

Recipes

Morning Options:

Smoothie:

2 Bananas

1 or 2 cup frozen berries or fresh fruit or berries

2 cups of leafy greens (spinach, kale, collards, etc.)

½ to 1 cup liquid of choice (water, nut milk, coconut water, etc.)

Optional ingredients. 1 or 2 pitted dates, 1 tsp. honey or maple syrup, juice of half a lemon or lime, 1 Tbsp. flax seeds or chia seeds, Jurassic Green, etc.

Grains soaked overnight in water or plant-based milk with berries added. Nuts or seeds can be added to the soaking grains. Can be blended to desired consistency. Add nut milk of choice if desired.

Fresh juice. Dr. Christopher always recommended fresh carrot juice.

Lunch Options:

Salads of greens, cucumbers, peppers, carrots, celery, sprouts, avocado, onions, berries, apple pieces, nuts, etc. with a healthy dressing.

Mixed fruit

Melon

Slice an apple or banana in half and spread with nut butter.

Flax crackers

Lettuce wraps with seasoned nut mixtures and veggie toppings

Dinner Options:

Any of the lunch options

Baked potato bar (as part of your cooked food)

Veggie tray with hummus or guacamole

Low heated veggies with cooked quinoa, brown rice or cauliflower rice

Note: I have found different options available to low heat food. The easiest (and you may already have one) is an electric skillet with a dial switch which you can turn down to 120-130 degrees Fahrenheit. Fill the pan with water and adjust the knob for a day or 2 until it maintains the desired temperature then mark the dial with a paint pen.