

With over 35 meat substitute dishes, alkaline recipes, and a 21-day step-by-step guide to body cleansing (detoxing) with daily meal plans.

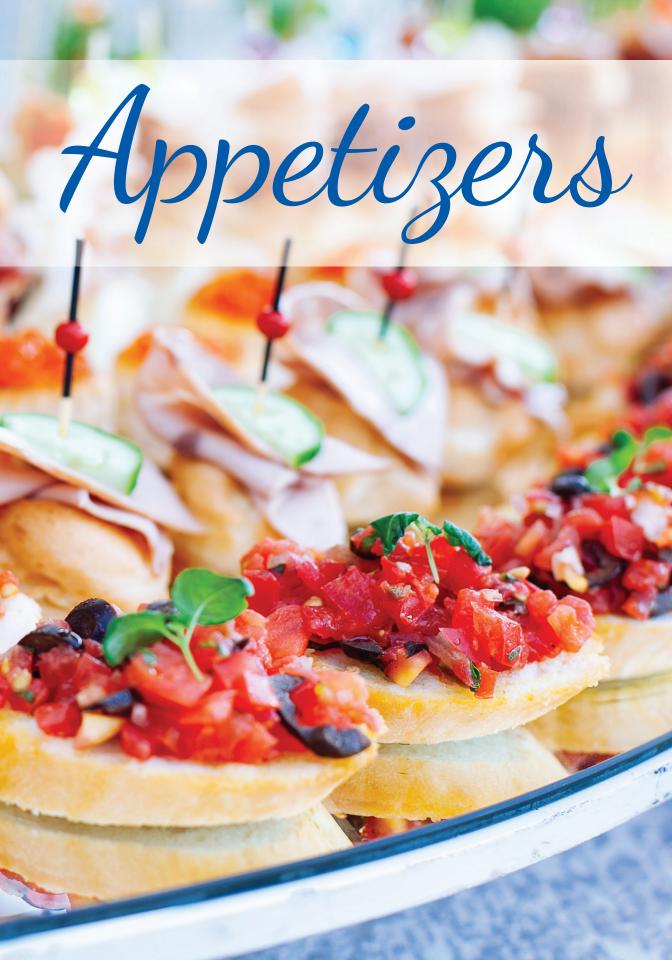
CORAL E. ODLE



## Custom INTERIOR

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## Cherry Tomato Salad

#### Ingredients

2 cups organic cherry tomatoes ½ tbsp organic apple cider vinegar

4 leaves of fresh organic basil 1 tbsp lemon juice

(chopped finely) ½ tsp pink Himalayan salt

4 leaves of organic cilantro (chopped finely) 1 tbsp chopped black olives (optional)

3 tbsp organic olive oil (cold press) 1 tbsp finely chopped sweet onion

Pinch of cayenne pepper

#### **Directions**

Wash and cut tomatoes in half, and place them in a large bowl. In a small bowl, mix together the apple cider vinegar, onion, lemon juice, salt, oil, and pepper. Pour dressing over tomatoes, add chopped herbs and olives. Toss to combine the ingredients. Chill and serve.

## Spicy Hummus With Tortillas

#### **Ingredients**

4 tortillas 1 small sweet onion sliced thinly (using the

6 leaves organic romaine lettuce mandolin or a sharp knife)

2 large organic tomatoes 1 cup finely chopped mixed vegetables

1 tbsp chopped cilantro to garnish (carrots, broccoli, green peppers)

#### **SPICY HUMMUS**

1 ½ cup cooked chickpeas ¼ tsp cayenne pepper 1 clove garlic ¼ cup extra virgin olive oil

½ tsp pink Hawaiian salt (or to taste) ¼ cup raw tahini

3 tbsp fresh lemon juice 1 tsp cumin

#### **Directions**

Place all ingredients for spicy hummus in food processor and pulse until smooth and creamy.

Place one tortilla flat on the board and evenly spread ¼ cup of hummus on each tortilla. Add lettuce, onions, tomato, and mixed vegetables, near the center of the tortilla.

Roll the tortilla from the bottom up, and fold the sides inwards. Cut in half and serve immediately. Garnish with chopped cilantro.

## Chickpea Paté



#### **INGREDIENTS**

1 cup Brazil nuts (soaked overnight)

1½ cups cooked chickpeas

¼ cup fresh lemon juice

2 tbsp raw tahini

1 large clove of garlic

¼ tsp Himalayan salt (or to taste)

3 tbsp organic extra virgin coconut oil

¼ cup cilantro (finely chopped)

½ tbsp organic apple cider vinegar

¼ cup chives (finely chopped)

¼ cup red sweet peppers (finely chopped)

#### **Directions**

Place all ingredients, with the exception of the chives, peppers and cilantro in the food processor. Process until smooth and creamy.

Transfer mixture from processor to a bowl, and stir in chives and cilantro. Place in the refrigerator and chill overnight.

Serve with gluten-free crackers or toasted gluten-free bread. Enjoy!

Appetizers

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# Enhanced INTERIOR

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## BREAKFAST

#### CHICKPFA AND FGGPI ANT OMFI FT

#### **INGREDIENTS**

½ tsp Himalayan salt

½ tsp garlic powder ¾ cup alkaline or filtered water

2 tbsp avocado oil 2 tbsp nutritional yeast

Pinch of cayenne pepper 1 tbsp organic chives finely chopped

Pinch sage (optional)

½ cup chickpea flour½ tsp onion powder1 tbsp arrowroot½ tsp flax meal

1/4 tsp baking soda 2 organic tomatoes (sliced)

#### **FILLING**

% cup of eggplant stew % cup organic spinach

1 slices pepper jack vegan cheese 1 small red organic pepper

(optional)

#### **EGGPLANT STEW**

1 medium organic eggplant ½ cup of alkaline or filtered water

1 medium onion (finely chopped) 1 clove garlic (finely chopped)

½ tsp salt ½ cup organic spicy tomato sauce

2 tbsp grape seed oil 1 tbsp arrowroot to thicken stew

#### DIRECTIONS

Chop eggplant into large cubes and set aside. In a skillet over medium heat, place oil, onion and garlic. Sauté for a few minutes. Add all the other ingredients and bring to the boil. Simmer until tender. Add arrowroot to thicken stew.

#### **OMELET**

In a small bowl, whisk together all the ingredients (with the exception of chives & tomatoes) until smooth. Place a medium-size non-stick frying pan over medium heat, and pour batter into frying pan. Cook for 3-5 minutes until bubbles appear on the top.

Carefully flip the omelet and cook for another 2-3 minutes. Transfer from the pan onto a plate.

Next, add cheese, then a layer of spinach, followed by the eggplant stew. Fold the omelet over in half and sprinkle with grated cheese. With a sharp knife, cut tomatoes at an angle, and place next to the omelet. Garnish with chives & parsley. Enjoy!

#### TEFF WAFFLES WITH BLUEBERRY SAUCE



#### **INGREDIENTS**

1 cup organic teff flour

¼ cup organic almond flour

¼ cup tapioca flour

¼ pink Himalayan salt

1 % cups organic hemp milk

1 tbsp organic applesauce

3 tbsp grapeseed oil

1 tbsp pure raw organic agave

1 tsp pure vanilla extract

2 tbsp chia seed meal + ¼ cup warm water

½ tbsp organic apple cider vinegar (optional)

1 tsp aluminum-free baking powder

Extra grapeseed oil for greasing waffle iron

4 raspberries to garnish

#### **SAUCE**

1 cup fresh organic blueberries

1 tsp gluten-free cornstarch

¼ cup raw organic agave

1 tsp lemon juice ¼ cup water

BREAKFAST



# Standard INTERIOR

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### ORGANIC CAULIFLOWER SALAD

#### **INGREDIENTS**

- 2 tbsp hemp seeds
- ½ cup of chopped organic cilantro
- 3 cups organic cauliflower
- 1 large organic tomato (chopped)
- 1 red organic sweet pepper
- 1/4 of a medium-size sweet onion (chopped)
- 2 tbsp extra virgin (cold press) olive oil
- 2 tbsp nutritional yeast
- 1tsp pink Himalayan salt
- 1/4 cup freshly squeeze lemon juice
- Pinch of cayenne pepper
- 1 tbsp finely chopped fresh garlic

#### **DIRECTIONS**

- 1. Wash and chop cauliflower, tomatoes, cilantro, pepper and onion finely. Place into a large bowl, and set aside.
- 2. Place the last seven ingredients into the food processor and pulse until smooth and creamy.
- 3. Pour pulse mixture over vegetables, add hemp seed and mix well. Garnish with cucumber and serve chilled.



## ORGANIC CARROT AND CILANTRO SALAD

#### **INGREDIENTS**

- 2 cups organic carrots
- 1/4 cup chopped organic cilantro
- ¼ tsp pink Himalayan salt
- 2 tbsp cold press extra virgin olive oil
- 1 small organic tomato for garnishing
- 2 tbsp lemon juice
- 2 tbsp organic hemp seeds
- 1 tbsp nutritional yeast
- Organic cucumber to garnish

#### **DIRECTIONS**

- Place carrots in the food processor and pulse for a few seconds (not too finely).
- 2. Remove carrot from food processor and place in a bowl. Add all the other ingredients and mix well. Garnish with cucumber and serve chilled.

### ORGANIC SALAD SUPREME

#### **INGREDIENTS**

- 2 leaves of organic kale
- 2 cups organic finely sliced cabbage
- 2 cups organic spinach
- 6 organic cherry tomatoes (cut in halves)
- 12 chopped black olives
- ½ cup finely chopped organic carrots
- 3 tbsp organic sunflower seeds

- 2 tbsp organic hemp seeds
- 3 organic baby sweet peppers (chopped)
- 1tsp chia seeds
- 1 cup organic grapes (cut in half)
- ½ cup raisins
- ½ cup slivered almonds

#### DRESSING

- 3 tbsp nutritional yeast flakes
- 1/4 cup fresh lemon juice
- 3 tbsp extra virgin (cold press) olive

#### oil

- 1 clove garlic
- ½ tsp pink Himalayan salt

#### **DIRECTIONS**

- 1. Wash and chop vegetables. Use the mandolin to slice the cabbage thinly. Place all vegetables in a large bowl and set aside.
- 2. In your blender, place all the dressing ingredients. Blend until smooth and creamy.
- 3. Next, add the dressing and all the other ingredients, and mix well.