



# BE WELL

by DR. FRANK LIPMAN

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## SOUPS

### Carrot and Coriander Soup, serves 4-6

2 Tablespoons extra virgin olive oil  
1 onion chopped  
2 cloves garlic, crushed  
1 teaspoon ground thyme  
2 teaspoons ground coriander  
6 very large or about 8 medium carrots, peeled and chopped, about 3 cups  
1/4 cup fresh parsley, chopped  
Salt and pepper to taste  
4 cups organic vegetable stock  
Bunch of fresh cilantro, chopped

Heat the oil in a large pot, then add the onions, garlic, thyme and coriander and sauté till soft.

Add the carrots, parsley, salt and pepper and sauté for 2-3 minutes.

Pour in the vegetable stock, bring to the boil, cover and simmer for about 45 minutes until the carrots are tender.

Remove from heat and cool, then puree till smooth.

If the consistency is too thick, add more vegetable stock and puree.

Adjust seasonings to taste, heat through and sprinkle with cilantro before serving.

## Butternut Squash and Root Vegetable Soup, serves 8

3 Tablespoons extra virgin olive oil  
1 large onion peeled and chopped  
2 cloves fresh garlic, crushed  
1 large butternut squash, peeled, seeded and cubed  
3 carrots peeled and chopped  
3 parsnips peeled and chopped  
1 sweet potato peeled and chopped  
2 leeks, cleaned and chopped, white parts only  
1 teaspoon ground thyme  
Salt and freshly ground pepper to taste  
8 cups organic vegetable stock

Heat the oil in a large pot, add the onions and garlic and sauté till the soft.

Add remaining vegetables, thyme, salt and pepper and sauté for a few more minutes.

Pour in the stock and bring to the boil.

Reduce heat, cover and simmer till the vegetables are soft, about 45 minutes.

Cool, then puree.

Adjust seasonings to taste and reheat before serving.

### Simple Broccoli Soup, serves 6-8

1 Tablespoon extra virgin olive oil

1 medium onion, chopped

2 cloves fresh garlic, crushed

2 pounds broccoli, rinsed and chopped

1 teaspoon ground thyme

Salt and freshly ground pepper to taste

6-8 cups organic vegetable stock, depending on how thick you want the soup

Fresh chopped parsley, chives or dill

In a large pot, heat the oil and sauté the onion and garlic till onion is soft and translucent.

Add the remaining ingredients and bring to the boil.

Cover, reduce heat and simmer till the broccoli is tender, about 40 minutes.

Check seasoning. Puree the soup and garnish with fresh parsley, chives or dill.

### Zucchini Soup, serves 4 - 6

4 Zucchini diced

2 cloves garlic –crushed

1 onion – chopped

1-2 Tablespoons extra virgin olive oil

4 cups of organic vegetable stock

Salt and freshly ground black pepper to taste

1 Tablespoon fresh herbs, such as basil or oregano, optional

Heat extra virgin olive oil in a soup pot.

Add chopped onion and crushed garlic, sauté till soft,

Add zucchini and sauté for another 2-3 minutes.

Add stock, salt and pepper and bring to the boil.

Reduce heat, cover and simmer till zucchini are tender.

Add fresh herbs if using.

When cool, puree till smooth.

Heat through before serving.

## SALADS

### Mixed Green Salad, serves 4

2 cups arugula washed well

2 cups baby spinach - rinsed

1/2 radicchio, leaves separated, torn into small pieces and rinsed

Small butter lettuce, leaves separated, torn into small pieces and rinsed

1 small red onion, thinly sliced

8 kalamata olives

1/2 can chickpeas or cannelli beans rinsed and drained

2 radishes thinly sliced

1/2 cup toasted pumpkin seeds

Gently toss all ingredients in a large salad bowl and drizzle with lemon vinaigrette or balsamic dressing.

### Spinach and Mushroom Salad, serves 2-3

4 cups of baby spinach leaves washed and dried

1 avocado peeled and sliced

1 cup button mushrooms cleaned and thinly sliced

1/2 cup walnuts

1/2 small thinly sliced red onion

Combine all ingredients and drizzle with either lemon or balsamic vinaigrette.

### Watercress and Radicchio Salad, serves 2-3

1 head of radicchio, leaves separated, washed, dried and coarsely shredded  
2 cups watercress, washed and dried  
15oz can chickpeas, drained, and rinsed  
1/2 cup walnuts

Combine all ingredients and drizzle with lemon vinaigrette.

### Cabbage Salad, serves 2-3

1/2 small green cabbage, finely shredded  
1 cup snow peas, washed and chopped  
1 bunch of green onions, washed and chopped  
1/2 cup sunflower seeds, option to lightly toast them for added crunch  
1/2 cup of flaked almonds, option to lightly toast them for added crunch  
1/2 cup cilantro chopped, optional

Combine all ingredients and drizzle with lemon vinaigrette.

## SALAD DRESSINGS

### Balsamic Vinaigrette, makes about one cup

2/3 cup extra virgin olive oil  
1/3 cup balsamic vinaigrette  
1 clove crushed garlic  
1 teaspoon Dijon mustard  
1 teaspoon raw honey  
Pinch of salt

Combine all ingredients in a glass jar and shake well till thoroughly blended.

### Lemon Vinaigrette, makes about one cup

3/4 cup extra virgin olive oil  
1/4 cup freshly squeezed lemon juice  
1 clove garlic crushed  
1/4 teaspoon salt  
1 teaspoon mustard or to taste  
Freshly ground black pepper to taste

Combine all ingredients in a glass jar and shake well till thoroughly blended.

## ENTREES

### Easy One Dish Chicken Roast, serves 4

Preheat oven to 375 degrees.

Season 4 bone-in, skin-on chicken breasts with salt, pepper, oregano, garlic powder and paprika and place in an ovenproof roasting dish.

Arrange an assortment of peeled and sliced parsnips, carrots, sweet potatoes, butternut squash and wedges of red onion around the chicken.

Throw in 3 cloves of garlic, peeled and sliced.

Drizzle the vegetables with a little extra virgin olive oil.

Roast until the chicken is cooked through, about 40 minutes.

### Roasted Fish Fillets with Fresh Herbs, serves 4

4 fish fillets, 4 – 6 oz each, skin on

Juice of 1 lemon

Salt and ground black pepper to taste

1 clove garlic, crushed

1/2 cup of chopped fresh herbs – parsley, dill, garlic, oregano, basil – pick your favorites

Extra virgin olive oil

Lemon wedges, optional

Preheat oven to 375 degrees

Moisten the fish with lemon juice

Season with salt and pepper

Mix together the garlic, herbs and a little extra virgin olive oil to hold the herbs together.

Spread the herb mixture evenly on the fish fillets.

Place the fillets skin side down on a lightly oiled baking sheet and roast in the oven until cooked (they should flake easily with a fork and be opaque), about 12 – 15 minutes depending on the thickness of the fish.

Serve with additional lemon wedges if desired.

### Roasted Salmon with Mustard and Dill, serves 4

4 fillets of salmon, 4 – 6 oz each, skin on

1 - 2 tablespoons of stone ground mustard

- enough to sufficiently coat the salmon, do not coat the skin side

Juice of 1 lemon

Extra virgin olive oil for drizzling

1/4 teaspoon garlic powder

Salt and pepper

2 tablespoons of fresh dill or 1 tablespoon dried dill

Pre-heat oven to 375 degrees.

Squeeze the juice of one lemon over the salmon fillets.

Drizzle with extra virgin olive oil.

Sprinkle with salt, pepper and garlic powder.

Spread the mustard evenly over the top of the salmon, sprinkle the dill over the mustard, coating the salmon generously.

Place the salmon skin side down on a lightly oiled roasting pan and roast in the oven. till salmon is fork tender and flakes easily, about 10 mins depending on thickness.

### Spicy Spinach and Mushrooms, serves 3-4

1 tablespoon extra virgin olive oil

1 medium onion, chopped

1 clove garlic, crushed

1 teaspoon freshly grated ginger

1 teaspoon chili powder

1/2 pound mushrooms thinly sliced

Salt to taste

1 pound spinach washed, dried and cut into ribbons, or bagged organic baby spinach

Heat the oil in a large skillet.

Add onion and garlic and stir-fry till browned.

Add the spices and stir fry for about one minute.

Add mushrooms and salt.

When the mushrooms have softened, add the spinach and cook until the spinach has wilted.

### Sauteed Spinach or Swiss Chard or Kale, serves 4

1 tablespoon extra virgin olive oil

1 clove garlic crushed

1 1/2 pounds spinach, bagged organic baby spinach works well

Salt and freshly ground pepper

Heat the oil in a frying pan.

Add the crushed garlic and sauté briefly.

Add baby spinach in handfuls so as not to overload the pan.

Cook until just wilted.

Add salt and freshly ground pepper to taste.

## Roasted Brussels Sprouts, serves 4

One pound of brussels sprouts

Extra virgin olive oil

Coarse sea salt

Pre heat oven to 400 degrees.

Cut Brussels sprouts in half.

Place on a baking sheet.

Toss with enough oil to evenly coat.

Sprinkle with sea salt and roast at 400 degrees for 30 – 40 minutes till browned and tender.

## Roasted Bok Choy and Cauliflower with Cumin and Mint, serves 4

*from Mariel's Kitchen by Mariel Hemingway*

2 medium fresh organic bok choy, about 2 pounds

2 tablespoons coconut or olive oil

Sea salt

Freshly ground black pepper

3 cups cauliflower florets

Vinaigrette

1/4 cup olive oil

3 tablespoons freshly squeezed organic lemon juice

1/2 teaspoon lemon zest

2 tablespoons fresh mint leaves coarsely chopped

1 1/2 teaspoons ground cumin

1/8 teaspoon cayenne pepper

Sea salt

Freshly ground black pepper

Preheat oven to 400 degrees

Cut bok choy in half length-wise and place on a baking sheet lined with aluminum foil. Drizzle with 1 tablespoon of the coconut oil and sprinkle with salt and pepper.

Place cauliflower florets on another foiled baking sheet. Drizzle with the remaining tablespoon coconut oil and sprinkle with salt and pepper.

Place both trays in the preheated oven and bake, turning and alternating racks once, until vegetables are tender when pierced with a fork, about 20 minutes.

When done, remove from oven and cover with aluminum foil to keep warm.

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While vegetables are roasting, prepare vinaigrette. In a small bowl combine the olive oil, lemon juice, lemon zest, mint, cumin and cayenne pepper.

Season with salt and pepper if desired. Set aside until vegetables are roasted.

While still warm, remove bok choy and cauliflower from baking sheet and chop into 1 inch pieces and place in a large bowl.

Dress vegetables with vinaigrette and mix gently to combine.

Place vegetables on serving platter or divide among individual serving dishes.

Garnish with a sprig of mint if desired.

### Vegetable Curry, serves 4

1 onion, chopped  
2 cloves garlic, crushed  
2 tablespoons extra virgin olive oil  
1/2 - 1 teaspoon curry powder  
1 teaspoon cumin  
1/2 teaspoon coriander  
1/4 teaspoon cinnamon  
1/4 teaspoon ground ginger  
1/4 teaspoon turmeric  
1/2 teaspoon salt  
1/2 butternut squash, peeled and cut into small cubes  
3/4 cup water  
1 large sweet potato, peeled and cut into small cubes  
1/2 head cauliflower, cut into small florets  
3/4 cup frozen organic peas  
1/2 teaspoon garam masala  
Cilantro, optional

Fry the onion and garlic in olive oil until the onions are soft and opaque.

Add the spices and salt and sauté a few minutes, until you can smell the aroma of the spices.

Stir the spices from the bottom of the pot occasionally.

Add the butternut squash and sauté about 10 minutes, stirring occasionally.

Add 1 or 2 tablespoons of water to prevent sticking.

Add sweet potato and sauté and 10 minutes, stirring occasionally.

Add the rest of the water and scrape all the spices up from the bottom of the pot.

Add cauliflower and peas on top of the butternut and sweet potato, do not stir.

Cook until the vegetables are tender, about 10 -15 minutes.

Just before serving, add garam masala and stir through.

Sprinkle with cilantro

## Curried Lentils and Caramelized Onions, serves 6

*from Stefanie Bryn Sacks, M.S.*

1 cup French lentils (black lentils)

3 cups water

2 medium sweet yellow onions (Vidalia) , thinly sliced, about 3 cups

4 tablespoons olive oil

2 teaspoons curry powder

1/4 teaspoon red pepper flakes, optional

1/2 cup water

3 tablespoons cilantro leaves, loosely packed, rough chop

Salt to taste

Place lentils and water in a small pot. Cover and bring to a boil on medium heat.

Reduce to simmer and cook, covered, for about 30 minutes.

In a large pan, heat oil on medium add curry, red pepper flakes, onions and sauté onions until golden brown, (about 15 minutes). Add water and cook down for another 10 minutes.

When lentils are done (they should be a bit tough), combine with onions in pan and mix well. Toss in cilantro and salt to taste.

## Confetti Rice and Beans, serves 6

*from Stefanie Bryn Sacks, M.S.*

- 1 cup brown basmati rice
- 1 1/2 cups water
- 1 strip kombu, optional
- 2 tablespoons extra virgin olive oil
- 2 cloves garlic, rough chop
- 2 large shallots, thinly sliced, about 3/4 cup
- 1 tablespoon cumin powder
- 1 large carrot, small dice, about 1 cup
- 1 large handful snow peas or string beans, thinly sliced, about 1 cup
- 1/4 cup chives, thinly sliced
- 3 tablespoons flat leaf parsley, rough chop
- 1 cup water
- 1 15 oz can black beans, drained and rinsed
- 1/2 teaspoon salt, or more to taste

Place rice in a small pot with water and kombu. Cover and bring to a boil on high heat; once boiling, turn to simmer and cook for about 30 minutes.

In large sauté pan, heat oil on medium and sauté garlic, shallots and cumin, occasionally tossing, until slightly browned and aromatic, about 5 minutes.

Then add remaining vegetables, herbs and water. Cook for 10 minutes until vegetables are soft. Add finished rice (discarding kombu), beans and salt, mix well and cook for another 3 minutes.

## SNACKS

Mary's Gone Crackers Gluten-Free and Wheat-Free Snacks.

1/4 cup mixed raw almonds, walnuts, sesame seeds, sunflower seeds & pumpkin seeds.

1 apple, sliced, with 1 tablespoon organic raw almond butter.

Piece of fruit – please check the Eating Plan for allowable fruits.

Carrot and cucumber sticks with hummus.

Organic gluten-free and wheat-free rice crackers.