Fatty Liver Freedom Cookbook

by Debra Elkin and Jamie Ward
The Fatty Liver Freedom Cookbook

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CHAPTER 1:

INITIAL THOUGHTS

It’s a beautiful day today in Paris. I walked a couple of blocks to my favorite bakery in my neighborhood this morning. My kind baker greeted me with a smile and put a loaf of my favorite rye bread in a paper bag. He knows I don’t eat wheat. He doesn’t know why. My look runs astray towards the wheat bread and I don’t see bread any more, all I see is the phytic acid that will lock the absorption of iron and zinc and trigger an inflammation and cause problems for my liver.

On the way back, I stopped by my favorite organic products shop and got a perfume-free olive oil soap. A lady walks by me on the street carrying a bag with a package of regular soap and shampoo. But, I don’t see soap and shampoo any more, I see an estrogen-promoting, solvents-pumped chemical soup that would make me sick. I just see that it is not made of coco glucoside - the mildest sugar detergent available - derived from coconut & corn – the only kind of body and hair wash I use.

My point is – I am looking the world through my “fatty liver glasses”. Since I went through all the pain and suffering, I never take them off any more.
I talked a bit about my doctors on the website and I can basically say that I think there are 3 types of doctors.

First of all, there are those doctors who tell you you have fatty liver, explain the basic medical mumbo-jumbo and just stuff you with drugs and see you as a burden. I fired one of my doctors after I went to see him and tell him that the pain meds are not working and that I’m still in pain. When I said that he just sighed and buried his hands in his palms leaving me with the feeling that I was somehow to blame for the fact that my condition was so complicated. He was shocked to see me storm out and confront him about his attitude. I reminded him of his oath and recommended that he re-reads them. I also said that if it was up to me I would never be there.

I suspect that he took this passive aggressive attitude with many people, and most people think that they have to take all sorts of c… from their doctors. Not me. So, that covers the first type of doctors that I met in my time.

The second group of doctors covers those who do their work consciously and they are nice and all, but they lack the drive to walk that extra yard. The yard beyond prescribing you medications and being interested in how you feel. They never question what they know and think about whether there is something more to the whole situation…

The third group is the proactive broad-minded doctors that are interest in what the alternative medicine and nutrition can offer as well as the latest research. You are lucky if you get one of those.

The doctors from the first group will never even ask about what you eat and how you live. They will scorn the importance of lifestyle for your fatty liver and they will insist on the meds, loose weight and just avoid any other topic. Most of the time, they will also know very little about what is it be about the things you eat that can make you sick.
They will never talk about subjects that have been implicated in triggering liver impairment, such as:

- The environmental chemicals that lurk from every supermarket shelve
- The environmental risks of the area you live in
- The risks of the water we drink
- The role of estrogen
- The role of the shampoo, toothpaste and the chemical products we use
- The crucial role of the food we eat (not just calories or fat)
- Specific groceries that can make you sick right away
- Herbs that have the potency to heal
- The role of the reactive oxygen species
- The role of antioxidants
- The truth about the vitamin D and calcium
- ...many, many other things...

This is just a list meant to elicit some important issues that we need to be aware of.

That is why if we come across a doctor that is not proactive, we need to be or we are stuck.
One of the most dangerous things that can happen to you is that you can live under the impression that you are eating healthy for your condition when you’re in fact far from it. Let me elaborate – those who are stuffing their faces with junk food are aware of what they’re doing and as they get worse over time, at some point they will have to think about their actions.

On the other hand, people that are applying general rules of healthy nutrition are in a delusion that they are doing all the right things food-wise. As they get worse, those people will not ever suspect that what they’re eating might have something to do with it. I see people every month that have been eating wrong for years and believing the opposite the whole time.

Here are the most commonly excepted delusions about eating for fatty liver healing:

1) I just have to exclude all fat
2) I just have to eat whole grain and cut back on the white flour
3) I have to eat as much as I can Omega 3 fatty acids and cut out Omega 6 completely
4) All veggies and fruits are my “friends” and good for me (probably the most dangerous)
5) Meds makes me fat
6) Any food is OK as along as its organic
7) Eggs are great food, they must be good for people with fatty liver, too

8) Tap water is safe

9) Soy is safe

Just take a look at the list above.

How many of the things above you thought were true?

We’ll get back to that later...
CHAPTER 4:

8 CHEMICAL PRECURSORS OF FATTY LIVER REVERSAL

Have no doubt; re-balancing the chemical clutter inside is not a simple task. We need to put together many pieces of a puzzle, get our ducks in a row and make a plan. That is why I talked about how difficult it is to do it all on your own. To get to that optimal environment within for the healing of fatty liver. Let’s be perfectly clear here about the chemical precursors we are aiming at:

1. We need our endocrine homeostasis and our estrogen (testosterone) under control

2. We need to unlock “the doors” of our cells (of the extracellular matrix to be more precise) so that the healing agents can get in

3. We need to metabolize our protein properly and maintain the right shape of these molecules

4. We need to get the reactive Oxygen Species under control

5. We need to stimulate our adrenal gland

6. We need to get rid of toxins and foreign molecules

7. We need to get the pH levels in our body optimized

8. We need to eradicate chemical precursors of inflammation

I know it seems like a clutter of words that do not mean much to you right now, but that is why you have this Cookbook. So that you can relax and be sure that the meals you are eating are promoting the 8 chemical precursors of designing an optimal environment for liver healing and weight loss.
CHAPTER 5:

FOUNDATIONS OF OUR STRATEGY

In this chapter we will look at some of the basic facts about our disease – about fatty liver. This chapter is here for those that have not yet got a hold of The Fatty Liver Bible & Ezra Protocol and if you have it and have read it, you can just skip the entire chapter.

If you are like most of advanced fatty liver sufferers, you have made some changes to the way you live and the way you eat after diagnosed with fatty liver. You probably said to yourself “I’ll eat healthy”. Little did you know about a simple fact that makes all the difference – *what’s healthy for the general population might not be healthy for people with fatty liver, in fact some of the otherwise healthiest food is the worst thing you can do to your body if you are a fatty liver patient.*

Let me give you a couple of examples:

**Beans and mushrooms** are never in the same sentence with the words “unhealthy” in the lives of your average person. All that vitamins and fiber, it must be great.

**Wake up call:** **Hydrazines and Amines** from the beans and mushrooms have an aggravating effect on the inflammation in fatty liver.

**The famous alfalfa sprouts** so popular these days and present in all sorts of dishes in restaurants and in the home made cuisine. Famous for their healing properties, their ability to lower cholesterol, cleanse the liver and prevent strokes. One would say that you should have alfalfa on your daily menu, don’t you think?
**Wake up call:** Alfaalfa in any form is to the fatty liver sufferer what is a bucket of chicken wings, jumbo fries and a large coke to the triple bypass heart patient. Pumped with Cavanine, alfaalfa can trigger inflammation and further slow down your liver before you can say, “But how, I am doing all the right things and eating all the healthy stuff?”

How about a nice lunch today with some eggplant and white potato and a and pepper salad?? If you say this, I say, “How about a nice portion of fatigue?” I apologize for being so harsh here, I don’t mean to offend anybody and I am just trying to make a point.

**Wake up call:** The point is that some members of the Nightshade family of plants can aggravate fatty liver because of a substance called Solanine.

Let me ask you one more thing – look around your kitchen and see if you have any earthenware pots, metal glazed pots, copper, brass, aluminum or teflon pans. All these types of dishes release molecules into the food, these molecules get into your blood stream, your immune system might detect them as alien agents and triggers an unnecessary immune reaction that end up hurting your own tissue – an autoimmune reaction.

**It might seem like I am overreacting, but can you take the risk if the stake is your life?**

First of all, let us resume on what the reader has already learned in the main ebook and take it from there to build a complete bullet proof system so that no aggravating substance can go unnoticed.

**The resume**

I changed a lot during my healing process. I am not the same person I was before the hell of fatty liver. I am completely transformed. I am better…I think. I no longer have the feeling that I am omnipotent and invulnerable, I am wise enough to recognize my vulnerability.

You can see the change when you look in my bathroom cabinet, you can see it when you look in my cupboard. You can hear it when you talk to me. You can see it in my fridge. You can smell it from the front door.
But if I had to say that one of the changes was “THE CHANGE” than I would jump to the opportunity and say that it was the change in what I eat and drink.

In this sub-chapter I will share everything about it.

The first thing that happened after a few visits to Jacob was that I got this clear view of how ignorant about eating right I was at the time. And I was not ignorant because I didn’t want to learn. I was just misled and misguided. All that my doctors before that time gave me was guidance on how I should “eat healthy”…”avoid the fat”…”avoid sugar”…”eat whole grain”…and similar general statements that are all around us and I didn’t even need the doctors to know what is right in those general terms.

In my second session, Jacob told me to forget all that I think I know about eating healthy. He asked me to remember that when it comes to diet,” what’s right for the rest of the population can be so wrong for people with fatty liver”.

After this new horizon opened to me I started researching on my own, but this time I was pointed in the right direction. All I felt was anger and the desire to call some of my previous doctors (there were 3 of them) and confront them about the advice they gave me. But enough about me, let’s dig into what is wrong and what is right and just as importantly “why?”

Let me tell you right at the start - it was a difficult journey and an extreme transition. But, as my pain, fatigue and sluggishness subsided and as my energy levels skyrocketed it all didn’t matter any more, it was kind of a choice that wasn’t really a choice after one point in time. It is all about the motivation. What do you think a cancer patient would do if he/she was told that the cure was an extremely healthy diet? I can vouch that 95% of the people would make any change…nobody was telling me that changing my eating habits was “the cure” but as soon as I felt the benefits it was all the same to me.

Remember the scene from Fight Club when Brad Pitt threatens the guy working in a fast food that he will blow his brains out if he didn’t get back to faculty and finish his studies – a thing he would never normally find the motivation to do. Well, I often think about that scene when the urge for a can of Coke creeps in on me.
A. The dishes

Think of it this way - when we (people prone to fatty liver) look around our kitchen we don’t want to see anything that can release chemicals or even molecules into our system.

Those very criteria made:

- Earthenware pots (sometimes metal glazed)
- Copper, brass or aluminum pans
- Teflon pans

a big no-no in my kitchen.

Porcelain and glass were my containers of choice and stainless steel pans were an all-round solution as well.

Before we get into groups of foods and into what I ate and what I avoided as much as I can let us introduce a system that will guide us through fashioning a healthy diet. A system of rules will define clearly what we want to do when designing the right diet for fatty liver:

We want to:

- Alkalize our blood and body
- Balance our body chemically and fight estrogen dominance
- Fight the prostaglandins and other inflammation promoting chemicals

B. Alkalizing your blood

Some health researchers go as far as to say that “there is only one disease and there is only one cure”. The disease is the excessive acidity of our body and the cure is alkalizing it.

If you are anything like me, then sooner or later you have tried to make sense of all the clutter of information on acidic and alkaline blood environment. I remember that I was so overwhelmed with the amount of different information, that it got me mad.
That is why I will here try to systematize the relevant info and serve it in a way that you can use. Now, this first criterion I introduced is also the broadest. It is broadest in terms that I was to eat all the right foods that were to balance the pH value inside me. To do so, I got a list of foods that promoted acidity or alkalinity of the environment inside.

I was to filter the list further down because even this list is not right for a people suffering from fatty liver. Remember “What is right for a regular folk isn’t automatically right for “us”…

*Balance of pH value in our blood is one of the corner stones of the Ezra protocol.*

Definition of blood pH

The pH of any fluid is the measure of the hydrogen ion (H-) concentration. A pH of 7 is neutral. The lower the pH, the more acidic the blood.

**Question 1: What does it mean to alkalize your blood?**

The term alkaline and acidic refers to the pH balance in our blood. The healthiest range is 7.35 to 7.45, which is slightly more alkaline then pure water.

What you eat is a critical determinant of your health status, and the foods that you choose tend to have acid or alkaline-forming effects on your overall system. However, this influence to the blood pH is not direct and this is a good thing, since extreme changes in the balance could be very dangerous. This balance is regulated by a fine and complex system of mechanism that are continuously at work to maintain a range of 7.35 to 7.45.

These mechanisms are:

1. **Buffer systems**
2. **Exhalation of Carbon Dioxide**
3. **Elimination of Hydrogen Ions via Kidneys**

If the pH of your blood falls below 7.35, the result is a condition called acidosis, a state that leads to central nervous system depression. Severe
acidosis - where blood pH falls below 7.00 - can lead to a coma.

If the pH of your blood rises above 7.45, the result is alkalosis. Severe alkalosis can also lead to death but through a different mechanism- alkalosis causes all of the nerves in your body to become hypersensitive and over-excitible, often resulting in muscle spasms, nervousness, and convulsions.

So, it’s not just that we cannot ‘alkalize’ our blood in terms that it becomes an alkaline environment, but it’s also that we do not want to. However, what we want to do as fatty liver sufferers is keep that pH closer to 7.45.

Why?

I know this sounds exaggerated, but let me give you one reason why it’s not. The difference between 7.40 and 7.41 is not actually one hundredth of a scale unit. Surprised? Let me explain:

On the pH scale, each number represents a tenfold difference from adjacent numbers; in other words, a liquid that has a pH of 6 is ten times more acidic than a liquid that has a pH of 7, and a liquid with a pH of 5 is one hundred times more acidic than pure water. Most carbonated soft drinks have a pH of about 3, making them about ten thousand times more acidic than pure water. Please remember this the next time you think about drinking a can.

It is beyond the scope of this book to explain in details how the damage is caused by pH imbalance, because we focus on gearing up with knowledge that you need in you every day fight with fatty liver This is why I will simplify it and just say this:

Fact 1: All the protein that works in your body needs to maintain a specific shape to be metabolized properly

Fact 2: Shapes of the proteins in your body are affected by the tiniest changes in the pH of your body fluids

Another thing that is close to disastrous for people with fatty liver is the fact that eating an acid enhancing diet is the forming of alkaline ash, which is what the residues of foods that have an acid-forming effect are called.
For example, your phosphate buffer system uses different phosphate ions in your body to neutralize strong acids from the alkaline ash. About 85% of the phosphate ions that are used in your phosphate buffer system come from calcium phosphate salts, which are structural components of your bones and teeth.

If your body fluids are regularly exposed to large quantities of acid-forming foods and liquids, your body will draw upon its calcium phosphate reserves to supply your phosphate buffer system to neutralize the acid-forming effects of your diet.

*And interfering with the calcium balance in our body is the last thing we need if we are predisposed to fatty liver.*

On the next page, I will give you a list of foods that promote an alkaline environment. Note the text in the brackets bringing your attention to the food that I tried to eat in moderation or avoid altogether because they promote inflammation (some veggies from the Nightshade family).

I am avoiding these veggies to date because while I was suffering from fatty liver, there was some serious inflammation involved. If in your case there is no inflammation you might be fine eating these vegetables. You’ll have to test what is OK for you. I am talking about the following vegetables:

- Tomatoes
- Potatoes
- Eggplant
- Peppers (this doesn’t include white and black pepper – the one you put on your table)
- Beans
- Mushrooms

<table>
<thead>
<tr>
<th>ALKALIZING VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alfalfa (I am trying to avoid it because it has inflammatory action)</td>
</tr>
<tr>
<td>Barley Grass</td>
</tr>
<tr>
<td>Beet Greens</td>
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</tbody>
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*The Fatty Liver Freedom Cookbook*
<table>
<thead>
<tr>
<th>Vegetables</th>
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<tbody>
<tr>
<td>Beets</td>
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<tr>
<td>Broccoli</td>
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<tr>
<td>Cabbage</td>
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<td>Carrot</td>
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<tr>
<td>Cauliflower</td>
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<tr>
<td>Celery</td>
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<tr>
<td>Chard Greens</td>
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<tr>
<td>Chlorella</td>
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<tr>
<td>Collard Greens</td>
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<tr>
<td>Cucumber</td>
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<tr>
<td>Dandelions</td>
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<tr>
<td>Dulce</td>
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<tr>
<td>Edible Flowers</td>
</tr>
<tr>
<td>Eggplant (Nightshade Family – inflammation promoting so I avoided it)</td>
</tr>
<tr>
<td>Fermented Veggies</td>
</tr>
<tr>
<td>Garlic</td>
</tr>
<tr>
<td>Green Beans (rich in Hydrazines and Amines that promote inflammation)</td>
</tr>
<tr>
<td>Green Peas</td>
</tr>
<tr>
<td>Kale</td>
</tr>
<tr>
<td>Kohlrabi</td>
</tr>
<tr>
<td>Lettuce</td>
</tr>
<tr>
<td>Mushrooms (rich in Hydrazines and Amines that promote inflammation)</td>
</tr>
<tr>
<td>Mustard Greens</td>
</tr>
<tr>
<td>Nightshade Veggies (inflammation promoting)</td>
</tr>
<tr>
<td>Onions</td>
</tr>
<tr>
<td>Parsnips (high glycemic)</td>
</tr>
<tr>
<td>Radishes</td>
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<tr>
<td>Sweet Potatoes</td>
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<tr>
<td>Tomatoes</td>
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<tr>
<td>Sprouts</td>
</tr>
<tr>
<td>Peas</td>
</tr>
<tr>
<td>Peppers</td>
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<tr>
<td>Pumpkin</td>
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</tbody>
</table>

**ALKALIZING ORIENTAL VEGETABLES**

<p>| Daikon                                         |</p>
<table>
<thead>
<tr>
<th>Dandelion Root</th>
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<tbody>
<tr>
<td>Kombu</td>
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<td>Maitake</td>
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<tr>
<td>Nori</td>
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<tr>
<td>Reishi</td>
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<tr>
<td>Shiitake</td>
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<tr>
<td>Umeboshi</td>
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<tr>
<td>Wakame</td>
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**ALKALIZING FRUITS**

<table>
<thead>
<tr>
<th>Apple</th>
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<tbody>
<tr>
<td>Apricot</td>
</tr>
<tr>
<td>Avocado</td>
</tr>
<tr>
<td>Banana (high glycemic)</td>
</tr>
<tr>
<td>Berries</td>
</tr>
<tr>
<td>Blackberries</td>
</tr>
<tr>
<td>Cantaloupe</td>
</tr>
<tr>
<td>Cherries, sour</td>
</tr>
<tr>
<td>Coconut, fresh</td>
</tr>
<tr>
<td>Currants</td>
</tr>
<tr>
<td>Dates, dried</td>
</tr>
<tr>
<td>Figs, dried</td>
</tr>
<tr>
<td>Grapes</td>
</tr>
<tr>
<td>Grapefruit</td>
</tr>
<tr>
<td>Honeydew Melon</td>
</tr>
<tr>
<td>Lemon</td>
</tr>
<tr>
<td>Lime</td>
</tr>
<tr>
<td>Muskmelons</td>
</tr>
<tr>
<td>Nectarine</td>
</tr>
<tr>
<td>Lemon</td>
</tr>
<tr>
<td>Lime</td>
</tr>
<tr>
<td>Muskmelons</td>
</tr>
<tr>
<td>Nectarine</td>
</tr>
<tr>
<td>Orange</td>
</tr>
<tr>
<td>Peach</td>
</tr>
<tr>
<td>Pear</td>
</tr>
<tr>
<td>Pineapple</td>
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<td>-------------------</td>
</tr>
<tr>
<td>Raisins</td>
</tr>
<tr>
<td>Raspberries</td>
</tr>
<tr>
<td>Rhubarb</td>
</tr>
<tr>
<td>Strawberries</td>
</tr>
<tr>
<td>Tangerine</td>
</tr>
<tr>
<td>Tomato</td>
</tr>
<tr>
<td>Tropical Fruits</td>
</tr>
<tr>
<td>Umeboshi Plums</td>
</tr>
<tr>
<td>Watermelon</td>
</tr>
</tbody>
</table>

**ALKALIZING PROTEIN**

- Almonds
- Chestnuts
- Millet
- Tempeh (fermented)
- Tofu (fermented)
- Whey Protein Powder

**ALKALIZING SWEETENERS**

- Stevia

**ALKALIZING SPICES & SEASONINGS**

- Chili Pepper
- Cinnamon
- Curry
- Ginger
- Herbs (all)
- Miso
- Mustard
- Sea Salt
- Apple Cider Vinegar
- Bee Pollen
- Fresh Fruit Juice
Green Juices
Lecithin Granules
Mineral Water
Molasses, blackstrap
Probiotic Cultures
Soured Dairy Products
Veggie Juices

<table>
<thead>
<tr>
<th>ALKALIZING MINERALS</th>
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<tbody>
<tr>
<td>Calcium: pH 12</td>
</tr>
<tr>
<td>Cesium: pH 14</td>
</tr>
<tr>
<td>Magnesium: pH 9</td>
</tr>
<tr>
<td>Potassium: pH 14</td>
</tr>
<tr>
<td>Sodium: pH 14</td>
</tr>
</tbody>
</table>

One of the most interesting things is the fact that the one fruit that you would expect to be the most acidifying is actually alkalizing. I am talking about lemon. It actually becomes alkaline in the body.

Now I will give you an overview of which items from the list have the strongest alkalizing effect:


2. Alkaline forming: *Fruit juices, Asparagus, , grapes (sweet), kiwifruit, passion fruit, pears (sweet), pineapple, raisins, Umeboshi plums, and vegetable juices, cantaloupe, cayenne celery , figs, kelp, limes, mango, melons, papaya, parsley, seaweeds, seedless grapes (sweet), watercress.*

3. Moderately alkaline: *Apples, alfalfa sprouts (not advised to people with fatty liver), apricots, avocados, bananas (ripe), currants, dates, figs (fresh), garlic, grapefruit, grapes (less sweet), guavas, herbs (leafy green), lettuce (leafy green),*
nectarine, peaches (sweet), pears (less sweet), peas (fresh, sweet), pumpkin (sweet), sea salt (vegetable), beans (fresh, green), beets, bell peppers, broccoli, cabbage, carob, cauliflower, ginger (fresh), grapes (sour), lettuce (pale green), oranges, peaches (less sweet), peas (less sweet), potatoes (with skin), pumpkin (less sweet), raspberries, strawberries, squash, sweet Corn (fresh), turnip, vinegar (apple cider).

4. Finally there are things that are considered neutral: Butter (fresh, unsalted), cream (fresh, raw), cow’s milk and whey (raw), oils (except olive), and yogurt (plain).

Now, a list of acidifying foods:

<table>
<thead>
<tr>
<th>ACIDIFYING VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn</td>
</tr>
<tr>
<td>Lentils</td>
</tr>
<tr>
<td>Olives</td>
</tr>
<tr>
<td>Winter Squash</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>ACIDIFYING FRUITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blueberries</td>
</tr>
<tr>
<td>Canned or Glazed Fruits</td>
</tr>
<tr>
<td>Cranberries</td>
</tr>
<tr>
<td>Currants</td>
</tr>
<tr>
<td>Plums</td>
</tr>
<tr>
<td>Prunes</td>
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</tbody>
</table>
### ACIDIFYING GRAINS, GRAIN PRODUCTS

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>Amaranth</td>
</tr>
<tr>
<td>Barley</td>
</tr>
<tr>
<td>Bran, oat</td>
</tr>
<tr>
<td>Bran, wheat</td>
</tr>
<tr>
<td>Bread</td>
</tr>
<tr>
<td>Corn</td>
</tr>
<tr>
<td>Cornstarch</td>
</tr>
<tr>
<td>Crackers, soda</td>
</tr>
<tr>
<td>Flour, wheat</td>
</tr>
<tr>
<td>Flour, white</td>
</tr>
<tr>
<td>Hemp Seed Flour</td>
</tr>
<tr>
<td>Kamut</td>
</tr>
<tr>
<td>Macaroni</td>
</tr>
<tr>
<td>Noodles</td>
</tr>
<tr>
<td>Oatmeal</td>
</tr>
<tr>
<td>Oats (rolled)</td>
</tr>
<tr>
<td>Quinoa</td>
</tr>
<tr>
<td>Rice (all)</td>
</tr>
<tr>
<td>Rice Cakes</td>
</tr>
<tr>
<td>Rye</td>
</tr>
<tr>
<td>Spaghetti</td>
</tr>
<tr>
<td>Spelt</td>
</tr>
<tr>
<td>Wheat Germ</td>
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<td>Wheat</td>
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</table>

### ACIDIFYING BEANS & LEGUMES

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almond Milk</td>
</tr>
<tr>
<td>Black Beans</td>
</tr>
<tr>
<td>Chick Peas</td>
</tr>
<tr>
<td>Green Peas</td>
</tr>
<tr>
<td>Kidney Beans</td>
</tr>
<tr>
<td>Lentils</td>
</tr>
<tr>
<td>Pinto Beans</td>
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<tr>
<td>Red Beans</td>
</tr>
<tr>
<td>Rice Milk</td>
</tr>
<tr>
<td>Soy Beans</td>
</tr>
<tr>
<td>Soy Milk</td>
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<tr>
<td>----------------</td>
</tr>
</tbody>
</table>

### ACIDIFYING DAIRY
- Butter
- Cheese
- Cheese, Processed
- Ice Cream
- Ice Milk

### ACIDIFYING ANIMAL PROTEIN
- Bacon
- Beef
- Carp
- Clams
- Cod
- Corned Beef
- Fish
- Haddock
- Lamb
- Lobster
- Mussels
- Organ Meats
- Oyster
- Pike
- Pork
- Rabbit
- Salmon
- Sardines
- Sausage
- Scallops
- Shellfish
- Shrimp
<table>
<thead>
<tr>
<th>Tuna</th>
<th>Turkey</th>
<th>Veal</th>
<th>Venison</th>
</tr>
</thead>
</table>

**ACIDIFYING FATS & OILS**
- Avocado Oil
- Butter
- Canola Oil
- Corn Oil
- Flax Oil
- Hemp Seed Oil
- Lard
- Olive Oil
- Safflower Oil
- Sesame Oil
- Sunflower Oil

**ACIDIFYING SWEETENERS**
- Carob
- Corn Syrup
- Sugar

**ACIDIFYING ALCOHOL**
- Beer
- Hard Liquor
- Spirits
- Wine

**ACIDIFYING OTHER FOODS**
- Catsup
- Cocoa
- Coffee
Mustard
Pepper
Soft Drinks
Vinegar

ACIDIFYING DRUGS & CHEMICALS
Aspirin
Chemicals
Drugs, Medicinal
Drugs, Psychedelic
Herbicides
Pesticides
Tobacco

ACIDIFYING JUNK FOOD
Beer: pH 2.5
Coca-Cola: pH 2
Coffee: pH 4

Now, as you can see, there are some “enemies” even on the alkaline foods list. You might wonder why haven’t I filtered it down to what meets all the criteria and exclude some of our “usual suspects” (such as Stevia).

I did so because I went through the change and I know that at times it got too much and I succumbed to the temptation. These are the times when the comprehensive list comes to use when choosing the less of the evils.

C. Food - group by group

Here we drill deeper and filter out some other “enemies”. We’ll analyze food group by group and give our verdicts on which have to go and which are welcome to stay.

C1. Dairy
I was advised to avoid dairy and dairy products as much as I could. I managed to cut it out completely within a month from the start of the protocol.

Why?

For a number of reasons:

✓ Saturated fat from dairy increases the flow of estrogen

✓ Saturated fat produces prostaglandin F2-alpha that is an important factor that contributes to inflammation in fatty liver

✓ Cow’s milk is meant for feeding calves and is not digested very well in humans. It leaves a lot of waste behind in the human system.

✓ It is a little known fact that a lot of food that the cows are fed in milk industry is copper rich. Copper that reaches you through the milk of a cow has a strong estrogen promoting effect.

All the reasons above make it clear that milk is a perfect food if you want to promote estrogen dominance, which is our enemy. So, I cut out dairy completely and used dairy substitutes for some of my meals.

C2. Meat

Again, the saturated fat is among the primary reasons to avoid meat as much as possible.

Another good reason is the fact that a lot of the cattle that are grown to be slaughtered are hormone fed. Some of the hormones are a form of estrogen or are derived from estrogen.

A secondary source of hormonal disruptors from the meat comes from the phytoestrogens from the plants that they eat.

Also, for the same reasons (growth promoter) antibiotics are used in milk industry, so the meat that ends up on your table contains a small dose of antibiotics.

C3. Eggs
Eggs are a direct result of a hormone charged process and some of the hormones end up in the egg. Enough to disrupt our system.

I cut them out completely.

**C4. Coffee**

The only thing that I could never cut out completely, coffee is my vice. Maybe this is because of the fact that nothing I have learned in my years long research of fatty liver convinced me that coffee has a direct impact on our condition.

Most of the nutritionists and the health specialist that argue against coffee argue that:

- *It increases the risk of heart attacks (by 60%)*
- *Raises blood levels*
- *It dehydrates our body*
- *It depletes vitamin B reserves*
- *Increases the risk of miscarriages and birth defects*

The list above might be enough for some people, but it wasn’t for me. I just decided that I was going to cut back on coffee, because I was drinking 5-6 cups of coffee daily.

I cut back to one cup in the morning after the breakfast and one cup in the afternoon.

I was never much of a fan of decaffeinated coffee because of the chemical treatment that it undergoes in the process. I always considered that the petrol based solvents that are used for this, can do more harm for people with fatty liver than the caffeine.

**C5. Alcohol and it’s action on the liver**

I was never much of a drinker. Even back in the days when I was young and out partying all night at least a couple of nights a week, I remained sober most of the time.
Structure of the liver

As we mentioned, the liver is the single most important gland in the human body. It is made of thousands of cells that play a number of roles (digesting, storing and changing the structure of chemicals).

The blood vessels that carry away these products of digestion from the intestine are gathered into large vessels but as they reach the liver, they brake into smaller vessels again as they enter the liver carrying food with partially digested food. The cells of these vessels need support cells as do the cells of the bile duct that leads bile from the liver to the intestine. So, there are 3 basic kinds of cells in the liver:

1. The liver cells proper
2. The cells lining the blood-vessels and bile ducts
3. Cells that make the general support for all other cells (fibrous tissue cells)

Action of alcohol on the liver

When taken in moderation, alcohol is almost completely absorbed by the stomach and the intestine and goes straight to the liver. So, the liver is the single organ that’s most affected by the action of alcohol.

We’ll look into 2 aspects of the action:

1. Action on the blood vessels
2. Action on the liver cells (cells proper and fibrous tissue cells)

Action on the blood vessels

The blood vessels react very quickly to even the smallest doses of alcohol. They dilate quickly because they are very vascular (rich in blood vessels). This enlargement makes the organ and causes stretching of its capsule (covering).
This lead to disturbances in the functioning of the liver and the feeling of weight in the abdomen and discomfort.

**Action on liver cells proper**

There are many experiment that have proven that alcohol is simply a cell poison.

The liver cells proper are the cells that secrete the bile and which process the starchy food. It’s a scary thing to say, but the effect of alcohols is pretty much the same as that of other poison, such as arsenic. This doesn’t mean that alcohol will kill you because arsenic is much more potent, but the effects are the same. First of all, the cells swell and take up more room and as that happens, the liver becomes enlarged. If the action of alcohol continues, the protoplasm (living content of the cell) becomes transformed into globules of fat. This process is known as **fatty degeneration**. Like with the classic fatty liver, such liver becomes impaired and is unable to do its work properly.

**Action of alcohol on the fibrous tissue**

The effect of alcohol here is very different and luckily, these are the cells that are not easily damaged and some substances that act as a poison to other cells will merely irritate them. But with large quantities of alcohol, even these cells die out fast. When small amounts of alcohol are taken, it gives us the opportunity to look into their reaction and draw conclusion about how the damage comes about with more alcohol. Here is what happens – as the other cells gradually degenerate these cells have more room and they tend to multiply. When alcohol is stopped, these new-formed cells just disappear. But if these irritating periods with alcohol are applied again and again, the cells settle and become permanent fibrous tissue that forms what is known as “scar tissue” that cannot be removed. This new tissue literally pushes aside regular liver cells and destroys them.

As a rule, the scar tissue usually forms in patches and bands especially around the blood vessels when fibrous tissue exists normally. Over time, the scar tissue bands contract and these contractions cause shrinkage of the liver. This shrinkage presses the normal liver cells further down and interferes with their work. It also presses the blood vessels and makes them smaller. These blood vessels are crucial because they carry the blood through the liver. As a result of this, the watery part of the blood oozes out from the blood vessels even before they reach the liver. This make it impossible for the liver to work and these are the first signs of liver failure.
C6. Veggies and fruits

General statement of a healthy diet would be: “Eat more fruit and vegetables that are rich in nutrients.”

But is not so simple with the fatty liver sufferers. Why?

Because of the fructose in the fruit.

To grossly simplify things, fructose is much more readily transformed into fat in the liver than glucose.

I bet you are shocked right now but I can tell you right away that eating diets packed with fruit is probably the number one reason why people fail in loosing weight. Let me explain...

You can find many experts that will tell you that fruit is great for fat loss because it has a low glycemic index. But the fruit is sweet and obviously packed with sugar, so how can it have a low glycemic index. The answer is simple yet alarming – most of the sugar from the fruit is readily turned into fat in the liver and leaves the liver as fat and as such it does not have the potency to induce insulin spikes. Don’t get me wrong, fruit still has a place in my diet but I don’t go crazy about it. While I was resolving my fatty liver I cut out fruit completely during the first 10 days. Then I limited my intake of fruit to 150 gr per day and now I limit my fruit intake to 300 grams.

Make no mistake, fruit is healthy and has a lot of fiber and vitamins but it’s not the best ally if you want to loose weight and eliminate the fatty deposits from the liver. The message is just to use fruit in moderation and choose the fruit that is rich in dextrose (such as oranges and grapefruit) which can actually help with the fat loss.

This is perhaps the most widely misunderstood aspect of eating well to reverse fatty liver. Perhaps the best showcase of what I am saying is a study that was conducted on a group of bodybuilders. Why bodybuilders? Because as these guys approach the competition they have the body fat levels of around 3-5%. They look like they have a skin of paper and you can see every muscle with literally zero fat under the skin. This makes it possible for any change to be immediately visible.

So, these bodybuilders were eating a diet at the maintenance levels (amount of calories that neither cause weight gain nor weight loss). Then, 300 calories
from rice were replaced with bananas. To the surprise of everybody involved, they started developing small fatty deposits under the skin even at the maintenance levels. This is all due to the change of fructose into fat that happens in the liver.

This is just the kind of myths that are blindly maintained to allow the weight loss industry to take billions out of the pockets of people that are desperately trying to loose the weight and believe all the facts they are served with.

**But where is the problem with the fructose?**

The problem lies with the fact that our body does not have the necessary enzyme machinery to efficiently metabolize fructose and turn it into glucose, so the fructose is a liver-congesting agent. Fructose just passes by the enzyme that is responsible for turning carbs into energy (*Phosphofructokinase-1 or PFK-1*). Fructose literally skips this control point that decides whether the carbs are deposited as glycogen or fat. Complex carbs such as rice and oats turn into glycogen until the reserves are full. On the other hand, large chunks of the fructose is just transformed into fat even if the glycogens are empty. Part of the fat remains in the liver and a bigger part is pumped into the blood.

But the damage does not stop here. Part of the fructose that managed to get to glucose form is deposited in the liver. Otherwise, the liver is the last part to be filled with glycogen. When the liver is full of carbs, this is a signal for the body to transform any additional carbs into fat (fructose or not fructose). Fructose fills the liver with glycogen and thus puts it into “fat storing” mode. At this point, our liver transforms even complex carbs into fat. This is our worst case scenario and a true carb nightmare.

Apart from using fat in moderation, the analysis above suggests that when you decide to treat yourself with a nice piece of fruit its best that you eat it as a snack and not before or after a meal to avoid the carb confusion.

There is an e-book that comes with this set named "Guilt-free Desserts". This means that they are guilt-free once your fatty liver is in remission and doctors can see no trace of fat in your liver. That is how I did it - no fruit until I was completely healthy.

**C7. Fiber**

Dietary fibers are the indigestible portion of plant foods and can be water-soluble or water-insoluble.
It was crucial for me to eat a diet rich in fiber in the protocol so that I maintain a balanced and healthy digestive and endocrine system.

Good sources of fiber are: oatmeal, fruits and vegetables, brown rice, beans, and whole grains but NO WHEAT!

**C8. Why no wheat?**

The human body was never designed to eat such a large quantity of wheat products each day so when fed the high amounts most people are taking in with their diet, problems will arise.

Many researches show that there is clear connection between hormonal health and eating a wheat-free diet. The connection has not been precisely defined when it comes to the mechanisms, but what might be causing the disruptions is the combination of following factors (with some of them more present in some people):

- Wheat is rich in phytic acid that can lock some minerals (Magnesium, iron, zinc) from being absorbed
- Gluten from wheat can damage the wall of the small intestine

It might seem relative, but the first bullet point especially is anything but relative. A disharmony and imbalance of minerals might even trigger fatty liver in the first place according to some research, or make the healing a “mission impossible”.

So – **NO WHEAT!**

**C9. Soy**

Once a new found miracle food is now slowly dissolving into oblivion. Mainly because of the fact that the health risks list has become longer then the benefits. So, no soy for me on the Ezra protocol because:

- Just like wheat, soy is rich in the infamous phytic acid
- It’s rich in phytoestrogens that can mimic estrogen activity and disrupt thyroid function
- It contains high levels of Aluminium (toxic to the kidneys)
C10. No refined sugar

One of the basic principles is keeping our insulin levels under control. And the truth is simple – we can never do this if we eat refined sugar. Here is how it works…

Glycemic index (GI) is a way of ranking carbs on a scale of 0 to 100 according to their ability to raise blood sugar levels after ingested. High GI foods cause blood sugar level spikes and are rapidly digested and absorbed. Low GI foods on the other hand are food that are slowly digested and raise the blood sugar and insulin levels gradually. The later is the kind of foods we are looking for when designing a plan to resolve fatty infiltrations in the liver. The glycemic load of a food is the product of the GI of the food and the amount of carbohydrate in a serving.

C11. No butter, lard or any animal oil for obvious reasons, since it’s the fat we are trying to flush

C12. Omega-3

It was not until recently that the interest about the role of Omega 3 in resolving fatty liver arose. This is mainly due to the amazing anti-inflammatory action of Omega 3 and its beneficial effect on liver disorders and fatty liver. This effect comes through:

1. Increase in beta oxidation (the process by which fatty acids are broken down in mitochondria)
2. Decrease in de novo lipogenesis (Lipogenesis is a metabolic process in animals that converts simple sugars to fatty acids and synthesizes triacylglycerols through the reaction of fatty acids with glycerol)

Good sources of Omega-3 for us are:

- Walnut oil
- Flaxseed oil
- Evening primrose
And at last but not least, *I decided to eat organically.* When I started to research the subject a bit more in detail I was surprised to learn that what I considered as organic is not necessarily organic foods.

For foods to be organic it must meet the following strict criteria – it must be completely free from:

- ✓ Pesticides
- ✓ Petroleum based fertilizers
- ✓ Antibiotics and growth hormone
- ✓ Irradiation
- ✓ Sewage

So, it not just anything from your local market stands. Find a certified organic shop in your neighborhood

**Final word of advice**

**Make sure you avoid alfalfa in all forms.** *Because of a compound it contains called Canavanine, it has a potent aggravating effect on immune reactions and fatty liver.*

**Take it easy with mushrooms and beans.** *Because of Hydrazines and Amines that can aggravate symptoms and even trigger flares on their own.*

**Nightshade plants contain solanine, which increases joint pains and may spark flares.** *Some of the members of the genus nightshade are: Eggplant, white potato, tomato, tobacco, and all peppers with the exception of black pepper.*
CHAPTER 6:

FIRST THINGS FIRST

General principles of nutrition

Official sources state that all food is divided in 6 groups:

1. fluids
2. carbohydrates
3. protein
4. fats
5. vitamins
6. minerals

1. Water makes 80% of the human body and this is proof enough that fluids are essential for a healthy diet and the human life itself.

2. Carbohydrates are the main energy source in most diets. They can be either simple or complex.

   a. Simple carbs include sugars (cookies, candies, chocolate)

   b. Complex carbs consist of starches and dietary fibers. Starches are contained in foods like: pastas, bread, potatoes, rice and similar foods. Fibers can be soluble and insoluble. Soluble fibers can be eaten through vegetables, legumes and fruits. Insoluble fibers can be found in brown rice, whole grains, some fruits and some legumes.
3. **Protein** (a word coming from the Greek language and meaning “the most important”) are the substances that build and repair human tissue. Main sources of protein are nuts, meat, fish, cheese and other dairy products.

4. **Fats** are substances that usually have a negative connotation but they do play a vital role in many important aspects of how the human body works. That’s why most of the time you will find experts recommending the intake of fats low in cholesterol.

5. **Vitamins and minerals** are an absolute essential for a number of crucial processes in the human body.

Because of their crucial role, let us take a moment here and just briefly get into what each vitamin and mineral does in the body.

- **Vitamin A** plays a vital role in the health of your hair, bones, skin and eyes. Best sources of vitamin A are carrots and eggs.

- **Vitamin B1 (thiamine)** regulates the health of the central nervous system. Main sources of this vitamin are meat, peas, cereals and bread.

- **Vitamin B2 (riboflavin)** is also important for the CNS as well as the muscles and plays a role in the process of releasing proteins from the nutrients. Food sources are dairy, meat, eggs and leafy vegetables.

- **Vitamin B3 (niacin)** plays an important role in the health of your skin and it regulates the way your body utilizes the energy from the food. Food sources are: peanuts, fish and most whole grain foods.

- **Vitamin B6 (pyridoxine)** is crucial for the making of the blood cells and also plays a role in the CNS functions. Food sources are: bananas, fish and meat.

- **Vitamin B12** is vital for a proper production of the bone marrow and can be found in: eggs, milk, fish, meat, whole grains and yeast.

- **Vitamin C** is probably the most important vitamin in the regulation of how the immune system responds to foreign agents. It is necessary for our body’s capability to use iron. Food sources are a broad variety of fruits and vegetables.
Vitamin D plays an important role in the absorption of calcium and thus in the formation and strength of our teeth and bones. Food sources are oily fish and dairy products. But as mentioned, sunlight is essential in the production of this vitamin.

**Vitamin E** rejuvenates the body and protects our organs from various degenerative diseases. Food sources are: eggs, fish and vegetables.

**Vitamin K** is the key of blood clotting and plays a vital role in bone marrow formation. It is contained in leafy green vegetables.

**Folic Acid** is responsible for the proper division of cells. It is often advised to pregnant women to prevent the formation of neural tube effect sin the fetus. Best sources are: nuts, leafy greens and whole grains.

Note that some vitamin can be toxic in excessive doses (A, D, E, K)

Our body **does not produce minerals** and they have to be ingested from food. The most important minerals are:

- **Calcium** is responsible for the health of bones, teeth and muscles. Food sources are: beans, eggs, peas and dairy.

- **Chromium** helps you regulate your levels of blood sugar. Best food sources are eggs, cheese, nuts, beets and meat.

- **Fluoride** prevents the decay of teeth and strengthens the bones. It can be obtained through water and toothpaste.

- **Iodine** is important for the production of thyroxine which is crucial for the proper use of energy ingested from foods. Food sources are leafy green vegetables, eggs and red meat.

- **Iron** is important for the formation of red blood cells and proteins. Best food sources are meat, dairy and leafy vegetables.

- **Magnesium** is one of the most important minerals because it is crucial for the production of DNA and healthy nerves. Food sources are fruit, green vegetables, seafood and nuts.

- **Phosphorus** combines with calcium and forms bones and teeth. Food sources are: meat, cereals, eggs and dairy.
CHAPTER 7:

THE RECIPES

Now, this ebook will slowly take the format of your classic cookbook with recipes and instructions. This cookbook is a bit more complicated because we need often recipes for ingredients before we can make the actual meal, but we’ll take it one step at a time.

If you see that I am including something in a recipe that you read me saying is not great for us, think back to the principle I talked about, about "listening to your body". This means that I have found in my experience that some people are OK with it and some feel bad and fatigued when they include it which is a good sign that the liver is having problems coping. A good example of this is tomato...

Ready? Let’s go...

7. a. The basics redesigned

Most of these milks are available in shops as well, but I like to make my own milk. It’s easy, does not take long and I know for sure what’s in there. I know that there is no chemical additive in my stuff that is otherwise often added to these products to make them more appealing. Also, I don’t know where their rice is coming from (I try to avoid rice imported from China) what water are they using etc.
**Rice milk**

1 cup organic brown rice  
8 cups of water  
1 teaspoon salt

Wash the rice well, pour the water into a pot and heat it until it boils. Now, pour in the rice. Lower the temperature so that the water only simmers now. Cook for 2.5-3 hours. Each stove is different and I cannot tell you the exact temperature or level of temperature. Just make sure that it barely simmers and that you don’t burn the rice. If necessary, add water.

You will end up with a pudding like compound. Pour this into a blender to half of the blender size and the other half will be filled with pure filtered water. Blend until it becomes completely smooth. Get a fine mash strain and strain three times. Keep the end product in a glass jar. If you feel like the product is too thick, you may want to add some more water when you use it in recipes. If you want, you can try what I used to do – I would add a handful of cashews halfway through the blending to get creamier and richer milk.

**Almond milk**

1/3 C. Raw Organic Almonds  
2 C. Water

- I like to blanch the almonds because when I don’t I end up with a strong and a bit bitter taste that’s coming from the almond skin. This ruins the milk for me, since I am not one of those people that will sacrifice taste. Making things tasty is the only way I could sustain my diet. Blanching the almond is easy and the milk that you get from blanched almonds is pre white and slightly sweet.

- You blanch the almonds by boiling a cup and a half of water in a pot and pouring the almonds in. Let them simmer for 3-4 minute sand then strain them and put onto a plate. Wait for 5-10 minutes until the almonds are cool enough to touch and then just peel the skin off. It is very easy because it becomes papery.

- Put the almonds into the blender and pour the water in. Put the lid on and start the blending. Blend until you get creamy white milk. Usually,
to do this you would have to stop and shake the blender just so that you can the almonds that have dropped down under the blades back up and crash those too.

- Strain the milk through a metal strainer. I like to strain it twice.
- That’s it, you have your almond milk with very little fructose. Store it in your fridge.

### Cowless, Soyless Cheese

Cow’s milk cheese is one of the most destructive foods one can consume! Again, we cannot use tofu so let us look at some replacements.

When I was thinking about the concept of this cookbook I released that instead of providing you with all the recipes in the world that could work for us and not aggravate our fatty liver but rather lead us to healing, it is better to try and develop a pattern of thinking in you.

A research spark that will take where I can’t. So, here I will give you my 10 favorite Cowless Soyless Cheeses and then encourage you to do your own research since there are really a lot of variations and things that might suit you better than what suits me.

Relax, research, mix, go crazy…

**Agar Agar cheese**

Agar agar is a precious gelatin substitute for vegans and people like us. It is produced from seaweed vegetation and it can be found in both flakes and powder form in health food stores.
Usually, in recipes it is used with a cup of water or juice per every tablespoon of agar agar. Agar agar is then dissolved in the liquid and heated on the stove in a saucepan, and simmered until slightly thickened (usually 5-7 minutes) and used in recipes or on its own.

**The agar gar cheese recipe:**

1 cup cold distilled water  
8 Tablespoons agar agar* flakes  
1 cup raw almond butter  
1 cup fresh lemon juice  
1 cup Nutritional Yeast flakes  
1 teaspoon garlic powder  
1 teaspoon Celtic Sea Salt (this is optional)

Pour all the listed except water and agar in a blender. Put the water and agar agar in a pan and bring to a simmer, while stirring. When all of the agar agar is dissolved add the mixture to the blender and blend until it becomes smooth. Pour the contents into a dish of choice (the shape you’d like your cheese to have). When completely chilled turn the dish over and shake the cheese onto a plate. You will be pleasantly surprised with the taste of this cheese.

**Tahini cheese**

2 C. raw sesame Tahini (Tahini is available in natural food stores, but you can also use raw organic sesame seeds and grind them into a powder)  
¼ rice vinegar (organic*)  
¼ olive oil (organic*)  
2 T. fresh Chives (finely chopped)  
½ fresh organic Thyme leaves  
1 T. vegan formula Nutritional Yeast  
Salt and black pepper* (to taste)  
*black pepper (the kind you put on your table next to your salt) in not nightshade

Chop all the herbs and place them in a large glass jar with a tight lid. Add the vinegar and the olive oil and whisk them with a spoon then add the salt and the black pepper. Finally, add the Tahini and the nutritional yeast.
and close the lid, Shake vigorously for about a minute and you have your Tahini cheese.

I am sure you will find it very pleasing because the taste resembles that of cheddar cheese and is great for “fooling” our senses.

Shake again before each use. The cheese will stay good for about 5-6 days in your fridge. Don’t judge it by the looks, it’s a great addition to many dishes.

**Almond Parmesan cheese**

One of my favorites for sprinkling on top of non-wheat pasta. People I talk to fall into two categories when it comes to this cheese – those who like it better with roasted almonds and those who like it better with raw almonds. I fall into the later, because when I make it with raw almonds it tastes more cheese and when I make it with roasted almonds it has more of a nutty taste.

**The recipe:**

- almonds
- nutritional yeast
- salt

Put the almonds and the yeast in 1:1 ratio in an electric coffee grinder and add salt to taste. Grind until powdery and add basil if you want.

**Agar agar and Tahini cheese**

- 3 cups water
- 3/4 cup agar flakes
- 2 cups raw cashews (unroasted, unsalted)
- 1/4 cup lemon juice
- 2 1/2 Tbsp tahini
- 1 1/2 tsp. salt
- 1/2 tsp garlic powder
Put the agar agar in a small saucepan as already explained and whisk occasionally. Simmer for about 5 minutes and the mixture will thicken. Grind the cashews until powdery and put them in a blender, then add the lemon juice, tahini, salt, and the garlic powder. Then add the agar agar into the blender and blend until smooth. Slightly oil a pan or a mold, pour the mixture and cool it down. Adjust the salt if you like. Put it into a refrigerator and keep it there until firm and then shake it out onto a plate.

Fake cream cheese

1 cup agar agar cheese
1/4 cup cashew pieces
2 teaspoons of honey...okay, I admit it, I let the sugar from the honey slide at times 😊, its does less damage then the chemicals from the sweetener
1-2 tablespoons
1 teaspoon
1/2 teaspoon

Blend it until creamy. It lasts for about 4-5 days in the fridge.

Tahini mozzarella

2 cups water
1/2 cup nutritional yeast flakes
1/3 cup quick-cooking rolled oats
1/4 cup tahini
1/4 cup arrowroot
3 tablespoons fresh lemon juice
1 tablespoon garlic powder
1 teaspoon salt

Pour all the ingredients in a blender and blend for several minutes until the mass becomes smooth. Then pour all the contents into a saucepan on the medium heat until it becomes very thick. Pour the mass into a glass oiled pot and cool it in the fridge uncovered. When cooled down put the lid on and refrigerate overnight. Take it out from the glass pot by just turning it over and cut using carefully and using an oiled knife.
It has the texture of your regular mozzarella, kind of jiggly but firm. It is good for 5-6 days, if kept in the fridge tightly covered.

**Savory vegan cottage cheese**

- 1 14 oz. block of agar agar cheese
- 1/2 teaspoon garlic powder
- 1 tablespoon nutritional yeast
- 2 tablespoon chopped chives
- Salt to taste
- 3-4 tablespoons olive oil
- 1 tablespoon lemon juice

Blend the ingredients until you reach the right consistency for a cottage cheese. Adjust the consistency by adding olive oil. Put in a glass container and keep refrigerated.

**Sweet Style Vegan Cottage Cheese**

- 14 oz. block of organic agar agar cheese
- 1 tablespoon lemon juice
- Pinch of salt
- A few drops of vanilla
- A tablespoon of honey

Mix the agar agar cheese and the other ingredients to get a cottage cheese texture. Cool it down for 5-6 hours. This cheese is gear for adding to fruit. You can even make cheesecake using this cheese, but you need to add arrowroot for the cheese to be firm enough to hold together.

**Italian style almond cheese (semi soft)**

- 1/3 cup raw almonds
- 1 1/2 cups water
- 3 T. arrowroot
Blanch the almonds as already explained, and then grind them in an electric grinder for 1-2 minutes or in a blender for a bit longer. Add ¾ of water and combine the two. Then add the arrowroot, lemon juice, olive oil yeast flakes, garlic powder and the remaining water and blend them for another 2 minutes.

Pour the mixture back into the saucepan and cook it on medium heat for several minutes, constantly whisking until it becomes thick. Remove it from the stove and add the remaining ingredients and stir well until the ingredients are fully combined. Leave the mass aside to cool down for about 150 minutes and then pour it into an oiled mold.

If stored in an airtight container it can be stored for 5-6 days in a fridge. It’s great for sandwiches and on crackers.

**Swiss style cheese**

1 1/2 cups water  
1/3 cup agar-agar flakes  
1/3 cup raw cashews  
1/2 cup blanched almonds  
1 T. sunflower oil  
1/3 cup rice milk  
1/3 cup nutritional yeast flakes  
3 T. lemon juice  
1 T. light or mellow miso  
1 T. Dijon mustard  
3/4 t. garlic powder  
1/4 t. salt

In a saucepan, simmer water and agar agar flakes as described. Make a smooth mass from the almonds, cashews and the oil, this usually takes 1-2 minutes of blending. Add the remaining ingredients and blend for another minute or so. Then add the agar agar mixture and blend for another 2
minutes. Pour in oiled molds and cool overnight and your Swiss style cheese is ready to be enjoyed guilt-free.
7. b. Breakfast

But, even today I am trying to limit my intake of fruit. Just when your doctor tells you that your liver is completely free of fat, you should be completely free with the fruit.

Because we go into different breakfast niches if you will and we might want to refer to specific meals later in the meal plans, I will number all the Breakfasts. No matter how short the recipe is I will keep it one recipe per page, it keeps things cleaner and easier to find and navigate.
*Breakfast no1: Nutty carrot smoothie

3 fresh carrots (peeled & chopped)
Cucumber (chopped approx 4 x 1 inch slices)
2 handfuls cashew nuts
1/2 handful sunflower seeds
1/2 teaspoon salt
3 tbsp's fat-free yoghurt

How to make it:

Mix it all in the blender and let it whiz until smooth. Makes for 2 servings.
*Breakfast no2: Spinach & Carrot Smoothie

2 medium sized cups of chopped spinach
1 medium sized cup of chopped carrots
1 medium sized cup of fat-free yoghurt or almond milk
4 ice cubes

How to make it: Mix and whiz. Makes for 2 servings.
*Breakfast no3: Supreme Pumpkin Smoothie

6 oz vanilla low fat yogurt  
1/2 c canned pumpkin  
1/4 t cinnamon  
1 c ice

How to make it: Mix and whiz. Makes for 1 serving. Later on you can make this smoothie by adding half of a banana and half of an apple.

Tip: **Use fermented foods and drinks in your vegetable smoothies.** Using a probiotic liquid like a few ounces will add a balancing sour taste, much like lemon juice would.
*Breakfast no4: Energizing Green Vegetable Smoothie Recipe:

**Ingredients**

1 small cucumber  
½ cup fresh basil  
1 TBL coconut oil  
10 chives  
½ cup water  
½ cup of some probiotic drink of your choice

**Directions**

Wash, cut in chunks, whiz until smooth, enjoy.

Variation: Add 1 Tbsp of Hemp Seed Butter

*Breakfast no5: Porridge
I cook steel-cut oats with almond or rice milk for just a couple of minutes. Sometimes I like to add just a bit of coconut oil because it makes it richer. I also add dried apricots to taste to sweeten the porridge. Simple, fast and guilt-free.
*Breakfast no6: Pancakes

Yes, pancakes. I just substitute the eggs in the traditional recipe with 1 T ground flaxseed and 2 T water, the buttermilk with rice milk and a dash of cider vinegar and I substitute the wheat flour with rye whole grain flour and I am ready to go. I am not exaggerating when I say that I like these pancakes better.

You can get creative with your toppings, but I usually like to top the with non-dairy, non-soy ice cream such as rice cream which is now widely available.

When you are passed the no fructose period you can use raisins and mashed banana with lemon juice as a topping.

*Breakfast no7: French toast
• 1 1/2 cups water
• 3 Tbsp. whole grain rye flour
• 1 Tbsp. arrowroot
• 1/4 tsp. almond extract
• inch sea salt
• Pinch cinnamon
• 2 Tbsp. organic coconut shortening melted
• 1/4 tsp. turmeric
• Toast (whole grain, non wheat)

Blend all the ingredients while you heat a pan on the stove. Pour the mass into the pan and whisk until thickened, then remove from the heat and let it cool down. Soak the bread in the batter and then heat a skillet with a bit of coconut shortening and brown the toast on each side.

After the no fructose period, you can add finely grated dates to the mass and mashed banana and lemon on top.

*Breakfast no8: Quinoa pilaf
Cook quinoa in almond milk and as it gets soft stir in some nuts, pecans and pecans. Grate some orange zest and top the pilaf and sprinkle with cinnamon. This breakfast shows that you love yourself.

*Breakfast no8: Rice Pudding*
- 2 cups cooked brown rice
- 1 ½ rice milk
- 3 T raisins
- 1 t vanilla extract
- ¼ t cinnamon

Combine all the ingredients and pour into a pan, then bring to a simmer on low heat. Cook uncovered for about 15-20 minutes or until it becomes thick.

It’s good either server hot or cold.

Zest date is great in this and today I do add it, but to be strict with fructose at the beginning, no dates.

*Breakfast no9: Waffles
By now you can see that I did not give up much of my favorite breakfast food, I just made some adjustments. Here’s another one, I started eating this one as I was getting better because it is really no good without the applesauce.

- 1 cup whole grain non-wheat flour
- 2 Tbsp. baking powder
- 1/2 tsp. cinnamon
- 1/4 tsp. salt (optional)
- 1 cup rice milk
- 1/2 cup applesauce

First, mix the dry ingredients then add the milk and the applesauce. Cook in a waffle iron like you would do with your regular pancakes.
*Breakfast no10: Cranberry Sage Chutney

This one is a true gem. You may find the recipe a bit odd but just give it a chance. I got this recipe from a lady I met at Mr. Ezra’s office. Again, not for the very begging of the protocol, because of the fruit, wait until you get a little better and your liver does not have to do as much to process the fructose.

- 6 cups cranberries
- 1 orange, unpeeled, chopped and seeded
- 1 cup orange juice
- 1 ½ cup raisins
- 1/2 cup of slivered almonds
- 15 dried dates, chopped
- 1 cup crystallized ginger
- 1 cup of cider vinegar
- 1 Tsp, salt
- 1 Tsp. dry mustard
- 3 Tbsp. chopped fresh sage or 1 Tbsp. dried

Put all the ingredients except the sage in a pan and cook on a medium heat, stirring for 5-10 minutes. Increase the heat and boil until the berries have popped up (5-10 minutes). At the end add the sage and pour into a glass container and serve at will.
*Breakfast no11: Quinoa mash

- 2 teaspoon peanut butter
- 1/2 cup quinoa, cooked
- 1 tablespoon flax seeds, ground
- a few splashes of almond milk

Stir and mash everything. It’s that simple. Great combos of fiber and protein to kick-start the day.

*Breakfast no11: Veggie skillet
- 4 medium sized rutabagas*
- 2 medium carrots
- 2 celery stocks
- 1 zucchini
- 1 yellow squash
- 1 broccoli stock
- 1 tomato*
- agar agar cheese
- dash of seasoned salt
- olive oil

*Rutabagas are my favorite potato substitute, because I try to avoid potato (in the Nightshade family shown to contribute to inflammation and causes intense spikes of blood sugar, which we must try to avoid).

Of all the potato substitutes, the rutabagas have the best texture and taste qualities and the mouth-feel. The downside is that it cooks for a long time (2-3 times of the potato cooking time).

This is a quantity for 4 servings.

Cut the rutabagas into wedges and then boil until they slide easily off the tip of the knife. Pour the olive oil into a pan and cook the rutabagas and salt until golden brown.

Cut the other veggies into bite size pieces and add to the veggies already in the pan and simmer the whole thing for 5 minutes.

Once the rutabagas are golden brown add the rest of the veggies. Let those simmer for about 5 minutes. Serve with sliced tomato and shredded agar agar cheese on top.

*tomato has a bad reputation in some expert opinions about diet for fatty liver, because they belong to the Nightshade family. However, a large placebo controlled study of these foods failed to show a consistent effect and I use tomato in moderation, one or two medium-sized tomatoes a week. If you find that you react to tomato, either exclude it avoid the recipes altogether.
*Breakfast no12: Homemade Granola (to be eaten after the initial healing period)

- 3/4 cup apple juice concentrate
- 3/4 cup almond butter or tahini
- 1 tsp vanilla or almond extract
- 8 cups rolled oats
- 1 cup chopped almonds or sunflower seeds
- 1 cup raisins, currants or chopped dates

Mix the almond butter, apple juice, vanilla and apple juice in a blender. Put the oats and almonds together in a roasting pan and coat with the mixture. Bake on 350 F for about 30 mins or until golden brown. Stir it every 10 minutes. Cool it down, stir the fruit into the mixture and store in air tight containers.
*Breakfast no13: Hummus

- 1 15-ounce can peas
- 3 tablespoons tahini
- 2 tablespoons lemon juice
- 1 - 2 garlic cloves, minced
- 1 tablespoon finely chopped parsley
- 1/2 teaspoon cumin

I talk about hummus in the sauces and dips too, just because I equally like to use it in both ways.

Drain the peas but keep the liquid aside. Mash the peas until smooth. Add all the other ingredients and mix. Add enough of the pea liquid for the mass to be spreadable.
7.c. **Fruit juices** *(I am including this for the maintenance period after your liver is fat free and even then a person who once suffered from fatty liver should not eat more than 2 servings of fruit per day - one meal for example)*

1. **Carrot juice**

   5-6 carrots blended with water added to taste. I have this juice at least once a week.

2. **Tropical combo**

   - 1 kiwi, peeled
   - 1 orange, peeled and sectioned
   - 1/2 mango, peeled and sliced
   - sparkling mineral water or regular water

   Blend the fruit, pour into a large glass and fill it with water and ice if you like.

3. **Gingered Apple**

   - piece of ginger 1 inch in length
   - 3 apples

   Simply blend and serve.

4. **Fruit Punch**

   - 20 large raspberries, fresh or thawed from frozen
   - 1 apple, cored and sliced
   - 1/2 orange, peeled and sectioned

   Process the fruit in a juicer and serve.
5. Mango Orange Apple Juice

- 1 mango
- 1 orange
- 1 apple

Peel the orange, core the apple and cut all of the fruit into sections. Juice and enjoy.

6. Pineapple delight

- 1/2 pineapple
- 1/2 slice lemon
- 1/2 cup fresh cranberries

After you peel the pineapple, juice everything in the order as given on the list.

7. Spring Cocktail

- 1 oranges
- 1 tangerine
- 1/2 lemon
- 1 carrot
- 1/2 cup dandelion leaves.

After you peel the organs and lemon cut then into cubes, then juice everything in order given on the list.

8. Watermelon shock

- 1/2 watermelon, without rind
- 1 lemon
- 3 oranges
- 2 tangerines
- 1/2 pineapple

Peel lemon, oranges, tangerine and pineapple. Cut all fruit into sections and juice together.

9. Apple guava

- 3 sweet apples
- 2 guavas

Blend and enjoy.

10. Grapefruit sweetie

- 2 grapefruits
- 1 thick slice of melon
- 1 peach

This mixture is surprisingly sweet for a juice with grapefruit in it.

11. Raspberry delight

- 2 large handfuls raspberries
- ½ pineapple

You will not believe the party in your mouth when you try this. Sensational.
12. All green

- 4 Lettuce Leaves
- 1 Stalk Celery
- 1 Handful Parsley
- 1 Handfuls Spinach
- 3 Apples

Not the tastiest treat on the list but we do need our greens and this is an incredibly nourishing combo. Once every 2 weeks I go for it.

13. Pear surprise

- 2 Apples
- 3 Oranges
- 2 Pears
- ½ Grapefruit

Peel, chop, blend and enjoy the surprising taste of fruit combo.

14. Kale combo

- 3 apples
- 2 celery stalks
- 4 kale leaves

*Kale* is a very **good** source of iron, calcium, vitamin C, vitamin K, so take it from me and give this interesting combo a try.

15. Carrot-Broccoli

- 1 head of broccoli
- 4 carrots

Blend and feel the taste of health.
16. Kiwi boost

- 3 kiwis
- 2 Cups of black currants

One of my all time favorites. So simple and so perfect for our purposes.

17. Antioxidant bomb

- 2 cups of raspberries
- 2 cups of black currant
- 1 and a 1/2 cup of raspberries

The title says it all.

18. Kiwi Pear

- 2 kiwis
- 2 pears

Like nothing you’ve ever tasted. Guaranteed.

19. Pain away

- 1 lemon
- 1 orange
- 2 hard pears
- 2 apples

A classic combination with a twist.

20. Date energizer

- 2 apples (firm and tart)
- 1-inch piece fresh ginger
- 1 banana
- 4 dates, soaked and pitted
- 1 cinnamon
- ½ cup water or

Date is a very underused fruit but I really like it, on its own or in a combo. This is my favorite date juice. You need to juice the apple and ginger and then blend the juice with all the other ingredients. Then pour it into a saucepan and heat slightly to bring it to a simmer. Add a squeeze of lemon juice.

Okay, so by now you pretty much know everything about what one needs to know about some perfect ways to kick start the day. When I think about my diet now, all I can think off is how much time I lost ruining my body. I feel so light now, so full of energy. I admit that it is a change and that one needs to “train” their senses but as time goes by you stop having that feeling that used to ruin my every attempt to diet in the past, that feeling that you are missing out on all the delicious stuff out there. That feeling fades as you discover that that there are delicious meals that you can eat – guilt free.

Again, I did try the all raw diet and I encourage you to explore it, but I didn’t succeed at maintaining the eating style for prolonged periods of time. But I am happy with my eating habits today, I have enough experience that I stopped measuring the ingredients for most of meals and I am relaxed enough to experiment and try new things.

This ebook is more about getting you in that state of mind when you’ll be released rather then giving you every recipe in the world and telling you that there are cut in stone. There are so many exotic flavors out there that it’s a sin not to try as many of them as possible. If you are not sure about something, write to me, ask me about any dilemma that you might have. Or even better, write to me with thoughts, experiences and new recipes that you’ve designed, I’ll try them, I’ll include them in the next editions of this ebook. Have fun, explore. No better way of beating your ailment then completely relaxing. The chemistry in your brain changes, your days change, your attitude changes. So, relax, you’re on the right track. Now, come over for a brunch…
7. d. Brunch

So, it’s early for your lunch and you feel like you’re kid of hungry and you’re afraid that you might ruin your diet with a unhealthy snack. So, let us look at your options when this happens.

**My 10 favorite brunches**

**Brunch no1. Brunch burrito**

The recipe for a brunch burrito is not cut in stone. Consider this recipe as just an example and try your own versions.

- 1-2 T olive oil
- 150 gr of agar agar cheese
- 1 small tomato (preferably Roma), chopped
- 1-2 T fresh herbs (thyme, rosemary...)
- ¼ c chopped walnuts or pecans
- 2-3 T grated almond cheese (optional)
- 2 tortillas (non-wheat, whole grain)

Heats the oil in the pan, mash the agar agar cheese and add it to the the pan. Cook this for 2 minutes and then add tomato and herbs and heat it until it becomes evenly warm then remove from the stove.

Put half of the mixture on each tortilla leaving approx. 1.5 inch from each side, then fold each end toward the filling and then fold on one side.
Brunch no2. Vegetarian Paella

No meats here like in the original paella, but it’s no less delicious. Can be a brunch or a lunch, your choice.

- 2 T olive oil
- 1 t cumin
- 1/8 t crushed saffron
- 1/8 t crushed parsley
- 2 c brown rice, uncooked and rinsed
- 3 c boiling water
- 2 ripe tomatoes, seeded and diced
- 1 c corn

Combine 1 T of olive oil and the cumin and sauté for a minute. Set the contents aside.

Heat 1 T olive oil over medium heat and sauté the carrot for 2-3 minutes. Add the spices and stir. Add the rice and the water and cook until the rice is cooked. Remove from the stove, put the cooked tomatoes and corn on top on this mass and let it sit covered for 10 minutes. Serve hot.
Brunch no3. **Apricot-nut bread** (normally, to be included in later phases)

- 2 c thinly-sliced dried apricots
- 1½ c water
- 2½ c flour, non-wheat, whole grain
- 1 t baking soda
- 2 t baking powder
- 1 t salt
- 2 ½ T softened almond butter
- ½ c zest dates
- 1 t vanilla
- ½ t orange rind
- 1 c finely chopped almonds or walnuts

Boil the apricots in water for a minute or two. Reduce the heat and simmer for about 10 minutes, then pour it into a bowl and let it cool for 20 minutes. Put the flour, baking soda, baking powder and salt into a separate bowl.

Simmer, covered, for 10 minutes, then pour into a bowl and let cool for 15 minutes. Mix the almond butter and the dates into the apricots and add the vanilla. Slowly add the other ingredients into the mixture and stir well. Put it into an oiled bread pan and bake for about an hour and a half in a preheated oven at 350°.
Brunch no4. Granola bars

- 1 cup rolled oats
- 2/3 cup nuts & seeds (sunflower, walnuts, pepitas, sesame, etc)
- 1 3/4 cups cereal
- 1/4 cup barley malt (more if necessary to bind)
- 4 tablespoon peanut butter
- 1/2 cup dried fruit

Toast the first 3 ingredients in 250 degree oven for about 20 minutes. Add to the bowl and then add the heated liquid barley malt. Add the peanut butter and stir. If too thick add some more barley malt.

Pour over the cereal mixture and a flat baking dish, cool down and cut when cooled.
Brunch no4. Peanut bran

- 1/3 cup oat bran
- 1 cup rice milk
- 1-2 tablespoons peanut butter
- 1/2 banana and dry fruit of choice, cinnamon

You’ll need about 15 minutes to prepare this quick brunch. Just microwave the oat bran and the water for 2 minutes. Take it out, stir it and put it back in the microwave for another 30-40 seconds. Take it out, add the peanut butter and the mashed banana, throw in a couple of pieces of dried fruit and sprinkle some cinnamon.
Brunch no5. Peanut butter porridge

- 1 cup oats
- 1/2 cup rice milk
- 1 tablespoon peanut butter

I know it’s very simple but it is also really great. I just cook your regular porridge and serve with peanut butter. It’s like a completely new meal.
**Brunch no6. Tamari nuts**

Okay, so I am not sure whether to put that sign of danger here because you are in serious danger of being addicted to these small treats. I now I am.

- 3 tablespoons tamari sauce
- 2 cup almonds or any other nuts

I bake the nuts at 350 F for 5 minutes, then turn them and pour the tamari sauce overtop. I bake for another 5-8 minutes, turn them again and turn the oven off. I leave them in the oven for another 5 minutes. When I take them out the tamari sauce is completely absorbed.
**Brunch no7. Cinnamon balls**

- 13-14 oz (by weight) pitted dates
- 4-4 1/2 oz (by weight) raw nuts, any combination—I used walnuts, raw cashews, almond
- dried pineapple (optional)
- 2 tablespoon ground cinnamon

Grind the nuts, add the cinnamon and then blend some more until evenly distributed. Add the dates and blend them until they are approx. the same size like the nuts. Make small balls out of the mass. I usually get around 35 balls. Sometimes I roll them in coconut.
**Brunch no9. Tahini Kamut pizza**

- 2 teaspoons active dry yeast
- 1 ½ cups warm water (100 to 110 degrees)
- 4 ¼ cups kamut flour, plus extra for kneading
- Extra-virgin olive oil
- 1 ½ teaspoons sea salt
- 1 cup tomato pizza sauce
- 4 ounces fresh tahini mozzarella, diced into small cubes
- 10 basil leaves, torn into small pieces

Mix the yeast and the warm water in a mixing bowl and allow it to set for 10 minutes and then stir in the flour 1 by 1 cup, beating it with a wooden spoon until smooth. Knead the dough for about 10 minutes.

Place the dough in an oiled bowl and allow it to rise for around and hour and a half. Then grease a large pizza pan, press the dough down and add the salt and the oil and then fold the dough into itself and knead until even. Allow it to rest for 5-7 minutes.

Stretch the dough into the pizza pan, spread the tomato sauce, put the tahini mozzarella on top and sprinkle some more oil. Bake to taste.
Brunch no10. Zucchini blossoms

- 3 tablespoons olive oil
- ¼ teaspoon ground coriander
- ¼ teaspoon ground dried parsley
- ¼ teaspoon turmeric
- a sprinkle of garlic powder
- 2 tablespoons oil-packed sun-dried tomatoes, drained and chopped
- 1 finely chopped tortilla (or ½ cup bread crumbs or cooked quinoa or rice)
- 1 cup chopped cilantro
- Sea salt to taste
- 16 squash blossoms

Heat 1 t of the oil in a pan, add the coriander and sauté, coriander, turmeric and garlic for 2 minutes. Add the tomatoes the tortilla and sauté for a couple of minutes. Then add the cilantro and salt and cook for another minute or two.

Stuff the squashes with the above filling and close to avoid the filling leaking out. Heat the remaining oil in the pan, add the stuffed blossoms and lightly fry each side. I like to serve them cold.
7. e. Lunch and dinner

I decided against having special recipe chapters for lunch and dinner for practical reasons. I know how things work for me and for most people I know in reality, I often eat dinner food for lunch and vice versa. This especially goes for the kind of nutrition we talk about here, with all the meals being light on the stomach.

I often mix and play around with my meals, leaving lunch leftovers for brunch tomorrow and dinner leftovers for lunch tomorrow. The message is that this kind of eating style allows flexibility. Make the best of it and never allow to be bored by your diet, then you’re in danger of slipping back to the junk that will make you sick.

Let’s have fun with our lunches and dinners…

My 30 favorite lunches/dinners

**Lunch/Dinner no1. Spinach sauté**

- 1/8 cup water
- 1 bunch fresh spinach, rinsed and stemmed
- 1/3 cup fake cream cheese (as previous recipe), softened
- 1 pinch salt
- 4 teaspoons lemon juice

Heats the water until it boils and then lower the heat, add the spinach, then cover and let it cook for about 3-4 minutes. Stir in the fake cream cheese and lemon juice and sprinkle salt to taste. Simple, tasty and utterly healthy. You can eat whole grain non wheat bread or side it with cooked brown rice and quinoa.
Lunch/Dinner no2. Meatless Meat Loaf

- 1 cup of cooked brown rice
- 1 grated carrot
- 2 stalks of celery, finely chopped
- 1 garlic, finely chopped
- 2 cups of Whole Grain Bread Crumbs
- 1 cup of walnuts, finely chopped
- 1 lb. extra agar agar cheese
- 1/4 cup of BBQ sauce
- 2 tsp. Dijon Mustard
- 2 Tbsp. Worchestershire sauce
- 1/4 tsp. black pepper

Drain the agar agar cheese by pressing it, then break the cheese up in a bowl and add the other dry ingredients and mix vigorously. Add the bbq sauce, the mustard and the sauce and again mix thoroughly.

Add sauce if the consistency is not firm enough to form a loaf. Bake at 350 F covered it with a foil and bake for about 30-40 minutes. Then remove the foil and bake for another 10 minutes. I like to serve with corn or peas.

Believe me, I have tried at least a dozen various meatless meatloaf recipes and none of the comes close to this one. It’s just great.
Lunch/Dinner no3. Chickpea stew

- 2 Tbsp. olive oil
- a sprinkle of onion and garlic powder
- 1 cup chopped fresh tomatoes
- 2 tsp. freshly grated ginger
- 1 tsp. kosher salt
- 1 tsp. ground cumin
- 1/2 tsp. turmeric
- 1 parsley
- 2 (16-ounce) cans chickpeas, rinsed and drained
- 1 cup vegetable broth or vegetable stock
- 1 Tbsp. lemon juice
- 2 cups baby spinach leaves

Use a large skillet and heat it over medium heat. Add the oil, garlic and onion powder, tomatoes, ginger, salt, cumin, turmeric, parsley and combine well. Stir and cook for about 5 minutes. Then add the chickpeas and the rest of the ingredients and cook uncovered for about 5-10 minutes. Add the lemon juice and the spinach leaves.
Lunch/Dinner no4. Rutabagas fudge

- 1 medium rutabaga, boiled and mashed
- 1 teaspoon non-dairy margarine
- 1/4 teaspoon salt
- 1/2 - 3/4 cup whole grain non-wheat flour
- cooking spray

Make a mix of the mashed rutabagas, non dairy margarine and salt. Then add the flour and combine well. Make a ball on a lightly floured board and spread it into a 1/2 inch thickness, then make 2-3 inch circles using a glass or a mould.

Heat a large non-stick skillet on medium heat and spray it with cooking spray. Add the rutabaga circles and cook for 3-5 minutes on each side or until browned. Serve hot. These days, I eat it with mashed banana or maple syrup when I feel naughty 😊
Lunch/Dinner no5. Broccoli cheese

- 1 bunch fresh broccoli, chopped
- 1 tablespoon lemon juice
- cup fake cream cheese
- cup agar agar cheese

In a pan, cover the broccoli with water, simmer for 10-15 minutes and then drain (you can just steam the broccoli instead). Melt the fake cream cheese and pour over the cooked/steamed broccoli. Break some of the agar agar cheese over the broccoli.
Lunch/Dinner no6. Sticky rice

- 1 cup short-grain glutinous rice*, or basmati rice
- 1 2/3 cups cold water
- 1/2 teaspoon salt
- pinch of dried parsley
- 2 T barbecue sauce (optional)
- 1 cup fresh or frozen peas

*Glutinous rice is a type of short-grained rice that becomes sticky when cooked, though doesn’t contain any gluten.

Wash the sticky rice under cold water and rub it vigorously to remove some of the starch (no need to use this if you use basmati rice). Drain and put to a pan and add water and salt, bring to a simmer using medium heat. Reduce heat to low and cover the pan. Add the peas and cook until all the water is absorbed. Add the parsley and the BBQ sauce and remove from the stove.
Lunch/Dinner no7. Quinoa and Chickpeas Tabbouleh

- 1 ½ cups chickpeas
- 2 cups cooked quinoa
- ½ cup chopped toasted pecans
- ½ cup chopped parsley
- 2 radishes, chopped
- 3 tablespoons olive oil
- 1 ½ tablespoons lemon juice
- 1 clove garlic, minced
- Sea salt to taste
- 4 red lettuce leaves

Cover the peas with water and bring to a boil and boil for 8-10 minutes. Rinse under cold water and then dry. Combine the peas, quinoa, pecans, parsley and radishes.

Mix and whisk the oil, lemon juice and salt. Pour into the mass and blend until smooth. Serve on the lettuce leaves.
Lunch/Dinner no8. Almond-pea pesto

- 1 lb penne or 1 lb other short pasta (non wheat, whole grain)
- 2 (10 ounce) packages frozen peas (thawed)
- 1/2 cup blanched almond
- 1 -1 1/2 teaspoon salt
- 1 lemon (zest and juice)
- 1/4 cup olive oil
- dried parsley

Cook the pasta according to the directions on bag. Two minutes before the pasta is done, add 1 package of peas. Drain the pasta until about one glass of water is left in the pot.

Grind the almonds in the food processor and then add the lemon zest and juice, the remaining package of peas and salt and blend or grind until even. Add the olive oil and process one more time.

Add the sauce to the pasta and season with salt and dried parsley.
Lunch/Dinner no9. Pasta with spinach sauce

- 1 lb pasta, cooked (non wheat, whole grain)
- 2 tablespoons extra virgin olive oil
- 1 lb fresh spinach (stemmed and washed but not dried, and torn into pieces)
- 6 ounces fake cream cheese with a little garlic minced and added to taste

Heat the olive oil slightly and add the wet spinach. Cook for 2 minutes in a covered pan. Stir in the fake cream cheese and cook until all the cheese has melted and add a tablespoon or two of rice or almond milk.

Use the sauce by generously pouring over the cooked pasta. I prefer spaghetti for this recipe. Enjoy.
Lunch/Dinner no10. Waldorf rice

- 1 cup water
- 1 cup raisins
- 1/2 cup crushed walnuts
- 2 celery stalks
- 3 cups cold cooked brown rice

Put the raisins and walnuts to simmer in the water. Remove the pot from the stove and add the finely chopped celery and rice. Mix well and serve after 15 minutes.
**Lunch/Dinner no11. Squash delight**

- 3 delicata squashes
- 1-2 tablespoons seasoned rice vinegar

Cut the squashes in length and remove the seeds and steam in a vegetable steamer until tender. It usually takes about 20 minutes.

When steamed, get rid of that extra fluid and place the squashes in a thermalglass dish and sprinkle with the vinegar. A great simple delight.
Lunch/Dinner no12. Spinach casserole

- 2 (10 ounce) packages frozen chopped spinach
- 8 ounce fake cream cheese
- 1 teaspoon seasoning salt
- 1 cup dried bread crumbs

Lightly thaw the spinach and dry it. Soften the fake cream cheese and combine it with the spinach and salt and spoon into a casserole dish. Sprinkle the bread crumbs on top and bake at 350 F for about 20 minutes. Delicious and deceptively simple.
Lunch/Dinner no13. Greens wrap

- 1 whole grain tortilla
- 1 tablespoon peanut butter or other nut butter
- 1/3 cup cooked brown rice and pumpkin
- 1/3 cup greens

Warm the tortilla just enough that it becomes soft. Spread the nut butter and fill the tortilla with the cooked rice and pumpkin mixture* fold and eat like a taco.

*1 cup rice, 1 cup cooked pumpkin, 2 cups water and a bit of salt. Boil for about 10 minutes.
Lunch/Dinner no14. Baked cheese pasta

- 1/2 lb whole grain spiral shaped pasta
- 2 cups tomato sauce
- 1 cup agar agar cheese
- 4 ounces thinly sliced vegan mozzarella

Cook the pasta for about 10 minutes or as instructed on the bag and then drain. Then combine it with the tomato sauce and agar agar cheese and top with mozzarella pieces. Then bake for 15-20 minutes at 350F.
Lunch/Dinner no15. “Fake tuna” salad spread

- 1 cup chickpeas, pre cooked
- 1 stalk celery, chopped
- 1/2 small garlic, finely minced
- vegan mayonnaise (e.g. Vegenaise or Nayonaise)
- salt and black pepper to taste
- whole grain, non wheat bread

Mash the peas. Add remaining ingredients and mix well. Spread on bread.

I have the habit of preparing things in batches which saves me a lot of time. Most of us don’t have the time to spend hours in the kitchen every day and meals like this are a quick fix. If you have frozen precooked peas and take them out of the freezer the night before, you’ll have your lunch in minutes. Plan ahead, shop and cook in batches.
Lunch/Dinner no16. Rutabagas shepherd pie

- About 1 kg rutabagas (the mentioned potato substitute)
- 2 Tbsp. vegan non-dairy margarine
- 1/2 cup rice milk
- 1 12-oz. bag burger crumbles
- 2 small cans mixed peas and carrots, drained
- Salt, garlic powder

Your regular vegan might prepare this meal with potatoes, but we can’t. Instead, we use rutabagas, which are as I explained in my opinion by far the best potato substitute.

But, where you would cook the potato for 20 minutes, you cook rutabagas for an hour. That’s just the way it is and there’s no way around it.

1. Cut the peeled rutabagas in dices and boil for an hour or until tender. Drain and mash with the margarine and rice milk.
2. Add salt and garlic powder to taste
3. In a bowl, mix the crumbles, peas and carrots and spices
4. Pour into a pan and top with the rutabagas mass and spread the mass all over
5. Bake 40-50 minutes, until the surface I tastefully brown
Lunch/Dinner no17. Agar Agar "Egg" Salad

- 1 pound agar agar cheese, crumbled
- 1 stalk celery, chopped finely
- 1 carrot, chopped finely
- 3 tablespoons sweet relish
- Vegan, non soy mayonnaise*
- Salt and dill weed to taste

Simply combine all the ingredients in a bowl and serve on whole grain toast with lettuce.

17a. Now, let me share my favorite vegan, non–soy mayonnaise.

I have tried a number of different options and I finally stumbled upon that really tastes like mayo and is a decent substitute.

- 1-2 tablespoons chilled organic raw tahini, as needed
- 2-3 tablespoons clean tasting apple cider vinegar or lemon juice
- 3-6 tablespoon cold plain rice or almond milk
- 1-2 teaspoons honey or raw agave nectar, to taste
- 1/4 to 1/2 teaspoon sea salt
- 1/4 teaspoon xanthan gum
- 2/3 cup extra virgin olive oil

1. In a food processor, mix the raw tahini, 2 T of vinegar, 3 T of rice milk, sea salt, xanthan and some mustard.

2. With the mixer running slowly pour in the olive oil in a steady stream. Then taste and add salt or vinegar. Continue to mix until creamy and thick.

3. Bear in mind not to beat it for too long as you overdo it. You should stop mixing until a bit less thick then your regular mayo.

4. Its best used within 3 days which is ok since this ingredients make about 2/3 to ¾ of a cup.
Lunch/Dinner no18. Asparagus risotto

Okay, here’s a little secret, I am such a sucker for risotto and I prefer the white rice risotto but what can you do. Once I have settled for the whole grain rice risotto I learned to love it. And the fresh taste of asparagus…yummy…

- 15-20 spears of thin fine asparagus
- 4 cups fresh hot water
- 2-3 teaspoons olive oil
- 2 inches or so of a leek finely diced
- 1 cup whole grain rice
- 1/2 cup white wine
- Sea salt, to taste
- 2 tablespoons chopped fresh Italian parsley

1. Heat the water and the olive oil separately, sauté the leek with the olive oil for a minute or two. Add the rice (yes, uncooked) and stir. Cook for about 5 minutes.

2. Add the white wine* and stir until all of it vaporizes

3. Pour a bit more than one cup of the water and simmer. Bring the heat to low and continue to cook uncovered stirring almost all the time for about 7-80 minutes.

4. Then add another cup of water and simmer until it is cooked off. Do this with until no water is left. (you don’t have to stir constantly)

5. Add the blanched asparagus and cover

6. Serve after 10 minutes or so

7. This makes 4 servings
**Lunch/Dinner no19. Mac and cheese**

By now you can see that I have not given up on enjoying food and I pursue ways of enjoying responsibly. That’s why I have tried 5 or 6 different recipes of your classic Mac and cheese and this is my favorite. So, I thought I’d spare you the trial and error.

- 12 oz. dry whole grain or even gluten free penne
- 3 tablespoons light olive oil
- 3 tablespoons sweet rice flour
- 2 1/2 cups unsweetened plain almond
- 2 cups shredded vegan cottage cheese
- 1/2 teaspoon sea salt
- 1/2 teaspoon gluten-free honey mustard
- 1/4 teaspoon nutmeg
- 1 cup of whole grain bread crumbs
- ¼ t dried basil

1. Cook the penne as per the instructions
2. Heat the olive oil to a medium heat and mix in the rice flour
3. After about 15 seconds start adding the almond milk
4. When the mix starts to bubble, reduce the heat to very low
5. Add the shredded vegan cottage cheese, salt, mustard and nutmeg and continue stirring until the cheese is completely melted.
6. Remove from the stove
7. Combine the penne and the sauce, sprinkle the bread crumbs and the basil on top bake at 350 F for about half an hour.
8. Makes 4 servings
Lunch/Dinner no20. Greek rice

- 1 1/2 cups parboiled long grain rice
- 1 -1 1/2 cup frozen peas
- 1 dash olive oil
- 1 dash parsley flakes
- salt
- basil
- 3 cups water

1. take a medium saucepan, add water and bring to a boil and add salt

2. Add the rice, parsley flakes and a drop or two of olive oil and stir well

3. Minimize the heat and cook covered for 10 minutes. After the 10 minutes the rice should be al dente

4. Remove from the stove and let stand for a while before serving as you should with all rice
Lunch/Dinner no21. Asian spinach rice salad

It has the salad in the name but it’s more of a main course then a salad.

- 1/2 cup brown rice
- 1/2 cup water
- 1 cup fresh spinach
- 2 teaspoons sesame oil
- 1 tablespoon Worcester sauce

Cook the rice and add the spinach and the heat of the rice will cook the spinach. Add oil and Worcester sauce or BBQ sauce.
Lunch/Dinner no22. Enchiladas

- 1 12-oz. bag vegan burger crumbles
- 1 packet taco seasoning
- 2 tablespoons vegetable oil
- 1/2 cup minced radishes
- 2 tablespoons all-purpose whole grain flour
- 1 cup vegetable stock
- 2 cans pinto chickpeas, drained
- 2 cans enchilada sauce
- 12 whole grain tortillas
- 1 bag shredded cottage vegan cheese
- 1 bag crushed Fritos

1. Take a medium sized bowl and mix the burger crumbles and the taco seasoning

2. Heat the oil to medium heat and add radishes and cook for about 3-4 minutes. Add the flour, stir and cook for 1 more minute. Add the peas and set aside.

3. Oil a baking pan cover the bottom of the pan with a thin layer of enchilada sauce

4. Layer in 4 whole grain tortillas and all of the chickpeas mixture. Follow with part of the vegan cottage cheese, more enchilada sauce, and 4 more tortillas.
Lunch/Dinner no23. Zucchini Quiche

- 1 deep dish frozen pie crust (whole grain is available, if you can’t find it at least make sure it’s non-wheat)
- 1 c diced zucchini
- 2 c Swiss style vegan cheese
- 1 mashed flaxseed egg replacement
- 1/4 tsp salt
- 1 c rice milk

First things first, let me tell you about my favorite egg replacement.

*Grind 1 tbsp flaxseed (use 2 1/2 tbsp pre-ground flaxseeds) combine with 3 tablespoons of water to replace one egg. Make sure that the mixture has gelled before using it. Some people recommend simmering the two items together to thicken this mix.

For sweet things, a banana makes a great egg replacement, ¼ mashed banana replaces 1 egg.

1. Dice all the vegetables and place in a pie shell and add the cheese to cover it.

2. Blend the egg replacement with the rice milk in a separate dish

3. Put the pies in the preheated oven (375 F) and pour the egg replacement mixture.

4. Bake it for 40 minutes. An inserted knife should come out clean

5. Serve after 15 minutes. Makes 8 servings.
Lunch/Dinner no24. Dahl (Indian Vegetarian Lentils)

- 1 cup lentils
- 2-1/2 cups water
- 1/2 tsp turmeric
- 2 whole cloves
- 2 cloves garlic, crushed
- 1 tbsp olive oil
- 1 tsp cumin seeds

1. After you rinse the lentils, soak them in water for 2 hours, then dry and put into a saucepan, then add the water, salt and turmeric.

2. Bring the lentils to boil, then reduce the heat to medium and cook for 20-25 minutes or until the lentils are tender.

3. In a separate pan, heat the olive oil and, add the cumin seeds, cloves and crushed garlic and then stir fry for a couple of minutes

4. Pour the lentils in and stir vigorously

5. Serve it over cooked rice or eat on its own with whole grain bread
Lunch/Dinner no25. Vegan Tuna salad

- 1 cup cooked whole grain macaroni (240 ml)
- 1 can chick peas (drained)
- 1-3 cups vegan mayonnaise salt and favorite spices
- 1 tablespoon mustard (45 ml) (optional)
- 1 stock celery (optional)
- some rye toast (to taste)

Drain the peas, add a bit of vegan mayo and mash them a bit

Add the macaroni and the rest of the mayo

Add the celery and just before serving – add the cubed rye toast
Lunch/Dinner no26. Creamy veggie slaw

- 3 tablespoons vegan mayo  
- 1 tablespoons fake cream cheese  
- 1 1/2 tablespoons fresh lemon juice  
- 1 1/4 teaspoons coarse-grained Dijon mustard  
- 1 1/4 cups shredded peeled broccoli stems  
- 3/4 cup shredded peeled carrots

1. Combine the mayo, cream cheese with the fresh lemon juice and mustard in a bowl

2. Then add the broccoli and carrots; toss to coat

3. Season with salt to taste and refrigerate
Lunch/Dinner no27. Moroccan Chickpea Stew

- 1 tbsp olive oil
- 4 tbsp chopped celery
- 1 cup diced carrots
- 1 1/2 cup diced zucchini
- 3 cups chickpeas
- 1/4 cup chopped dried apricots
- 1/4 cup raisins
- 1/4 cup tomato paste
- 1 1/2 tbsp cinnamon, ground
- 1 1/2 tbsp cumin seed
- 1 tbsp coriander seed
- 1 tsp turmeric, ground
- 1/4 tsp salt

Original recipe uses shallots, which is a variety of onions. We are using celery instead.

1. Sauté the celery in oil and add the vegetables one by one (no particular order)

2. Add the spices and the chickpeas

3. Add the tomato paste, salt and 1 ¾ cups of water

4. Simmer until all veggies are cooked
Lunch/Dinner no28. Rice orzo with toasted walnuts

- 1 1/2 cups whole grain rice
- 6 cups water
- 1 teaspoon salt
- 6 tablespoons extra-virgin olive oil
- 1 pound whole grain orzo (rice-shaped pasta)
- 3 tablespoons fresh lemon juice plus additional to taste
- 2/3 cup finely chopped celery
- 2 cups chopped toasted walnuts

1. In a large pan, combine the rice with water and salt and then simmer until tender (usually between 40 and 50 minutes).

2. Drain the rice and pour into a bowl and then toss it with 2 t olive oil

3. Cook the orzo until al dente, then rinse and drain it

4. Add the rice to the orzo and the remaining 4 t olive oil, 3 t lemon juice to taste and stir well

5. Serve at room temperature after adding the walnuts and some more lemon juice and salt if you feel like it
Lunch/Dinner no29. Veggie burger contest winner

Oh my God, the burger, I craved my favorite food like crazy for a while at the beginning. And I tried like 20 different recipes before I found the obvious winner. Here it is:

- 4 Cups peas (canned & drained is ok, but organic cooked & drained is better)
- 1 1/2 cups Brown Rice cooked
- about 300 gr mashed rutabagas (pre-cooked)
- 1 cup Pine Nuts (chopped fine)
- 1 Cup Rolled Oats
- 1 1/4 cups Carrot Juice
- 1 cup finely grated carrots (use the pulp from the juiced carrots)
- 6-8 cloves of finely chopped Garlic
- 2 Tablespoons Extra Virgin Olive Oil
- 2 Tablespoons Parsley (dried)
- 2 Tablespoons Thyme (dried)
- 2 Tablespoons Dill Weed (dried)
- 2 Tablespoons Celery Seed (dried)
- 1 Tablespoon Curry Powder
- 1 Tablespoon Orange Peel (dried)
- Sea Salt to taste (maybe 3/4 teaspoon)
- 2 Avocado’s peeled and mashed (optional garnish for on top of patties in place of catsup)

Mix all ingredients in a bowl and bake them in at 325 F for 40-45 minutes using a lightly oiled cookie sheet. This is a family sized recipe (14-15 pieces) so freeze what’s left and enjoy at your convenience.

Note that these burgers fall apart very easily and you need to handle them with care while baking and flipping them (once after 20-25 minutes of baking) as well as when making the actual burgers. It goes without saying that you need to use whole grain non-wheat bread.
Lunch/Dinner no29. Salsa Pizza

- 1 whole grain pizza base
- 8 oz fake cream cheese
- 1 garlic clove
- 1/4 cup snipped fresh cilantro or parsley, divided
- 3 plum tomatoes, seeded and diced
- 1 ripe avocado, peeled, pitted, and thinly slice (optional)
- salt and black pepper to taste

Bake the pizza base on itself until almost done. Cool it down. Mix the fake cream cheese, garlic and 2 t of cilantro and spread the mass over the pizza base. Put the other ingredients on the pizza and bake for another couple of minutes.

Aaand there you go, 30 of my favorite lunches that meet all our criteria and can be eaten guilt free. I admit that I could be stricter when it comes to the usage of oil and things like that and limit them further, but in my experience, that would cut down the percentage of people able to follow the diet and actually use the cookbook to something like 10-20%. Instead, I decided to prove that eating right when you have fatty liver does not have to make you feel like you’ve survived a plane crash and eating just raw herbs and roots. I enjoy food so much that I just could not just give that satisfaction up.

This Cookbook is all about enjoying responsibly and guilt free.
7. f. Salads

Cooked or raw, as party snacks, appetizers or main dishes, refreshing and satisfying salads are a God given to us. When setting your eye on a salad, you are limited just by what you have and what you crave. Within a couple of months of this way of eating I felt this amazing shift in my body and in my energy. You feel light and up for anything.

This brings along other decisions that lead you in the same direction – towards wellness. I started doing a lot of yoga (after I discussed thoroughly what OK for me having my disease in mind). I planned ahead, felt organized and satisfied, even when I would feel bad because of my fatty liver I would feel in control and prepared. The power and the strength came mainly from the fact that if I didn’t make the shift in my life I would be a lot worse.

It was kind of pieces of a puzzle slowly coming together until a complete whole image of a good life came together.

Big words for talking about salads?

Wish I had bigger.

So, let us move on and I’ll give you my favorite salad and salad dressing recipes. Once more, I cannot stress enough how important is to look at this book more as a training manual that will equip you for your own research rather then just a reference.
**Salad 1. Arugula salad**

Arugula is one of those things that you either adore or hate. It’s strong and specific taste will either sweep you from your feet or make you wonder what the fuss is all about. This especially goes for us because we cannot afford the strong taste of parmesan and similar things to mask the arugula if you don’t like it. It all depends on your taste buds. I am just saying, but you’ll have to try it to know…

Let me do my part and tell you to make it…

- 2 bunches arugula
- 2 T balsamic vinegar and 5 T olive oil
- salt
- ¼ c agar agar or vegan cottage cheese, thinly sliced or coarsely grated
- 2/3 c toasted* pine nuts

Put the washed and dried arugula in a bowl and toss with the vinegar and olive oil and salt and transfer to salad plates. Top it with cheese and nuts. Makes 4 servings.
Salad 2.  Asparagus salad

- ¼ c lemon juice
- ¼ c olive oil
- 20 black olives, chopped
- 1/3 c fresh mint, chopped
- 1½ pounds asparagus, steamed and cut into 1-inch pieces
- salt
- garnish: crumbled Swiss style vegan cheese

The first step is to whisk the lemon juice, olive oil and mint together and then toss in the remaining ingredients. Top with Swiss style vegan cheese and serve chilled. Makes 6 servings.
Salad 3.  Simple Cole slaw

- 5 cups shredded cabbage
- 2 cups shredded carrots

Toss with vinegar and enjoy.
Salad 4. Layered garden salad

- 2 cups green frozen broccoli florets
- 2 cups green frozen cauliflower
- 1 cup cherry tomatoes cut in half
- 1 cup sliced carrot
- 3/4 cup salad dressing of choice (I’ll recommend a couple later on)

Take a large saucepan and boil 7-8 cups water, add broccoli and cauliflower and continue to boil for 2 and a half minutes. Separate the broccoli from the cauliflower and in a large glass bowl layer the cauliflower, cherry tomatoes and carrots and top with the dressing. Place the broccoli on top and leave to marinate for 1 hour.
**Salad 5. Eggless egg salad**

- 1 ½ pounds agar agar cheese
- ½ cup eggless mayonnaise (recipe already given)
- 5 small carrot, finely shredded
- 3 Tbsp. chopped fresh parsley
- 2 stalks celery, finely chopped
- 1 tsp. onion granules
- ¼ tsp. turmeric
- 4 tsp. pickle relish
- 1 ½ Tbsp. prepared mustard
- 1 ½ tsp. sea salt
- 1 ½ tsp. garlic powder

Take a large bowl and mash the agar agar cheese. Add all the other ingredients and mix well. Use on its own or as a spread on rye bread or crackers.
Salad 6.  Pea pod cucumber salad

- 2 tb Oil
- 2 Cloves garlic; minced
- 1/4 c Worcester sauce
- 1/4 c White vinegar
- 3 t Sesame oil
- 1 ds Liquid hot sauce
- 6 oz Pkg frozen Chinese pea pod; - thawed and drained
- 2 md Cucumbers; peeled, halved, seeded and cut into 1/4 inch sticks
- 1 sm Rib celery; julienned

Using a smaller skillet, heat the oil slightly and add garlic. Cook while stirring until garlic is light brown. Add the Worcester sauce, vinegar, sesame oil and hot sauce and mix all. Let it cool a bit.

About an hour before serving, combine the pea pods, cucumber sticks and celery and pour the dressing over and toss.
**Salad 7.  Avocado and grape salad**

This recipe is for one person. Adjust the quantity of cooking for more than one. Again, because of the fruit, this is not the recipe for the very beginning of the diet.

- handful red grapes, halved
- 1 small or ½ large avocado, chopped
- Extra Virgin olive oil
- Red wine vinegar
- salt & vegetable spice

Mix all the ingredients and make a little vinaigrette from the oil, vinegar, salt and black pepper and sprinkle on top. Although mildly sweet it is great with bread.
Salad 8. **Quinoa Taco salad**

- 1 cup cooked quinoa
- Extra virgin olive oil
- Juice from 2 limes
- Sea salt, to taste
- 2-3 tablespoons fresh chopped cilantro or parsley
- 1 cup roasted corn kernels (I used frozen, roasted on a cookie sheet - for 6-7 minutes, then cooled)
- 1 large head of crisp romaine lettuce, washed, dried, sliced crosswise
- Gluten-free tortilla chips
- 1 large avocado, pitted, peeled, diced

Fluff the cooked quinoa and scoop into a bowl. Then drizzle it with virgin olive oil and squeeze the fresh lime juice over and season with salt to taste.

Add the fresh cilantro and the kernels and stir.

In four small salad bowl place the lettuce and spoon the quinoa salad on the center of the lettuce, then add the avocado and side it with tortilla chips all around.
Salad 9.  Crunchy Barley

Salad:

- 1 2/3 Cups vegetable broth
- 1 1/3 Cups Water
- 1 Cup Barley, Rinsed
- 1 Cup Thinly Sliced Carrot (1 Large)
- 1 Cup Thinly Sliced Radishes
- 1/4 Cup Chopped Fresh Dill or 1 Tablespoon Dried Dillweed
- 1/4 Cup Chopped Fresh Parsley (optional)

Dressing:

- 1 Large Clove Garlic, Peeled & Flattened
- 1/2 Teaspoon Salt (optional)
- 1/4 Teaspoon Freshly Ground Black Pepper
- 2 Tablespoons Olive or Salad Oil
- 3 Tablespoons Red Wine Vinegar

Using a medium saucepan, boil the broth and add the barley. When it starts to boil again, reduce the heat to low and then simmer for 40-45 mins.

While the barley is simmering you use the time to whisk all of other ingredients in a large bowl and. Then, when the barley is nice and tenderly cooked add it to the mixture, stir well and refrigerate.

Right before serving, add the carrot, radishes, dill and parsley, then toss well.
**Salad 10. Gazpacho Salad Mold with Eggless Mayonnaise**

- 4 cups Tomato juice
- 1 tsp mixed vegetable spice
- 3/4 tsp Salt
- 4 tbs Agar flakes
- 1/2 cup finely chopped celery
- 1/2 cup finely chopped cucumber

In a saucepan over medium heat, mix the tomato juice, salt and dried vegetable spice.

In a separate pan, cook and mix the agar until it fully dissolves. Then remove them from the stove and let them cool for 150 minutes. Stir in chopped celery and cucumber and pour into 5-cup mould and refrigerate until chilled. Serve slices of plates with the base of a lettuce leaves and with a nice scoop of eggless mayonnaise.

**Salad 11. Spinach and Grape tomato salad**

- Extra virgin olive oil
- 1 clove garlic, minced
- About 1/2 cup cooked quinoa per person
- 1 generous cup washed baby spinach leaves per person
- A handful of organic grape tomatoes per person, halved
- 1 radishes per person, washed, sliced
- Sea salt and fresh ground black pepper, to taste
- Sprinkle of nutmeg
- Sprinkle of fresh or dried herbs- parsley, thyme, basil, or mint
- Squeeze of fresh lemon juice (or Champagne vinegar if, like me, you’re allergic to lemon)

On a medium heat in a large pan or a wok with a dash of olive oil. Then add the garlic, stir for a minute. Add the baby spinach leaves and tomatoes and season with salt and sprinkle with nutmeg and herbs. Season with the lemon juice and stir. Just as the spinach begins to wilt remove from heat.

Serve in a glass bowl.
Salad 12. Simple spinach salad

- Washed baby spinach
- Green leaf lettuce
- 1/2 cup shredded red cabbage
- 3 Tbsp roasted sunflower seeds
- 1/4 cup shredded carrot
- salad dressing of choice

After you have washed and drained the greens and place the greens in a bowl. Then finely grate the carrot and the red cabbage.

Toast the sunflower seeds on low heat, stirring every minute or so until they are light brown. Add the remaining ingredients to the greens and toss.
Salad 13. Chickpea avocado salad

- 1 ripe avocado
- 16 oz can of chickpeas
- 2 radishes diced
- vegan bacon bits to taste
- cider vinegar (2 tablespoons)
- salt & black pepper to taste

After you’ve drained and rinsed chickpeas slice the avocado into small sized chunks and then combine all the ingredients except the vegan bacon. Add the vinegar and salt, mix and top with the vegan bacon.
Salad 14. Sunset salad

- 1 package orange Jell-O
- 1 cup boiling water
- 1 (8 ounce) can crushed pineapple with juice
- 1 teaspoon lemon juice
- 1 cup grated carrot

Dissolve the jello in boiling water and add pineapple, with the juice and the lemon juice. Add carrots. You’re set.
Salad 15. Abidjan Cabbage Salad

- 4 cups thinly sliced cabbage
- 1 cup shredded carrot
- 1 cup pineapple chunks
- 1 lemon, juice of
- 1 orange, juice of
- 1/4 tsp. salt
- 1/3 cup vegetable oil

Put the cabbage, carrots and pineapple into a glass bowl. Which all the ingredients together until creamy. Then blend the dressing and the vegetables. Serve chilled.
Salad 16. Simple rice salad

- 3 cups of cooked wholegrain rice
- 2 sticks of celery, diced
- 1 apple, chopped small
- half a cup of cashew nuts
- a handful of parsley, chopped
- 2 tablespoons cold pressed linseed/flax oil
- 2 tablespoons cider vinegar

Mix the ingredients well and enjoy.
**Salad 17. Vegan Caesar Salad**

*Salad:*

- 1 large head lettuce, chopped
- Handful or two of spinach and/or arugula, torn into bite-sized pieces

*Croutons:*

- 1/4 cup olive oil
- 4 cloves roasted garlic
- 1 tablespoon fresh lemon juice
- 1 medium size loaf French or Italian bread (little less than 1 pound), stale and torn or sliced into bite-sized pieces
- 1/4 teaspoon salt

*Caesar dressing:*

- 1/3 cup slivered or sliced almonds
- 3-4 cloves garlic, peeled and crushed
- 3/4 cup agar agar cheese (shredded or cut into dices)
- 1/4 cup olive oil
- 3 tablespoons fresh lemon juice
- 1 heaping tablespoon capers
- 4 teaspoons caper brine
- 1/2 teaspoon mustard powder
- Salt

Okay, this one is a bit more complicated then the ones we had so far.

First of all, prepare the dressing by:

- Pulse the sliced almonds until made into crumbs
- Blend the garlic agar agar cheese and the oil in the food processor. When it’s creamy add the lemon juice, the capers and the caper brine and mustard powder until blended.
- Taste and add salt or lemon juice if you feel like it. Mix it with the ground almonds and whisk to combine well. Then chill the mix for 1 hour.
- Prepare the croutons by preheating the oven to 400F, combining the olive oil, roasted garlic and lemon juice in a blender and then adding the torn bread and toss to cover the bread with the mixture. Then bake for 12-15 minutes until golden brown. I usually toss them twice during the baking. Then remove from the oven and cool them down.

- Prepare the salad by putting 2-3 cups of lettuce per serving and then add 1/3 cup of the dressing. Then toss the lettuce and the dressing and. Add the croutons, toss again and transfer to the plates you’ll be serving it in.

1. Noodles with peanuts salad
- 1/2 lb cooked spaghetti
- 1/2 cup peanut butter
- 1/2 cup water
- 1 t peeled, minced gingerroot
- 2 T brown rice syrup
- 2 T brown rice vinegar
- 1/4 cup chopped radishes
- Raisins

Mix the peanut butter and water in a bowl and whisk until smooth, add the gingerroot, rice syrup, rice vinegar and whisk.

Cook and rinse the spaghetti and add them to the peanut sauce and toss well. Refrigerate for several hours. Sprinkle raisins over each serving.
**Salad 18. Chickpea cilantro salad**

- 2 15oz cans chickpeas
- half a lemon
- 1/4 cup red wine vinegar
- 3/4 cup fresh cilantro
- lemon zest from half a lemon
- 1/4 cup extra virgin olive oil
- 1 large tomato (seeded and diced)
- 1 whole garlic bulb
- 1-2 teaspoons dried cumin (depends how much you like)
- salt and black pepper to taste

Preheat the oven to 425 F. Roast the garlic on a pan until brown. Mix the rest of the ingredients in a glass bowl and add the garlic and mix well.
Salad 19. Cracked Rye Salad

- 1/2 cup cracked rye
- 1 1/2 cups water
- 2 cups chopped parsley
- 1/2 cup chopped mint
- 1/2 cup thinly sliced radishes -- including green part
- 2 cups diced peeled tomato
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1/2 teaspoon salt

You soak the rye in water until tender (usually 30 minutes is enough). In a glass bowl, toss the parsley, mint, radishes and tomato. Drain the rye well and add it to a bowl together with all the other ingredients.

In a separate bowl, beat the oil, lemon juice and salt and pour over the vegetables. Serve on large lettuce leaves.
Salad 20. Watercress salad

- 2 bunches watercress
- 1/2 cup pignoli nuts
- 2 stalks celery, finely chopped
- 6 red radishes, sliced

Chop the watercress and mix with all other ingredients and season with your favorite dressing.
Salad 21. Hot vegan cottage cheese salad

- 3 lettuce leaves shredded
- 4 cherry tomatoes, quartered
- 80g cottage cheese, cubed
- 4cm length carrot, cut in sticks
- small piece of ginger, chopped
- 1 clove garlic, chopped
- sunflower oil
- sesame oil

Use the pan heat the sunflower oil. Then stir fry the carrot, ginger and cottage cheese until the carrot is tender. Mix the olive oil with the minced garlic.

Mix all the ingredients and pile on top of lettuce and side with the tomato.
Salad 22. Chickpea and Avocado Salad

- 16 oz can chickpeas
- 1 avocado diced
- 2 1/2 tbsp apple cider vinegar
- 2 tablespoon vegan bacon bits
- salt and black pepper to taste

Drain the chickpeas and put in a glass bowl and add...

Drain and rinse chickpeas. Mix and add avocado chunks and add the apple cider and salt and mix it all up. Put the bacon imitation on top.
Salad 23. Quick pasta

- 2 cloves garlic, sliced
- 1 t pinenuts
- 10-12 cherry tomatoes, halved
- pinch of dried parsley
- 1 inch red chilli, chopped
- squeeze of lemon juice
- 2-3 handfuls penne or fusilli
- 1-2 tbs olive oil (light & extra virgin)

Cook the pasta. Dry fry the pine nuts until browned and then tip them onto a plate. Cool down the pan for a few minutes and add the oil, sauté the garlic in some olive oil. When they get yellow, add the tomatoes and sauté for another 5 mins. As the tomato softens you add lemon juice and some more olive oil. Add the sauce to the pasta and garnish with pine nuts.
**Salad 24. Seaweed Chickpea Salad**

- 1 tablespoon organic arame seaweed*, crushed between fingers slightly (about 3 grams)
- 1/2 cup vegan cottage cheese
- 15 ounces cooked chickpeas (1 can or about 1 3/4 cups), drained
- 1/2 cup coarsely chopped carrots
- 1 chopped celery
- 1 tablespoon lemon juice
- 1/2 teaspoon salt or to taste

Rinse the seaweed and put it in a small bowl. Add enough water to cover the arame and soak for 5 minutes.

Mix the cottage cheese and half of the chickpeas in a blender and pulse a couple of times. Add the remaining chickpeas and the carrots and pulse only once to get the peas chopped in chunks. Put the mass into a bowl and add all of the remaining ingredients. I like to eat this as a sandwich filling.
Salad 25. Plain carrot salad

- 4 carrots, shredded
- 1 pineapple circle cut in chunks
- 5 tablespoons fresh orange juice
- 10-12 raisins, cut in half
- cinnamon to taste

Just mix it up and enjoy.
Salad 26. Pineapple coleslaw

- 1 can chunk pineapple, reserve juice
- 1/4 lb green cabbage, shredded
- 1/2 lb carrot, shredded
- 1/4 lb red cabbage, shredded
- 1/2 cup sunflower seed, lightly toasted
- vegan mayonnaise, to taste
- 2 tablespoons frozen orange juice concentrate, undiluted
- 1/4 teaspoon salt

Drain the pineapple but leave aside 2-3 t of the juice, then mix it with the cabbage carrots and sunflower seeds. In a separate bowl, mix the fat free mayonnaise, orange juice, pineapple juice and salt. Pour over salad mixture and toss. Serve chilled.
Salad 27. Bread salad

- 6 slices Italian whole grain, non wheat bread or other crusty rustic bread
- 6 ripe tomatoes
- 2 garlic cloves
- 2 T capers
- 12 basil leaves
- Extra virgin olive oil
- Salt and dried mixed vegetables spice

Cut the tomatoes in half and squeeze out the seeds and then chop the tomatoes. Then mince the garlic finely and tear the basil leaves. Toast the bread and slice it into cubes. Put the bread in the bowl, add the chopped tomatoes, capers, basil and minced garlic. Drizzle with olive oil and serve.
Salad 28. Waldorf salad

- 1/2 cup golden raisins (soaked and drained, soaking well takes about 15-20 minutes)
- 1/4 cup water
- 1/3 cup vegan mayo
- 3 Tablespoons apple cider vinegar
- 1 1/2 Tablespoons regular agave nectar
- 6 chopped green apples
- 2 celery ribs, small diced
- 1 cup toasted walnuts, halved or in pieces
- salt

Chop everything and then whish the vegan mayo, vinegar and agave nectar in a large bowl. Add all of the salad ingredients and shake well. Season with salt and serve chilled. To be eaten after you fatty liver is in remission because of the fruit and the gave nectar.

I like to experiment with Waldorf salad, so I sometimes use dry black currants or cranberries and a mixture of pecans and cashews...just and example.
Salad 29. Summer fake chicken salad

- 1 vegetarian Chicken Free Chicken, sliced into 1 inch strips
- Swiss style vegan cheese (to taste)
- 2 stalks celery, diced
- salad greens

Mix the chicken free chicken (available at most stores) with celery and grate as mush as you like of the cheese. Serve the mass you get on a bed of greens.

Let tell you right now, after a couple of moths of salad rich diet, you’ll be a changed person all over. Research shows over and over again that leafy green stuff is the primary food associate with longevity. This might surprise you, but the leafy greens are the most nutrient packed food that we can eat, plain and simple.

Now, I am not saying that it does not take getting used to if you have a history of stuffing your face with junk food like I used to. It got difficult at times and I would crave all the junk that I used to eat. But once the vibrant feeling and the lightness kick in, it beats the cr.. out of any sugar or carb fullness and sluggishness.

And if you have any dilemmas or if somebody told you that you cannot eat enough protein, think again, and ask yourself a simple question “How could a giraffe or an elephant get to be so big if there was no enough protein in veggies?” The start of each protein is actually in the process of photosynthesis of the herbs. We will address the protein issue some more later on.

Dr. Furman wrote ‘Eat to Live’ and looked into 206 studies to determine that the consumption of raw vegetable is the single best defense against cancer.

Here are some other benefits of including lots of salad in your menu, specially the raw ones…

- Vitamin C and E
- Folic acid
- Lots of fiber
- Lycopene
- Alpha- and beta-carotene
- Smart fats
- Easy body weight control…

The list goes on and on… and so with you, with the salad on your plate
7. g. Salad dressings

We have to find ways to make it interesting. The people I see every day that give up and get back to their old habits make the same mistake 90% of the time, they fail at making things interesting and diverse and they end up with a boring eating styles that cannot be maintained for long. And the diversity is made of the small things, like salad dressings. Things like not eating your salad plain but designing an interesting dressing that will make the same salad different every time.

My 10 favorite salad dressings

1. Tahini Dressing

This dressing is commercially available in stores, but in my taste it cannot be compared to the one I make in my own home. Here it goes:

- 1/2 cup tahini
- 1/2 cup apple cider vinegar
- 1 tbsp lemon juice
- 1/2 tsp salt
- 3 cloves garlic
- 1/2 cup water
- 2 tbsp dried parsley
- 1 tbsp honey
- 1/2 cup oil

Mix all the ingredients except the oil in a blender and blend until smooth. Put it in a mixer and slowly continue adding the oil and mixing. If the end result seems too thick, feel free to add some water and dilute it a bit.

2. Vegan Caesar Salad Dressing

- 2 cloves garlic
- 1 tbsp lemon juice
- 1 tsp vegetarian Worcestershire sauce
- 1 tsp Dijon mustard
- 1/2 cup olive oil
- dash salt
Mix all the ingredients in a food processor (except the oil) and mix well and continue adding the oil slowly and continue to process until smooth and creamy.

3. **Lime dressing**

- 3/4 cup salad oil
- 1/4 cup orange juice
- 3 tablespoon lime juice
- 2 tablespoon raw maple syrup
- 2 tablespoon raw apple cider vinegar
- 1/2 teaspoon salt
- 3 tablespoon chopped fresh mint

Place all the ingredients in a jar, close it and shake until smooth.

4. **Blue cheese**

- 1/2 cup almond milk
- 1/2 cup vegan mayonnaise (non soy, remember)
- 1/2 cup vegan sour cream
- about 1/2 teaspoon lemon juice
- garlic powder, to taste
- dill weed, to taste
- onion powder, to taste
- salt, to taste
- about 4 ounces vegan blue cheese, grated

Mix the almond milk, mayonnaise and sour cream. Add the lemon juice and dried vegetables spices. Stir in the grated blue cheese.
5. **Cashew dip**

- 1 1/4 cups raw cashews (soak them for an hour and then drain)
- 3/4 cup almond milk
- 1/2 a lemon, juiced
- 1/3 cup cider vinegar
- 1/3 cup extra virgin olive oil
- 3 cloves garlic
- 1 teaspoon garlic powder
- 2 teaspoons onion powder
- 1 teaspoon dill (or 2 tsp fresh - fresh is better!)
- 1 tablespoon sea salt
- 1/2 teaspoon basil (or 1 Tbsp. fresh, fresh is better)

Blend the cashews and liquid until creamy. Add everything except the dill and the basil. Then once finely blended, mix in the dill and the basil.

6. **Mango mint**

- 1 mango, peeled, chopped and mashed
- 1 tsp. maple syrup
- 1/4 cup rice vinegar
- 2 tablespoons vegetable oil
- 2 teaspoons sesame oil
- 1/2 teaspoon salt
- 1 tablespoon fresh mint leaves
- 1 tablespoon fresh cilantro leaves

Following the old principle, add all the ingredients except the fresh herbs. When everything is finely blended add the fresh herbs and just pulse the blender a couple of times.

7. **Basic tomato walnut**

- 2 tomatoes
- 2 ounces raw walnuts

Just blend the tomatoes and walnuts and enjoy.
8. **Raspberry mustard**

- Olive Oil
- Raspberry Vinegar
- Dijon Mustard
- Salt

Equal quantities of olive oil and vinegar and mustard and salt to taste.

9. **Basic sesame dressing**

- 1 tbsp sesame seeds
- 2 tbsp rice vinegar
- 1 tbsp orange juice concentrate
- 1 tbsp water
- salt to taste

Heat the oven to 400 degrees and toast the sesame. Then grind the sesame seeds and mix with all the other ingredients and blend.

10. **Spicy Almond Dressing**

- 2 cups almonds butter
- 4 roma tomatoes
- ½ cup cottage cheese, shredded
- 3 tablespoons lime juice
- 2 tablespoons maple syrup
- 3-inch piece ginger
- 1-inch piece lemongrass
- 6-8 Thai chiles
- 1 teaspoon sea salt (mix everything and blend until smooth)
8. h. stews and soups

As you look at that steaming bowl of hot soup you might not think about all the health benefits it carries. It has a universal appeal because it is one of the rare forms of food that both the richest and the less fortunate eat in practically the same form. Cooked right, soup and stews can be so potent they can play an important role in preventing diseases and aid the healing process. Having said that let me say that, like with all other types of food, we have to know exactly what we are doing. When I say “we” I mean fatty liver sufferers. We have to follow a precisely drawn footprint map that can lead us to our permanent remission that we so desperately pursue.

Apart from the direct benefits of soup in the form of its nutritional value, it is also helpful when that craving for calorie-rich food kicks in by gently feeling that void inside and doing so with very little calories. It is also very economic and simple to prepare. A winner all around, don’t you think?

If the question on your mind at this moment is “Can regular soup be bad for us, too?” I say “You bet”. I would also like to say that if this question is still on your mind you still haven’t got the gist of the message of this ebook. The message about the fine balance that we pursue and just how easily it can be compromised.

But, take it easy and let this thought sink in.

Let me share my 15 favorite soups and stews that we can enjoy guilt free.
Stew/Soup 1.  **Winter squash basic**

- 2 boxes winter squash frozen
- 1 boxes corn frozen
- 2 large tomatoes, peeled and chopped or 1 large can tomatoes cubed
- 1 large garlic clove chopped
- 1 teaspoon fresh grated ginger
- 1 tablespoon chopped cilantro or parsley

Sauté the garlic with 2 t of olive oil until the garlic is light brown and then add the tomatoes. After adding the tomatoes, stir for about 3-4 minutes. Choose your favorite broth and add 1 quart, then add the vegetables.

Boil for 10 minutes and add the chopped cilantro. This soup takes about 20 minutes to make. How great is that?
Stew/Soup 2.   Gluten free veggie stew

- 2 cups chopped carrots  
- 1 kg rutabagas cut into small chunks  
- 2 stalks celery  
- 1 can chickpeas  
- 1 bay leaf  
- 1 can stewed tomatoes  
- 1 large can tomato sauce  
- Salt and black pepper to taste

Put all the ingredients in a crock-pot and cook for about 6-8 hours.
Stew/Soup 3.  **Veggie and white wine soup**

- 5 zucchini
- 1 cup broccoli
- 2 cups carrot
- 4 cloves garlic
- 2 cups cauliflower
- 3 tbsp olive oil
- 4 cups vegetable broth
- ½ cup white wine

Sauté the garlic with the olive oil for 2-3 minutes. Add all the other veggies and continue to sauté until the veggies are soft. Add the broth and salt and bring to boil and simmer for 15-20 minutes. Towards the end add the white wine and simmer for another 10 minutes. You’re done.
Stew/Soup 4.  Creamy coconut soup

- 2-3 large carrots, chopped small
- 1 small apple, grated
- 1 tsp fresh ginger, minced
- 1 1/2 tsp curry powder
- 1 3/4 cup vegetable broth
- 1 14 ounce can coconut milk
- sea salt, to taste

I often use apples as onion substitute because when grated in large chunks its great at imitating the texture of onions.

Simmer the carrots, apple, ginger and curry in veggie broth for about 20 minutes. Then toss it in a blender after allowing it to cool a bit. After blended, return the mixture to the stove and over medium heat, stir in the coconut milk until well combined. Season with sea salt to taste.

I like to serve it cold.
Stew/Soup 5. **Cabbage and cilantro soup**

- 1 pound cabbage, chopped
- 1 daikon, chopped
- 2 cloves garlic, minced
- 2 cups vegetable broth
- dash salt and black pepper to taste
- dash Tabasco or hot sauce, to taste
- fresh chopped cilantro

Combine all the ingredients except the cilantro in a saucepan and allow to simmer for 25 minutes to half an hour. Take half of the mixture and blend it. Pour the blended mass right back into the unblended part and reheat. Then stir in the cilantro and add salt to taste.
Stew/Soup 6. **Lentil soup**

- 1 tsp vegetable oil
- ½ daikon, grated
- 1 carrot sliced
- 4 cups vegetable broth
- 1 cup dry lentils
- 1/4 tsp dried thyme
- 2 bay leaves
- dash salt
- 1 tbsp lemon juice

In a large saucepan, sauté the daikon and carrot in the vegetable oil for 3-5 minutes until daikon becomes tender. Then add the veggie broth, lentils, thyme, the bay leaves and salt.

Simmer at medium heat and cook covered until the lentils are soft (40-50 minutes). Remove the bay leaves and mix in the lemon juice. Makes 4 servings.
Stew/Soup 7.  Carrot soup

- 1 large apple (about 1/2 lb or 200g)
- 5 carrots (about 1 lb or 500g)
- 400 gr rutabagas (pre cooked for about 40 minutes)
- 2 tablespoons olive oil
- 1 cup natural almond milk
- 4 cup vegetable broth
- 2 tablespoons fresh dill (or 2t dried)

Finely dice the apples, carrots and the rutabagas. Sauté this for about 10 minutes and transfer all to a large pot. Add the almond milk and the broth and stir well. Cook on medium heat until the rutabagas are tender.
Stew/Soup 8.  Grandma’ pumpkin soup

- 1 tablespoon vegan margarine
- 1 daikon, grated
- a dash of onion powder
- 1 16 oz can of pumpkin puree
- 1 1/3 cups vegetable broth
- 3 cups almond milk
- 1/2 tsp nutmeg
- 1/2 tsp sugar
- salt and black pepper to taste

In a large saucepan, cook the onion powder with the margarine for 3-5 minutes until the daikons are tender. Add all the remaining ingredients and stir to combine. It is done after 15-20 minutes of cooking over medium heat.
Stew/Soup 9. **Gazpacho**

- 5 tomatoes
- 1 cucumber, peeled and chopped
- 1 cup diced celery
- ½ cup minced parsley
- 3 T fresh lemon juice

Blend half of the thing on the list. Chop the other half finely. Mix it all up and chill. Easy as 1,2,3…
Stew/Soup 10. **Beefless stew**

Okay, this is truly great one. It does take a bit more effort then the other ones but it’s well worth it.

- 1 cup dry "beef"-style textured vegetable protein chunks (soy free)
- 1 cup boiling water
- 1 tsp. lemon juice
- 1/2 daikon, grated
- a sprinkle of garlic powder
- 1 Tbsp. oil
- 4 cups water
- 1 14-oz. can tomatoes
- 1 Tbsp. vegetarian Worcestershire sauce
- 2 small bay leaves
- Pinch ground allspice
- 1 vegetable bouillon cube
- 1 grated date
- 6 carrots, chopped
- 500 gr rutabagas (pre-cooked for about 40-50 minutes)
- 1 10-oz. pkg. frozen peas
- 2 Tbsp. cornstarch, dissolved in a small amount of water

Let the beef-style chunks stand in the boiling water for about 50 to 10 minutes. Sauté the onion and the garlic in the oil, and add the chunks and continue to sauté.

Add the water, tomatoes, the W. sauce, bay leaves, salt, allspice, bouillon cube and the grated date and simmer for 1 hour. Add the carrots, rutabagas dices and peas and cook for another 30 mins. Make sure that the rutabagas are tender, if not add water and cook some more.

Thicken with cornstarch.
Stew/Soup 11. **Butternut Squash**

- 1 butternut squash
- 4 or more garlic cloves
- 2 green apples, peeled and chopped
- salt and black pepper to taste
- olive oil
- 4 cups of vegetable stock

Heat the olive oil and add the peeled garlic. Fry gently until golden then add the apple, the squash, the salt and stir. After a couple of minutes add the veggie stock and let it all simmer. It’s done when the squash is done. Then blend everything.

Makes 4 servings.
Stew/Soup 12.  Cilantro soup

Let me make a confession, I am a sucker for cilantro and I could just stuff my face with anything that has cilantro in it every day of the year.

- 3 cans vegetable broth
- 3 cups water
- Bag of frozen mixed vegetables
- 1 cup dried lentils
- ½ teaspoon Old Bay seasoning
- 2 dashes Tabasco
- half of a small grated apple (sweet)
- ½ cup finely minced cilantro
- ½ cup finely minced parsley
- dash of onion powder (to taste)
- 2 tablespoons vegan margarine

Sauté the cilantro, parsley and the grated apple in a pan with butter until tender (couple of minutes). Put all the other ingredients in a soup pot and then add the sautéed mixture. Simmer until lentils are soft.
**Stew/Soup 13.  Watercress Soup**

- dash of sunflower oil
- 2 leeks, chopped
- 1 clove of garlic, chopped
- 3 sticks of celery with leaves (if have), chopped
- 400 gr rutabagas, half pre cooked, peeled and chopped
- water to cover well
- 1 bag of watercress (about 3 good handfuls, put some aside for garnish)
- sea salt to taste

Sauté the leeks, garlic and celery in the oil for a couple of minutes and then add the pre-cooked rutabagas. Add the water to cover and bring to a boil. Then turn down the temperature and simmer until the rutabagas are tender. Add salt to taste and blend.
**Stew/Soup 14.  Borscht (our version)**

This one is a traditional Russian cold vegetarian soup. Give it a chance at least once, since it has a very special taste that not all people like. In the original version, they use onions or scallions, but we’ll use apples to get the texture.

- 4 large beets
- 3 c vegetable stock or water
- 1 t salt
- 1-2 T lemon juice
- 2-3 T maple syrup (original version uses honey)
- 1-2 T fresh dill, minced
- 1 medium cucumber, peeled, seeded, and grated
- 2 apples, finely minced

Peel and trim the beets and bring them to a boil in the stock added salt to taste. Simmer for about 20-25 minutes until beets are tender. Get the beets ad the cooking water to separate bowl.

The grate the beets and add the grated mass to the water, then add the lemon juice, maple syrup, cucumber, apples and spices and stir. Cover it and chill for 10-15 minutes.
Stew/Soup 15.  **Avocado Soup**

- 3 limes
- 3 c water with ice
- 3 avocados, halved and pitted
- 1 glove garlic, minced
- 1 t coarse salt
- 2½ T olive oil
- 1 large whole grain non-wheat flour tortilla, cut into strips (optional)
- fresh cilantro or parsley, chopped (garnish)

Take half of the limes and cut into wedges. Squeeze the other half into a blender and add ice water, the flesh of avocado (scoop with a spoon), garlic and salt. Blend the mixture and cool in the fridge and use the time to prepare the tortilla.

Heat the oil in the pan over medium heat and fry the tortilla strips for about 2-3 minutes. Tortilla will become nice and crispy, then drain them on a paper towel and sprinkle with salt.

Pour the soup into bowls then place the tortilla strips on top as well as the cilantro.
Stew/Soup 16.  Cashew Chili

- 1 T olive oil
- 1 stalk celery
- 2 c canned tomatoes, with juice
- 1-2 cans chickpeas
- 1 t minced basil
- 1 t minced oregano
- ½-1 T chili powder
- ¼ t cumin
- 1 bay leaf
- 1-2 T cider vinegar
- ½-1 c cashews

Sauté the chopped celery in olive oil until tender. Add the tomatoes and spices, then cover and simmer for 10 minutes. Add the cashews and the vinegar. Taste it and adjust the salt, remove the bay leaf and serve. It’s great both hot and cold.
Stew/Soup 17. **Roasted carrot soup**

- 1 clove garlic, minced
- 1 can coconut milk
- 1 2inch ginger, peeled and grated
- 500 grams carrots, washed, peeled, sliced
- 1/2 liter water
- a dash of onion powder
- salt and black pepper to taste
- 2 tsp. turmeric
- 1 tsp. ginger powder
- 1&1/2 tsp. ground coriander
- 4 tbs. fake cream cheese
- 1 tbs. corn syrup or fine sugar
- 4 tbs. lemon juice
- 1 tsp. cumin

Place the sliced carrots in a baking pot and add a bit of oil and roast the carrots in an oven for about an hour turning them a couple of times. Once the carrots are soft, sauté the garlic, turmeric, onion powder and ginger powder then add the carrots and ginger and puree everything. Add salt and ginger to taste and sere with a spoonful of fake cream cheese.
Stew/Soup 18.  Creamy peanut butter soup

- 2 tops celery
- 285 ml water
- 1 t sea salt
- 4 sticks celery
- 1 T grated apple
- a dash of onion powder
- 1 oz olive oil
- 2 T whole grain flour
- 3 T peanut butter
- 425 ml / 14 fl oz / 2 cups almond milk

Chop the celery and cook them in the salty water for 10 minutes then strain, reserve the celery water and discard the celery. Sauté the chopped celery with the apples for about 2-3 minutes. Stir in the flour and after a minute the peanut butter. Add the almond milk and celery water and simmer over medium heat for about 2-3 minutes. Add salt to taste. You’re done.
Stew/Soup 19. **Fresh pea crouton soup**

- 1 oz olive oil
- 1 apple, finely chopped
- a dash of onion powder
- 225 g / 8 oz leeks, finely shredded and washed, keeping as much of the dark green as possible
- 225 g half cooked rutabagas, peeled and cut into small chunks
- 1.2 L / 2 pints light vegetable stock
- 225 g frozen peas
- 1 small bunch of mint, chopped
- fake cream cheese to garnish
- mint sprigs to garnish

Sauté the grated apple until glassy and tender and add the onion powder, then add the leeks and cook for another couple of minutes. Add the rutabagas and the stock, bring to a boil and then simmer covered for about 15-20 minutes or until the rutabagas are tender. Add the peas and mint and continue to simmer until the peas are tender.

Leave aside to cool down and then blend it all in a blender until smooth. Return to the pan, reheat and add salt to taste. Serve garnished with the fake cream cheese.

**Croutons**

Mix the mint and olive oil and brush the bread on both sides and bake in an oven at 200C until crispy. Cut into cubes.
Stew/Soup 20.  Raw vegan lava soup

- 2/3 quart of carrot juice
- 4 avocados
- 5 cloves garlic
- 2 inch ginger root
- 2 Tbsp. of tamari

Blend all the ingredients together until the mass is smooth. Serve chilled.
8. i. Sauces and dips

Now, your traditional sauces will most of the time include inions and pepper sand once again, we cannot afford to use these conventional sauces. Although delicious, these can slingshot us back into a flare. Ok, I have not given up on onion altogether, but I use apples to get the texture and onion powder to imitate the aroma. I have closely watched my reactions and realized that what Mr Hajjri told me about onion powder not having the same characteristics as onion is true. It is processed so many times that it looses its potency in terms of ability to make us worse. This is one of the rare processed things I include in my diet because I love the aroma of onion so much. If you are not that much of an onion fan, you can exclude it altogether.

Let me relieve you of such dilemmas by giving you the recipe for 10 of my favorite “guilt-free” sauces and dips. Use it with pasta, bread or whatever you can think of…

1. Spinach dip

- 1 box frozen spinach, thawed and drained
- 1 cup fake cream cheese
- 1/2 cup vegan mayonnaise
- dried veggies mixed spice

Just mix it all up and whisk thoroughly. Chill it for a couple of hours to allow the flavors to combine.

2. Pumpkin seed pesto

- 1 cup pumpkin seeds (peeled)
- 1/2 cup olive oil
- 2 tbsp nutritional yeast
- 1/4 cup lemon juice
- one large bunch fresh basil leaves
- 3 sprigs fresh cilantro (optional)

Blend all ingredients in a blender until smooth and that’s it.
3. **Hummus**

A traditional Middle-Eastern delicacy that I like to use in sandwiches.

- 1 can (approx. 400g) of cooked chick peas
- 2 Tablespoons of olive oil
- 2 Tablespoons of tahini
- the juice of 1 lemon
- some water to blend
- salt

Blend everything until smooth adding a bit of water until you get the smoothness and consistency you like. You can add extra spices to explore new tastes of hummus. Options are limitless. I especially like to add sun dried tomatoes.

4. **Vegan cheese sauce**

- 1/2 cup whole grain flour
- 1/2 cup nutritional yeast
- 1 1/2 - 2 cups water
- 2 tbs vegan margarine (non soy)
- 1 tbs yellow mustard
- salt to taste

Mix the flour and yeast in a pan and add some water to make a thin paste and mix thoroughly. Add the rest of the water and simmer on medium heat until you get the consistency you like. Remove from the heat and stir in the margarine then add the mustard, salt and any other spice you want (not peppers, remember).

5. **Coconut spread**

- 1 part coconut oil
- 2 parts organic peanut butter (or other nut butter)
- 2 parts agave nectar

Just stir in together and you’re set. Great on rye toast as a delicious breakfast.
6. **Ponzu**

An amazing Japanese sauce really great on salads.

- 1/2 cup Bragg’s
- 1/4 cup rice vinegar
- 1/4 cup lemon juice
- 1/4 water
- 2 Tbsp toasted sesame oil
- 1 tsp fresh grated ginger

Put everything in a jar and shake well.

7. **Mango, Ginger and Cilantro**

- 2 teaspoons olive oil
- 1 tablespoon minced peeled fresh ginger
- 3/4 cup chopped peeled mango or fresh pineapple
- 1 tablespoon chopped fresh cilantro
- 2 teaspoons white wine vinegar

Heat 2 t of olive oil in a small skillet over medium heat and add the ginger and sauté for 2 minutes. Add the mango and heat until it begins to soften (approx. 2-3 min). Remove it from the stove and add cilantro and vinegar and salt to taste.

8. **Simple tahini sauce**

- juice from 2 lemons
- a sprinkle of garlic powder
- about 2/3 c tahini
- salt

Mix the lemon juice and the garlic powder and then blend the tahini by adding 1 t every 20 seconds. Continue to blend until creamy. Regulate the thickness by adding water or tahini. Add salt to taste.
9. **Tzatziki**

- 1 large cucumber
- ½ t salt
- a sprinkle of garlic powder
- 2 t fresh mint, diced
- 2 t fresh dill, diced
- 1 c fake cream cheese
- 2 t lemon juice
- 1 T olive oil
- water to regulate thickness

Cut the peeled cucumber in half lengthwise and scrape out the seeds with a spoon, dice it, sprinkle salt over it and let sit for 10 minutes and then drain. Add the garlic powder, mint, dill and the cream cheese, mix it all well and add the remaining ingredients.

10. **Vegan tartar**

- 1/2 pound soft (silken) tofu
- 1/4 cup safflower oil
- 2 tbsp lemon juice
- 1/2 tsp salt
- 2 tsp mustard
- 1/4 cup pickle relish

Blend everything, except the pickle relish, until smooth. Add the relish and stir it in by hand.

There you go, those are my favorite dips and as you can see there is very little that I renounce. Taste is not the same in the original recipes and my versions, but if you asked me now I like the vegan Tzatziki better then the original one. What I am trying to say is that it is all in the taste buds and what they’re used to. It might seem strange right now, but if you just give it a chance you might be surprised.

Just let go and broaden your taste bud horizons…
CHAPTER 8:

Proof in clinical studies that this diet works

When I first started writing this chapter I cluttered it with a number of studies that show the effects of a vegetarian diet on fatty liver and general health.

Then I asked myself one question that I thought you would be asking yourself:

"OK, but how does this prove that this adjusted vegetarian diet focusing on controlled fructose intake works, maybe all these diets work because the fruit is so healthy?"

First of all, you have to understand that with new concepts like fruit actually being bad (if not controlled in amounts and timing) for fatty liver and obesity patients you cannot expect an abundance of studies.

I certainly cannot afford or convince anybody to do an official clinical study. That is why I have decided to cut through the clutter and report on one specific study that concluded this:

"Taken together, our results indicate that a dietary intervention focusing only on one dietary parameter like fructose may help to decrease intrahepatic fat content of NAFLD patients."

The study was published in the European Journal of Nutrition this year and is the authors are Valentina Volynets, Jürgen Machann, Markus A. Küper, Ina B. Maier, Astrid Spruss, Alfred Königsrainer, Stephan C. Bischoff and Ina Bergheim.

These are all quotes and I am not the author of these lines:

Purpose

As a diet rich in fructose and an impaired intestinal barrier function have been proposed to be risk factors for the development of non-alcoholic fatty liver disease (NAFLD), the aim of the present pilot study was to determine whether a dietary
intervention focusing on a reduction of fructose intake (−50 % in comparison with baseline) has a beneficial effect on liver status.

**Methods**

A total of 15 patients with NAFLD were enrolled in the study of which 10 finished the study. Fructose and total nutrient intake were assessed using a diet history. At baseline and after 6 months liver status and markers of intestinal barrier function as well as plasminogen activator inhibitor (PAI-) 1 concentration were determined in plasma.

**Results**

Hepatic lipid content and transaminases in plasma as well as body mass index and some parameters of glucose metabolism (e.g., fasting plasma insulin) were significantly lower at the end of the intervention when compared to baseline. Whereas the dietary intervention had no effect on the prevalence of bacterial overgrowth, orocecal transit time and the intestinal permeability or blood ethanol levels endotoxin and PAI-1 concentration in plasma were significantly lower at the end of 6 months intervention period than at baseline.
When you look at this cookbook, it is fairly precise to describe the diet in it as a substantially adjusted vegan low-fat diet. It is adjusted in to meet the specific needs of a fatty liver sufferer. We adjust it because we said that “what is healthy for an average individual can be very bad for a sarkie” and then we went out of our way to design a diet that will address this.

You probably remember how I talked about my journey and my attempts with the all raw vegan diet and my failure with that. Whether all raw diet is a healthier way of eating if you have fatty liver is beyond the scope of this ebook, mostly because the analysis would be futile because of the lack of evidence. That’s why I’ll just say that the reader is encouraged to experiment, because no two people are the same and everybody responds to the dietary changed differently. I’ve seen people that are reborn with the elimination of certain foods (such as dairy and meat) and I have seen people not getting the results they hoped for. To those people I often suggest that they dig deeper and look to make relationships between the flares and what they eat.

For example, some people are so sensitive that they react to the onion powder but I noticed no reaction, so I continue to use it. Some people react to the fat from the vegan margarine, but I experimented with it and I am ok with it. On the other hand, I hear people talking that potato does not aggravate their symptoms. So, if you really don’t like the taste of rutabagas that I use instead of potato, you can experiment with potato but bear in mind that potato has a very solid proof to be an aggravating agent. So, if you can do it without it, don’t eat potatoes.

Ok, I expect the risk of sounding vague here, but things are what they are and people are really very different when it comes to the fine balance. But, should you decide to give a dietary change a chance, let me tell you how I did it. I followed the recommendations to the letter at the beginning. This is mainly because of the fact that until you feel better, you can’t really tell what is
making you feel worse. So, I started including things that I wasn’t sure about to see how I would react. I kept a very precise diet journal as well as symptoms journal. I would use a notebook and I would use the upper half of the page for the diet and the lower for the symptoms and I would write the connections that I noticed in the headers and would take that to Yani. I strongly advise that you keep a detailed and precise food and symptoms journal. Okay, I am not saying that this is an exact science and that it is all ambiguous. It’s not always simple to determine the patterns of your body and the reactions to food, but as time goes by you will start to distinct the fine connection and get damn got about it.

Learning to eat well so that you can aid your fatty liver reversal and stay there is a process and not an event.

12.a. Can I get all the nutrients I need this way?

Not only that millions people worldwide live on vegan diets, but so many athletes that achieve amazing results live a vegan lifestyle. This is proof enough that one can indeed live to the full eating a healthy vegan diet. That is, of course, if you know what you’re doing.

What I mean when I say “if you know what you’re doing” is that you have to know where nutrients are coming from. Especially the protein, because regular vegan diet is tricky enough when it comes to getting enough protein, let alone if you are not eating soy. So, I’ll take a little time to get you the facts you need to understand how I made sure I had enough protein in my diet.

When you know what you’re doing it is fairly easy to get what you need in protein, iron and calcium that can be tricky. But these are very evenly distributed in plants. So, let us address some concerns that you might have.

12.a.1. What if I don’t want to lose weight and be skinny?

The confusion surrounding the weight loss and gain is strategically designed in the interest of the multibillion dollar weight loss industry. Let us shed some new light onto things here.
You will not lose or gain weight just because you eat DIET A or DIET B. It is all in the calories.

Most of the commercials for weight loss products just implant the statement “Counting calories does not work, don’t do it”. If you are reading through these lines you are very likely an existing customer of mine for the Ezra Protocol resource book and with it you got a little ebook that I put together with my personal trainer called “Boost your metabolism and peel the fat off”. There I explain this in detail. Here I will just pick the facts I need to make my point.

And the point is – although it can make an impact on your health, it is not the specific type of food that make you fat or skinny, it’s the calories.

Now, don't go getting confused on me here saying, "But you said that some people with fatty liver will not loose weight no matter how much calories they cut." When I talk about calories here I am talking about the situation when your liver is unlocked and your endocrine system balanced.

Long story short - don't want to loose weight but still want to resolve your liver issues. Eat more of the healthy foods.

For example, a person with a healthy liver and endocrine system can lose weight eating chocolate and ice cream exclusive diet if they eat below their maintenance levels but you will probably get sick because of the lack of nutrients and nobody in their right mind would suggest this diet.

This also means that you can gain weight on a healthy vegan diet if you eat over you need and “maintenance levels”.

I went out of my way to explain this so that you can understand that this diet alone cannot make you skinny and make you loose tons of weight. So, if you are skinny you just make sure that you eat at your maintenance levels and you will not loose any weight. I’ll show you how exactly to know what is your “maintenance level” and how to know how many calories have you taken on a particular day.

A maintenance level is the number of calories you need to neither lose nor gain weight. So, instead of “giving you the fish” I’ll show you how to catch
your own fish. Here is a little tool on one of my favorite websites that can give you a result that is precise enough to serve our purposes.

Here is the link: http://www.freedieting.com/tools/calorie_calculator.htm that I use for me and the people that come to me for help with their dieting.

So, now we know our caloric needs. Let us see how we can plan to eat at maintenance levels, more if we want to gain weight or less if we can loose weight.

Here is a link to a website I use daily to count my calories:

http://caloriecount.about.com/

Now, of course that I don’t enter all the ingredients every time, but over time I made my own notes about the nutritional value of a specific dish and nowadays I only go to the website when I make new things. This is a great way of keeping track of everything. So, for a particular dish, enter all the ingredient and you get total calories it’s “worth”. Then divide it to the number of servings it makes and you get the number of calories per serving.

For example, let’s count the calories in hummus from. The ingredients are:

- 1 15-ounce can peas
- 3 tablespoons tahini
- 2 tablespoons lemon juice
- 1 tablespoon finely chopped parsley
- 1/2 teaspoon cumin

* the calorie counter gives us the calories for a cup of canned chickpeas and a cup of chickpeas is approx. 8 ounces so 15 ounces from the recipe is 1 and 7/8 of a cup or 1.875 cups. There are 286 kCal in one cup, so a 15 oz can is:

\[ 286 \times 1.875 = 536.25 \text{ kCal} \]

* one tbsp of tahini is 89 kcal, so 3 tbsp is 267 kCal
The lemon juice has very little calories, there is no option in the calorie counter that will tell you how many calories in a tbsp of lemon juice, and in such occasions I just Goggled “calories in 1 tablespoon lemon juice” and I found out that there is approx. 4 kCal, which means that 3 tbsp is 12 kCal.

* parsley has almost no calories

Simple math says that the complete dish yields:

\[
536.25 + 267 + 12 = 815.25 \approx 800 \text{kCal}
\]

So, there you have it, if you eat one 4\textsuperscript{th} of the whole thing you will eat 200 kCal.

Also, note that calorie counter gives you the insight into how many protein, carbs, fat, fiber and so on, which we’ll need to plan the days. Especially the protein contents.

**So, where did I get my protein?**

When we say protein, the first thing that comes to mind is a nice juicy burger or steak. But what if I told you that per 100 calories (kCal) a burger has 9.5 grams of protein and broccoli has 12.5 grams. Shocking, right?

First of all, how much protein do you need?

Well, the official RDA (recommended daily allowances) for protein is 0.8 gr per lean body mass and we’ll stick to that. So, you calculate your ideal body weight (there are many tools online that can help you do that, such as this one that I use [http://www.wdxcyber.com/bmi.htm](http://www.wdxcyber.com/bmi.htm)) and then calculate your protein needs.

Here is the good news, the vegan food is not very dense in calories and it is very often dense in protein. Great sources of protein are:

- Amaranth*
- Cereals and grains - buckwheat*, rye, corn, rice, pasta...
- Leafy green vegetables, including spinach
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• Legumes - lentils, peas, peanuts
• Nutritional yeast*
• Nuts - almonds, walnuts, cashews...
• Quinoa*
• Seaweed - spirulina*, kelp ...
• Seeds - hemp*, sesame, sunflower...

The advantage of the animal sources of proteins is in the fact that they are what you call “complete protein” which means that they contain all essential amino acids and not all veggies are complete. The ones with the * on the list above are complete and the others have to be combined to make sure that you are getting complete protein.

The combos for getting complete protein are:

- Legumes + seeds
- Legumes + nuts
- Legumes + grains

So, chances are very good that you will eat enough protein to meet the RDA with little effort if you are eating a plant based diet.

Let’s get one thing clear, it is not necessary that you combine the protein sources in a single meal, if you have an incomplete protein in your body it will combine it into a complete protein on its own. Just don’t cut out legumes completely, for example. Basically, the incomplete protein have the ability to “wait around” inside until their complement comes along and then they are utilized. So, don’t worry too much about that.

**12.a.2. Where did I get my essential fatty acids?**

The two fatty acids that our bodies cannot produce are Omega 6 (linoleic acid) and Omega 3 (alpha-linoleic acid). Most of people nowadays have a strong imbalance between the two and they get much more of the Omega 6 from the processed food and to little of the Omega 3.
With all leafy greens, nuts and seeds and the olive oil which are all very rich in good fats, it is very unlikely that this can happen to a person on a low fat vegan diet. I never had problems with my body fats since on this diet.

**Best sources of linoleic Acid (omega 6).**
Safflower, sunflower, corn, evening primrose…

**Alpha-linoleic Acid (omega 3).**
Flaxseed, pumpkin seed, walnut, rapeseed (canola) oils.

The correct balance for omega-6 : omega-3 intake is roughly 3:1.

12.a.3. **Vitamin A**

Vegan diet is rich in vitamin A, especially carrots, spinach, pumpkins, tomatoes, dark greens and vegan margarines.

12.a.4. **Vitamin B**

There’s an abundance of vitamin B in the diet described in this cookbook, especially in nuts, wholegrains, oats, muesli, pulses (peas, lentils), yeast extracts, green leafy vegetables, dried fruit.

12.a.5. **Vitamin B12**

Here’s tricky one and it is so tricky that I would never advise you to try this diet style without supplementation of B12. To be fair, there are sources of B12 in a plant based diet but these are not very reliable when it comes to absorption. The sources include: Seaweed and fermented products, fortified yeast extracts, some cereals…but, as I said this is not enough. The original source of vitamin B12 are bacteria in the soil, the animals eat the herbs with the remains of soil and the vitamin B12 gets into their meat. That is why I supplemented my diet with B12 according to the instructions of the particular product. Not all the time, but occasionally.

12.a.6. **Vitamin C**
Red and blackcurrants, berries, citrus fruits and green veggies are very rich in this vitamin.

12.a.7. Vitamin E

Nuts, seeds, whole grains and flours, vegetable oils – all great sources of vitamin E, which suggests that we’ll not have problems getting enough of it.

12.a.8. Folic acid

With its crucial role in the development of red blood cells, deficiency of it causes anemia. Good news is that all the greens we are eating will almost certainly supply us with enough of it. Spinach, lettuce and cabbage are especially rich in it, as are wheat germ, yeast, yeast extracts, nuts, peas, oranges, dates, avocados, whole grains.

12.a.9. Calcium

None of us, at any point in their lives has the need for cow’s milk. It’s a business rather then a genuine human need. Have you ever heard of deer drinking bear milk or something like that?

Milk is a great food but milk of our own species and in some parts of our life. It is a common misconception that we need it to get the calcium. We don’t.

Broccoli, collards, kale, nuts, seeds, molasses, carob, parsley, figs (dried), sea vegetables, grains are all great as a source of calcium. Simple.

And you will absorb much more of it because your diet is poor in alcohol and fat that interfere with the absorption.
12.a.10. Zinc

Whole grains (whole rye bread, rice, oats), nuts, pulses, miso, peas, parsley. No way you’ll be deficient in zinc.

12.a.11. Iodine

Because milk is the primary source of iodine in the diet of most people, vegans can get into a situation of being deficient in iodine. Good sources of iodine in vegan diet are seaweed, vegetables and grain.

Still, I suppose you are not sure what your day on a vegan diet should look like so let me leave you with a kind of a vegetarian FOOD PYRAMID. You will probably be OK if you eat:

- Fats (2 servings)
- Fruits (2 servings after the initial fruit fast)
- Vegetables (4-6 servings)
- Legumes and nuts (5 servings)
- Grains (7 servings)

Having said all that let me just say that every couple of months I would test my blood to see if I was deficient in any important nutrient. A couple of times, I was surprised and I had to take supplements but a vast majority of the time I am perfectly fine.

I hope I put your mind at ease…
CHAPTER 10:

FINAL THOUGHTS

You can really see the change in my life and you can see it in every square inch of my house, but what you can’t see is how I feel. I am not only talking about fatty liver that is in remission for a long time now because I can not say that my diet alone induced the remission when the change in my life was so extensive, but I am talking about the feeling of lightness and vibrant energy and new found joy for life.

It was not easy making the shift, let me tell you, I had my “downs” but as soon as I felt the first benefits and felt better I forgot all about the ice cream, chocolate and candy. I was a new person and looking back now I can clearly recognize the point in time when everything just started making sense and I could feel, I could just feel that there was no going back for me. For me it was like a whole new door opened and I could see the other side. It was the opposite experience from reading about fatty liver online when I was first diagnosed, when to door to a news dark scary side opened.

The important thing is the patience and the feeling of control even when you don’t feel so good, the feeling that you are on the right path and in control allows you to feel confident and decisive.

Should you decide to experiment with the recipes described in this Cookbook, I hope you find that “spot of no return” too. Not only in lifestyle, not only in diet but in your health and in your life.

May you be well nourished.

Yours in healing thoughts,

[Signature]

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