RECIPES TO LIVE FOR!!

SHAKE RECIPE (makes 1 serving)

4 oz (1/2 cup) of almond milk
½ large banana
½ cup fresh or frozen strawberries
¼ cup organic kale
1 scoop RAW Protein (powder), Garden of Life
1 tbsp Flora golden flaxseeds, fresh ground
Acidophilus 1 scoop - Ethical Nutrients or Natren
1 tbsp Udo's 3-6-9 Blend Oil
1 tsp. Perfect Food, Garden of Life (work up to 1 tbsp. over 1 month) *
1 tsp. Nutritional yeast (work up to 1 tbsp. over 1 month) *
1 tsp. Wheat germ (work up to I tbsp. over I month) *
3 - 4 ice cubes

You can use any other fresh fruits in season, eg. peaches, pineapple, nectarines, mangos, papaya, kiwi, pears, cantaloupe, etc. Be adventurous!

* Start with 1 tsp. for first 2 weeks, then up to 2 tsp. for next 2 weeks, and finally up to 1 tbsp. from then on. Nutritional yeast is generally better absorbed and more easily digested than brewer's yeast.

+ Preferably add 1 tbsp golden flaxseeds, freshly ground just prior to use, instead of the oil.

Add calories (if required) with almond butter or sesame tahini.

SOUP RECIPE (makes 2 servings)

1 carton of Mori-Nu tofu, firm
½ cup raw broccoli
½ cup raw cauliflower
½ medium onion
2 medium cloves fresh garlic
2 Tbsp. ground oatmeal (can grind in a coffee mill)
1 Tbsp. Bernard Jensen's vegetable seasoning powder
4 oz. nonfat soy cheddar or soy Swiss cheese, optional
Cayenne pepper to garnish
½ cup boiling purified water

Preparation in Vita-Mix, 3 - 4 minutes on high speed. Heats in machine.
OR Preparation in blender, puree until smooth, then blend until creamy. Then heat on top of stove just until hot, not boiling, to preserve nutrients.

If too thick, can add plain soymilk as required.

Can substitute other vegetables for the broccoli and cauliflower, eg. Spinach, Kale, Bok Choy, Swiss Chard

Garnish with ground cayenne pepper for color and a sprig of parsley or watercress (and immune system enhancement).

Eat with sprouted bread or nonfat, wholegrain crackers.

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Dr Marilyn Joyce, RD, *The Vitality Doctor*™, Internationally acclaimed speaker, writer, radio and television personality, is one of the worlds leading authorities on nutrition and lifestyle for the prevention and overcoming of cancer and other degenerative illnesses. For 30+ years Dr Joyce, Registered Dietitian, has been inspiring audiences globally, as an inspirational & motivational seminar leader & keynote speaker. Featured on such diverse shows as Leeza, Jenny Jones, Doctor to Doctor and Essentials on PBS, plus hundreds of other media appearances including radio and print, she has touched hundreds of 1000's of lives. A 5-time cancer survivor, she is the former Director of Nutrition for the Cancer Treatment Centers of America. Now you can experience Dr Joyce's ultimate guide to whole person health (Mind-Body-Spirit), **INSTANT *E.N.E.R.G.Y.*™*: The 5 Keys to Unlimited Energy & Vitality!*** Regardless of your present level of health–or lack of it–you can start today to create real, sustainable and lasting energy, vitality and outstanding health. Dr Joyce reveals her 5 simple, time-tested keys used by thousands, to transform their lives from "life-less" to "life-full!" ***Get Book now: http://bit.ly/InstantEnergy Or Get Digital: http://bit.ly/InstantEnergyDigital***