrass juice drinker and enthusiast.

The programme is not designed to make you thin, but it is quite possible that you will lose a few pounds and gain a flatter stomach.

You will find that you will not get so many cravings and you will feel full much faster. This is because once your body enjoys the benefits of high levels of nutrients it will be energised. You will feel great and can therefore wave goodbye to cravings for sugar and fat.

Are a heavy coffee drinker? It is possible that you will experience an energy dip and headaches during the first 2 days. This is because your body is releasing the toxins and you are experiencing withdrawal symptoms. But trust me it will disappear and you will experience a much brighter and energy fuelled YOU after a couple of days.

The Five Components of a Youthful Diet

The life-giving and healing agent - water

Water is one of the most potent health and revitalising agents on this earth!

The great medical doctor, Dr F. Batmanghelidj, also known as Dr Batman, found through research and health studies that water can help prevent all sorts of ailments ranging from asthma, stomach ulcers, heart problems, weight gain, back pains – the list goes on.

Water will cleanse your body, hydrate your cells, make you feel full for longer and it will give you that youthful look! Just think fresh grape compared to dry raisin. If you add a bit of fruit juice (non-concentrated juice or your own home made) or a squeeze of lemon, it is much easier to down a glass every hour.

A word or two about salt

Salt is essential for life - you cannot live without it. However, we are often told that salt is bad for us, this is only the case for sodium chloride. Sodium chloride is an unhealthy and unnatural chemical form of salt that your body recognizes as something completely foreign.

Most people simply don't realise that there are enormous differences between the standard, refined table and cooking salt - and natural salts. Today's artificially produced table and cooking salt is void of the vital trace minerals that make natural salts, such as Himalayan crystal salt, so vital and precious.

I would go so far as to say, if you want your body to function properly, you need holistic salt complete with all- natural elements. Using Himalayan salt can have a major impact on your staying healthy. It actually promotes bone strength and good digestion. It also amazingly promotes blood sugar health and help to reduce the signs of aging! It has a beautiful pink colour and tastes exactly as normal salt.

Healthy oils-The Gateway to vitality and a Slim Body

We are told that fat is bad for our health and will add pounds on the scale – but good fats are the source of a well-balanced, healthy and slim body. Good fats will help you get great looking skin and achieve lots of energy. This is because the good fats give you the essential omega-3 and omega-6 fatty acids.

You get the life-giving healthy oils from eating fish, flax seed oil, Udo's Choice and good quality fish oils. Healthy oils can also be found in walnuts, flax seeds, pumpkin seeds and cooking oils such as flax seed oil, coconut oil, canola oil, and soybean oil.

A well-oiled system will give you good metabolism and stabilise the weight - particularly if you avoid white bread, pasta and sugar, which you obviously will for these 7 days.

Oils contribute to strong, well-functioning muscles and bones, a mental balance and a top immune system. These good oils also help with your uptake of vitamins and minerals and will help to detox the body of environmental pollutants and other natural compounds that the body cannot use and otherwise clog up the system.

The 7 Day Week Plan

This is the plan to follow during the seven days. As this programme is designed around healthy nutritional meals you can also continue the programme for much longer if you wish. Indeed, this is the plan we follow most weeks in our Wheatgrass family.

Remember to fill a 1 litre bottle with filtered water each morning. You need to have emptied it and half more (1.5 l) by the end of the day. – Just remember water equals healthy and youthful looking skin!

Day 1 to 7	
Pre-Breakfast	A large glass of filtered warm water with a squeeze of lemon or lime
Breakfast	Choose one of the wheatgrass juice recipes in the breakfast section and one of the protein recipes
Pre-Lunch Around 11 a.m.	Drink one of the juices
Lunch	Choose one of the lunch recipes or drink one of the juices or protein drink
Afternoon Snack	Enjoy a juice, a snack or piece of fruit
Dinner - Around 6 p.m.	Choose one of the lunch/dinner recipes or enjoy a juice
Around 8 p.m.	Enjoy one of the juices from the book
Around 9 p.m.	Enjoy a herb tea or green tea



Sizzling and Zesty Recipes



Delicious Breakfast Recipes



Helen's Protein Toast

“This is a great alternative way to the normal toast and you get your protein plus the super healthy flax seeds! My friend Helen introduced me to this great recipe. The slices taste delicious and my son loves them with honey or smooth cheese with a slice of tomato on top. You can enjoy them for breakfast or as a snack in the afternoon.

1 Egg

2 Spoons of Flax Seed Mix Milled

¼ Spoon Baking Powder

Himalayan Pink Salt

Simply mix it all together and pour into a mug.

Put into microwave at full intensity for 1min20 sec. Just turn the mug upside-down and the 'roll' will come out, cut into 3 pieces and toast until golden. Just add butter (not softened butter which contain the unhealthy saturated oil), coconut butter/oil and your favourite topping such as Manuka honey or healthy fruit spread to benefit from its extraordinary antibacterial properties).

Good Morning Berry Drink

“This protein drink is so good and healthy that we drink it most days in our family. The frozen berries you can collect from the hedgerows and your garden or simply buy frozen from the supermarket. Add a bit of cinnamon, which is exceptional for stabilising the blood-sugar level, giving you a steady energy boost for longer. As you know from the first chapter in the book, I am a great advocate of the healthy oils such as flax seed or Udo's Choice, so I simply add ½ to 1 spoon of oils to most of the morning recipes.

Well-oiled skin is sexy!

Handful Frozen Berries

½ Pint Rice Milk/Soyamilk

1 Scoop of Good Quality Protein Powder

1 Spoon of Udo's Choice Oil or Flax Seed Oil

A Pinch of Cinnamon Powder.

Just blend and drink- it is ohh so delicious!!!!



Apple Delight

“This is my favourite, easy peasy drink, as you all know. Deliciously fast and simple- we use this one very often in the morning and also afternoon and our son Ralph will serve the wheatgrass juice this way to his friends (all 7 years olds). You can either make freshly juiced from apples or if in a hurry (I often am!) buy apple juice made from non-concentrate from the supermarket (you can buy great ones quite cheaply). We always have some 'bought-in' non-concentrate juice to make a quick wheatgrass drink and Ralph can then easily help himself.

1 - 3 Cups of Wheatgrass Juice

½ Glass of Apple Juice

Put the frozen wheatgrass cups in a large bowl of lukewarm water. Leave for 10 min or until defrosted. Once it has defrosted, use immediately, as you want all the precious enzyme activity which is reducing as you leave it at room temperature for longer. Drink and enjoy and get on with your day, feeling super charged. This is also a great way to enjoy a wheatgrass juice pick-me-up in the afternoon at the office!

Tip: Use this way to thaw the wheatgrass juice in the other recipes too. Reinvent the really easy, yet delicious way of taking your daily wheatgrass routine, by instead adding blackcurrant or mango juice (from non-concentrate) – all really easily obtainable from the supermarket. Or you can of course just drink the wheatgrass juice with a bit of added water and a squirt of lemon juice.

Love Milk Love Wheatgrass

“The milky consistency of this adult and child-friendly power drink makes a very gentle tasting morning drink.

This is for one person.

1 Cups of LiveWheatgrass

½ Glass of Milk
(coconut milk/almond milk/rice milk)

Blend the milk and the frozen wheatgrass juice cubes together for 30 seconds – and voilà here comes a great morning drink for you and your children. Replace the cow's milk with goat's milk, soya, coconut, rice or almond milk if you prefer. You can also add more wheatgrass cups if you like.

Raw Foodie

“This is an uplifting juice that takes advantage of the wonderful antioxidants you find in blueberries. Celery is a great vegetable that blends well with other tastes and it has the lowest calorie content of any vegetable. The recipe has been inspired by Mimi Kirk, who won 'The sexiest vegetarian over 50' in USA (see page 61)

2 Apples

½ - 1 Banana (optional)

2 Cups Frozen LiveWheatgrass

1 Stick of Celery

2 Handfuls of Blueberries

½ Cucumber

2 Carrots (optional)

Juice the apples, celery, cucumber and carrots. Then add the blueberries and the frozen wheatgrass juice cubes and blend for 30 seconds and you have this uplifting tasty drink. Up and away, fully powered and ready for the day ahead!

The Buzz

“ This one is called ‘The Buzz’ and it comes from Georgina Druce, one of our loyal wheatgrass enthusiasts and a very inspirational person. Here is a special message from her:

“A yummy recipe I would love to share with your customers to assist them in drinking wheatgrass in a way that’s so super delicious. Drink it straight away, I love it cold!”

2 Bananas

1 Punnet of Strawberries

1 Punnet of Blueberries

3 Oranges

2-6 Frozen Wheatgrass

Juice the oranges and then blend the rest of the ingredients for 30 seconds. You can slightly defrost the wheatgrass cubes under warm water for a few seconds so they easily pop out from their cups!



Crunchy Yoghurt

“ I use Greek Yogurt (low %) for this as it already is quite thick which prevents it all from becoming a bit too runny. You can also substitute with non-dairy soy yoghurt. Brilliant for break- fast, just add a little honey to get a bit of sweetness, I like it without it but children often prefer it with honey. You can also add some toasted nuts to the mix which gives it a great texture. It works on fresh fruit, is delicious with griddled pineapple. You can also serve on cereal (use recipe in the morning section) or apple pie AFTER your 7 days programme.

200g Greek Yoghurt

Handful of Chopped Nuts (almonds, walnuts)

1 Cup/Oz. Defrosted Wheatgrass Juice

Mix the defrosted wheatgrass juice into the yoghurt then add the mixture on fresh fruit, griddled pineapple. You can also use the yoghurt mix it on apple pie (made with Xylitol sugar!) AFTER your 7 day vitality programme.



Super Detox

“ Juice Jason Vale (www.juicemaster.com) has written some great wheatgrass juice recipes where he advocates that you can juice yourself slim without dieting. He has inspired millions of people including me. This juice is absolutely fantastic.

Every second or third day, this juice alongside a protein drink becomes our breakfast. Ralph and his friends are happy to join in the ‘wheatgrass craze’ when this juice gets dished out.

Celery is great for alkalising the blood together with the wheatgrass juice. Cucumber is a fantastic diuretic and cleanser and with the wheatgrass juice you will enjoy the full B vitamin complex, folic acid, calcium, potassium and beta-carotene to name but a few, and it may help reduce cholesterol. We absolutely love this juice.

- 2 Golden Delicious or Royal Gala Apples
- ¼ Cucumber
- 1 Stick Celery
- 1 Small Handful of Spinach or Kale
- 3 Cubes of Frozen LiveWheatGrass Juice
- ¼ Lime
- ½ Ts Spirulina

Mix the defrosted wheatgrass juice into the yoghurt then add the mixture on fresh fruit, griddled pineapple. You can also use the yoghurt mix it on apple pie (made with Xylitol sugar!) AFTER your 7 day vitality programme.



Yoghurt Smoothie

“The yoghurt gives this drink a nice smooth taste. Bananas are a great source of potassium and this again can help the function of muscles and nerves. The wheatgrass and spirulina will give you a great iron and magnesium booster. Wheatgrass juice is also a great natural source of B12, and contains high levels of vitamin A and E (see page 61).

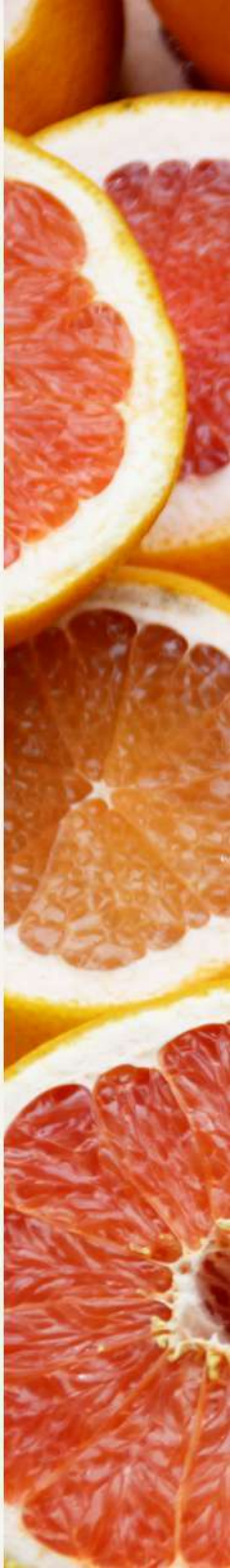
2 - 4 Frozen Cups of Livewheatgrass
¼ Pineapple
1 Apple
¼ - 1/2 Banana
150g Natural Greek Organic Yoghurt
¼ tsp. of Spirulina

Juice the pineapple and apple. Blend in the frozen wheatgrass, the banana and the yoghurt. This juice is also great for children.

Kristin's Pink Dream

“This is how my friend and press and PR wiz takes hers. Sexy Kirstin puts her frozen wheatgrass cups in a large bowl with lukewarm water or sometimes directly in a tumbler with some added water before her morning shower. When she is ready to hit the road, so is her juice, waiting for her in the kitchen. She just pours the defrosted juice into a glass and adds the grapefruit juice for taste. She buys her already juiced grapefruit juice from the supermarket. She also takes the small cups with her to her London office where people cannot get over the green colour! She often takes a few more cups of the precious 'jet-fuel' in the afternoon. Always with grapefruit or apple juice.

2 Cups of Wheatgrass Juice
½ Glass of Pink Grape Fruit Juice



Delicious Lunch and Dinner
Recipes



Georgina Druce's Inspirational Juice

“Yet another recipe from our wonderfully energetic Georgina. (See Page 61) This is a truly wonderful juice and one Georgia loves to drink every morning; it is also fantastic as your lunch! The Himalayan salt is top quality and will therefore supply you with an extra load of precious minerals. The 4 shots of wheatgrass juice will send you singing and ringing with health and energy!

4 Shots of Frozen Wheatgrass Juice

1 Handful Spinach

1 Large Handful of Kale

1/2 Avocados

3 Apples

Himalayan Salt

Fresh Ground Black Pepper

1/4 Cup of Water

Juice the apples and the spinach and kale by putting the green leaves between the apples and add water, this will give you the maximum amount of juice and goodness. Add the rest of the ingredients. This is a truly fantastic and heavenly drink!

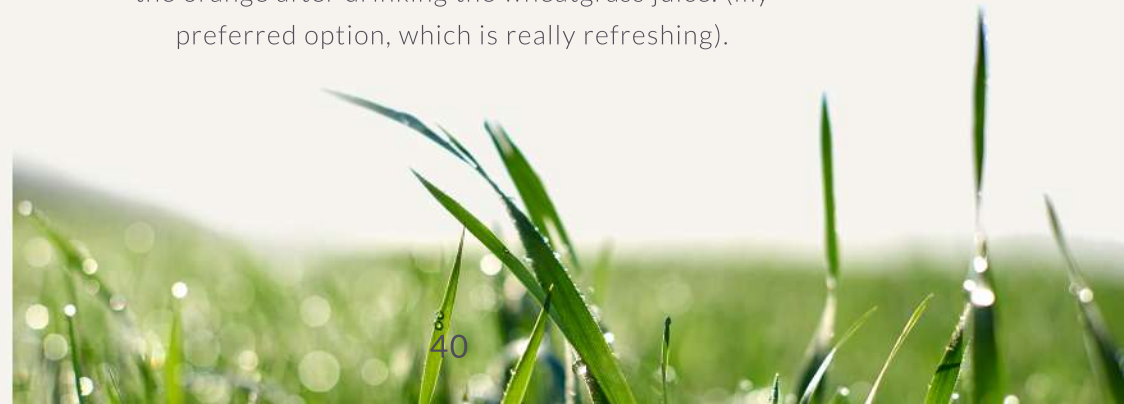
Wheatgrass Slammer by: Jason Vale

“This is a curious and surprising mix that Jason, The Juice Master uses to ‘spice up the wheatgrass juice’ experience for university students (www.juicemaster.com). His juice vans can be found in many universities in England and the students love this wheatgrass Slammer! – try for yourself.

1 Cup/Shot of LiveWheatGrass

Put a bit of good quality rock salt on the back of your hand and have a quarter of orange ready to bite into. Lick the salt, slam the wheatgrass and then bite the orange. Interesting mix that goes down well with teenagers, who want to be ‘funky and cool’.

Tip: you can leave out the salt if you like and just bite into the orange after drinking the wheatgrass juice. (my preferred option, which is really refreshing).



Green on Green

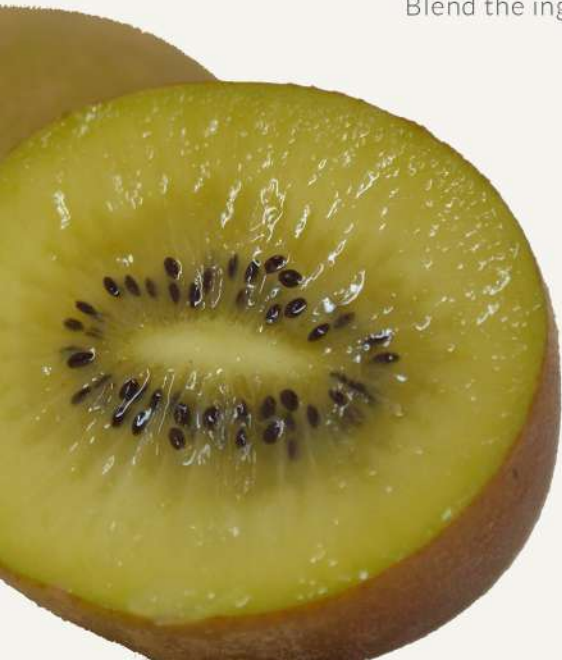
“Did you ever try wheatgrass juice and kiwi juice? If not this is definitely worth a go.

1-3 Cups of Frozen Wheatgrass Juice

3-4 Kiwis

Water to give the volume you want.

Blend the ingredients and add water for the volume.



Flower Power

“I encourage you to take another stroll in your garden on a summers day to make the most out of these wonderful flowers and so you can benefit from their gentle properties. And then there is the kick from the chilli to experience...”

3 - 4 Cups of Frozen Wheatgrass Juice

1.5 - 2 Pints of Water

1 ts Raw Honey

Handful of All or Some of The Below Flowers:

5 - 10 Flowers of Lemon Balm

5 - 10 Lavender Flowers

¼ Red Chilli (or a pinch of chilli powder)

1 ts Cinnamon Powder

½ Lemon (unwaxed, organic if possible)

Blend the frozen wheatgrass with the water.

Add the other ingredients and leave 5 min.

Then strain and pour into a jug. Serve immediately



Crème Fraiche avec Wheatgrass

“ Children love this, as do adults, because it looks beautiful. This mix works in a multitude of things, try it on whole meal pasta (but not during these 7 days), try it on a piece of griddled salmon, it works on scrambled eggs, it works as a dip with raw vegetables, in short, it works!

1-2 Oz defrosted wheatgrass juice

2-4 Spoons of crème fraiche (low %)

Mix in a small bowl your Crème Fraiche and the wheatgrass juice, personally I use 2 x 1oz tubs for this but it depends on how much Crème Fraiche you use, otherwise it can get a bit runny. Mix gently and then with your bowl of soup, which should be warm but not steaming, swirl your bowl with a spoon and spoon in your mix.

Fantastic Avocado Yoghurt

“ I use Greek Yogurt (low %) for this as it already is quite thick which prevents it all from becoming a bit too runny. Brilliant for lunch both on top of a soup or you can add it to some wraps. Delicious!

There are numerous nutritional benefits of avocado. Apart from the fact that this taste wonderful and when blended creates a super creamy base in which you can add anything. It is easily digested and helps prevent anaemia. It also contains high levels of vitamin E, an essential vitamin that protects against many diseases and helps maintains overall health.

Plenty of Char-Grilled Vegetables

½ Sliced Avocado

Fresh Black Pepper

Sea or Himalayan Salt

Mustard

Wholemeal Wraps



Aioli

“This is Lynn’s great recipe and this is what she says: “I adore garlic, I do not think there is a day that goes past when I do not use it, even my animals have garlic in their diets to keep them healthy, and a really delicious recipe is Aioli.”

Now I am not talking shop bought here, to really benefit from the health benefits you need to make this yourself and to be honest, it is so easy there is really no excuse.

The health benefits of garlic are enormous. It is antibacterial, antiseptic, antiviral, decongestant, it lowers cholesterol, nature’s own antibiotic.

Brilliant for people and animals! Olives are great for your liver and gall bladder as they assist in the secretion of bile.”

2 Organic Egg Yolks

4 Garlic Cloves Crushed

Pinch of Salt,

1 Tablespoon of White Wine Vinegar

Freshly Milled Black Pepper

300 ml Olive Oil

Mix the egg yolks, garlic cloves crushed, white wine vinegar and salt and pepper and pulse it in a food processor or blender until it becomes creamy.

Now, very slowly, with the processor running, drizzle in the olive oil. The mix will turn thick, glossy and pale in colour. Do not worry if it is thick, but if it looks incredibly thick just as a little boiling water to the mixture, but go easy on this as we are going to be adding wheatgrass to the mix.

Once all blended add to a bowl, check the seasoning and then cover and keep in the fridge for up to three days. When you are ready to use it, mix through wheatgrass juice, again, how much depends on the mix of your Aioli so judge by the consistency. Now you can use this for a dip or spread, fantastic with a salad, wonderful with a selection of raw vegetables to dip in and scoop up this wonderful garlicky dish. I like it with olives, pitted to make life easier when eating, on a cocktail stick and dipped in to scoop it all up. You can use this for so many things; just use it as you would any mayonnaise but it’s ohhh soooo much better for you.

Pesto

“Making pesto is incredibly easy, you just need a food processor and some great ingredients. Now onto what you can do with it! You can spoon it over oven roasted tomatoes, try it mixed through sweet potatoes combined with a little natural yoghurt, you can also mix it through wholemeal pasta (but not during this 7-day programme).

This works, (and I know this sounds odd but) fabulously well with garlic prawns, just add a small bowl to the side as a dip. As you can imagine there will be a pretty serious garlic hit so make sure you are all eating this one together.

Pine Nuts are packed with protein and the essential fats we need, these should be included often in our diet particularly if you are a vegetarian.

Onion is another health goodie and when raw they are very healthy indeed. They help cleanse your intestines and can help to reduce spasms in asthma and it is another of nature's antiseptics and antibiotics.

2 Garlic Cloves

Fresh Basil Leaves

Handful Pine Nuts

A Good Glug of Olive Oil

1 Cup/Oz. of Defrosted Wheatgrass Juice

Pepper and Himalayan Salt

Add all the ingredients in a blender or food processor and blitz for literally a couple of seconds. Check the consistency, do not worry if it seems a little thick it will loosen when you add the wheatgrass. Now transfer to a bowl and add a good handful of freshly grated parmesan, freshly milled black pepper and salt. Now add your wheatgrass. How much will depend on how much pesto you have.

I always end up making tons of this because you can use it in so many different ways, but I will say this “If you are not going to use all of this in one day then separate out the pesto you want to use for now and keep the rest in the fridge for up to three days and only mix in the wheatgrass as you plan to use it. That will keep it fresh.”

Salad Dressing

“Whilst preparing a huge bowl of salad, along with a salad dressing add the wheatgrass juice to give a fantastically healthy lift. This is very simple and within a couple of minutes you will have prepared a fabulous salad which will ensure you have a super charged afternoon with a fully nourished body. Remember to add the wheatgrass juice just before you serve it.

Wheatgrass and Fresh Herbs

8 Tb Extra Virgin Olive Oil

2 Tb Cider Vinegar

1 Teaspoon of Dijon Mustard

A Tb Freshly Chopped Herbs (Basil, Coriander or Parsley)

1 Cup/Oz. Defrosted Wheatgrass Juice

1 Clove of Garlic

Freshly Milled Black Pepper

Use soft leaf herbs for this recipe and simply mix all ingredients together and as the twist add 1oz pot of wheatgrass at the end.

Peanut Dressing

“This might sound a bit strange, but wheatgrass juice works brilliantly on a fresh salad that contains fresh beansprouts, finely chopped chilli, whole peanuts and fresh coriander.

2 Tb Crunchy Peanut Butter

1 Oz. Defrosted Wheatgrass Juice

Lemon Juice

In your jar add the ingredients and shake well. Check the consistency, if it is still too thick either add more wheatgrass or a little lemon juice. Delicious - the sweetness is divine.

Tip: Experiment with dressings, just a few things can really enhance a salad and bring the rest of the plate to life.





Sunflower Salad

“Salads for lunch – and dinner – is divine and loaded full of life-giving vitamins, minerals, amino acids and beneficial enzymes. The benefits of the tiny sesame seeds are simply awesome. They are antioxidants, prevent cholesterol being absorbed into your system, strengthen your heart, benefit your nervous system and they are a great source of omega 3 and 6, who would have thought from something so tiny? Sunflower Seeds actually offer more protein to you than most meats, eggs and cheese so worth munching on a handful each day if you can. Just like apples, sunflower seeds contain pectin which helps remove toxins and heavy metals so if you live or work in a busy town or city, these are essential.

2 Tb Homemade Aioli

1 Tb Sunflower Seeds

Pinch Himalayan Salt

A Bit of Freshly Squeezed Lemon Juice

1 Oz. Defrosted Wheatgrass Juice

Mix all ingredients together and shake well and it is ready to go.

Dulce Vita and Snacks

“In between meals snacks are important to keep up the energy levels and stabilise your blood sugar levels. Below are some healthy, delicious snacks. Here are some really quick – help me- snacks! Almonds, dried cranberries, dried Golgi berries, dates, organic apricots (not the yellow artificially bleached ones!), raw carrots sticks, berries such as blue berries, strawberries, raspberries), fruits such as pineapple, apples, dark 80 %chocolate . And then there is delicious water with a squirt of lemon! To follow are some delicious, very charged and youth giving sweets:



Berry Delight

“This is super simple and using a blender it literally takes seconds. I use frozen berries for this, but obviously if they are in season you can use fresh. Nutritional benefits of berries are numerous but take the blackberry for example, an antioxidant, blood cleaner, which helps relieve diarrhoea. Raspberries help remove mucus and toxins from your system and are a wonderful food to help boost your concentration levels, much needed in the mornings and afternoons! Strawberries have been noted for the prevention of cancer.

-
- 1 Pack of Mixed Frozen Berries
 - 2 Oz. Frozen Wheatgrass Juice
-

Take the mixed frozen berries and wheatgrass juice and blitz with a blender until mixed. Then divide amongst your moulds and simply freeze.

Yum Yummy Ice Lolly

“Pineapple and wheatgrass goes really well together and the nutritional benefits of pineapple are many. It whips through your system searching out bacteria and other impurities, rather like stomach acid. This brings me onto the one warning with this, the acid is unkind to teeth so be sure to clean them after having pineapple.

-
- 4 Cups of Frozen Wheatgrass Juice
 - 1 Pineapple
-

Take one whole pineapple, peel and chop and put through your juicer. Now in the juice add your frozen cups of wheatgrass juice and use a blender to mix together. Divide between your ice lolly moulds and freeze.



Coconut Delight

“Starting with a coconut is great fun for the kids, as they can get really ‘hands on’.

Alternatively, you can buy coconut juice from the health food stores. Planet Organic which does Dr Martins organic coconut water/ juice is by far the best source on the market. You can purchase this online (see page 61).

The taste is gentle, sweet, incredibly and refreshing.

You can benefit from the Coconut oil found in the flesh of the coconut by eating the flesh.

This has many health benefits which include hair care, skin care, stress relief, maintaining cholesterol levels, weight loss, increased immunity, proper digestion and metabolism, healthy functioning organs (see page 61). The juicy water itself is great before and after your DAILY 30-minute workout on this programme as it restores any tissue salts lost during exercise.

1-2 oz. Defrosted Wheatgrass Juice

1 Glass of Coconut Juice

Simply add coconut juice/water milk to your defrosted wheatgrass juice and enjoy the enormous benefits.

Heavenly Snack

“This is a heavenly mixture; all fantastic for an afternoon healthy snack which brings a soothing quality to your higher energy levels. Bananas are great for de-stressing and for lowering high blood pressure, they are one of our best sources of potassium, an essential mineral. A banana a day may help to prevent high blood pressure and protect against atherosclerosis.

4 Bananas

Mint

Squeeze of Lemon

1 - 2 Oz Frozen Wheatgrass Juice

In a blender or smoothie maker add the bananas, the mint and a squeeze of lemon. Blend until smooth. Then add your wheatgrass and blend again. If it seems too thick add a little more lemon juice or the juice of a fresh orange. Divide between the moulds and freeze.

Recipes to Use After your 7 Days Programme

“ Now we all need a bit of sweetness and adding wheatgrass juice to ice cream for example, is a fantastic way to encourage children to enjoy those precious green wheatgrass juice drops. You are welcome to experiment with different tastes



The Wonderful Cereal

“This recipe has been inspired by Thorbjorn Hafsteinsdottir, a great Scandinavian, inspirational health practitioner. It is healthy for your digestive system and tasty for both you and your family. Add it on natural yoghurt or serve with your favourite milk.

200g Unrolled Oats

2 Cups of Different Seeds
(Sunflower Seeds, Pumpkin Seeds)

1 Cup of Nuts Such as Almonds, Walnuts- Chopped Roughly

1 Cup of Desiccated Unsweetened Coconut Flakes

Raisins
(Organic Dried Golgi or Cranberries Dates Chopped)

1 sp Cinnamon

1 sp Chocolate Powder
(without sugar)

3-5 sp extra virgin coconut oil

Dry roast all seeds carefully in a pan. Dry roast also oats and coconut, but be very careful that they do not burn. Then simply mix everything together and store in an air-sealed container.



Kiwi Ice Cream

“This Recipe is not recommended while doing the 7 Day Programme. This is a fun ice cream to make with your children. Ralph and his friends love blending the kiwi and ice cream - and then do an instant tasting session.



2 Kiwis

Vanilla Ice Cream

1 Cup of Frozen Wheatgrass Juice



Cut the kiwis in half and take out the flesh. Blend the ice cream and the frozen cup of wheatgrass juice and add a bit of kiwi flesh for taste. You can either eat immediately or return to the freezer to get it hard again. It is best to use hard, un-softened ice cream, as it otherwise can become too soft and runny.

We All Scream For Ice Cream

“This is a winner with the children and adults alike. I recon the healthiest ice cream around and a great way to entice your children into enjoying the healthy benefits of LiveWheatGrass juice.



250 Vanillia Ice Cream

1 Cup of Frozen Wheatgrass Juice

1 Teaspoon Runny Honey



The quality of the ice cream is important and you will get the best result with hard, un-softened ice cream. Use the blender to mix in the frozen cup of wheatgrass juice. You can start with 1/2 cup and decide how much you want to add. Then add a bit of runny honey to sweeten. For decoration, particularly for the adults, chop a bit of fresh mint and sprinkle on top.



Health Benefits

Yoghurt Smoothie

The wheatgrass and spirulina will give you a great iron and magnesium booster. Wheatgrass juice is also a great natural source of B12, and contains high levels of vitamin A and E which are powerful antioxidants that can help protect our cells from damage caused by free radicals created by modern lifestyles and pollution. The Vitamin B complex help convert carbohydrates, metabolise fats and protein; and is essential for growth and general health.

Georgina Druce's Inspirational Juice

The spinach and kale give this drink an extra boost of magnesium and chlorophyll! The avocado is rich in minerals such as copper, magnesium, manganese, iron, calcium, iodine, selenium, zinc and phosphorus. It is also well known for its high vitamin K and Vitamin A content.

Coconut Oil

Coconut Oil has many health benefits which include hair care, skin care, stress relief, maintaining cholesterol levels, weight loss, increased immunity, proper digestion and metabolism, healthy functioning organs. These benefits of coconut oil can be attributed to the presence of lauric acid, capric acid and caprylic acid, and its properties such as antimicrobial, antioxidant, antifungal, antibacterial, soothing, etc.

References

- Mimi Kirk - 'The sexiest vegetarian over 50' in USA - She is 72 years old!!!
Check out the 'You can be sexy at 72' video!
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 - Georgina Druce -
georgina@dreamwork-developments.com
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www.detoxyourworld.com
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About Britt

Dr. Britt Cordi BSc., MSc., PhD. Danish born Britt Cordi's first love has always been nature and the essential role it plays for our mental and physical health.

Britt has researched extensively the impact of the environment on our health and general wellbeing in particular the effects of pesticides, ozone depletion with detailed analyses of DNA, enzymes, proteins and photosynthesis.

Though this research and her 23 year passion for wheatgrass, she developed methods for Britt's Superfoods, as the only company in Europe, to offer frozen wheatgrass shots from outdoor organically grown wheatgrass of the highest nutritional quality, which has now become famous across the globe.

She has made wheatgrass juice, with all the wonderful nutritional elements, readily available for everyone to benefit. Britt and her husband, Daniel, established LiveWheatGrass Ltd in 2009 which later become Britt's Superfoods in 2017. She is also the CEO of international nature conservation charity, Natura International, and a Mother of 14 year old Ralph.

