

THE WHOLLY TRINITY GUIDE

▶ **34 MOUTHWATERING JUICE RECIPES**

To infuse your body with vital nutrition

▶ **27 SATISFYING SMOOTHIE RECIPES**

To nourish and satiate you

▶ **31 DELICIOUS SALAD RECIPES**

To nourish and delight you



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INTRODUCTION

Intuitively you know it's time to pick up your health game.

Everyday, or most everyday you wake up feeling tired before your day even begins. You experience a chronic cough. Maybe stiff joints.

Perhaps lower back pain or belly bloat. Maybe even moodiness, brain fog and/or poor concentration... and it's impacting your productivity at work, in your life, in your relationships and at home.

Feeling less than great is your new normal and you don't like it.

You want to feel energetic again. You want to be able to exceed the results you once were able to consistently produce.

You want to focus your energy on moving forward and 'squeezing more out of life,' rather than focusing on chronic symptoms, doctors visits, medications and poor business and life results.

You want to reclaim "I am the Captain of my fate mode again,' rather than reactionary mode preoccupied with symptoms.

I offer you a foundational credo from my coaching practice that I recommend to all my clients.

I call it The Wholly Trinity (Greens 3-Ways)

Include The Wholly Trinity daily into your diet and you will begin to shift the quality of your life in ways you never imagined possible from food alone.

Your energy will skyrocket. Your ability to focus, concentrate and remember will sharpen! Your digestion will get stronger, your moods will feel balanced and your cravings will subside.

The goal? You'll feel so good, you'll feel compelled to up level your healthy eating and healthy lifestyle game as a lifestyle practice!

GREEN JUICES, and more...

Fresh pressed green vegetable juice alone is a total game changer and my first recommendation for healing the body and reclaiming your health (yes think all the attributes associated with youth). Think an IV infusion of pure vitamin and mineral-water-rich, enzyme-active and phytonutrient laden fuel directed straight to your cells and tissues, and you'd be spot on.

Green vegetable juice requires no digestive fire (energy), so you deeply nourish every cell, tissue and organ in your body, without expending energy. Begin your day, 'break your fast' with green juice to support your body's renewal, revitalizing and rebooting processes and seriously ... watch the magic begin!

Directions

For each juice recipe, juice all ingredients together in your juicer. To sweeten any juice, add vanilla extract, stevia, raw honey, lemon or lime juice. If you desire a little spice, you may add ginger, cayenne pepper, nutmeg, or cinnamon. Be sure to wash all fruits and vegetables thoroughly if the recipe includes the rind or skin. Use organic whenever possible.

(If using a blender, make sure to consult the instruction booklet for juicing directions or stay tuned for an email all about Juicing when you do not have a Juicer.)

A Green Kiss

5 stalks celery
6 Swiss chard leaves
1 apple
1 small cucumber
1 lemon

Juice all ingredients and enjoy.

Apple Power

2 apples
1/4-inch piece of ginger

2 carrots
Handful of spinach
1 lemon

Juice. Juice all the ingredients and enjoy.

Baby Greens

1/2 cup spinach
Juice of 1 lemon
1 apple
5 mint leaves (optional)
1 kiwi
1/2 cup pineapple (limit juice with fruit. Focus on vegetables)

Juice all ingredients and enjoy.

Blast

Makes 2 Servings

1 handful kale
1 handful chard
1 baby bok choy
1 cucumber
4 carrots
1 celery heart
1 small green apple
1 lemon, juiced
1 knob ginger
1 nob turmeric

Juice all ingredients and enjoy.

Bright

Makes 2 servings

2 cucumbers
1 head celery
1 green apple
1 handful mint
2 limes (leave peel on if organic)

Juice all ingredients and enjoy.

Cleanse

6 kale leaves
1 cucumber
5 celery stalks
1-inch piece ginger, peeled
Juice from 1 lemon
Juice from 1 lime
Dash of cayenne

Juice all ingredients and enjoy.

Clear

Makes 2 servings

1 handful dandelion greens
2 cucumbers
6 asparagus spears
1 green apple
1 lemon, juice

*Potent and very cleansing

Juice all ingredients and enjoy.

De-Bloat

10 asparagus stalks
3 cucumbers

4 celery stalks

1 lemon

Juice all ingredients and enjoy.

Defy

Makes 2 servings

1 cucumbers

6 celery stalks

1 fennel, small head

1 chunk ginger

2 lemons (leave peel on if organic)

Juice all ingredients and enjoy.

Energize

Makes 2 servings

1 cucumber

6 celery stalks

4 handfuls of romaine

1 handful parsley

2 lemons (leave peel on if organic)

Juice all ingredients and enjoy.

Energy Pump

1 beet

3 carrots

4 celery stalks

1 romaine lettuce heart

Handful of parsley

Juice from 1 lemon

Juice all ingredients and enjoy.

The Farm

1 small apple
1 head lettuce (organic)
2-3 carrots

Juice all ingredients and enjoy.

Fresh Start

1 apple, cored
1 carrot
1 cucumber
6 kale leaves
Handful of parsley
Juice from 2 lemons
Dash of cayenne

Juice all ingredients and enjoy.

Glow

Makes 2 servings

2 handfuls dandelion
1 handful parsley
1 small handful mint
6 carrots
1 beets
1 inch turmeric
1 green apple
2 lemons (leave peel on if organic)
1 tsp cayenne

Juice all ingredients and enjoy.

Glowing Green Juice

1 ½ cups coconut water
1 head romaine lettuce, chopped
1 handful spinach
3 stalks celery
1 pear, cored and chopped
½ lemon
⅓ bunch parsley (stems okay)
1 apple, cored and chopped

Juice all ingredients and enjoy.

Green Blessings

1 green apple, peeled and cored
1 cup mixed greens
4 celery stalks
1 cucumber
Juice from 1 lemon
1/2-inch piece ginger, peeled

Juice all ingredients and enjoy.

The Green Fire Starter

1 handful of spinach
1 handful of parsley
1 head of lettuce
10 celery stalks
2 lemons, juiced
dash of cayenne

Juice all the ingredients and enjoy.

The Green Machine

1 cucumber
1 green apple (omit if you're sugar sensitive or on a candida diet)

8 stalks celery
1 handful dandelion greens
1 handful cilantro
2 lemons, juiced

Juice all the ingredients and enjoy.

Green Yourself Glowing Juice

[Makes 1 servings]

1 ½ cups coconut water
1 apple, cored and chopped
1 pear, cored and chopped
⅓ bunch parsley (stems okay)
1 head romaine lettuce, chopped
1 handful spinach
3 stalks celery, chopped
½ lemon

To make a juice, add your coconut water to a large container. Juice the remaining ingredients using a high-speed juicer. Mix the juice with the coconut water and enjoy.

Ground Me

3 carrots
1 beet (you can also add
the stems)
3 celery stalks
½-inch piece of ginger
Juice of one lemon

Juice the carrots, beet, celery and ginger. Stir the lemon juice in and enjoy.

Lemon Love

4 lemons, juiced with the rind
1 handful of kale

1 green apple
¼-inch piece of ginger
Dash cayenne pepper (optional)

Juice. Juice the lemons with the rind, the kale, and the ginger. Sprinkle cayenne on top to aid digestion.

Liquid Blood

1 carrot
1 red bee
8 celery stalks
1 cucumber
1 apple
Juice from 1 lemon

Juice all the ingredients and enjoy.

Liver Fresh

10 celery stalks
Handful of parsley
Handful of cilantro
Juice from 2 lemons
2 ounces of aloe vera juice

Juice all the ingredients and enjoy.

Lovely Liver

5 celery stalks
1 cucumber
1 handful of lettuce
1 apple
1 handful of parsley
1 lemon
1 cup coconut water

Juice. Juice the celery, cucumber, lettuce, apple, parsley and lemon. Stir the cup of coconut water into the juice and enjoy.

Love My Liver

2 cucumbers
1 handful of cilantro
10 stalks raw asparagus
1 handful of watercress (wash well)
1 handful of parsley
2 lemons, juiced

Juice all the ingredients and enjoy.

Not Your Momma's Green Juice

1 pear or green apple
1 handful of parsley
2 cucumbers
8 stalks of celery
1 head of romaine
2 lemons, juiced

Juice all the ingredients and enjoy.

Nourish You

3 carrots
1 beet
½ apple
¼-inch piece of ginger

Juice all the ingredients and enjoy.

Purity

Makes 2 servings

2 tomatoes
1 cucumber
4 celery stalks

1 garlic clove
1 pinch sea salt
1 lime, juiced

Juice all the ingredients and enjoy.

Red Kale

1 beet, peeled
2 carrots
1 cup kale
1-inch piece ginger, peeled
Juice from 1 lemon

Juice all the ingredients and enjoy.

Shine

Makes 2 servings

1 cucumber
6 celery stalks
2 handfuls of spinach
2 handfuls of kale
1 green apple
1 lemon (leave peel on if organic)
1 chunk turmeric

Juice all the ingredients and enjoy.

Simple Flush

8 celery stalks
2 cucumbers
Juice from 1 lemon, with peel
Handful of parsley
3 dandelion leaves
Dash of cayenne pepper

Juice all the ingredients and enjoy.

Simple Liquid Greens

1 green apple
6 Swiss chard leaves
1 lemon (with rind)
1-inch piece of ginger

Juice all the ingredients and enjoy.

Sprout

Makes 2 servings

3-4 handfuls sunflower or pea green sprouts
1 celery heart head
4 cucumbers
2 handfuls parsley or cilantro

Juice all the ingredients and enjoy.

Vitality Boost

2 cucumbers
5 stalks of celery
5 stalks of asparagus
2 lemons with the rind
Dash of cayenne pepper (optional)
Handful of greens your choice

Juice the cucumbers, celery, asparagus, greens, and lemons. Add a sprinkle of cayenne if desired.

GREEN SMOOTHIES

Green Smoothies are a hot-ticket healthy drink for many these days. Why? Essentially, you can create a whole, nutrient-dense 'meal-in-a-glass' as the best fast-food option possible. Think liquid salad with endless ways to 'beef up' the nutrition you want to add to your meal in very delicious blends.

Because smoothies are whole food combinations, they are more satiating than a juice and will easily hold you through that board meeting you've got to attend.

By adding ingredients like kale or spinach, almond butter or avocado, with fresh berries or a green apple, you retain all the fiber of each ingredient, so smoothies 'hold you longer,' and very easily stand in as a meal replacement. Do note, many pre-made or 'smoothie-bar' smoothies are laden with sugar and unhealthy additives, so are not a healthy alternative. If it works better for you to buy your smoothie, find a smoothie/juice bar that offers whole food and fresh blends made to order for you.

Directions

All smoothie recipes listed in the following section make 1-2 servings.

In a high-speed blender, add all the ingredients in the order they are listed (WITHOUT the ice). Blend until smooth. If you want your smoothie to be colder, add the ice and blend. Feel free to add water to reach your desired thickness.

Looking for a few ideas to add to your smoothie? Add in a teaspoon of any one of the following"

- hemp seeds
- flax seeds
- chia seeds
- avocado
- spirulina
- bee pollen
- shredded coconut
- raw cacao
- honey
- superfoods (maca, lucuma, wheatgrass powder)
- matcha powder
- detox greens: dandelion, parsley, cilantro

- sprouts of any kind
- camu camu for vitamin C
- protein powder
- goji berries, dates (limit if weight loss is desired)

Berry Cream Smoothie

1 ½ cups dairy-free milk or water
 1 cup mixed greens
 ½ cup berries
 1 tablespoon sunflower seed butter
 ½ teaspoon cinnamon

The Best of Belgium

Makes 1-2 servings

1 cup coconut, hemp, or almond milk
 1 tablespoon of raw cacao
 1 frozen banana
 5 to 6 ice cubes
 1 cup of kale
 3 tablespoons of cacao nibs

Add all ingredients to your high-speed blender and blend until creamy.

Blueberries & Cream Smoothie

Makes 1-2 servings

1 cup coconut water or unsweetened almond, hemp, rice coconut milk
 1 handful kale
 1 cup fresh or frozen blueberries
 1 tablespoon coconut oil
 1 tablespoon flax seed meal or chia seeds 1 splash vanilla extract
 Pinch cinnamon

1 tablespoon raw, organic honey or stevia to taste (optional) 1 handful ice (optional)

Add your coconut water or milk to a blender. Add kale and blueberries to the milk. Blend on high until smooth. Then add the remaining ingredients to the blender. Blend on high until smooth.

Bliss

Makes 1 serving

1 cup almond milk
1 cup romaine
1 cup strawberries
1/4 cup unsweetened cranberry juice concentrate
1 Tbsp coconut oil
1 Tbsp flax or chia seeds
1 serving Raw Vegan Vanilla Protein Powder (Garden of Life)

Boost Your Brain Smoothie

Makes 1-2 servings

1 cup unsweetened almond, coconut, hemp, or rice milk
1 small frozen banana
3 kale leaves (discard the tough center stalk and use only the leaves)
3 romaine lettuce leaves
1/4 cup of goji berries or blueberries
1 teaspoon hemp seeds
1 teaspoon flax seed meal or chia seeds
1 teaspoon bee pollen (optional)
Ice (optional)

Add your milk to the blender cup. Add your frozen banana, kale, lettuce leaves. Blend until smooth. Add the remaining ingredients and blend until your ingredients are smooth.

Bright

Makes 1 serving

1 cup of almond milk or water
2 handfuls baby spinach
1 small cucumber
2 limes, juice
1 avocado
Stevia to taste

Chocolate Fantasy

1 cup dairy free milk
1 cup spinach
1 tablespoon raw cacao
1 avocado, peeled and pitted
1 scoop hemp protein powder

Chocolate and Kale Smoothie

1 cup nut milk or water
1 frozen banana
1 cup of kale
3 tablespoons of cacao nibs
1 tablespoon of raw cacao
5 to 6 ice cubes

Cleanse

Makes 1 serving

1 cup water
1 handful cilantro
1 cup spinach
1 cucumber
2 lemons, juice
1 avocado
Stevia to taste

Cranberry Bliss Smoothie

1 cup nut milk or water
1 cup of mixed berries (frozen)
¼ cup unsweetened cranberry juice concentrate
½ avocado
1 tablespoon ground flax seeds
1 tablespoon chia seeds
1 teaspoon ginger
(optional)
1 teaspoon cinnamon
3 to 4 ice cubes (optional)

Enthusiast

Makes 1 serving

1 cup Spring water
1 handful spinach
1 cucumber
1 celery stalk
1 cup strawberries
1 cup raspberries

Fig Power Smoothie

1 ½ cups nut milk or water or coconut milk
3-4 fresh figs, washed, stems removed, and halved
1 frozen banana
1 cup spinach
1 teaspoon cinnamon
1 tablespoon chia seeds or flax seeds
3 to 4 ice cubes

Flora

Makes 1 serving

1 cup almond milk
1 romaine heart
2 cups raspberries
2 probiotic capsules

Go Green Smoothie

1 ½ cups dairy-free milk or water
½ cup spinach
½ avocado
½ cup blueberries
¼ teaspoon cinnamon
1 teaspoon raw cacao (optional)

Green Apple

1 cup dairy free milk
1 green apple, cored
1 cup kale
1/2 cucumber
1 avocado
Juice of 1 lime or lemon

Green Chia Pet Smoothie

1 ½ cup nut milk or water
1 cup frozen berries
½ avocado
2 tablespoons chia seeds
1 handful of greens (spinach or kale)
¼ teaspoon cinnamon
4 to 5 ice cubes

Green Giant

1 1/2 dairy free milk
Handful of parsley
1/2 cup grapes
1/2 cup frozen pineapple
2 tablespoons chia seeds

Green Smoothie

Makes 2 servings

1 cup unsweetened coconut milk
1 teaspoon pure vanilla extract
1 ripe bananas, peeled and frozen
1 ripe avocado, peeled and pitted
1 1/2 teaspoons cardamom powder
1 tablespoon chia seed
2 cups spinach
1 tablespoon coconut nectar or 1 packet stevia (optional)

Combine all ingredients in a high speed blender. Blend and enjoy.

Green Smoothie Madness

1 cup nut milk or water
1 banana, frozen
1/2 avocado
Handful of parsley
1 cup kale or baby spinach
1 tablespoon ground flax seeds
1 tablespoon chia seeds
1 teaspoon cinnamon
1/2 teaspoon vanilla (optional)
Stevia to taste
3 to 4 ice cubes

Kale, Blueberries and Cream Smoothie

Makes 2 to 3 servings

- 1 cup fresh/frozen blueberries
- 1 cup coconut water or unsweetened almond/hemp/rice/coconut milk
- 1 tablespoon coconut oil
- 1 tablespoon flax or chia seeds
- 1 handful kale
- 1 splash vanilla extract
- 1 pinch cinnamon
- 1 tablespoon raw, organic honey or stevia to taste (optional)
- 1 handful ice (optional)

Combine all ingredients in a high-speed blender. Blend and enjoy.

Kale Smoothie

- 1 ½ cups dairy-free milk or water
- 4 kale leaves
- ½ cup blueberries
- ½ avocado
- 2 tablespoons shredded coconut (garnish)

Liquid Energy

- 1 cup dairy free milk
- 1/2 cup frozen or fresh pineapple
- 1 cup kale
- Handful of parsley
- 1/4 inch fresh ginger root
- Juice of 1 lemon
- Juice of 1 green apple

Marathon Smoothie

- 1 ½ cups dairy-free milk or water
- 1 banana

4 kale leaves
¼ cup spinach
Handful of parsley
2 tablespoons raw cacao
Dash of cinnamon

Orange Cream Smoothie

1 ½ cups dairy-free milk or water
1 orange
4 kale leaves
½ avocado
1/2-inch piece ginger, peeled

Spinach & Pumpkin Seed Power Smoothie

1 cup nut milk or water
3 tablespoons pumpkin seeds
1 small frozen banana, sliced into
2-inch chunks
1 cup frozen blueberries
1 cup spinach
1 tablespoon ground flax seeds
1 tablespoon chia seeds
1 teaspoon cinnamon
Stevia to taste
3 to 4 ice cubes (optional)

Strawberry Kale Yum Yum

1 1/2 cup non-dairy milk
1 cup fresh or frozen strawberries
1 cup kale
1/2 frozen banana, unpeeled
2 tablespoons hemp or chia seeds

Velvet

Makes 1 serving

1 cup almond milk or water

1 cup of romaine

1 large cucumber

1 cup blueberries

1 Tbsp flax or chia seeds

Stevia to taste

GREEN SALADS

I recommend a 'giant-sized' salad as a meal everyday — yes, a salad that you once might have made for a first course for your whole family will now be your lunch or dinner.

Include your favorite green and/or wild lettuces, tomatoes, cucumbers, peppers and especially sprouts, avocados and olives. You can even make a salad of just simple greens, but do note that ingredients like sprouts peak in nutritional value, and avocados and olives will satiate you and satisfy you because of their healthy plant-based fats.

Directions

To dress your salad, I recommend two of my favorite, but 'atypical' mouth-watering delicious 'dressings' as 'new' lighter fare recommendations — fresh marinara or fresh salsa. Both 'dressings' will transform your salad to a whole 'next-level-healthy-salad-experience' while keeping fat to a minimum (No I am not recommending against healthy plant-based fats. Healthy fats are essential, but layering an oil based dressing on top of olives and/or avocados is more than you need.) For a 'best' basic dressing, try fresh lemon juice with Extra Virgin Olive Oil (EVOO).

The Ageless

Makes 2 servings

3 Heirloom Tomatoes, sliced thick
1/2 cup pumpkin seeds processed finely
1 Tbsp Nutritional Yeast
1 Tbsp fresh basil, finely processed
1 tsp garlic, finely minced
Sea salt and cracked black pepper to taste
Extra Virgin Olive Oil

Pulse pumpkin seeds to a fine texture. Add and mix in nutritional yeast, garlic, basil, sea salt and cracked black pepper.

Coat each tomato slice with crumbs. Drizzle with EVOO.

Arugula Salad with Tangerine Dressing

(Makes 2 Servings)

2 cups arugula
1 to 2 radishes, thinly sliced
1 tangerine, sectioned
¼ cup pumpkin seeds

Tangerine Dressing:

1 tangerine, zested and juiced
1 teaspoon raw apple cider vinegar
1 teaspoon Dijon mustard
1 cup extra virgin olive oil
1 small garlic clove
Sea salt to taste ¼ teaspoon thyme
Black pepper to taste

Prepare the dressing. In a small bowl, add your tangerine zest and juice, Dijon mustard, garlic, thyme, raw apple cider vinegar, extra virgin olive oil, sea salt, and black pepper. Whisk until well incorporated. Allow the dressing to marinate for at least 10 minutes before serving.

Prepare the salad. Add your arugula, tangerine, radishes, and pumpkin seeds to a salad bowl. Top with your dressing and enjoy.

Avocado Salad with Lime Dressing

(Makes 2 Servings)

2-3 cups baby spinach
6 to 8 halved cherry tomatoes
1 medium cucumber, chopped
1 avocado, diced

Lime Dressing:

2 lime, juiced
¼ teaspoon ground cumin
1 teaspoon raw apple cider vinegar

2 teaspoons extra virgin olive oil
Sea salt Black pepper

Prepare the dressing. Add your lime juice, ground cumin, raw apple cider vinegar, extra virgin olive oil, sea salt, and black pepper to a small bowl. Whisk the ingredients until they come together. Set to the side.

Mix the salad. Add baby spinach, cherry tomatoes, cucumber, and avocado to a bowl. Top with lime dressing and serve immediately.

Blossom Salad

Makes 2 servings

2 cups sunflower sprouts
2 cups arugula
1 red bell pepper, diced hearty
1 cucumber, diced
1 avocado, diced

Dressing:

1 lemon, juice
1-3 Tablespoons Extra Virgin Olive Oil
Sea salt and cracked black pepper to taste

Chopped Salad

Makes 2 servings

1 radicchio, medium head, chopped coarsely
1 cucumber, diced
1 cup grape tomatoes, halved
3 scallion, chopped
1 cup, kalamata olives, chopped hearty
1 avocado, chunked

Dressing:

2 lemons, juice
2-3 Tbsp Extra Virgin Olive Oil Sea salt and black pepper to taste

Chopped Asian-Mix Style

Makes 2 servings

1 cup kale, finely chopped
1 cup leafy green of choice
1 cup carrots, chopped
1 cup sprouts of choice
1 cup snap peas, chopped (if you cannot locate snap peas, substitute green beans)
3 scallions, diced
1 avocado, 1/2 for salad and retain 1/2 for dressing
2 tablespoons sunflower seed butter or tahini
1/2 teaspoon garlic powder
juice of 1 lime
1 tablespoon apple cider vinegar
1 teaspoon honey
1/4 cup water

Place the kale in a large mixing bowl. Massage with hands until it becomes wilted. Literally “massage the kale” and it will get tender - about 2 minutes. Add greens, avocado, carrots, snap peas, sprouts and scallions to bowl with kale.

To make the dressing, combine half of the avocado, 2 tablespoons sunflower butter or tahini, garlic, lime juice, vinegar, honey, and water. Toss the salad ingredients in this dressing before serving.

Detox Herb Salad

1 head broccoli, chopped into bite-sized pieces
1/2 head cauliflower, chopped into bite-sized pieces
1 large carrot, shredded

1 pear, chopped
1/4 cup minced red onion
1/2 bunch cilantro, minced
1/2 bunch dill, minced
1/2 bunch mint leaves, minced

Suggested salad toppings: diced avocado, dried cranberry, and sprouts of your choice.

Dressing

2 lemons, juiced	¼ teaspoon sea salt
¼ cup Bragg's raw apple cider vinegar (omit if you have acid reflux)	¼ teaspoon black pepper
¼ cup extra virgin olive oil	

Prepare the dressing. Preparing the dressing first. Add the lemon juice, Bragg's raw apple cider vinegar, olive oil, sea salt, and black pepper to a container with a lid. Shake vigorously until well blended. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing your salad.

Toss the salad. It is important to chop your broccoli and cauliflower into small pieces for easier digestion. Try pulsing them in a food processor, or use a sharp knife to chop them into bite-sized pieces. Add the broccoli and cauliflower to a large salad bowl along with the shredded carrot, chopped pear, red onion, cilantro, dill, and mint. Add enough dressing to coat the salad, but not drown it. Mix thoroughly. Add any of the suggested toppings if desired. Enjoy!

Enliven Salad

Makes 2 servings

1 small bunch kale, chopped
1 cup red cabbage, shredded
1/2 red onion, sliced thinly

Dressing:

2 lemons, juiced
1/4 cup Extra Virgin Olive Oil
1 Tbsp Coconut Aminos, or to taste
2-4 drops of stevia (optional)
Sea salt and cracked black pepper to taste

Fall Kale Salad

Makes 2 servings

1 bunch kale, torn into pieces
1 garlic clove, minced
Juice from 1 lemon
Sea salt and black pepper
2 tablespoons extra-virgin olive oil
1 avocado
¼ cup pomegranate seeds
¼ cup walnuts

Add kale, garlic, lemon juice, sea salt, black pepper, olive oil, and avocado to a bowl. Massage all the ingredients together using clean hands until well mixed. Top with pomegranate seeds and walnuts.

Green-Mix Salad

Makes 1 servings

2 cups mixed greens
1 green apple, sliced
¼ cup walnuts, crushed

For the Dressing:

1 tablespoon miso paste
2 tablespoons extra virgin olive oil
2 tablespoons rice vinegar
1 tablespoon balsamic vinegar
1 teaspoon brown mustard
Pinch Himalayan sea salt & black pepper

Greens & Seeds Salad

Makes 2 servings

1 tablespoon extra virgin olive oil
1 tablespoon Dijon mustard
1 teaspoon raw apple cider vinegar
Pinch Himalayan sea salt Pinch of black pepper
1 cup shredded kale

1 cup red cabbage
1 carrot, peeled and julienned
1/4 cup fresh parsley leaves
2 tablespoons diced red onion
2 tablespoons sunflower seeds
2 tablespoons pumpkin seeds
2 tablespoons hemp seeds

In a small bowl, whisk together extra virgin olive oil, mustard, and apple-cider vinegar. Season with Himalayan sea salt and black pepper. In another bowl combine kale, cabbage, carrot, parsley, and red onion with sunflower, pumpkin, and hemp seeds. Drizzle with the dressing and toss to coat.

Kale and Cranberry Fatouche

Makes 1-2 servings

2 cups chopped kale, stems removed
1 tablespoon extra virgin olive oil
Pinch Himalayan sea salt
1/8 cup chopped cucumber
2 tablespoons dried or fresh cranberries
1 tablespoons sunflower seeds
1/4 avocado

Place chopped kale to a large salad bowl. Add olive oil and sea salt to the kale. Massage the kale with clean hands until it is wilted. Top with cranberries, sesame seeds, and chopped avocado.

Lemon-Kale Salad

Makes 2-4 servings

2 bunches of kale, chopped
2 tablespoons lemon juice
1/2 teaspoon Himalayan sea salt
1 cup tomatoes sliced into wedges

1/2 cup dried cranberries
1 tablespoon extra virgin olive oil
1 tablespoon flax oil
Freshly ground pepper

Place the chopped kale into a mixing bowl. Add lemon juice and Himalayan sea salt. Massage the kale with your hands, working the lemon juice and sea salt into the greens until softened.

Next, add the tomatoes, pine nuts, cranberries, extra virgin olive oil, and flax seed oil. Toss gently. Season to taste with pepper.

MakeYour-Own Salad

[Makes 2 - 3 servings]

2 big handfuls of mixed greens
1 small handful of spinach
2 cucumbers, thinly sliced
1 small handful of grape tomatoes
1/4 cup raisins
1/4 cup walnuts
Grilled chicken or fish
1/2 cup cooked black beans or tofu

Make a simple dressing with olive oil, ACV, sea salt & pepper. Combine mixed greens, spinach, cucumbers, and tomatoes in a large bowl. Sprinkle the raisins & nuts on top. Add your favorite protein or black beans. (Balsamic can be used periodically.)

Massaged Kale Salad

Makes 2 servings

1 bunch kale, stems removed and leaves torn into 2-inch pieces
Juice from 1 lemon
1 garlic clove, chopped
1 tablespoon extra-virgin olive oil
1/2 teaspoon sea salt

½ teaspoon black pepper
¼ cup cucumber, chopped
¼ cup carrots, shredded
¼ cup pumpkin seeds
Dash of turmeric (optional)

Add kale to a large mixing bowl along with lemon juice, garlic, olive oil, sea salt, and pepper. Using clean, bare hands, massage the kale until it is wilted (about 2 to 3 minutes).

Once the kale is ready, top your salad with cucumber, carrots, and pumpkin seeds. Add a dash of turmeric if desired. Toss and serve.

Mediterranean Salad

2 cups mesclun lettuce
1 cup flat leaf parsley, chopped
1 carrot, shredded
1 large apple, chopped
¼ cup shredded beets
10 fresh mint leaves, roughly torn to small pieces
1 avocado, chopped
Kalamata olives, chopped (optional)

Dressing:

2 large garlic cloves, minced
1 large lemon, juiced
¼ cup red wine vinegar
¼ cup extra virgin olive oil
½ teaspoon Dijon mustard
1 teaspoon dried oregano
¼ teaspoon sea salt
¼ teaspoon black pepper

Prepare the dressing. Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add all the ingredients to a jar with a lid. Shake

vigorously. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing your salad.

Toss the salad. Add your mesclun lettuce, parsley, shredded carrot, apple, beets, and mint leaves to a large salad bowl. Add enough dressing to coat the salad, but not drown it. Mix thoroughly. Top with chopped avocado and kalamata olives (optional). Enjoy!

Radish Love Salad with Tomato Vinaigrette

(Makes 2 Servings)

2 cups mixed greens
½ bunch watercress
½ cup cucumber, chopped
1/8 cup fresh parsley, chopped
1/8 cup fresh cilantro

Tomato Vinaigrette:

1 large Roma tomato
1 to 2 sundried tomatoes
¼ cup extra virgin olive oil
1 scallion
1 teaspoon basil
1 teaspoon oregano
2 to 3 radishes, thinly sliced
¼ cup parsley, chopped
1 tablespoon raw apple cider vinegar
Sea salt to taste
Black pepper to taste

Make the vinaigrette. Add your fresh tomato, sundried tomatoes, extra virgin olive oil, scallion, basil, oregano, parsley, cilantro, raw apple cider vinegar, sea salt, and black pepper. Blend until well incorporated. Set to the side to allow the flavors to marinate for at least 10 minutes (30 minutes even better).

RAINBOW SALAD WITH MUSTARD VINAIGRETTE

(Makes 2 Servings)

1 cup dandelion leaves, chopped
1 large carrot, thinly sliced
1 cup red cabbage, shredded
½ parsley, chopped

Mustard Vinaigrette:

¼ cup raw apple cider vinegar
liquid sweetener to taste
1 tablespoon Dijon mustard
sea salt to taste
¼ cup extra virgin olive oil
black pepper to taste
1 small garlic clove, minced
1 lemon, juiced

Prepare the dressing. In a small bowl, add raw apple cider vinegar, Dijon mustard, extra virgin olive oil, garlic, lemon juice, liquid sweetener, sea salt, and black pepper. Whisk until well incorporated. Set to the side. Assemble the salad. In a large salad bowl, add dandelion leaves, red cabbage, shredded carrot, and chopped parsley. Top with mustard vinaigrette and mix until well coated. Serve immediately.

Red Alert Salad

2 cups chicory lettuce (or your choice)
1 bunch beet greens, thinly sliced
½ cup shredded beets
½ cup shredded carrots
¼ small red cabbage, thinly sliced

Dressing:

2 lemons, juiced
10 basil leaves
1 small bell pepper

¼ cup extra virgin olive oil
1 small apple, chopped
1-inch piece of fresh ginger
1 small garlic clove
¼ teaspoon salt
¼ teaspoon pepper

Prepare the dressing. Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add the lemon juice, basil, bell pepper, olive oil, apple, ginger, garlic, salt, and pepper to a blender. Blend until smooth. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing.

Toss the salad. Add your chicory lettuce, beet greens, shredded beets, carrots, and red cabbage to a large salad bowl. Add enough dressing to coat the salad, but not drown it. Mix thoroughly. Enjoy!

Shred

Makes 2 Servings

2 cups Brussel sprouts, shredded
2 red beets, shredded
2 carrots shredded
Sea salt and cracked black pepper to taste
4 cups baby spinach
2 garlic cloves, minced
1 Tbsp olive oil
1/2 lemon, juice

Dressing:

1/2 cup tahini
2 lemons, juiced
1 clove garlic

Sicilian

Makes 2 servings

2 handfuls arugula
2 small fennel bulbs, trimmed and sliced thinly
1/2 small red onion
2 large red grapefruit
1 handful flat-leaf parsley, chopped
1/2 cup dry-cured black olives

Dressing:

2 Tbsp Extra Virgin Olive Oil
1 Lemon, juice
Sea salt and cracked black pepper

Spinach Salad with Pumpkin Seeds

Makes 2 servings

2 cups baby spinach
1/2 cup pumpkin seeds
3 tablespoons goji berries
1/2 cup cherry tomatoes
1/2 cucumber, chopped
1/4 cup red onion, thinly sliced

Chop all of your vegetables & mix into a large bowl. Add pumpkin seeds & goji berries. Top with your EVOO and ACV. Add your favorite protein to the salad if desired.

Sublime

Makes 2 servings

1 bunch kale, deveined and chopped
1 cup raw fermented sauerkraut
1 sheet of Nori, sliced thinly
1 avocado, diced
1 cup sunflower seeds

Dressing:

1 chunk ginger
1 lime, juice
Sea salt and cracked black pepper to taste
1/2 cup water, plus, to thin

Super-Spinach Salad

Makes 2 servings

2 cups baby spinach
1/2 cucumber, chopped
1/2 cup pumpkin seeds
1/4 cup red onion, thinly sliced
3 tablespoons goji berries
1/4 cup cherry tomatoes

Chop all of your vegetables & mix into a large bowl. Add pumpkin seeds & goji berries. Top with your favorite salad dressing or whip up the Rainbow Slaw Dressing below. Add your favorite protein to the salad if desired.

Super Supper Salad

[Makes 2-3 servings]

1 head romaine lettuce, chopped
1 small handful of baby spinach
1 small handful of arugula
1/2 cup red cabbage, chopped
1/2 apple, cut into bite sized pieces
1/2 avocado, cut into bite sized pieces
1/4 cup raisins
1/4 cup toasted pumpkin seeds

2 scallions, finely chopped
1 fresh tomato, cut into wedge

Dressing:

1/8 cup extra virgin olive oil
1/4 teaspoon minced garlic
1 1/2 tablespoons raw apple cider vinegar
Pinch of paprika
1 teaspoon Dijon mustard
1/8 teaspoon Coconut Liquid Aminos
1 teaspoon honey or stevia liquid

Place greens in a large salad bowl. Add all other salad ingredients to the bowl with the greens. Place all the dressing ingredients in a small jar and shake well. Dress salad just before serving and toss well.

Thai & Kaffir Lime Salad

Makes 2-3 servings

4 cups spinach, torn into bite size pieces
1/4 head Chinese cabbage, cored and sliced
1/2 bunch basil leaves
1 bunch mint leaves
2 cups mung bean sprouts

Thai Salad Dressing:

1 cup extra virgin olive oil
6 kaffir lime leaves (or 1 lime, juiced)
1/2 lemon juiced Acids
1 tablespoon Coconut Liquid Aminos Amino
2 stalks of celery
1 tablespoon grated ginger

Combine the spinach, cabbage, mint leaves, basil leaves and mung bean sprouts in a large salad bowl. In a separate bowl, blend all the dressing ingredients together until smooth. Pour over your salad and toss.

Thrive Salad

Makes 2 Servings

2 romaine hearts, chopped
2 handfuls sprouts,
1 cup fennel, sliced thinly
1 green apple, diced
1/2 cup pumpkin seeds
1/2 cup hemp seeds
1/2 - 1 cup kalamata olives
Sea salt and cracked black pepper to taste

Dressing:

2 lemons, juiced
Extra Virgin Olive Oil

The Trendsetter

Makes 2 servings

6 romaine lettuce leaves
3 nori sheets, cut in half
1 avocado
1/2 cup raw sauerkraut or kimchee
1 red pepper sliced thinly
1 tomato, diced
1 cup sprouts
1 tablespoon hemp seeds Prepared Mustard to taste

Lay out lettuce leaves with half a nori sheet on top. Place rest of ingredients, with mustard on top, and roll up.

Suggestion: Put a thin layer of any of the above dips on lettuce leaf before adding the additional ingredients.

Waldorf Salad

Makes 2 servings

2 apples, chopped
2 celery ribs, chopped
1 carrot, chopped
¼ cup raw pumpkin seeds
4 cups mixed greens

Assemble the salad by mixing the apples, celery, carrot, and pumpkin seeds with the Dressing (recipe below). Serve on top of mixed greens.

Dressing:

Juice from 1 lemon
2 tablespoons extra-virgin olive oil
Sea salt and black pepper to taste

To make the dressing, mix the ingredients well in a small bowl.

Watercress & Green Apple Salad

Makes 2 servings

1 bunch of watercress, ends trimmed and roughly chopped
1 green apple, cored and thinly sliced
¼ cup pumpkin seeds, lightly toasted
1 tablespoon extra virgin extra virgin olive Himalayan sea salt to taste
Black pepper to taste
3 tablespoons nutritional yeast (optional)

Wash the watercress thoroughly. Trim the tough ends and roughly chop into bite-sized pieces. Add it to a large salad bowl. Add green apple, pumpkin seeds, olive oil, sea salt, and black pepper. Mix thoroughly. Top with nutritional yeast if desired.

“You’re The Boss” Salad

Makes 2 servings

2 cup of fresh greens—any combination
¼ cup sliced radishes

1/4 cup shredded cabbage

1/4 cup diced tomatoes

1/4 cup chopped celery

1/4 cup grated carrots

1/4 cup snap peas

1/4 cup sprouts (or more)

1/4 cup raw seeds (pumpkin, sunflower, or hemp)

Toss with a simple dressing. The following are both easy and yummy.

NEXT STEPS

Just because these practices are simple, doesn't mean they are necessarily easy.

But I know you can do this! Because I did.

Here's the deal:

Several years back I got very sick. So sick, in fact, that sick became my identity. I went from one doctor for this symptom, to another for that symptom. I spent what felt like a lifetime in examining rooms and depressing waiting rooms, and still my body continued to spiral downward with no relief from chronic symptoms.

I recognized that if I were ever going to get better, I'd have to find the solution myself. So I did a classic deep-dive study into healing, while I went to school to earn my formal degrees. I continued with post-graduate certifications in nutrition, digestive health, detoxification and the study of human potential, with good old-fashioned trial and error to find the gold I needed to feel good again → The realization that traditional medicine all but overlooks how food impacts upon our digestive health, and how a breakdown in any one of the digestive processes impacts upon our overall health and wellbeing.

For the past 25 years I've put health, healing, energy and vitality under a rigorous, probing lens. I learned that food matters. Healthy digestion matters. A clean body matters. And nothing good comes from anything less, personally



and professionally. I've transformed my health and my life, and I'm going to help you transform yours. I got my sass back, and we're going to get yours back too!

Healthy Hugs,

A handwritten signature in black ink, appearing to read "Carol". The signature is written in a cursive, flowing style with a large initial 'C'.