Gracious Living
with Grace Van Berkum

GRACIOUS LIVING LIFESTYLE

EASY & HEALING RAW VEGAN FAVES

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



www.gracevanberkum.com

Content

INTRO 3

EQUIPMENT YOU WILL NEED 10

FOODS NEEDED 11

RECIPES 14

- GRACIOUS LIVING KOMBUCHEEEE 15
- GRACIOUS "BUBBLE" TEA 17
- GRACIOUS LIVING FAVE NUT MILKS 19
- PECAN CINNAMON MILK 20
- BRAZIL NUT MACA MILK 23
- CASHEW BANANA MILK 25
- CREAMY CHIA PUDDING 27
- DECADENT CHOCOLATE PROTEIN PUDDING 29
- ENERGIZING CHOCOLATE PROTEIN SMOOTHIE 31
- RAW DILL HUMMUS 33
- RED PEPPER PÂTÉ 35
- VEGGIE CRACKERS 37
- RAW PASTA WITH FRESH TOMATO SALSA 39
- KALE WALNUT SPINACH PESTO 41
- BROCCOLI-TAHINI DRESSING 43
- CREAMY CUCUMBER DRESSING 45
- PECAN MACA-ROONS 47
- SLOPPY CHOCOLATE CAKE 49

SHOPPING LIST APPENDIX 53



Let's do this together!

WELCOME TO MY EASY & HEALING RAW VEGAN FAVES eBOOK.

CLICK ABOVE TO WATCH MY INTRO VIDEO

AND FIND OUT WHY THIS BOOK IS PERFECT FOR YOU.

A GRACIOUS LIVING LIFESTYLE IS ALL ABOUT LIVING A LIFE OF GRACIOUS GRATITUDE.

Gratitude comes from a place of openness, a place of joy, a place of forgiveness, and a place of respect for your body, health, and life. We can cultivate this gratitude by recognizing that every single thing we do, say, act upon (or don't act upon), and everything we eat has a positive or not-so-positive effect on our bodies, health, and future.

When we live graciously, we become more mindful, more aware, and more conscious of our lifestyle and how our lifestyle choices affect our future. What you put into your body not only affects your health, it also affects how you perceive the world, handle stress, and relate to people. It even impacts the health of the planet. Everything you choose to eat influences the approximately 100 trillion cells that make up your tissues, organs, and systems of the body. Wouldn't it make sense to start eating in a way that feeds our cells, rather than focusing on calories or deprivation? What if we began to understand that each cell thrives, or becomes damaged, from everything we eat (and everything we think), and that our bodies' cells continuously replicate in a direction based on the cells that currently exist?

DOESN'T IT MAKE SENSE TO EAT FOR OPTIMAL CELL HEALTH, SO THAT OUR INSIDES ARE WORKING HARMONIOUSLY, EFFECTIVELY, AND EFFICIENTLY, AND WE HAVE MORE ENERGY? BALANCED, RAW, VEGAN EATING HELPS OUR CELLS THRIVE SO WE CAN PERFORM AND LOOK OUR VERY BEST.

If you are not interested in becoming fully raw or fully vegan, that is okay! Simply eating more raw vegetables, more fibre, more enzymes (from uncooked foods), and reducing your intake of chemical-laden foods as much as possible, will help reduce inflammation in your body and improve cell health and detoxification.

This eBook contains some of my favourite raw food recipes – super easy, delicious, and nutrient dense. These recipes were chosen to show you that healthy eating does not have to be complicated or require hours in the kitchen. There are so many variations you can do with these simple recipes. Think of these as unintimidating building block recipes as you transition into a Gracious Living Lifestyle. Every recipe includes ingredients that help your cells thrive and work to the best of their ability. The beauty of many of these ingredients is that they are versatile and easy to use in different kinds of recipes, sweet or savoury. We are not only becoming efficient inside our bodies, we are also becoming efficient in the kitchen!

My passion is helping others heal and prevent diseases, and live the life of their dreams, by teaching them how to eat as clean as possible. The cleaner we eat, the better our bodies and brains work, giving us clarity and focus to move in the direction of our limitless potential, and better handle life's stresses.

GRACIOUS LIVING LIFESTYLE IS ALL ABOUT FRESH FOODS, LIVING FOODS, WHOLE FOODS, RAW FOODS, PLANT FOODS, SUPERFOODS, AND REAL FOODS, FOR PEAK PERFORMANCE AND ABUNDANT ENERGY.

WE ARE LIVING BEINGS MADE OF CELLS,

SO IT ONLY MAKES SENSE THAT WE

EAT LIVE FOODS THAT MAXIMIZE

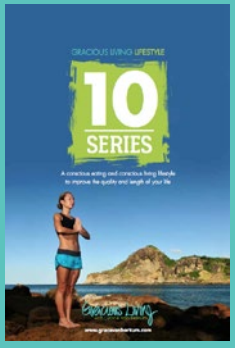
THE

PERFORMANCE OF OUR CELLS.

WHEN WE START TO BRING MORE AWARENESS INTO OUR LIVES ABOUT THE CHOICES WE ARE MAKING, WE BEGIN TO UNDERSTAND THAT THERE MAY BE OTHER OPTIONS THAT SERVE US BETTER. WE BEGIN TO LIVE CONSCIOUSLY, BECOME MORE EMPOWERED, AND THEN HEALTH AND BLISS BEGINS TO FLOURISH. THIS IS THE GRACIOUS LIVING WAY.

GRACIOUS LIVING LIFESTYLE:

AWARENESS
= QUESTION WHY
= UNDERSTAND YOUR OPTIONS
= EMPOWER YOURSELF WITH KNOWLEDGE
= MAKE A CHOICE THAT SERVES YOUR FUTURE
= CONSCIOUS LIVING
= CONTROLLER OF YOUR DESTINY



** **HEY!** **Have you read the Gracious Living Lifestyle Healing 10 Recipes eBook?** Ten easy and delicious plant-based recipes, including smoothies, sauces, salad dressings, and protein balls. Each dish costs under $10, uses less than 10 ingredients, and can be made in less than 10 minutes! If you have already completed the Healing 10 Recipes eBook, then you will know about some of the ingredients highlighted within the following pages!

THIS BOOK IS DEDICATED TO YOU.

I ADMIRE, RESPECT, AND APPLAUD YOUR OPENNESS TO TRY SOMETHING NEW

– A DIFFERENT APPROACH, A NEW WAY OF EATING AND LIVING. WHEN WE ARE OPEN WE ARE ABLE TO RECEIVE NEW IDEAS, EXPERIENCES, AND INFORMATION SO WE CAN EVALUATE FOR OURSELVES WHAT SERVES US BEST. NEVER STOP EXPLORING AND SEEKING INFORMATION. ALWAYS STAY DEDICATED TO A PATH OF OPENNESS AND LEARNING.

THIS IS THE PATH TO TRUE HEALTH AND TRUE HAPPINESS.





THIS BOOK IS ALSO 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 TEACHES ME EVERY DAY, WITH HIS ACTIONS AND CHOICES, THAT A HAPPY, INSPIRED LIFE COMES FROM STAYING OPEN TO ALL POSSIBILITIES, AND THAT WHEN YOU STAY OPEN TO LIFE, ANYTHING AND EVERYTHING IS POSSIBLE, EVEN HEALING CANCER WHEN NO ONE THOUGHT IT WAS POSSIBLE. MY DADDY CONTINUES TO TEACH ME THAT ABSOLUTE TRUE HEALTH IS THE STATE OF YOUR MIND.

WHERE TO GET THESE FOODS:

GROCERY STORES, FARMERS MARKETS,
WHOLE FOODS MARKET, AMAZON.COM



YOU WILL NEED: A BLENDER

No need for anything fancy, 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.



A SPIRALIZER

A spiral vegetable slicer is a quick and easy way to transform your favourite vegetables into "noodles". There are many spiralizers on the market, but my preferred brand is the Paderno World Cuisine Tri-Blade Plastic Spiral Vegetable Slicer. It comes with three sets of blades so you can create noodles of varying sizes and shapes. You can purchase it on Amazon by clicking here.

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.



See the appendix at the end of this book for a full break down of the health benefits of the foods and ingredients listed below.



1) ORGANIC, UNPROCESSED APPLE CIDER VINEGAR

1 large bottle



2) CELTIC SEA SALT

1 package



3) ERGOGENICS ORGANIC HEMP PRO-SERIES 70 PROTEIN POWDER

(Enjoy 20% off your online purchase by using code "GraciousLiving20off" at the checkout)



4) FRUITS:

- ½ cup apricots (dried)
- 3 large or 6 small avocados
- 2 ripe bananas
- 2 cups berries
- 1 cup coconut (unsweetened, not shredded)
- 5 lemons
- 1 mango (optional)
- 1 small jar olives



5) HERBAL TEA of choice

(Chaga, Pau d'arco, Reishi, Matcha and Green Tea are Gracious Living faves)



6) HERBS:

- 1 bunch basil
- 1 bunch cilantro
- 1 bunch dill
- 1 garlic bulb
- 1 palm-sized piece ginger
- Small bunch mint (optional)
- Small bunch parsley (optional)



7) NUTS:

- 1 cup Brazil nuts
- 1 cup cashews
- 3½ cups pecans
- 2½ cups walnuts



8) OILS & NATURAL SWEETENERS:

- 1 jar coconut oil (raw, organic, unprocessed)
- 1 bottle extra virgin olive oil
- 1 large package of dates
- 1 bottle of pure liquid stevia, yacon syrup or coconut nectar



9) SEEDS & POWDERS:

1 small package cacao powder* (raw, organic)
1 large package chia seeds*
1 large package hemp seeds*
1 small package maca powder* (raw, organic)



10) SPICES:

Cardamom
Cayenne pepper
(Ceylon) cinnamon
Cumin



11) 1 SMALL JAR TAHINI

12) ULTIMA REPLENISHER ELECTROLYTE POWDER

(Enjoy 35% off your online purchase by using code "GraciousLiving35" at the checkout)

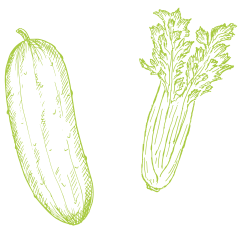


13) VANILLA

1 small container (pure)

14) VEGGIES:

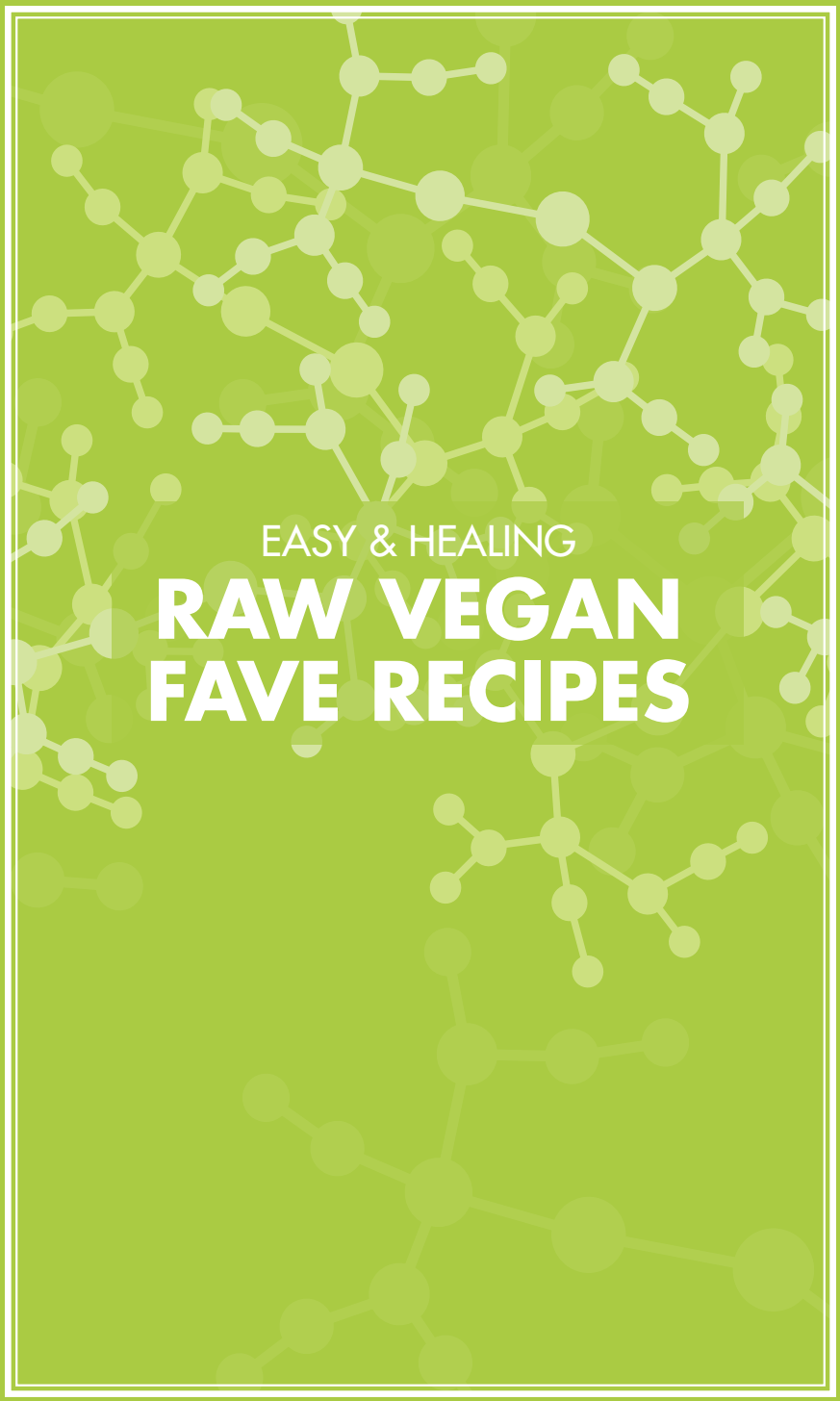
2 stalks broccoli
1 stalk celery
1 cucumber
1 small bunch green onion
1 bunch kale
2-3 peppers (red and orange)
1 bag spinach
2-4 tomatoes
(enough for 1½ cups diced)
2 zucchinis





The oils, powders, spices, seeds, tahini, salt and liquid sweeteners will last for up to a year, but if you are using them every day as you should be, then you will have them for another month or so.

*Click here to purchase these ingredients online at 15% off.

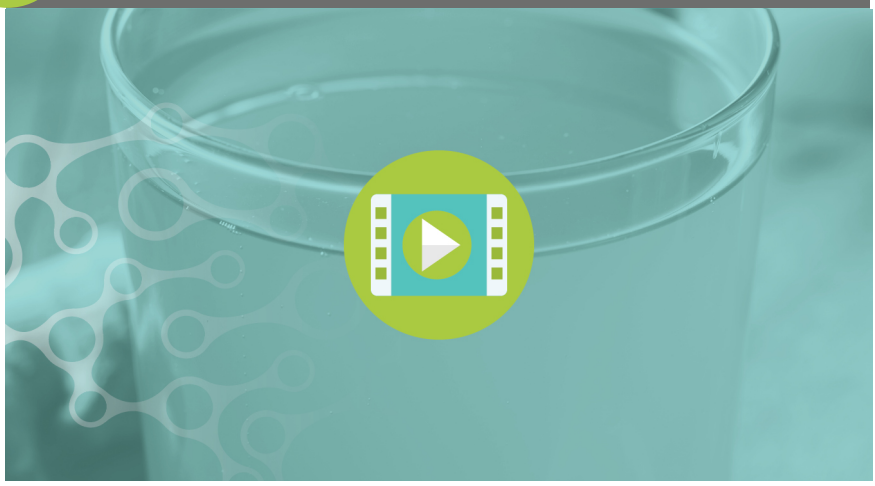

EASY & HEALING
RAW VEGAN
FAVE RECIPES

Gracious Living Kombucheeee



Kombucheeee is the easy Gracious Living version of Kombucha. This detoxifying drink is easy to make and filled with enzymes to cleanse the body. The suggested variation below also helps to reduce inflammation and improve digestion. You may wish to use freshly squeezed juice from one lemon or one lime in place of Ultima Replenisher, but if you choose to use the electrolyte powder, be sure to use code **"GraciousLiving35"** at the website checkout for 35% off.

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 drink.*

INGREDIENTS

2 Tbsp	Organic, raw apple cider vinegar in 1 tall glass of water
1 packet	Ultima Replenisher electrolytes sweetened with stevia (for this recipe, my fave flavours are lemonade, orange, and raspberry)

OPTIONAL

1 tsp	Freshly grated ginger or ½ tsp liquid ginger

METHOD

To water with apple cider vinegar, add packet of Ultima Replenisher electrolytes powder or juice of one whole lemon or lime. Add ginger, if using. Mix well. So easy and so detoxifying, with excellent anti-inflammatory and digestive-enhancing qualities.

SERVES: 1-2 people

GRACIOUS LIVING KOMBUCHEEEE VARIATION:
CHIA FRESCA: Serves: 1-2

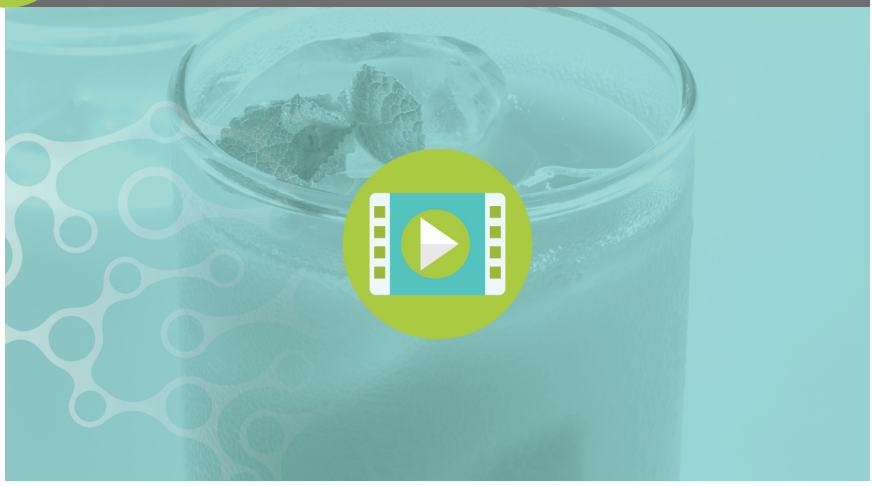
1. Add 1 Tbsp chia seeds to Gracious Living Kombucheeee, and let soak overnight in refrigerator. Stir in the morning before enjoying. This is a simple, healing drink that is also filled protein and fibre. Very filling and energizing!



Gracious "Bubble" Tea

A healthy version of traditional bubble tea, which is typically loaded with sugars and milk. This hydrating version contains your healing herbal tea of choice, chia seeds, and a dairy-free milk. Yummy and filling!

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

INGREDIENTS

Herbal tea of choice (Gracious Living top cancer-healing and cancer-prevention picks are pau d'arco, green tea, matcha, reishi, or chaga)

1 Tbsp	Chia seeds
1 tsp	Natural sweetener of choice* (Gracious Living faves are stevia, yacon syrup, and coconut nectar)

OPTIONAL

Homemade nut or seed milk of choice (see page 19)

METHOD

Brew herbal tea of choice. Let cool. Add to a pint-size mason jar with 1 Tbsp chia seeds. Let soak overnight. Sweeten with 1 tsp of natural sweetener of your choice. Shake and drink as is, or add nut or seed milk of your choice.

SERVES: 1-2 people

These real food recipes are ideal for beginners transitioning away from processed, chemical foods into a healthier, fresh food lifestyle. For optimal wellness & rapid healing, those who are healing from cancer or candida are advised to stay away from all sugars, even natural sugars



GRACIOUS LIVING

FAVE NUT MILKS

ALMOND MILK IS SO LAST YEAR! KEEP THINGS INTERESTING BY GIVING THESE YUMMY DAIRY-FREE MILKS A TRY. THE NUTS FEATURED IN THESE MILK RECIPES ARE FULL OF GOOD FATS THAT ARE NEEDED FOR OPTIMAL HEALTH. THESE HEART-HEALTHY FATS ALSO MAKE FOR SUPER CREAMY MILKS. IF YOU REALLY WANT TO MAKE ALMOND MILK, SIMPLY SWAP OUT THE NUTS IN THESE RECIPES WITH ALMONDS.



GRACIOUS LIVING

SEEDS & NUTS **TIP:**

Prior to adding to recipes or consuming, soak nuts and seeds in clean, filtered water for 20 minutes to an hour. This removes natural components of the nut called "enzyme inhibitors" that hinder digestion and nutrient absorption. You will notice the brown murky water that accumulates when you soak them. Dispose of soaking liquid and rinse nuts or seeds again. They are now ready to use.

If you don't have time to soak your nuts, simply rinse them thoroughly. This will still be beneficial.



WHY SOAK NUTS & SEEDS?

1. To remove or reduce phytic acid.
2. To remove or reduce tannins.
3. To help neutralize the enzyme inhibitors.
4. To encourage the production of beneficial enzymes.
5. To help increase the amounts of vitamins.
6. To make the proteins more readily available for absorption.
7. To help prevent mineral deficiencies and bone loss.
8. To help neutralize toxins in the colon and keep the colon clean.
9. To help prevent many health diseases and conditions.

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

INGREDIENTS

1 cup	Soaked pecans
3 cups	Clean water
1 tsp	Cinnamon powder

OPTIONAL:

3	Soaked and pitted dates for added natural sweetness and extra fibre

OPTIONAL:

½ tsp	Pure vanilla (make sure it is pure and there is no sugar added).

METHOD

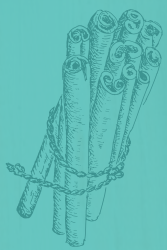
Blend all ingredients together until smooth and creamy. Keeps in refrigerator for three days.

SERVES: 3-4 people



This combination of pecans and cinnamon will blow your taste buds away!

Brazil Nut Maca Milk



When given the option, Gracious Living Lifestyle loves CEYLON CINNAMON POWDER over Casia Cinnamon Powder because it has sweeter, smoother flavour with medicinal, anti-inflammatory, anti-microbial, health benefits. But either cinnamon is still great as part of a healthy Gracious Living Lifestyle

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

INGREDIENTS

1 cup	Soaked Brazil nuts
3 cups	Clean water
1 tsp	Raw maca powder*

OPTIONAL

1 tsp	Cinnamon powder

OPTIONAL

1 Tbsp	Raw cacao powder

OPTIONAL

3	Soaked and pitted dates for added natural sweetness and extra fibre

METHOD

Blend all ingredients together until smooth and creamy.
Keeps in refrigerator for three days.

SERVES: 3-4 people

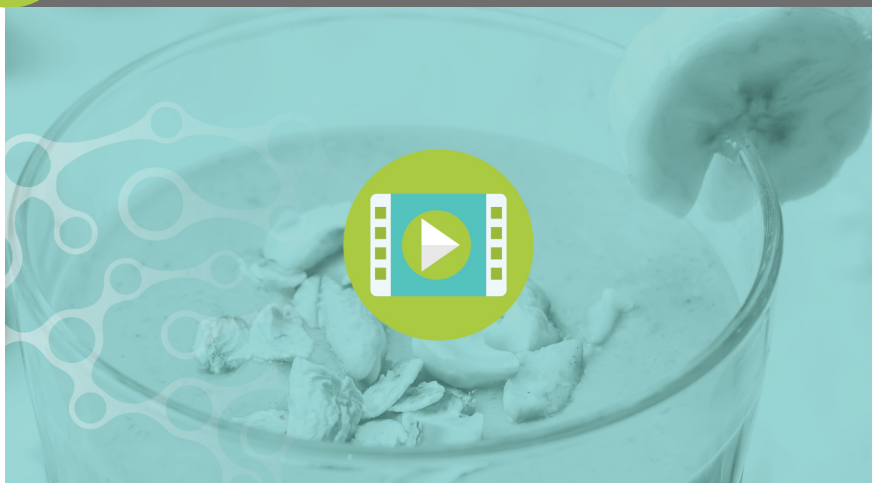


Brazil nuts blend up super creamy for a decadent nut milk. Its energizing power comes from the superfood maca boost.

*Please see Maca contraindications on page 61.


Cashew
Banana Milk

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

INGREDIENTS

1 cup	Soaked cashew nuts
3 cups	Clean water
1	Ripe banana

OPTIONAL

1 tsp	Cinnamon powder

OPTIONAL

½ tsp	Cardamom powder

OPTIONAL

3	Soaked and pitted dates for added natural sweetness and extra fibre

METHOD

Blend all ingredients together until smooth and creamy. Keeps in refrigerator for three days. Use it as a base for your chia puddings - coming up next!

SERVES: 3-4 people



Cashews are another nut that blend up super creamy and smooth.

Creamy Chia Pudding



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

INGREDIENTS

3 Tbsp	Chia seeds soaked
1½ cups	Cashew banana milk
	Fruit of choice, for topping

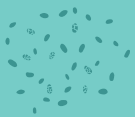
METHOD

Soak chia seeds in cashew banana milk overnight in refrigerator (to avoid clumps, stir the mixture thoroughly before letting it soak overnight).

METHOD cont.

After soaking overnight, remove chia seed and cashew banana milk mixture from refrigerator. Stir again. Top with fruit of your choice. I love using various berries, shredded unsweetened coconut, or raw cacao nibs. For an extra fancy look, arrange thinly sliced bananas, strawberries, or kiwis along the inside of a glass before pouring in chia seed pudding and topping with additional fruit. Enjoy!

SERVES: 1-2 people



Chia pudding is super easy to make, with a multitude of delicious variations. Chia seeds are fantastic for brain health, heart health, and colon health. This pudding is great for breakfast or dessert.



GRACIOUS LIVING

DATE **TIP:**

Soak dates for a couple of hours to soften and make them easier to blend. Soaking also makes dates easier and less dehydrating to digest. Save the date soaking water to use as a natural sweetener for chia puddings or smoothies, or add into your chocolate pudding to blend into a creamier texture. (Unlike the soaked nut & seed water that you discard).

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

INGREDIENTS

1 large	Avocado (or 2 small ones)
2 Tbsp	Raw organic cacao powder
6-8	Soaked and pitted dates
3 Tbsp	Hemp seeds
3 Tbsp	Date water

There is no reason why you can't have this chocolatey, protein-packed treat for breakfast!

METHOD

Blend all ingredients until super-duper creamy. So delicious, good for you, and high in protein. Keeps about three days in refrigerator.

SERVES: 1-2 people



DECADENT CHOCOLATE PROTEIN PUDDING VARIATIONS:

1. Add 1 ripe banana before blending.
2. Add 3-5 fresh mint leaves before blending.
3. Add 1 cup of raspberries before blending.
4. Add ½ cup spinach with an extra tsp of raw cacao powder to make it extra chocolate-y and hide the spinach.


Energizing Chocolate Protein Smoothie

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

INGREDIENTS

1 cup Decadent Chocolate Protein Pudding mixture
(place finished pudding in blender, or alternatively, swap finished pudding with pudding recipe ingredients)

1 cup Homemade nut milk of choice)

1 Serving of your fave plant-based protein powder of choice

(Gracious Living Lifestyle loves Ergogenics Protein Powder because it contains hemp, chlorella, spirulina, sea veggies, and is sweetened with monk fruit) All of these ingredients make this one of the most cleanest, nutrient-dense, plant protein powders in the world.

METHOD

Blend pudding, or pudding ingredients plus homemade nut milk, with protein powder and a handful of ice.

SERVES: 1-2 people



Delicious and amazing for cell health, preventing disease, and recovering from disease. This smoothie is excellent for anyone going through chemotherapy. It contains some of the healthiest foods on the planet!

Raw Dill Hummus



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

INGREDIENTS

1	Zucchini, chopped
Juice of 1	Whole fresh lemon
½-1 tsp	Celtic sea salt
3 Tbsp	Raw tahini
4 Tbsp	Raw coconut oil
⅓ cup	Fresh dill
1 clove	Garlic

Yes, you can make hummus without chickpeas! The combination of tahini and zucchini makes this dip raw, delicious, and creamy. For a plain raw hummus, omit the dill.

METHOD

Blend all ingredients in a food processor until you achieve creamy, rich perfection. Keeps in fridge for three to four days.

SERVES: 2-4 people



RAW DILL HUMMUS VARIATIONS:

1. Blend in ½ tsp of cumin or turmeric.
2. Use parsley, basil, rosemary or cilantro in place of dill.

Red Pepper Pâté



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

INGREDIENTS

1½ cup	Walnuts
1	Celery stalk
1	Large red bell pepper
1	Green onion
½ -1 tsp	Celtic sea salt

OPTIONAL

1 clove	Garlic

METHOD

Combine all ingredients in a food processor and blend until smooth.

Gracious Living serving suggestions: serve with cut up veggies, over salad, rolled up in a green leaf or spread on veggie crackers

SERVES: 2-4 people



This simple and quick recipe – only five ingredients! – is so versatile and satisfying. It actually tastes like tuna salad, without the tuna!


Veggie Crackers

VEGGIE CRACKERS

Veggie crackers are the easiest way to go gluten-free and get extra veggies into your daily eating. You may not be familiar with some of these veggies, but that is okay! The suggestions below are great for you, loaded with nutrients, and many offer that crunch we all crave from time to time. They make great vehicles for your dips, pâtés, or guacamole. Be sure to thoroughly clean your produce before enjoying.







TRY:

- Thinly sliced beets
  (peel off gritty skin before peeling)
  Top with dip of choice.
- Thinly sliced daikon radish.
- Spread celery stalks with dip of choice.
- Belgian endive leaves (peel leaves away from head and enjoy individually)
  Top with dip of choice.
- Baby bok choy (peel away leaves)
  Top with dip of choice.
- Red, yellow, or orange pepper cut into quarters (cut pepper in half, remove seeds and white membrane inside, then cut into quarters, and cut those pieces in half)
  Top pepper boats with dip of choice.
- De-stem mushrooms and stuff them with spread of choice
- Cut a zucchini in half lengthwise. Scrape out the insides of the zucchini with a spoon to create a "zucchini" boat. Place dip of choice inside. This works well with cucumber, too.

USE LEAFY VEG AS A GRAIN-FREE, GLUTEN-FREE, WHOLE-FOOD WRAP:

Thoroughly clean and dry a large collard green or kale leaf. Cut out hard, fibrous stem. Place pâté or thick dip in centre of leaf, wrap up and eat. This works really well with romaine lettuce leaves, too.

Raw Pasta with Fresh Tomato Salsa



GRACIOUS LIVING

SPIRALIZING **TIP:**

Spiralize your zucchini with your veggie spiralizer (see equipment) that will turn your veggies into different sized noodles. Fun, delicious, easy, and quick. A great way to get more vegetables into your diet and much more energizing than eating regular pasta!

Most spiralizers have different blades that will spiralize your veggies into thick or thin noodles. Spiralizing raw vegetables into noodles works best when you cut off the ends and peel the skin first. Other great veggies to use are carrots, beets, turnips, pumpkin, sweet potato, and daikon radish (yes, you can spiralize pumpkin or sweet potato raw). So much fun to make and eat!

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

INGREDIENTS

1½ cups	Finely chopped tomatoes
2 Tbsp	Fresh lemon juice or apple cider vinegar
1 cup	Minced red and yellow peppers
3 cloves	Garlic, finely minced
	Celtic sea salt and cayenne pepper to taste
½ cup	Chopped cilantro

METHOD

Add ingredients to a bowl and mix well

Enjoy this vibrant salsa sauce over raw pasta, with vegetable crackers, or in a green leaf wrap.

SERVES: 1-2 people



FRESH SALSA VARIATIONS:

1. Add ½ cup of thinly sliced green onions, or finely diced white or purple onion.
2. Add sliced fresh olives on top.
3. Add 1 cup of cubed mango to turn it into a mango salsa.

Kale Walnut Spinach Pesto



Walnuts make a great pesto base because of the anti-inflammatory essential fat component, and the cholorophyll from the kale and spinach make it extra nutritious.

GRACIOUS LIVING

PESTO **TIP:**



If the pesto is too thick, add 1-2 Tbsp of water to make it creamier and smoother.

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

INGREDIENTS

1 cup	Walnuts (soaked or rinsed)
1 clove	Garlic
½ cup	Kale
½ cup	Spinach
½ cup	Basil leaves (without the stem)
½ cup	Extra virgin olive oil
Juice of 1	Whole fresh lemon
1 tsp	Celtic sea salt

METHOD

Place the nuts and the garlic in the food processor, then add rest of ingredients. Pulse until mixture reaches pesto-like consistency. It is that simple! Enjoy as a sauce for raw pasta, dip for veggie crackers, or wrap condiment. You can even thin it out with a touch of water and use it as a salad dressing. Keeps three to four days in fridge.

SERVES: 2-4 people

KALE WALNUT SPINACH PESTO VARIATIONS:

1. Replace kale or spinach with other dark green leafy vegetables such as arugula, swiss chard, or mustard greens.
2. Use cilantro or parsley instead of basil.
3. Try almonds, cashews, brazil nuts, sunflower seeds, hemp seeds, or pumpkin seeds in place of walnuts. Experiment with all nuts and seeds - the possibilities are endless!

Broccoli-Tahini Dressing



Another creamy dressing with an extra dose of veggies! This is a nutritious, tasty condiment for your other veggies.

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INGREDIENTS

2	Large stalks of broccoli
2 Tbsp	Raw tahini
½ cup	Extra virgin olive oil or raw coconut oil
⅓ -½ cup	Water (depending on desired consistency)
	Celtic sea salt, to taste

METHOD

Add ingredients in blender and blend until smooth. Enjoy as a dip or sauce on cut veggies, steamed veggies, chopped salads, or raw pasta. This dressing is also great over gluten-free whole grains. Keeps in fridge for up to four days.

SERVES: 1-2 people

BROCCOLI-TAHINI DRESSING VARIATIONS:

1. Add garlic, ginger, turmeric, or cayenne for an extra anti-inflammatory spice.
2. Steamed version: Steam broccoli until bright green and slightly tender. Combine steamed broccoli, raw tahini and oil in a blender with clean water and blend until desired consistency is reached. Add sea salt, to taste. This steamed variation works deliciously well with cauliflower, too.

Creamy Cucumber Dressing



Fresh and creamy, this dressing makes any salad taste divine.

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INGREDIENTS

1	Peeled cucumber
2-3 Tbsp	Tahini
½ cup	Extra virgin olive oil or raw coconut oil
½ cup	Water (depending on desired consistency)
1 tsp	Cumin powder
1 Tbsp	Chia seeds
Juice of 1	Whole fresh lemon
	Celtic sea salt to taste

METHOD

Blend all ingredients together in blender until creamy and smooth. Let it sit for about 15 minutes while you prepare the rest of your meal. This gives the chia seeds time to expand. Blend again. Add a bit more water, if needed to thin out dressing. Serve over salad, veggies, or gluten-free grains. Store dressing in a mason jar, olive or jam jar in refrigerator. Shake it up before each use. Shhhhh-ake it good! Will keep in refrigerator all week.

MAKES: 1 bottle



CREAMY CUCUMBER DRESSING VARIATION:

1. Use fresh herbs like dill, cilantro, basil instead of cumin, or alongside cumin.

Pecan Maca-roons



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INGREDIENTS

1 cup	Unsweetened shredded coconut
2 Tbsp	Yacon syrup or coconut nectar
2 Tbsp	Melted raw organic coconut oil
½ cup	Ground pecans
1 tsp	Raw maca powder

OPTIONAL
1 Serving Vanilla plant-based protein powder

OPTIONAL
1 tsp Pure vanilla

OPTIONAL
1 tsp Cinnamon

OPTIONAL
½ tsp Cardamom powder

METHOD

Put pecans in food processor and grind into powder. Add remaining ingredients and pulse until mixed evenly. If it is too dry, add 1 more teaspoon of coconut oil. Roll into bitesize balls. If desired, roll balls in shredded coconut, raw cacao powder, cinnamon, sesame seeds or ground nuts of choice. Store in a container in the freezer or refrigerator. They will never go bad. But will they sure go fast!

SERVES: 12-24 bite-sized balls

Enjoy this raw, nutrient dense snack that is so good AND so good for you!

Sloppy Chocolate Cake

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PROTIEN CAKE LAYERS

INGREDIENTS

2 cups	Nuts of choice
1	Serving plant-based protein powder of choice (I used Ergogenics)
¼ tsp	Celtic sea salt
½ cup	Soaked apricots
½ cup	Pitted Medjool dates (or soaked pitted regular dates)

METHOD

Combine pecans, protein powder and salt in the food processor and pulse until coarsely mixed. Avoid over-processing. Add the dates and apricots, and pulse until mixed well. Shape into two stackable cakes of desired shape and set aside.

This decadent yet simple chocolate double layer cake is moist, rich and a great source of protein. The berry filling gives it an extra boost of nutrients and flavour.



Don't you love a multi-purpose recipe? Here, the ingredients for our Gracious Living Decadent Chocolate Protein Pudding double as a delicious, protein-packed cake frosting!

PROTEIN FROSTING INGREDIENTS

1	Large avocado (or 2 small ones)
2 Tbsp	Raw organic cacao powder
6-8	Soaked dates
3 Tbsp	Hemp seeds
3 Tbsp	Date water

METHOD

To make the frosting, combine the dates and date water in the food processor and process until smooth. Add the avocado and process until smooth. Add the cacao powder and hemp seeds and process until smooth. Set aside.

FILLING INGREDIENTS

1 cup	Raspberries or blueberries, or both

HOW TO ASSEMBLE THE CAKE:

Frost the top of one of the cakes with half the frosting. Top frosted cake with half of the berries. Stack the second cake on top, and frost the top and sides of the cake. Decorate with remaining berries. Serve immediately or place in the refrigerator for a couple hours to firm up.

The cake layers, on their own, will keep in the refrigerator for weeks. The frosting will keep separately in the refrigerator for about 3-4 days. The assembled cake, with berry filling, will keep in the refrigerator for about 3-4 days as well but will get mushy, so best to keep them separate and assemble when needed.



IN CLOSING

THESE DELICIOUS PLANT-BASED RECIPES ARE SIMPLE TO IMPLEMENT IN YOUR DAILY EATING REGIMEN. THEY WILL INFUSE YOUR BODY WITH NUTRIENTS, WHILE HELPING TO DECREASE INFLAMMATION IN YOUR BODY; THUS, INCREASING YOUR VITALITY, MUSCLE RECOVERY, ELIMINATION OF TOXINS, CLARITY, AND HELPING BALANCE MOOD BY SUPPORTING NERVOUS SYSTEM HEALTH.

REAL FOOD FOR REAL PEOPLE AND A REAL LIFE! ENJOY THE JOURNEY OF HEALTH EXPLORATION.

MAY IT BRING YOU HAPPINESS AND PERSONAL FREEDOM.

SHOPPING LIST

APPENDIX



BELOW YOU WILL LEARN MORE ABOUT THE

NUTRITIONAL BENEFITS

OF THE INGREDIENTS INCLUDED IN THIS eBOOK'S RECIPES.

ORGANIC, UNPROCESSED APPLE CIDER VINEGAR

New medical research suggests that apple cider vinegar (ACV) can help cure acid reflux, lower blood pressure, improve diabetes, and support weight loss.





The benefits of ACV come from its powerful healing compounds, which include acetic acid, potassium, magnesium, probiotics, enzymes, and polyphenols. These compounds help prevent cardiovascular diseases, cancers, neurodegenerative diseases like Alzheimer's, osteoporosis, and diabetes. ACV naturally provides numerous benefits related to skin, digestion, and immunity health. It is a natural antibiotic because it kills bad bacteria while helping good bacteria to grow. ACV contains probiotics and a type of acid that promotes the growth of probiotics, which help kill off candida. Remove sugar from your diet and consume 1 tablespoon of ACV three times daily as part of a candida cleanse.

When shopping for ACV, ensure you buy a raw variety and one that contains the "mother." This means it still contains the beneficial compounds, including probiotics.

APRICOT



Apricots are high in vitamin A, potassium, and fibre. Be sure to purchase a sulphite-free variety and soak them to rehydrate before using. Soaking apricots makes them easier to blend in a food processor and easier to digest. They are naturally high in sugar, so use in moderation. Dried fruit should never be eaten alone, as it is too sweet; this can cause sugar cravings later in the day.

AVOCADO



Avocados contain more soluble fibre than most foods, and help stabilize blood sugar levels, facilitate proper bowel regularity, and aid in weight management. Avocados are also on the list of top plant protein foods.. Having the highest protein and lowest sugar content of any fruit, avocados offer a unique balance to building lean muscle mass and burning fat.

BANANA



Bananas help lower blood pressure, help reduce swelling, support weight loss, strengthen the nervous system, and help with the production of white blood cells. These amazing health benefits are due to bananas' high levels of vitamin B6 and also potassium. They are high in natural sugar, so it is best to consume bananas in smoothies or raw desserts that include plant-based protein powder. Pairing banana with protein helps prevent spikes in blood sugar.



BROCCOLI

Broccoli is one of the most nutrient-dense foods on earth. Broccoli is high in volume due to having a high water content, so it is a filling, low-calorie food that helps reduce cravings and overeating.

Like most green veggies, broccoli really shines when it comes to cancer prevention. Delete: It is now known, to a large extent, that you can effectively prevent cancer through diet. The cancer-protective properties of broccoli have been well established in numerousstudies.

Broccoli consumption improves the body's ability to fight cancer in a variety of ways, including providing antioxidants, regulating enzymes, and controlling apoptosis and cell cycles. Broccoli is also full of minerals and vitamins, like vitamin B6, that help with heart and brain health. Broccoli benefits heart health by preventing heart attacks and strokes, keeping arteries clear, and correcting high cholesterol and high blood pressure. Broccoli is an excellent source of vitamin K, calcium, magnesium and potassium, which are essential for healthy bones, nails and teeth. Broccoli further supports the body's natural detoxification processes due to its phytonutrients.

Sulforaphane in broccoli helps to repair skin damage and its high levels of vitamin A and vitamin C help prevent collagen breakdown, skin cancer, UV damage, wrinkles and skin inflammation.



CARDAMOM

Cardamom is related to ginger and can be used in much the same way to counteract digestive problems. Use it to combat nausea, acidity, bloating, gas, heartburn, loss of appetite and constipation. This spice also helps the body eliminate waste through the kidneys. Animal studies are showing promise that cardamom can protect against, and inhibit the growth of, some cancers.

CELERY



Celery is in the same plant family as cancer-protective vegetables like carrots, fennel, parsley and parsnips, which all contain chemo-protective compounds called polyacetylenes. Early studies have shown that polyacetylenes help reduce toxicity and fight against cancer formation – specifically breast cancer, intestinal cancer and leukemia. Polyacetylenes have many immune boosting effects, including the ability to fight tumors by stopping mutated cells from proliferating.

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Celery helps lower high cholesterol and reduce inflammation. It also protects liver health, contains antimicrobial properties beneficial for fighting infections, and can support weight loss.

CHAGA



Four Sigmatic's wild-crafted Siberian chaga mushrooms are carefully selected to provide premiere health support. Offering some of the most powerful antioxidant and anti-inflammatory support you will ever find growing naturally in the wild, chaga mushrooms reduce joint and arthritis pain, offer anti-aging support for skin and hair, and boost the immune system.

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CHIA SEED

One of the characteristics that make the chia seed so unique is its ability to absorb up to ten times its own weight in water. Because of this, chia seeds can prolong hydration and improve nutrient absorption of electrolytes. This also slows digestion and keeps you feeling fuller longer, reducing sugar cravings.

Chia seeds are one of nature's richest antioxidants. Antioxidants speed up the skin's repair systems, and prevent further damage. Taking chia seeds can prevent premature skin aging due to inflammation and free radical damage.

When consumed, chia seeds create a gelatin-like substance in the stomach. This gel-forming action is due to the soluble fibre in chia seeds, and can work as a prebiotic supporting the growth of probiotics in the gut. By adding a serving of chia seeds to your daily eating, you can help boost your metabolism and burn belly fat. Studies show that the addition of chia seeds to your diet also reduces visceral adipose tissue, a "belly fat" tissue that impacts the metabolism and is a component of obesity.

BONUS: *just one ounce of chia seeds contains 18% of the recommended daily amount of calcium!*

COCONUT NECTAR



Compared with table and brown sugars, coconut sugar has impressive amounts of nutrients like zinc and iron, as well as antioxidants. Used in moderation, coconut nectar is a better choice than refined white sugar because it will not spike your blood sugar in the same way.



COCONUT OIL

Coconut oil has amazing antimicrobial properties. Coconut contains a special medium-chain fatty acid, called lauric acid, which makes it excellent for fighting microbes. In the body, lauric acid is converted into monolaurin, which has antiviral, anti-protozoan and antimicrobial properties. Studies have shown that coconut oil has been found to increase activity on the thyroid, which helps with weight loss.



DATES

Dates have high levels of soluble fibre, which keep bowel movements regular by adding bulk to stool and helping it move faster through the intestines. The high fibre content makes this a preferred natural sweetener.

Dates are also high in calcium and phosphorus, which work closely together to build strong bones and teeth.

DATE TIP #1: *Soak your dried fruit before you use it. Soaking dried fruits in clean water helps hydrate them and makes them easier to blend and digest. Eating dried fruit without soaking can be dehydrating to the body.*

DATE TIP #2: *Keep the water that you soaked your dried fruit in. Store the soaking water in a mason jar and use it as a syrup to naturally sweeten your chia cereals, oatmeal, or smoothies. A Gracious Living Lifestyle means never wasting anything!*



ERGOGENICS

Ergogenics Organic Hemp Pro-Series 70 Protein is water-soluble and an excellent source of essential amino acids. It has a complete spectrum of natural organic proteins, with all 20 amino acids used in the human body, including all 10 essential amino acids. The proteins found in hemp are similar to proteins found in the human body. Soluble hemp protein also provides essential fatty acids omega-6 and omega-3 in a healthy 3:1 ratio. Hemp is also an excellent source of dietary fibre and is very rich in vitamins and minerals.



GINGER TEA

This liquid form of ginger is commonly used to relieve nausea, settle the stomach and relax the body. Have one cup two to three times daily to reduce inflammation. Add fresh lemon juice to the tea for extra detoxification and immune boosting power. Look for the recipe in the Gracious Living Lifestyle Healing 10 Recipes eBook.



HERBS

Herbs offer chlorophyll, minerals, and vibrant flavours when added to dishes. Fresh is always best and most healing to the body.



LEMON

This tangy citrus fruit aids in digestion and detoxification. It also helps rejuvenate skin and heal the body, in addition to boosting energy and mood. Adding lemon to your daily eating is one easy and tasty way to bump up your vitamin C intake. Although lemon is an acidic fruit, it turns alkaline in the body, so add fresh lemon to your beverages, teas, smoothies, dips, sauces, pestos, and/or salad dressings.



MACA ROOT

Maca* is an adaptogen and a member of the cruciferous family, like broccoli and cabbage; however, due to its unique properties, it is considered one of the world's natural "superfoods." Maca is grown in the mountains of South America, mainly in high altitude regions of Peru.

Maca is usually available in powder form. It is very rich in nutrients (it contains higher calcium levels than milk) and is very nutrient dense.

Not only is maca a natural source of healing nutrition, it also has a long history of being a safe superfood that has been consumed for its medicinal benefits for thousands of years in regions of the Andes Mountains.

*Because of maca's effects on hormone levels, physicians believe that maca should not be consumed by people who rely on hormone-altering medications for treatment of illnesses like breast cancer or prostate cancer, or for other serious conditions. People who have high blood pressure are also advised to not consume maca.



MATCHA GREEN TEA

According to the National Cancer Institute, the catechins in matcha green tea (EGCG, EGC, ECG, and EC) are so powerful that it is believed that they may actually help prevent cancer and improve immune system function.



MINT

Mint is a great palate cleanser and promotes digestion. It also soothes stomachs in cases of indigestion or inflammation. The aroma of mint activates the salivary glands in the mouth, as well as glands which secrete digestive enzymes, thereby facilitating digestion.

NUTS

Nuts contain a host of nutrients that battle heart disease and diabetes, boost brain function and the immune system, and can help you lose weight. All kinds of nuts (except peanuts) are proving to be brain food. They aid mental clarity and support the nervous system in a variety of ways. They may even prevent Parkinson's disease and boost your mood. Omega-3 fatty acids help to combat depression.



BRAZIL NUTS

Brazil nuts contain protein, fibre, vitamin E, copper, niacin, magnesium and selenium.



PECANS

Pecans contain over 19 vitamins and minerals, including vitamins A and E, B vitamins, calcium, copper, folic acid, manganese, magnesium, phosphorus, potassium and zinc. They have also been found to help lower cholesterol and clear arteries.



CASHEWS

Cashews are a low-fat nut and contain a good amount of oleic acid, the heart-healthy fat. They also contain biotin, copper, iron, magnesium and zinc.



WALNUTS

Walnuts are being touted as a new superfood for a number of reasons. Loaded with omega-3 fatty acids, they contain high levels of antioxidants, alpha-linoleic and linoleic acid, vitamin B6, vitamin E, ellagic acid and L-arginine.

Linoleic acid helps reduce body fat and weight, lowers cholesterol and boosts the immune system and brain function. Ellagic acid is a powerful antioxidant that combats cancer and L-arginine promotes healing and detoxification.



PAU D'ARCO

Pau D'arco is a tea that helps the body fight candida, and reduces pain and inflammation. It also helps heal ulcers, fight cancer, and has antiviral and antifungal properties. It is also known to be detoxifying.



RAW CACAO

Cacao beans are one of the best magnesium-rich foods around. Magnesium is a mineral needed for more than 300 biochemical reactions in our bodies, and cacao nibs contain 272 milligrams per 100 grams. Additionally, the fibre found in raw cacao may help keep your bowel movements regular. Iron is necessary for red blood cell production, so as an iron-rich food, cacao can help fight anemic symptoms. Raw cacao is also known to help elevate mood, as it acts on the neurotransmitters in our brains that tell us how to behave.



REISHI

Like other anti-inflammatory foods, reishi medicinal mushrooms contain several types of important anti-cancer nutrients, including antioxidants (such as polysaccharides and triterpenoids), beta-glucans and amino acids. Researchers believe that one of the most beneficial components of the reishi mushroom is its polysaccharides, which are a water-soluble type of nutrient found in carbohydrate foods that are known to have anti-tumor abilities.

Because reishi mushrooms can improve blood circulation and lower inflammation, they can help resolve infections more quickly, reduce pain, and fight fatigue. Reishi mushrooms have been used to help treat symptoms and underlying causes of urinary tract infections, respiratory and sinus infections, hepatitis, bronchitis, and even the HIV and AIDS viruses.

TOP 3 BENEFITS OF REISHI

1. Reduces stress
2. Improves sleep quality
3. Improves blood circulation

The reishi mushroom is nature's ultimate stress antidote. Reishi may balance hormone systems on overdrive and improve sleep quality. As an adaptogen, reishi can help your body fight against stress caused by the demands of modern society. Scientific research has shown that reishi improves the cardiovascular system by lowering bad LDL cholesterol and blood pressure, and by improving blood circulation.

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STEVIA

Stevia is an herb that grows in North and South America that is 300 times sweeter than sugar. The best stevia options are as unrefined as possible. Some people are adverse to the taste, but are likely using too much. Try using a little less next time and see if this improves your experience. Also, because stevia is so popular now, there are many new brands that have formulated a great taste. The downside of stevia's popularity is that artificial sweetener companies are now marketing blends and mixes as stevia that are, in fact, not pure stevia. Always read package labels carefully! Many stevia "blends" contain maltodextrin (usually corn) and other sweeteners. Opt for pure, organic stevia. You can buy it in liquid or powder form. If you have a garden, considering planting your own – it is very easy to grow!



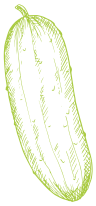
TAHINI

Tahini is high in healthy fats, calcium, amino acids, and protein. This thick, sesame seed spread is also a great source of essential vitamins and minerals, and helps regulate blood pressure and cholesterol. Tahini can help balance hormones, improve skin health, and boost nutrient absorption. It is versatile and can be used in savoury sauces, dips, dressings, or sweet smoothies, raw desserts or raw fudge recipe.



YACON SYRUP

Yacon syrup is a low-glycemic, thick-liquid sweetener that tastes like molasses. Yacon is a South American tuber that looks a bit like a potato, but tastes more like an apple. With half the calories of sugar and a high concentration of indigestible inulin, yacon is a friendly alternative sweetener for diabetics and those looking to reduce their sugar intake.



ZUCCHINI

Zucchini is a great source of antioxidants, vitamin C, and potassium. Zucchini has anti-inflammatory properties that can improve heart health and enhance digestion.

RESOURCES:

Dr. Lodi

Dr. Axe

Dr. Hyman

Dr. Mercola

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Before beginning this or any nutritional regimen, consult your physician to be sure it is appropriate for you. Ask a physician for a stress test.

CREDITS

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