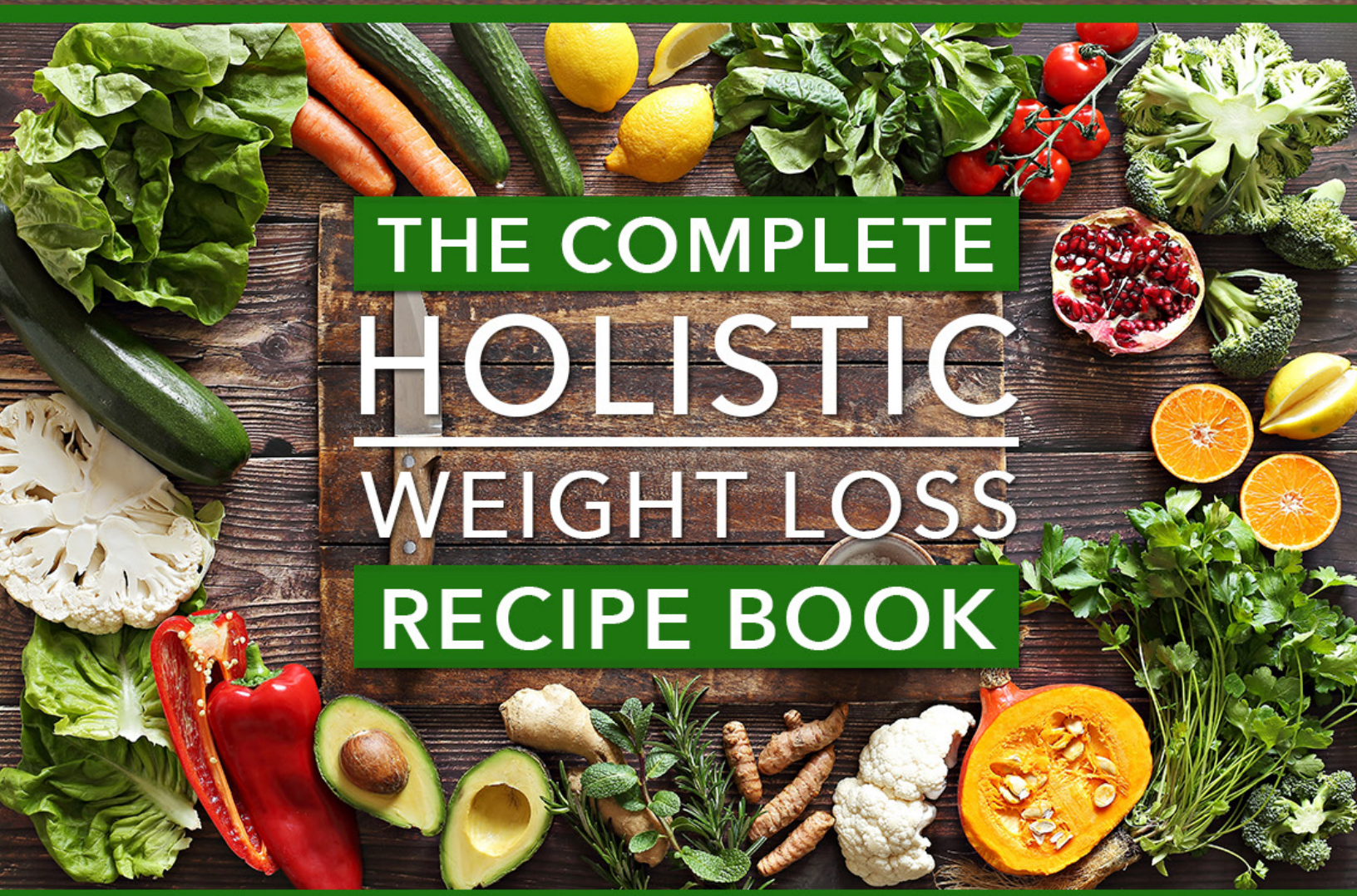




THE COMPLETE HOLISTIC WEIGHT LOSS RECIPE BOOK

30 Delicious Recipes to
Accelerate Natural
Weight Loss

THE COMPLETE HOLISTIC WEIGHT LOSS RECIPE BOOK

TABLE OF CONTENTS

BREAKFAST

APPLE OATMEAL PANCAKES	4
ORANGE SCENTED GRANOLA	5
COCONUT WATER OATMEAL SMOOTHIE	6
APPLE CINNAMON QUINOA BOWL	7
GREEN DETOX SMOOTHIE	8
CITRUS CHLORELLA SYNERGY JUICE	9

LUNCH

SAVORY GLUTEN-FREE MUFFINS	10
ASIAN TURKEY BURGERS	11
MUSHROOM CAP BURGERS	12
STRAWBERRY SPRING SALAD	13
SPROUTED SEEDS & DULSE SALAD	14
RAW CREAM OF CELERY SOUP	15

DINNER

PIZZA / QUICHE GLUTEN-FREE CRUST	16
CRAB QUICHE	17
RED JEWEL YAM CURRY	18
GRILLED VEGGIE KABOBS	19
CURRIED COCONUT LENTILS	20



THE COMPLETE HOLISTIC WEIGHT LOSS RECIPE BOOK

TABLE OF CONTENTS

DESSERTS

CHOCOLATE CHIA PUDDING	21
CHOCOLATE CHIP GLUTEN FREE COOKIES	22
CHAI SPICE MACROONS	23
RAW APPLE PIE	24

SNACKS

VANILLA MINT ALMOND YOGURT	25
CREAMY VANILLA CASHEW MILK	26
SPINACH DATE COCONUT SMOOTHIE	27
SPIRUALINA NUT BARS	28
ALMOND CHIA GLUTEN FREE CRACKERS	29

6) EXPERT RECIPES

ROSE'S SUPERFOOD CHOCOLATE CANDY	30
DR. COUSENS FLAX WRAPS (TORTILLAS)	31
DAVIDS WILD RICE DISH	32
SHAKAYA'S SUBLIME KEY LIME MOUSSE	33
SHAWN'S FAT BURNING GOJI BERRY LEMONADE	34



APPLE OATMEAL PANCAKES



This is a gluten free option for those who enjoy pancakes for breakfast. The eggs contain healthy saturated fats beneficial for fat burning.

It is important to use gluten free oatmeal as it can contain gluten if manufactured in a facility with other gluten forming grains.

Ingredients

3 organic free range eggs
½ cup organic gluten-free oatmeal (dry)
1 tablespoon unsweetened apple sauce
Pinch of organic cinnamon powder (non-irradiated)
Pinch of organic stevia
1 organic apple, diced finely
¼ teaspoon baking soda (non-aluminum)

Instructions

First heat a frying pan until hot and then reduce to medium temperature.

Mixing together all the ingredients in a blender (except for the diced apple),

Brush pan with organic butter or coconut oil and then drop by spoonful onto the pan.

When bubbles start to form, place evenly on pancake some of the diced apple.

Let them set in before flipping the pancake.

Makes about 4-6 pancakes depending on the size.

Variation

Try ¼ c wild berries instead of diced apple



ORANGE SCENTED GRANOLA



The organic compounds in both oatmeal and oranges, called phenols, that stabilize LDL cholesterol (low-density lipoprotein, or so-called "bad" cholesterol) when consumed together.

Enjoy this phenol rich, orange infused granola and at the same time, cleanse your arteries with two times as much efficacy than if you were to ingest either breakfast staple alone.

Ingredients

3 cups pecans (or your preference of nuts)
1 cup gluten-free organic rolled oats
1 cups organic orange juice
1/2 tsp unrefined sea salt, celtic or Himalayan salt
1 Tbsp organic cinnamon (non-irridated)
1 tsp green leaf or regular stevia
5-10 drops of orange essential oil (or tangerine)

Instructions

The night before making the granola, soak the nuts in filtered or spring water with an additional 1 tsp unrefined sea salt, celtic or Himalayan salt.

Strain off the water in the morning.

Using a blender or food processor, blend briefly for a course (granola-like) texture.

Line a cookie sheet with parchment paper and spread the mixture evenly.

Place it in your oven on the lowest temperature until it is dry (moisture is dehydrated). This may take several hours. Keep checking and stir occasionally making sure all the mixture dries out.

Before you eat it, you can add your own nut milk to put on top or try organic kefir or yogurt either dairy or coconut to add beneficial probiotics.

Variation:

This can also be served as a museli without dehydration.



COCONUT WATER OATMEAL SMOOTHIE



Adding cinnamon to this simply delicious, on-the-go, liquid breakfast, not only helps to regulate blood sugar (*so you don't have excessive carb cravings in your next meal*), it also has anti-fungal and anti-inflammatory properties.

Ingredients

1 cup ice (from filtered or spring water)
1/2 cup frozen organic raspberries
1/2 cup plain organic yogurt or kefir (dairy or coconut)
1 organic banana
1/2 cup gluten-free organic rolled oats
1 tablespoon raw honey or 1 tsp xylitol or stevia
1 cup coconut water
1/2 tsp organic cinnamon (non-irradiated)

Instructions

Place ice and raspberries in the bottom of blender, and all other ingredients on top.

Whir until completely smooth.

Serves 2-4 depending on size of your glass.

Variation:

Try adding organic strawberries for added fiber to your smoothie.



APPLE CINNAMON QUINOA BOWL



Quinoa for breakfast? Seriously?!

Quinoa is a complete protein and it is a very versatile alkalizing (grain-like) seed that can be used for breakfast, lunch, and dinner.

Enjoy this superfood from South America that includes these amazing nutrients:

- All 9 essential amino acids that are required by the body as building blocks for muscles.
- Fiber. Quinoa is a wonderful way to ensure that you consume valuable fiber that eases elimination and tones your colon.
- Compared to other grains, quinoa is higher in calcium, phosphorus, magnesium, potassium, iron, copper, manganese, and zinc than wheat, barley, or corn.
- It has not been shown to feed yeasts and parasites like other grains.

Ingredients

1 cup filtered or spring water (for cooking quinoa)
1/2 cup quinoa (rinsed with filtered or spring water)
1/2 cup almond milk (or more)
1/2 or 1 organic apple with the skin (more fibre)
Small handful raw organic hazelnuts or walnuts
Sprinkle organic cinnamon
Drizzle pure maple syrup (optional)
1 tbsp organic chia or milled flax seeds

Instructions

Bring water to a boil.

Add rinsed quinoa, reduce to low, and cook for 10-12 minutes until fluffy.

Mix in a small bowl your toppings.

Scoop out quinoa into a separate bowls and add toppings.

Serves 2 depending on portions and how hungry you are.

Variation:

Add wild blueberries

Add a dollop of your favorite nut butter

Moisten with your favorite nut milk, organic kefir or yogurt (dairy or coconut)



GREEN DETOX SMOOTHIE



With all the green vegetables in this delicious green smoothie, you will help to alkalinize and regulate your blood pH level or what nutritionist, Justin Lord, calls our “River of Life”.

Organic green smoothies are generally, filled with powerful micronutrients that your body is more readily able to absorb and assist the primary organ functions; including our liver’s natural detoxification process.

This smoothie adds a spicy kick to the metabolism for the entire day and helps you detox while balancing your blood sugar!

Ingredients

- 1/2 cup spicy organic sprouts
(ie. radish, broccoli, arugula sprouts)
- 1 cup organic turnip greens (or dandelion greens)
- 2 organic kale leaves
- 1 organic pear
- 1 organic apple
- Small piece of organic ginger
- 1/2 organic lemon (juice from)
- 2 pinches of organic cayenne (non-irradiated)
- 1 tsp raw organic honey (optional for extra sweetness)
- 1 1/2 – 4 cups filtered or spring water

Instructions

Place all ingredients into a blender and blend until smooth. Enjoy!



CITRUS CHLORELLA SYNERGY JUICE



This is a powerful combination of food that when combined have a powerful synergy, meaning an even more potent detoxification effect in your body!

It is scientifically known that Vitamin C makes it easier for your body to absorb a plant-based form of iron, such as chlorella that can have up to fifty times more iron than spinach or animal meat sources.

So mixing vitamin C-rich citrus juice with your chlorella, can increase the amount of iron your body absorbs. As well the citric acid of lemons will help your absorb other trace minerals like calcium from your chlorella.

Ingredients

1 small organic grapefruit
1 small organic orange
½ to 1 organic lemon
½ organic lime
½ to 1 tsp chlorella
1 tsp raw honey or 1 dropperful of stevia (to taste)
pinch of unrefined sea salt, celtic or Himalayan salt

Instructions

Juice the citrus through a juicer and stir in the honey, sea salt and chlorella.

Enjoy!

Variation:

Add a small piece of ginger



SAVORY GLUTEN-FREE MUFFINS



These are a delicious gluten free option - yet moist savory muffins for dipping in your soup or slicing and filling like a sandwich.

When using coconut flour it tends to be quite dry on its own, so recipes using coconut flour almost always include more eggs than recipes that use other flours.

Coconut flour is also high in fiber content and makes it very absorbent. So your batter will be more liquid than traditional batters with other flours. During baking, the coconut will absorb much of the liquid so use this as a measure the proper consistency.

Ingredients

6 organic free range eggs
1/4 cup organic butter
1/2 cup organic yogurt (dairy or coconut)
1/2 tsp unrefined sea salt, celtic or Himalayan salt
1/2 cup almond or rice or coconut flour
1/2 tsp baking soda (non-aluminium)

Instructions

Mix all ingredients with a blender until smooth. Butter or use coconut oil to oil the muffin trays. Fill the trays.

Bake at 400 F for 20 min. Let cool before serving.

Makes 12 regular size muffins.

These are delicious to fill them with a high quality protein like turkey, chicken, fish or almond butter.

Try any version of sandwiches you might enjoy.



ASIAN TURKEY BURGERS



These burgers are great for a barbeque and are high in protein.

The kale provides lots of vitamin A, vitamin C, and vitamin K and the kelp adds a healthy dose of iodine that nurtures an important organ that regulates our weight, the thyroid.

Ingredients

2 lbs ground organic turkey
1 organic free range egg
3 cups organic kale, finely chopped
¼ cup organic onion, minced
3 tablespoons fresh organic parsley, minced
2 tablespoons fresh organic horseradish, grated
1 tablespoon filtered or spring water
1 tablespoon fresh organic ginger, grated
2 cloves organic garlic, crushed
Unrefined sea salt, celtic or Himalayan salt and organic pepper (non-radiated)
Kelp flakes

Instructions

Combine all the ingredients in a big bowl.

With clean hands, squeeze it together until it's very well combined.

Divide into three equal portions and form into burgers about ¾ inch (2 cm) thick.

Brush a pan with coconut oil, palm oil or ghee

Place over medium-high heat.

Cook the burgers for about 5 minutes per side until cooked through.

They can be eaten along side a delicious salad with sprouts and a small portion of fermented vegetables.



MUSHROOM CAP BURGERS



High in potassium content, mushrooms are rich sources of several essential minerals, including niacin and selenium.

The Mushroom Cap Burger we've included is a delicious burger for those who want a lighter option for lunch while still feeling satiated.

Ingredients

2 cups organic portabella mushrooms, chopped
2 tbsp organic gluten free tamari soy sauce (*nama shoyu*)
1 tsp raw organic honey
1 tbsp apple cider vinegar
1 cup raw sunflower seeds
1 tbsp organic parsley, minced
1/2 cup organic onion, minced
1 tbsp organic cilantro, minced
1/2 cup organic carrot & beet, chopped
Pepper to taste
Sprinkle with Kelp Flakes

Instructions

Combine the *nama shoyu*, raw honey and vinegar in a bowl to form marinade. Add the chopped mushrooms in and let them sit for a couple of hours.

Process the sunflower seeds in a high speed blender, until smooth.

Add the mushrooms from the marinade into the blender and process until you obtain a slightly rough mixture (make sure it doesn't turn into a very smooth paste).

Mix the remaining ingredients and blend well.

Shape the mixture into 4 burgers and dehydrate for a couple of hours on one side, and another couple of hours on the other side.

Serve with raw gluten free bread and salad for a delicious sandwich.



STRAWBERRY SPRING SALAD



Ahhh... yes, strawberries! These juicy and delicious fruit that satisfy our sweet tooth, have also been associated with lowering blood levels of a protein that signals inflammation in the body.

Researchers at the Harvard School of Public Health studying the value of strawberries found that women who ate 16 or more strawberries per week were 14 percent less likely than non-strawberry eaters to have elevated levels of the protein.

Ingredients

6 cups organic spring greens mix
(*ie. Arugula, mustard greens,)*
2 cups sliced organic strawberries
Handful of nuts of your choice

Dressing:

1/4 cup organic extra virgin olive oil
1/8 cup apple cider vinegar
1/4 cup xylitol or 1 dropperful of stevia and blend granulates,
1/8 teaspoon organic paprika (non-irradiated)
1 tablespoons sesame seeds.

Instructions

In a large bowl, toss together the spring leaves and sliced strawberries.

Mix and whisk in another smaller bowl.

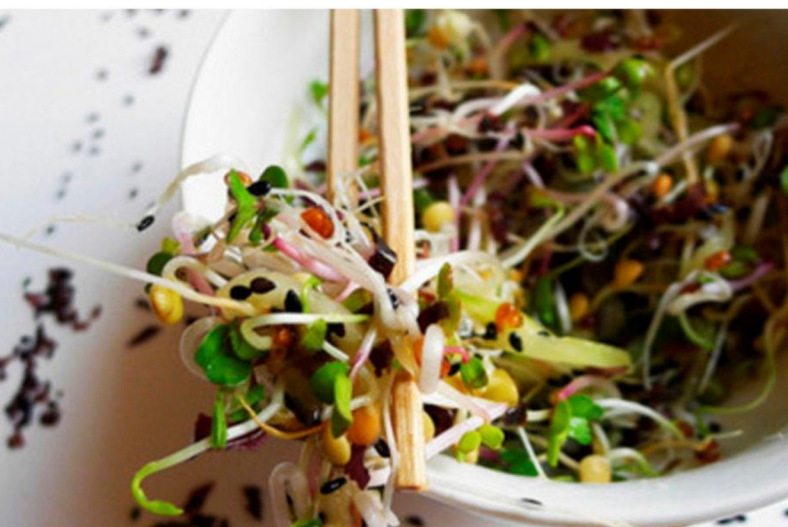
Pour over the salad, and toss to coat.

Variation:

1/4 cup chia seed oil
1/4 cup pumpkin seed oil



SPROUTED SEEDS & DULSE SALAD



Sprouts are one of the most alkalising, and nutritious foods known to man.

The nutritious value of sprouts is remarkable with sprouts containing a greater concentration of vitamins, minerals, proteins, enzymes, phytochemicals, anti-oxidants, nitrosamines, trace minerals, and bioflavonoids which work against toxins, more than at any other point in the plant's life – even when the plant is fully matured.

The abundant enzymes in sprouts also make them easily digestible as their delicate cell walls easily release elemental nutrients.

Ingredients

1 cup dulse
1 cup organic seeds sprouts, *soaked, sprouted for 2 days, and rinsed 3 times daily.*
1 organic cucumber, shredded
Juice of 1 organic lemon
Dash organic cayenne
Sprinkle unrefined sea salt, celtic or Himalayan

Instructions

In a large bowl, toss together all ingredients.

Toss in extra-virgin olive oil, or chia seed oil or pumpkin seed oil.

Variation:

Add shredded carrot or beet

RAW CREAM OF CELERY SOUP



Celery contains active compounds that are known to reduce stress hormones which is an important step towards weight loss.

There are other health benefits to this magical vegetable; Celery is an excellent source of Vitamin C, provides fibre that helps to balance insulin, and essential minerals such as Folic acid and Potassium.

Not surprising that Celery has a long history of use, first as a medicine and then later as a food.

Ingredients

8-10 organic celery stalks
3 cups of filtered or spring water
¼ cup organic cashews
1 organic avocado
Zest 1/2 of an organic garlic clove
Bunch of organic parsley and/or cilantro
Unrefined sea salt, celtic or Himalayan salt to taste

Instructions

Wash the celery stalks, chop and place them in your blender.

Add avocado, cashews, parsley and/or cilantro (handful) and garlic.

Add a pinch of salt and water and blend at high speed in a blender.

Once blended, chill in the fridge until serving.

Serves 2



PIZZA & QUICHE GLUTEN FREE CRUST



This is an amazing gluten free crust made with almond flour.

Almond flour is found to be more nutritious and have more fiber than whole wheat flour - as well gluten and grain free!

Note: Some almond flours have different behaviors so use more or less depending on the one you have in your kitchen.

Ingredients

2 1/2 cups almond flour
1/4 cup organic Parmesan cheese (or nutritional yeast)
1/4 tsp unrefined sea salt, celtic or Himalayan
1/4 cup organic extra-virgin olive oil or coconut oil
2 organic free range eggs

Instructions

At a low temperature, melt coconut oil on the stove.

Whisk eggs in a small bowl.

Put remaining ingredients in a medium size bowl and mix with a fork.

Stir whisked eggs into the batter.

Stir in the coconut oil.

Form into pizza crust or quiche shell.

Bake crust at 350 degrees F for 10 minutes.

Fill or top and then bake until cheese melts for pizza.

If you are using it for a quiche check with the recipe whether to cook with the quiche or pre-cook.

Variation:

Another gluten free option is to use organic brown rice flour or organic quinoa flour or coconut flour.



CRAB QUICHE



Crabmeat is a very rich source of lean protein, and it can make a satiating main course dish. For weightloss, crabmeat is also a good source of chromium, which helps in the metabolism of sugar, helping the body to maintain normal blood glucose (sugar) levels.

This is a versatile Crab Quiche recipe that can be cut into 8 slices for a meal or 20 bite size slices for appetizers.

Ingredients

2, 8 oz organic cottage cheese
¼ cup organic sour cream or organic kefir
3 organic free range eggs
3 organic green onions, thinly sliced
2 teaspoons organic lemon juice
¼ teaspoon kelp flakes
¼ tsp organic cayenne pepper (non-irridated)
½ tsp unrefined sea salt, celtic or Himalayan
1 cup Atlantic crab meat

Instructions

Preheat the oven to 325. Brush an 8" glass pan, with organic butter or coconut oil. Place crust onto bottom of the prepared pan (*see our Pizza & Quiche Gluten Free Crust recipe*). Bake for 10 minutes. Remove the crust and raise oven temperature to 350 degrees.

Make a topping of ½ cup organic sour cream mixed with dash of kelp flakes.

In a large mixing bowl, beat the cottage cheese and sour cream until smooth.

Add the eggs and beat on low speed until combined.

Add the lemon juice, kelp, cayenne pepper, and salt. Beat smooth and gently fold in the crab meat and green onion.

Pour over the crust . Bake them for 35-40 minutes or until the center is almost set.

Cool for about 1 hour before topping with sour cream and additional kelp and salt.



RED JEWEL YAM CURRY



The yellow spice found in most curry dishes, called turmeric is known to increase the rate at which thermogenesis occurs. Thermogenesis is when the central nervous system triggers the burning of fat to maintain the body's normal temperature.

For a weight loss process, tumeric also goes beyond its effects on thermogenesis. This amazing spice also aids the natural detoxification process of the liver which is one of the body's most important fat-burning organs.

Ingredients

1 small organic onion
3 tbsp organic coconut oil
3 cloves pressed garlic
1 tsp organic tumeric (non-irradiated)
1/4 tsp organic fenugreek (non-irradiated)
1/4 tsp organic paprika (non-irradiated)
(optional: cayenne pepper if you like it hot)
3/4 tsp unrefined salt, celtic or Himalayan salt
1/4 tsp of organic cinnamon (non-irradiated)
2 organic red yams
1 organic beet
1/3 cup of organic raisins
1 cup filtered or spring water
1/3 cup coconut milk

Instructions

Saute spices in the coconut oil.

Add onions and garlic and saute until onions are translucent.

Add chopped red pepper, beet and yams and then saute for a few minutes.

Add remaining ingredients, bring to a boil and then simmer until the vegetables are soft.

Serve with yogurt (dairy or coconut) on top.

Makes 4 small dishes.



GRILLED VEGGIE KABOBS



If you have your own herb garden, you will find this recipe celebrates the fresh taste of each herb and brings out the warm earthy flavors of the vegetables.

Ingredients

- 1 cup extra virgin organic olive oil
- 3-4 organic limes, juice
- 1/4 cup gluten free organic tamari soy sauce
- 4 organic garlic cloves, chopped
- 2 tbsp organic fresh basil, minced
- 1 tbsp raw organic honey
- 1 tsp organic oregano, minced
- 1 tsp organic parsley, minced
- 1 tsp organic dill, minced
- 1 tsp ground organic pepper

Instructions

Mix the marinade ingredients and pour over organic tomatoes, cubed zucchini, cubed eggplant, and buttoned mushrooms for 2 hours.

Skewer each vegetable by hand on skewers.

Grill on both sides for 5 minutes.

CURRIED COCONUT LENTILS



A healthy lentil and vegetable curry that is a great source of protein, iron and fibre. The spices add a nice warmth through out the body and increase metabolism.

If the spices are too hot, try adding a few tablespoons of plain organic yogurt to cool of your tastebuds!

Ingredients

1/4 cup extra-virgin organic coconut oil
2 tbsp curry spice blend
2 cloves organic garlic, minced
2 tbsp organic ginger, minced
1 organic onion, chopped
1 cup of organic lentils
2 cups organic vegetable stock
1 large tomatoe, chopped
1/4 cup almond milk
2 organic yams
2 organic celery stalks
2 organic zucchini (yellow or green)
½ organic red bell pepper
½ organic cauliflower, chopped
Unrefined sea salt, celtic or Himalayan salt

Instructions

Heat coconut oil on medium heat and simmer onions, garlic and ginger.

Add chopped vegetables and cook on medium to low heat for 10-15 minutes.

Add curry powder, vegetable stock, and lentils; put on lid and bring to a boil.

Add can of crushed tomatoes, almond milk and sea salt.

Simmer for another 30-45 minutes or until fully cooked.

Serves 6 (or two with plenty of leftovers)



CHOCOLATE CHIA PUDDING



The chocolate chia pudding is my favorite!

A high fiber, low carbohydrate, tapioca-like, delicious treat that is perfect for providing us with nutrients that are important for weight loss.

How? You ask?

Well, its loaded with a plant based healthy Essential Fatty Acid; Omega 3s. Research has shown that When people regularly consume omega-3 oils, insulin levels drop 50 percent lower, allowing individuals to use fat for energy instead of fat storage!

Ingredients

1 cup organic raw cashews
3 cups filtered or spring water
2 tablespoons agave nectar (or organic honey)
2 vanilla seeds or 1 tbsp pure vanilla extract
1 tsp cinnamon
Pinch unrefined sea salt, celtic or Himalayan
1/4 cup organic chia seeds
2 tbsp organic cacao powder

Instructions

Blend cashews and the water until smooth.

Add sweetener, vanilla, salt, cinnamon and cacao and blend in.

Put the chia seeds into a larger bowl.

Pour the liquid mixture, over top of the seeds and mix well then let rest 10 minutes.

Whisk again and place the mixture in the refrigerator for no less than 3 hours or overnight.

Makes 2 servings.

Variations:

Toss in berries

Instead of cacao powder add coconut



CHOCOLATE GLUTEN-FREE COOKIES



These lovely egg free, grain free cookies are better than the grain versions any day.

Get ready to die and go to heaven.

Ingredients

3 cups almond flour
1/2 cup organic cocoa or carob powder
1/2 tsp unrefined sea salt, celtic or Himalayan
1/2 tsp baking soda (non-aluminum)
1/2 cup organic butter, ghee or coconut oil
1/2 cup organic honey
1tsp organic vanilla extract

Instructions

Combine almond flour, cocoa powder, salt and baking soda in a bowl.

Melt butter and honey with vanilla on the stovetop until nice soft stir 'able' consistency.

Mix dry and wet ingredients together.

Brush a cookie sheet with butter, ghee or coconut oil.

Roll batter into balls.

Bake in the oven at 350 degrees F for 20 min.

Let cool for 25 minutes.

Makes 2 dozen cookies



CHAI SPICE MACROONS



The different spices and sweeteners in chai tea have their own unique health benefits and weight loss.

Ginger, for example, is not only used to treat flu symptoms and bring relief to a sore throat, it also triggers metabolism which helps in burning the fat.

Cinnamon is a well-rounded natural remedy used to calm nausea and indigestion as well as balance the blood sugar and insulin levels.

Pepper is known to improve digestive health and cloves will increase circulation.

When raw honey is the sweetener in chai tea, it brings antioxidant health benefits that fight off bacterial infections.

Ingredients

2 organic free range egg whites
1/2 cup pure 100% organic maple syrup
1 tbsp organic agave or organic honey
Pinch of sea salt, celtic or Himalayan
1 1/2 cups unsweetened shredded organic coconut
2 tbsp organic lucuma powder
1/2 tsp organic vanilla extract
1/2 tsp organic cinnamon
1/4 tsp organic ground cardamom

2tbsp extra-virgin coconut oil
1-2 pieces organic cacao butter
2-4 tbsp organic cacao powder

Instructions

Preheat the oven to 325F and line a baking sheet with parchment paper.

Combine the egg whites, maple syrup, agave or honey, and salt in a saucepan over medium heat and cook, stirring constantly, until just warm, about 1 minute. Add the coconut, lucuma, vanilla, and cardamom and continue to cook, stirring constantly, until the mixture just begins to sizzle and is slightly dry, about 2 minutes. Remove from the heat and let cool for a few minutes.

Using a teaspoon and your fingers, form the dough into 24 small mounds on the prepared pan.

Bake for 20 to 25 minutes, until golden brown. Let cool completely before drizzling with chocolate.

Melt together in a saucepan the coconut oil, cacao butter and cacao powder. Drizzle over each macroon.



RAW APPLE PIE



Ingredients

8-10 organic red or yellow apples

Crust:

½ cup organic pecans

1 ½ cup organic walnuts

1/2 cup organic medjool dates

1/2 cup organic raw brazil nuts

organic cinnamon

Pinch of sea salt, celtic or Himalayan

Cream:

1 organic banana

1 cup filtered or spring water

2 tbsp raw honey

handful of shredded coconut

organic vanilla extract

Instructions

Slice your apples very thinly with the special blade of your food processor.

Soak pecans and walnuts together. Soak dates.
Soak brazil nuts. Soak shredded coconut.

In a food processor, put the walnuts and pecans with the dates, 1 tbsp of cinnamon and a pinch of himalayan salt and process until it forms a paste. Then apply the mixture in a cake dish and press firmly with your hand so that the crust holds together.

Set aside.

In your blender, put the coconut, 1 banana, 2 tbsp of raw honey, 1 cup of water (filtered or spring), 1/2 cup of brazil nuts (soaked) and 1 tbsp of vanilla extract. Blend until it forms a cream.

Pour half of the cream on top of the crust.

Then display half of the sliced apples.

Sprinkle with some cinnamon and do it again: finish the cream on top of the apples this time, and then apply another layer of sliced apples.

Final touch: sprinkle with a touch more cinnamon!

Place in your oven at the lowest temperature (or dehydrator) for 2-4 hours.

If you don't have a dehydrator, place in your oven at the lowest temperature overnight.



VANILLA-MINT ALMOND YOGURT



If you have ever debated switching from dairy to vegan alternatives for your fermented foods, like yogurt and kefir, this recipe just might convince you, today!

Either way, it is a simply delicious snack or you can enjoy the additional health benefits by add it to your breakfast granola or any dessert.

Ingredients

1 tablespoon lemon juice
1 cup almonds, soaked overnight, rinsed and drained
1 cup filtered or spring water
Pinch unrefined sea salt, celtic or Himalayan salt
½ teaspoon probiotics*

Add:

1-2 bunches of organic mint leaves
Agave nectar or raw honey, to taste
Vanilla beans or vanilla extract, optional

Instructions

Place all the ingredients in a blender and puree until the texture of yogurt.

Enjoy immediately or this yogurt can be refigerated for 4-5 days (making the taste more yogurty each day!)

** You can purchase a bottle probiotic supplements at your health food store or packaged cultures for making yogurt.*

Variation:

Add fresh wild berries



CREAMY VANILLA CASHEW MILK



A simply delicious drink or a great dessert, the way that the cashews and the dates are blended with the a touch flavor of cinnamon and vanilla, so amazing!

Each ingredient is so beneficial for weight loss:

Cashews are a great source of zinc and vitamin E, a great beauty addition to your diet for your skin and nail to look beautiful.

The cinnamon and good fats from the cashews not only satiate you, but also help to balance blood sugar and insulin levels.

Ingredients

1 cup organic raw cashews
4 cups filtered or spring water
4 pitted organic medjool dates
1 vanilla bean, scraped into the blender, or
1 tsp vanilla extract
Pinch of unrefined sea salt, celtic or Himalayan salt

Instructions

Blend all ingredients together till very, very smooth. This will be a few minutes in a normal blender, or 1-2 in a high speed variety.

Pour the cashew milk through a nut milk bag in batches, until you are able to pour it all out.

Allow the milk to strain for a couple of hours; you can leave it in the fridge if you like, but I've never had a problem with leaving it out as it strains. *If you'd prefer to have a creamier and thicker cashew milk, skip this step.*

Save the cashew milk pulp for use in raw treats. Pour cashew milk into an airtight container (use glass jars).

Serve over cereal, granola, in smoothies, or simply as a rich afternoon snack.

Keep in the fridge for about 2-3 days (*if it's at all sour, add kefir grains and sit out of fridge for nutmilk kefir*).

If kefir grains are added it can be refridgerated for 4-5 days (*making a stronger yogurt taste each day*).

Makes about 3 cups



SPINACH DATE COCONUT SMOOTHIE



Ingredients

1 1/2 cups coconut water
1 organic banana
2-3 pitted organic medjole dates
(depending on how sweet you like it)
1-2 handfuls of organic spinach

Instructions

Combine all ingredients, coconut, banana, dates, spinach and blend until smooth.

Drink immediately.

Coconut water in itself is an important key to good health and maintaining and attaining ideal body weight. It helps in keeping the metabolism rate of the body at its optimal level and keeps the body hydrated.

It also contains a rich source of vitamin B, that is known to accelerate metabolic rate of the body and it also aids in improving muscle tone of the body.

Coconut water is also perfect for detoxification as it functions like a diuretic, helping to throw waste from the body, which often can lead to weight gain.

Variation:

Add wild fruit

Add cilantro or parsley instead of spinach



SPIRULINA NUT BARS



These are a raw snack, high in enzymes, healthy fats, and nutrient rich spirulina.

Scientists are just beginning to discover the benefits of the nearly limitless varieties of phytonutrients in this green colored algae.

Spirulina provides benefits that science is just beginning to understand... but you don't have to wait any longer. Enjoy!

Ingredients

1 1/2 cup almonds, soaked over night
3 or 4 medjool dates
1/8 cup of chia and/or hemp seed (optional)
1/4 to 1/2 cup organic agave or raw organic honey
1 tsp unrefined sea salt, celtic or Himalayan
1/2 cup organic sunflower seeds, soaked over night
1/2 cup organic pumpkin seeds, soaked over night
1/2 to 1 cup organic raisins
1-2 tbsp organic spirulina

Instructions

Put first 6 ingredients into food processor and chop until well mixed.

Add remaining ingredients and process just enough to mix them in.

Spread on cookie sheets lined with parchment and place in low temperature oven (ie. 115F) overnight, you may have to flip and dehydrate the other side another 4 hours the next day if they are still soft on the bottom.

Cut into rectangle bars.

Makes 9 bars.



ALMOND CHIA GLUTEN-FREE CRACKERS



With the majority of crackers on the market using white sugar, GMO oil, table salt and chemical preservatives, making your own crackers is essential to weight loss.

Ingredients

2 1/2 cups almond flour
1/2 - 1 tsp unrefined sea salt, celtic or Himalayan
1/2 tsp baking soda (non-aluminum)
2 tbsp ground organic chia seeds
3/4 cup filtered or spring water
1/4 cup organic ghee/butter/extra-virgin coconut oil

Instructions

Mix ground chia seeds with 3/4 cup water and let stand.

Mix almond flour, unrefined salt and baking soda.

Mix coconut oil (you may have to melt it) in with the chia/water mix and then stir into the dry ingredients. Form the batter into a ball and then split in half.

Place on some parchment paper on a cutting board (*or cookie sheet*). Using your hands press out the batter to form a circle evenly and thin.

With another piece of parchment paper cover the dough and with a rolling pin roll over the dough to make thinner and smoother.

Cut into squares or triangles with a knife or pizza slicer.

Use a form to indent each cracker a few times and sprinkle with sea salt.

Bake @ 350 degrees F for 25 minutes.

Turn the oven off and leave the crackers in for another 10 minutes.



ROSE'S SUPERFOOD CHOCOLATE CANDY



"This recipe is awesome because it's soy-free-, sugar-free, dairy-free, gluten-free and "raw" so it actually helps to lose weight and increase your energy. Your friends won't believe it's healthy!"

~ Rose Cole

Ingredients

1 cup extra virgin coconut oil
¼ cup organic raw almond butter
¼ cup almond meal
4 tbsp agave nectar
¼ cup organic unsweetened coconut
¼ cup hemp seed protein
½ tsp liquid Stevia
or 3 tsp powdered Stevia (6 packets)
1 tbsp organic vanilla
1 tsp cinnamon
¾ cup raw chocolate cacao powder (may substitute Chatfield's roasted carob powder)
1/3 cup goji berries *optional

Instructions

Spray an ice cube tray with nonstick spray and set aside or use mini cupcake tins and papers.

Melt coconut oil under hot water or spoon into saucepan and melt over low flame. When coconut oil turns to a liquid, pour oil into medium bowl.

Slowly whisk in almond butter, cinnamon, Stevia, and agave nectar one at a time. Next, whisk in vanilla.

Then slowly stir in cacao (or carob), almond meal, coconut, and hemp seed protein one at a time, sprinkling evenly as you go.

Batter should run off of spoon. Spoon into ice cube tray, or cup cake papers and chill in freezer for 15 minutes.

Sprinkle goji berries of the top. *optional



DR. COUSENS' FLAX WRAPS (TORTILLAS)



"In this larger context, eating becomes a sacred act in which food is an offering..."

~ Dr. Cousens

An excerpt from his book; "Conscious Eating"

Ingredients

- 1 cup flax seed (ground, unsifted)
- 1 cup seed flour (ground, sifted)

Seed flour is made by dehydrating, blending/grinding, and sifting seed pulp leftover from making seed mylks, such as sesame, hemp, pumpkin, etc.

- 2 tbsp poppy seed (whole)
- 1/2 tsp celtic or Himalayan salt
- 1/2 cup Blessed water

Instructions

Grind flax in blender, and toss into bowl.

Grind and sift seed pulp from mylks into bowl to create a "seed flour".

Combine all dry ingredients together.

Add water a little at a time - until a dough-like texture that can be patted and rolled out with a rolling pin.

Roll out dough and cookie-cut six inch circles. Roll out each circle again to achieve a very thin tortilla-style wrap.

This is a basic flax wrap. Other dried herbs can be added for a "savory wrap".

Serves 1-2



DAVID'S WILD RICE DISH



Ingredients

3-day soaked wild rice
(soaked in filtered or spring water)
organic garlic
organic onion
organic coconut kefir
organic apples
organic pickle
organic pine nuts
organic hempseeds
organic goji berries
organic extra-virgin olive oil
organic sprouts
a sprinkle of raw apple cider vinegar

Instructions

Soak the wild rice in spring water and rinsed each day for 3 days before the water was drained and the rice added to this dish.

*"This is one of my favorite
cold weather dishes!"
~ David*



SHAKAYA'S SUBLIME KEY LIME MOUSSE



Ingredients

4 limes squeezed
2 ripe avocado
¼ cup agave nectar, raw honey or 8 pitted dates
1/3 cups baby spinach optional
a dash of pure vanilla powder

Instructions

Combine all the ingredients.

Process into a silk so smooth and creamy bringing all the tangy goodness together.

Enjoy as a fun-do to dip fresh fruit slices in to, or layer with fresh berries in a tall parfait glass

"Squeeze limes, into a juicy pool of goodness. The scent of citrus fills the air and entices him to peek over your shoulder. Swirling a creamy, delicious dab of green goddess vibrancy, he licks it off your finger. Is it too sweet or too tangy? You loosen your silk scarf from your hair and wrap it around his neck to pull him close, very close. You whisper to him that you are taking him somewhere exotic. Somewhere fresh. Somewhere he has never been before. He agrees."

~ Shakaya



SHAWN'S FAT BURNING GOJI BERRY LEMONADE



"Not only is Camu Camu a rich source of vitamin C, it's also loaded with phytonutrients, essential vitamins and mineral, amino acids, and enzymes. This is a remarkable superfruit that's leading the way to better health and wellness for those who are fortunate to know about it.."

~ Shawn

Ingredients

12 ounces of spring water
2 tbsp of goji berries (*soaked in the water over night*)
Fresh juice from one whole lemon
1/4 tsp of Camu Camu berry powder
1 tsp of MSM
1 to 2 dropper fulls of lemon stevia
A pinch of sea salt
A couple dashes of cayenne pepper

Instructions

Strain goji berries and use the goji juice to make the lemonade.

Save gojis to make a refreshing superfood shake later in your day.

Mix the rest of ingredients in a glass and the lemonade is ready!



THE COMPLETE HOLISTIC WEIGHT LOSS COLLECTION

DISCLAIMER & COPYRIGHT

The information contained in this program and these presentations are not intended to diagnose, treat, or cure any disease – and is offered solely for informational purposes only. By registering for the “Holistic Weight Loss World Summit” and “The Complete Holistic Weight Loss Collection”, you fully accept any risks associated with listening to this program or following up with any of the experts involved. Any stories or testimonials presented do not guarantee similar results. Any views or opinions expressed by the presenters do not reflect the views or opinions of the Holistic Weight Loss World Summit.

The Holistic Weight Loss World Summit also does not ensure the accuracy, appropriateness, or completeness of any books or other publications which may be highlighted. If you have concerns about your health please see your doctor before you make any decision on treatment for weight loss or any other health-related matter. By accessing weightsummit.com and the “Holistic Weight Loss World Summit” and “The Complete Holistic Weight Loss Collection” you agree that in no event will Holistic Weight Loss World Summit, or any other party or person involved in creating, producing or delivering this program or any site linked to this website, be liable to you in any manner whatsoever for any decision made or action or non-action taken by you based upon the information provided through this website and/or its affiliates. Please see a qualified medical practitioner if you have any concerns related to your weight or state of health. These statements have not been evaluated by the FDA.

Copyright Holistic Weight Loss World Summit. All Rights Reserved.

