

Seven Recipes for Life



By SHERRY STRONG

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Introduction

Did you know that most people only know how to prepare 7 or less recipes? It sounds crazy, but even those who are classically trained chefs usually stick to 7 basic recipes when in the comfort of their own homes, so for all those people who are mad scientists in the kitchen preparing dozens of recipes, there are many more who prepare 7 or less, and now literally millions who think that cooking is warming stuff up that comes in packages. Here's the kicker—the stuff that people are warming up out of packages, ordering at restaurants, picking up at the drive-through, is killing them. I know this sounds dramatic but I have the proof and it will shock you.

When you start to eliminate the Lethal Recipe from your Diet you are going to notice some key things that will change your life.

The first thing you are going to notice is a **lifting of Brain Fog**, which means you are going to start to think more clearly, remember things more readily, and think faster so you will get more done. You won't walk into a room and forget why you're there—that is not a sign of old age, it is a sign of an impaired brain that can happen when you are eating this Lethal Recipe and you need to get off it now before it does permanent damage.

Your **moods will even out** and you will feel a deep sense of peace and calm more often. You won't be on the rollercoaster of emotional 'unfun' park. Rollercoasters may be fun for some in a theme park but they are no fun inside your body; the highs are good for a while but the crash that comes from eating food that sends your body into a toxic slump is no fun, it is hard to recover from, and often sends you back to the very foods that caused it in the first place, keeping you on a vicious treadmill to 'Unfunland,'* a theme park in Unfunlandia that will take your money and make you sick.

*this is not near Newfoundland just in case you were wondering.

Increased energy levels. As your body is nourished you will discover that when the foods that are literally bogging down your body are eliminated you will experience a massive increase in your energy levels that will enable you to get out and move your body, which will help eliminate even more of the Lethal Recipe chemicals that can stay in your body for years, dragging you down and keeping you in 'Unfunland.'

You will actually be less hungry—and less often. As your body is nourished, it shuts off the signals that trigger you to go to the cupboard or fridge looking for a little something. Have you ever gone to the cupboard or fridge not long after eating looking for a little something but you just don't know what? Well that is a response to two things: firstly, you are not truly nourished and so the body is signaling to you that it doesn't have all the nutrients it needs to run this body of yours, so it signals "FEED ME MORE." The second thing it can be is the signal that: "I want to feel better, I want comfort, I want to relax, bliss out," which the powerful drugs in food can do for us. In natural foods the drugs are gentler and not as powerful, so if you have a high threshold due to highly processed saturation in



your body then they are less noticeable. The more you process food, the more powerful the drugs in food become, the more addictive, and the more you will eat.

Lethal Recipe = Eating more food because the nutrients that signal your body to stop eating have been removed or damaged.

7 Recipes for Life = You will eat less and get more nourishment than what some people eat in an entire week and in some cases year.

Weight will fall off and skin will bounce back. Did you know that when you lose weight through restricting calories that you can malnourish your body? What can happen when you do this is that you will feel good for a while because you are putting less of the Lethal Recipe into your body. This means that you can end up thinner but actually look older and more wrinkled and if you have large amounts of skin it can separate from your muscle tissue and you will end up with skin hanging off of you that you have to tuck in or hide or remove with expensive, painful, and potentially dangerous operations.

Have you seen people who've lost weight and your initial thought is that is great but then you notice, "Wow, they are thinner but their skin looks more wrinkled, they actually look older." They can also display the opposite of what happens when you are nourished, things like bad breath and a weak immune system so they're always catching colds or getting sick.

Lethal: harmful, destructive, to cause death

Recipe: a set of instructions for preparing a particular dish including a list of the ingredients required, figurative; something which is likely to lead to a particular outcome



Lethal Recipe and 7 Recipes for Life Comparison

Lethal Recipe

Ingredients

- Eat lots of highly processed foods
- Sugar
- Oils
- Salts
- Grains
- Chemicals

Method

Combine these ingredients with little to no exercise or over-exercise, stress out about life, get little or poor quality sleep.

Wait a few months to a few years and you will see a range or mix of the below conditions;

- Weight gain
- Low energy, chronic fatigue
- Brain fog, slow thinking, forgetfulness
- Uneven moods, depression, manic depression, obsessive behavior
- Skin conditions, rashes, eczema
- Stomach pains, cramping, irregular bowel movements, constipation, diarrhea
- Lifestyle-triggered conditions: diabetes, cancer, heart disease, ADHD, colds, flus, migraines, headaches, osteoporosis, and many others.

7 Recipes for Life

By simply starting to incorporate the 7 Recipes for Life into your life you are going to start to hyper-nourish your body. That means with these foods you are going to start to remove potentially years of toxins and chemicals that have been stored in your body. When you eat an ingredient that the body does not recognize as a food or recognizes as a poison



because it is so far from its natural state, it can store it in fat cells and body tissues for years. When you start to bring in the 7RFL and combine this with gentle movement as simple as walking, you will push out the chemicals and start to bring in the nutrients that help your body do what it needs to do to give you the energy to do all the things you want to do; it will flush toxins out of your body and provide the most powerful naturally occurring plant chemicals that protect you from disease.

So you will:

- Lose weight more powerfully with taught skin and less wrinkles
- Have more energy
- Be mentally, emotionally, and physically stronger
- Improve balance so you are less prone to falls
- Have stronger bones, less likely to develop osteoporosis
- Have increased brain function which impacts clarity, moods, ability to think on your feet



The Lethal Recipe

7 Killer Ingredients Your Life Depends on Knowing and Their Life-Giving Versions

What happens to food when you're not looking, because you are too busy with 'more important' things? When you are travelling along at the 'warp' speed of your life? Rushing from here to there in an almost mindless daze?

We really don't take the time to even think about it. We eat what appeals to us from moment to moment. It's almost a 'no-brainer' choice. We eat as we choose from day to day. We eat to satisfy cravings (without even thinking about where they're coming from), we eat to numb feelings or celebrate events; we eat and eat and eat...without too much thought (or effort) involved. But should we?

As I've mentioned, we have an inherent trust in the foods we find on the grocery store shelves. We trust the food manufacturers, the government (FDA and other 'watchdog' groups), our doctors, dietitians, and the marketers who mislead us with food labels.

It's not that they are intentionally making food that will hurt us. This is just what's happened along the way as the consumer has demanded foods that are made faster, last longer, and cost less.

Most of them don't start out to make food that is deliberately bad for us. They don't think, "Let's make people really sick, deprive them of nutrients, add lots of dangerous toxins, etc." They start out with what they perceive to be a problem, like, "Kids don't like crust on their bread, let's cut the crusts off," "This single mom of three is too tired to cook after working all day, let's make a meal she can throw in the microwave and eat in five minutes."

And although the intentions may not be bad, it's clear that the results definitely are bad and are worsening by the day!



The 5 Dangerous Ingredients in Almost Everything You Find at the Grocery Store

There are certain ingredients found in most foods on the grocery store shelves that are toxic and dangerous for your health. It's the abundance of these five ingredients in our diets, our bodies, that is making us sick—and is even killing us. This is what I refer to as the Lethal Recipe.

If you head to your local grocery store and try to find a product without one of these five ingredients you'll have a difficult time.

These 5 dangerous ingredients are:

1. Refined sugars
2. Refined oils
3. Refined salts
4. Refined grains
5. Chemicals

Take out all of the products at the supermarket that contain one of these ingredients and there will be hardly anything left on the shelves. Think I'm exaggerating? Conduct your own informal experiment and see for yourself.

Many of these ingredients started out in a natural state that was not harmful to us but the extreme processing has changed their composition and turned them into deadly ingredients found in almost all of our commonly consumed grocery store foods. Let me illustrate this for you.

The best way to explain this dangerous transformation from good to deadly is to look at the poppy flower. If you take poppy sap out of the flower it has opiates in it. Dry it out, grind it into a little paste and consume this very natural substance; it would actually give you a feeling of wellbeing. It's not a highly addictive substance in its natural state, nor is it highly toxic to the body.

But this same poppy sap when highly processed, using heat, toxic chemicals, removing macro- and micronutrients, changes its molecular structure, creating opium. This once natural substance then becomes addictive and more toxic to the body.



Process it even further using extreme processing, heat, chemicals, and removing almost all of the macro- and micronutrients and you create a pure white substance in the form of heroin which is even more addictive and more toxic to the body. If you look at the process and how we create modern-day grain, oil, salt, sugars, and chemicals, it is similar.

What actually happens when we do this is that the body accepts this food without the macro- or micronutrients. If it did contain these essential nutrients, most of the chemicals would be removed. So the body is eating a food that's nutrient-diminished. The body communicates to you, saying, "I am not getting what I want, feed me more." And because the macronutrients have been removed you can actually eat more of them. In fact, if you take a food just even one step away from nature, and cook it, you can eat more of that food. Which is why it is vital to have living foods in every meal.

So this extreme processing not only robs us of vital nutrients and compels us to eat more, it also puts highly toxic and sometimes even addictive substances into our bodies through our foods.

From a simple, whole, healthy food to a dangerous, toxic, and even addictive substance. This is the danger of processed, refined foods.

Let's take a closer look at the Lethal Recipe.



The Deadly Addiction to Processed Food No One Talks About

The difficulty for many is giving up foods that create such a strong compulsion in us to eat them and have a drug-like, addictive effect on the body. In our worlds of stress, pain, and negativity, who really wants to give up anything that makes us feel good?

The temptation to find a drug, treatment, or diet that allows us to have these things while simply overriding the body's natural functions as a result of eating these foods is strong. We hear about exercise in a pill, diet in a pill, and other 'miracle' remedies that enable us to continue our poor eating habits but relieve us of the unpleasant consequences.

But when you look at the splendid colors in a rainbow, or listen to the calming, gentle gurgling of a brook, when you gaze in amazement at the twinkling stars, and the surreal colors of a simple flower, the truth is clear. Man cannot outdo Mother Nature. Nature offers and supplies what is simple, pure, and good for us.

The plants we get our food from are delicate creations with tens of thousands of elements magnificently woven throughout. We are just beginning to understand their amazing complexity, fragility, and strengths. When we first pull them from the ground (when grown with integrity) they are powerful. This is particularly true when they are grown in healthy bioactive soils. The farther we take them from their source, the more we alter their natural growing process; the longer we store them, the more we process them, the less powerful they become to protect the body from disease, give the body with what it needs, and the more powerful it becomes to make us sick.

Invention, technology, and the many unprecedented scientific advances of our time are to be revered, but when it comes to our foods, what we're eating and how it's impacting our bodies, it's time to reassess.



Harnessing Your Own Powerful Energies

When people begin to learn how badly their food has been treated they often become outraged and many are suspended in a state of disbelief that food companies would engage in such barbaric treatment of their food. They shake their heads that their own governments would allow it to happen. The truth is: it happens.

This energy, this outrage many feel can be used to fuel you for your betterment. It's really your choice. You can use that energy to be angry and feel helpless or use it to do something.

When we place complete blame on others (groups or individuals), we take the 'victim' stance, which often results in feelings of self-pity that lead to inaction. As you learn here about what is really in the food you eat, it's important for each of us to take our own responsibility.

Our desire for convenient, cheap food and our complete lack of interest in how it comes to our table has led to the demand for these quick, easy, tasty, and affordable foods. We must acknowledge responsibility for our part in it. Change will not come from governments, food companies, or growers until you send a powerful message with your dollars about what you are willing and not willing to put up with. You are more powerful than you think, and how you spend your money will start to create the change you wish to see.

The more we process a food, the more addictive it becomes and the more we are able to eat of it.

The more unnatural, highly processed, and complex the food is (multiple ingredients, especially ones from the Lethal Recipe), the more difficulty the body has in digesting and eliminating the food, and the more likely it will contribute to the toxicity in the body.

■ Salt

Salt can have up to 82 minerals in it. That's just what we know of at this time. To get salt one had to work and work hard. Gathering, mining, or drying seawater involved effort and lots of it. These salts had many minerals in them. Today, most, if not all, of the minerals are gone, except sodium, chloride, and other additives (that the consumer doesn't get to know about) that are put into salt. The only one that is disclosed is and anti-caking agent, which is chalk.

Salt is vital for our health but little is needed for most people to maintain good health. It is a great flavor enhancer but too much can mask and take away from the beauty of the flavors of natural foods.



Today, salt is a refined food that is not only easy to obtain but difficult to avoid unless you cook your own food from scratch.

Most table salts contain many more ingredients beside salt or sodium chloride. They can contain up to seven different ingredients, including sugar and anti-caking agents. Some of these are inorganic and insoluble ingredients. They are heated to extremely high temperatures—almost 800 degrees Celsius or 1,500 degrees Fahrenheit—to bind them, and they are then ground.

As a chef, the taste is bitter, metallic, and acrid, and those flavors are imparted to the foods you cook with; although very subtle, it is very distinct to a sensitive and discriminating palate.

70% of our salt consumption comes from processed foods, so the very best way to lower your salt intake is to limit your processed food consumption—cook it at home from scratch.

Salts in processed foods are referred to as 'hidden salts' because we are not aware of them because they don't always taste overtly salty. Read the labels and you will find out some pretty amazing facts about the foods you choose. Some breakfast cereals can have the equivalent of 1 teaspoon of sodium per serving.



**Action
Step**

Replace table salts and refined sea salts with organic unrefined salts.

■ Oils

Oils were once rare and precious foods that were naturally made and were prone to spoiling after exposure to air, light, and heat. Today, oils are highly processed using such extreme processes that their chemical bonds are changed and the way they affect DNA and our body are dramatically and dangerously altered.

Oils and fats are vital for the functioning of a healthy body. We need them in our diet to have good immune function, provide us with energy, good cardiovascular health, and brain function.

There are fats that nourish, energize, and protect the body against disease. There are also fats that cause degenerative disease and can contribute, when eaten in excess over a long period of time, to death. The analogy is two teams playing the same game, only one team's job is to help the body and the other's job is to harm the body.

As soon as you cook or chemically refine oil, the nutritional benefits soon disappear, and the more harmful they become. Exposure to air and light cause any fat to become rancid and toxic. Most of the oils on the supermarket shelves are oils without nutritional benefits. They have been highly processed, removing any protective properties.

Check out the extreme processing your cooking oils go through before they reach you:



7 Steps to Create Common Cooking Oil

- Step 1** Cooking – the seeds or nuts are cooked, mashed, and then formed into a cake.
- Step 2** Solvent extraction that uses hexane or heptane (gasoline) combined with the cooked mashed seed cake to remove the oil.
- Step 3** Degumming, which removes phospholipids and many other nutrients by using water and phosphoric acid.
- Step 4** Refining, which involves mixing oil with sodium hydroxide (which is caustic soda), and sometimes mixed with sodium carbonate.
- Step 5** Bleaching, where filters and acid-treated activated clays are used to remove any colors and aromas.
- Step 6** Deodorizing – through this process the oil becomes distasteful and takes on pungent smells, which is not surprising, so it goes through another degenerating process of heating the oil to 240 to 270 degrees C to render it tasteless, odorless, nutritionally useless, and most likely harmful.
- Step 7** Final preservation – most oils on the shelves of the supermarket are further treated to extend their shelf life. This can include the addition of synthetic antioxidants such as butylated hydroxytoluene, butylated hydroxyanisole, propyl gallate, tertiary butylhydroquinone, citric acid, and methylsilicone. A defoamer is then added before the final stage of bottling in a clear plastic bottle.

It doesn't take a team of scientists and dietitians to figure out that doing all this to a seed can render it harmful to consume.

I urge you to strongly resist the pressure from the scientific and commercial community to distrust your own instinctual intuition as to whether something is good or harmful for us.

Hundreds of years ago it wouldn't take a scientist to decide that a piece of rotting flesh was most likely not suitable to eat and possibly toxic. Today, unless you have a long list of research to verify your claim, gut instinct is considered the tool of a quack.



If you require significant research to verify the information on fats, check out a fascinating and considerable body of work in the book by Udo Erasmus called *Fats that Heal Fats that Kill*. I have only interpreted a very small extract of the book and the information will enlighten you.



Action
Step

Replace refined oils in clear plastic and glass bottles with organic cold-pressed oils in containers that prevent air and light getting in.

■ Grains

Grains are one of the most controversial parts of the Lethal Recipe, as they have been an important part of the healthy eating pyramid since its inception. The grain and allied cereal industry is wealthy and powerful and it is rare to find a dietitian or dietitians conference or university that is not heavily influenced or financially supported by this industry. There is little dispute that genetically pure grains in their whole fresh raw state have many healthy properties, especially when grown organically and without the use of chemicals; even dried naturally they have been a great source of nourishment for thousands of years, but this is hardly the case with most grains consumed in Western countries. The further the growing techniques and processing methods are from nature, the more harmful and even lethal they become.

In the book titled *The Twinkie Deconstructed* by Steve Ettlinger, you'll learn that flour dust is explosive. In *Wheat Belly* by Dr. William Davis you learn that modern wheat is addictive, connected to obesity, diabetes, Celiac Disease, premature aging including wrinkles, heart disease, cancer, acne, as well as numerous skin conditions including baldness. In *Grain Damage* by Dr. Douglas Graham you'll discover his research confirms Dr. Davis's findings and goes further to link flour to everything from asthma, psychoses, and neurological disorders. Collectively there are books and research pointing the finger at refined grains' role in literally hundreds of conditions.

In nature, convenience was a natural protection mechanism: the foods most easily obtained and readily eaten were the most protective, nutritious foods, they are highest up on the steps of nature, and on the give-take scale they are givers. Today, the foods most readily available are completely opposite: most humans in developed countries do not have gardens, and in many cases plots of land to grow their own food, and in supermarkets the most convenient foods are the ones that are not only highest in energy, but low in nutrients and inexpensive.

Our natural inclination to make our lives easier was once rewarded with protection and nourishment; that natural inclination developed over the centuries has translated into laziness that is now contributing to alarming death rates associated from lifestyle diseases. Once upon a time, having a garden was a huge time-saving factor that meant you didn't have to go out and forage for your food; today, people complain of even having to chop vegetables for a meal.



Less than 60 years ago the average amount of time spent preparing the evening meal was 6 hours—today it is 30 minutes and even then I receive many complaints from clients that it is too hard. While I believe they are genuinely stressed, the problem is in the way we choose to spend our time. The easier life chores become for us, the higher expectation we have for life to become easier. Remember the excitement of getting a dishwasher? For those of you old enough, you will think back to how much time it was going to save and perhaps now what an annoyance it is to have to unpack it when the dishes are clean.

It is reminiscent of how Jane Jetson, in the futuristic cartoon from the 1970s, *The Jetsons*, complained about how annoying it was (rolling her eyes and sighing) that she had to press a button to do her ironing. I wonder just how far our efforts to make our lives easier will go and what we will get used to. I say all this with the full admission of being prone to laziness and often avoiding housework with all the modern conveniences available. The point is simply to put things into perspective: we choose to use our time very differently in this modern era, and are becoming more and more hungry for time-saving measures convincing us that they are saving us time and they do things better than the old fashioned way. When it comes to food preparation this logic is completely erroneous.

If parents were on that desert island and they kept all the natural foods for themselves knowing they had to eat them to keep well and gave what we term junk food, which is high fat, high sugar, highly processed food, to their children, they would be considered abusive and neglectful. With all the media and advertising pressures on parents today, if we don't give these 'junk' foods to our children we can be made to feel guilty, restrictive, and mean by depriving them of these foods.

These are often referred to as 'sometimes' foods, not good or bad, removing all moral tags from foods. The more I study, I must admit I struggle with removing moral tags from foods even though they more likely belong to those ideals of the companies developing and making highly processed foods. In fact, some of them can hardly be considered foods and probably are more closely related to drugs.

The more you think about Nature's Principle, the more making food choices and figuring out what is good for us just falls into place and the harder it is to be swayed by multi-million-dollar media and advertising manipulation; it is a way of cutting through nutritional confusion and inconsistencies. This is not about science, it is to provoke thought and question how far we have deviated from eating naturally over the past 100 years.

Nature has inbuilt protective mechanisms against obesity. Imagine sourcing a chocolate cake in nature—say you are on the island of *Survivor* and you need to source all the ingredients: grow the wheat to make the flour, dry it and mill it, then carefully sieve out the bran and germ from the wheat, that's a lot of work, then you need the sugar, so you pulverize some cane, get the juice and dry it out and



refine it, then you find a cow or goat (good luck), milk it (even more luck), then use a couple liters of the milk to skim the cream to then churn the butter, gather the eggs from a bird that's nested, and then get your chocolate, which is an even more complex process than the above effort combined. You would work off way more calories making the cake than you would ever gain by eating it!

Imagine: right now, if you wanted to, you could drive to any supermarket or corner store and get a cake. The chances of it being relatively natural are incredibly slim; it would have ingredients you couldn't possibly find in nature and contain basic ingredients that have been processed completely unnaturally.

Don't get me wrong, as much as I believe chocolate cake is not a health food I also believe 'chocolate is God's way of saying he loves us and wants us to be happy.' The same goes for wine, a great cup of coffee, and bacon. I also know that too much of one or a little of each is a recipe for unhappiness. Selling these products based on their nutritional properties, however, is a scam. The healthiest, longest-living cultures have their poisons, they have something fermented to drink, sweets, or something to smoke, but here's the difference: they don't have all of them. The poisons they pick are minimally processed with natural ingredients and they have to work harder to get these things than their real food. The bulk of what they eat is highly nourishing, energizing, and protective.

The trick for us is to 'pick our poisons' in an informed manner and figure out how to bring nature into our increasingly unnatural world. What's being done to your food, even the basic foodstuffs, will blow your mind and make you think twice about the fuel you put into your amazing body.

Nature's inbuilt protective mechanisms against obesity

Nature had its own inbuilt weight-gain protection plan: it would be very difficult to put weight on, as you would most likely burn off all the energy that was in the food you had gathered and processed. Think about making a cake in a totally natural environment—growing the wheat, processing it to get flour, growing and making sugar, milking the cow to make the butter, gathering the eggs from the chicken (sacrificing the eggs that would now no longer be able to be part of the week's food), vanilla would in a natural environment be a truly rare and special ingredient that would require enormous skill, knowledge, and energy to produce. Even if all you lived on was cakes, there is only so much time in the day, so much available to us in the environment, that it would be difficult to become obese unless your entire mission in life was to make and eat cake.

You would have burned off way more energy than you ate in the process of making the cake.

**Action
Step**

Replace refined grains and the foods that use them with organic whole versions. It is a good idea to give your body a break as often as possible from all grains and grain products, which is where the 7 Recipes for Life can really help fill up your day or week with grain-free foods.

■ Sugar

Sugar in nature was nature's dessert. Delicious, mouth-watering, pure, and nutritious. You had to work harder to get sugar or wait patiently for it to develop (as in fruits). You had to wait for fruit to ripen, climb a tree to get it, and with honey or cane juices there was effort, risk, and caution involved. It wasn't simply found in your home.

Research is now showing that many highly processed sugars and highly processed foods turn off the body's signal to stop eating and inhibit our body's desire to exercise.

Refined or white sugar is not a natural product—yes, it is obtained from a natural ingredient, but what is left after processing is a highly refined product.

Here's a look at the process your table sugar goes through:

First, whole cane juice is clarified using heat and lime (calcium hydroxide), boiling it down, crystallizing it, placing it in a centrifuge to remove the molasses, dissolving the sucrose crystals, decolorizing it using granular carbon to absorb the unwanted molecules, leaving 99.8% pure sucrose, devoid of any nutritionally redeemable qualities.

In its refined state sugar has absolutely no protective properties.

Sugar cane, when it is simply juiced and dehydrated, is brown and has textural bits in it and has a lovely gentle flavor. You can get a powdered version by the name of Sucanat or Rapadura in reputable health food stores or organic grocers. It will cost you around \$10 Australian, but it has naturally present minerals and vitamins it.

Sucanat has an impressive nutrient profile compared to its refined (poor) cousin—it is rich in potassium, vitamin A, vitamin Q, B1, B6, calcium, iron, niacin, magnesium, phosphorous, zinc, pantothenic acid, copper, and chromium. It dissolves well in hot drinks and I have found that in baking and dessert-making it's fantastic. This doesn't mean you would start to use it as a nutritional supplement; it is still a sugar, but a much better sweetening alternative.



The difference between the effects of refined sugar and natural cane sugar on the body was noted by Sir Frederick Banting, one of the first discoverers of insulin. His research in Panama in 1929 indicated that cane plantation owners who consumed large quantities of refined sugar commonly had diabetes, whereas in plantation workers who only had access to the raw sugar cane to chew on, no incidence of diabetes was noted.

Artificial sweeteners are steps further away from nature than even white table sugar and could never be made in nature. Even ones that say they are sourced from natural ingredients are in fact highly processed and foreign to the body.

■ High Fructose Corn Syrup

Highly processed foods have been shown to shut off the mechanism that signals our bodies that we have had enough, so we keep eating. And that's not all. Since they are nutrient-poor, the body signals us to eat more because it's not getting what it needs. So we unknowingly eat more of the wrong foods, adding calories bite by bite but not the nutrients our bodies are desperately craving.

And when you add refined sugars, particularly high fructose corn syrup, the problems with nutrient deficiency pile up even faster. It's been found that when the body is attempting to digest high fructose corn syrup it actually has to use stored nutrients to do so. This means that the small stores of nutrients you have are actually being used to digest some of these foods.

You're not only getting virtually zero nutrients, you're actually losing nutrients. So the 'empty calories' are really 'robbing nutrients' from your body.

Weight gain is just the crux of the problem these foods cause. These processed foods have been linked with every lifestyle disease imaginable, as well as autism, MS, and numerous other mystery ailments.

■ Artificial Sweeteners

Artificial sweeteners are excitotoxins. Excitotoxins are substances added to foods or beverages that literally excite neurons to death.

The neurons in the brain are stimulated to such an extreme point by these substances, aka excitotoxins, that they actually die. These dangerous chemicals that lurk in virtually every food product you can think of are making people around the world sick everyday.

Here is an honest look at just a few of the conditions linked to excitotoxin consumption (there are 92 side effects logged by the FDA):



- Brain damage
- Neurological disorders including seizures and [migraines](#), [autism](#), [allergies](#)
- Disorders of the endocrine system
- Obesity
- Infections and abnormal development in the nervous system
- Linked to having an effect on the development of diseases such as Alzheimer's, Parkinson's, ALS, and Huntington's disease

Dangerous excitotoxins are found in many foods on your grocery store shelves, often in the form of artificial sweeteners. They go by the names aspartame (found in NutraSweet, Splenda, Zylotil, and Equal), MSG, and hydrolyzed vegetable proteins.

As you search the grocery store aisles these are the products that usually contain excitotoxins:

- | | |
|-------------------|---|
| ■ Soda pops | ■ Soups |
| ■ "Juice" drinks | ■ Candy |
| ■ Crackers | ■ Desserts |
| ■ Rice cakes | ■ "Fruit" snacks |
| ■ Bagels | ■ Sugar-free gums |
| ■ Breads | ■ Cocoa mixes |
| ■ Cereals | ■ Prescription and over-the-counter drugs |
| ■ "Energy drinks" | ■ Shake and topping mixes |
| ■ Food "bars" | ■ Sauces |
| ■ Salad dressings | ■ Vitamins and herbal supplements |
| ■ Pasta mixes | |



This is by no means an all-inclusive list. As you can see, excitotoxins are found in the majority of packaged grocery store products.

These excitotoxins are dangerous things. They are not just incredibly bad for your health, they are addictive. I've had clients who were alcoholics who broke free of their alcohol addictions but were unable to break free from diet products. These diet products always contained excitotoxins and kept them hooked.

The premise of these artificial sweeteners is that you'll lose weight, but I've discovered the very opposite to be true. I have many clients who, by just removing artificial sweeteners from their diets, have finally lost weight.

These substances are very acidic in the body and toxic. The body stores toxins in fat cells to protect the body from those toxins. When the toxins are removed, in this case artificial sweeteners and excitotoxins, the body doesn't create fat cells to store them, weight is lost, health improves, and you experience a huge increase in quality of life.



**Action
Step**

Replace refined sugars, artificial sugars, and sweeteners with natural whole versions: raw organic honey, dehydrated organic cane juice, coconut palm sugar, dark unrefined agave nectar, and dried fruits as used in the 7 Recipes for Life.

Let's look at a real-life story of excitotoxins and their negative impact on health.

■ Chemicals

Here is the big fat chemical lie that is keeping people fat: the body will actually create fat cells to store excess toxins away from vital organs. So the more chemicals you have in your body, the more your body's protective mechanism is forced to create fat cells to protect you.

There are tens of thousands of chemicals in our foods today, from pesticide residue to the residue of chemicals used in processing, hidden ones used in nanotechnology, to the ones deliberately added to our food. Most have not been tested adequately for safety, even less have been tested for safety in children, and virtually none have been tested in the chemical cocktail combinations they are found in our food.

It would be almost impossible to have such a task completed, as the time and resources to do all of this properly would be in the billions and with no money to be made from it the chances of it happening are slim to none. One of the main purposes of this book (and my seminars) is to teach you, urge you, not to wait for scientific studies to convince you to make a change. If you do so, your body could be riddled with disease and pain before one such study has emerged. The truth remains the truth even in the absence of scientific data.



The chemicals we ingest do not just go through the bowels and out the trap door. They can permeate every cell of our body, as shown by the presence of chemicals and pesticide residue found in breast milk and the placenta, and can be stored for years.

One example of this is that we are finding the modern human body, when buried, is not breaking down and decomposing as it once did—it is taking much longer. George Burns said, “At my age I need all the preservatives I can get.”

If you think of preserving a fetus in formaldehyde, it does not prolong life, it merely prevents the powerful natural inclination of dead things to decompose and rot. Most people wouldn’t dream of eating a piece of meat preserved with formaldehyde yet we eat food with just as powerful preservatives in them.

Some people are cool with a few chemicals in their food. It is hard to avoid it entirely if you live in the modern world. Put it this way: I don’t stress out if I am eating a food that I know more than likely has a chemical in it. After all, I lived the first half of my life with probably more chemicals in my food than food and I didn’t die. That having been said, I want to live a long life as vibrant as I can, so I avoid them as much as I sanely can. I don’t stress out at that which is beyond my control because that can’t be good for me.

So when I have control over it, if I am buying it, I simply just buy the most natural version I can find. If the only options are Lethal Recipe versions, I find something else that can do the job or go without, knowing I won’t die without it as well.



Action Step: Replace foods that have chemicals in them or are highly processed with chemical-free natural versions. For every product you’ll find natural versions at your local organic whole food shops and online.



5 Mistakes People Make when Trying to Lose Weight

1. Changing too much too soon. Sustainable changes are best ‘grown into’ while gently challenging yourself to live according to what is truly best for you.
2. Following outdated, quick fix advice or advice influenced by the food and drug industries or anyone not acting in your best interests.
3. Not listening to your body and learning the difference between the signals of stimulation, addiction, and wellbeing. Get quiet and listen to your innate wisdom.
4. Quitting if you don’t get immediate results.
5. Not getting help from someone who’s been there. Trying to do this on your own can be lonely, frustrating, and expensive. Find someone you respect and trust with the right information to guide you along and give you the advice you need when you need it.

Whatever you decide to eat, eat it with awareness and learn from the signals your body is constantly providing you with. Even eating something that leaves you feeling flat, fat, and tired is a lesson in waiting...schools in!

It is all about finding a balanced perspective and growing into the lifestyle. I didn’t change everything all at once. The only time people do is when they are faced with a chronic or terminal condition they know food can reverse and even then not everyone sustains a rigid way of eating. The best way is to phase things out with the Replace Principle...when you run out of oil, buy the cold-pressed organic one, when you run out of salt, replace it with unrefined natural sea salt—you get my point. Now, I basically get people to fast track on a program like this and get rid of the basic Lethal Recipe ingredients in their cupboards and fridge, but you need to go at your own pace and decide how much and how fast you want to healthily shed pounds and increase your energy levels. You decide the commitment you are going to make financially, in effort, and in time.

It will cost more initially. It will take more time initially and it will require more effort.

But here is my promise to you:

Money

Nutrient for nutrient, the organic food that is now being proven to have 40-60% more nutrients in it than conventional food and will nourish you better.



You won't be spending as much on processed foods, alcohol, and eating out at costly fast food places—your meal may be cheap but the cost to your health is huge.

You will spend less at the drug store and on doctor visits as your body is cleansed and nourished.

Time & Effort

You will spend more time in the kitchen and shopping than in the past. It will be more work than ordering your food and picking up, or even what you may have called cooking in the past but was actually warming up packaged and boxed foods. But—and here is the big little butt... The effort gets easier the more you do it and eventually it becomes part of how you live and soon things that you used to think were an effort are just what you do.

Tell me, is brushing your teeth in the morning a huge effort? Probably not—in fact you probably can't imagine leaving the house without doing it, right? Well shopping and making your own food is like that—it makes you feel so good, so right that you find it hard to go without doing it or you find places to eat that serve food with as much integrity as you get used to. It becomes your way of living, not a diet or a discipline.

The time you spend will reward you many times over in increased energy and mental acuity so you can get more done in less time. Less time deciding what to wear because everything looks good when you put it on. Less time feeling tired, less time at the doctors, less time with colds, headaches, or just feeling terrible in your body. You will sleep more efficiently so you will require less time in bed—trust me, what you invest in your time will pay dividends.

The Lethal Recipe

Extreme processing + nutritional depletion + chemicals = sickness, addiction, and disease

The quality of ingredients used in recipes and how they are handled makes the end product what it is. Good for us or not so good for us. There are key ingredients that make us well and some that will make us sick. The Lethal Recipe is one that contains one or all of these ingredients.

The exponential rise in disease directly corresponds with the processing of our foods and the introduction of the Lethal Recipe. It is making us sick and fattening up our bodies at an unprecedented level.



We're overweight yet often eating fat-free foods; tired yet unable to sleep; stressed and spending money on pills to help us cope that only worsen the problem...we're stuck in a cycle that only goes downhill.

While we feel overwhelmed because we are stuck in this negative cycle, the solution to all of the problems, or at the least most of these problems, is so simple, so easy we refuse to accept it as truth and write it off as almost 'too good to be true.' The foods we eat determine the quality of our lives.

The more toxic a food is, the more havoc it wreaks in the body. The healthier and closer to nature we eat, the stronger, cleaner, and healthier the body will be. I notice the cleaner and more natural I eat, the clearer and more positive my thoughts are and that I am less prone to depression and negativity.

Our bodies are crying out to us in need and sadly we continue to ignore them. It's time to stop listening to the government and big business about what to eat and listen to yourself! Understanding is the first step.

Structure of Life and Death

When you look at the structure of natural things there is an amazing organizational matrix that occurs. We are just beginning to grasp its complexity, strengths, and weaknesses.

When you grow or process a food unnaturally, you change its structure on several levels depending on how and to the extent you've grown or processed them. That in turn changes the effect they have on the body. It may show up overnight in the form of an allergy or it may take years to show up. Your genetic history and many other factors of how you live will determine the impact it has. Everybody is different.

When they first started to process oils in extreme ways there were people (regarded as extremists at the time) who said this is not right and warned that it was unwise to eat them. The scientific community, backed by the oil industry, said where is your proof? When you learn how a food is processed in such a way (as described in the Common Cooking Oils section), your common sense and human intuition would tell you that it can't be good for you. Those using their common sense when this was first happening did not have the millions of dollars required to prove its deleterious effects on the body.

Now, more than 30 years later, we have proof of the toxic effects that oils processed in these ways have on the body; it has been confirmed and is undeniable. Sadly, during that time the oil industry distributed and 'sold' the consumer on its product, and it is almost impossible to eat a meal (unless you prepare it yourself) where these oils do not exist.



These dangerous oils are in everything. Combine that with the other ingredients in the Lethal Recipe and you start to understand why we are in trouble.

The years that the negative impact of these oils was ignored allowed a mountain of one-sided scientific misinformation to get out that has skewed the public perception into thinking they are not only harmless, but good for the body. This couldn't be further from the truth.

When we combine several highly processed ingredients we create a lethal cocktail or recipe that has the potential to enter our cells, change our DNA, weaken the gene pool, and make us sick.

Again, this usually does not happen overnight and can take months and years to manifest into full-blown illness, so it is more difficult to trace its origins and pinpoint one cause. Because its effects are not always immediate, as with anaphylactic shock, it can be dismissed as not an important threat.

If you wait to find out that a highly processed product is not harmful, you risk your health and that of your children's. This is not a myth—it's fact. I don't intend to scare you so you become frozen into inaction. My hope is to inform you, teach you to trust the signals your own body is giving you, and empower you to live a vibrant, healthy, and completely full life. Passing on what you've learned in these pages to your family, friends, and loved ones so they too can live how God has intended us all to live: in good health, joy, and complete fulfillment.



Absence of proof of toxicity is not proof of safety."

Udo Erasmus



Getting Started

Equipping your Kitchen

The Basics

- Chopping board – wooden preferably, and polyurethane next; glass chopping boards are hard on your knives and hard to chop on
- Sharp knife – if you have a good quality knife but it is not sharp, find a place that will sharpen it. This will make your life infinitely easier, as chopping will be essential to your healthy weight loss journey
- Rubbish bin
- Bowls of various sizes
- Tongs
- Salad spinner or a colander for washing vegetables, greens, and lettuces
- Glass jars with lids for making dressings and storing juices and smoothies



The Recipes

The following recipes will provide all the nutrients you'll need to restore your body's ability to use its own body fat for energy (that means you'll be burning fat around the clock).



Recipe **1**

AntiDiet™ Cleansing Juice

The Real ‘Soft & Gentle on Your Body’ Drink

The AntiDiet™ Cleansing Juice

This is a powerful juice recipe that is primarily used in healing and detox. It has a lovely flavor and the better the fruit and vegetables you get, the more powerful and delicious it will be.

You will notice the effects of the juice immediately as the nutrients infuse into your body. Some people have attributed healing and reversal of disease just from this juice alone and you will lose weight healthily by replacing the Lethal Recipe with this juice. You can make larger quantities if you like to drink throughout the day.

AntiDiet™ Cleansing Juice

For your ultimate vitality and hyper-nourished weight loss, ensure all juice components are organic, fresh, and squeezed that day. If this is not possible for you, if you don't have a juicer or you are just not ‘there’ yet, consider having a local fresh juice company prepare this for you.

Ingredients:

- 1 red apple, whole
- 2 green apples, whole
- Juice of 1 fresh lemon, peeled
- 1 stalk of celery
- 3 carrots
- 1 small washed beetroot (dark red beet)
- 1/4-inch knob of ginger
- Juice of 1 fresh orange, peeled
- Plenty of fresh dark leafy greens like Kale, spinach, rocket, silver beet, or rainbow chard
- Pinch of macrobiotic sea salt



Juice is best made in a gear or grinding juicer like a Samson or Champion, as it preserves more nutrients, but any juicer is better than not juicing and you will still notice huge benefits. Juice washed, fresh fruits and vegetables and serve in a glass.

AntiDiet™ Cleansing Juice Variations:

1. Apple Mint – Replace oranges and carrots with 2 apples and include 20 mint leaves in the juice.
2. V-9 – Add heirloom tomatoes when they are in season.
3. Coolicious – Replace carrots, beet, and orange with 2 large cucumbers.
4. ClenZinger – Add 1/2 cup fresh cilantro, 1/2 cup fresh parsley, 2 large cucumbers, and a knob of ginger.
5. Carotenoid – Replace apples and beetroot with 4 carrots and a red bell pepper.
6. PinkO – Remove anything green in the juice and replace with 2 more beets, 2 pears, and a peeled pink grapefruit.
7. MojoMaker – Replace beets, carrots, and orange with 2 green apples, 20 mint leaves, 2 peeled cucumbers, and 1 lime, peeled.

Why Soft Drinks are Not Soft on Your Body

Americans alone drink more than 13 billion gallons of soft drinks.

Consumption of soft drinks is strongly correlated to becoming obese and developing diabetes, ADHD, heart disease, cancer, and numerous other diseases. They provide NO nutritional value to the body. They can actually assist in the leaching of vitamins and minerals in the body, including calcium, and they lead to osteoporosis as well. Diet drinks are even worse, as their toxic chemicals can lead to irreparable damage to the brain and internal organs according to extensive research that is now being revealed after years of suppression.

If you require more proof than what is abundantly available on the internet, you can read *Sweet Deception* by Dr. Joseph Mercola and *Excitoxins* by Dr. Ray Blayblock, which provide substantial proof of this.

The best and quickest proof comes in the form of doing. By giving up the toxic things you are eating and replacing them with life-giving and protective versions, you will notice results immediately. Within one week, just by replacing what you are eating now with natural versions, you will notice weight loss, energy increase, and clearer thinking.



Recipe 2

Smoothie

Why this Recipe?

The Smoothie is the juice with all the fiber, which is why it is good to have a really good blender. If your blender is not strong enough, you'll want to pre-chop the fruit and veggies that are tougher so that you do a bit of work for the blender. You can also have your ingredients pre-chopped the night before and sitting in the blender so that when you wake up you just have to add the water and blend: tada! breakfast is ready. You'll notice there is no dairy in these smoothies and that is deliberate, as their cleansing and nourishing aspects are increased by leaving it out.

WonderGreens Smoothie

Start with the fruit that is in season, particularly in summer. In the winter and autumn months you can always use apples and pears.

Ingredients:

- 1 apple quartered and then halved (8 pieces), remove stem and core if you don't have a high-powered blender
- 1 kiwi fruit quartered
- 6 chopped leaves of kale or Black tuscan cabbage (cavaleri nero) or 1 packed cup of fresh spinach or any dark greens like tat soi
- 2 peeled cucumbers
- Water to cover

Method:

1. Blend in the Vitamix
2. Drink right away but slowly



WonderGreens Smoothie Variations:

1. Avocado and 1 Tbsp of raw cacao for a chocolate kick
2. Peaches, apricots, and nectarines in summer, make sure you pit them
3. Fresh or frozen berries—raspberries, blueberries, blackberries, huckleberries, and brambleberries, or a mixture of whatever is in season
4. Fresh pineapple
5. Frozen wheatgrass if you can get it at a health food store
6. Sprouts for extra kick or a boost
7. E3 live greens for a super kick boost to your smoothie



Recipe **3**

Snack - Veggie Chips

Why this Recipe?

This was the recipe I used to break my addiction to fried potato chips/crisps—they give you the salty, oily, crispy hit you love about potato chips without any downside except for the fact they can be just as addictive!

Kale Veggie Chips

Ingredients:

- 1-2 bunches of kale or whole veggies thinly sliced (see list below)
- ¼ cup fresh-squeezed lemon juice
- ¼ cup cold-pressed extra virgin organic olive oil
- 1 tsp raw salt, from sea or mountains, unrefined

Method:

1. Blend olive oil, salt, and lemon juice.
2. Place leaves or veggies in a large bowl.
3. Toss washed and dried whole leaves or veggies in just enough dressing to lightly coat both sides of your veggies.
4. Lay out the leaves/veggies on the dehydrator trays in a single layer and dehydrate for around 12 hours, basically until they are dry and crisp. I usually leave them on overnight.

You can get quite creative with the dressing, putting spices, Dukkah spice mix, or changing the lemon for whole ripe tomatoes. Now you can make chips with whatever you find in season.

If you do not have a dehydrator but have a fan-forced oven, you can make these by placing them on mesh baking racks at the lowest setting under 118 degrees F overnight.



Kale Veggie Chips Variations:

1. Beetroots sliced thinly on a mandolin or slicer
2. Carrots
3. Sweet potato or yams
4. Pumpkin
5. Zucchini
6. Celeriac or celery root
7. Parsnip



Recipe 4

Sweet - Chia Pudding

Why this Recipe?

Consuming this recipe several times a week will satisfy and put to an end to your sugar cravings.

Chia Seeds are the miracle seeds lauded in the book *Born to Run* by Christopher McDougall, who wrote of the Tarahumara, a Mexican tribe described as “the running people”—ultra-athletes who run 50 or 100 miles at a time effortlessly and seemingly for pure enjoyment.

They are a great source of Omega 3's, good calcium, soluble fiber, digestible protein, vitamins, minerals, and phytochemicals, and require no processing, no cooking...it's all good.

You can have this recipe as both a breakfast and a dessert. I've served it as both with rave reviews. Because it is so jam-packed with nutrients you will feel satisfied and a sense of wellbeing after eating it.

Chia Pudding

Ingredients:

- 4 tbsp Chia seeds
- 2 cups spring or filtered water

Method:

1. Mix seeds and water, making sure the seeds are not clumping and are covered by water.
2. Soak overnight. Soaking overnight allows the enzymes to activate, which will mean you will get more nourishment from the seeds.

To serve, simply add toppings as desired: chopped raw nuts, sultanas, fresh fruit and nut milk. You can buy almond milk or other nut milks, keeping in mind to buy the ones with ingredients you recognize and understand what they are; once they start to list ingredients you couldn't buy off the supermarket or health food shop shelves, you pretty much know it is highly processed.



Chia Pudding Variations:

1. Raisin and Cashew – 1/2 cup raisins + 1/2 cup chopped raw cashews
2. Chocolate Date – 1 Tbsp raw cacao + 4 mejool dates, pitted and chopped
3. Blueberry Blitz – 1 cup fresh or thawed blueberries + 1 tsp orange zest
4. Raspberry Bomb – 1/2 cup fresh or thawed raspberries + 1/2 tsp lime zest
5. Prune & Pecan – 1/2 cup of chopped raw pecans + 6 prunes, pitted and chopped
6. Honey Cinnamon Lemon – 2 tsp raw honey + 1/2 tsp cinnamon + 1/2 tsp fresh lemon zest
7. Apple Cinnamon – 1 apple, grated + 1/2 tsp cinnamon + 1/2 cup walnuts

I've included my own version of a nut milk recipe if you are inspired to make it. Trust me, it took me years to work up the courage to make it and I could not believe how easy it was and how deliciously worthwhile it was to make.

Bonus Recipe: Almond Milk

Ingredients:

- 1 cup almonds, raw
- 2 pitted dates
- 1/4 tsp vanilla bean powder or half a vanilla bean

Method:

1. Soak almonds in plenty of filtered or spring water overnight.
2. Drain water in the morning and add 4 cups of spring or filtered water, fresh dates, and 1/2 vanilla bean finely chopped.
3. Allow to sit for at least 2 hours to allow the date to break up and the vanilla bean to soften.
4. Blend in a blender at highest speed until the mix is very smooth. Serve with chia pudding as is or if you prefer a true milk texture, strain the liquid from the pulp through a nut milk bag or strain through cheesecloth over a mesh strainer.



Almond Milk Variations:

1. Alcash Milk – Add cashews for a creamier nut milk
2. Cinnamon Milk – Add a tsp of cinnamon
3. Chocolove – Add 1 Tbsp of raw cacao
4. Omega Boost – 1/2 cup hemp seeds for higher protein content
5. Eggless Nog – 1/2 tsp cinnamon, 1/4 ground cloves, 1/2 tsp ground nutmeg
6. Orange Vanilla – 1 tsp of orange zest and 1 tsp vanilla powder
7. Replace the dates with 1 Tbsp of raw honey and 1 tsp of vanilla powder



Recipe **5**

Soup

Why this Recipe?

Soup has long been known for both its weight loss and nourishing properties. It is incredibly versatile and comforting, which is why it is a staple of many cultures around the world. Homemade versions are not only simple to make, but with very little effort you can create a wonderful delicious meal that satisfies the palate, body, and soul.

You will get the benefits of the nutrients and, because you are using all natural ingredients, you will notice a cleansing and detoxifying effect that will give you more energy while the pounds fall off.

Cauliflower Leek and Lentil Soup

Ingredients:

- 2 small leeks, washed and sliced
- 1 Tbsp organic butter
- 1 Tbsp cold-pressed olive oil
- 1/2 cauliflower, broken into florets
- 1 potato, washed and diced
- 1 cup green lentils
- Water to cover
- 1 tsp sea salt
- 1 Tbsp raw miso paste (if you can find chickpea miso it is worth searching for and you can also use it to make your own salad dressings)
- Fresh cracked pepper
- Spinach or rocket, a generous handful

**Method:**

1. Gently sauté leeks in butter and oil.
2. Add cauliflower, lentils, and potato.
3. Cover with water and simmer until potato and lentils are tender.
4. Season with sea salt and pepper.
5. Add rocket or spinach once off the heat (fresh green leaves).
6. Pulse blend to finish with a stick blender or place 1/3 of the soup in a blender or food processor until smooth in consistency and add back to the soup.

Cauliflower Leek and Lentil Soup Variations

1. Broccoli – Replace cauliflower with broccoli, use the whole head and peeled stem.
2. Carrot – Grate garden fresh baby carrots in place of the cauliflower.
3. Beet – Grate whole, washed beets in place of cauliflower.
4. Sweet Potato – Replace potatoes with sweet potatoes or yams.
5. Butternut squash or pumpkin – Replace cauliflower with butternut squash/pumpkin.
6. Celeriac – Replace cauliflower with a peeled and diced head of celeriac (sometimes called celery root).
7. Garden Greens – Prepare the soup above and add in, once off the heat, podded peas, fava beans, green beans, asparagus, and leafy greens for a delicious garden delight.



Recipe **6**

Salad

Why this Recipe?

It seems almost impossible to lose weight super healthily without salads in your life. The biggest misconception is that they are boring and you need to do this to be 'good' in the moralistic sense of the word. It does not have to be. With the dressings I've created and the recipes I've chosen, you will learn to LOVE salads and eat them year-round because they TASTE FABULOUS and make you feel even better! I promise you just have to open your mind to all the delicious possibilities. You also need to know that the better quality ingredients you get, the more delicious they'll taste and better you will feel.

"There is no such thing as a boring salad, only a bored chef."

The Big Bowl Salad

This is where it gets fun in the kitchen!
Start to open your mind to what is possible.

Ingredients

- 4 cups of mixed lettuces
- 6 kale leaves, thinly sliced
- 2 ripe tomatoes, sliced into wedges
- 2 finger cucumbers, sliced thickly into half moons
- 2 baby carrots, washed and grated
- 1 beet, washed and grated
- 1/2 cup or generous handful of sunflower sprouts (they're my favorite now)
- 2 Tbsp raw sunflower seeds

The Big Bowl Salad Variations:

Be creative, think seasonal, always organic even if that means less is more; let go and connect to what you feel will nourish you in the moment.



■ Lettuces and Greens

Spinach, Arugula/Rocket, Kales, Cabbages, Bok Choy, Chard, Collard, Dandelion Greens.

■ Bright Colored Vegetables

Beets, carrots, parsnip, celeriac, fennel, peppers, spring onion, leeks, cauliflower, broccoli, snow peas, beans...there are hundreds to choose from, see what inspires you from the organic section of your market.

■ Good Fats

Avocado, nuts & seeds, sunflower seeds, sesame seeds, pumpkin seeds, hemp hearts, coconut meat.

■ Fruits

Tomatoes, cucumber, citrus fruits like lemon, lime & grapefruit.

Glory Dressing

Do not be fooled by the simplicity of the ingredients—the magic is in choosing the best quality you can find, making sure it is organic and minimally processed.

Ingredients:

- 4 Tbsp apple cider vinegar, Bragg's brand is a universal favorite
- 4 Tbsp cold-pressed organic olive oil (mix them up and vary the oils)
- 2 Tbsp miso paste, make sure it is raw, lighter-colored miso pastes seem to work better—chick pea, white barley are my favorites
- 1 tsp raw organic honey

Method:

Blend in high-powered blender. Drizzle and coat salad. Feel free to lick fingers ;-).



Bonus Recipe: Tree Hugger Salad

Ingredients:

- 100 gm green beans
- 100 gm snow peas
- 150 gm broccoli florets
- Ripe avocado, diced, optional
- 100 gm mixed lettuce leaves or spinach
- Sprinkling of soy sauce, sesame oil
- 1 tsp of freshly grated ginger
- 1 clove freshly grated garlic

Method:

1. Toss all ingredients with the soy sauce, sesame oil, freshly grated garlic and ginger.

Chickie Mix

Ingredients:

- 250 gm sunflower seeds, toasted until golden
- 250 gm sesame seeds, toasted until golden
- 1 Tbsp natural soy sauce
- 2 tsp sesame oil

Method:

1. Either soak in marinade overnight and place in dehydrator until crunchy or lightly toast seeds on separate trays (sunflower seeds take longer).
2. If you are going to toast in the oven instead of marinating before cooking, after the seeds are toasted, evenly coat each tray of seeds with half each of the soy sauce and sesame oil (use disposable gloves).
3. Combine the two seeds. Cool. Place in an airtight container.



Recipe 7

Slice - Raw Chocolove

Why this Recipe?

The number one problem I see with people is sugar addiction—there are so many lifestyle diseases linked to it that it should be illegal. I used this recipe to wean myself off of sweet things that contained refined sugars, oils, grains, and salts, and now have seen it work for thousands of others.

Raw Choc Slice

Buy organic ingredients to start with; most of these things you can get at a health food store.

Once you've got all the ingredients together it is super easy to make and you will have heaps.

Remember to appreciate all the effort that goes into obtaining all these ingredients in nature. If you had to do this in nature you would work off a great deal of calories. If you eat a lot of this slice and sit at a desk all day then you will be eating way more calories than you are working off, so even though the slice is made up of all raw ingredients it still requires being respectful of the resources required by the planet to produce, humans to collect it, and the body to process it. Eat slowly, savor and enjoy!

Ingredients:

- 1 cup almonds, raw
- 1/2 cup cashews, raw
- 1/2 cup macadamia or pecans, raw
- 1/2 cup sunflower seeds
- 1 Tbsp *ground of each: flax seeds and chia seeds
- 1 cup raisins
- 1 cup coconut, shredded and unsweetened
- 16 prunes, pitted
- 10 fresh dates, pitted
- 2 tsp of vanilla bean powder or the seeds from 1 vanilla bean
- 1 cup raw cacao
- 1 Tbsp cold-pressed coconut oil



Method:

1. Place macadamias, pecans, cashews, almonds, sunflower seeds, flax, chia and linseeds, sultanas, and coconut in food processor until the sultanas are broken up into a crumb size, add the rest of the ingredients and process until well mixed.
2. Press evenly into a plastic container 30 x 20 cm, cut into squares, refrigerate, and remove when cold and solid, and break into squares and place into an airtight container.
3. Note: The moisture from the fruit and coconut oil will eventually bind the mixture, just keep processing until it starts to come together slightly and then press into a container.

*It is best to grind the seeds fresh in a spice/coffee grinder or in a mortar and pestle into a meal texture, not left whole.

Raw Choc Slice Variations:

1. **Caramello** – Replace all nuts and sunflower seeds with pecans (that's 2.5 cups in all) for a more caramel texture and flavor.
2. **Vanilla** – Remove raw cacao and add 1 tsp more vanilla.
3. **Raspberry** – Add 1/2 cup dried raspberries to the mix before pressing into the container.
4. **Mint** – Add 1/2 tsp of pure peppermint oil when you are adding the coconut oil.
5. **Orange** – Add the zest of an organic orange or mandarin for a chocolate orange version.
6. **Cranberry** – Add 2/3 cup of dried unsweetened cranberries.
7. **Double Choc Power Up** – Add 1/2 cup of cacao nibs and 1 Tbsp of Mesquite powder.



Using the 7 Recipes for Life 3-Phase System

Phase One

Start with Breakfast

I'm not a typical nutritionist that says breakfast is the most important meal of the day, but it is vital to set you up for your day. Getting the most nourishing foods into your body first thing will set up your mental clarity and moods that will help define your day and give you the nourishment to cope with whatever comes up.

Start to incorporate a recipe either along with a meal or instead of a meal. So you may want to start out with a juice one morning with your normal breakfast or if you want to speed up the weight loss replace breakfast with either a juice, a smoothie, or chia pudding. You can also alternate one each day. Simply by starting your day with one of these instead of a typical boxed or cooked breakfast you are going to notice a wonderful difference.

Phase Two

Next Stop Lunch

In the next phase you may wish to have a salad for lunch each day. Again, you can have a salad with whatever you typically have for lunch but if you want to accelerate your progress, simply have a big salad for lunch. Remember to put lots of yummy foods from the variation list into your salad and mix it up each day. I find that when I have a big salad for lunch, the time it takes me to eat it is almost more than the time allotted when I am teaching—then I am caught up in my work and because my body is nourished, I am not thinking so much about food.

Vary the ingredients in the salad and the dressings and the variety will feel endless.

If you feel the need to snack, try the Veggie Chips or the Raw Choc Slice. They will give you the salty or sweet satisfaction without the downer afternoon slump or '3:30itis' as it is called. This is the very best way to overcome mid-afternoon and early-evening fatigue (which is mostly caused by your body having to contend with processed foods), so you can enjoy your family and social life more...



Phase Three

Don't be Late With Dinner

This is where you can start to have some fun and mix it up by adding a soup into your evening meal. To accelerate your weight loss, simply have a big bowl of soup for dinner and if you are still feeling peckish after the soup you can have some Veggie Chips and/or a square or two of the Choc Slice. You can alternate nights with a soup then salad, and if you have a massive appetite have the soup and salad on the same night. Just remember to listen to the signs your body is giving you. If you are a moderate to high meat eater and are madly craving meat, then by all means incorporate a grilled or baked piece of fish or chicken or beef, being mindful of how important it is to make sure that it is organic pasture fed. The cost alone will most likely mean that you are eating less and this is a very good thing for your body and the environment.

What's good for the body is good for the planet and what is good for the planet is good for the body.

I've noticed this and much more not only in my own body but with the thousands of people who've brought the 7 Recipes for Life into their lives, body, and home.

The results appear to be amazing, but in truth they are simply a matter of cause and effect. I want to make this process as simple and stress-free as possible so that you can embrace the life you both desire and deserve. It is your birthright to enjoy the vibrant health that your body is naturally predisposed to have and can be had by simply learning to prepare 7 recipes and incorporate them into your week.

Menu Suggestions

Here are some more suggestions to fill out your week while you are incorporating the 7 Recipes for Life:

Breakfast Ideas

- Fresh fruit, fruit salads in summer especially, stewed fruit in winter
- Steamed greens including broccoli, beans, asparagus, Bok Choy, fresh peas dressed with tamari, sesame oil, and toasted chickie mix
- Brown rice with raw grated vegetables and avocado



- Avocado and tomato or vegetables on sprouted grain bread
- Poached organic eggs with spinach and asparagus—yes, for breakfast!
- Juices (veggie and/or fruit)
- Smoothies without dairy
- Miso soup with greens and brown rice
- Porridge with baked apples and prunes or other dried fruit
- Salads in summer like tomato, cucumber, lettuce, and continental parsley

In between breakfast and lunch

- Water or herbal teas in between breakfast and lunch

Lunch Ideas

- A big salad with lots of fresh ingredients and dressed with lemon, sea salt, and fresh-pressed oil. There are literally thousands of combinations limited only by imagination and seasonality
- Fresh veggie soups made without cream, dairy, or booster stocks
- Veggie wraps made with whole meal pitas, hummus, avocado, tabouleh, and falafel
- Fresh steamed veggies, preferably seasonal, drizzled with cold-pressed olive oil, dukkah, and sea salt
- California rolls made with brown rice and veggies
- Tree hugger salad with some brown rice or quinoa
- Soups, lentil and silver beet soup
- Corn on the cob with a salad
- Water and herb tea in between lunch and dinner

Dinner Ideas

- Eat as early as you can and finish your food intake by 8 p.m. at the latest
- Start to cut down your meat consumption; buying only organic and biodynamic will help lessen consumption, as it is often much more expensive
- Brown rice risottos with veggies
- Big salads with baked fish
- Stir fried vegetables with tamari (wheat-free soy sauce) flavored omelet
- Baked or grilled vegetable salad with brown rice and chick peas



- Pumpkin, cauliflower, and chick pea curry with brown rice or quinoa
- Soups
- Pan-fried fish (even better, poached) with steamed asparagus and Bok Choy, drizzled with melted butter and organic soy sauce
- Salads, salads, and more salads

A big glass of water or mug of herbal tea before bed. My favorite is organic peppermint and licorice root. I take a tea bag of each and make a big pot of tea; what I don't finish at night makes an iced tea the next day.

Snacking Ideas

- Raw almonds, nuts, or seeds
- Dried fruit
- Homemade dips like baba ghanoush, hummus with fresh organic veggies, sprouted grain breads, Mary's crackers, or brown rice crackers
- Organic fruit and veggies in season
- Smoothies (dairy-free; see 7 Smoothies for Life DVD)
- Salads
- Avocado and ripe tomato on sprouted grain bread
- Juices, freshly pressed

Be the first of your friends to subscribe to www.returntofood.tv for more free recipes and videos of Sherry preparing delicious life-changing recipes.



The Replace Principle

What do I do if I am Craving my Comfort Foods?

This is one of the core concepts I've been sharing with people around the world and why they love working with me. I don't say no to them having the foods they love. I do, however, encourage them to seek out natural versions of foods that they love. So instead of the dial-up or box pizzas that are filled with the Lethal Recipe, make your own using natural bases from a 'Wholefoods' type store and put real ingredients on it. Some places are now selling seriously delicious pizza made totally from fresh, real, natural and organic ingredients. The same goes for any food you previously thought was off limits.

■ Ice Cream?

Choose natural organic ice creams that are made with unrefined sugars or better yet make your own versions using frozen banana and frozen fruits in the food processor or a high-powered blender.

■ Burgers?

Try a burger with a lettuce bun. Too healthy? Then look for the healthiest burger you can get without chemicals and highly refined flour in the bun; nice spelt buns perhaps?

■ Chocolate?

Try the range of raw chocolate bars that are flooding the market. Most are made using natural sweeteners (remember to look at the labels) and are surprisingly delicious even for a chocolate snob like myself.

Just so you know, I am not the food police. I would not have lost the weight and kept it off knowing that I was never going to have my comfort foods ever again. I love food and firmly believe that you can have these foods occasionally and still be healthy, provided they are natural versions of them and that the bulk of what you are eating is highly nourishing, energizing, and protective, which is where the 7 Recipes for Life come in. Just by peppering your week with these recipes you will start to hyper-nourish your body. You are in the driver's seat and control how healthy and slender you are going to be.

Know the more nourishing recipes you bring into your life the faster you are going to uncover the amazing body within you right now. The pace is up to you. Just know that weight loss is not the only benefit. The less of the Lethal Recipe you have, the more joy, energy, excitement, and happiness you are going to feel.

Think: what is the most natural version I can find of my 'love food.' When you sit down to eat it, savor it, and understand that it is not likely what you are used to but you can develop a palate for almost anything given an open mind and positive repeated exposure to it. Remember the first time you had a taste of coffee, wine, beer, or a food that has



a strong or bitter taste? Usually you found it difficult to appreciate, but with repeated exposure and perhaps some social pressure you developed a taste for it. This is the exact same thing that can and will happen with the new foods you are trying.

Be patient with yourself and try to enjoy the process. This is why diets don't work and never will—they have you change everything all at once in an unnatural way whether you are ready or not. That is why I don't have you change everything at once but to go in phases to introduce the new recipes as you feel comfortable and inspired to. You determine the pace you want to lose weight at and because of this you will make the changes last.

KISS Keep it Simple Sweetie

Embrace simplicity—this does not have to be complicated, it is designed to make your life easier, but as often happens we need to get through the tricky stuff, lay the foundation before it becomes easier.

Think of building a path to get where you are going. Imagine if every time you wanted to get from your house to your car that you had to climb over weeds, thistles, branches, and potholes—everyday you had to do this obstacle course to get to where you wanted to go and because of the rocky path, sometimes you ended up bruised and cut on your way to your destination.

Then you came up with an idea to build a path, thinking that if it was even and smooth it would make your life getting from point A to B much smoother and enjoyable. So you set about the task of clearing the path, which is a great deal harder than even climbing and navigating the weeds, thistles, branches, and potholes. But you started anyway, knowing that the task was hardest in the beginning, clearing the brush. Imagine trying to make a path, however, without a plan or a vision for what it would look like or in which direction it would go. If you just started to clear and didn't have a vision for your path, it could take you in all directions and make the path much longer than necessary.

So you first need to decide on a vision. What is your body going to look like? Keep it simple and real—remember, once you reach this goal you can start again, but if it is too much of a stretch from your present reality or belief of what is possible, you will find it almost impossible to attain or wonder why you seem to stop at a certain weight threshold and not go further. It is important to see your body in a healthy frame, in clothes you love, and to feel amazing in those clothes. I remember sitting around with some girlfriends who were all overweight and we were fantasizing about our perfect weight loss outfit. I remember saying that I wanted to look great in a pair of Levi jeans; I wanted to slip them on with a white T-shirt and just feel good and, yes, even sexy. I could see it, the shape of my butt and the flat tummy, it felt good—and within one year I was in those jeans, healthily, and have kept the weight off for over 15 years.



So now imagine the outfit you want to be wearing and can see yourself wearing; when you see yourself in this outfit you feel great, there is no resistance, you know it is achievable and for your greatest good to be that weight, shape, and feeling that way.

Hold the vision and feel what it feels like to be that size and shape. Imagine you are in front of a mirror in your swimsuit or yoga gear.



Action
Item

Write for five minutes about how that feels, describe what you look like and how you are carrying yourself. Write how good it feels to have accomplished what you once possibly thought was impossible.

HOWW - Hydrate Only with Water

As of now, when you are thirsty you are going to drink water. Now the thought of that can be scary, boring, and even annoying for you to contemplate, but like all things it is simply a matter of what you get used to remembering. Herbal teas work as well, as long as they are made just from the herbs and not with added flavors that are in the popular brands in the supermarket.

If you are a male in the U.S. in the 12-29 age range, you are statistically drinking 1/2 a gallon of soft drink every day. This is a staggering figure that alone could be responsible for over half of the diabetes in the country. That is eight glasses of sugary chemicals in your body every day, which is creating a toxic environment in your blood and body tissues that is ripe for disease to occur.

The standard recommendation is that we drink that much water a day as a minimum. If you did only one thing out of this program and replaced soft drinks, including and especially diet soft drinks, and replaced this with good clean water, you would start to notice a difference and lose weight. I've had clients who have given up diet soft drinks and nothing else and have lost up to 25lbs within six weeks.

Water is a catalyst for every single biological function in the body. Simply put, water makes everything in your body happen; the more water and better kinds of water you put into your body, the better it will function and the more easily you will lose weight.

Soft drinks, including bottled fruit juices, are not water. They have water in them but they are not as powerfully hydrating to the body as good quality water. Water content is different to pure and simple clean water.

Start with doubling what you are drinking in water. If you are only drinking one cup of water on a regular basis, start today to drink two glasses of water and build up to drinking at least eight cups a day and no more than 16, unless you are doing ultra-marathons in the desert, then it is a whole other ball game. You can drink too much of anything, including water. The best water to source is clean, pure spring water, next is great quality filtered water, and if your only access is to tap water, find a basic water filter and place



slices of lemon in a water jug, fill the jug up with water, and cover in your fridge for a few hours to allow the minerals from the lemons to infuse the chlorine to evaporate.

■ **More Fiber –**

Fiber is to your gut what water is to a fish; gut health is where all health begins and is necessary for natural forms of fiber that come from edible vegetation such as vegetables, fruits, nuts, seeds, and legumes.

■ **More Nutrients –**

All of the plant foods mentioned above are rich sources of nutrients that supply the body what it needs to function—the more and better quality of nutrients means the body will run better longer.

■ **More Protective Chemicals –**

The colors, aromas, and flavors in foods were once considered non-nutrients; it was thought that their only function was to make plants attractive in color, flavor, and aroma so we would eat them and get our vitamins, minerals, fats, carbohydrates, and proteins. We now have discovered tens of thousands (over 80,000) of phytochemicals in plants that are the most protective substances on the planet for preventing disease. The more you eat of them, the more armed you are against disease. This is why organic and biodynamically grown foods are so important; there are up to 40-60% more nutrients in organic food.

■ **More Hydration –**

By incorporating more clean water into your day you will be squeezing out other drinks that can actually work against you—dehydrating you and destroying nutrients in the healthy food you are eating. Being well watered is vital to your health and instrumental in permanent sustainable weight loss.

What does this mean?

Increased Hydration and Nourishment – Everything works better: clearer thinking, appetite regulates, and digestion regulates, more energy and a stronger immune system, which means you will get sick less often.

Understanding the Difference Between Detoxing Symptoms and Being Sick

Sometimes you can be sick and not have any symptoms of illness. Sometimes you can actually feel much worse than before you started to eat well, before you feel better, as your body moves to remove toxins in the body. The body will use means that we often confuse as being sick to get rid of the very things that make us sick. Sounds ironic, but think of it simply this way: If you swallow a poison, the body will act to remove it through bringing it up (vomiting), flushing it through (urination, diarrhea), through the skin (sweating, rashes,



and boils), and through the nose (mucous, runny nose). In some cases the body will engage all of these responses to eliminate the offending or threatening agent. While experiencing these situations we often think of ourselves as being sick when in fact it is the body's very healthy way of trying to right itself.

This is just to let you know that you may experience some discomfort as your body gets rid of years of the Lethal Recipe you've unwittingly been putting into your body. Know that this will pass—it is a good thing and you will be feeling much better soon. The sooner you go through this, the faster you are on your way to having that vision of your amazing body realized.

Bring Your Eating Out into the Open –

Filling your hiding places with good things... If you've struggled with your weight, chances are you have some hiding places, cubbies, drawers, shelves, or secret places that hold out ultimate comfort foods. The foods we cling to when things get tough. At one point in my life I had a Sweet Spot or Comfort Cozy in every area of my life—the kitchen at work, a drawer in my desk, the console of my car had some hard tart sweets that would stand up to extreme weather, my handbag, backpack, bedroom, closets, all those obscure places where I could hide something in a box or a bag that I could scramble for when life got tricky. Times when I was not able to find the thought to make me feel better I at least had my favorite food drug of choice to do it for me, until the drug wore off and I needed another hit.

What happens when we do this is we train ourselves to go to these places when we are not able to think in a way that makes us feel better. A little trick while you are learning to do this is to find things that inspire you—pictures of you looking amazing, quotes that bring you to your happy place, images of the things you are bringing into your life, books that help you think healthy thoughts, aids that help you get out and move your body. You can start to hide these in your hiding spots to remind you of the thing that will make you feel better about yourself.

Remembering What You Want –

It is almost impossible to create long-term health and weight loss if you don't spend time in the kitchen. The kitchen is the best way to bring the healing power of nature into your body and life.

"The more natural your diet is, the harder it is to put weight on." Or simply put, "The more natural your diet is, the easier and better quality the weight loss will be."



Discipline is remembering what you want."
- David Campbell



We build our self-esteem by keeping promises to ourselves and conversely our self-esteem takes a dive when we break promises or engage in activities that do not ultimately serve us. A little bit of ice cream rarely does this but when we sit on the couch with the open tub or the whole bag of chips, rarely do we feel better beyond the actual time eating them. It is like a little jab to our self-esteem that weakens us and our resolve to keep our promises.

For most of my life I shrugged discipline; I managed to get around things somehow and felt I was being clever in finding all the shortcuts, and in some ways I was. There was one thing that I was sadly lacking in this, and I feel it is a valuable life skill that has enormous benefits. The best definition that totally reframed discipline into something desirable was that quote, “Discipline is remembering what you want.” Brilliant, I thought. Take even writing this to you today, the act of remembering how many people I want to help, remembering the lifestyle I wish to have while doing it, how I want to help people in my family, students of mine to help others while earning a wonderful income, inspires me to keep at this when my tendency is to surf the net or even clean house, overtaking the risk of writing something potentially imperfect.

After talking to and working with thousands of people over the years, I’ve discovered that it is the most sensitive and often intelligent people who are drawn to drown their concerns with addictive substances and behaviors. Using that sensitivity and intelligence to actually serve yourself and the people you wish to help is a powerful motivator for remembering what you want.

I want for you to have the body, the life, and all the pleasure you deserve out of life. I know that if I can do this that you can do this as well. You are more powerful and capable than you can possibly imagine. When you get this food side of your life sorted, the most amazing good things will come your way, seriously delicious good things I know are your birthright; you simply have to believe, see it, and reach out with both hands, an open heart and mind, and claim what is yours.



Action Step

- Write down all the things you want in life
- Number them in order of priority
- Now find a reason why losing the weight will actually help you get what you want.

This can become a powerful ally to your weight loss. Pop this list in all of your Comfort Cozies and read it when you are tempted to eat something you love but does not love you back. Even if you succumb to the temptation, read the list while you are partaking and feel what it feels like to have the things you want in life. I strongly suspect that even if you don’t stop eating, you will eat less and less over time.



7 Steps to the Most Amazing Life You Can Imagine

1. **Visualize Your Perfect Size** – Imagine how you'll look in your favorite outfit, keep the image firmly in your mind's eye, go back to it often and feel how good it feels to have your gorgeous amazing body slip easily into it. The more often you feel that feeling, the more likely you are to achieve your ideal weight.
2. **Breathe in Burn Fat** – Practice meditative deep breathing to help shed fat.
3. **Drink Yourself Slim** – Water will help wash away the fat, so hydrate throughout the day.
4. **Walk Off the Weight** – A gentle walk will go a long way to not just burning calories, but the movement actually detoxifies the body and allows you time to clear your mind and de-stress so that you are calmer, which sets the body up to lose weight.
5. **Eat Real Delicious Food** – Still have all the foods you love using the "Replace Principle."
6. **Think Up & Drop Sizes** – Remember, your thinking is your most powerful weight loss tool, so always keep seeking the higher thought that will help you reach for the better feeling so you can resist reaching for food to make you feel good more often.
7. **Meaning, Purpose, Passion, and Contribution** – Doing what you love, the thing that makes you feel a sense of purpose, and sharing this with others will help you feel better more often, you'll get lost in activities you love and this can definitely help you lose and keep weight off.





Sherry Strong

Food Philosopher & Holistic Nutritionist

Sherry Strong has built a multi media career doing things few people dream of. Television, radio, glossy mags and international stages, her career is extremely diversified. From being own around the globe to do diet & lifestyle makeovers on Billionaires, Fortune 500 CEO's, Celebrities and Elite Athletes to working with Jamie Oliver and his Fifteen Foundation.

Sherry is a TED alumni who's also given a TED talk in Tokyo, has been invited to speak at the Queensland University's Brain Institute, a regular on television internationally, invited to teach cooking classes in Japan, China, Ireland, New Zealand and North America.

Sherry was the Victorian Chair of Nutrition Australia, the Melbourne Head of Slow Food and the Curator & CoFounder of the World Wellness Project Summit. Sherry now mentors others to develop successful businesses while maintaining awesome quality of life.

Website: www.ReturntoFood.com

& www.sherrystrong.com

Bonus Section

with recipes featuring the
Julienne Vegetable Slicer
aka “The Zuudle Maker”



****Click Here to Buy Julienne Slicer in Canada ****

****Click Here to Buy the Julienne Slicer in the USA****



How To Make Zuudles



Start with smaller, firmer zucchini about 6 inches in length and no more than 1.5 inches width. You want them to be heavy for their size and shiny and firm. I allow 1.5 per person or 2 for hungrier folk.

The massive zucch's may look like a find but as they grow large the flavor diminishes and the texture is not good for perfect Zuudles.

Top and tail the zucchini. Translation, cut both ends off.

Don't peel the zucchini as many of the precious nutrients are in the skin and I think it is the most delicious part with the best texture. It also adds a beautiful colour.

Take the zucchini length wise and firmly grate the whole length at a time to get long pasta like strands. Work your way around the seeded center of the zucchini and leave the center to be chopped up and used how ever you like.



WATCH VIDEO



PLEASE always watch your precious hands on the sharp blades and if you like get a safety glove or handle if you're unsure of yourself. It is always better to go slow and leave a little extra of the core than risk it.

You now have perfect Zuudles. Use raw simply by covering them with a variety of dressings or your favorite sauces. Keep your eye out for more emails from us - we've got loads of delicious healthy recipes to share!





How To Clean Your Zuudle Maker



Now that you've got this hot little baby in your hands and you know how to use it, you'll also be pleased to know that this Julienne Veg Slicer, (what we affectionately call the Zuudle Maker) is simply the easiest grater you will find to clean.

The main thing to keep in mind with any piece of kitchen equipment that cuts fruit and vegetables, is the faster after using it that you clean it, the easier it will be to clean.

Simply run under warm water on both sides of the grater. Shake off the excess water and any remaining bits of grated matter and dry laying flat or on a drying rack.





Zuudles With Miso Glory Dressing



serves 4 as a starter

Miso Glory Dressing

Do not be fooled by the simplicity of the ingredients—the magic is in choosing the best quality you can find, making sure it is organic and minimally processed.

Ingredients:

- 4 Tbsp apple cider vinegar, Filsingers is a Canadian brand that seems a little more natural but Bragg's brand is a universal favorite
- 4 Tbsp cold-pressed organic olive oil (mix them up and vary the oils)
- 2 Tbsp miso paste, make sure it is raw, lighter-colored miso pastes seem to work better—chick pea, white barley are my favorites

Method:

Blend in high-powered blender. Drizzle and coat Zuudles. Feel free to lick fingers ;-)

Zuudles

- 4 small firm zucchini grated on a julienne strip slicer. See Zuudles instructions.
- 1 Avocado sliced
- 1/3 cup raw, shelled walnuts (optional)

Assembly

Toss Zuudles with the Miso Glory Dressing.
Arrange with sliced avocado and top with walnuts.



Chunky Heirloom Tomato Zuudles

serves 4 as a starter



Tomato Dressing

- 2 whole raw cloves of garlic, minced or finely grated
- 4 ripe heirloom tomatoes (black Russians are a favourite or a variety of different colored tomatoes)
- 2 Tbsp apple cider vinegar
- 1 Tbsp hot water
- 1/2 tsp sea salt
- 2 Tbsp cold pressed olive oil
- 6 basil leaves , roughly chopped (Optional)

Dice the tomatoes, keeping all the juices. Add the remainder of the ingredients and mix well by hand while still leaving chunks of tomato.

You can use the back of a big spoon to squeeze the juice from the tomatoes.

Add garlic, apple cider vinegar, hot water, sea salt and cold pressed olive oil.

Lightly toss the Zuudles in the dressing until evenly coated. Serve with a smile!





Apple & Carrot Cool Slaw

serves 4 as a starter

Ingredients

- 2 julienne grated carrots
- 2 julienne grated apples
- 1/3 cup raisins chopped
- 1/3 cup raw shelled walnuts or pecans, chopped
- 1 fresh lime, juice and zest of

Squeeze lime juice over grated carrot, apple and chopped raisins. Add the lime zest and walnuts. Gently toss ingredients together

Don't be fooled by the low key, hippy dippy granola type ingredients in this salad, it is super simple but deceptively delicious, great for breakfast, a fast snack and even dessert.

Tips to insure the best salad;

Of course the ReturntoFood.tv Julienne Veg Slicer makes all the difference and since you've purchased your very own, you're half way there to making Epic Salads.

The Lime makes all the difference. Make sure you have a fresh lime. Most limes I've discovered in Canada are not very fresh. The best way to tell if you are going to have a great lime flavor is to scratch the lime and if the zest gives off a beautiful lime flavor there's a big chance it will taste fabulous too. Always grate the apple last to reduce browning.



Brain Builder Salad

serves 4 as a starter

Ingredients

- 1 carrot, washed and grated
- 1 beetroot, washed and grated
- 1 yam, washed and grated
- 1 apple, washed and grated
- 1 ripe avocado, diced

large handful of flat leaf parsley, roughly chopped

Lightly toss ingredients in a large salad bowl.
Toss gently with dressing below
Sprinkle with sesame seeds for garnish

Lemon Walnut Dressing

- 1/2 cup walnuts, soaked overnight in spring water or filtered water and then drained
- juice from 2 lemons
- 2 tsp tamari or light soy sauce
- 1/2 tsp sea salt

Blend on high in a blender until super smooth.

****Click Here to Buy Julienne Slicer in Canada ****

****Click Here to Buy the Julienne Slicer in the USA****

