



*Homegrown* HEALERS



*The following are some, but not all, of the recipes included in Meal Plan Package B -  
Months 4 through 6*

### JUICES:

- The Golden Wonder
- Weight-loss Wonder
- Tropical Peach
- Natural Detox
- Morning Glory
- Green Grapefruit
- Green Yogi
- Balanced Green
- Dandelion Green
- Wild Dandy Berry Bliss
- Godzilla
- Romaine Green
- Liver Ginger Aid
- Heart Chakra
- Golden Glow
- Pineapple Plant
- Cabbage Patch

### SMOOTHIES:

- Blueberry Grape Joy
- The Smart Tart
- Watermelon Sunshine

- Kiwi In A Pinch
- Kiwi Slushy
- Kiwi Kiss
- Mango Madness
- Peach Melba
- Triple Threat
- Greens in a Glass
- Blueberry Maple
- The Morning Dew
- The Real Deal
- Strawberry Dream
- Sweetheart
- Sunflower Cherry
- Chill Out Honeydew Slushy
- Flu Fighting
- Otai Watermelon Slushy
- Goji Moji
- Starburst
- Berry Batido
- Mighty Papaya

## LUNCH:

- Raw Zucchini Noodle Gazpacho
- Garden Cabbage Salad
- Very Berry Smoothie Bowl
- Mango Summer Salad
- Strawberry Gazpacho
- Italian Fennel Citrus Salad
- Thai Noodle Bowl
- Ramen Noodle Salad
- Adobo Microgreen Potatoes w/ Lemon Garlic Dressing

- Raw Tomato Soup
- KAA Salad
- Mexican Kale Salad
- Colorful Chopped Salad
- Fall Garden Salad
- Chopped Salad w/ Spiced Potatoes
- The ROY-G Salad
- Earth's Essence Salad
- Autumn Kale Salad
- Microgreen Beet Salad

## DINNERS:

- Garden Swiss Salad
- Los Fat Guac Socca Flatbread
- Butternut Squash Tacos
- Cauliflower Cous Cous Bowl
- Creamy Butternut Squash Pasta w/ Fried Sage
- Summer Squash Soup
- Tibetan Potato Curry
- Raw Cilantro Pepita Pesto Squash Kelp Noodles
- Gem Salad w/ Creamy Dill Dressing
- Sweet and Spicy Brussel Sprout Salad
- Chimichurri Potato Salad
- Eggplant Curry
- Fennel Caesar Pasta
- Eggplant Caponata Sweet Potato Bruschetta
- Baked Squash w/ Collard Tahini Slaw
- Zucchini Noodle Puttanesca
- Roasted Cauliflower Soup
- Chipotle Butternut Squash Chili
- Mediterranean Buddha Bowl w/ Creamy Basil Dressing
- Cajun Chimichurri Cauliflower Steaks

- Zucchini Verde Enchiladas
- Tom-Avo Hummus Potato Toasts
- Spaghetti Squash Alfredo Portobello
- Potato Cauliflower Shawarma
- Pumpkin Pasta
- Roasted Cauliflower Harissa Pasta
- Hungarian Goulash
- Butternut Squash Risotto
- Asparagus Frittata