

Healthy Ways - Recipes

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Healthy Ways

Recipes - Quick, Nutritious, Easy and Yummy

Table of Contents

Table of Contents3

___Overview___6

 Red6

 Pink.....6

___Breakfast___7

 Breakfast Basics.....8

 Oatmeal and Berries9

 Oatmeal with Apples and Cinnamon..... 10

 Oatmeal with Strawberry Flower 11

 Pancakes with Blueberries 12

 Strawberry Banana Pancakes..... 13

 Cereal with Berries 14

 Coconut Curry Breakfast Scramble 15

 Quinoa Breakfast Pudding 16

 Tofu Zucchini Scramble..... 17

___Brunch & Lunch___ 18

 ___Salads 19

 GBOMBS Salad 20

 Broom Salad..... 22

 Couscous Confetti Salad..... 23

 Farm House Salad 24

 Curried Rice Salad 25

 Pink Macaroni Salad 26

 Guacamole Chicken Burger..... 27

 Peach and Yam Lunch 29

 ___Sandwiches 31

 Tofu Egg-less Salad Sandwich..... 32

___Dinner___ 33

 ___One Dish Dinners 34

 Spaghetti 35

 French Bread 36

 Salsa Fresca 37

 Zucchini Pasta - Veggetti 38

Mexican Corn and Beans 39

Black Bean Confetti 40

Colored Easter Eggs 41

Pad Thai 42

____Soups 43

Soup Starters 43

Bok Choy and Yam Soup 44

Chinese Noodle Soup 47

Lentil Soup with Couscous 48

Quinoa Soup 49

Red Orange Soup 50

____Drinks____ 51

Drinks – alcoholic, coffee & milk replacements 52

Supplements 53

Raspberry Mango Dream 54

Drink – Mango Delight 55

____Wise Choices____ 56

____Snacks____ 58

Craving Popcorn? Crunchies 59

Popcorn & Crunchies 60

Craving potato chips? 61

Tiger Fries 62

Craving sweets? Strawberries and Banana 63

How to slice an orange 64

Purple foods and Broom Salad 65

____Desserts____ 66

____Menus____ 67

Menu Planning - Eat a Rainbow 68

Kick Start Menu 69

Color Flow 21-Day Menu 70

Index - Recipes 71

Appendix C - SubChapters 74

Appendix F - Flow 75

Appendix K - Recipes 76

Appendix R - CFI Recipe Overview 77

Appendix X - Recipes 81

The End82

Overview

Overview - [alphabetical](#) - links to most recipes are here.

[Photos](#) - Blog

[Meals](#) - Smugmug

[Recipe Cards](#) - Smugmug

Eat by Color

	Red
	Orange
	Yellow
	Green
	Purple
	Pink
	White
	Brown
	Black

Breakfast

[Oatmeal and Berries](#) - steel-cut oatmeal

Oatmeal with Apples and Cinnamon - instant oatmeal

[Pancakes with Blueberries and Bananas](#)

Quinoa Breakfast Pudding

Tofu Zucchini Scramble

Tomato and Zucchini Omelette

Breakfast Basics

- Silk 10-15 minutes before the meal
 - fruit beginning of the meal, 3-4 types
 - whole grains
 - nuts
 - seeds
-
- Silk almond, soy or cashew. Do not drink cow's milk.
 - Fruit bananas, berries, mangos, papayas. Fruit will detox the body.
- You'll be ready to tackle the world!
- Whole Grains oatmeal, granola, rice, pasta
 - Nuts almonds, walnuts, pine nuts, Brazil nuts
 - Seeds chia seeds, pumpkin seeds

Oatmeal and Berries

Standard fare.



Gather:

Indigo: frozen blueberries, *Dole*® *Blueberries*

Red: fresh strawberries

Brown: steel-cut oatmeal, cinnamon

Chop:

4 strawberries

Thaw:

Thaw 1/4 C blueberries in cereal bowls while cooking.

Cook:

Place 1/2 C oats in pot, add 2 C water.

Cook on med high heat and bring to a boil.

Reduce heat to med low and simmer for 30 minutes.

Stir occasionally.

Serve:

Add oats to blueberries, stir in 1/2 t cinnamon. Top with strawberries. Serves 2.

Oatmeal with Apples and Cinnamon

Rethink your reward system.

Oatmeal makes a great dessert and is better for you than ice cream.



Gather:

oatmeal, *Quaker*® *Quick-1 minute 100% whole grain oats*
apple, agave nectar (or honey) and cinnamon

Chop:

1/2 apple

Cook:

Boil 1 C water in a pot on medium high heat.

Stir in 1/2 C oats.

Cook about one minute until creamy.

Serve:

Combine in a bowl: oatmeal and 1/2 t agave nectar

Garnish with 1/4 t cinnamon and apple.

Oatmeal with Strawberry Flower

**Gather:**

Yellow: lemon

Red: fresh strawberries

Brown: steel-cut oatmeal

Chop:

Chop 8 strawberries and 2 slices of lemon

Cook:

Place 1/2 C oats in pot, add 2 C water.

Cook on med high heat and bring to a boil.

Reduce heat to med low and simmer for 30 minutes.

Stir occasionally.

Serves 2.

Pancakes with Blueberries

On the road to healthy eating habits. Omit the syrup. Use as little butter as possible.



Gather:

Pancake mix, *Krusteaz*® *Wheat and Honey pancake mix*

frozen blueberries, *Dole*® *Blueberries*

banana, agave nectar, cinnamon, cream of tartar, vanilla

Bowl:

Stir 1 C pancake mix and 3/4 C water until smooth.

Blend in 1T agave nectar 1 t vanilla and 1/2 t cream of tartar.

The cream of tartar makes the pancakes fluffy.

Let the mix rest for 10 minutes.

Cook:

Cook the pancakes in a large pan.

Serve:

Top with 12 blueberries, 1/2 banana and cinnamon.

Strawberry Banana Pancakes

Gather:

Pancake mix, *Krusteaz*® *Wheat and Honey pancake mix*

Strawberries, banana,

agave nectar, cream of tartar, vanilla, coconut oil.

Bowl:

Stir 1 C pancake mix and 3/4 C water until smooth.

Blend in 1T agave nectar, 1 t vanilla and 1/2 t cream of tartar.

The cream of tartar makes the pancakes fluffy.

Let the mix rest for 10 minutes.

Cook:

Cook the pancakes in a 12" frying pan.

Preheat the pan with 1 T of coconut oil on medium heat.

Add more coconut oil for each batch of pancakes.

Serves two:

Top each plate with 4 strawberries and 1/2 banana.

Cereal with Berries



Granola cereal, frozen blueberries, fresh strawberries and almond milk

Be generous with fruit.

No sugar.

Coconut Curry Breakfast Scramble

Ingredients: tofu, coconut milk, sunflower seeds, red onion

Food coloring: ½ t curry

1/3 box soft tofu, 2 T coconut milk

Delicious!

Quinoa Breakfast Pudding

Quinoa is a marvelous source of protein.

Gather:

Quinoa, *AncientHarvest*® *Supergrain products*

frozen wild blueberries or raisins

almond milk, vanilla extract

Pot:

Cook 1/2 C quinoa, 3/4 C water, 1/4 C almond milk & 1/4 t vanilla on medium heat.

Bring to a boil, then cover and simmer on medium low heat for 10 - 15 minutes.

Serve:

Stir in 1/4 C blueberries or raisins.

Serves 2.

Tofu Zucchini Scramble

Gather: tofu, zucchini, red onion, and garlic

Colors: green, white and orange

Flavors: Teriyaki sauce, soy sauce, or salsa

Serve with: blueberry muffin, tortilla or French bread & a whole orange for each person

Chop: Dice zucchini, onions, garlic and tofu

Pot: Steam the zucchini for 5-10 minutes.

Pan:

Sauté onion and garlic in 1/2 cup of water.

Add tofu and stir until browned, about 1 minute.

Add cooked zucchini to blend, about 1 minute.

Brunch & Lunch

Salads

[GBOMBS Salad](#)

Broom Salad

Couscous Confetti Salad

Farm House Salad

[Curried Rice Salad](#)

Macaroni Pink Salad

Potato Salad

insert [Pomegranate Pita Pocket Salad](#)

Southwest Salad

insert [Southwest Spinach Corn Salad](#)

Sandwiches

Tofu Egg-less Salad Sandwich

Egg Sandwich

Guacamole Chicken Sandwich

Peanut Butter and Banana Sandwich

More

insert [Guacamole Chicken Burger](#)

[Peach and Yam Lunch](#)

_____ **Salads**

GBOMBS Salad

Eat at a minimum these real foods daily
to destroy and help prevent cancer cells from growing.
Micronutrients are trace minerals, vitamins and phytochemicals,
that are key to thriving.
Be sure to limit sugar and white flour
which weaken the immune system.
Autoimmune diseases can be reversed.

Onions

1/2 c onions - eat raw and chew thoroughly, or dice to release enzymes then cook.

Mushrooms

1-2 mushrooms - starve fat and tumor cells, attack and remove abnormal cells.

Beans

1/2 c beans - great for protein, fiber and feeling full.

Vegetables

1 large serving of steamed vegetables - good for late night.

Broccoli, zucchini, artichoke, Brussels sprouts, squash

Fruit

3 fresh fruits – berries, watery, dense, stone

Berries - frozen blueberries, strawberries, raspberries

Watery fruits - grapes, watermelon, cantaloupe - good for kidneys & weight loss

Dense fruits - bananas, apples - good for weight gain, full of fiber

Stone fruits - apricots, plums, peaches, cherries - great for snacks

Salad

1 large salad – make this the main dish for one meal.

Lettuce, bok choy, kale, broccoli slaw, spinach topped with beans or meat and nuts.

Nuts

1 oz raw, unsalted nuts - maximum one handful. Be careful, nuts are full of fat.

Mixed nuts, peanuts, walnuts, almonds, Brazil nuts, cashews or pistachios

Seeds

1 T of seeds - great on oatmeal, pancakes and salads. Try to eat seeds with a meal.

Chia, flax, pumpkin, sunflower, hemp or poppy seeds

Snacks - carrots, apples, celery, bell peppers

Dressings – lime juice, lemon juice, spices, agave mustard stevia oil vinegar

Toppings - nuts, seeds, berries, garlic, slices of banana, apple, oranges and avocado

For more info and recipes

visit: www.color-flow.com

Joel Fuhrman's and Neal Barnard's websites

Broom Salad

No cooking, simple and quick.

This is great for breakfast, to sweep out your intestines.



Gather:

Purple: red cabbage, red onion

Green: celery

Orange: carrots

and: oil & vinegar, honey & mustard

Chop:

1 slice of red onion, 1 stalk celery, 1 carrot, 3 slices of cabbage

Place in a bowl.

Dressing:

Blend in a small bowl with fork, then pour over veggies.

1 t olive oil, 4 t apple cider vinegar, 1/4 t honey, 1/8 t Dijon mustard

Couscous Confetti Salad

This is delicious, pretty and easy.



Gather:

Purple: red onion, red cabbage
Green: parsley
Yellow: fresh lemon, couscous, *Casbah*® *Lemon Spinach CousCous*
Orange: carrot chips
Red: red bell pepper
and: oil, vinegar, curry

Cook:

Cook couscous according to package directions.

Chop:

Chop 1 slice of onion, 1/4 bell pepper, 4 carrot chips and 1 slice of cabbage and place in a small bowl. Chop 1 bunch of parsley.

Dressing:

In a small bowl mix juice from 1/2 lemon, 1/2 t curry, 1 T vinegar and 1 t olive oil.

Blend:

Put the couscous in a large bowl.
Add the veggies from the small bowl and stir.
Pour in the dressing and toss to mix. Garnish with parsley. Serves 4.

Farm House Salad

Here's a salad made with bread!



Gather:

red onion, red bell pepper, tomato, cucumber, avocado, lime, French bread

Italian dressing

Green: cucumber, avocado, lime

Red: onion, bell pepper, tomato

White: French bread

Large bowl:

Tear 3 C French bread into bite size pieces and place in bowl.

Chop:

Place each veggie in a medium bowl after it is chopped.

One slice onion, one slice bell pepper, 1 tomato

Peel, then slice and chop 1/2 cucumber

Add the contents of the medium bowl into the large bowl and toss gently.

Garnish with slices of avocado and lime. Serve with dressing on the side.

Curried Rice Salad

Serves 4.

Tip for fluffy rice: Place rice in dry skillet, brown slightly next, add water, then cook.

Gather:

Brown	brown rice
Red	apple, dried cranberries
Green	scallions
White	almonds, mayo
Misc	lemon juice, curry powder

Cook: rice and cool

Chop: apple and scallions

Bowl 1 - rice, apple, raisins, onions, almonds

Bowl 2 - Combine other ingredients

Pour bowl 2 over rice mixture, stir, refrigerate at least 1 hour.

Pink Macaroni Salad

Have fun with coloring your food. Use beet juice, food coloring, condiments and spices to color your food. You can be creative with pasta and tofu.

It's like coloring Easter eggs.

Gather:

Green: celery, scallions, sweet pickles, parsley

Red: can of beets (pink food coloring)

White: macaroni, mayo, Stevia sweetener

Chop:

2 celery stalks, 2 scallions, 4 beet slices, 2 parsley sprigs

Place in a small bowl.

Pot:

Cook 1/2 box of macaroni according to package directions.

Coating:

In a small bowl, blend 1 T pickle juice, 4 T mayo and dash of Stevia.

Serve:

Drain the macaroni in the sink using a colander and pour in a large bowl.

Blend in 4 T beet juice. Add the veggies and coating.

Serves 4.

Guacamole Chicken Burger

"California Whopper with a Twist"



Gather:

Chicken patties, *MorningStar Farms*® *Chik Patties*® *Original*
hamburger buns

avocado, tomato, lettuce, onion, pickle relish

Nayo, (optional: A-1 sauce)

Slice: avocado, tomato and onion

Cook:

Cook the veggie chicken patties according to package directions.

Toast the buns in a large frying pan with 1 T oil about 1 minute each side.

Assemble:

Lay the buns on a plate, spread 1T Nayo lightly on each bun.

Add 1t pickle relish.

Place a patty on the foundation bun.

On the top bun, layer lettuce, tomato, avocado and onion.

Flip the foundation onto the top, then flip again to serve.

Serves 2.

Peach and Yam Lunch

This is filling and so delicious. Inspired by Rip Esselsytn, the Engine 2 Diet.

Serves two. Total time is about 15 minutes.



Gather:

Orange	peach, yam or sweet potato
Green	avocado, parsley, lime
Black	black beans

Bake the yam the day before. Rinse the beans before cooking.

Chop:

half of the yam into a large frying pan.

the parsley, half a fresh peach and half an avocado into a small bowl.

Pan:

Warm yam and 1/3 can of black beans, add seasonings.
Cook on medium heat for about 3 minutes.

Serve:

Arrange the contents from the bowl.
Drizzle fresh squeezed lime juice from half a lime.

_____ **Sandwiches**

Tofu Egg-less Salad Sandwich

Craving an Egg Salad Sandwich? Skip the cholesterol and saturated fat of eggs.



Tofu Mayo

Gather: tofu, lemon juice, vinegar, Dijon mustard and Stevia

In a small bowl: Using a fork, crumble tofu as you remove it from the box. Use about 1/4 box. Mash the tofu in a small bowl with 1 t mustard. Add 1 1/2 t lemon juice, 1 1/2 t vinegar, and a dash of Stevia. Whisk with a fork.

Tofu Sandwich

Gather:

tofu, scallion, alfalfa sprouts, pickle relish, whole grain bread, Teriyaki sauce, Dijon mustard, paprika

Using a fork, crumble the 1/2 box of tofu as you remove it from the box. Mash the tofu in a bowl with 2 t mustard until it looks like hard boiled eggs. Add 1 chopped scallion, 2 T pickle relish and 2 t Teriyaki sauce and blend.

Spread the tofu mayo on both sides of the bread. Spread to tofu mixture on one side, with 4T sprouts on the other side. Top with paprika. Makes 2 sandwiches.

Dinner

One Dish Dinners

Pad Thai

Spaghetti

[Zucchini Pasta - Veggetti](#)

Mexican Corn and Beans

Black Bean Confetti

Soups

Black Bean Confetti

[Bok Choy and Yam Soup](#)

Lentil Soup with Couscous

Quinoa Soup

Red Orange Soup

Top Ramen Egg Flower Soup



_____One Dish Dinners

Spaghetti

Spice up an old favorite.



Gather:

Angel hair pasta, whole wheat, whole grain
Can of diced tomatoes (or fresh tomatoes)
Vegetable broth (or prepared tomato sauce)
2 T apple juice
Fresh rosemary sprigs
Tabasco, *Mc Ilhenny Co* ® *Red Tabasco* ® sauce
24 herbs and spices, *Bragg's* ® *Sprinkle*

Cook:

Using a large pot,
cook 1/2 box of pasta according to package directions.
Drain the pasta in a colander in the sink and set aside.
Using a large frying pan,
cook on medium heat 1/2 C vegetable broth and tomatoes.
Add chopped fresh rosemary, 1/2 t Tabasco, 1/2 t Sprinkle.
When the pasta is ready, add to the frying pan.
Blend for a few minutes and serve.
Serves 4 - 6.

Alternative:

Salsa, corn, tomato, onion
serve with sliced nectarine

French Bread



Large pan:

Toast on medium heat 2 T oil and Bragg's ® Sprinkle ®
Brown both sides.

Salsa Fresca



Red: tomato, red onion, red pepper

Flavors: garlic, vinegar, paprika & cumin

Zucchini Pasta - Veggetti

<< photos >>

Wash and dry zucchini

Sharpen zucchini like a pencil into a bowl.

Twist into veggetti device.

One very long strand is created.

Chop raw zucchini in half (pasta)

Device - rinse and wash immediately with a toothbrush

Mexican Corn and Beans

Just 5 minutes

**Gather:**

Green: avocado

Yellow: canned corn, *Green Giant*® *Cream style corn*

Brown: canned beans, *Bush's Best Beans*® *Black Beans*

Rinse:

Rinse the beans under running water in a colander.

Heat:

Heat the corn and beans for 5 minutes in a pot on medium heat.

Serve:

Garnish with a few slices of avocado.

Black Bean Confetti

Beans can be your best friend. They are full of protein, fiber and calcium.

Gather:

	Green	Celery
	Yellow	Corn
	Orange	Carrots
	Brown	Black Beans

Tips:

To limit and avoid gas:

Drain and rinse the beans in a colander.

Cook the beans well, until really soft.

Slow down while eating.

Cook:

1/2 can black beans, 1/4 C corn, 1 stalk chopped celery, and shredded carrots for about 5 minutes.

Serves 2.

Colored Easter Eggs

Make colored Easter "Eggs"!

Pink: beet juice and beets

Ingredients: tofu, beets, red onions, scallions, mushrooms & alfalfa sprouts

Large pan: turn on stove - med heat - 4 T water

Cutting board:

red onion, 2 slices, chopped to pan

mushrooms, handful, chopped to pan

scallion, 2, chopped to small bowl

tofu, 1/4 box, use a fork to mash as you remove it from the box, to bowl

Cook onions and mushrooms for 3 minutes.

Pour contents of bowl into pan.

Heat for 2 minutes.

Add 2 T sliced, canned beets to pan.

Beets are slippery and lots of fun for young cooks.

Beets are also good for your blood flow.

Pad Thai

This has a sweet coconut flavor.



Gather:

Pad Thai sauce, *A Taste of Thai* ® *Pad Thai Sauce*
coconut milk
rice noodles, bok choy, scallions, red bell pepper

Green: bok choy, scallions
Red: bell pepper
White: noodles, coconut milk

Chop:

Put each veggie in a small bowl when you finish chopping it.
Chop red bell peppers and bok choy. Cut scallions lengthwise.

Wok:

Start with 2 T oil and 4 C water. Bring to a boil on med high heat.
Add 8 oz, 1/2 bag, of rice noodles. Cook for 5-8 minutes.
Reduce heat to med low, then add 1/2 can of coconut milk.
Add veggies and remove from heat immediately.
Blend in Pad Thai sauce and serve.

Serves 2.

_____Soups

Soup Starters



By Pacific Natural Foods ®

Curried red lentil soup

Spicy black bean soup

Organic vegetable broth

Organic roasted red pepper and tomato soup

Bok Choy and Yam Soup

Kick it up a notch, omit salt and add spices. Serves 4.



Gather:

Bok choy, yam, red bell pepper, red onion, mushrooms

Tabasco, [Mc Ilhenny Co](#) ® [Red Tabasco](#) ® sauce

paprika, curry

24 herbs and spices, [Bragg's](#) ® [Sprinkle](#)

Prep:

Bake yam at 400 degrees for 45 minutes the day before, refrigerate.

Chop:

Put in 3 small bowls:

Bowl 1 - 2 onion slices and 6 mushroom slices

Bowl 2 - peel and chop into bite size pieces 1 yam

Bowl 3 - 2 stalks bok choy including the greenery, 1/4 bell pepper.

Cook:

Cook this in a large frying pan, on medium heat.

Sauté the onions and mushrooms in 4 T water.

Add 2 C water and bring to a boil.

Add flavorings: 1/2 t curry, 1/2 t Tabasco, 1/4 t paprika

Add the yam and heat for several minutes.

Pour in the veggies from bowl 3 just before serving.

Keep the veggies as raw as possible to save the nutrients.



Chop



Spices



Saute



Add yams

Chinese Noodle Soup

Chinese noodles

green beans

scallions

tofu

bok choy

red bell pepper

Flavor with Bragg's Sprinkle

Lentil Soup with Couscous

Lentils are a great source of protein. Here is an exotic recipe to try.



Gather:

Purple: red onion
Green: celery
Yellow: couscous, *Casbah*® *Lemon Spinach CousCous*
White: garlic
Red: tomato
Brown: lentils
Brown: broth, *Pacific Natural Foods*® *Vegetable Broth*

Cook:

Cook 1 C lentils in a pot according to package directions.
Drain the liquid out, using a colander.
Cook the couscous according to package directions.

Chop:

1 slice onion, 1 clove garlic and place in a large pan with 2T water.
1 stalk celery, 1 tomato and place in a small bowl.

Cook:

Cook in a large pan on medium heat: Sauté onion and garlic for 2 minutes.
Pour in 1 C broth, 1 C water and lentils. Cook for 3 minutes.
Turn off heat and add coucous, raw celery and tomato.
Serves 4.

Quinoa Soup

Quinoa was a sacred grain of the Incas.



Gather:

Quinoa, *AncientHarvest*® *Supergrain* products
vegetable broth, *Pacific Natural Foods*® *Vegetable Broth*
onion, garlic, celery, carrot
herbs and spices, *Bragg*® *Organic Sprinkle Seasoning*

Chop: 1 slice of white onion, 1 clove garlic, 1 stalk celery, 1 carrot

Cook:

Cook quinoa according to package directions.
In a large pan, sauté the onion and garlic for a few minutes.
Add 3 C vegetable broth and bring to a boil. Remove from heat.

Serve: Add cooked quinoa, celery, carrot and 1/4 t Bragg's Sprinkle.
Garnish with a few slices of avocado.

Red Orange Soup



Delicious and spicy!

Gather:

Red: red onion, red bell pepper, paprika

Orange: yam, carrot, curry

Orange: veggie broth, *Pacific Natural Foods*® *Vegetable Broth*

Bake:

You can bake the yam the day before, while watching TV, and then refrigerate it.

Pierce a yam with a fork several times and bake in the oven for 45 minutes at 350°.

Chop:

Chop 1 slice of onion into small pieces and place in a large pan.

Chop 1/4 bell pepper and 1 carrot and place in a small bowl.

Peel the yam and chop into bite size pieces.

Cook:

Cook in a large pan: (total time 15 minutes)

Sauté the onion in 1/4 C water in a large pan, on medium heat.

Add 1.5 C water and 1.5 C broth, turn heat to medium high, and bring to a boil.

Add 1/2 t curry, 1/2 t paprika, and a dash of pepper.

Add the yam and heat for 3 minutes. Turn the heat off.

Add the bell pepper and carrots and serve. Serves 4.

Drinks

Water

Lemon Water

Lime Water

Coconut Water

Silk

V8 Juice

Banana Raspberry Coconut Smoothie

Mango Delight Smoothie

[Raspberry Mango Dream](#)

insert...[ACV Cocktail](#)

insert...[Bernando Coffee](#) - with Green Vibrance

Drinks for Designated Drivers - Nonalcoholic Cocktails

Drinks – alcoholic, coffee & milk replacements



Dilution is the solution to pollution.

Apple Cider Vinegar (ACV), Green Vibrance, Liquid Calcium-Magnesium

Alcoholic drink replacement: “Apple Cider Vinegar Cocktail”

2 T Bragg’s ® apple cider vinegar, ½ t agave nectar, 1 packet Tangerine Emergen ‘C’ ®

Visit www.bragg.com to see the many benefits of apple cider vinegar.

Coffee replacement: “Bernando Coffee”

Pour into a coffee cup:

½ t Green Vibrance ® superfood powder, 4 oz Dole ® fruit juice and stir

Add ½ clove garlic, chopped fine, 10 frozen Dole ® blueberries, fill with water

Stir and serve.

Green Vibrance ® by Vibrant Health ® contains 25 billion probiotics from 12 strains.

Milk replacement: “Potent Skim Milk”

One oz liquid calcium-magnesium by Country Life ® blueberry flavor

8 oz water, stir and serve

Supplements



Bragg ® Apple Cider Vinegar

Green Vibrance ® by Vibrant Health ®

Organic greens & freeze dried grass juices restorative, concentrated superfood with 25 billion probiotics per dose from 12 strains

Liquid calcium-magnesium, blueberry flavor by Country Life ®

Liquid multi-vitamin, mango flavor by Country Life ® (not shown)

Raspberry Mango Dream

Serves one.

	Red	Raspberries	10
	Orange	Mango	4 slices
	Yellow	Lemon Juice	1/2 lemon
	White	Banana	1/2 banana
	White	Cashew Silk	8 oz

Gather ingredients, chop and place in blender.

Blend for 10 seconds.

Pour into a mason jar for refrigeration.

Garnish with a mint sprig or lemon slice.

Enjoy for breakfast, snack or dessert!

Drink – Mango Delight



Orange: mango, orange

White: banana

And: fruit juice

Combine in a blender until smooth and creamy:

½ mango, peeled and chopped,

½ orange, peeled and sectioned,

½ banana, peeled

8 oz Dole ® "Orange Peach Mango" 100% Juice

Wise Choices

Fruit - Veggies - Greens - Fillers

FRUIT

Apples

Avocado

Bananas

Berries - blueberries, raspberries, strawberries, blackberries

Citrus - lemons, limes, oranges, tangerines, tangelos

Dried - raisins, cranberries, apricots

Grapes

Melons - canteloupe, watermelon

Stone - cherries, peaches, nectarines, apricots, plums

VEGGIES

Brussels Sprouts

Bok choy

Cabbage

Carrots

Celery

Corn - frozen or corn on the cob

Snow peas

Squash

Tomatoes

Zucchini

GREENS

Dole Packaged Salads

Kale

Lettuce

Spinach

Spring Mix

FILLERS

Beans

Bread

Couscous

English Muffins

Macaroni

Noodles

Oatmeal

Pancakes

Pasta

Popcorn

Potatoes

Rice

Sweet Potatoes

Tortillas

Waffles

Yams

Snacks

[Tiger Fries](#) - rather than french fries

Carrot chips

Apple slices

Almonds

Brazil nuts

Cashews

Mixed nuts

Banana

Hard boiled egg

Fruit

Raisins

Craving Popcorn? Crunchies



Green: celery

Orange: carrots

Purple: red onion

This is a great substitute for popcorn.

Popcorn & Crunchies



Air-popped corn

carrots, celery and red onion

no butter, no oils, no salt, no seasonings

Craving potato chips?

Eat carrot chips rather than potato chips.

If you feel angry, you may need crunchy foods.

You may crave salty foods when you are stressed and/or exhausted from over work.

Additionally, add a multi-vitamin to increase your potassium levels.

To help your nervous system and brain, take Omega-3 or fish oil.

Tiger Fries

Homemade Tiger fries are a vast improvement over fast food French fries.



Gather:

Orange: yam, carrots, tangelo - sweet, crunchy and juicy

Bake:

Yam at 400 degrees for 45 minutes.

Cool:

Once the yam has cooled, peel and cut in strips.

Fry:

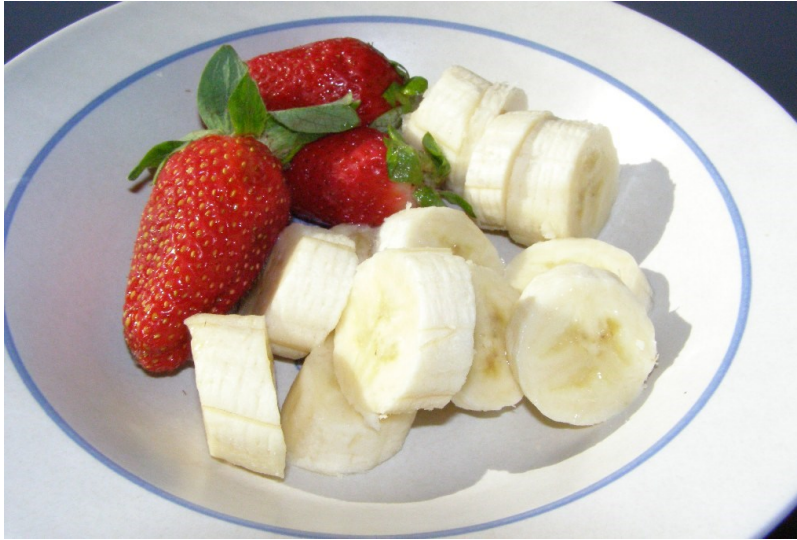
Drizzle oil in a zig zag fashion. Fry the yam strips quickly to create black tiger stripes.

Replace potato chips with carrot chips.

Eating fruit is much healthier than drinking fruit juice.

No salt.

Craving sweets? Strawberries and Banana



Choose fruit over candy, cookies, cake, chocolate, doughnuts and pie.

Have fruit with cereal, oatmeal, pancakes or yogurt for breakfast.

Blueberries or oranges are a great way to start your day.

Fruit and protein go well together. Have fruit with beans, lentils and tofu.

Have fruit for dessert. An apple before bedtime is a wonderful way to end the day.

Buy local and fresh. Next best is to buy frozen.

Fruit options:

Melons: Cantaloupe, watermelon, honeydew

Berries: Strawberries, blueberries, blackberries, cranberries, grapes

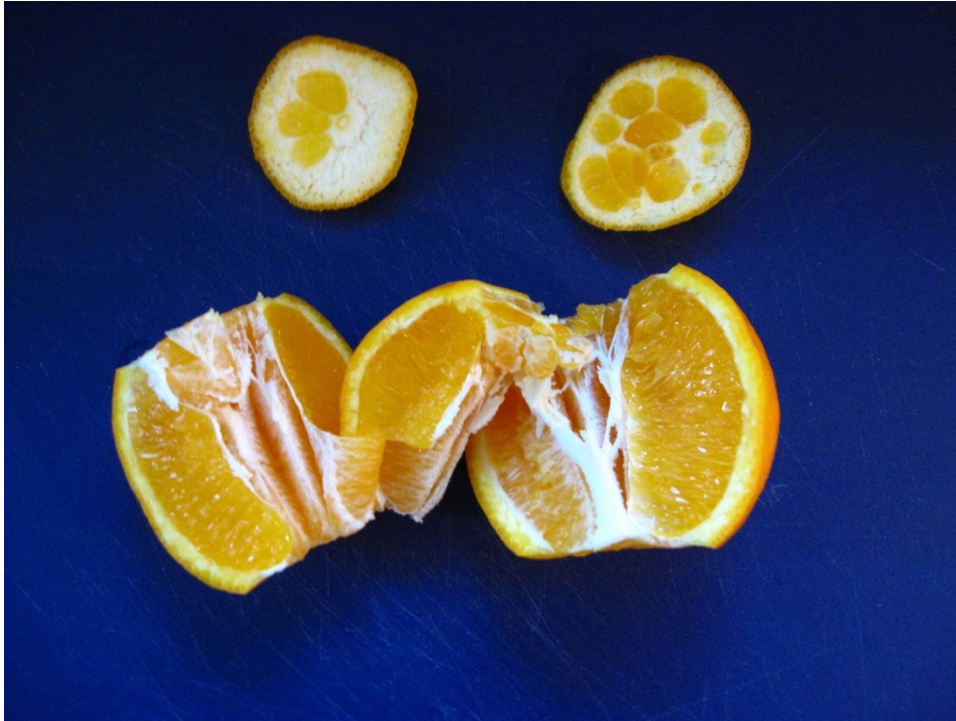
Citrus: Oranges, lemons, limes, tangerines, tangelos

Other: Apples, plums, cherries, apricots, peaches, avocados and bananas

If your family is getting enough fruit daily,

Then your kids will be able to wean off those devastating sodas and sweets.

How to slice an orange



Think of the orange as a small world.

Cut off the polar ice caps.

Then cut 8 time zones through the peel.

Separate the sections and eat.

Purple foods and Broom Salad



Purple: Red cabbage, red onion, plum & blueberries

Green: celery, scallion

Orange: carrots

A wonderful snack: juicy, crunchy, sweet and tart

Desserts

Apple

Belgian Waffles - Strawberry and chocolate syrup sandwich

Cacao, rather than cocoa

Greek Yogurt

[Strawberry Banana Parfait](#)

Waffles

Egg

Oatmeal

Menus

[Eat a Rainbow - Menu Planning Matrix](#)

[Daily Menu for the Immune System](#)

[Kick Start Menu](#)

[CFI 21 Day Menu](#)

Menu Planning - Eat a Rainbow

Here is a handy chart.

Menu Planning

Date _____



	Protein	Fruit	Veggies	Fiber	Carbs	Calcium	Other
Clear							
White							
Purple							
Blue							
Green							
Lime							
Yellow							
Orange							
Red							
Brown							
Black							

Kick Start Menu

insert [7-Day Starter Menu](#)

insert [Grocery List - Basics](#)

insert [Kick Start Recipes with Photos - Smugmug](#)

Color Flow 21-Day Menu

Day	Breakfast	Lunch	Dinner	Snack / Dessert
1	oatmeal	Amy's Vegan soup	mushrooms Quinoa	Bell peppers
2				Cacao chips, mixed nuts
3	Oatmeal	Peach & Yam Lunch	Quesadillas Mexican corn salad	popcorn
4	Oatmeal	Salad		Squirt, potato chips
5	Oatmeal	Peanut Butter Banana Sandwich	Bok Choy and Yams	berries
6	Oatmeal	Bok choy and yams	DIY dinner bowl	Chocolate mousse
7	Oatmeal	DIY dinner bowl	Rice and Beans	Oranges and raisins
8	Breakfast Burrito	Amy's Soup	Pasta	Carrots, apples
9	Smoothie	Pasta	Couscous, Zucch	grapes
10	Oatmeal	DIY salad bowl	Yam and Chili	banana
11	Oatmeal	Yam and Chili	Veggie Fajitas	edamame
12	Oatmeal	Red pepper carrot soup	Veggie fajitas	apples
13	Oatmeal	Amy's Vegan Soup	DIY Dinner Bowl	Choc Chip Oat Ban
14	Oatmeal	DIY Dinner Bowl	Curry Broc Yam	pears
15	Tofu Zucch Scramble	Curry Broc Yam	Mexican	mango
16	Oatmeal	DIY salad bowl	Hamburger	grapes
17	Oatmeal	Hamburger	Thai soup	hummus
18	Oatmeal	Thai soup	Chili Mac	popcorn
19	Oatmeal	Leftovers previous dinner	Grilled zucchini sandwich	cantaloupe
20	Oatmeal	DIY Salad Bowl	GBOMBS	Oranges and raisins

Index - Recipes

_____ One Dish Dinners	34
_____ Salads.....	19
_____ Sandwiches	31
_____ Soups	43
___ Breakfast___	7
___ Brunch & Lunch___	18
___ Desserts___	66
___ Dinner___	33
___ Drinks___	51
___ Menus___	67
___ Overview___	6
___ Snacks___	58
___ Wise Choices___	56
Black Bean Confetti	40
Bok Choy and Yam Soup	44
Breakfast Basics.....	8
Broom Salad.....	22
Cereal with Berries	14
Chinese Noodle Soup.....	47
Coconut Curry Breakfast Scramble	15
Color Flow 21-Day Menu	70
Colored Easter Eggs	41
Couscous Confetti Salad.....	23
Craving Popcorn? Crunchies	59
Craving potato chips?	61
Craving sweets? Strawberries and Banana.....	63
Curried Rice Salad	25
Drink – Mango Delight	55
Drinks – alcoholic, coffee & milk replacements	52
Farm House Salad	24
French Bread	36
GBOMBS Salad	20

Guacamole Chicken Burger 27

How to slice an orange..... 64

Kick Start Menu 69

Lentil Soup with Couscous 48

Menu Planning - Eat a Rainbow 68

Mexican Corn and Beans 39

Oatmeal and Berries 9

Oatmeal with Apples and Cinnamon..... 10

Oatmeal with Strawberry Flower 11

Pad Thai..... 42

Pancakes with Blueberries 12

Peach and Yam Lunch 29

Pink..... 6

Pink Macaroni Salad

 Pink 26

Popcorn & Crunchies..... 60

Purple foods and Broom Salad 65

Quinoa Breakfast Pudding 16

Quinoa Soup..... 49

Raspberry Mango Dream 54

Red 6

Red Orange Soup 50

Salsa Fresca 37

Soup Starters 43

Spaghetti 35

Strawberry Banana Pancakes

 Red 13

Supplements 53

Tiger Fries..... 62

Tofu Egg-less Salad Sandwich..... 32

Tofu Zucchini Scramble..... 17

Zucchini Pasta - Veggetti..... 38

Appendix C - SubChapters

Simple, fast, quick, few ingredients, nutrients, raw, vital

- 01 Groceries
- 02 Menus
 - a. Eat a Rainbow - macronutrients
 - b. [Immune System](#) - micronutrients
 - c. Diabetic
- 03 Meals
- 04 Dishes A - Z
 - a. [Bok Choy and Yam Soup](#) - Vegan Kick Start Recipe
 - b. [Peach and Yam Lunch](#)
 - c. [Veggetti](#)
 - d. [Zucchini Pasta](#)
- 05 Cook by Color
- 06 Condiments
- 07 [Drinks](#)
 - a. [Smoothies](#)
 - i. [Raspberry Mango Dream](#)
- 08 Snacks
- 09 Desserts
- 10 Potlucks and Parties
- 11 Holidays
- 12 Mentors
 - a. Dr Oz
 - b. Yummy Life
 - c. Neal Barnard - PCRM - Kickstart
 - d. Joel Fuhrman - G-Bombs
 - e. Mark Hyman
 - f. Dolphin Doctor
 - g. Chiropractors

Appendix F - Flow

Reverse Flow - Blog

z. 1608	2016aug03	Color Flow 21 day Menu
z. 1608	2016aug31	Clean up chapters, outline, overview, EDITOR, formatting reversed Headers for Epub
z. 1512		Strawberry Banana Pancakes

Appendix K - Recipes

Keywords

Bok choy - 2011apr09, ID 280, meals, bok choy, yam, soup, dinner

Breakfast basics, 2015nov05. grains, nuts, seeds, fruit, Silk

Color Flow 21-Day Menu, 2016aug03, PCRM 21 Day Kickstart

Curried rice salad, 2015sep02, 2015oct22, recipes, rice, cranberries, almonds, apple

GBOMBS Salad, 2015jun02, salad, greens, beans, onions, mushrooms, berries, seeds

Immune system - 2015jun02, menus, prevent cancer, DNA, telomeres

Menu planning, rainbow - 2013apr19 -

Overview, z. 1608 - 2016aug26, from CFI

Peach Yam Lunch, 2014apr01, yams, avocado, peach, black beans, ID 2013sep03-324

Raspberry mango dream, 2015jun10, drinks, smoothies, raspberries, mango, banana, silk

Strawberry Banana Pancakes, z.1512

Zucchini Pasta - Veggetti - 2014aug11, ID xxx, zucchini pasta

Appendix R - CFI Recipe Overview

Overview - [alphabetical](#) - links to most recipes are here.

[Photos](#) - Blog

[Meals](#) - Smugmug

[Recipe Cards](#) - Smugmug

Kick Start Menus

[7-Day Starter Menu](#)

[Grocery List - Basics](#)

[Kick Start Recipes with Photos](#) - Smugmug

[Buy the Book](#)

Menus

[Eat a Rainbow](#) - Menu Planning Matrix

[Daily Menu for the Immune System](#)

Drinks

Water

Lemon Water

Lime Water

Coconut Water

Silk

V8 Juice

Banana Raspberry Coconut Smoothie

Mango Delight Smoothie

[Raspberry Mango Dream](#)

[ACV Cocktail](#)

[Bernardo Coffee](#) - with Green Vibrance

Drinks for Designated Drivers - Nonalcoholic Cocktails

Breakfast

[Oatmeal and Berries](#) - steel-cut oatmeal

Oatmeal with Apples and Cinnamon - instant oatmeal

[Pancakes with Blueberries and Bananas](#)

Quinoa Breakfast Pudding

Tofu Zucchini Scramble

Tomato and Zucchini Omelette

Lunch

See Salads, Sandwiches and Soups below

[Guacamole Chicken Burger](#)

[Peach and Yam Lunch](#)

Dinner

See Salads, Sandwiches and Soups below

Mexican Corn and Beans

[Pad Thai](#)

[Spaghetti](#)

Black Bean Confetti

Salads

Broom Salad

Couscous Confetti Salad

Farm House Salad

Macaroni Pink Salad

Potato Salad

[Pomegranate Pita Pocket Salad](#)

Southwest Salad

[Southwest Spinach Corn Salad](#)

Sandwiches

Tofu Egg-less Salad Sandwich

Egg Sandwich

Guacamole Chicken Sandwich

Peanut Butter and Banana Sandwich

Soups

Black Bean Confetti

Bok Choy and Yam Soup

Lentil Soup with Couscous

Quinoa Soup

Red Orange Soup

Top Ramen Egg Flower Soup

Snacks

[Tiger Fries](#) - rather than french fries

Carrot chips

Apple slices

Almonds

Brazil nuts

Cashews

Mixed nuts

Banana

Hard boiled egg

Fruit

Raisins

Desserts

Apple
Belgian Waffles - Strawberry and chocolate syrup sandwich
Cacao, rather than cocoa
Greek Yogurt
[Strawberry Banana Parfait](#)
Waffles
Egg
Oatmeal

Fruit

Apples
Avocado
Bananas
Berries - blueberries, raspberries, strawberries, blackberries
Citrus - lemons, limes, oranges, tangerines, tangelos
Dried - raisins, cranberries, apricots
Grapes
Melons - canteloupe, watermelon
Stone - cherries, peaches, nectarines, apricots, plums

Veggies

Brussels Sprouts
Bok choy
Cabbage
Carrots
Celery
Corn - frozen or corn on the cob
Snow peas
Squash
Tomatoes
Zucchini

Fillers

Beans
Bread
Couscous
English Muffins
Macaroni
Noodles
Oatmeal
Pancakes
Pasta
Popcorn
Potatoes
Rice
Sweet Potatoes
Tortillas

Waffles
Yams

Greens

Dole Packaged Salads
Kale
Lettuce
Spinach
Spring Mix

z. 1608 - 2016aug26

Appendix X - Recipes

Cross Reference, References, Sources, Dates

Bok Choy - <!--2011apr09-id280--> PCRM Kick Start Recipes

Breakfast basics, 2015nov05. grains, nuts, seeds, fruit, Silk

Color Flow 21-Day Menu, 2016aug03, PCRM 21 Day Kickstart

Curried rice salad, 2015sep02, 2015oct22, recipes, rice, cranberries, almonds, apple

GBOMBS Salad, 2015jun02, PBS Immunity Solution, Joel Fuhrman

Immune system - 2015jun02, PBS, Immunity Solution, Joel Fuhrman, Gbombs

Menu planning, rainbow - 2013apr19 -

<http://www.color-flow.com/book=heal/ch6/MenuPlanning-2013apr19.htm>

More meals...[click here](#)

<http://colorflow.smugmug.com/0B-Products/Subjects/Kick-Start-Recipes/>

Overview, z. 1608 - 2016aug26, from CFI

Peach Yam Lunch, 2014apr01, Forks Over Knives, Engine 2 Diet, ID 2013sep03-324

Raspberry mango dream, 2015jun10, www.fullyraw.com 21 day challenge, Kristina

Seeds - 2015jun02 - <http://www.health-alternatives.com/nut-seed-nutrition-chart.html>

Strawberry Banana Pancakes, z.1512

Zucchini Pasta - Veggetti - 2014aug11, ID xxx, zucchini pasta

The End