



Nutrient Rich®

**SIMPLE,
QUICK & EASY™
NUTRIENT RICH® RECIPES**



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Simple, Quick & Easy™ Nutrient Rich® Recipes is a publication brought to you by Nutrient Rich Life, Inc.

WRITTEN AND PUBLISHED BY:

John Allen Mollenhauer

NutrientRich.com

Nutrient Rich Life, Inc.

209 E. Northfield Rd.

Livingston, NJ 07039

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PREFACE



In **Switch to Rich**, I gave you 99% content and 1% recipes because the majority of time, the most basic way to eat Nutrient Rich is how you will be eating. You will be eating the foods themselves and concoctions you throw together. And depending upon whether or not you have a family, you may rarely make more complex recipes. And, even if you do, everyone is busy, including the lead homemaker, so your family will also have its own top 10 favorite foods and recipes, which will be made over and over again.

AN INTRODUCTION TO SIMPLE, QUICK & EASY™ EATING

You're busy. We get it!

Even if you weren't, why make more out of things than there needs to be, especially when it comes to eating your food? One of the biggest reasons why people don't prepare their own meals and opt for takeout fast food, most of which is nutrient poor, is time. They've bought into the myth that they have no time, and therefore they don't have any. The truth is that they do actually have time—they just don't have the food prep skills necessary to make delicious health-promoting meals, or an understanding of how to prepare nutrient-rich foods in simple, quick and easy ways.

Over the last 100 years, we have become a society that has been trained in cooking animal products and refined foods, most of which have a very long shelf life, are one ingredient strong (such as "chicken") along with seasonings, or are so refined, packaged and varied that there is an entire cooking industry built around teaching us to shop, prepare, organize and eat out this way.

The problem is that this process has taken the attention of generations of people away from understanding and appreciating the power of natural plant foods, which are where virtually all nutrients come from, and instead focused us on eating on predominantly nutrient-poor foods.

A Nutrient Rich Healthy Eating style is different.

First, it is based on whole plant foods, many of which do not have long shelf lives. In addition, while whole foods exist in an abundance of amazing varieties, most of us are unfamiliar with most of them other than the usual ones—bananas, apples, oranges, tomatoes, carrots, celery, cucumbers and romaine lettuce.

Aside from being unfamiliar with many whole foods, we are also unfamiliar with their nutritional values. Once you start learning how many vitamins, minerals and how much protein, etc., can be found in the whole foods you will be eating, you will be floored. This will become the most amazing part of your entire discovery process. For example, do you know that there is protein in all natural foods and that a head of romaine lettuce is approximately 50% protein and 18% healthy fat, by calorie, which is more protein, per calorie, than chicken? The same is true for other green vegetables, like broccoli. In fact, 100 calories of broccoli, which is about 12 oz. of food, contains more protein than 100 calories of ground sirloin, which is just 1 oz. of food. These are just a few of the countless aha's you will be discovering on your nutrient-rich healthy eating path, and these new facts will help to compel you to eat differently.

Simple, Quick & Easy is about eating predominantly plant-based, nutrient-rich foods so that you get all the nutrients you need, avoid what you don't need from food, and protect the integrity of the foods you consume by eating them in ways that nourish and support your body without adding the nutritional stress so many people suffer from. It is also about consuming this fuel in fun ways that are Simple, Quick & Easy.

This means that you do NOT need to know how to cook to get started preparing foods that enable you to get all the benefits and Success Results of Nutrient Rich® Healthy Eating, for Life!

Every recipe, not including optional ingredients, contains five whole food ingredients or less, with no more than one to three instructions, some of which are as simple as "eat!" There are many levels of nutrient-rich eating that you can engage in, and within the pages of **Simple, Quick & Easy** you will learn the first three.

This is not a gourmet cookbook, but you will certainly think these recipes are gourmet—because they are gourmet good! **Simple, Quick & Easy™ Nutrient Rich®** Recipes will fit any situation you might find yourself in, and can be eaten, interchangeably, for breakfast, lunch or dinner, or even as a snack or dessert! Mix and match them any way you like. **Have fun with these recipes!**

Anyone who commits to eating a whole-food, plant-based, nutrient-rich eating style arrives at the same place as you will, with little exception:

- They eat foods in their whole natural states,
- They make meals of their own, by mixing plant-based foods together, sometimes without a recipe simply because that is the way they like to eat them, and
- They make recipes that are Simple, Quick & Easy.

In our experience, we have found that few people want to make a recipe that has more than five ingredients, or one that requires them to be a chef or go to cooking school just so they can eat and feed their family. In addition, this is a new eating style for you. We do not want you to feel overwhelmed at all. We want your experience to be an easy, stress-free, and natural way for you to prepare meals for your family. This is why we have made our nutrient-rich, highly-nourishing, and great-tasting recipes as simple, quick and easy as possible.

We went even further in making your cooking experience easy, by adding preparation videos featuring Chef Ramses, to some of the recipes located in the Recipe Database. You can access them via the home page of the site. We also plan to add video links to this guide very soon, and will provide them to you once we do.

Our clients have found the use of food preparation videos, which show you how to make many of our delicious meals, to be very helpful in alleviating any stitches of doubt, when making these meals. You can simply follow the videos and the simple instructions.

I hope you enjoy these foods and meals and making menus you will love. We intentionally did not create rigid meal plans for you to follow. Rather, as you will read in this book, you will learn that there is no perfect way to eat this way. The idea is just to know that what you're eating is giving you everything you need to survive and thrive, as well as the personal power to control what that looks like to you.

You don't need to "stick" to any meal plan. Those days are over. The pros don't really do that, so why should you? Instead of pre-set meals, you will find you will naturally stick to the individualized eating style you will develop, as you are guided by the Nutrient Rich® Nutritional Education in **The Nutrient Rich® Healthy Eating Plan!**

As you become more and more adept at eating and cooking the nutrient-rich way, you will be able to take your eating style as far as you want to go. That will come with time. For now, just jump in and get started right here because in the end, no matter how skilled you become at preparing plant-based nutrient-rich meals, in our busy world, you will still want to eat Simple, Quick & Easy most of the time!



Enjoy!

John Allen Mollenhauer

Founder, NutrientRich.com



THE ORIGINAL FAST FOODS

Did you know that whole, nutrient-rich foods are the original fast foods? All you need to do is pick one up, and in most cases, you can bite right in. It doesn't get faster than that, does it?

One of the first things you have learned so far is that the first level of eating nutrient rich is to eat whole foods in as close to their natural forms as possible. The simple act of biting into a red, juicy apple is a perfect example of doing this. I know this is obvious, and that you have been eating apples for a long time, but you are now starting to think about eating in a whole new way—a nutrient-rich way.

So, next time you feel like there is nothing to eat in your house, just open up the fridge and look in the fruit or vegetable bin. I bet you will see a myriad of choices that you used to overlook. Grab an apple, some celery, a handful of grapes or tomatoes. Let your taste buds enjoy some basic, whole, nutrient-rich fast foods. You and your body will be glad you did!

CONCOCTIONS—CREATE YOUR OWN MEALS

Concoctions are meals that you make up. They are quick mixes of the whole foods you love in unique ways you love to eat them—it's as simple as that! They are probably recipes that you would never find anywhere, even among chefs and cooks. They are creations that are delightful just to you. However, in turn, you can perfect and share your favorite concoctions with friends and loved ones. Your concoctions will have characteristics and consistencies that work for you including the amount of time it takes to whip them up, convenience, cost, taste, adaptability to situations, nutrient density and energy density, etc.

For example, I love to open up a can of no-salt chickpeas, mix in some tomato sauce, add in a few walnuts or other nuts, a little bit of avocado and some raisins for a Simple, Quick & Easy meal that takes about 2 minutes to assemble, with little to no prep time in the kitchen. It is energy dense, but it is not too calorie rich—and it is most certainly nutrient rich. This kind of meal works great for me when my nutritive needs need to be met, in a pinch, and last for a while, in a way that I find to be "great tasting."

I have created dozens of these concoctions over time. What are your concoctions going to be?

To get you started, here are a few sample meals that are simple concoctions that don't require exact or even near exact measurements or ingredients, and don't require preparation skills, other than easy assembly.

THE SIX S'S OF NUTRIENT RICH SUCCESS

Master the Six S's of Nutrient Rich® Success!

These are the Simplest, Quickest & Easiest ways to eat whole, plant-based, nutrient-rich foods. Anyone who has been eating in this great-tasting healthy style knows them well because they not only maximize nutrient availability and integrity, they often take minutes to prepare and when made in bulk, they can provide nutrient-rich meals for up to a week or more.

When made en masse, they offer an unpressured way to prepare foods for the entire family. They are not simply raw or cooked—they are both. They can be frozen or eaten fresh, and the combinations are endless.

You can also use any of the recipes in this guide as a basic template and modify them to suit even the pickiest palate. There will be a day when you don't have all of the ingredients to make the usual recipe you're used to and will need to come up with new recipes on your own like you do in the concoctions above. Only here, these slightly more complex recipes require you to know a little about food qualities and how they work together. That will come.

If you are just starting out in the world of food preparation, the skill that eludes most people for far too long—mastering The Six S's of Success—is your answer and the key to achieving all 7 of the Success Results you want!

SOUPS

POTATO LEEK SOUP

2 leeks, sliced thin—white and light, green part only

2 yellow potatoes, peeled and diced

2 celery stalks, diced

2 shallots, chopped

8 cups vegetable broth

Chopped green onions for garnish—optional

1) Sauté the vegetables in a pot over medium heat for 3 minutes.

2) Add the vegetable broth to the pot and bring to a simmer.

3) Cook the soup for 15 minutes and serve hot.

Chef's note: This soup can also be blended for a different consistency.



GREEN SOUP

1 large onion, diced

2 tablespoons chopped garlic

4 cups (tightly packed) chopped greens—kale, swiss chard, collards, etc.

1 cup frozen peas

6 cups vegetable broth

1) Sauté the onions, garlic and greens, in a pot, over medium heat, for 3 minutes.

2) Add the vegetable broth and bring to a simmer.

3) Cook for 10 minutes and add the peas.

4) Cook for 2 more minutes and serve hot.





MUSHROOM SOUP

4 cups sliced mushrooms

1 large red onion, diced

2 tablespoons chopped garlic

2 tablespoons red wine vinegar

6 cups vegetable broth

Chopped basil for garnish—optional

1) Sauté the mushrooms, onions and garlic, until they begin to brown at the bottom of the pot.

2) Add the vinegar and let it dry up.

3) Add the vegetable broth and cook for 15 minutes and serve hot.



TOMATO BARLEY SOUP

1/2 cup barley

1 cup chopped tomatoes

1 cup chopped collard greens

1 cup diced onion

1 cup diced celery

8 cups vegetable broth

1 teaspoon granulated garlic (optional)

1) In a large pot, dry sauté the greens, onions and celery for 3 minutes over medium high heat.

2) Add the rest of the ingredients and bring to a simmer.

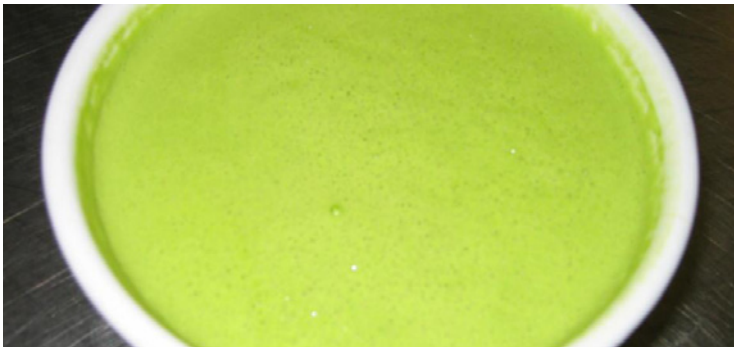
3) Cook until the barley is completely soft (about 90 minutes).



CREAM OF SPINACH

1/2 cup chopped shallots
2 tablespoons chopped garlic
4 cups (tightly packed) chopped spinach
6 cups vegetable broth
2 ounces cashews

- 1) Sauté the shallots and garlic in a pot at medium heat for 3 minutes.
 - 2) Add vegetable broth and cashews and bring the soup to a simmer.
 - 3) Cook for 5 minutes, add the spinach and blend until smooth. Serve hot.
-



BLACK BEAN SOUP

1 cup chopped white onion
1/2 cup chopped celery
6 cups vegetable broth
3 cups cooked black beans—low sodium, canned beans will work
1/2 teaspoon red pepper flakes— optional
Chopped cilantro

- 1) Sauté the onions and celery in a pot over medium heat for 5 minutes.
 - 2) Add the vegetable broth, black beans and red pepper and bring to a simmer.
 - 3) Cook for 10 minutes then blend until smooth.
 - 4) Serve hot with the chopped cilantro on top.
-





YELLOW LENTIL CURRY SOUP

- 2 cups yellow lentils
- 8 cups vegetable broth
- 2 cups sliced oyster mushrooms
- 1 yellow onion, diced
- 1 tablespoon chopped garlic
- 2 tablespoons yellow curry powder
- 2 cups loose baby arugula (optional)

- 1) In a dry pot, sauté the onions, garlic and mushrooms for 3 minutes over medium heat.
- 2) Add the curry powder and vegetable broth and bring to a simmer.
- 3) Add the lentils and simmer until they are fully cooked, stirring occasionally.
4. Optional—mix in the arugula right before serving.



YELLOW BELL PEPPER SOUP

- 1 cup diced fennel
- 1/2 cup diced shallots
- 4 cups blended yellow bell peppers
- 3 cups vegetable broth
- 1 cup diced asparagus

- 1) Sauté the fennel and shallots in a pot over medium heat for 3 minutes.
- 2) Add the yellow bell peppers and vegetable broth and bring to a simmer.
- 3) Cook for 5 minutes and add the asparagus.
- 4) Serve hot.

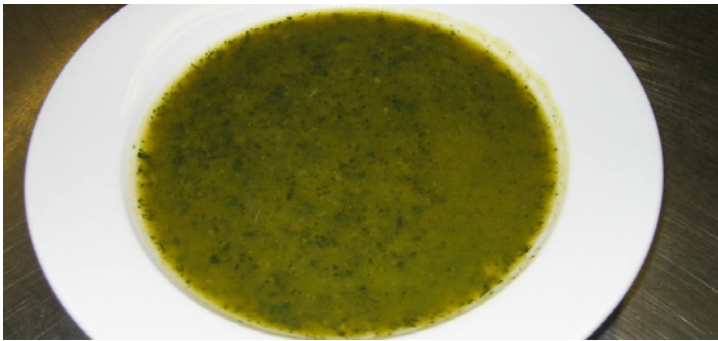
Chef's note: This soup can be blended until smooth before adding the asparagus.



BUTTERNUT KALE SOUP

4 cups diced butternut squash
2 cups tightly packed shredded kale
2 cups diced yellow onion
2 tablespoons chopped ginger
8 cups vegetable broth

- 1) Sauté all the squash, kale and onions in a pot for 5 minutes.
 - 2) Add the vegetable broth and bring to a simmer and cook for 15 minutes.
 - 3) Add the ginger and blend until smooth and serve hot.
-



CORN CHOWDER

4 cups corn kernels, fresh or frozen and thawed
1 cup dices potatoes
1/2 cup diced shallots
1/2 cup diced leeks
1 cup soy milk
8 cups vegetable broth
1 teaspoon granulated garlic (optional)

- 1) In a large pot, dry sauté the corn, potatoes, shallots and leeks over medium heat for 3 minutes.
 - 2) Add the rest of the ingredients, bring to a simmer and cook for 15 minutes. Serve hot.
-





SMOOTHIES & OTHER BREAKFAST-FRIENDLY MEALS THAT CAN BE EATEN ANY TIME

HONEYDEW COOLER

3 cups cubed honeydew melon

1/2 cup celery

10 mint leaves

1/2 cup of ice

1) Blend all ingredients until smooth.



BANANA-KALE

1 banana

3 kale leaves

1 cup apple juice or water

1) Blend all ingredients until smooth.



PAPAYA-CELERY

1 cup diced papaya

1 cup diced celery

1 cup apple juice or water

1) Blend all ingredients until smooth.



PEACH-SPINACH

1 1/2 cups sliced fresh peaches-frozen peaches will work as well

1/2 cup tightly packed spinach leaves

1 cup apple juice or water

1) Blend all ingredients until smooth.





PINEAPPLE-FLAX SEED

- 1 cup diced pineapple
- 1 cup pineapple juice
- 2 tablespoons flax seed

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1) Blend all ingredients until smooth.
.....



PEANUT BUTTER-ORANGE

- 1 banana
- 1 cup orange juice
- 2 tablespoons peanut butter
- Pinch of nutmeg

.....
1) Blend all ingredients until smooth.
.....



CHOCOLATE-BERRY

2 tablespoons raw cocoa powder

1 1/2 cups mixed berries

1 cup either rice milk, almond milk or soymilk

1) Blend all ingredients until smooth.



MORNING OATMEAL

4 cups unsweetened apple juice or water

Grated zest and juice of 1 orange

1/4 cup raisins

1/2 teaspoon ground cinnamon

2 cups quick-cooking rolled oats

1) In a pot, bring all the ingredients except for the oatmeal, to a boil over medium high heat.

2) Add the oatmeal and stir for 30 seconds.

3) Turn the heat to low, cover the pot and cook for five minutes.

4) Serve hot.





BREAKFAST FARO

- 1 cup Faro, rinsed and drained
 - 3 cups water
 - 1 cup coconut milk
 - Pinch of ground cardamom
 - 2 cups diced mango
-

- 1) Put the fero in a pot with the water and bring to a boil.
 - 2) Reduce the heat to low, put the lid on the pot and cook for 30 minutes.
 - 3) Add the rest of the ingredients, and serve while it's still hot.
-



BANANA AND FLAX SEED POLENTA

- 4 cups unsweetened apple juice or water
 - 6 bananas, peeled and diced
 - 1 cup polenta cornmeal
 - 4 tablespoons ground up flax seed
-

- 1) Blend the apple juice with half of the bananas in the blender until smoothie like.
 - 2) Bring the liquid to a boil in a pot over medium high heat.
 - 3) Add the polenta, reduce the heat to low and cook for 20 minutes stirring often.
 - 4) Add the rest of the ingredients to the polenta, mix thoroughly and serve hot.
-



SALADS & DRESSINGS

SPICY JICAMA SALAD

4 cups jicama sticks

4 oranges peeled and sliced

2 cucumbers, peeled and sliced

1/2 cup lime juice

1/2 teaspoon chili powder or red chili flakes

1) Mix all ingredients and serve chilled or at room temperature.



QUINOA AND ARUGULA SALAD

4 cups cooked quinoa

4 cups arugula leaves

1 cup orange juice

1 cup shredded carrots

1 cup basil leaves

1) Mix all ingredients and serve chilled or at room temperature.





WILD RICE AND SPINACH SALAD

- 4 cups cooked wild rice
- 4 cups spinach leaves
- 2 cups diced celery
- 1 cup mint leaves
- 1/2 cup lemon juice (1/4 cup walnuts - optional)

1) Mix all ingredients and serve chilled or at room temperature.



GRILLED FIG SALAD

- 12 large figs cut in half
- 1 red onion, cubed
- 1/2 pound baby arugula
- 1 cup shaved fennel
- 1/2 cup balsamic-sherry glaze
- Bamboo skewers

- 1) Insert the figs and red onions into the skewers, alternating between the two.
- 2) Grill them for 2-3 minutes per side on a medium hot grill.
- 3) Combine the arugula, fennel and glaze, mix them well and split between four plates.
- 4) Remove the figs and onions from the skewers and place on top of the salads.



TOMATO AND AVOCADO SALAD

4 large ripe tomatoes cut in wedges
(heirloom tomatoes work best)

2 avocados cut in wedges

1 small red, onion sliced

4 cucumbers peeled and diced

1/4 cup champagne vinegar

Chopped cilantro (optional)

1) Mix all ingredients and serve chilled or at room temperature.



KALE AND EDAMAME SALAD

4 cups shredded kale

2 cups edamame beans

2 cups diced red bell peppers

2 tablespoons toasted sesame seeds

1 cup Mango Ginger dressing (see dressings for directions).

1) Mix all ingredients and serve chilled or at room temperature.





KELP NOODLE SALAD

- 2 cups kelp noodles
- 1 cup cooked or canned white mushrooms
- 1/4 cup sliced red onion
- 1/4 cup rice vinegar
- 2 tablespoons toasted sesame seeds
- 1 cup pea shoots (optional)

-
- 1) Combine all ingredients in a mixing bowl and mix thoroughly.
 - 2) Serve cold.
-



PICKLED CABBAGE SALAD

- 4 cups shredded cabbage
- 2 cups shredded fennel
- 2 cups shredded carrots
- 2 cups diced celery
- 1 cup rice vinegar
- 1 tablespoon celery seed (optional)

-
- 1) Mix all ingredients and allow them to marinate for 1 hour.
 - 2) Serve chilled or at room temperature.
-



GRILLED HEARTS OF PALM SALAD

2 cans hearts of palm, opened and drained

12 asparagus

2 cups cooked or canned white beans

1 red onion, peeled and sliced into rings

1/2 cup lemon-parsley dressing

1) Grill the hearts of palm and the asparagus in a medium hot grill for 5 minutes.

2) Allow the hearts of palm to cool and slice into long slices.

3) Combine all ingredients and mix thoroughly before serving.



BLENDED WATERCRESS SALAD

4 bunches watercress

4 cups diced bell peppers, different colors works best

2 cups diced pineapple

1/2 cup toasted macadamia nuts

Cucumber slices

1) In a food processor, blend the watercress, bell peppers, pineapple and macadamia nuts until everything is chopped in small pieces.

2) Scoop some of the mixture on top of the cucumber slices and serve.





DRESSINGS

MANGO GINGER

- 1 mango, peeled and diced
- 1 cup mango or apple juice
- 3 tablespoons chopped ginger
- 1 tablespoon rice vinegar

1) Blend all ingredients until smooth.



STRAWBERRY BALSAMIC

- 2 cups strawberries, washed and de-stemmed
- 1 shallot, peeled
- 4 tablespoons of balsamic vinegar
- Black pepper to taste

1) Blend all ingredients until smooth.



AVOCADO CORN

1 avocado

1/2 cup corn kernels (canned or frozen are ok)

1 cup vegetable broth

10 cilantro sprigs

1) Blend all ingredients until smooth.



ORANGE SESAME

1 cup orange juice

1 shallot peeled

4 tablespoons toasted sesame seeds

1) Blend all ingredients until smooth.





LEMON PARSLEY

- 1 cup lemon juice
- 1 bunch parsley
- 2 garlic cloves
- 2 ounces cashews

1) Blend all ingredients until smooth.



TOMATO BASIL

- 2 cups fresh chopped tomatoes
- 2 tablespoon salt free tomato paste
- 1/2 cup vegetable broth
- 1 handful basil leaves
- 1 garlic clove

1) Blend all ingredients until smooth.



MUSTARD CARROT

1/4 cup mustard (your favorite kind)

1 cup carrot juice

1 cup diced carrots

1 cup diced celery

1 garlic clove

1) Blend all ingredients until smooth.



ROASTED BELL PEPPER

2 cups roasted bell peppers, canned will work, but rinse them first

2 tablespoons chopped shallots

1/2 cup parsley leaves

2 tablespoons sherry vinegar

2 cups vegetable broth

1) Blend all ingredients until smooth.





LEMON CAPER

1/4 cup lemon juice

4 tablespoons of capers, rinsed and drained

2 tablespoons of raw cashews

1 cup vegetable broth

Ground black pepper to taste

1) Blend all ingredients until smooth.



ROASTED GARLIC LIME

20 roasted garlic cloves

1/2 cup lime juice

1/2 cup toasted sunflower seeds

2 cups vegetable broth

1) Blend all ingredients until smooth.



SANDWICHES, WRAPS, ROLLS & MORE

TOSTADAS

- 1 package of tostadas
- 4 cups cooked beans, canned beans are ok
- 2 cups cooked corn, canned or frozen are ok
- 2 cups shredded lettuce
- 1 cup diced bell peppers
- Sliced avocado—optional

- 1) Place one or two tostadas on a plate and stack the rest of the ingredients on top.
 - 2) Serve immediately to prevent the tostadas from getting soggy.
-



LETTUCE WRAPS

- 2 cups cubed zucchini
- 2 cups cubed carrot, peeled
- 1 lemon, juiced
- 1/4 cup toasted cashews
- 20 mint leaves—optional
- 8 butter lettuce leaves

- 1) Process all the ingredients, except for the lettuce, in the food processor, until the desired consistency is reached.
 - 2) Put some of the mixture inside each lettuce leaf and serve.
-





TOASTED TEMPEH REUBENS

- 1 package of soy tempeh
- 1/2 cup sour kraut, brought to room temperature or warmer
- 1/2 cup cashew cream
- 1/4 teaspoon paprika, or squeeze of your favorite hot sauce
- Your favorite rye bread

- 1) Slice the tempeh on a bias and place on a baking tray next to the bread and bake until both are toasty.
- 2) In the meantime, mix the cashew cream and cayenne together.
- 3) Take the bread and tempeh out of the oven and assemble your sandwiches by spreading the sauce on the bread and then top it with the tempeh and sauerkraut.



TOASTED PESTO SANDWICHES

- Your favorite whole grain sprouted bread
- 1/2 cup SQ&E pesto (see sauces)
- 1 cup roasted bell peppers, canned or jarred will work, but rinse them first
- 1 pint clover or alfalfa sprouts, or any kind you like
- 1 avocado

- 1) Toast two slices of your favorite bread using the oven or toaster.
- 2) Spread some pesto sauce on both and fill the middle with the roasted peppers, sprouts and avocado.
- 3) Cut in half and enjoy.



TEMPEHTACOS

2 cups crumbled soy tempeh

1 cup sliced onions

2 cups SQ&E salsa or your favorite store
bought salsa (see sauces)

1 avocado

Corn tortillas

Chopped cilantro (optional)

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- 1) Dry sauté the tempeh and onions in a pan over medium heat for 5 minutes.
 - 2) Add the salsa to the pan and cook for two minutes.
 - 3) Heat up the tortillas and serve with the tempeh mixture inside and avocado and cilantro on top.
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BAKED PORTABELLAS WITH MASHED POTATOES

4 potatoes, peeled and cut in half

2 portabella mushrooms, de-steamed and gills removed

1/2 cup vegetable broth

1/2 cup unsweetened soy milk

Granulated garlic to taste

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- 1) Put the potatoes in a pot, with enough water to cover and boil them, for about 30 minutes.
 - 2) Sprinkle a bit of vegetable broth and granulated garlic on the mushrooms and bake the mushrooms in the oven at 350 degrees F for 15 minutes.
 - 3) When the potatoes are cooked, drain them and mix them with the vegetable broth, soymilk and granulated garlic to taste.
 - 4) Put the mashed potatoes on top of the mushrooms and bake for 10 more minutes before serving.
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NORI HAND ROLLS

- 4 nori sushi sheets
- 2 cups of cooked brown rice
- Steamed green beans or asparagus
- Toasted sesame seeds
- Brown rice vinegar
- Chopped ginger—optional

- 1) Place one sheet of nori down on a cutting board.
- 2) Put some of the rice on one end of the sheet.
- 3) Place some of each ingredient on top of the rice and roll the nori sheet before eating.



STEAMED EGGPLANT ROLLS

- 2 eggplants peeled and sliced in 1/2 inch thick rounds
- 1 cup vegetable broth
- 2 rosemary sprigs, roughly chopped
- Collard greens or swiss chard leaves
- 1 lemon

- 1) Put the sliced eggplant in a baking dish and pour the vegetable broth and the chopped rosemary on top.
- 2) Cover the dish with foil and bake at 350 degrees F until completely soft (about 45 minutes).
- 3) Once the eggplant is cool enough, put some of it inside one of the leaves and squeeze some of the lemon juice on it before eating.



CABBAGE ROLLS

- 4 cups cooked quinoa
 - 2 cups chopped broccoli
 - 2 cups peas, frozen are ok
 - 6 cups of your favorite tomato sauce
 - Cabbage leaves
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- 1) Mix the quinoa, broccoli, peas and tomato sauce and put some of the mixture inside each cabbage leaf.
 - 2) Roll each leaf into a roll and place them on a baking dish.
 - 3) Cover the baking dish with foil and bake in the oven at 350 degrees F for 30 minutes.
 - 4) Serve hot.
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HUMMUS AND PITA

- 2 cups SQ&E hummus (see snacks and sorbets)
 - 1 cup mixed greens
 - 1 tomato cut in slices
 - 1/2 cucumber cut in slices
 - Whole wheat pita bread
 - Fresh ground pepper to taste
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- 1) Cut the pita in half and open the halves like pouches.
 - 2) Stuff them with the rest of the ingredients and enjoy.
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SNACKS AND SORBETS

MELON SKEWERS

1 ripe honeydew melon cut in 1 inch cubes

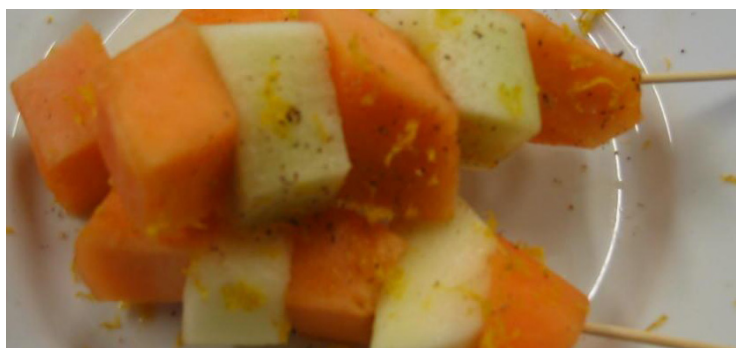
1 ripe cantaloupe cut in 1 inch cubes

2 oranges, zested and juiced

1 pinch ground nutmeg

Bamboo skewers

- 1) In a small sauce pan, cook the orange juice, orange zest and nutmeg over medium low until it reduces to a quarter of the volume.
 - 2) In the meantime, push the melon cubes through the skewers and place the finished skewers on a plate.
 - 3) Once the orange syrup is ready, drizzle the syrup over the skewers and serve.
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HUMMUS

4 cups cooked garbanzos

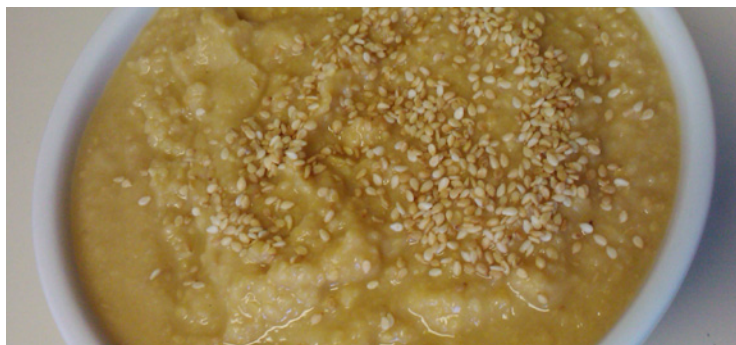
1 cup vegetable broth

2 garlic cloves

2 tablespoons toasted sesame seeds

1 lemon juiced

- 1) Blend all ingredients in a food processor until desired consistency is reached.
 - 2) When hummus is ready, it can be served with veggie sticks, baked potatoes or on top of tostadas.
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BAKED APPLES

6 granny smith or gala apples

Add cinnamon to taste

Add nutmeg to taste

- 1) Using an apple corer, remove the core from the apples and rub some of the cinnamon and nutmeg in the center.
- 2) Put the apples in a baking dish and bake them at 350 degrees F for 25-30 minutes.
- 3) Allow them to cool slightly and serve.

Chef's note: This can be combined with the breakfast oatmeal for a great snack or even dessert.



YAM FRIES

2 large yams, peeled and cut into 1/2 inch thick strips

Granulated garlic or granulated onion to taste

- 1) Put the yam strips on a baking tray lined with parchment paper and sprinkle them with the granulated garlic.
- 2) Bake them at 350 degrees F until golden brown.





BANANA-WALNUT ICE CREAM

- 4 frozen bananas
- 1/4 cup almond milk
- 1/2 teaspoon ground cinnamon
- 1/2 cup toasted walnuts

- 1) Using a high speed blender with a tamper, blend the bananas, almond milk and cinnamon.
- 2) Mix in the walnuts using a rubber spatula and serve chilled.
- 3) If you own a champion juicer, the bananas can be blended without the use of the almond milk.



MANGO-COCONUT ICE CREAM

- 4 cups frozen mango
- 1 frozen banana
- 1/2 cup coconut milk
- 1/2 cup toasted coconut

- 1) Using a high speed blender with a tamper, blend the mango, banana and coconut milk.
- 2) Mix in the toasted coconut using a rubber spatula and serve chilled.
- 3) If you own a champion juicer, the fruit can be blended without the use of the coconut milk.



PEACH BLUEBERRY SORBET

4 cups frozen peaches

2 cups frozen blueberries

1/4 cup peach juice

1) Using a high speed blender with a tamper, blend all the ingredients and serve chilled.



PINEAPPLE RASPBERRY SORBET

4 cups frozen pineapple

2 cups frozen raspberries

1/4 cup pineapple juice

1) Using a high speed blender with a tamper, blend all the ingredients and serve chilled.





DATE-APRICOT PASTE

- 1 cup pitted dates
 - 1 cup dried apricots
 - 2 cups pineapple or orange juice
 - 1 teaspoon vanilla extract
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- 1) Place dates, apricots and juice in a pot and bring to a simmer over medium high heat.
 - 2) Lower the heat to low and cook for 10 minutes.
 - 3) Place all ingredients in a food processor and blend until smooth.
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Chef's note: Use this sweet spread like you would marmalade or apple butter.



RICE PUDDING

- 1 cup brown rice
 - 4 cups apple juice
 - 1/2 teaspoon ground cinnamon
 - 2 cups apple sauce
 - 1 cup almond milk
 - 1 teaspoon vanilla extract (optional)
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- 1) Bring the rice, apple juice and cinnamon to a boil in a medium size pot.
 - 2) Turn the heat to low, cover the pot with a lid and cook for 1 hour.
 - 3) Add the rest of the ingredients and enjoy warm or cold.
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SAUCES

DRIED PEACH SAUCE

3 cups unsweetened apple juice, plus more if needed

3/4 cup dried peaches (see note)

1/2 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1) Put all the ingredients in a medium saucepan and simmer on medium high heat for 15 minutes.

2) Allow it to cool and transfer to a blender and process on high speed until completely smooth.

3) If the sauce is too thick to blend easily, add a bit more apple juice.

Chef's note: This sauce is a great substitute for any type of syrup, including agave, maple, and molasses.



TOMATO SAUCE

1 1/2 pounds roma tomatoes, blended and strained

3 cups canned chop tomatoes

1 large yellow onion, diced

4 garlic cloves, chopped

1 tablespoon dried oregano

1/4 teaspoon red pepper flakes (optional)

1/2 bunch fresh basil

1) In a large pot, dry sauté the onions, garlic, dried oregano and red pepper on medium-high heat, stirring occasionally, until the mixture and the bottom of the pot begin to brown.

2) Add the chopped and blended tomatoes and simmer for 15 minutes.

3) Chop the basil and add it to the sauce, and it's ready for use.





SQ&E PESTO SAUCE

2 cups firmly packed fresh basil leaves

1/2 cup firmly packed fresh spinach

1/2 cup vegetable broth

3 cloves garlic

3 tablespoons toasted pine nuts

1) Bring a medium size pot full of water to a rapid boil.

2) Have a bowl of ice water next to the stove.

3) Put the basil leaves in the boiling water for 5 seconds, and using a strainer, immediately, take them out and dunk them into the ice water.

4) Pat the basil dry with a paper towel and put all the ingredients in a blender and process on high speed until smooth.

Chef's note: For the best results, use the freshest and greenest basil available. The yield for this recipe may seem small, but a little bit goes a long way.



BALSAMIC SHERRY GLAZE

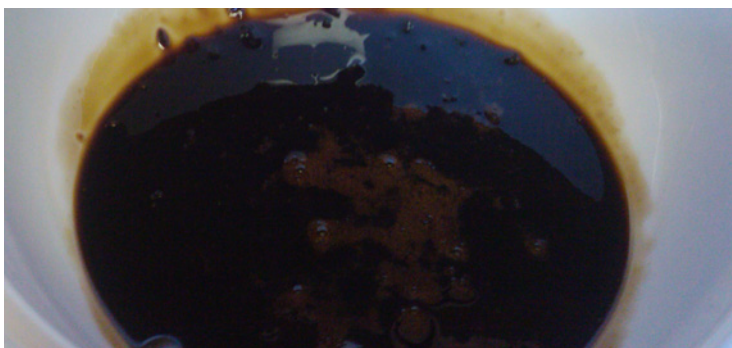
1 cup balsamic vinegar

1 cup sherry vinegar

1 shallot minced

1) In a small sauce pan, bring all ingredients to a simmer.

2) Continue to cook while you gradually lower the heat until the yield is about 1/4 cup or less.



CASHEW CREAM

- 1 large yellow onion, diced small
- 2 tablespoons brown rice flour
- 1/2 lemon, juiced
- 10 roasted garlic cloves
- 1 cup cashews, soaked in water for 2 hours and drained
- 1 quart vegetable broth

- 1) Dry sauté the onions in a small pot stirring continuously until they brown nicely.
- 2) Add the brown rice flour and stir for 30 seconds.
- 3) Add the rest of the ingredients and simmer for 10 minutes.
- 4) Pour the sauce in a blender and blend at high speed for 1 minute.



GUACAMOLE

- 3 large ripe avocados
- 2 ripe roma tomato, chopped
- 1 lime juiced
- 1/4 cup minced red onion
- 1/4 bunch minced cilantro
- Granulated garlic to taste
- 1/2 jalapeno, fresh or cured, chopped

- 1) Cut the avocados in half and remove the pits.
- 2) Scoop the avocados into a mixing bowl and mix with the rest of the ingredients, thoroughly.
- 3) Taste to make sure there's enough flavor. If not, add more of whatever you might think it's missing (everyone likes their guacamole a different way).





CORN CREAM SAUCE

2 cups corn kernels, fresh preferably, but frozen or canned will work

1/2 cup diced onion

2 cups unsweetened soy milk

1 cup vegetable broth

1 teaspoon granulated garlic

1) Sauté the corn and onions in a small sauce pot over medium heat for 3 minutes.

2) Add the rest of the ingredients and bring to a simmer.

3) Place the sauce in a blender and blend at high speed until smooth.



PUMPKIN SEED SAUCE

1/2 cup toasted pumpkin seeds

2 cups chopped celery

1 lemon juiced

1 bunch parsley

2 cups vegetable broth

1 cup chopped swiss chard

1) Blend all ingredients until smooth.

2) Cook in a small sauce pan at medium low heat until it the sauce begins to bubble.

3) Remove from the stove and it is ready to serve.



SQ&E SALSA

8 roma tomatoes, washed and cut in half

1/2 white onion, sliced thick

4 garlic cloves

2 dried chilies, seeds removed (optional)

1/2 bunch cilantro

1) Put the tomatoes, onions and garlic on a baking tray lined with parchment paper.

2) Roast them in the oven at 350 degrees F for 15 minutes.

3) Put all the ingredients into a blender, and process on high speed for 30 seconds.

Chef's note: For a spicier salsa, leave the seeds in the chilies.





STIR FRY'S

ASPARAGUS AND ARTICHOKE HEARTS

- 1 bunch asparagus, bottoms cut off
- 1 cup artichoke hearts in water, rinsed and drained
- 1/2 cup sliced red onion
- 1 garlic clove sliced thin
- 1 orange, juiced and zested
- Ground black pepper to taste (optional)

- 1) In a dry sauté pan, cook the onions and garlic for 2 minutes over medium high heat.
- 2) Add the asparagus and artichokes and cook for one minute.
- 3) Add the orange juice and zest and cover the pan for 1 minute.
- 4) Serve immediately.



OVEN ROASTED VEGETABLES

- 2 bell peppers cut in strips
- 2 zucchinis cut in strips
- 2 tomatoes cut in slices
- 1 red onion cut in slices
- Dried oregano
- 2 tablespoons balsamic vinegar—optional

- 1) Mix all the ingredients together and place them in a baking dish.
- 2) Cover the baking dish with foil and bake at 350 degrees F for 15-20 minutes.
- 3) Serve hot or at room temperature.



MUSTARD BRAISED BRUSSELS SPROUTS

2 pounds Brussels sprouts, cleaned and halved

1 small yellow onion, sliced thin

5 tablespoons whole grain, no-salt mustard

2 cups fresh or frozen corn

1 cup vegetable broth

2 tablespoons chopped thyme—optional

1) In a large pot, dry sauté the Brussels sprouts and onions for 5 minutes over medium heat.

2) Add the mustard and corn and cook for 1 minute, add the vegetable broth, cover the pot and cook on low heat for 10 minutes.

3) Add the thyme and serve hot.



LEMON-GARLIC BROCCOLI RABE

1 pound broccoli rabe, washed and patted dry

1 tablespoon chopped garlic

1/4 cup vegetable broth

1 lemon, zested and juiced

1 tablespoon chopped chives

1) In a dry sauté pan, cook the broccoli rabe and garlic for 2 minutes on medium heat.

2) Add the lemon juice and vegetable broth, cover the pan and cook for 2-3 more minutes.

3) Add the zest and chives and serve hot.





ROASTED CAULIFLOWER AND PEAS

- 1 large cauliflower cut in small florets
 - 2 shallots, peeled and chopped
 - 2 cups frozen peas, should be thawed before using
 - 2 tablespoons chopped parsley
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- 1) Preheat the oven to 350 degrees F.
 - 2) Put the cauliflower and shallots in a baking sheet lined with parchment paper and roast in the oven for 15 minutes.
 - 3) Mix all the ingredients together and serve hot.
-



BOILED RED POTATOES AND YAMS

- 2 pounds small red potatoes cut in quarters
 - 2 pounds yams, peeled and cut to the same size as the potatoes
 - Enough vegetable broth or water to cover the potatoes and yams
 - 1 tablespoon chopped tarragon
 - Black pepper to taste
-

- 1) Put the potatoes and yams in a pot and fill it with vegetable broth or water 1/2 inch above the potatoes.
 - 2) Bring the potatoes and yams to a simmer over medium high heat and cook until tender.
 - 3) Drain the potatoes, mix them with the tarragon and pepper and serve hot.
-

Chef's note: After draining the potatoes, the liquid can be saved for soup for later use.



OVEN ROASTED TOMATOES

12 Roma tomatoes, washed and cut in half lengthwise

1 tablespoon dried onion flakes

1 tablespoon dried oregano

1 tablespoon granulated garlic

4 tablespoons chopped fresh herbs –whatever you have handy will work

1) Preheat the oven to 350 degrees F.

2) Put the tomatoes skin side down on a baking tray lined with parchment paper.

3) Sprinkle the tomatoes with the dried spices and bake them in the oven for 15 minutes.

4) Take them out of the oven, sprinkle them with the fresh herbs, and bake them for 2 more minutes.

5) They can be served hot, at room temperature or cold.

6) Serve over a bed of arugula - optional



STEWED FRUIT

1 cup cubed mangoes

1 cup cubed pineapple

1 cup cubed peaches

2 tablespoons of apple juice

4 mint leaves, shredded

1) In a medium pot, cook the fruit and apple juice over medium high heat for 4-5 minutes

2) Take the fruit out of the pot and reduce whatever liquid is left until it becomes a syrup (the heat must be gradually reduced to prevent burning).

3) Combine the fruit with the syrup and serve with the mint sprinkled on top.





STEAMED KALE AND MUSHROOMS

- 6 cups chopped kale leaves
- 2 cups sliced mushrooms
- 1 small onion, peeled and chopped
- 1 tablespoon of chopped garlic
- 1 cup chopped tomatoes
- 1/4 cup chopped basil

- 1) In a large pot or a wok, dry sauté the kale, mushrooms, onions and garlic over medium heat for 3-4 minutes continuously stirring.
- 2) Add the chopped tomatoes, cover the pot and cook for 2 more minutes on low heat.
- 3) Add the basil and serve hot.



TAMARI TOFU

- 2 cups diced extra firm tofu
- 1 cup diced potatoes
- 1 cup diced bell peppers
- 1/4 cup low salt tamari
- 1/4 cup vegetable broth
- 1 cup chopped green onions

- 1) Dry sauté the potatoes and peppers in a pot at medium heat for two minutes.
- 2) Add the tofu, tamari and broth, cover the pot and reduce the heat to low.
- 3) Cook until the potatoes are tender and finish the dish with the green onions before serving.



The Nutrient Rich® Shopping List

VEGETABLES	VEGETABLES Continued	FRUITS	BEANS & SOY	NUTS & SEEDS
Acorn Squash	Peppers	Apples	Aduki Beans	Almonds
Artichokes	(green, red,	Apricots	Black Beans	Almond Butter
Arugula	orange, yellow)	Avocados	Broad Beans	Apple Butter
Asparagus	Potatos	Bananas	Garbanzos	Brazil Nuts
Beets	Radicchio	Berries	(Chick Peas)	Cashews
Bok Choy	Radishes	(blackberry,	Kidney Beans	Cashew Butter
Broccoli	Rutabaga	blueberry,	Lentils	Filberts (Hazelnuts)
Brussels	Scallions	raspberry,	Lima Beans	Flax Seeds
Sprouts	Shallots	cranberry,	Navy Beans	Macadamia Nuts
Butternut	Snap Peas	mulberry,	Peas	Peanuts
Squash	Snow Peas	strawberry)	Tempeh	Peanut Butter
Cabbage	Spinach	Cantaloupe	Tofu	Pecans
Carrots	Sprouts	Cherries		Pine Nuts
Cauliflower	Spaghetti	Clementines		Pumpkin Seeds
Cilantro	Squash	Currants		Sesame Seeds
Collard Greens	Summer	Dates		Sunflower Seeds
Corn	Squash	Grapefruits		Tahini
Cucumbers	Sweet Potatos	Grapes		Walnuts
Eggplant	Swiss Chard	Lemon		
Endive	Tomatos	Limes		
Escarole	Turnips	Mangos		
Fennel	Watercress	Melons		
Garlic	Yams	Oranges		
Ginger	Zucchini	Papayas		
Green Beans		Peaches		
Kale		Pears		
Kohlrabi		Pineapples		
Leeks		Plums		
Lettuces		Pomegranates		
Mesclun		Raisins		
Greens		Watermelons		
Mushrooms				
Mustard				
Greens				
Onions				



WHOLE GRAINS & BREADS	CONDIMENTS	SPICES	FRESH HERBS	BEVERAGES
Amaranth	Apple Cider	Basil	Basil	Almond Milk
Barley	Balsamic	Chili Flakes	Thyme	Green Tea
Bhutanese red rice	Vinegar	Chili Powder	Parsley	Hemp Milk
Brown rice	Black Pepper	Cinnamon	Cilantro	Herbal Tea
Buckwheat	Ketchup	Cumin	Chives	Oat Milk
Bulgur	Mustard	Curry	Rosemary	Rice Milk
Cornmeal (<i>polenta</i>)	Rice Vinegar	Dill	Tarragon	Soy Milk
Forbidden black rice	Salsa	Granulated Garlic	Mint	Carbonated Water
Kamut	Soy Sauce (reduced sodium)	Granulated Onion	Sage	Water
Kasha	Spices	Ground Mustard		
Millet	Tamari (reduced sodium)	Italian Seasoning		
Oatmeal, whole, steel cut or rolled oats		Mrs. Dash		
Quinoa		Nutmeg		
Sprouted		Nutritional Yeast		
Whole Grain Breads		Oregano		
Whole Wheat Pita		Paprika		
Wild Rice		Pepper		
		Pumpkin Spice		
		Rosemary		
		Thyme		
		Turmeric		
		VegiZest (DrFuhrman.com)		

ENJOY EATING!

There you have it, you now know almost as much as even the pros do when it comes to eating amidst a busy schedule when you are not eating meals pre-prepared by someone else or an establishment. You will enjoy these foods, meals and menus unique to a **90% or More Plant-Based Nutrient Rich®** healthy eating style. If you want to add in small amounts of animal products as a condiment to the meal, such as in a soups or salad, go ahead. But, it is important to remember that they are nutrient poor and that they aren't essential for you to be optimally healthy. In fact, if you recall, they are actually one of the main reasons why so many people develop lifestyle-induced diseases, become overweight and do not reach their maximum longevity potential, in the first place.

We acknowledge that people may choose to eat animal products; we just don't promote them because they are nutrient poor and have a poor environmental and health impact when eaten in significant quantities.

At the end of the day, though, while we want you to be guided by **The Nutrient Rich® Way to Eat**, you are creating your very own personal eating style, so the choices are yours. Whatever they are, enjoy them and know that you, and millions of others around the world, are eating so that you can get all of the benefits and Success Results you have been trying (and failing) to achieve, as well as simply enjoying food again—in simple, quick, easy & delicious ways!



ABOUT THE RECIPES



The great-tasting nutrient-rich recipes in **Simple, Quick & Easy™** have been created exclusively for Nutrient Rich Life, Inc., by Chef Ramses Bravo, a renowned SOS-Free (no sugar, oil or salt) cook, who is the author of, *Bravo: Health-Promoting Meals from the True North Kitchen*.

Since 2007, Chef Ramses, the Executive Chef at True North Health Center, in Santa Rosa, CA, has been delighting guests with healthful delicious meals. Prior to this, he worked in numerous hotels and restaurants in California, Hawaii, and West Virginia including the Kenwood Inn and Spa in Sonoma. His extensive professional experience prepared him well for his unique position of managing America's most wholesome kitchen, and for creating delicious recipes for the leading nutrition transition system in the market—**The Nutrient**

Rich® Healthy Eating Plan.

Chef Ramses Bravo believes that people shouldn't have to choose between tasty and healthful when eating, and has created this book of healthful cuisine by carefully combining simple flavors and textures that complement each other, without the use of salt, oil or sugar. This delectable collection of healthy, plant-based, nutrient-rich recipes does more than please palates, it serves as a new starting point for people who want to transform their health and realize the 7 Success Results of Nutrient Rich® Healthy Eating.

Chef Bravo enjoys working with John Allen Mollenhauer to spread the **Simple, Quick & Easy™** plant-based nutrient-rich method for recipe creation.