



Homegrown HEALERS



*The following are some, but not all, of the recipes included in Meal Plan Package A -
Months 1 through 3*

JUICES:

- The Bee's Squeeze
- Tangy Pom
- Tropical Cucumber
- The Triple "C" Cooler
- Turned Up Rind Juice
- Sweet Cilantro

SMOOTHIES:

- Bitter Berry Twist
- The Popeye Smoothie
- The Mache-ene
- The Peachy Pineapple
- The Berry Mango
- Blue-O Smoothie
- The Fruity Tutti
- Pure Sweet Date Smoothie
- Blue Coco
- Everyzing's Peachy
- Blue Mango Microgreen

LUNCH:

- Sweet Potato Turnip Salad
- Olive – Fennel Bruschetta Salad
- Kale Caesar Salad
- Italian Lentil Salad
- Loaded Sweet Potatoes
- Potato – Taco Salad w/ Cumin Ranch Dressing
- Raw Curry Kelp Noodle Salad
- Tomato – Peach Salad
- Garlicky Carrot Salad
- Spanish Pimiento Salad w/ Garlic Potato Bread
- Raw Sriracha Kelp Noodle Salad
- Daikon Slaw Nori Wraps
- Loaded Niçoise Salad w/ Lemon Chive Vinaigrette
- Chopped Thai Salad
- Avocado Tu- “No” Salad
- Chilled Asparagus Soup
- Power Lentil Salad
- PB & O Smoothie Bowl
- Raw Spicy Mango Ginger Soup
- Marinated Zucchini and Chickpea Salad
- Escarole Salad

DINNERS:

- Smashed Potatoes w/ Chipotle Ketchup and Cilantro Pesto w/ Steamed Asparagus
- Butternut Squash Curry
- Chilled Tomato Dill Soup
- African Sweet Potato Stew
- Shiitake Nori Rolls
- The Reuben’s Nephew
- Mushroom Bacon Ranch Potato Salad

- Best Tomato Soup
- Sweet Potato Burrito
- Summer Cauliflower Risotto
- Green Life Collard Green Burrito
- Broccoli and Herb Pesto Pasta
- Hummus Tomato Potato Flatbreads
- Chinese Take-out Cauliflower
- Vegan Cabbage Soup
- Buffalo Cauliflower Chowder
- Broiled Sweet & Spicy Squash
- Raw Kelp Cucumber Noodle Marinara
- Cauliflower Gratin
- Summer Thyme Potatoes
- Romain Sweet Potato Slaw Tacos
- Picante Salad
- Santorini Wraps
- Zucchini Nachos
- Greek Lemon Potatoes