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## Plant paradox cookbook pdf

Get your caffeine fix with this delicious treat. Stage 2-3 Serves 7 Total time: 1 minute 1 cup hot coffee 1 tsp MCT oil 1 tbsp French or Italian herbivore butter, goat butter, or grass ghee eat 1 packet of stevia [optional] Put the ingredients in a blender or Magic Bullet and blend for about 30 seconds. Pour into the cup and serve. Sparkling Balsamic Vinegar Spritzer Diet Coke, Pepsi Diet, Dr. Pepper Diet, Root Beer Diet, or whatever diet kills your gut friends, but my surefire alternative is the color of your old cola and fizzy analogy. Balsamic vinegar contains resveratrol, one of the most powerful polyphenol compounds, without magic for you—and inside you. Napa Valley Naturals Grand Reserve is my favorite balsamic vinegar, because of its thick consistency and very fine depth of flavor. Once you've tried this spritzer, you'll never go back to cola! San Pellegrino is my bright water source. Unlike most carbonated waters, it has a balanced pH. San Pellegrino also contains the highest sulfur content of any leading brand. Stage 2-3 Serves 7 Total time: 1 minute 8 to 10 ounces San Pellegrino or other high pH sparkling water, chilled 1 to 2 tablespoons balsamic vinegar de Modena Combine sparkling water and balsamic in a glass, stir and enjoy this daily drink! The main and side dishes The plant paradoxical diet is loaded with delicious recipes that are excellent for lunch and dinner. Cook, and enjoy! Vegetable Lasagna Pasta sauce without tomatoes? Sure, if it's a rich, very thick vegetable sauce. When I make this dish for myself, I use about five times the garlic, but I'm an addict! If you are hooked on garlic like me, try using a whole head instead of just a few cloves. Ingredients 1/4 cup olive oil, plus extra for baking dish1 golden onion, diced1 cup parsnips1 cup diced celery root1 cup diced rutabaga or turnips1 sprig rosemary, leaves minced2 garlic cloves, peeled and minced1 tsp. iodized sea salt1/2 tsp. black pepper1/2 cup water1/2 cup coconut milk2 cups goat's or sheep's milk ricotta or 3 cups coconut yogurt1/2 dried oregano1 lemon, zested and juiced1 cup loosely packaged basil, julienned2 omega-3 or pastured eggs or VeganEggs1 large, thinly sliced sweet potatoes (like lasagna noodles; use a mandoline to help)1/2 cup grated Parmigiano-Reggiano DirectionsPreheat oven to 375°. Spray a 9x 13-inch baking dish with oil, and set aside. First, make your sauce: Heat the olive oil in a large saucepan over medium-high heat. Add the onion, and cook for 2 to 3 minutes, until translucent. Add the parsley, celery root and rutabaga or radish, as well as rosemary and garlic, and cook for 15 to 20 minutes, stirring regularly, until the vegetables are tender. Add salt and pepper and blend using a blender soaking element (or transfer to a blender), and process until smooth. Sauces should be dense ketchup. If too thick, add water, a little at a time. Whisk in coconut milk and set aside. In a large bowl, combine the ricotta or coconut yogurt, oregano, lemon zest and juice, basil and eggs. Set aside. Spoon half a cup of vegetable sauce into the base of your baking dish, and layer over a layer of thinly sliced sweet potato noodles. Top with half a cup of ricotta mixture, then repeat until the pan is full. (It will take three or four layers.) Sprinkle the top part of the lasagna with Parmigiano-Reggiano, and cover the pan with foil. Bake for 35 to 40 minutes, then remove the leaves and bake for another 15 minutes, until the cheese is golden brown. Remove from heat and let rest for 10 minutes before serving. Celery root, AKA celeriac, is a strong contender for the world's uesiest vegetable, but it makes its appearance in flavor. Plus tubers and roots of any kind make your gut friends jump for pleasure. My challenge is to get you to eat these foods. Everyone likes a russian market soup, but unfortunately, most creamy soups rely on cream, flour and potatoes as a thicker. Here's my take on Food & Wine's spotlight on chef Julianne Jones's recipe for Celeriac Soup. Note that it is suitable for vegetarians. To prepare the celeriac, cut off the rough knobs with a knife or vegetable peeler. Stage 2-3 Serves 4 Preparation time: 25 minutes Cooking time: 35 minutes 3 tablespoons extra virgin olive oil, or butter or perilla oil, plus to decorate [optional] A 1 pound celery root, peeled and cut into cubes 1 inch 2 stalks of celery with leaves, cut into pieces 1 inch 1/4 cup chopped dried onion or 1 chopped 1 tablespoon chopped fresh rosemary, or 1 teaspoon dried rosemary 1/2 tablespoon teaspoon sea salt, best is iodine 1/2 teaspoon cracked black pepper 3 cups organic vegetable broth 1/2 lemon 3 tbsp chopped flat leaf parsley , to decorate In a large oven or heavy pot, heat 3 tablespoons of olive oil over medium heat. Add the chopped celery root, celery, onion, rosemary, salt and pepper, and cook for about 5 minutes, until the celery root and celery begin to soften and brown a little. Add the broth and lemon, and bring to a boil. Reduce heat, cover and simmer for 30 minutes. Stir occasionally and check when celery roots are tender. Once it is, remove from the heat. Transfer about half the mixture to a high-speed blender and mix on the purée or soup until smooth and creamy. Repeat with the rest of the mixture and then reheat the whole batch in the Dutch oven for about 5 minutes. To serve, pour into the serving bowl and decorate with parsley. Drizzly 1 tablespoon of olive oil per bowl, if desired. Sorghum Salad with Radicchio Sorghum is used to make meds, but the fact that it is a resistant starch is not known. Unlike all cereals except sorghum, sorghum has Hull, which means no lectins. What it has is a cornucopia of polyphenols and anti-cancer properties. And it tasted great to boot! Sorghum is good for when you have an hour or so to spare, and freeze or cool the portion for later use. It never, never goes mushy. Combine it with one of the biggest sources of inulin, radicchio (sometimes it's called Italian red lettuce, but it's actually part of the chicory family), and some nuts, and you and your gut bug will be ready for anything! Perilla, macadamia, or avocado oil can be substituted for olive oil. Stage 2-3 Serves 4, Cooking time: 2 hours for sorghum Preparation time: 15 minutes for BASIC SORGHUM salad 1 cup sorghum 3 cups vegetable broth or water, plus if 1 tablespoon extra virgin olive oil 1 tsp sea salt, best is iodized DRESSING 3 tpsp balsamic vinegar or other vinegar 4 tpsp extra-virgin olive oil 3 tpsp capers, rinse 1 teaspoon coriander powder or seeds 1 clove of garlic, peeled SALAD 1/2 cup chopped berries or peach pool 1 radicchio head, torn or chopped into bite size 1/2 cup chopped flat leaves Choose through sorghum , rinse, and remove any debris. Put the broth or water and oil in a medium saucepan, and bring to a boil. Stir in the sorghum and return to the boil. Reduce the heat to a simmer, cover, and cook for 1-2 hours, stirring every 15 minutes and adding broth or water as needed to keep it from drying or sticking to the pan. To test the doneness, stir with a fork: sorghum is done when it is light and fluffy. You can make the formula ahead of time until this point. Chill or freeze cooked sorghum, and then defrost and let it reach room temperature when you want to use it. Alternatively, complete the dish immediately if you plan to serve while the sorghum is warm. CHANGE THE DRESSING. Using a Magic Bullet blender or mini food processor equipped with an S blade, combine vinegar, olive oil, capers, coriander and garlic and process until smooth. TO SERVE. Mix the prepared sorghum, nuts, radicchio and parsley in a large bowl. Add dressing and toss to match. Eat on dinner plates. Moroccan Spiced Chicken with Millet Tabouleh I blended a little metaphor with this slightly Moroccan-inspired dish, a little Middle Eastern inspired. But the thing is, taste delicious together. The plant paradox is amazing, he combines with grilled seafood, meat, or tempeh, and it's great on his own too! For the chicken 2 cups coconut yogurt, plainJuice of one lemon1/2 teaspoon cinnamon1/2 teaspoon cumin1/2 teaspoon paprika1/2 teaspoon black pepper1/2 teaspoon Tumeric1/2 teaspoon sea salt iod 4 pasture raised chicken thighs For tabouleh2 cups cooked with 1/2 cup chopped parsley1/2 cup chopped 1 tsp sea salt iodine1 iodine1 add virginity all the oilJuice of a lemon1/4 cup red wine vinegar Marinated chicken: in a large Ziploc bag, combine yogurt, lemon juice, lemon zest, orange peel, and spices. Add the chicken, and marinate for at least an hour. (If used temporarily, use the same marinade, but for 30 minutes.) Preheat the oven to 375°F, prepare a broiler pan or a plate tray with wire rack in spring with oil. Set aside. Make tabouleh: combine all the ingredients in a large bowl, and stir well. Let the flavour combine for at least 20 minutes (it's perfect, as you need that time to cook the chicken). Remove the chicken bread and parentheses or tempeh) for the marinade, pat dry with paper towels, and range on the prepared baking sheet. If your chicken has skin, put it down. Bake the chicken for 20 to 25 minutes, then flip and bake for another 10 to 15 minutes, face the skin up, and let me know it has reached 165°F and the skin is sharp. Remove from heat, and leave to rest five minutes before serving. If using tempeh: bake for 12 to 15 minutes, turning occasionally, until crispy. Remove from heat and serve immediately. To make it vegetarian, use about a pound of tempeh, cut into thick slices. Raw mushroom soup When my wife and I want comfort food, our thoughts turn to visual mushroom soup - but instead of waiting a few hours we want it immediately! We love raw food, but sometimes it just needs to be reheated. After years of eating raw, we came up with a medg of mushroom soup. This is one of our easiest and best yet. With a side salad, this soup makes a full meal. Choose your favorite mushrooms - buttons, cremini, morels, chanterelles, shiitake, or portabella - or mix them up. Your gut friends admire all the mushrooms! Truffle oil is optional, but I highly recommend it. Stage 2-3 Serves 2 Preparation time: 20 minutes 2 handfuls of large mushrooms without stems, about 2.5 cups1 cup of water1/2 cup raw fruit (preferred), or 1/2 cup almond butter or 1/2 cup hemp seed heart 1 tbsp chopped onion or 3 tpsp chopped red onion 1/2 teaspoon sea salt, best is iodized, or Himalayan salt 1/4 teaspoon cracked black pepper 2 sprigs fresh basil leaves or 1/2 teaspoon dried basil 1 tablespoon Put the remaining 2 cups of mushrooms, water, berries, onions, salt, pepper and basil into a food processor equipped with an S blade or in a high-speed blender. Pulse for 30 seconds, and then blend for 2 minutes. Check the temperature - it should be warm but not hot. If you prefer, blend over high for a minute or so, until it gets hotter. I pour or spoon the soup into two bowls. It must be thick and like lention. Top with chopped mushrooms, drizzly with truffle oil, if desired, and serve. Amy's Spinach Pizza with a Cauliflower Crust Riced Cauliflower Make Up in this delicious pizza. To cauliflower rice, chop it evenly but do not completely grind it. You can grind cauliflower with cheese grater, using the largest holes, into rice-shaped pieces. Or pulse it in a food processor, use 8-blade and be careful not to process too much of it. If you use a food processor, cut the cauliflower into the first block. You will need to extract as much water from cooked rice cauliflower as possible. (It can bring as much as 1 cup of liquid.) Unless the cauliflower is completely dried, the dough pizza will be soft. Goat's milk mozzarella is available from Amazon and other online sources. Let's add some other free lectin vegetables but don't overload the pizza crust with more vegetables than it can support. Stage 2-3 Serves 2 Preparation time: 30 minutes Cooking time: 35 minutes CRUST Extra virgin olive oil to lubricate pan 1 small head cauliflower, cut into small florets 1 pastured or omega-3 eggs, lightly beaten 1/2 cup chopped buffalo or goat mozzarella 1/2 teaspoon sea salt, it is best to iodized 1/2 teaspoon cracked black pepper 1/2 teaspoon dried oregano TOPPING Chopped vegetables of your choice (optional) 1 cup grated Pecorino Romano cheese Pinch Sea You will have about 3 cups Transfer to a safe dish with microwave and microwave over high for 8 minutes, until cooked. Let cool, stirring occasionally. Place a rack in the middle of the oven. Preheat the oven to 450 °F. Lubricate the 10-inch oven fireproof pan with olive oil. Put the cooled rice cauliflower in a dish towel, and twist and squeeze to remove all the moisture. Transfer to a mixing bowl. Add eggs, mozzarella cheese, salt, pepper and oregano. Mix well. Press the mixture evenly into the pan over medium heat on the stove, crisping the cauliflower crust for a few minutes. Transfer to the oven and bake for 15 minutes, until golden. Let cool for 5 minutes, and add the topping. Scatter the mozzarella evenly on the pizza base and spread the spinach. Add any additional vegetables. Sprinkle with Pecorino Romano cheese and add a pinch of salt. Bake for another 10 minutes, until the cheese melts. VEGAN VERSION: Replace eggs with 1 VeganEgg and use Kite Hill Ricotta cheese instead of cheese. Baked Portabella.Pesto Mini Pizzas Perhaps the first thought that went through your head when you realized you were skipping flour, tomatoes, and cow's milk cheese is that I can't live without pizza! In fact, you can live better without it, but I feel your pain. This is an alternative that I cooked up on my wife Penny's original objection, but it is now his favorite way to take pizza. While you make your own pesto here, to be honest, the one that comes closest to the real pesto of Liguria is the cold pesto kirkland, sold at Costco, which only uses Basil. So feel free to replace that. Save or freeze the stems of portabella mushrooms for Raw Mushroom Soup. Stage 2-3 Cooking time: 20 minutes BASIL PESTO 1 cup freshly washed basil leaves 1/4 cup extra virgin olive oil 1/2 cup nuts or berries Two cubes 1-inch Parmigiano Reggiano MINI PIZZAS 2 large portabella mushrooms, stems remove extra virgin coconut or olive oil 2 slices Italian prosciutto 1 ball buffalo mozzarella, cut into pieces of sea salt, the best is iodine, to taste cracked black pepper, to taste 1/2-inch thick slices MAKE THE PESTO. In a small food processor, pulse the basil, olive oil, nuts, and cheese until well blended. MAKE PIZZAS. Put a burner of a gas oven to high or put a baking pan on the stove with the burner set to medium high heat with the exhaust fan on. Rub

