



# Cleansing Lemon Ginger Blast Tonic

Serves 1 person

## Basic Blast

2 - Lemons

3 – Apples

2 inches – Ginger

## Advanced Blast

2 – Lemons

4 inches – Ginger

2 – Apples

¼ - 1 – Habanero (at your own risk)

1 – Cucumber

1 bunch – Cilantro

## Tools

Green Star Juicer

Ceramic Knife

Preferred

Cutting Board

Quart Jar



# Activated Almond Coconut Yogurt

Serves 1 person

1 cup – Almonds – Soaked 24 hours

2 table spoons – Nutritional Essentials (Regular or vanilla)

1 cup – Coconuts

1 tsp – Probiotic Blend Powder (proteolytic probiotics)

Coconut water – just enough to puree

## Directions:

1. Put all ingredients together except coconut water
2. Add coconut water little by little until it purees and then strain
3. Let it sit on counter with the to lightly covered – to breath
4. Let it sit for about 4-5 hours
5. Keep an eye on it or it will over-culture and spoil.

## Tools

BlendTec Blender

Cleaver Knife

Spoon

Bowl

Strainer



# Powerful Strawberry Banana Smoothie

Serves 1 person

½ to 1 cup - Almond Coconut Yogurt

2 heaping table spoons – Nutritional Essentials (Vanilla)

1 – 2 cups - Coconut water (Add clean pure water if needed)

1 - Banana

1 cup – Strawberries

1 tsp. – Cinnamon

1 Dash – Himalayan Salt

## Tools

BlendTec Blender

Cleaver Knife

Large Cup



# Rich & Hardy Creamy Italian Salad

Serves 3 –4 people

## Salad

1 large – Cucumber (Peeled and chopped)

1 Large – Tomato or a handful of grape tomatoes

6 pieces – Celery finely chopped

¼ head – Red Cabbage

1 Bunch – Romaine Lettuce

1 bunch – Red Lettuce

2 – Avocados

## Dressing

1 bunch – Basil

1 cup - Almond Coconut Yogurt

Water – enough to puree

Juice of 1 Lemon

2 cloves – Garlic

Himalayan salt – to taste

## Tools

BlendTec Blender

Large Mixing Bowl

Peeler

Knives

Tongs

Bowls

Forks



# Cleansing & Regenerating Gorilla Milk

Serves 1 person

Milk – serves one person

2 tbs. – Nutritional Essentials (Vanilla)

1 cup – Almond Coconut Yogurt

2 cups – Coconut water

½ cup - Almonds (Soaked 24hours)

2-4 – Dates (If preferred)

Dash – Salt (Himalayan)

Green Juice

1 bunch – Italian Parsley

1 – Cucumber

2 or 3 – Apples

5 – Kale leafs

6 – Stalks of celery

Beginner – 70% Milk/30% Juice

Intermediate – 50% Milk/50% Juice

Advanced - 70% Milk/30% Juice

## Tools

BlendTec Blender

Green Star Juicer

Strainer

Nut Bag

Large Bowl

2 Large Jars