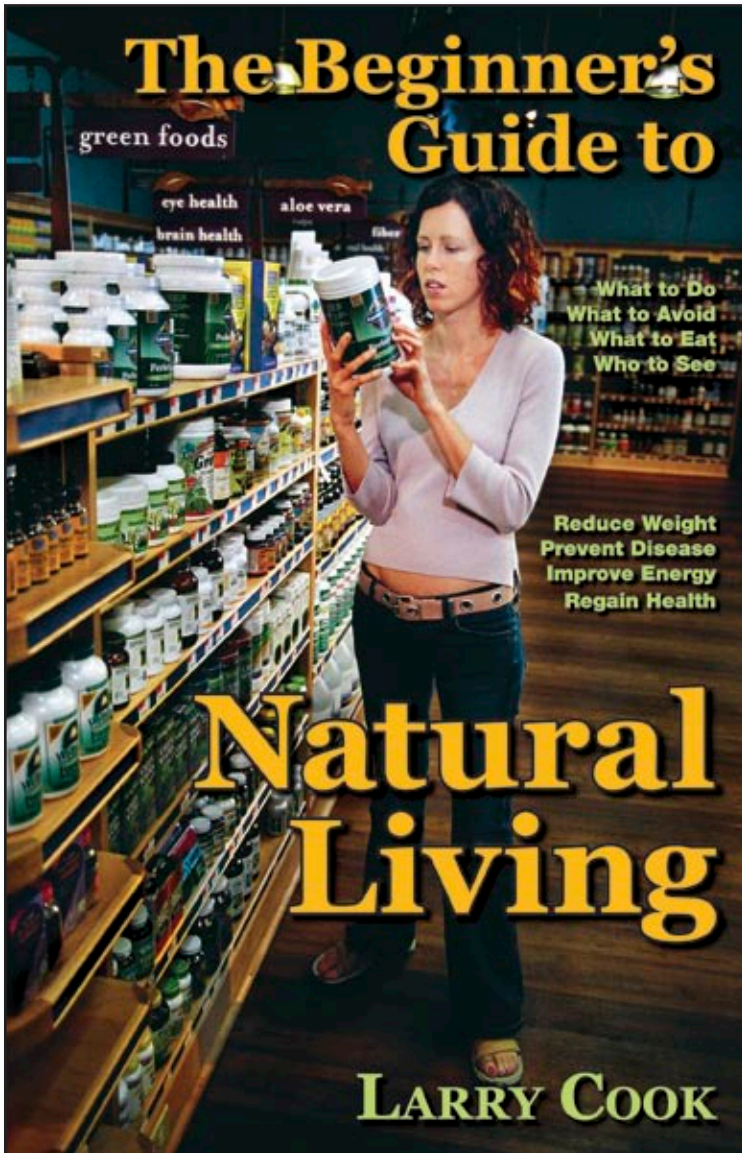


# The Beginner's Guide to Natural Living



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—Howard F. Lyman LL.D.  
Author, *Mad Cowboy*

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# Appendix

## My Personal Shopping List & Meals

When I explain the principles of eating natural foods, I'm often asked, "What should I eat?" I'm not a chef, and in fact I eat a very basic diet. Yet my meals are varied, nutritious and very delicious. Since you are probably new to the natural living lifestyle, you may wish to use my personal shopping list and meal suggestions until you are familiar with eating an organic, whole foods diet.

I have had the opportunity to help many people switch over to an organic diet, and I always begin by throwing away the food in their pantry and refrigerator that doesn't serve their health or well-being. I've heard the objection, "but I'm throwing away food—isn't that wrong?" My reply is, "Not when the food you are throwing away is detrimental to your health!"

Go through your pantry and fridge and toss everything that contains preservatives, additives, food dyes, or any other chemicals whatsoever. Just throw it away—it's not good for you or anyone else. (Do the same with all your body care products and cleaners as well!) Next, get rid of all the meat which is not organic—that stuff is packed with antibiotics, synthetic growth hormones, diseases and a host of other poisons you don't want in your body. Get rid of all your oils, sugar, margarine and iodized salt—they're not good for you either. When you are done, all you should have left are foods that don't contain added chemicals or unknown ingredients.

Now comes the fun part: go to the natural food store and start shopping for healthy food (and other items) for a better you! First I give a few shopping tips, and then my personal list of products I buy on a regular or semi-regular basis. I include the manufacturers so you'll be sure to buy products I know for a fact are of high quality. Even though I list quite a few products, it's very important for you to understand that I don't eat all of these food products all of the time.

For example, while I may eat fresh organic veggies from the produce section every day, I may eat chips or other snack food two or three times a month. Just because I list everything I use or sometimes use, that doesn't mean that each product has the same value to me. You'll get a much better understanding of what I

mean when you read through my meal suggestions that follow the shopping list.

There are, of course, other products and brands to choose from that are equally excellent, so I encourage you to expand your buying patterns as you become familiar with the natural way of living.

### Read Labels

Even when shopping at a natural food store it's important to read the labels. Get to know what's actually in the food you are eating. Since I'm vegetarian, I have found that a lot of food items contain animal ingredients, which I avoid. Try to avoid products that have added sugar, or any ingredients that don't seem right to you. If you don't know what an ingredient is, ask the store clerk for a definition, or choose another product.

### Grains

I highly recommend grains such as brown rice, kamut, millet, quinoa and rye. To improve digestibility, soak grains for 6 to 8 hours, or overnight, and then cook them. Grains are excellent in stir fries, burritos and even soups. Stay away from white rice, since the nutritious brown layer has been removed.

### Beans & Legumes

You can buy beans and legumes in bulk and save money over their canned counterparts, though it'll take you some time to prepare them. This plan may be desirable if you have a large family, because it's much less expensive. Soak dry beans and legumes overnight and simmer for two hours (or as per directions). They are an excellent source of protein.

### Vegetarian

As you'll be able to figure out, my shopping list is a vegetarian list. It's easy enough to add meat or fish to any of my meal suggestions. If you eat meat, I suggest you choose only organic meat, because non-organic meat is highly contaminated.



## — Fresh, Whole, Organic Produce —

Eating fresh, whole, organic produce on a regular basis is essential to good health. Try to incorporate whole foods in every meal. It's okay to cook some of the produce, but it's also important to eat non-cooked produce because of the live enzymes and the "life force" that fresh produce contain. Even though I list quite a few natural packaged foods on the following pages, that doesn't mean you should adopt eating just those foods and thus avoid the live foods found in the produce section. I simply can't stress enough how important it is for you to incorporate "alive" food in your daily diet. I show you how in the Meal Suggestions, which follow this Shopping List.

### 1. Sprouted lentils, peas, garbanzo beans, etc.

Why buy them canned or dried when you can get them freshly sprouted? Sprouted foods are packed with nutrition. Use them on salads, stir fries, burritos and other dishes.

### 2. Crimson Sprouts

Sprouts are delicious on salads and in sandwiches. Try alfalfa, clover, radish and the other varieties.

### 3. Russet Potatoes

I don't eat potatoes too often, but I do enjoy mashed potatoes and gravy (vegetarian) as well as stir fried potatoes with veggies and tofu.

### 4. Red Cabbage

### 5. Kale

Kale is high in B vitamins.

### 6. Ginger

I add fresh ginger to most everything I cook. I love the flavor, and I've read it's good for the blood.

### 7. Carrots

### 8. Burdock Root

Very grounding root vegetable. I use it in soups.

### Not-Pictured

Avocado, butternut squash, bean sprouts, daikon radish, mixed greens, shitake mushrooms, tomatoes, zucchini squash, green onions.



## — Organic on a Budget: Bulk Food —

I often hear the objection, “But organic food costs too much.” This claim simply isn’t true. First, organic food is less expensive at natural food stores than conventional stores, so that’s one of many reasons to shop at a natural food store. Second, if you are accustomed to eating primarily pre-packaged meals, then yes, organic could seem costly. Yet, if you create your own meals from scratch—such as I outline in my meal suggestions—then the cost drops dramatically. Finally, if you are feeding a large family, then buying grains, legumes, beans and other dried foods in bulk is certainly the way to go. The trick is to make these dried goods the “base” of your meals, and then add veggies and other foods (e.g. tempeh, nuts, beans, etc.) to that base. Everyone can afford to eat organic food when the priority shifts from pre-packaged meals to meals prepared from scratch. There are a lot of grains to choose from at the natural food store, so you’ll never get bored: quinoa, kamut, spelt, wheat berries, millet and many others. Rotating in a wide variety of grains is an excellent way to save money and have variety.

### 1. Red Lentils

### 2. Green Lentils

Probably the coolest thing about red and green lentils—besides their flavor and nutrition—is that they cook fast. Great for soups, or mixed into salads.

### 3. Millet

Millet is one of those grains you may not have heard of, along with kamut, spelt, quinoa and others. There’s more to grains than just rice! Mix it up and you and your family won’t get bored.

### 4. Wild Rice

### 5. Brown Rice (long grain)

### 6. Nutritional Yeast

Nutritional yeast is packed full of B vitamins, and adds a distinct flavor when sprinkled on salads, stir fries, burritos and similar types of dishes.

### 7. White Beans

### 8. Rice blend

Mixed blends are ready to buy in the bulk section.



## Refrigerator

### Refrigerator Section

1. Yogurt Drink	WholeSoy & Co.	A tasty non-dairy yogurt drink
2. Soy Drink	Odwalla	I really enjoy Odwalla's "Vanilla Al' mondo" drink
3. Rice Drink	Amazake	Delicious, all natural sweet rice drink
4. Miso Paste (red or barely)	Miso Master	For miso soup—the very best (see my miso soup recipe)
5. Mayonnaise (substitute)	Follow Your Heart	Veganaise—Grapeseed version; the best mayo substitute
6. Sausage (vegetarian)	Lightlife	Gimme Lean—Very tasty; great for mornings
7. Veggie Burger	Turtle Island	A very delicious tempeh burger—tasty and filling
8. Tofu (Garlic & Herb)	Small Planet	Some of the best tofu available is from Small Planet
9. Seitan (meat substitute)	Whitewave	A wheat gluten meat substitute (great for stir fry)
10. Deli "meat" (vegetarian)	Tofurky	The peppered version is nice; great for a quick sandwich

### Not Pictured

Buttery Spread	Earth Balance	The very best non-hydrogenated dairy-free spread
Yogurt (Soy–blackberry)	Nancys	The best tasting dairy-free (soy) yogurt
Tempe (5 grain)	Turtle Island	My favorite tempe (stir fry with shoyu and oil)
Tortillas (flour)	Cedar Lane	Great for burritos
Burrito (vegetarian, organic)	Trader Joes	Trader Joes; inexpensive @ \$2.19 for two (freezer)
Burger (vegetarian, organic)	Boca Burger	Another great burger substitute (freezer)
Burger (vegetarian, organic)	Lightlife	Flame broiled version is excellent (freezer)
Ice-cream substitute	Soy Delicious	Vanilla flavor; the best soy "ice-cream" (freezer)





**Refrigerator Section**

- |                      |                 |  |
|----------------------|-----------------|--|
| 1. Tempe (3 grain)   | Lightlife       | A fermented soybean product meat substitute          |
| 2. Tortillas (corn)  | 365 Organic     | Whole Foods private label                            |
| 3. Sprouts           | Local Vendor    | Try sprouted lentils, beans, nuts and grains as well |
| 4. Tortillas (flour) | Alvarado Street | Great for burritos                                   |

**Freezer Section**

- |                     |                 |   |
|---------------------|-----------------|---|
| 5. Vegetarian meals | Cascadian Farms | A variety of pre-made frozen meals—all are good |
| 6. Veggie Burger    | Dr. Praeger's   | Taste great and are minimally processed         |

**Dry Goods**

- |                   |                  |  |
|-------------------|------------------|--|
| 7. Dulse Seaweed  | Main Coast...    | Especially good in soups; great source of vitamins     |
| 8. Aduki Beans    | Eden             | All the brands listed are excellent                    |
| 9. Pinto Beans    | Eden             | I use canned beans all the time because they are fast: |
| 10. Chili Beans   | Westbrae Natural | Just open and stir into stir fries and soups!          |
| 11. Kidney Beans  | ShariAnn's       | ShariAnn's tends to be priced lowest.                  |
| 12. Refried Beans | Amy's            | Vegetarian and organic: great for burritos             |





Dry Goods

- |                             |                 |  |
|-----------------------------|-----------------|--|
| 1. Sea Salt                 | Real Salt       | Sea salt is the only type of salt to use                 |
| 2. Cumin                    | Simply Organic  | Works with nearly every food, especially in stir fries   |
| 3. Mustard                  | 365 Organic     | Whole Foods private label; for veggie burgers            |
| 4. Mexican Seasoning        | Frontier        | I add Mexican Seasoning to most cooked dishes            |
| 5. Gomasio Seasoning        | Eden            | Sesame seed and sea salt blend; salads and other dishes  |
| 6. Bread                    | Alvarado Bakery | In the freezer or fridge section (national distribution) |
| 7. Sesame Blues chips       | Garden of Eaten | All of their chips are excellent; I like Sesame Blues    |
| 8. Terra Chips              | Terra Chips     | Various root vegetable chips with a unique flavor        |
| 9. Ginger Snap Cookies      | Mi Del          | Crunchy and very delicious                               |
| 10. Tamari Seaweed Crackers | Edward & Sons   | Delicious cracker  |
| 11. Black Sesame Crackers   | SAN J           | Very tasty and filling                                   |





Dry Goods

- |                                |                   |  |
|--------------------------------|-------------------|--|
| 1. Sesame Oil                  | Spectrum Naturals | For salads and pasta, light cooking                      |
| 2. Coconut Oil                 | Omega Nutrition   | The best cooking/frying oil                              |
| 3. Shoyu or Tamari (soy sauce) | SAN J             | Used in virtually all my cooking; salt substitute        |
| 4. Liquid Aminos (seasoning)   | Bragg             | Similar to soy sauce, only more healthy; salt substitute |
| 5. Olive Oil                   | Napa Valley       | My favorite olive oil; for salads and other dishes       |
| 6. Pasta Sauce                 | Muir Glen         | Fire Roasted Tomato; pasta sauce for a quick, tasty meal |
| 7. Pasta                       | Eden              | Kamut Spirals; better than wheat noodles                 |
| 8. Basmati & Wild Rice         | Lundberg          | A great rice combination for stir fries                  |
| 9. Goddess Dressing            | Annie's Naturals  | The absolute very best dressing in the world             |





Dry Goods

- |                         |                        |   |
|-------------------------|------------------------|---|
| 1. Oat Beverage         | Pacific Soy            | One of my favorites; for cereals hot or cold  |
| 2. Carob Soy Beverage   | Edensoy                | Great flavor  |
| 3. Peppermint Tea       | Traditional Medicinals | A relaxing tea for the evening  |
| 4. Green Tea            | Choice                 | A light green tea; great for the morning  |
| 5. Throat Coat Tea      | Traditional Medicinals | Soothes the throat  |
| 6. Multi-grain Beverage | Pacific Soy            | Another favorite; very affordable   |
| 7. Spelt Flakes Cereal  | Arrowhead Mills        | All three boxed cereals are delicious, and organic; They also include more than just wheat—spelt, flax and other grains |
| 8. Flax Plus Cereal     | Nature's Path          |   |
| 9. Healthy Fiber Cereal | Health Valley          |   |





Dry Goods

- |                                     |                 |  |
|-------------------------------------|-----------------|--|
| 1. Root beer soda pop               | Smucker         | All natural soda   |
| 2. Apple Juice (fresh—refrigerator) | Trader Joes     | I <u>always</u> have fresh apple juice in the fridge; love it! |
| 3. Juiced Tea (Simply Red)          | TAZO            | Great alternative to “straight” juice; perfect for kids        |
| 4. Apple Juice                      | R.W. Knudsen    | A tasty alternative to conventional juices                     |
| 5. Ginger soda pop                  | R.W. Knudsen    | All natural soda   |
| 6. Pancake Mix (blue corn)          | Arrowhead Mills | Add berries or fresh ginger for added flavor                   |
| 7. Brown rice syrup                 | Lundberg        | This thick syrup has a butterscotch like flavor                |
| 8. Raspberry fruit spread           | Cascadian Farm  | Delicious  |
| 9. Raw Almond Butter                | Trader Joes     | Expensive, but very tasty; used in Miso Soup Recipe            |
| 10. Apple Butter                    | Eden            | No sugar added; this is an excellent spread                    |
| 11. Instant Oatmeal (variety pack)  | Arrowhead Mills | Great flavors  |

Not Pictured

- |                    |             |                                      |
|--------------------|-------------|--------------------------------------|
| Maple syrup (pure) | Spring Tree | Maple syrup is my favorite sweetener |
|--------------------|-------------|--------------------------------------|





## Supplements

1. Spirulina (Hawaiian, raw)	Nutrex	Mix with fresh apple juice; see Chapter 6
2. Apple Cider (organic)	Bragg	Only buy apple cider vinegar that has the “mother”
3. Flax Oil	Barleans	2 tablespoons daily for Omega 3 fatty acids
4. Primal Defense	Garden of Life	Friendly microorganisms for the intestines
5. Acidophilus	Solaray	Over 3 billion organisms per capsule
6. Hemp Protein Powder	Manitoba Harvest	Hemp seed is packed with nutrition and amino acids
7. Eye Drops (homeopathic)	Similasan	I use these drops when I wear contact lenses
8. Yin Chiao Formula	Planetary Formulas	Yin Chiao is a Chinese medicine for colds and flu
9. Bentonite Clay	Yerba Prima	For colon cleansing (see Chapter 7)
10. Psyllium Husk	Yerba Prima	For colon cleansing (see Chapter 7)
11. Super Cleanse (herbs)	Nature’s Secret	For colon cleansing (see Chapter 7)
12. Flower Essences	Bach	Choose the remedy based on your emotional state

### Not Pictured

Blue Green Algae (wild)	Cell Tech	See Chapter 6; order direct from <a href="http://www.celltech.com">www.celltech.com</a>
Colon Cleanse Kit	Arise & Shine	By Dr. Richard Anderson: <a href="http://www.ariseandshine.com">www.ariseandshine.com</a>





## Health & Beauty Aids

- |                                |                         |   |
|--------------------------------|-------------------------|---|
| 1. Shampoo                     | Avalon Organics         | I prefer their rosemary product   |
| 2. Styling Gel                 | Jason Natural Cosmetics | A great gel that smells nice  |
| 3. Alkaline Cleansing Solution | Heritage Products       | Edgar Cayce product: <a href="http://www.caycecures.com">www.caycecures.com</a> |
| 4. Air Therapy                 | Mia Rose Products       | Orange air freshener  |
| 5. Bar Soap                    | Sappo Hill              | I prefer their oatmeal version; sold as shown                                   |
| 6. Deodorant Stick             | Alba Natural Products   | I use the Clear Enzyme aloe unscented   |
| 7. Face Cream                  | Burt's Bees             | Keeps my face feeling healthy   |
| 8. Bar Soap (peppermint)       | Dr. Bronner's           | Great all natural soap with essential oils                                      |
| 9. Toothpaste                  | Nature's Gate           | I prefer the Herbal Creme de Anise  |
| 10. Toothpaste                 | Auromere                | Ayurveda toothpaste with neem and pelu  |

## Energy Bars

I work as a location sound mixer on a variety of TV related video productions in Hollywood, CA. Quite often we won't get a meal break for five, six or sometimes even eight hours. Thus, I can get pretty hungry and require a boost of energy to keep going for such extended periods of time. I've tried a lot of "energy bars," and by far my

two favorite are the "Larabar" and the "Organic Food Bar." Both are made up of only whole foods (nothing processed, such as soy powder), and both are processed at low temperatures, thereby preserving the enzymes. They're both delicious, filling and nutritious. I'm sure you'll find that they meet your expectations.





## — Recycled & Non-Toxic Cleaning Supplies —

- |                        |                    |  |
|------------------------|--------------------|--|
| 1. Paper Towels        | Seventh Generation | Save trees, water and landfill by using recycled paper |
| 2. Toilet Tissue       | Seventh Generation | Works just the same, yet saves precious resources      |
| 3. Trash Bags          | Seventh Generation | Recycled plastic saves oil and landfill space          |
| 4. Laundry Detergent   | Bio-O-Kleen        | My favorite laundry detergent; my clothes smell great  |
| 5. Dishwashing Liquid  | Planet             | Gentle, non-irritating formula that effectively cleans |
| 6. All Purpose Cleaner | Planet             | Spray on, wipe off; works great                        |
| 7. Pure-Castile Soap   | Dr. Bronner's Soap | Works on all surfaces and is very effective            |



## Make Any Dish Taste Great

### My Secret Weapons

You don't have to be a chef to make quick, great tasting, all natural, organic meals. The key is proper seasoning and food combining. If you will stock the items listed on this page and use them as I suggest, you can't go wrong. I use these products all the time, I never get tired of them, and my friends and family always enjoy my meals. All you need to do is shift your cooking habits a little, and I think you'll find working with all organic, natural foods to be a wonderfully nutritious, tasty and uplifting experience.

#### 1. Flax Oil

As I mentioned in the Supplements Chapter, flax oil is very high in essential Omega-3 and Omega-6 fatty acids. Well, it just so happens that it tastes pretty darn good when it's added to meals such as stir fries, baked potatoes, burritos and salads (right before the dish is served). Although I like olive oil, sometimes I find olive oil to be too strong, whereas flax oil seems to have just the right strength of flavor. In fact, even though flax oil is sold as a supplement, which means drinking it in a tablespoon, I never take flax oil in that manner; I always add it to my food instead. It's a flavor enhancer just like olive oil, only better tasting, in my opinion!

#### 2. Mexican Seasoning

I add Mexican Seasoning to a lot of my cooked foods. It just has a nice punch that works with nearly every food combination. If I want variety, then instead I use:

#### 3. Cumin

Cumin also has a great flavor that works well with virtually any food combination. I use it less than Mexican Seasoning, but I still use it a lot. A distinctive flavor.

#### 4. Shoyu Sauce

Shoyu sauce, and tamari sauce, are basically soy sauces, only they taste better and are better for you. Shoyu sauce is my number one secret weapon: it's a salt replacer that has way more flavor than salt (even sea salt). I use shoyu (or tamari) sauce in virtually all cooked dishes, to lesser or greater degrees. Think of it as your salt replacer.

#### 5. Liquid Aminos

Similar to shoyu, only not fermented, and a "lighter" flavor. An excellent salt replacer as well.

#### 6. Annie's Goddess Dressing

Add the world's best tasting dressing to any dish and it will taste better—this dressing isn't just for salads!



## Stir Fry & Salad

### Overview

The stir fry has an endless number of combinations, so you and your family will never get bored with this meal. Since the stir fry is cooked food, it's a good idea to add a salad so you get some "alive" food as well. Even the salad has plenty of food variations, making the stir fry and salad combination an excellent beginner's choice for you.

### Stir Fry Preparation

Prior to beginning the stir fry, prepare your grains by soaking them overnight and then cooking them to completion. You can use brown rice, wild rice, kamut, wheat berries, quinoa, millet, rye or any other type of grain found in the bulk section or sold already packaged, such as Lundberg's "Basmati & Wild Rice" blend. Heat a cooking oil, such as the one pictured on this page, to medium heat in a frying pan. Add diced tofu, tempeh or seitan to the pan and while stirring occasionally, fry until golden brown. Once browned, add a little water and then add either shoyu sauce or Bragg's Aminos—about three to six teaspoons, depending on your taste. Simmer for a minute or two. Add beans (any variety) and grated ginger and simmer for two or three minutes. Stir in cut veggies of your choice and prepared grains, stirring frequently. Add Mexican Seasoning or cumin, and add additional shoyu or Bragg's aminos, to taste. Don't overcook the veggies. Scoop onto a plate and add flax oil and Gomasio to taste. Serve with the salad. Very delicious.

### Salad Preparation

Salads made with just iceberg lettuce, tomatoes, cabbage and carrots is very old-fashioned, bland and barely nutritious. Salads do NOT have to be boring! Since I always seem to be in a hurry, I often make salads from ingredients I don't have to cut, chop or dice. Besides the traditional salad foods you know about, consider these:

### Salad Ingredients (organic, of course)

- Sprouted lentils
- Sprouted garbanzo beans
- Sprouted sunflower seeds
- Sprouted wheat berries
- Mixed leaf greens
- Crimson sprouts
- Cashews
- Pumpkin seeds (try the tamari version too)
- Dried cranberries
- Nutritional yeast
- Flax oil
- Annie's Goddess Dressing

Notice that none of the above ingredients require chopping or cutting—just "grab and drop" onto your plate! It doesn't get much quicker than that, and yet this is a very tasty and nutritious salad. During hot summer months, sometimes I'll make a large salad, and add stir fried tofu, tempeh or seitan. Very nutritious and way better tasting than conventional salads!



## Burritos

### Overview

Making the burrito is very similar to making the stir fry. The primary differences are: 1) instead of grains you're using either a flour or corn tortilla, and 2) instead of a salad, you're adding the "alive" food directly to the burrito. Both Mexican Seasoning & cumin work well.

### Burrito Preparation

Follow the "stir fry" directions on the previous page, without adding the grains. The shiitake mushrooms can be stir fried at the same time as the faux meat. Once the mixture is browned, add the ginger and the shoyu sauce or aminos (along with a little water). Add beans and Mexican Seasoning or cumin and bring back to a simmer. Adjust the shoyu/aminos and the spice to taste. Add the veggies last and don't overcook. Heat tortilla in a pan (my girlfriend prefers to fry the tortilla in oil to make it crunchy); remove to plate and add cooked food to tortilla. Add any of the "salad ingredients" from the

previous page to the tortilla. Add flax oil and either Annie's Goddess Dressing, or Miso Mayo (pictured—you will find it in the refrigerator section). This is an amazingly delicious and nutritious meal. Mix it up by changing the faux meat (tofu, tempeh or seitan), beans and veggies, and you'll never get bored with this meal! It's my all-time favorite easy-to-prepare meal. [Note that I didn't include salsa, because I rarely eat salsa; however, there are several tasty salsas that can be found in the refrigerator section of the natural food store.]

### Veggie Suggestions (Burrito & Stir Fry)

- Shiitake mushrooms (stir fry with the faux meat)
- Ginger—grated (as mentioned earlier)
- Daikon root (a radish)—grated
- Kale (I remove the "spine")
- Red cabbage
- Carrot—grated
- Avocado (or guacamole)



## Sandwiches

### Overview

A sandwich can be a quick meal to prepare, but by its very nature, it can also be a highly-processed meal—bread, faux meats, dressings, nut butters and jams are all packaged items. Nevertheless, I enjoy eating a sandwich every now and then, and so long as they're consumed in moderation, I think they're fine. The key is to eat all organic so that you maximize nutrition.

### Ingredient Options

There are quite a few veggie patty options available at your natural food store. I've tried most of them. Some taste fairly good, though I'm discouraged that so much processing is involved with so many of them. I have found, however, two veggie burgers that I find to be very tasty and minimally processed: Dr. Praeger's veggie

burgers (freezer section) and Turtle Island's Super Burgers (refrigerator section). The grapeseed oil Veganaise by Follow Your Heart is the best mayonnaise substitute I have found. Hummus (not pictured) is an excellent addition to any veggie burger or faux meat sandwich. Although I enjoy Alvarado Street Bakery's bread—which is nationally distributed (freezer or refrigerator)—check to see if there is a local organic bread maker in your area (in your natural food store's bread section); you may be delightfully surprised with the quality. Try raw organic almond butter instead of peanut butter. Eden's apple butter is made without added sugar, which makes it ideal for children. And, of course, notice that virtually every product on this page is made with organic ingredients; try to use only products made with organic ingredients when making sandwiches because there is so little “alive” food in sandwiches.



### Sandwich Ingredients Not Pictured

- Avocado
- Tomato
- Sprouts (crimson)
- Faux meats
- Sprouted lentils (delicious on veggie burgers)
- Leaf lettuce



## Larry's Morning Miso Soup

The Morning Miso Soup is a very delicious breakfast that I have found to be nourishing, hearty and grounding. This soup is very good for helping people overcome sugar addiction because salt (in the miso paste) is energetically the opposite of sugar. The almond butter adds just enough sweetness to make it a morning meal. I eat this soup for breakfast on a regular basis, and I greatly enjoy it every single time.

In my opinion, this breakfast is far better for you—and especially for children—than cold cereals (even natural) or pancakes/waffles because those foods are too highly processed and contain too much sugar for the morning (e.g. they're too yin/expanding). The other meal I suggest for breakfast is a stir fry—probably with potatoes instead of grains. Both the miso soup and the stir fry are very grounding (yang), making either an ideal breakfast. [See my discussion on yin/yang energy in Chapter 5 for an explanation of how yin and yang foods affect consciousness.]

### The Secret

The secret to this recipe is the almond butter and ginger. You'll always get excellent flavor when you use the ginger/almond butter/miso paste combination. Rotate different veggies and beans in each preparation for variety. If you feel really industrious, cook up some butternut squash, puree it, and add it to the soup (this is *really* delicious!). Enjoy!

### Morning Miso Soup Recipe

- 3 cups water
- 1/8 cup diced burdock root (very grounding)
- 1 heaping tablespoon of grated ginger
- 1/3 cup chopped broccoli
- 1/4 cup chili beans
- 1/2 cup chopped kale (high in "B" vitamins)
- 2 heaping tablespoons of almond butter
- 1/8 cup grated daikon root (a radish)
- 1 heaping tablespoon dulce seaweed
- 2 heaping tbls of Miso Master "red" or "barley"
- 1 tablespoon flax seed oil

Bring the three cups of water to a boil. Add grated ginger, burdock root and chili beans; bring back to a boil and boil 2 minutes. Turn heat down to medium and add the almond butter. Stir until dissolved, but don't let the water boil over (turn heat lower if you need to). Add kale, broccoli and daikon root. Let cook for about 1 minute, but don't overcook the veggies. Add the seaweed and stir briefly. Turn off burner. Add the miso paste last (and to taste). Miso can easily burn, so don't boil the soup once the miso has been added. Stir the soup until the miso paste is completely dissolved. [Note: Miso Master's "red" miso dissolves faster than the "barley" miso.] Taste the soup. If it is too salty, add water. If it doesn't have enough flavor, add more miso paste (and stir until dissolved). Pour soup into bowls and then add flax oil. Serve with organic toast, if desired. This is my favorite meal of the day.



## Evening Snack

### Overview

As I mentioned on the last page, I believe that cold cereal and pancakes are not suitable for breakfast, primarily because these foods are highly processed and too sweet. Cold cereals and pancakes are a yin food—which means that the energy is expanding—which is better suited to evening than morning. In the morning we want a yang food (contracting, grounding energy), and that means eating cooked foods such as miso soup (as per my recipe) or a breakfast burrito (stir fry some potatoes and follow the burrito recipe). [See my discussion on yin/yang balance in Chapter 5 for more information on the energetics of food.]

As an evening snack, or even a late meal (when you are ready to relax), cold cereal or pancakes can be a delicious, quick and somewhat nutritious meal. I say “somewhat” because typically virtually the entire meal is processed and presented in various packages (cereal, soy milk, pancake mix, buttery spread, etc.), and I’m sure you know by now how much I value eating “alive” food. Nevertheless, I believe it’s okay to eat this type of food on occasion, and when you do, again, use products which use only organic ingredients to ensure maximum nutrition. When you eat the products I recommend on this page, you’ll find a most delicious blend of flavors suitable to the evening time.

### Meal Variations

- Stir almond butter into the cereal and soy milk.
- Try oat milk, and the many other varieties available.
- Try fresh apple juice instead of soy milk.
- Add fresh grated ginger to the pancake batter.
- Add berries to the pancake batter.
- Use Earth Balance buttery spread instead of margarine or butter.
- Instead of using conventionally concocted syrup, try real maple syrup or brown rice syrup—both taste better and are better for you.
- Add berries to your cold cereal.
- Use a nut butter as a pancake topping.
- Buy and eat only 100% organic products of this type, even if other products are labeled “natural.”