GRACIOUS LIVING **LIFESTYLE**

HEALING 10 RECIPES

A conscious eating and conscious living lifestyle
to improve the quality and length of your life.



Gracious Living
with Grace Van Berkum

www.gracevanberkum.com

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Let's do this together!

WELCOME TO MY HEALING 10 RECIPES eBOOK.

CLICK ABOVE TO WATCH MY INTRO VIDEO

AND FIND OUT WHY THIS BOOK IS PERFECT FOR YOU.

10

10 DAYS
10 RECIPES
10 MINUTES
10 INGREDIENTS OR LESS
LESS THAN $10 A DAY!
(+10 AFFIRMATIONS)

ARE YOU SUFFERING FROM A HEALTH ISSUE OR DISEASE
AND WANT TO IMPROVE YOUR HEALTH RIGHT AWAY

BUT DON'T KNOW WHERE TO BEGIN?

FEELING OVERWHELMED BY ALL
THE INFORMATION AND RECIPES OUT THERE?
WANT TO TRY EATING MORE RAW FOOD BECAUSE YOU HAVE
HEARD OTHERS TESTIFY TO HOW HEALING IT IS?
DO YOU FEEL INTIMIDATED OR CONFUSED
TRYING NEW THINGS IN THE KITCHEN?

THIS BOOK IS DEDICATED TO YOU.



Let's keep this quick and simple, not only in the kitchen but also for your body. Let's increase vitality and healing within your body — fast! You will notice the effects on your body's energy levels right away because every single recipe provided here is filled with lots of nutrition to energize your body, not take energy away. These recipes are cell friendly, meaning every single ingredient — EVERY SINGLE INGREDIENT — in these recipes has a beneficial effect. All Gracious Living Lifestyle recipes are plant-based, raw, vegan, chemical-free, immune boosting, fresh, live, nutrient dense, and help the body work as efficiently as possible. The result is optimal immune health, abundant energy, and peak performance in this life. Every ingredient is unadulterated, unprocessed, non-manipulated, and coming fresh from the earth, the way food was meant to be eaten. Each recipe is designed to reduce inflammation and increase healing energy within your body. Every single easy recipe here will help your body work more efficiently and harmoniously.

Our world has accelerated so fast, on so many different frontiers, that stress issues and disease have increased. The great news is that the body is miraculously strong and resilient, and wants to function at its best.

YOUR BODY WANTS TO FUNCTION AT ITS BEST!

THAT'S WHAT IT WAS DESIGNED TO DO.

Nutrition and lifestyle choices have a profound impact on how fast the body can turn itself around from poor health to awesome health. Preventing disease and reversing disease is always a possibility. Now is the time to take back our health and our power so we can live a quality life with ease, positivity, and happiness. When we feel good and look good, our perception and attitude about life is experienced in a more positive, loving light. Let's work with our bodies, not against them.

My father healed from cancer after being given only ten months left to live. He radically changed his diet to feed his cells (like what is greatly encouraged in this little book). He also opened his mind by releasing his judgments of the past that were holding him back. He figured out where he needed to forgive others and where he needed to forgive himself, so that he could open himself up to more love and healing. Our thoughts can affect our health just as much as food and lifestyle habits. Love your body and love yourself. Everything you do and think impacts the direction of your life. It is not about being perfect. It is about knowing that life is full of twists and turns and it is our duty to learn from everything that comes our way. The ups, the downs, the middle. All of it. Stop fighting yourself. Stop fighting the flow of life. Accept where you are and accept the challenges presented to you. It is what it is. Focus on the present moment and what you can do in the here and now.

THIS IS THE VITAL MESSAGE: ABUNDANT HEALTH AND HAPPINESS IS IN THE PRESENT MOMENT.

What can you do right now to be happy and healthy? What food choices can you make? What lifestyle choices can you make? What thoughts can you choose to attach yourself to? It is human nature to have negative thoughts. Part of the adventure in life is learning to let them go when they happen. This is where yoga and meditation helps.

Stop judging yourself. You always have a choice. Your future is dependent on the choices you make today. Come on, let's start improving your health and your life! The time is now. Let's have some fun doing it, too! Health and healing doesn't have to be so serious! ~Gracious Living Lifestyle xo

THIS LITTLE BOOK OF PLANT LOVE IS FOR ANYONE WANTING TO IMPROVE HIS OR HER HEALTH IN A FAST AND EASY WAY. SIMPLE RECIPES AND A SIMPLE PLAN! NO NEED FOR STRESS HERE. THESE RECIPES ARE EXCELLENT FOR HELPING THE BODY HEAL FROM CANCER AND CHEMOTHERAPY. THESE RECIPES ARE HELPFUL FOR ANYONE WITH DIABETES. THEY ARE AN INCREDIBLE WAY TO KEEP THE IMMUNE SYSTEM STRONG ENOUGH TO PREVENT IMBALANCES OR DISEASES OF THE BODY. THEY ARE ALSO IDEAL FOR WEIGHT LOSS. THESE RECIPES ARE FOUNDATIONAL AND WILL TAKE YOU TO THE NEXT LEVEL.





ARE YOU:

SUFFERING FROM DISEASE?

UNDERGOING CHEMOTHERAPY?

SUFFERING FROM AN IMBALANCE
WITHIN YOUR BODY, BIG OR SMALL?

INTERESTED IN RAW, VEGAN RECIPES?

INTERESTED IN REDUCING ACIDS AND
INFLAMMATION WITHIN YOUR BODY?

WANTING TO LOSE WEIGHT, SLEEP BETTER,
ELEVATE YOUR MOOD, HAVE GLOWING SKIN,
REDUCE PMS OR INCREASE ENERGY LEVELS?

LOOKING FOR EASY, FAST, CREATIVE,
DELICIOUS INSPIRATIONS IN THE KITCHEN?

THIS BOOK IS DEDICATED TO YOU. IF YOU TEND TO BUY FOODS FROM A BOX, PACKAGE, OR BOTTLE, THEN THIS IS THE BOOK FOR YOU. EVERYTHING HERE IS FRESH AND MADE FROM SCRATCH, WITHOUT TOXIC CHEMICALS, SUGARS, FILLERS, PRESERVATIVES, AND RANCID OILS THAT TAKE AWAY FROM YOUR HEALTH OVER TIME. BEST OF ALL, THESE RECIPES PUT FRESH INGREDIENTS TOGETHER IN SIMPLE AND FAST WAYS, WITH LOTS OF VARIATIONS.

THIS BOOK IS MEANT TO INCREASE YOUR HEALTH, INSPIRE YOU IN THE KITCHEN, AND EMPOWER YOU.

This book is dedicated to anyone who has just discovered they have a disease and wants to change their path. There is an effect, positive or negative, for everything you put into you body. Let's work with our bodies, not against them.

This book is dedicated to the surgeons, doctors, nurses, and staff at the GYN Cancer Clinic at Orlando Health Hospital. Over the years I have witnessed how hard all of you work and freely give of your energy and heart, which makes this clinic a special place.

This book is dedicated to my father, who showed me that true healing and health is in the mind. Anything and everything is possible if you want it bad enough. Baby steps! Little by little we will become familiar with nutrient dense foods and start removing toxic foods that cause inflammation in the body. Take bad stuff out and add good things in! Let's approach this in a manageable, sustainable, enjoyable way.

WHERE TO GET THESE FOODS:

GROCERY STORES

FARMERS MARKETS

WHOLE FOODS MARKET

AMAZON.COM



YOU WILL NEED: A BLENDER

GREAT NEWS! ANY BLENDER WILL DO AT THIS POINT IN YOUR JOURNEY. NO NEED FOR ANYTHING FANCY SHMANCY, BUT IF YOU CAN AFFORD IT, MY TOP BLENDER RECOMMENDATIONS ARE VITAMIX AND BLENDTEC BECAUSE THEIR MOTORS ARE SO POWERFUL. THEY WILL BLEND YOUR SMOOTHIES, SAUCES, SOUPS, AND DRESSINGS INTO CREAMY PERFECTION.

10 CATEGORIES
OF FOODS NEEDED:

Organic produce is always best because it is grown without using chemicals, which hinder digestion and healing. Local organic is even better because it hasn't been transported long distances to get to you, minimizing the impact on the environment. I recommend making connections with local farmers in your area to save money and also to support ethical businesses. You can Google local farmers markets in your area.



PRICES ARE APPROXIMATE AND IN $US DOLLARS. PRICES MAY VARY DEPENDING ON WHERE YOU LIVE.

1. FRUITS:
4 avocados ($4.00)
4 ripe bananas ($0.29 each)
1 large bag frozen berries ($6.00)
5 lemons ($0.88 each)

2. HERBS:
1 large bunch cilantro ($1.99)
1 garlic bulb ($2.00)
1 cup ginger (enough to fit in the palm of your hand) ($1.00)

3. 1 large package of raw HEMP SEEDS ($8.99)

4. 1 jar organic, RAW COCONUT OIL ($8.99)

5. 1 cup raw, unsalted SUNFLOWER SEEDS ($5.00 bag)

6. 1 package Celtic SEA SALT or Himalayan sea salt ($3.99)



7. VEGGIES:



1 beet ($0.79)
1 head broccoli ($3.00)
2 carrots ($0.99)
1 cauliflower ($3.00)
1 bunch celery ($2.99)
1 cucumber ($0.99)
1 bunch green onions ($0.99)
1 head kale ($3.00)
1 small head of red cabbage ($3.00)
2 red peppers ($1.50)
1 bag spinach ($3.00)

8. Sunwarrior Warrior Blend Vanilla Protein Powder www.sunwarrior.com ($45.00)
Use CODE "GRACE10" TO ENJOY 10% OFF when you purchase through Raw Elements' online shop. There are several kinds of Sunwarrior protein powder. My favourite, for its creamy taste, is "Warrior Blend".

9. 1 small jar TAHINI ($7.99)

10. SPICES:
Black Pepper
Cayenne Pepper
Cinnamon
Cumin
Turmeric ($20.00 for 5)

OPTIONAL/ENCOURAGED INGREDIENTS (IF YOU CAN AFFORD THEM, BUT NOT NECESSARY):

- 1 container or box of Ultima Replenisher ($20.00; use code "GraciousLiving35" at checkout for 35% OFF)

Ultima Replenisher is electrolyte powder infused with minerals and sweetened with natural stevia. It aids hydration and is excellent for anyone undergoing chemotherapy. Ultima Replenisher Hydrators can also aid in weight loss and provide a natural energy boost. A fun, healthy way to increase your hydration.

1 bottle of yacon syrup or coconut nectar (Gracious Living Lifestyle Fave picks: this brand and this brand). Both options are low on the glycemic index but offer a sweet taste if needed for the Ginger Tea or Sunwarrior Protein Bliss Balls. You can use these prebiotic syrups in place of sugar. Prebiotic means that it feeds the probiotics that are in your gut, which help keep your immune system and your digestive system strong.

PLEASE NOTE: All fruits and veggies on this list are meant to be used over the course of ten days. You will have leftovers of everything else, and you will be able to use these ingredients on your continued health journey. The oil, powders, spices, seeds, tahini, salt and sweetener will last for up to a year, but if you are using them several times a week as you should be, then you will have them for another month or so.

INGREDIENTS

GUIDE

HEALING FOODS:



AVOCADO

Avocado is a fruit that is high in the good-for-you fats that are necessary to protect your brain and heart, and help you burn fat. Yes! Good fats help you burn fat! Avocados add whole food, vegan-friendly creaminess to your smoothies – no dairy necessary! They are also very filling and delicious in sweet or savoury dishes, like salads, dressings, sauces or even on their own with a sprinkle of Celtic sea salt.



BANANA

Bananas are high in potassium, an alkalizing mineral, and great as a creamy, natural sweetener – especially in smoothies or raw food desserts.



BEET

Beets are high in iron and an excellent anti-inflammatory and liver cleanser. Beets are naturally high in disease-fighting phytonutrients, antioxidants, vitamins, and trace minerals that help reduce inflammation and make it a great food for preventing and healing disease, including heart disease, diabetes, neurodegenerative diseases like Alzheimer's and Parkinson's, and cancer.



BERRIES

Berries are high in antioxidants and anthocyanins to help keep your body strong. Rotate your berries so you are not always eating the same ones. These nutrient-packed gems are particularly good for eyesight and brain health.



BLACK PEPPER

Black pepper has long been recognized as a carminative (a substance that helps prevent the formation of intestinal gas), a property likely due to its ability to stimulate hydrochloric acid production. Black pepper promotes the health of the digestive tract with impressive antioxidant and antibacterial power. It also stimulates the breakdown of fat cells.

INTERESTING FACT: *the combination of black pepper with turmeric increases the nutrition and bioavailability of cancer-healing turmeric, making it more effective when consumed together than on its own.*



BROCCOLI

Broccoli is one of the most nutrient-dense foods on earth, loaded with cancer-fighting antioxidants that help lower oxidative stress, neutralize carcinogens and minimize damage from toxins. It contains high fibre to support blood sugar levels and keep you feeling full. It also contains plant protein (yes, protein!) and detoxifying phytochemicals. Like most green veggies, broccoli is phenomenal for cancer prevention and healing. It can help improve eye health, detoxify blood, protect the liver, balance blood acidity, improve hormonal health, nourish the adrenal glands, and even help improve fertility. Broccoli is an excellent source of vitamin K, calcium, magnesium and potassium, which are essential for healthy bones, nails and teeth – especially into older age when people become more prone to bone breaks, fractures and bone density loss.



CABBAGE

Cabbage is an excellent, anti-inflammatory cruciferous vegetable that contains antibacterial and antiviral properties. It helps deter cancer cells from proliferating, reprograms cancer cells to die off, inactivates carcinogens, and prevents tumor formation and metastasis. Cruciferous vegetables, like cabbage, are also great to help balance hormones.



CARROT

Carrots get their color from anti-inflammatory antioxidants called carotenoids that are important for improving immunity in the body, protecting skin and eye health, and fighting free radical damage that can cause various forms of chronic diseases, like cancer and heart disease.



CAULIFLOWER

Cauliflower is often considered one of the healthiest foods on earth because of its health-promoting phytochemicals, high level of anti-inflammatory compounds, and ability to ward off cancer, heart disease, and brain disease. Part of the brassica family, it helps prevent chronic diseases, including cardiovascular diseases, diabetes, neurodegenerative disorders, and various forms of cancers. Cauliflower has been shown to have chemo-preventive agents that stall early phases of cancer development to help disengage tumor growth.



CAYENNE PEPPER

The benefits of cayenne pepper include its ability to stimulate circulation and eliminate acidity. Cayenne pepper helps to open the capillaries and regulate blood sugar. It can improve digestion by moving bacteria and toxins out of the body,



CAYENNE PEPPER cont.

while also boosting metabolism. It has been known to alleviate pain in the joints and muscles. Studies suggest that capsaicin may have a role as a natural remedy for cancer and candida overgrowth.



CELERY

Celery contains powerful antioxidants that help reduce inflammation, balance electrolyte levels, and improve liver, skin, eye and cognitive health. An additional benefit of celery is its cholesterol-lowering power, which makes it useful for improving or maintaining heart health.



CELTIC SEA SALT

Celtic sea salt is much cleaner and healthier than table salt. It contains over 60 trace minerals which help you stay hydrated. Celtic sea salt contains powerful electrolytes like magnesium, and trace elements required for proper adrenal, immune, and thyroid function. It is also known to:

- Alkalize the body
- Eliminate mucus buildup
- Improve brain function
- Promote restful sleep
- Provide electrolyte balance
- Balance blood sugars
- Build immunity
- Increase energy
- Prevent muscle cramps
- Regulate heartbeat and blood pressure

Unlike Celtic sea salt, table salt is not beneficial to the body because it is highly processed with chemicals. Think of table salt as a dead salt, while Celtic Sea salt is a living salt with beneficial, healing properties, like all live foods.



CILANTRO

Cilantro is high in oxygenating chlorophyll, which helps boost energy levels. Particularly known for its ability to detoxify the body of heavy metals, this herb makes a healing addition to salads, dips, sauces, and even smoothies. If you dislike the taste of cilantro, choose another herb instead, like basil or parsley.

CINNAMON

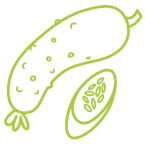


Due to its antimicrobial characteristics, cinnamon assists in overcoming bacterial overload in the gut. By slowing the growth of bacteria and fungus, the immune system becomes stronger. Cinnamon has been known to give people sustained energy, as it aids in stabilizing blood sugar. Several studies have found that cinnamon can help increase insulin sensitivity and improve diabetes. Ceylon cinnamon, or true cinnamon, is best for nutrient value. It also tastes sweeter.



COCONUT OIL (RAW, ORGANIC)

Raw, organic coconut oil is one of the best oils to consume to help your body burn fat. It is excellent for brain health (your brain needs good fats to function optimally), heart health, hormonal health, and digestion. Coconut oil is also heat stable, meaning it is not sensitive to heat or light, like other oils. Coconut oil is also excellent for achieving soft, supple skin. Did you know that you can apply it as a skin cream or hair conditioner? This wonder ingredient makes a great addition to your kitchen pantry and your beauty routine. Make sure to choose raw, organic, unprocessed.



CUCUMBER

Cucumbers are known to have strong cancer-fighting abilities since they can protect DNA and cells from damage due to oxidative stress. Cucumbers support the digestive tract, helping cleanse the liver – our main detoxifying organ – by removing accumulated toxins and waste materials from the blood and gut. They are also a natural diuretic food, meaning they can help the body produce more urine to carry out toxins and waste. Lignans found in cucumbers have immune-boosting, anti-inflammatory power beneficial for fighting cardiovascular disease. Cucumbers are one of the top alkaline foods that work to help balance the body's pH level and counteract the negative impacts of an acidic diet.



CUMIN

Cumin is beneficial for heart disease, hemorrhoids, inflammation, insomnia, weakened immune system and viral infections. Cumin helps with digestion by preventing the formation of gas in the gastrointestinal tract. Its carminative properties combat flatulence, which can lead to stomach aches and abdominal pain or pressure. The presence of vitamin C in cumin seeds allows the spice to serve as an immune system booster.



GARLIC

Garlic is nature's most powerful antibiotic. It is antibacterial, anti-parasitic, antifungal, and anti-carcinogenic. It is amazing for immune system health, preferably raw. If you are really sick, crush and cut up one clove very, very finely, and then swallow with water. This does the trick really fast and your breath does not smell.



GINGER

One of the best things you can eat to reduce inflammation is this powerful root. Add ginger to your beverages, smoothies, sweet recipes, or even savoury dishes.



GREEN ONION

Immune-boosting onions help reduce the risk of cancers through their rich supply of antioxidants that prevent cell damage. Studies have found that sulfur compounds found in onions prevent the growth of tumors and cancer development by protecting cells from mutation.



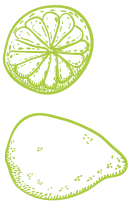
HEMP SEEDS

Hemp seeds are safe to eat and one of the best sources of protein on the planet. They are a complete protein source, meaning they have all the essential amino acids necessary to make a complete protein. They also reduce inflammation in the body. Amazingly versatile with a very mild flavour, hemp seeds can be added to nearly any recipe – sweet, savoury, raw, or cooked. These are a must in your kitchen!



KALE

A member of the cancer-fighting, antioxidant-rich, cruciferous vegetable family, kale is an anti-inflammatory and natural detoxifier, facilitating toxin removal from the body. Kale protects immunity by decreasing inflammatory responses and reducing cell damage. Its high chlorophyll and magnesium content helps bring the body into a state of healthy balance. Make sure to massage raw kale before eating for optimal taste and digestion. Learn more by watching this kale salad video (on Pg47).



LEMON

Lemons are an acidic fruit that turn alkaline in the body. They help detoxify the liver, release toxins, alkalize the body, and boost vitamin C levels. They are great freshly squeezed into water and enjoyed as a beverage, and highly recommended in salad dressings in place of regular or balsamic vinegar. Always use fresh lemon juice instead of bottled lemon juice.



RED, YELLOW, AND ORANGE PEPPER

These colourful peppers are high in vitamin C, helping fight inflammation, lower blood pressure, reduce the risk of stroke and heart attack, fight oxidative stress that leads to cancer, and promote healthy skin. Green peppers are bitter and more difficult to digest, as they are unripe peppers. Green peppers are also considerably lower in vitamin C. Red, yellow, and orange peppers are always preferred for taste and nutrition.



SPINACH

Spinach has powerful anti-inflammatory and antioxidant abilities and is a very nutrient-dense food. Spinach contains special protective compounds that are known to decrease the risk of many diseases, including cancer, heart disease, diabetes, neurodegenerative diseases, and obesity. The phytonutrients found in spinach can help to detoxify the body and support liver function by preventing bacterial overgrowth from occurring in the gut microflora. Spinach is able to slow down cancerous cell formation because it defends against DNA damage and limits oxidative stress through the presence of antioxidants. Spinach is great for digestive health too, which is very important for absorbing immunity-boosting nutrients from food.



SUNFLOWER SEEDS

Sunflower seeds are an excellent source of antioxidant vitamin E. Vitamin E travels throughout the body, neutralizing free radicals to protect cell membranes and brain cells. Sunflower seeds are also known to inhibit the growth of cancer cells.



SUNWARRIOR

Sunwarrior Warrior Blend Protein Powder fuses and multiplies the power of several rich protein sources into one smooth, great tasting formula that is overwhelmingly superior to its individual components alone. Warrior Blend is an easily digestible, nutrient-rich superfood that tastes delicious and is perfect for those looking to amplify their health. This is an excellent, protein packed addition to smoothies. This protein powder blend also helps speed up healing during chemotherapy. Sunwarrior Warrior Blend Protein Powder is a must for anyone who wants to achieve optimal health and energy levels.



TAHINI

Tahini is a sauce made from ground sesame seeds. Sesame seeds are a good source of amino acids, vitamin E, B vitamins, trace minerals and fatty acids, all of which help with skin cell rejuvenation and preventing early signs of aging. Tahini provides a high protein, high calcium, creamy vegan element to salad dressings and sauces, as well as desserts and smoothies.



TURMERIC

The key to turmeric's healing power is the chemical compound curcumin. It aids chronic inflammation and pain, due to its high anti-inflammatory, antibacterial properties. Turmeric has demonstrated the ability to lower blood glucose levels and reverse insulin resistance. Recent studies have shown turmeric as a powerful cancer fighter by improving mitochondrial function at a cellular level. Turmeric is oxygenating for the brain, helping increase memory function. It is also known to be hormone balancing.

RESOURCES:

Dr. Hyman
Dr. Axe
Dr. Dean Ornish
Dr. Lodi
Dr. Mercola
Dr. T. Colin Campbell

RECIPES

LESS THAN $10 A DAY!



EASY RECIPE #1

STAY HYDRATED. YOUR BODY IS ABOUT ¾ WATER. GIVE IT WHAT IT IS MADE OF IF YOU WANT TO FEEL AND LOOK YOUR BEST. HYDRATE THOSE TRILLIONS OF CELLS WITHIN YOUR BODY THAT ARE REPLICATING BY THE THOUSANDS EVERY DAY. HAPPY, HYDRATED CELLS = HAPPY, HEALTHY BODY.

Ginger Tea (Hot or Iced)

Approx. .75 cents

Ginger is a root that is excellent for reducing inflammation. It is wonderful in soups, salads, smoothies, and desserts. It is also fantastic when simply boiled in water, like a tea. It is a glass of anti-inflammatory hydration! Ginger Tea is helpful for anyone looking to rebalance their body or experiencing digestion issues. It is also excellent for those undergoing chemotherapy.



1 **AFFIRMATION:**
When I feed the cells of my body, my health improves fast.

WATCH ON YOUR SMARTPHONE OR TABLET. VIDEO NOT WORKING?
CLICK HERE TO OPEN IN YOUR BROWSER.



HOW-TO:

Take a slice of ginger, about half the size of your hand, and wash it well. Peel its skin off with a spoon (see video) or carefully with a knife. Cut into 3-5 pieces. Boil water in a large pot and add the ginger pieces. Once the water comes to boil, turn off the element and cover with a lid. Let it steep for hours. Do this before you go to work in the morning or let sit overnight while you are sleeping. The longer it steeps, the stronger it gets. Drink as much as you want throughout the day, or use as a base in your smoothies. Drink it hot or drink it cold. Just drink it!

SERVES: 1-2 people

EASY VARIATIONS:

1. Add juice of 1 fresh lemon or lime. This is an excellent, hydrating beverage to have first thing in the morning. The combination of fresh ginger and fresh lemon is very healing and alkalinizing to the body.
2. Add sparkling water to create a soda pop replacement. Soda pop is toxic. Please do not drink it....EVER! It will impede your health greatly over time.
3. For a slightly sweet variation, add 1 tsp of liquid yacon syrup or coconut nectar (on your Optional Ingredients list as a low glycemic sweetener).

2 SMOOTHIES

THESE SMOOTHIES ARE HIGH IN COMPLETE PLANT PROTEIN FROM THE SUNWARRIOR WARRIOR BLEND PROTEIN POWDER. THEY ARE EASY TO DIGEST, GREAT FOR HELPING THE CELLS OF THE BODY TO HEAL, BOOST METABOLISM, BURN FAT, AND HELP WITH TISSUE REPAIR, AND MUSCLE RECOVERY.





2 **AFFIRMATION:**
When I choose foods that nourish me, I am loving my body.

WATCH ON YOUR **SMARTPHONE** OR **TABLET.** VIDEO NOT WORKING?
CLICK HERE TO OPEN IN YOUR BROWSER.



STAY HYDRATED! **Drink 1 whole glass of water **BEFORE** preparing this smoothie.*

INGREDIENTS

1	Frozen banana
1 cup	Frozen berries of choice
1 cup	Spinach
1 serving	Sunwarrior Warrior Blend Vanilla Protein Powder
½	Avocado
2 cups	Water
1 cup	Ice

BLEND AND PRACTICE

Blend until divinely smooth and creamy. As you are blending, take five deep breaths, place your hand on your heart and repeat your affirmation. Deep breathing is the fastest way to alkalize the body and calm the mind. Smile, and tell yourself you love yourself. Keep practicing this everyday until you believe it.

SERVES: 1-2 people

EASY VARIATIONS:

1. Add ½-1 tsp cinnamon.
2. If you are detoxing from refined sugar but need it a bit sweeter, re-blend with a tad of yacon or coconut syrup. Alternatively, double up on the stevia-sweetened protein powder. This will help make it sweeter and more filling.



3

AFFIRMATION:

I am strong. I am powerful. I am vibrant. I am healthy. I am a beautiful and radiant spirit.

WATCH ON YOUR **SMARTPHONE** OR **TABLET.** VIDEO NOT WORKING?
CLICK HERE TO OPEN IN YOUR BROWSER.



STAY HYDRATED! **Drink 1 whole glass of water **BEFORE** preparing this smoothie.*

INGREDIENTS

1	Frozen banana
1 whole	Lemon without the skin (yes, the whole lemon!)
1 tsp	Fresh ginger
½ cup	Fresh loosely chopped cilantro (don't knock it until you try it!)
½	Avocado (depending on size)
1 serving	Sunwarrior Warrior Blend Vanilla Protein Powder
2 cups	Water
1 cup	Ice

BLEND AND PRACTICE

Blend until divinely smooth and creamy. As you are blending, take five deep breaths, place your hand on your heart and repeat your affirmation. Place your hand on your heart and acknowledge your amazing-ness for having the courage to try new things. YOU ARE AMAZING!

SERVES: 1-2 people

EASY VARIATION:

1. Add 1 cup berries of choice.

SMOOTHIE **TIPS**



1 Use frozen bananas for creamier smoothies. Wait until the bananas are ripe, peel the skin off, break them into pieces, and store in a Ziploc bag or glass container in the freezer. You can also freeze apples (core and cut into chunks), pineapples, papayas, kiwis, oranges, peaches, grapes, watermelon, mangos, pears, and so on. Cut everything yourself and then freeze them in portioned sizes.



2 You can also freeze kale, spinach, other dark green leafy vegetables, and herbs. Cilantro, basil, mint, and rosemary are my Gracious Living favourites in smoothies (although you don't need to freeze rosemary). Just peel them from the stem and store in a Ziploc bag. Use as needed.



3 Did you know you could freeze lemons and limes, too? Peel them, cut into halves or quarters (depending on your blender's ability to blend big or small chunks), and place in a Ziploc bag. Do this with organic lemons or limes only (otherwise there are chemicals all over the peel). I like to grate lemon zest into my smoothies for an added lemon taste and additional healing benefits. Believe it or not, there is extra nutrition in the peel!



4 You can even freeze avocados. No need to waste avocados that have gone from unripe to too ripe. Once soft and ready to eat, cut the avocado in half, remove the pit, spoon the avocado flesh out* into individual Ziploc bags or a container, and store in the freezer. Use as needed.

*After cutting an avocado in half and removing the pit, run a spoon along its inner edge to extract the green fruit in one clean sweep without leaving a speck of avocado behind.

2 SOUPS

THINK OF THESE SOUPS AS BLENDED SALADS OR VEGETABLE SMOOTHIES. NUTRIENT DENSE AND HEALING, THE HEMP SEEDS MAKE THESE RECIPES HIGH IN ANTI-INFLAMMATORY PROPERTIES AND PLANT PROTEIN SO YOU CAN ENJOY OPTIMAL HEALTH AND FEEL SATISFIED.



Creamy Spinach Soup

(Served warm or cold)

approx. $4



GRACIOUS LIVING SOUP TIP:

This soup can be blended raw if you have a powerful, professional blender. If not, that's okay. Make it easier to blend and enhance the creaminess by steaming the cauliflower for about 10 minutes first.

4

AFFIRMATION:

I embrace change with an open mind and open heart. When I open myself up to new possibilities, I open myself up to new outcomes.

WATCH ON YOUR **SMARTPHONE** OR **TABLET.** VIDEO NOT WORKING?
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STAY HYDRATED! **Drink 1 whole glass of water **BEFORE** preparing this soup.*

INGREDIENTS

½	Head cauliflower
1 cup	Spinach
5 Tbsp	Hemp seeds
½	Avocado
1	Clove garlic
1-2 cups	Water
	Celtic sea salt to taste

BLEND AND PRACTICE

Blend until divinely smooth and creamy. As you are blending, take five deep breaths, place your hand on your heart and repeat your affirmation. Deep breathing helps to lower blood pressure and relieve anxiety. Smile, and tell yourself you love yourself. Keep practicing this everyday until you believe it.

SERVES: 1-2 people

EASY VARIATIONS:

1. Add 1-2 Tbsp tahini instead of avocado.
2. Add 1 Tbsp coconut oil instead of avocado.
3. Add fresh ginger.
4. Add ⅓ tsp turmeric, 1 tsp cumin, and a sprinkle of black pepper.
5. Top with sunflower seeds.
6. Top with hemp seeds.

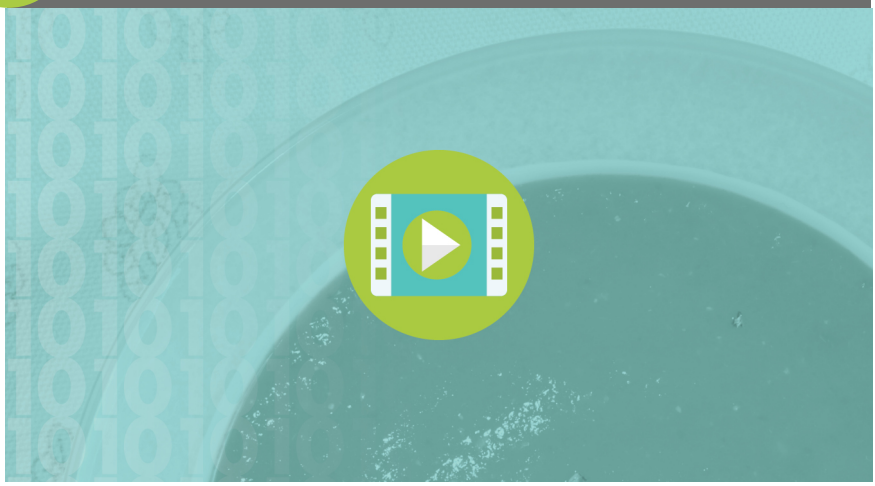
Gracious Living Veggie Gazpacho

Approx. $5



5 AFFIRMATION:
My mind is powerful. I can achieve anything I want. Every day is an opportunity to become stronger and healthier.

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STAY HYDRATED! **Drink 1 whole glass of water **BEFORE** preparing this soup.*

INGREDIENTS

½	Red pepper, seeded and chopped in pieces
½	Carrot, cut into chunks
1	Celery stalk, cut into pieces
½	Cucumber, cut into pieces
1	Avocado, pitted
1 cup	Cilantro, stems cut off
Juice of 1	Fresh lemon
1 clove	Garlic
Small pinch	Cayenne pepper
5 Tbsp	Hemp seeds
	Celtic sea salt to taste
2 cups	Water (it tastes best when it is thicker rather than thinner)

BLEND AND PRACTICE

Blend until divinely smooth and creamy. As you are blending, take five deep breaths, place your hand on your heart and repeat your affirmation. Deep breathing helps centre the mind and relax the body. Serve right away or chill a few hours for more intense flavors. Top with hemp seeds, chopped green onions, and/or finely chopped cilantro.

SERVES: 1-2 people

EASY VARIATIONS:

1. Add ½ cup of shredded beet for an iron-rich, purple soup.
2. Add a handful of spinach or kale for a chlorophyll boost.
3. Add ⅓ tsp cumin, ⅓ tsp turmeric and sprinkle black pepper for a curry, anti-inflammatory flavor.
4. Add 1 tsp of ginger for an anti-inflammatory kick.
5. Add additional ½ tsp of cayenne pepper for an extra detox effect.



GRACIOUS LIVING TIP:

Turmeric becomes more nutritious and bio-available when combined with black pepper and a healthy fat like avocado or raw coconut oil.

2 SALADS

HEALING MAGIC COMES FROM VEGETABLES. THAT'S WHERE THE MAJORITY OF VITAMINS AND MINERALS COME FROM, NOT TO MENTION HEALING ENZYMES, ANTIOXIDANTS, AND PHYTONUTRIENTS THAT KEEP OUR BODY THRIVING AND EFFICIENT.

Instead of just going through the motions of making a salad, take a moment to take five deep breaths. Place your hand on your heart and repeat your affirmation. Let your deep breaths be conscious acts of self-love to your body and your mind. Smile, and tell yourself you love yourself. Keep practicing this every day until you believe it.

As you make your salad, think of it as a meditation. Forget everything and just focus entirely on what you are preparing: the colours, the sights, the smells, the touch. Know that every piece of food you are putting together — fresh from Mother Earth and filled with energy — will infuse every cell in your body with life. As you breathe, and as you chop, know that you have the power to choose the foods you eat.

YOU HAVE TREMENDOUS POWER TO GUIDE
THE DIRECTION OF YOUR HEALTH.
YOU ARE DOING SOMETHING SO GOOD FOR YOURSELF.



SALAD **TIPS**



1 Buy a big bowl that you love (the colour, the shape, the design) and call it your Healing Salad Bowl. Whenever you eat salad, use this bowl. It will help you enjoy your salad eating time, like a healing ritual. Don't knock it until you try it.



2 Always eat salads before cooked food for optimal digestion. The fibre and high water content will help fill you up, too!



3 Make a huge bowl of salad, enough for the whole week. As long as you keep the salad dressing separate, it will last you at least 3-4 days. Having salads ready in the fridge for when you come home from work helps keep you on track, especially after a hard or long day when you feel too tired to make anything healthy. This tip is very important. Always have a salad or cut up veggies in the fridge for when you are hungry. Let's be real, no one wants to chop veggies when they are starving.



6

AFFIRMATION:

I know that to be truly happy and healthy, I need to surrender old pains. I forgive others. I forgive myself. I know speaking my truth will set me free.

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STAY HYDRATED! **Drink 1 whole glass of water **BEFORE** preparing this salad.*

Eat colour! Live your life in colour! The more colour you eat, the better you will feel from the variety of nutrients. Life is too short to always eat the same colours. Live it up, people! Save yourself time and consider this salad part of your week's meal prep. As long as you keep your dressing separate, it will last in the refrigerator for three to four days.

INGREDIENTS

2-4 cups	Spinach or romaine (depending on how big you want your salad to be)
1 cup	Broccoli florets, cut into bite sized pieces
1 cup	Red cabbage, sliced thinly
1-2	Celery stalks (aim for about 1 cup), sliced thinly
1 cup	Red pepper, sliced thinly (cut off all white inner skin)
1 cup	Cucumber, thinly sliced (if it is not organic, peel skin off before slicing)
1 cup	Carrots, shredded
½	Beet, shredded

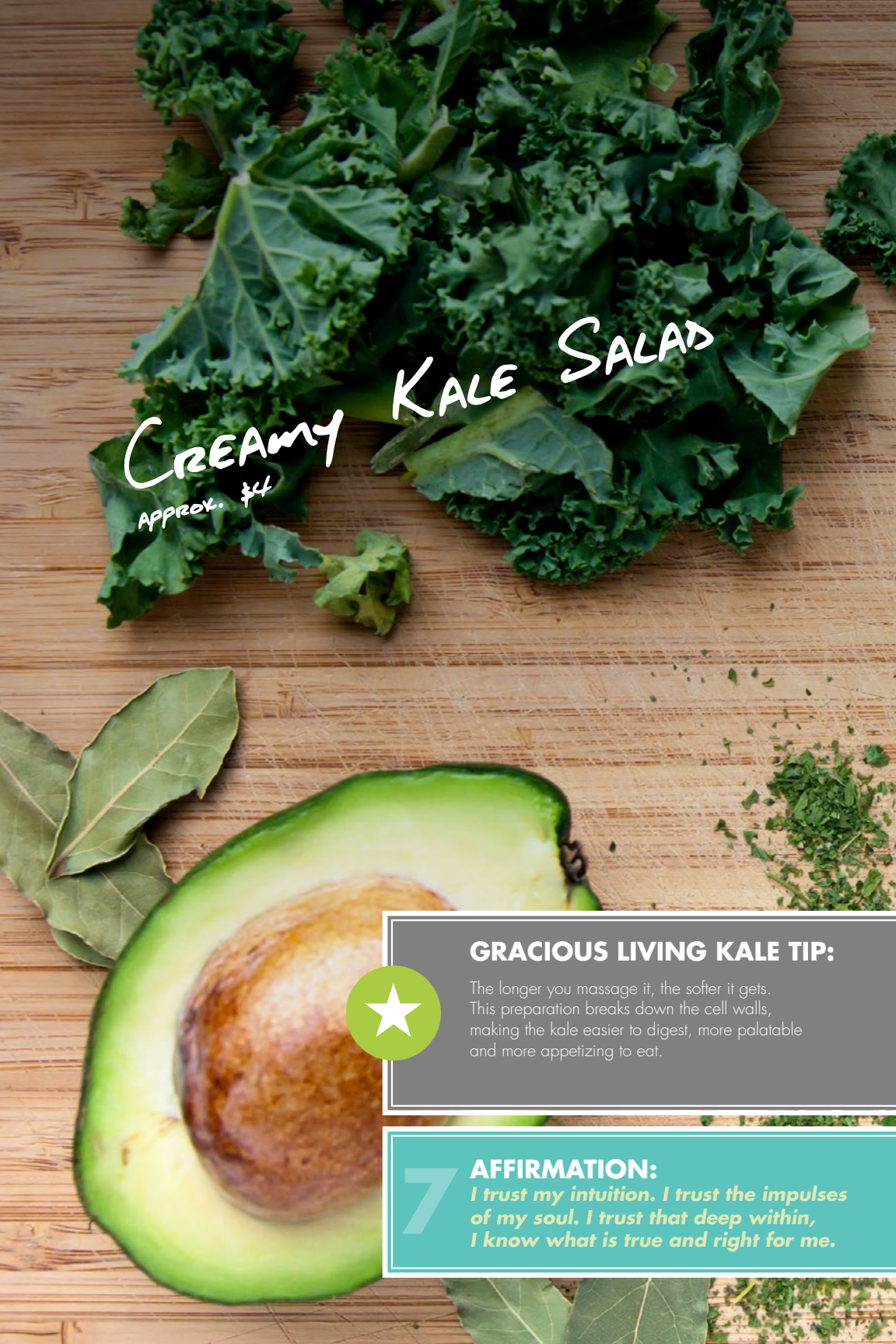
BLEND AND PRACTICE

Grab your Healing Salad Bowl. Start with a dark green leafy base of spinach or romaine lettuce. Begin adding in as much colour as possible! Toss all ingredients together. Add beets last, or keep them separate and only use as needed throughout the week, as they will turn your salad purple. I like to add them on top at the very end. Use Gracious Living salad dressing recipe of choice.

SERVES: 1-2 people

EASY VARIATIONS:

1. Add 3 Tbsp sunflower seeds.
2. Add 5 Tbsp hemp seeds.



GRACIOUS LIVING KALE TIP:

The longer you massage it, the softer it gets. This preparation breaks down the cell walls, making the kale easier to digest, more palatable and more appetizing to eat.

7

AFFIRMATION:

I trust my intuition. I trust the impulses of my soul. I trust that deep within, I know what is true and right for me.

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STAY HYDRATED! **Drink 1 whole glass of water **BEFORE** preparing this salad.*

The easiest, most delicious salad that you have ever eaten and it has kale in it! Super simple and super fast, and a great way to get more greens in your eating plan.

INGREDIENTS

1 bunch	Kale (6-10 stalks)
1 Tbsp	Raw coconut oil
1	Avocado
	Celtic sea salt to taste

SERVES: 1-2 people

Take a moment. Close your eyes. Focus on letting go, but also letting in. Let go of your stress and let love in. Take five deep breaths – each time exhaling stress and inhaling love – with your hand on your heart. As you prepare this super nutritious salad, keep your breaths deep, long, and balanced. Make the kitchen a stress-free zone, a place where you can focus on your healing and de-stressing. Put some good energy into your food! Always express gratitude to your food, for helping keep you alive.

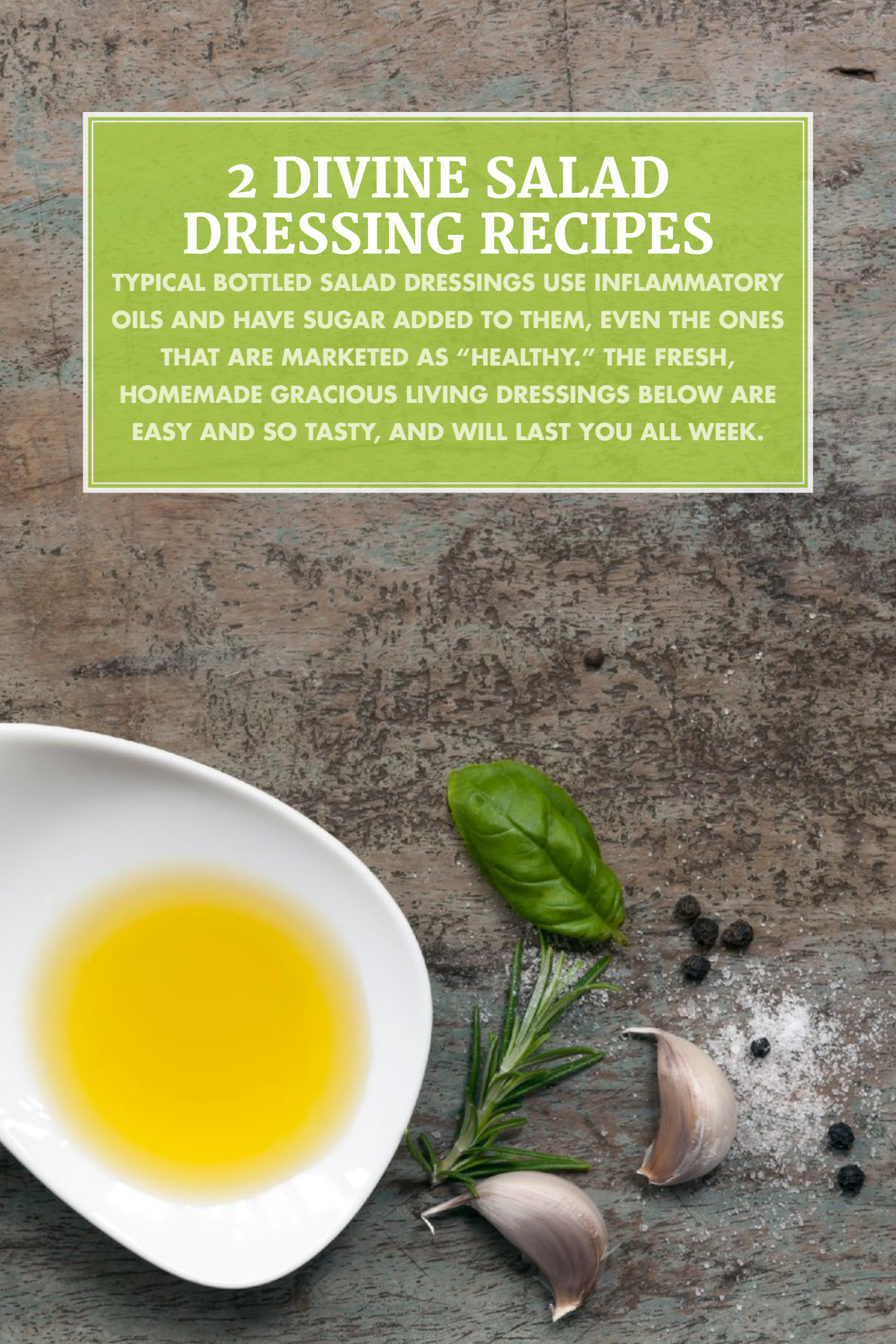
Now begin your kale salad making meditation. Rip kale leaves off the stalks and into bite sized pieces. Remove any fibrous stems. The stems don't taste good. I like to save these parts to blend in my smoothies or soups for an added boost of nutrition. Fill your Healing Salad Bowl with bite sized kale pieces. Add coconut oil to the bowl and massage the kale with it. Rub the oil into every little nook and cranny of the kale leaves. Let no area go untouched! After about three minutes your kale will be so soft, like you steamed it. Once kale is soft, add skinned and pitted avocado to the bowl. (Use the spoon method mentioned earlier to get the entire avocado out). Start massaging the avocado into the kale the same way you massaged the coconut oil in. Make sure all the avocado pieces are mushed in so you have a creamy looking kale salad. Add a bit of sea salt. This is yummy to eat as is. So simple!

EASY VARIATIONS:

1. Add chopped garlic.
2. Add 3 Tbsp sunflower seeds.
3. Add 5 Tbsp hemp seeds.
4. Top with shredded carrot.
5. Top with shredded beet.
6. Mix in any veggies you desire after kale is massaged with avocado.

2 DIVINE SALAD DRESSING RECIPES

TYPICAL BOTTLED SALAD DRESSINGS USE INFLAMMATORY OILS AND HAVE SUGAR ADDED TO THEM, EVEN THE ONES THAT ARE MARKETED AS "HEALTHY." THE FRESH, HOMEMADE GRACIOUS LIVING DRESSINGS BELOW ARE EASY AND SO TASTY, AND WILL LAST YOU ALL WEEK.





8

AFFIRMATION:

Inner peace is available to me anytime of the day. I always have a choice about how I can react.

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STAY HYDRATED! **Drink 1 whole glass of water **BEFORE** preparing this dressing.*

INGREDIENTS

1	Ripe, soft banana
1	Juice of fresh lemon
¾ cup	Liquid coconut oil
½ tsp	Turmeric
1 clove	Garlic
1 tsp	Fresh ginger
½ tsp	Cumin
½ tsp	Black pepper
	Celtic sea salt to taste
½ cup	Water

BLEND AND PRACTICE

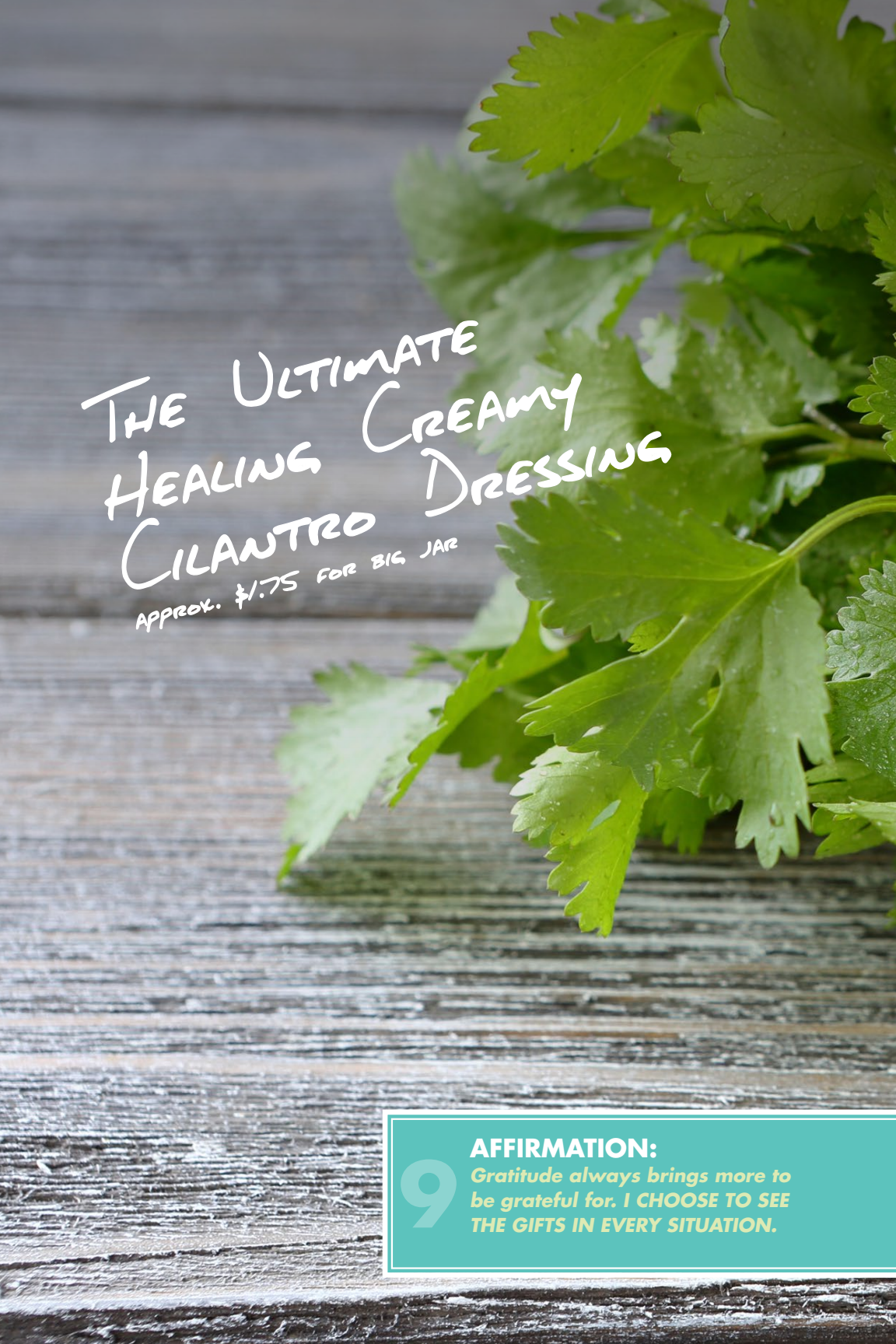
Blend until super creamy. As you are blending, take five deep breaths, place your hand on your heart and repeat your affirmation. Deep breathing alleviates perceived stress and reduces cortisol. Smile, and tell yourself you love yourself. Keep practicing this every day until you believe it.

If the dressing is too thick, add a tiny bit of water until you achieve desired consistency.

SERVES: 1-2 people

EASY VARIATIONS:

1. Add 1 Tbsp of tahini for extra creaminess.
2. Lemon can easily be substituted with fresh lime.



9

AFFIRMATION:

Gratitude always brings more to be grateful for. I CHOOSE TO SEE THE GIFTS IN EVERY SITUATION.

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STAY HYDRATED! **Drink 1 whole glass of water **BEFORE** preparing this dressing.*

INGREDIENTS

2 Tbsp	Tahini
1 cup	Cilantro
1	Juice of fresh lemon
¾ cup	Liquid coconut oil
½ cup	Water
1 clove	Garlic
	Celtic sea salt to taste
1 tsp	Fresh ginger

BLEND AND PRACTICE

Blend until super creamy. As you are blending, take five deep breaths, place your hand on your heart and repeat your affirmation. Let the sound of your deep breathing be an inner harmony that soothes you. Know that you can always come back to this inner harmony any time you choose, with your deep breaths and your hand on your heart. Smile, and tell yourself you love yourself. Keep practicing this every day until you believe it.

Store in a mason jar in fridge for 1 week.

SERVES: 1-2 people

EASY VARIATIONS:

1. Add cayenne pepper for a spicy, detox boost.
2. Fresh limes can easily substitute lemons.

Sunwarrior Protein Bliss Balls

Approx. $4 for 24 balls



10

AFFIRMATION:

My mind and heart are opening to new experiences. I am becoming refreshed and renewed from the inside OUT.

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STAY HYDRATED! **Drink 1 whole glass of water **BEFORE** preparing this recipe.*

INGREDIENTS

2 scoops	Sunwarrior Warrior Blend Vanilla Protein Powder
2 Tbsp	Coconut oil
1	Very ripe banana
1 tsp	Cinnamon

Crunchy coating:

2 Tbsp	Sunflower seeds
2 Tbsp	Hemp seeds

HOW-TO

Combine protein powder, cinnamon and coconut oil in a bowl. Mash the banana into the mixture to form a cookie dough consistency. Roll into balls. The mixture usually makes about a dozen balls. Roll balls into sunflower and hemp seeds for a crunchy outer covering. Alternatively, fold the seeds into the mixture before rolling into balls.

SERVES: 1-2 people

EASY VARIATION:

1. For a sweet salty taste, just add a tad of Celtic salt to the mixture before rolling.

PROTEIN BLISS BALLS **TIPS**



1 If the banana is yellow but still a little hard, rub it between your hands with the peel still on until it gets soft and mushy.



2 If the mixture is too dry, add 1 Tbsp more coconut oil. The texture should be like cookie dough: easy to roll, not too dry and not too wet.



3 Try the mixture before you roll it! If it isn't sweet enough for your taste, add 1-2 Tbsp of yacon syrup or coconut nectar to it. The thick sweetener will make it easier to roll, too.

10 THINGS TO AVOID THAT DEPLETE THE BODY OF ENERGY, CAUSE INFLAMMATION, AND SLOW DOWN HEALING:

1. Refined sugar – No white or brown sugar
2. Table salt
3. Artificial sweeteners
4. Soda pop
5. Junk food (cookies, chips, fried foods, filler foods with no nutrition)
6. Margarine
7. Bottled lemon juice
8. Rancid, toxic cooking oils – The only oil you are allowed to use at this stage is raw coconut oil. Use it for cooking, salad dressings, and your desserts. It's good for everything and promotes healing.
9. Negative attitude – Practice acceptance, positivity, and self love

10.

Laziness – 100 % commitment because

YOU ARE WORTH IT!

STOP EATING CRAP



C= Carbonated Drinks R= Refined Sugars
A= Artificial Foods P= Processed Foods

START EATING CLEAN AND FRESH:



REAL FOODS, LIVE FOODS, SUN FOODS
WHOLE FOODS, PLANT FOODS, CLEAN FOODS, FRESH FOODS

Gracious Living
with Grace Van Berkum

10 HEALING RECIPES GAME PLAN/MEAL PLAN:

These recipes are to be incorporated into your eating every day for the next 10 days. Best results come from eating every 3 hours. You determine the best times, based on your schedule.

DAILY SCHEDULE:

Wake up and drink water with fresh lemon & ginger right away (prepare the night before).

DAILY SCHEDULE: Wake up and drink water with fresh lemon & ginger right away (prepare the night before). Aim to have one smoothie, one salad, one salad dressing, one soup, two to four protein balls, plus dinner of your choice every day. Dinner should be made from at least five veggies and one protein source (see list). If you are still hungry, repeat any recipe from this book. Make sure to drink 8-12 cups of clean water daily.

This book is not meant to deprive you in any way. It is meant to fill you with nutrient dense foods that heal the body and keep you satiated, while taking out foods that slow you down and cause you to have cravings. Eat as much as you want from the foods and recipes in this book.

SUGGESTED PROTEIN SOURCES:

- Hemp seeds (plant-based)
- Legumes of choice (plant-based)

Plant-based protein sources are suggested, but if you are not ready to solely eat plant protein, the other suggestions below are permitted.

PROTEIN LIST:

- Wild fish (high quality, non-plant-based protein source)
- Organic, free range eggs (high quality, non-plant-based protein source)

BEAN **TIPS**



1 Making beans is preferred but we appreciate that not everyone has the time to make them. If you are using canned beans, make sure you are getting a BPA-free can so aluminum is not leached into your beans. Organic, low or reduced sodium varieties recommended. We also encourage you to rinse canned beans before adding to recipes to remove excess sodium.



2 Heinz, Libby's, or any canned beans that contain high amounts of added sugars, preservatives, and sodium are not permitted. Such added ingredients are not condusive for optimal health and healing. Always read your labels and stay away from added sugars and chemicals.



3 If you are making your own beans, make sure to soak them overnight to pre-digest them and cut down on cooking time, too. Throw out the water you soaked the beans in, add fresh water, and then cook them. This will decrease any flatulence you might experience from eating beans.

10 GRACIOUS LIVING LIFESTYLE TIPS:

1. Have Sunwarrior Protein Bliss Balls whenever you have a sugar craving.
2. Stay away from chemical foods from the banned list.
3. Pay attention to how your body feels.
4. Show yourself love through the food choices you make.
5. Chew your food thoroughly. Eat slowly. Digestion starts in the mouth first.
6. Be patient. Be conscious of deep breathing. Smile more.
7. Practice deep breathing and affirmations daily. Meditate. Embrace stillness.
8. Stay hydrated.
9. Incorporate movement into each day. Walk. Do yoga. Workout. Swim. Dance.
10. Read inspirational books on life, health, and nutrition.



GRACIOUS LIVING BEAUTY TIP:

Use coconut oil as a moisturizer, or as an anti-bacterial mouthwash technique (read up on the ancient, easy, "Oil Pulling Technique" for better health.)

10 GRACIOUS LIVING

AFFIRMATIONS

1. When I feed the cells of my body, my health improves fast.
2. When I choose foods that nourish me, I am loving my body.
3. I am strong. I am powerful. I am vibrant. I am healthy. I am a beautiful and radiant spirit.
4. I embrace change with an open mind and open heart. When I open myself up to new possibilities, I open myself up to new outcomes.
5. My mind is powerful. I can achieve anything I want. Every day is an opportunity to become stronger and healthier.
6. I know that to be truly happy and healthy, I need to surrender old pains. I forgive others. I forgive myself. I know speaking my truth will set me free.
7. I trust my intuition. I trust the impulses of my soul. I trust that deep within, I know what is true and right for me.
8. Inner peace is available to me anytime of the day. I always have a choice about how I can react.
9. Gratitude always brings more to be grateful for. I choose to be grateful for all the amazing things big or small in my life.
10. My mind and heart are opening to new experiences. I am becoming refreshed and renewed from the inside.

THE RECIPES INCLUDED IN THIS EBOOK WILL INFUSE YOU WITH NUTRIENTS, ENZYMES, CHLOROPHYLL, FIBRE, AND HYDRATION. YOU WILL SEE THAT IF YOU INCORPORATE ALL OF THEM INTO YOUR DAILY EATING, YOUR CRAVINGS WILL START TO GO AWAY. IT'S A BEAUTIFUL THING TO DISCOVER! STAY COMMITTED, OBSERVE YOUR BODY, AND

ENJOY THE JOURNEY.

HAVE YOU MASTERED THESE RECIPES?

ARE YOU FEELING COMFORTABLE IN THE KITCHEN AND THE SUPERMARKET? ARE YOU READY FOR THE NEXT STEP?

STAY TUNED FOR THE GRACIOUS LIVING LIFESTYLE EASY & HEALING RAW VEGAN FAVES eBOOK OR GO ON A GRACIOUS LIVING LIFESTYLE, TROPICAL, HEALING, RETREAT IN NICARAGUA!

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CREDITS

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