



FALL CLEANSE RECIPE PACKET

lila
EAST END YOGA

JAMIE WORSTER
yoga on and off the mat

 maine
integrative healing

MENU IDEAS + RECIPES

BREAKFAST

Wait until you are well hydrated and truly hungry, then “break the fast” by fueling your body with optimal energy to start your day.

Smoothies + Juices



Green Smoothie Recipe:

3-4 leaves and stems of greens - kale, chard, and/or collard
Handful of spinach
1 cup coconut milk, coconut water, almond milk, or water
1 apple cut up
1 tsp of spirulina or other green powder of choice
1 Tbp of maca powder
1 handful of frozen berries of choice - blueberries, blackberries, strawberries

***Optional add ins:**

Small piece of ginger
Small piece of turmeric
1 tsp Chia seeds or flax seeds

Green Juice Recipe:

3-4 stems of kale
Handful of spinach
Bunch of parsley
Celery
Apple
Lemon
Ginger

Green Me Up Juice from Detoxyoga

Cucumber
Celery
Cilantro
Parsley
Spinach
Ginger
Apple

Carrot, Apple + Ginger Juice

Liquid Sunshine Juice from Maine Squeeze
Smoothie & Juice Cafe
Spinach, Kale, Cucumber, Carrot, Apple, Ginger



Sweet Taste

Stewed apples

You'll need:

4 medium apples chopped, any variety
2 Tbsp ghee (optional)
1/2 tsp sweet cinnamon
1/2 tsp ginger (powder or grated)
1/2 tsp cardamom

Add all ingredients in a saucepan (I leave the skin on the apples if they are organic). Add water to 1/2 the height of the apples and cook gently until the apples are soft. There are many variations to this recipe. Sometimes I add dates or prunes. Pears can be a nice substitute if you don't have apples.

Chia Breakfast Pudding from Yoga and Smoothies

2 Tbsp chia seeds
1/2 cup + 2 Tbsp almond milk
Cinnamon + Nutmeg to taste
Small pinch of turmeric
Chopped bananas
Goji Berries
Maple Syrup
1 c water
1 heaping Tbsp hemp seeds
1/2 tsp vanilla
1/2 tsp honey (optional)

Add the chia seeds and almond milk into bowl. Stir and let sit until it becomes thick. Stir often. Add chopped bananas (or any other fruit) and goji berries. Drizzle with maple syrup (to taste). Blend in blender until creamy and well mixed. Pour through fine mesh strainer. Store in jar in fridge for up to 3 days. Always shake or stir before using. If you like more texture in your breakfast bowl you can simply skip the last step and stir the remaining five ingredients into your chia pudding until well mixed and integrated.

Fruit with Chia Gel from Yoga and Smoothies

1 Tbsp chia seeds
6 Tbsp water
Any fruit you choose:
Orange or blood orange
Grapefruit
Kiwi
Strawberries or other berries

Mix the chia seeds and water. Let sit for 30-60 mins, stir frequently. Can also be made at night and be left in the fridge to 'gellify'. Mix with your favorite fruit. Enjoy!

Oat Bar Cereal from Yoga and Smoothies

1 C steel cut oats
1/4 C raisins, figs or dates
1/2 tsp cinnamon
Honey, agave or pure maple syrup (to taste)
Chopped banana or apple slices
Goji berries for garnish

Soak oats in water over-night. In the morning - add other ingredients and garnish with goji berries. For creamy oatmeal: Add ingredients to food processor (including banana) and process until creamy.

Savory Taste

Warm Miso Soup:

Strips of Seaweed (optional)

Simple grain bowl:

Warm grains topped with ghee or coconut oil, cinnamon, ground flax.

Root Veggie Breakfast:

Sweet potato or yam topped with cinnamon, ghee or coconut oil, ground flax or soaked almonds

Breakfast Pho Soup from The Everyday Ayurveda Cookbook

4 cups water
1 medium carrot
2 stalks bok choy or 1 head baby bok choy
1 daikon radish, about 6 inches long
2 tsp freshly grated ginger (powder ginger is fine too)
Black pepper to taste
1 tbsp tamari
1 small lime, juiced
Lime wedges for garnish
Optional Additions: 1 large handful zucchini noodles; replace 1 cup water with 1 cup coconut milk

Boil the water in a large saucepan. Coarsely chop the vegetables and add to pan. Add fresh grated ginger and black pepper to taste and simmer, covered, for 5 minutes. If using zucchini noodles, add for the last minute of cooking and cover again. Simmer until vegetables and noodles are al dente. Take off the heat and add lime juice and tamari. Serve and accompany fresh lime wedges.



LUNCH + DINNER/SUPPER (supplemental)

Try to make lunch your biggest and heaviest meal of the day. This is the time of day when your digestion is the strongest. Experiment with dinner being early and light. It's best to avoid eating meat at dinner time (eat it at lunch when your digestion is stronger). Choosing to eat the same thing for lunch and dinner can simplify menu planning and food prep. If you plan to have something sweet, enjoy it after lunch.

Salads

Salad Dressings:

- Basic Oil + Vinegar (cider or balsamic optional add dijon mustard)
- Squeeze of lemon or other citrus w a little salt
- Green olives and a bit of olive brine (for a more savory dressing)
- Shake-and-go Balsamic Vinaigrette - 1/3 to 2/3 cup olive oil, 1/3 cup balsamic vinegar, 4 1/2 teaspoons low-sodium tamari, 1 teaspoon maple syrup. Adapted from Oh She Glows Every Day.

Green Salad +/- added protein:

Salad (organic greens with nuts & seeds - use oil, vinegar & lemon for dressing)

Lean meat or fish (if you feel you need to eat meat or fish do so at lunch when your digestion is the strongest)



Avocado Kale Salad adapted from Rainbow Green Live-Food Cuisine

- 1 bunch dinosaur kale (lacinato kale)
- 1 avocado
- 1 stalk celery
- 1/4 c olives
- 2 T olive oil
- 2 t lemon juice
- 1 t salt

Variations:

- 10 olives any variety
- 1/2 C dulse
- 1 C shredded veggies
- 1/2 C pine nuts

Remove main part of kale stem and finely chop leaves into bowl. Add salt and massage again. Add olives. Blend avocado, olive oil, and celery to cream and pour over salad. Mix well to completely coat the kale leaves. The order in which you add the ingredients is crucial; if you add the oil too early the kale will not wilt as well.

Arugula and Grapefruit Salad

Arugula and grapefruit have exciting tastes of pungent and sour that warm the belly and satiate those who are over romaine! This is a very light recipe. For those who want more calories, add 1/2 an avocado or 2 t of olive oil to the mix.

Ingredients:

- 2 c mixed greens
- 1/2 c arugula
- 1 c sprouts (onion, radish, alfalfa, or sunflower)
- 1/2 c grated golden beet
- 2 T pumpkin seeds
- 1/2 a grapefruit, squeezed

Instructions:

Either toss it all together, or get fancy. To get fancy, roast your pumpkin seeds. Dry roast pumpkin seeds 1 cup at a time in a cast iron skillet until lightly toasted. Allow to cool. Store in a glass jar for future use. Keep them within sight to remind yourself to sprinkle on soups and salads. Layer your ingredients: Greens, arugula, beets, sprouts, and seeds. Squeeze the grapefruit on top. Lightly toss. Add a pinch of salt and a grind of pepper.

Soups

Coconut Buttercup Soup from The Everyday Ayurveda Cookbook

- 1 medium-sized buttercup squash
- 1 12-oz can coconut milk
- 2 C water
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 tsp salt

Preheat oven to 350 degrees. Cut the squash in half, scoop out seeds, and place each half face down in a 9 x 13-inch glass baking dish with 1 inch of water. Bake until the squash is completely soft and yields easily to a fork inserted into the skin, about 30 minutes. Remove from the oven and place the halves on a plate to cool slightly. Warm the coconut milk and water in a large saucepan over medium heat. Scoop out the flesh of the squash with a large spoon and stir into the saucepan along with the cinnamon, nutmeg, and salt. Bring all to a boil, lower the heat, and simmer for 5 min. Remove from heat and, using an immersion blender, process the mixture until smooth and creamy. Serve in bowls and top with Ume Pumpkin Seeds.

Soups continued...

Raw Family Green Soup from Green Smoothie Revolution

3 leaves of chard

1 stalk celery

Half a bunch of fresh parsley

Juice of 1 lemon

1 large avocado

2 Cups hot water

Add water as needed and blend to desired consistency. You might add dulse leaves, grated carrots, grated cauliflower and sprouts to your bowl of soup. Yum! Yum!

Ume Pumpkin Seeds from The Everyday Ayurveda Cookbook

½ cup raw pumpkin seeds

½ tsp ume plum vinegar

Spread the pumpkin seeds in a heavy-bottomed pan and toast for about 5 minutes on the stove top over low-medium heat. Stir the seeds or shake the pan every minute or so. Once the seeds start to pop, stir and toast them for 1 min longer, then remove from heat. Transfer the seeds into a wide dish to cool for a few minutes. Das the ume plum vinegar on top and toss to distribute. Serve as garnish on soup or salad.

Thai Vegetable Soup from Elana's Pantry

Serves: 6 cups

Ingredients

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 cups sliced shiitake mushrooms, trim off bottom of stems
- 1 quart veggie broth, water or bone broth
- 1 cup coconut milk
- 1 head broccoli, trimmed and chopped
- 1 tablespoon fresh ginger root, minced
- 2 tablespoons lime juice, freshly squeezed
- ¼ teaspoon sea salt
- ½ cup cilantro, minced

Instructions

1. Warm oil in a large saucepan over medium heat
2. Add onion, stirring frequently until softened, about 10 minutes
3. Add mushrooms and saute for 5 minutes
4. Stir in broth and coconut milk, bring to a simmer
5. Reduce heat to medium, add broccoli and ginger and cook until broccoli is bright green, 3-5 minutes
6. Stir in lime juice and salt
7. Ladle soup into bowls and garnish with cilantro

Bone Broth from Wellness Mama

Ingredients

- 2 pounds (or more) of bones from a healthy source
- 2 chicken feet for extra gelatin (optional)
- 1 onion
- 2 carrots
- 2 stalks of celery
- 2 tablespoons Apple Cider Vinegar
- Optional: 1 bunch of parsley, 1 tablespoon or more of sea salt, 1 teaspoon peppercorns, additional spices/herbs (turmeric, ginger). I also add 2 cloves of garlic for the last 30 minutes of cooking.
- You'll also need a large stock pot to cook the broth in and a strainer to remove the pieces when it is done.

Instructions

1. If you are using raw bones, especially beef bones, it improves flavor to roast them in the oven first. I place them in a roasting pan and roast for 30 minutes at 350.
2. Then, place the bones in a large stock pot (I use a 5 gallon pot). Pour (filtered) water over the bones and add the vinegar. Let sit for 20-30 minutes in the cool water. The acid helps make the nutrients in the bones more available.
3. Rough chop and add the vegetables (except the parsley and garlic, if using) to the pot. Add any salt, pepper, spices, or herbs, if using.
4. Now, bring the broth to a boil. Once it has reached a vigorous boil, reduce to a simmer and simmer until done.
5. During the first few hours of simmering, you'll need to remove the impurities that float to the surface. A frothy/foamy layer will form and it can be easily scooped off with a big spoon. Throw this part away. I typically check it every 20 minutes for the first 2 hours to remove this. Grass-fed and healthy animals will produce much less of this than conventional animals.
6. During the last 30 minutes, add the garlic and parsley, if using.
7. Remove from heat and let cool slightly. Strain using a fine metal strainer to remove all the bits of bone and vegetable. When cool enough, store in a gallon size glass jar in the fridge for up to 5 days, or freeze for later use.

Cleansing Soup Recipe Inspired by Cate Stillman

1 large leek/onion/shallot (choose one or omit)

2 teaspoons coconut oil or ghee

3 bay leaves

1 large sweet potato, squash, or turnip - peeled and chopped

5 cups vegetable stock (or meat stock if you prefer)

1" piece of ginger, minced

1" piece of turmeric, minced (or ½ teaspoon dried)

1 small zucchini, chopped

2 cups minced kale or chard or other collard green

1 large handful of spinach, coarsely chopped

*squeeze of lemon

*fresh chopped parsley

*fresh chopped cilantro

*flax oil

*fresh black pepper

*sprouts

*seeds

Instructions:

1. Heat the pan and add the ghee or oil. Sauté the onion/leek/shallot until translucent.
2. Add the sweet potato/turnip/squash and saute until tender.
3. Stir in the stock, bay leaves, ginger, and turmeric. Simmer for 10 mins.
4. Add the zucchini and kale and cook over low heat for 20 mins covered.
5. Stir in the spinach, letting the spinach wilt.
6. Remove the bay leaves.
7. Option to puree half the soup to make creamier.
8. Garnish with any or all of the listed optional ingredients - parsley, lemon juice, cilantro, flax oil, fresh black pepper, sprouts, seeds.

Cooked Grains, Veggies, Roots + Bowls

Kitchari Inspired by Eat, Taste Heal and The Everyday Ayurveda Cookbook

Main Ingredients

- 1 c Split mung dal (or other legumes like red lentil)
- 1-2 c your favorite grain (white or brown basmati, quinoa or millet)
- 3-4 cups of chopped veggies (carrot, squash, sweet potatoes, greens)
- 4-6 cups water (add more if you like it soupy and less for a thicker version)

Ingredients For Tempering:

- 2T ghee
- 1tsp coriander
- 1tsp cumin
- ½ tsp turmeric
- Pinch of hing (if you have it)
- ¼ pumpkin seeds (or sunflower)
- 3T lemon (or lime)
- 2T maple syrup
- Salt to taste
- Chopped parsley as a topping

Soak the mung and your grain overnight. Rinse thoroughly before cooking.

Stovetop method:

- Add the filtered water in a stockpot on medium heat.
- Add mung dal + grains + chopped veggies
- Once it starts to boil, turn the heat to simmer and cool for 35-45 min

For the Tempering:

- Grab a small cast iron skillet or saucepan
- Add ghee on medium heat
- Add kitchari spices. Cook until fragrant.
- Add pumpkin seeds. Cook until they start to pop.
- Add the lemon + maple syrup and let it sizzle for 1-2 minutes
- Pour over the top of your kitchari and ENJOY!
- Add salt to taste and parsley.

Roasted Butternut Squash with Kale and Almond Pecan Parmesan from [Oh She Glows](#)

Yield: 4 side servings or 2 larger ones

Ingredients:

- 0.9 kg -1.13 kg (2-2.5 pound) butternut squash
- 2 lg. cloves garlic, minced
- 2-3 tbsp finely chopped fresh parsley
- 1/2 tbsp extra virgin olive oil
- 1/2 tsp fine grain sea salt
- 1-2 cups de-stemmed and roughly chopped Lacinato kale

Almond Pecan Parmesan “cheese”:

- 1/4 cup almonds*
- 1/4 cup pecans
- 1 tbsp nutritional yeast
- 1/8th tsp fine grain sea salt
- 1 tsp extra virgin olive oil

1. Preheat oven to 400F and lightly grease a casserole dish with oil.
2. Peel the squash. Chop into 1-inch chunks and place into casserole dish.
3. Add minced garlic, parsley, oil, and salt into casserole dish and stir until well combined with the squash. Do not add the kale yet.
4. Cover casserole dish with a lid (or tin foil with a few holes poked) and bake at 400F for about 45 minutes.
5. Meanwhile, process the parmesan ingredients together until chunky (or just chop by hand and mix in a bowl). Make sure to leave lots of nut pieces for texture.
6. After about 45 mins (or when squash is just fork tender), remove from the oven and reduce heat to 350F. Stir in the chopped kale and sprinkle the parmesan all over the squash. Bake for another 5-8 minutes, until the nuts are lightly toasted. Watch closely so you don't burn them. Remove & serve!

Steamed, Baked or Boiled potatoes, sweet potatoes, beets, carrots, turnips, parsnips, squash, etc.

Add to grain, greens, or enjoy on their own.

Sweet potato, Spinach + Quinoa Bowl by Ashley Dentino

In these beginning days of autumn, with weather bouncing back and forth from hot and cold, it's great to have a few recipes up your sleeve than can be served either warm or chilled. This recipe is a bright, beautiful bowl of roasted sweet potatoes, baby spinach, and quinoa, tossed together with a zingy cilantro-lime dressing and a few crunchy pumpkin seeds.

Ingredients:

2 large sweet potatoes
3 T extra-virgin olive oil
¾ t sea salt
1 c quinoa (uncooked, rinsed) 5 oz baby spinach
1 lime (juice from and zest) black pepper
¼ c fresh cilantro (chopped) ¼ c hulled pumpkin seeds

Instructions:

1. Preheat the oven to 450°F.
2. Peel the sweet potato and cut into 1/4-inch-thick slices. In a bowl, toss with 1 T of olive oil and 1/4 teaspoon of sea salt. Place the slices in a single layer on a baking sheet. Roast for about 20 minutes, or until tender and slightly browned. Set aside to cool slightly.
3. Meanwhile, place the quinoa in a pot over medium-high heat. Cook, stirring, until lightly toasted, about two minutes. Add 2 cs of water and bring to a boil over high heat. Simmer, uncovered, until quinoa turns translucent and water is almost absorbed, about 10 minutes. Then stir in the baby spinach all at once, place a lid on the pot, and cook over low heat for 5 minutes more.
4. To make the dressing, whisk together the remaining 2 Ts olive oil, the lime zest and juice, the remaining 1/2 teaspoon salt, and freshly ground black pepper to taste.
5. In a large bowl, place the roasted squash, quinoa-spinach mixture, chopped cilantro, and pumpkin seeds. Drizzle with the dressing and toss gently to coat. Serve warm or at room temperature. Keeps well in the fridge for up to three days.

Sweet Treats

Apple Spice Bars from Rainbow Green Live-Food Cuisine

2 C apples, finely chopped
3 C coconut pulp, blended
¼ c raw tahini
2 T almond butter
2 t cinnamon
1 t allspice
1 t nutmeg

Combine all ingredients in a mixing bowl and mix well. Form into bars and roll in finely chopped pecans or pine nuts. Refrigerate until cold and serve.

Bliss Balls from Rainbow Green Live-Food Cuisine

½ c raw almond butter
½ c raw tahini
¼ c pine nuts or hemp seeds, unsoaked
½ raw carob, cacao powder, or coconut flakes (could also omit this)
1 t vanilla extract or 1 soaked vanilla bean
½ t cinnamon
½ t nutmeg
¼ t ground ginger

Combine all ingredients in a large mixing bowl. Form into balls and roll in carob, cacao, hemp, or coconut flakes.

Dates stuffed with almond butter

Sprinkle with ginger, cardamom + cinnamon - Divine!
*optional to also top with coconut flakes



Beverages

Sip warm water or herbal tea between meals.

Digestive Aid tea

Equal parts cumin, coriander, and fennel seeds. Put in a tea strainer, steep for at least 2 min. Sip throughout the day or at least 20 min prior to each meal.

Fall Digestive Tea The Everyday Ayurveda Cookbook

2 cups water
½ inch piece fresh ginger root
½ tsp fennel seeds
½ tsp cinnamon
1 tsp licorice root powder or 2 tsp chopped licorice root
In a small saucepan, bring 2 cups water to a boil. Coarsely chop the ginger root - don't worry about removing the skin. Add the chopped ginger, fennel seeds, cinnamon and licorice powder or pieces to the water. Reduce heat to low and simmer, covered, for 10-15 minutes. Pour through a small tea strainer into 2 mugs to serve. Take 6 ounces with or after meals.

Matcha Green Tea Latte

½ tsp Matcha Green Tea Leaf Powder
8oz of your favorite milk
1 tsp coconut oil (optional)
1 tsp honey (optional)
I boil water in my tea kettle. Place tea powder in blender (if no blender, no worries, use a mug), add a couple ounces of hot water to the tea powder. On the stove top warm milk, honey and coconut oil. Take it off the stove just before it reaches boiling point. Add milk to blender or mug - blend or stir. Enjoy!

Dandy Coconut Latte from Dandy Blend

8 oz filtered hot water (or milk of choice)
1 Tbsp of organic coconut oil
1 Tbsp Dandy Blend
Mix well. Let the oil melt and use a small hand blender or spoon. to incorporate the oil into the drink. Has a nutty flavor just like a coffee. Enjoy.

Homemade Yogi Tea adapted from The Everyday Ayurveda Cookbook

½ tsp cinnamon powder or 1 stick
1 tsp coriander powder
½ inch piece of fresh ginger, diced into sticks
1 petal of star anise (not a whole star)
½ tsp fennel seed
2 Tbsp coconut sugar
Boil all of the above in 32 ounces of water, then turn down to simmer, covered, for 15-20 minutes. Stir early to make sure the sweetener isn't stuck to the bottom. Strain and serve. Makes 4 cups.