



VERVANA

WEEK 1

THE LIST

SHOPPING LIST

FRUITS & NUTS

- 1 large package strawberries
- 2 small cartons wild blueberries
- 6 apples
- 10 figs
- 16 cherry tomatoes
- 2 lemons
- 1 lime
- 1 12+ ounce bag of walnuts
- 1 can of low-sodium black olives
- 4 large ripe tomatoes
- 2 small cartons blackberries
- 5 bananas
- 3 grapefruits
- 4 avocados

DAIRY & PROTEIN

- 1 small tub of Feta crumbles
- 1 package of goat cheese
- 1 tin of anchovies
- 2 wild-caught salmon filets (4-oz)
- 1 dozen cage-free eggs
- 1 pack of shredded mozzarella
- 1 pack of grated Parmesan

PANTRY ITEMS

- 1 box of vegetable broth
- 1 package ground flaxseed
- 1 package almond meal
- 1 package sorghum flour
- 1 package brown rice flour
- 1.5 liters coconut water
- 1 large bottle pomegranate juice
- 1 jar almond butter
- 1 jar raw honey

VEGGIES

- 1 head cauliflower
- 6 large carrots
- 2 heads broccoli
- 1 bunch spinach & romaine
- 1 package pea sprouts
- 1 can cooked beets
- 1 large bunch of kale
- 2 red onions
- 1 bunch asparagus
- 2 zucchini
- 2 red bell peppers
- 4 Portobello mushrooms

OILS & SPICES

- 1 bulb garlic & garlic powder
- 1 fresh ginger root
- 1 small jar cayenne pepper
- 1 small jar black pepper
- 1 small jar sea salt
- 1 small jar oregano
- 1 bottle extra virgin olive oil
- 1 jar Dijon mustard
- 1 jar dry mustard powder
- 1 small jar ground cinnamon
- 1 small jar nutmeg
- 1 bottle apple cider vinegar
- 1 small jar coriander



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NOTE: Buy organic whenever possible.

RECIPES WEEK 1



SALMON CAESAR SALAD

INGREDIENTS For the Salad:

- 2 salmon fillets (4 ounces [115 g] each)
- ½ teaspoon salt, Celtic or sea
- ¼ teaspoon black pepper
- 4 cups (220 g) romaine lettuce, washed, roughly shredded
- 4 hard-boiled eggs, shelled and cut into quarters
- 16 cherry tomatoes, halved (optional)
- Cardioprotective Caesar Salad Dressing (see right)

INGREDIENTS For the Cardioprotective Caesar Salad Dressing:

- 5 anchovies
- 1 egg
- ¼ teaspoon dry mustard powder
- 1 tablespoon (15g) Dijon mustard
- 1 clove garlic

- ¾ cup (175 ml) extra-virgin olive oil
- 2 tablespoons (28 ml) fresh lemon or lime juice

INSTRUCTIONS: To make the salad: Rub the salmon with the salt and pepper and steam it, covered, in a small skillet over medium heat, with a little water (about ½ cup [120 ml]) for about 10 minutes, until just cooked through. Set aside and let cool. Cut into slices. Place the romaine lettuce into a large bowl and add the salmon, quartered eggs, and (optional) tomatoes. Toss with the dressing and serve immediately.

To make the dressing: Place the anchovies, egg, mustard powder, Dijon mustard, and garlic into a food processor and blend until smooth. Add a little of the oil, about 2 tablespoons (28 ml), and blend again. Keep adding the oil slowly while still blending. Then add the lemon or lime juice and keep blending until dressing starts to thicken. Refrigerate in an airtight container. Yield 1 cup.

SMOOTHIE

INGREDIENTS:

- Strawberries
- Cauliflower
- Blueberries
- Apple
- Broccoli
- Spinach
- Figs
- Pea sprouts

- Beets
- Ginger
- Kale
- Coconut juice
- Pomegranate juice

INSTRUCTIONS: Place chopped fruits and vegetables of your choice in a blender, and add enough coconut water to blend smoothly. Pour into 2 to 4 glasses and enjoy!

CARROT BISQUE

INGREDIENTS:

- 6 large carrots, peeled and diced
- 2 heaping tablespoons plus 1 teaspoon fresh minced ginger
- 1 quart low-sodium vegetable broth
- 1 teaspoon ground coriander
- 1 tablespoon extra-virgin olive oil
- 1 ounce goat's milk cheese
- Pinch nutmeg and cinnamon

INSTRUCTIONS: In a medium saucepan over medium-high heat, combine the carrots, ginger, broth and coriander, and bring to a boil. Cook at a high boil, stirring constantly, for 35 minutes, or until the carrots are tender. Remove from the heat, add the olive oil and blend the soup – either in a food processor or using an immersion blender – until it is smooth. Ladle soup into two bowls. Garnish with a dab of goat cheese and a sprinkle of nutmeg and cinnamon and serve. Serves 2.

DELUXE SALAD

INGREDIENTS:

- 1 to 2 avocados, sliced into ½-inch cubes
- ¾ cup walnuts
- 1 basket of cherry tomatoes, washed and halved
- 1/3 to 1/2 cup of crumbled feta cheese
- Spinach and romaine lettuce

Optional:

- 1/2 cup chopped red onion
- Steamed asparagus spears, ends removed, sliced into 1-inch rounds
- Chopped raw broccoli florets

- Dressing:
- ½ cup olive oil
 - 2 Tbsp fresh lemon juice
 - 2 Tbsp apple cider vinegar
 - ¼ tsp salt, Celtic or sea
 - Dash of black pepper

INSTRUCTIONS: Make the dressing: In a mason jar, combine all ingredients and shake vigorously. Mix together all salad ingredients in a large bowl. When ready to serve, drizzle enough dressing over salad to lightly and evenly coat, and toss well. Store extra dressing in refrigerator up to five days.

GLUTEN-FREE MEDITERRANEAN PIZZA

INGREDIENTS For the crust:

- ½ cup brown rice flour, plus a little extra for dusting
- ½ cup whole grain sorghum flour
- ½ cup almond meal
- ¼ cup ground flaxseed
- ½ teaspoon salt, Celtic or sea
- ¼ teaspoon garlic powder
- 2 tablespoons filtered water
- 3 tablespoons extra-virgin olive oil

For the topping:

- 2 to 4 tablespoons extra-virgin olive oil
- ½ red onion, thinly sliced
- 1 cup chopped red bell pepper
- 1 tablespoon oregano, fresh or dried, chopped finely
- 1 small zucchini, sliced into thin strips
- 6 asparagus spears, sliced into 1" rounds (optional)
- 2 cloves garlic, chopped finely
- 1 cup Portobello mushrooms, chopped into ¼ inch cubes
- Dash each of cayenne and black pepper
- 3 tablespoons chopped black olives
- 1 cup shredded mozzarella
- 4 ripe tomatoes, thinly sliced (or use sun-dried tomatoes if preferred)
- 1 cup grated Parmesan cheese

Preheat the oven to 400 F (200°C, gas mark 6)

INSTRUCTIONS: Combine all crust ingredients in a bowl and mix thoroughly. Cover dough and refrigerate overnight (8-12 hours). Remove dough from the refrigerator and let it sit at room temperature for 1 hour. Apply coconut or olive oil to a baking sheet. Lay a few overlapping pieces of waxed paper on a countertop to cover a large rolling area and lightly dust the surface with brown rice flour. Place the dough on top. Dust a rolling pin with more flour and roll the dough into 1/8 inch thick layer to fit the size of your baking sheet. Reshape and patch rolled areas as needed. To transfer the dough to the baking sheet, lay the sheet face down on top of the dough. Slide one hand underneath the waxed paper and place the other hand on top of the baking sheet. Quickly flip the two over and peel away the waxed paper. Bake for 20 minutes.

To make the topping: In a large saucepan, heat 1 to 2 Tbsp oil over medium heat. Add the onion, pepper, and oregano and sauté for 5 minutes. Stir in the zucchini, garlic, mushrooms, and (optional) asparagus, and sauté for 5 more minutes. Remove from the heat and add the cayenne and black peppers. When the crust is ready, remove from the oven and evenly spread the black olives and remaining 2 to 4 Tbsp olive oil over it. Sprinkle mozzarella over the crust. Top with the tomatoes. Layer the cooked vegetables on top and sprinkle with Parmesan and mozzarella cheeses. Bake for 10 minutes, or until the cheeses melt and brown slightly. Cut into slices with a pizza roller and serve hot with a tossed green salad or refrigerate and serve cold.