

Week 2: The Delectable Lunch

Veggie Burger Delight

INGREDIENTS

Ideally: Leftover Garbanzo Confetti Salad from last week, drained.

If you don't have any, mix the following ingredients:

- 2 c. cooked garbanzos (rinsed and drained)
- any veggies you want (think of the RAINBOW, all chopped small, ie:
- 1 stalk celery
- 1 large carrot
- 1/2 red onion or 2 green onions, white and green parts
- 1/2 red bell pepper
- 1/2 c. red cabbage
- small bunch of cilantro or parsley
- 1/4 c. shredded beets (for red color - optional)
- 1/2 c. freshly ground oat flakes (or almond flour)
- 1 Faux-egg (or real egg if you eat them)
- Faux-egg recipe:
- Before you begin, add 3-5 tbsp water to 1 tbsp
- freshly ground flax seeds or chia seeds in a bowl.
- Let rest 15-20 minutes.
- dash of Braggs Aminos or good salt.



TO DO:



- Place garbanzo confetti salad and other ingredients in NutriBullet or small food processor.
- Pulse 2-3 seconds only (seriously, don't blend long!)
- Place chunky mixture in bowl. Add a bit of oat flour or almond flour until right texture. (Dry enough that it all sticks together to make burgers.)
- Let sit 5-10 minutes to let oats or flour absorb the natural juices. (Great time to make Pesto and Faux-Cheese Sauce)

Heat 1-2 tbsp avocado or coconut oil in skillet. Make burgers and place to lightly pan fry them.

Flip over after lightly brown. Cook another 2-3 minutes. Place in small oven to keep warm.

Garnish with Cilantro-Pepita Pesto, or Faux-Cheese Sauce, or both, avocado and fermented veggies. Done!



Ciantro-Pepita Pesto!

INGREDIENTS

1/2 - 1 c. roasted pepitas (raw pumpkin seeds)
(roast over medium, at end add a dash of Braggs Aminos)
1-2 bunches of fresh cilantro without a lot of stems
1/2 - 3/4 c. organic extra virgin olive oil
1-2 cloves garlic (per taste)
dash of [Braggs Aminos](#) (or 3/4 tsp. good salt)

for variety: use pine nuts or walnuts to replace pepitas.
Use basil, arugula, spinach to replace cilantro)

TO DO:

- Place all ingredients in [NutriBullet](#) or food processor.
- Pulse till right consistency. If you like it smoother add more oil.
- Store in a glass jar. Lasts quite a while! (But you'll eat it all first. Keep this handy at all times. You can put it on almost everything!)



Faux-Cheese Sauce

INGREDIENTS

1 c. raw cashews, soaked overnight (quick soak: place boiling water on them, let soak about 15 minutes.)
1/2 c. [Braggs Nutritional Yeast](#)
1/4-1/2 red bell pepper (for color)
2 cloves garlic
approx 1/2 c. water
1/4 c. [apple cider vinegar](#)
pinch of salt (to taste)
powdered turmeric (for yellow color/added nutrition)
optional
1/4 raw pine nuts



TO DO:

- Soak cashews overnight or if you forget, do the quick soak as mentioned above.
- Rinse and toss water.
- Place all ingredients in NutriBullet. Go easy on the water. Add a bit at a time till you get right creamy consistency. Thicker for dip, runny for sauce.
- Store in glass container in fridge. Lasts about 3 days.



HOW TO MAKE BROCCOLI SPROUTS

INGREDIENTS:

2 tbsp [Organic Broccoli Seeds for Sprouting](#)

fresh water.

Mason jar with [sprouting lid](#) or [nutmilk bag](#)

You might as well get the nutmilk bag, since you'll use it for almond milk and other nut milks.

TO DO:

In a medium Mason jar.

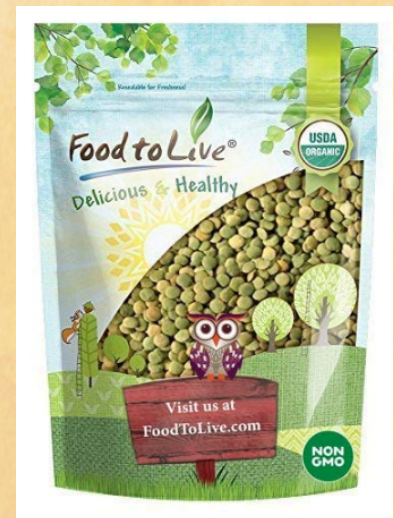
- Place 2 tbsp broccoli seeds.
- Cover with fresh water and swish around gently a few moments.
- Cover with sprouting lid, or with your nut milk bag and a rubber band so no seeds escape when rinsing. We want to allow air to come in, so don't use a regular mason jar lid.
- Leave in a darkish dry place, like your pantry for 10-12 hours (overnight is great.)
- In the morning, drain off all the water.
- Put in a dish on a diagonal back in the pantry.
- Then every 12 hours, rinse with cool fresh water. Swish gently, drain again at an angle.
- Do this for 3-4 days.
- You'll see little tails begin to form.
- Stop the water.
- After about 7 days, they'll grow and they'll be kind of yellowish.
- Set near a window, in day light, out of direct sun. They'll turn green.
- Keep in the fridge with a regular lid.



DAY 1

DAY 3-4

DAY 7-8



You may want to try [Lentil Sprouts](#)!
They're amazing too!





FLAX SEEDS

Flax seeds are good sources of many nutrients. high omega-3 fats, lignans and fiber. If you are a vegetarian or don't eat fish, flax seeds can be your best source of [omega-3 fats](#).

Flax seeds are a rich source of the omega-3 fatty acid ALA. Plant-based ALA fatty acids are proven to have heart health benefits and are linked to a lower risk of stroke.

Flax seeds contain a group of nutrients called lignans, which have powerful antioxidant and estrogen properties. They may help in preventing breast and prostate cancer, as well as other types of cancer.

Animal studies have shown that both **flaxseed** oil and lignans can reduce **breast** tumor growth and spread, even for ER- **cancer** cells. This result suggests that **flaxseeds** may have anti-**cancer** benefits that are unrelated to any type of effect on estrogen or estrogen metabolism.

With so much fiber packed in each tiny seed, adding flax seeds to your diet promotes regular bowel movements and can improve your digestive health.

The high fiber content of flax seeds can help lower cholesterol and may play an important role in improving heart health.

Flax seeds have been proven to lower blood pressure and are especially helpful for those with high blood pressure.

Flax seeds are a good source of plant-based protein and can be an alternative protein source for people who do not eat meat.

Flax seeds may lower blood sugar due to their insoluble fiber content. They can be a beneficial addition to the diet of people with diabetes.

How to incorporate: Flaxseed oil as a dressing, ground flax seeds over your hot cereal, Mixing with nut yogurt. Add to cookie, muffin, bread or other batters, smoothies to thicken up the consistency, egg substitute Incorporating them into meat patties.



CHIA SEEDS

Chia is a potent super-food. These tiny seeds were an important food for the Aztecs and Mayans back in the day.



They prized them for their ability to provide sustainable energy. In fact, "chia" is the ancient Mayan word for "strength."

Despite their tiny size, chia seeds are one of the most nutritious foods on the planet. They're loaded with fiber, high antioxidant content, protein, omega-3 fatty acids and various micronutrients.

1 ounce has 11 gr fiber, 4 gr protein.

Like [flaxseeds](#), chia seeds are very high in omega-3 fatty acids. In fact, chia seeds contain more [omega-3s](#) than salmon, gram for gram. However, they're not a complete form of omega 3. So, fish oil is still a better source.

Chia seeds are a whole-grain food, usually grown organically. Plus, they're non-GMO and naturally free of [gluten](#).

Almost all of the carbohydrates in chia seeds are fiber. This gives them the ability to absorb 10–12 times their weight in water. up the consistency, egg substitute
Incorporating them into meat patties.



CILANTRO (CORIANDER)

[Heavy metals](#), such as mercury, lead, and aluminum, accumulate in the body over time.

Cilantro can directly aid the chelation of heavy metals, as well as support your body during the detox process.



This herb has been shown to [enhance mercury excretion](#) following dental amalgam removal.

It has also shown potential for decreasing lead absorption in [certain human and animal studies](#).

Further, cilantro offers a multitude of other health benefits that may be helpful during the detox process.

Cilantro or Coriander seeds, extract, and oils may all help lower blood sugar. In fact, people who have low blood sugar or take diabetes medication should practice caution with coriander because it's so effective in lowering blood sugar.

Coriander is full of antioxidants that demonstrate immune-boosting, anticancer, anti-inflammatory, and neuro-protective effects.

Coriander may protect your heart by lowering blood pressure and LDL (bad) cholesterol while increasing HDL (good) cholesterol

The antioxidants in coriander may reduce brain inflammation, improve memory, and reduce anxiety symptoms,

Coriander may reduce unpleasant digestive symptoms like bloating and discomfort often experienced by people with IBS. It may also boost appetite among some people.





PUMPKIN SEEDS

Only a small amount can provide a substantial quantity of healthy fats, magnesium and zinc.

BENEFITS: include improved heart health, prostate health and protection against certain cancers.

High antioxidants: carotenoids and vit E (reduce inflammation)

Diets rich in pumpkin seeds have been associated with a reduced risk of stomach, breast, lung, prostate and colon cancers

A large observational study found that eating them was associated with a reduced risk of breast cancer in [postmenopausal women](#) and can slow down growth of prostate cancer cells.

Pumpkin seeds may reduce symptoms of benign prostate enlargement and an overactive bladder.

Pumpkin seeds are rich in magnesium. Healthy magnesium levels are important for your blood pressure, blood sugar levels, as well as heart and bone health.

Nutrients in pumpkin seeds may help keep your heart healthy by reducing blood pressure and increasing good cholesterol.

Pumpkin seeds may help reduce blood sugar levels in people with type 2 diabetes. However, more research is needed.

Whole pumpkin seeds are a good source of fiber. Diets high in fiber are associated with many health benefits, including a reduced risk of heart disease, diabetes and obesity.

The high zinc content of pumpkin seeds may help improve sperm quality and fertility in men. Pumpkin seeds are a good source of tryptophan, zinc and magnesium — all of which help promote good sleep.



NUTRITIONAL YEAST

Different from Baker's and brewers yeast. Used in cooking, has a cheesy, nutty, savory flavor-

Just 2 tbsp has 5 gm of protein. It takes care of 6% of daily requirement of iron.

It's fortified with vitamins B, especially B12, which many vegetarians and vegans miss by not eating meat.

Just 1.5 teaspoons of Bragg's nutritional yeast provides 157% of your daily value of vitamin B12!

Has folic acid- Folic acid is an important B vitamin that plays a role in cell reproduction and DNA replication. Low levels of folic acid are linked to weakness, fatigue, and even depression

Bragg's nutritional yeast contains a soluble fiber known as beta-glucan. Found in the cell walls of yeast, beta-glucan has been shown in over 6,000 studies to "exhibit immune-stimulating properties." (5)

Researchers conclude that beta-glucan acts to counteract the negative effects of stress on our immune system, and that is very positive to anyone dealing with cancer.

Sprinkle on avocado, or hummus, add to soups and stir fries



BROCCOLI SPROUTS

Nutrient dense broccoli sprouts are rich in vitamins, mineral, antioxidants, and protein. They have recently become popular after it was discovered they abound with the amazing phytochemical sulforaphane, a potent liver detoxifier and possibly the most potent anti-cancer compound of any food on the planet.



Sulforaphane acts like a powerful antioxidant and detoxifier in the body. Gives you great energy. There have been lots of positive studies related to cancer, and it's also been researched as a powerful intervention for autism in children, specifically the repetitive movements they often exhibit.

Broccoli sprouts also have I3C (indole-3-carbinole). Studies increasingly indicate that dietary **indole-3-carbinol** prevents the development of **estrogen**-enhanced cancers including breast, endometrial and cervical cancers.

A diet rich in cruciferous vegetables such as cauliflower, broccoli, and cabbage has long been considered healthy, and various epidemiological studies suggest that the consumption of cruciferous vegetables contributes to a cancer-protecting diet.

