



**Balance Your Hormones, Lose Weight
and Get in The Mood for Your Life**

FREEDOM[®] **FRAMEWORK**

Dr. Keesha's Favorite Quick and Easy Recipes. Really! The preparation time is only 5-10 minutes for each one!

Dr. Keesha



Welcome Friend!

You are here to discover freedom by learning to prepare food that is quick and easy and healthy too! You are here to gain freedom from the detox-retox roller coaster, the yo-yo diets and skin that reflects your dietary choices.

Have you ever felt trapped by your schedule? Like you don't have time to eat healthy, even though you know it's what you need to do? I have been there! I am busy too and need my food preparation to take very little time. I hear from a lot of patients that they also feel trapped by their body weight, their skin issues, and by lagging energy levels.

Do you want to lose weight, have amazing skin that doesn't require cover up or foundation, and energy that just sizzles? When I had rheumatoid arthritis I had none of these things, plus I was depressed a lot and had zero libido. My passion for life was gone.

I am going to share my favorite recipes that I used to get me back to vitality, a body weight I am happy with, plus energy and libido and passion to match! These are not things I did overnight. I started with a detoxification program that includes the Detox Kit on my [website](http://www.DrKeesha.com) at DrKeesha.com and the recipes you see here. If you eat these recipes and my detox kit for at least 3 weeks, you will start feeling amazing. Remember, these recipes and only water to drink. You only eat what is in this ebook and that's all. Try it and see what you think. **You can use this promo code and get 10% off: lose weight now.** Let me know how it goes for you.

I am no longer on the detox-retox rollercoaster though. I eat as if I am detoxing all of the time. Again, this did not happen in one day, one month, or even one year. After I had been living and eating in the ways I am sharing with you here, I



finally got off of that roller coaster and decided it just wasn't worth it to detox anymore.

I am a busy person with a medical practice and four children. The recipes I have chosen are ones that can be prepared in 5-10 minutes. That's right...anyone can find 5-10 minutes to make fresh food for themselves. Baking time if it's a cooked dish will need to be added to prep time.

Try these and let me know what you think. They are some of my favorites!

Feel Fabulous!

Dr. Keesha





Dr. Keesha's Favorite Juices

One of my favorite things to do is to drink a freshly juiced vegetable drink in the morning. It's better than coffee and wakes me up and keeps me alert and focused all day long. I eat 12 cups of vegetables a day. Six cups of those are juiced, so it makes it easier. Make sure you do NOT juice fruits-it's way too much sugar.

I use a Breville Juicer because it's easy to clean up and I don't have to prep my vegetables very much. Sometimes I can put them in whole or sometimes they just require one cut and they are being juiced. Fast and easy-just the way it works for me.

Mean Green Machine

Ingredients:

1 cucumber

1 head of kale

1 zucchini

1 lime

1 bunch of fresh cilantro or parsley or mint or basil

1 inch slice of fresh ginger



Juice and enjoy! I frequently add 1 TBSP of ground flax seeds to the juice after it's finished along with 3 TBSP of Great Lakes green label collagen powder for protein and fiber.



Garden Vegetable Juice

Ingredients:

- 1 head of lettuce
- 2 handfuls of mixed spring greens
- 1 red bell pepper
- 1 cucumber
- 1 yellow squash
- 1 head of cauliflower
- 1-3 stems of broccoli
- 1 lemon
- Garden herbs of your choice



Juice and add ground flax seeds and collagen powder for fiber and protein. I will roast or stir fry the flowerets of broccoli and then save the stems for juicing the next day. They are great and packed with vitamins. Enjoy!



Blood Building Detox Smoothie

Ingredients:

1 beet

2 carrots

4 stalks of rainbow or red chard

1 head of purple cabbage

1 inch slice ginger

1 lemon or 1 lime

Juice and drink slowly. May add flax and collagen as desire. Do not be alarmed if your next bowel movements are red, this is from the beets. Enjoy!





Fat Buster Juice

Ingredients:

1 grapefruit, peeled

1 lemon

8 stalks of celery

1 bunch of parsley

1 inch slice of fresh
ginger

Garden herbs of your
choice



Juice and add flax and collagen as desire. Enjoy!

Drink a juice every morning with ground flax seeds and collagen powder in it. If you want to lose more weight drink only these juices for 7 days for all of your meals. Do 7-day juice fasts monthly until you see the results you desire. You will see your liver health improve, your weight respond, and your energy increase.

Remember, no fruit other than lemons, limes, or an occasional grapefruit. If you want fruit, put it in your water like this the picture here.





Dr. Keesha's Favorite Smoothies

Smoothies are a wonderful way to get your protein, lots of veggies, and fiber in a glass. They are quick and easy to make and ingredients can be mixed and matched to suit your tastes. Again, make sure you are not packing your smoothie with fruits that are high in sugar. I have provided a chart with the sugar content of fruits at the end of this ebook.

Sugary drinks are one of the biggest downfalls of American health. We have “energy drinks”, we have carbonated drinks, we have alcoholic drinks, we have caffeinated drinks. They all cause weight gain. If it has an artificial sweetener in it and says “sugar free”, it causes more weight gain. The pancreas, or your blood sugar regulator, gets confused by the sweet taste even though the chemical used to replace sugar doesn't contain sugar. Your body acts as if it is sugar and stores it as fat anyway.

Eat and drink whole foods. It's the best way to keep your vitality humming along. These recipes are all great for pain reduction and libido boosting.

I don't use milk or milk alternatives in my smoothies. I never drink dairy, but I do use nut and seed milks and coconut milk in my baking. However, in smoothies I do not find it necessary to add the extra calories. Just use water. They taste great once you have detoxed yourself from the need for “super sweet” tastes. Once you are without sugar and a lot of fruit for 2 weeks, a carrot will taste like dessert!





Clean, Green Weight Loss Smoothie

Ingredients:

1 serving of Dr. Keesha's Pure and Paleo Protein Powder (chocolate or vanilla)

2 cups of Spring greens or kale

½ cup berries of your choice

1 handful of fresh cilantro, or mint, or basil

1 tsp cinnamon

1 slice fresh ginger

1 TBSP chia seeds

½ lime peeled or juiced

Water to blend

Directions:

Blend and enjoy. You can use frozen berries if you would like this cold.

Ayurveda recommends room temperature foods so you do not put out your digestive fire.





Clean, Green Weight Gain Smoothie

Ingredients:

1 serving of Dr. Keesha's Pure and Paleo Protein Powder (chocolate or vanilla)

2 cups of Spring greens or kale

½ cup berries of your choice

2-3 TBSP almond butter

1 peeled avocado

1 TBSP chia seeds

3 TBSP raw cacao

6 pitted dates

1 banana

Coconut milk (full fat) to
blend

Directions:

Blend and enjoy. You can use frozen berries or a frozen banana if you would like this cold. Ayurveda recommends room temperature foods so you do not put out your digestive fire.





Pina Colada Smoothie

Ingredients:

1 serving of Dr. Keesha's Pure and Paleo Protein Powder (chocolate or vanilla)

1 mango pitted and peeled

½ cup pineapple chunks

2 large handfuls of Spring greens

1 bunch fresh mint leaves

½ c Coconut milk

1 cup water

¼ cup unsweetened coconut flakes

2 TBSP chia seeds or hemp seeds

1 tsp vanilla

Directions:

Blend and enjoy! If you are trying to gain weight add 2 TBSP coconut oil and a banana. If you are trying to lose weight then use ¼ of the fruit serving and double the greens.





Chocolate Bomb Smoothie

Ingredients:

1 serving of Dr. Keesha's Pure and Paleo Protein chocolate powder

1-2 TBSP raw cacao

½ frozen or fresh banana

2 handfuls of Spring greens or kale

1 tsp cinnamon

½ inch slice fresh ginger

1 tsp vanilla

Liquid stevia to taste

Directions:

Cinnamon is wonderful for blood sugar balancing. Use it in your smoothies along with ginger to boost your digestive fire. Eliminate the banana if you are trying to lose weight and add nut butter and coconut milk if you are trying to gain weight. Blend and enjoy!





Quick and Easy Vegetable Dishes

I am often told that eating healthy is impossible due to time constraints. These veggies dishes are quick, simple and tasty. I cook them up and take them on flights with me so I don't have to eat airplane food.

Try them and see how easy eating healthy really is when you are not using sauces and other unhealthy ingredients that actually take more time to prepare.

Herbs are your friends and make all the flavors of healthful eating pop.





Cauliflower Popcorn

Ingredients:

1 head of cauliflower (any color) chopped into small pieces

3-4 TBSP olive oil

Sea salt to taste

Directions:

Preheat oven to 375 degrees F. Toss the cauliflower pieces with the olive oil and sea salt. Spread onto large cookie sheet. Bake 20-25 minutes (watch so they don't burn), until crispy. YUM!





Asparagus Sticks

Ingredients:

Asparagus

Olive oil

Sea salt

Directions:

Pre-heat oven to 375 degrees F. Cut the tough ends off of the asparagus. Cut into 3 inch chunks. Toss with oil and salt. Spread onto cookie sheet. Bake 20-25 minutes (watch so they don't burn), until crispy. YUM!





Roasted Sweet Potato Fries

Ingredients:

2 large sweet potatoes or yams

2 TBSP melted coconut oil

Sea salt

Freshly ground pepper

ground cumin or paprika

Directions

Preheat oven to 375 degrees F. Slice the washed sweet potatoes or yams into match sticks. Toss with oil and spices. Spread onto parchment paper lined cookie sheet. Bake for 30 minutes or until crispy. YUM!





Garlic Mashers (Cauliflower)

Ingredients:

1 head cauliflower

1-quart bone broth or
chicken broth

4 TBSP ghee

2 garlic cloves peeled

Sea salt

Freshly ground pepper

garden herbs of your choice.
I like thyme, sage, rosemary,
marjoram, and paprika



Directions:

Chop cauliflower in large chunks and boil in broth with lid on pan. Cook on low for 15-20 minutes, or until soft.

Pour cauliflower and broth into blender with salt, pepper, ghee and herbs to taste. You need only enough broth to make the cauliflower blendable. Blend until smooth. Add garlic and blend until the consistency of mashed potatoes.

Garnish with chopped chives or any herb of your choice as desired. YUM!



Easy Massaged Kale Salad

Ingredients:

Two bunches of kale of your choice

2 TBSP olive oil

1 fresh lemon juiced

Sliced red onion

pinch of sea salt

Dressing:

2 chopped avocados

2 TBSP olive oil

1 fresh lemon juiced

1/2 tsp sea salt

freshly ground pepper to taste

sesame seeds to top

pumpkin seeds to top

sunflower seeds to top

Directions:

Use kitchen shears to cut the kale leaves off of the stems and into bite sized chunks. Place the kale in a salad bowl and toss with olive oil and lemon juice and salt. "Massage" the mixture with your hands for 2-3 minutes. Toss with the dressing ingredients that have been blended together until creamy. Top with seeds and enjoy!





Quick and Easy Main Dishes

If you are trying to detox and lose weight, don't start eating these fish and chicken dishes until day 11 of your 21-day detox. Finish the supplements in the Detox Kit program and then switch over to the Weight Loss and Sugar Buster Kit Program and stay on those until you have lost the weight you have wanted to lose. You can find that kit [here](#).

If you have a lot of weight to lose, just keep eating like this. These dishes are rich in nutrients, taste, and the fats and vitamins you need for sustainable energy, glowing skin and a hot sizzling body that you will love to live in.

Add some cardio and weights and yoga to your daily routine. But remember, 80% of weight loss happens through food choices and only 20% through exercise. Exercise is a vitally important part of each and every day because your body is designed to move and needs to have strong muscles and bones.

You must find that balance and free yourself from the tyranny of the schedule that dictates that you "have no time for eating healthy and exercising." You can fit in 10 minutes three times a day for a healthy meal and you can fit in 10 minutes each day several times a day for some quick weights, a walk, and stretching. My personal favorite is to jump on a mini-trampoline for 10 minutes 3 times a day. Then I can fit my weights in my schedule between other things.

Make friends with food. Make friends with movement. And finally make friends with the woman in your mirror!





Dr. Keesha's Marinated Salmon

Ingredients:

**1 large salmon
filet (wild caught)**

**½ bottle of
Worcestershire
sauce**

**1 cup lemon
juice**

**1 TBSP stone
ground mustard**

**1 TBSP minced
garlic**

Sea salt to taste

**Freshly ground
pepper**



Directions:

Mix all of the ingredients except the fish together. Place fish in 13x9 inch glass baking dish. Pour marinade over the top. Cover and refrigerate overnight.

Bake at 375 degrees F in the oven for 30 minutes or until the center flakes with a fork. Serve with garlic mashers and asparagus sticks.

Easy, fast and delicious.



Ginger Sesame Chicken Marinade

Ingredients:

1 pound boneless, skinless free range chicken

1 bottle Braggs Ginger Sesame salad dressing



Directions:

Place chicken pieces in 13x9 inch glass baking dish. Pour salad dressing over the top. Cover and marinate in the fridge overnight. Cook at 350 degrees F for 40 minutes or until chicken is no longer pink in the center. Serve with mashed cauliflower, asparagus sticks, and baked sweet potato fries.



Trout For Two

Ingredients:

2 trout filets

Coconut oil

1 lemon juiced

Kirkland brand organic No Salt
Seasoning to taste

Sea salt



Directions:

Start with skin side down and sear the fish on medium heat in coconut oil. When skin is crispy, turn the fish and remove the skin. If you have a dog or cat they will enjoy this special treat 😊. Add lemon juice, salt and sprinkle at least 2 tsp of the No Salt Seasoning on the fish. Cover pan with a lid and allow to cook for 5 minutes. Turn the fish again and add spices. Cook until it flakes with a fork. Total cooking time is around 10 minutes, depending on your stove. Serve with the Easy Massaged Kale Salad and enjoy.



Healthy Snacks and Desserts You Can Eat Daily

One of the reasons people don't continue to make healthy food choices is because they begin to miss sugar. What if you could have your sweet taste and eat it too?

That is the key. You need to satisfy all 6 of your tastes: sweet, sour, bitter, pungent, astringent, and salty.

These recipes have included them all. You can actually live off of the foods in this little ebook and get all of the nutrients you need.

Chocolate Avocado Mousse

Ingredients: (serves 3)

2 avocados

5 TBSP raw cacao powder

Pinch of sea salt

½ tsp vanilla

Liquid stevia to taste



Directions:

Blend all of the ingredients in your Vitamix blender or a food processor. Add stevia a drop at a time. Too much will ruin the whole batch. Serve with fresh berries. So decadently delicious!



Tahini Delight

One of my all-time favorite snacks is a sliced apple with fresh raw tahini to dip it into. Sesame seeds are packed with calcium and vitamins. No need to take supplements if you add these little bone builders to your food.

You can make this tahini and then use it to make salad dressings and hummus. It stays good for a week in the refrigerator.

Ingredients:

1 cup raw sesame seeds

½-1 cup water

2 tablespoons sesame oil or olive oil

Pinch of sea salt

Directions:

Put all ingredients in your Vitamix blender or a food processor and blend until creamy and smooth.

Dip your favorite vegetables or apple slices into it and enjoy.





Chocolate Energy Balls

I like to make these and freeze them for future use. Mix and match the flavors and types of nuts and seeds you use for variety and fun. They are delicious travel food and hiking snacks, and desserts.

Ingredients:

1 cup finely ground almonds, hazel nuts, sunflower seeds, or pecans.

½ cup ground flax seeds

¼ cup sesame seeds

¼ cup unsweetened coconut

1/3 cup raw cacao

¼ cup melted coconut oil

½ tsp vanilla

1 drop of doTerra mint essential oil if you like a mint flavor

Pinch of sea salt

Drops of stevia if sweetness desired

Directions:

Mix all of the ingredients together and roll into balls. If you put them in the fridge they will grow firmer due to the coconut oil hardening with the cold temperature.

If you would like to know more about doTerra essential oils [email](#) me. I will send you information about how to order this top quality essential oil line at wholesale prices.





Dr. Keesha's Favorite "Milk Shake"

Ingredients:

1/2 cup raw sesame seeds

1/4 cup water

1/2 cup frozen raspberries

1/2 cup frozen blueberries

1/2 cup frozen strawberries

2 TBSP Great Lakes green label collagen powder

1 TBSP chia seeds

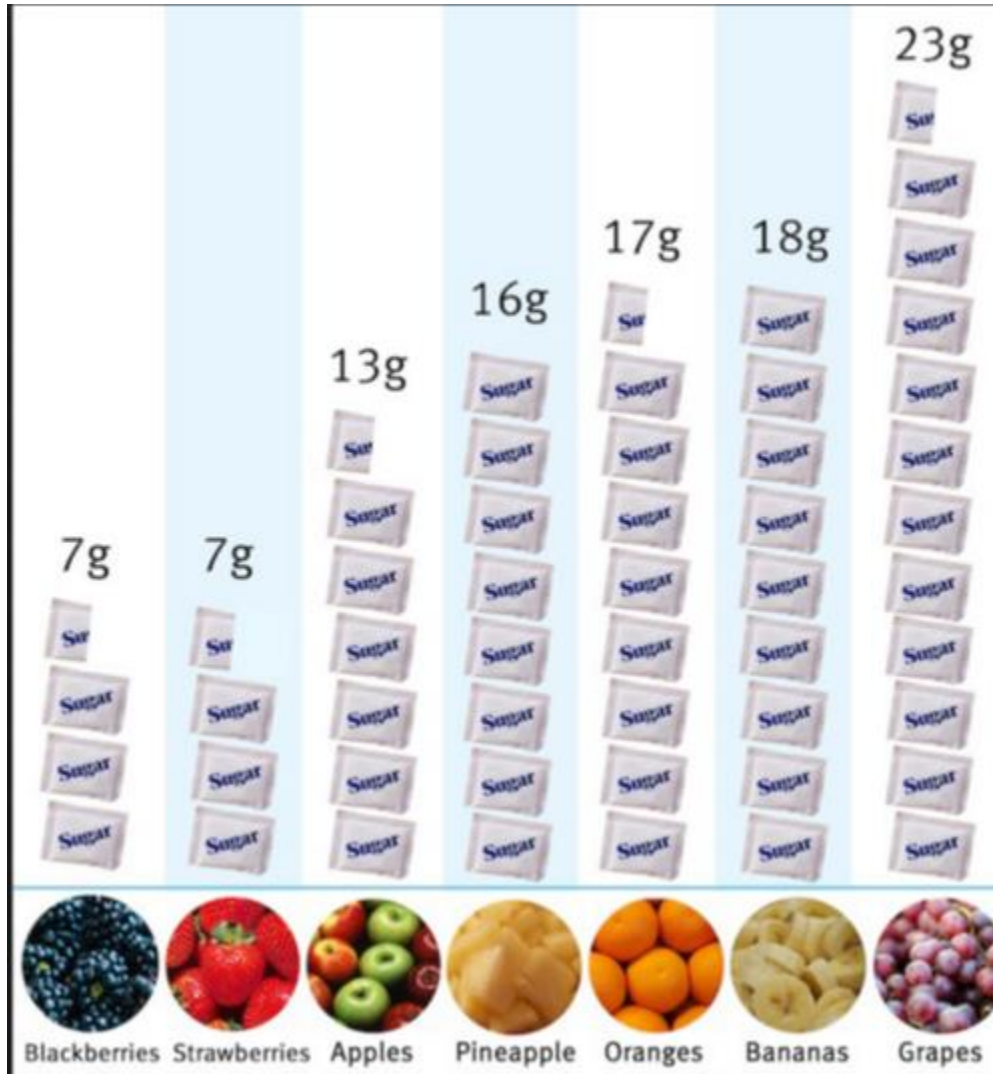


Directions:

Combine all ingredients and blend until smooth. Add more water if necessary to reach desired consistency. May add drops of stevia one at a time if more sweetness desired. Try adding raw cacao nibs or powder to make it chocolate. Serve immediately. YUM!



Sugar Content of Fruit Chart





Final Thoughts

I hope you find the food and advice in this little ebook freeing. My mission is to help every woman finally make friends with the woman in her mirror. If you are not seeing results after 6-8 weeks with this plan you likely have adrenal fatigue or an imbalance of microbes in your intestinal tract.

I am happy to consult with you on this and do some testing. I also have programs on my website that help you do it yourself. You are worth every bit of time and energy you put into your health and wellbeing. The world is changed by women who have woken up to their potential. Live fearlessly and fabulously!

I hope to see you in my tribe.

Feel Fabulous,

Dr. Keesha

www.DrKeesha.com