

# 35 MENU PLANS to HELP MAINTAIN YOUR IDEAL WEIGHT *by Judy Fleming*



Maintaining a healthy weight should be a priority for all of us. Here at Hallelujah Diet Canada we believe you can maintain your ideal healthy weight without having to go on a diet! What we believe is that if you change what you eat to a healthy diet such as the Hallelujah Diet then you will always be free from the worry of being overweight. **You should also be able to still eat interesting tantalizing food every day without having to worry about gaining weight.**

Here is a list of what to do:

1. **Plan your menus for the week** around juicing, raw salads, smoothies, snacks consisting of nuts and seeds instead of the Standard American Diet that is full of all the wrong food choices.
2. **Buy the right food** mostly from the produce section and make your food without toxins.
3. **Eating a large salad** every night before you have your cooked portion will keep you from eating too much of the pasta, rice and potatoes which promote weight gaining calories. Your cooked portion should fit on a side plate rather than the large dinner plate.
4. **Introduce Juicing** (BarleyMax, BeetMax and CarrotJuiceMax – the simple way to juice) – by increasing your juice intake you will satisfy your cellular body with the nutrients it needs and you will not be hungry all the time.
5. Get rid of all the processed fast foods from your diet.
6. Remove the foods with animal fats that promote weight gain.
7. Reduce the amount of bread like products from your daily diet.
8. **Reward yourself** with a healthy snack from our menus so you will not cheat by eating the wrong food choices.
9. **EXERCISE** – yes you need to keep active, but remember just walking will help. Join a walking club at the mall during the colder months and the community centre during the warmer months. Start out by setting reasonable goals and **keep a daily journal** so you can see how you are coming along. Only weigh yourself once a week and I would suggest doing this in the later part of the week not after a weekend.
10. **Ask a friend to work along with you** so you can encourage each other in this new lifestyle. Share the ideas that work best for you so they will be encouraged as well.



**The full book has 35 Menu Plans**, along with information about Shopping with an extensive shopping list and info about keeping a healthy Pantry. The recipes have been tried out by the many people who came to her classes over the years and declared them delicious! Each menu has the recipes listed and the groceries you will need to prepare them with space for you to make your own list of what you need to buy. Each section has recipes for:

- **Breakfast** (almost always raw )
- **Lunch** (again almost always raw)
- **Snacks** (these are mostly raw and are good enough to eat for Breakfast)
- **Supper** (this meal is made up with a raw salad and then some kind of cooked soup or stew)

See the 2 menu plans (#4 & #6) from this wonderful book below.

**You can get the full 35 Menu Plan book until Easter on sale for \$17.97**



**Menu Plan #4:** the recipes for this menu plan are on the next few pages

1. Prepare ahead by checking your pantry and fridge to see what you have and what you need to buy for this menu plan
2. I have listed all the things you need to have for this menu plan in 2 categories
  - produce from the grocery store or market
  - pantry items that you might have on hand
3. I have left you space at the bottom for a list you will make of what you need to buy

### 1<sup>st</sup> Plan what recipes you want to use.

Breakfast: always start off your day with either freshly made juice or our JuiceMax juices **Plus** the Recipe for Popsicle Smoothies

Lunch: Cauliflower Tomato Appetizers made with Flax Wraps

Supper: Asparagus Bok Choy Salad as your raw food – with Mushroom Fried Rice your cooked food

Snacks or Dessert: Almond Butter Dessert

### 2<sup>nd</sup> Plan what you need to make these recipes.

#### From the Market

|              |          |          |             |        |         |
|--------------|----------|----------|-------------|--------|---------|
| asparagus    | banana   | Bok choy | cauliflower | celery | chives  |
| cabbage      | cilantro | lemons   | mushrooms   | onion  | spinach |
| strawberries | tomatoes | zucchini |             |        |         |

#### From your Pantry

|                 |                               |           |                    |               |
|-----------------|-------------------------------|-----------|--------------------|---------------|
| almonds         | baking powder                 | carob     | cayenne (optional) | coconut milk  |
| coconut sugar   | curry                         | flax seed | flour              | garlic powder |
| maple syrup     | nutritional yeast             | paprika   | pine nuts          | pumpkin seeds |
| orzo            | rice (brown)                  | olive oil | sea salt           | soya sauce    |
| sunflower seeds | grape seed oil or coconut oil |           |                    |               |

### Groceries you need:

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### Basic Flax Cracker or Pizza Crust:

**Step 1:** Soak the flaxseed in water for ½ hour while getting the rest of the ingredients ready

- 1 ½ cups freshly ground flax seed
- 1 cup Sunflower seeds slightly ground
- 2 ½ cups water

**Step 2:** Meanwhile in your food processor add the following blend well:

- 2 tomatoes diced
- ½ cup of each: chopped onion & celery
- 1 tsp. of each: paprika, cayenne
- 2 garlic cloves
- 1 tsp. sea salt

Half an hour later add the seed mixture, water and all, to the tomato mixture in your food processor and blend until creamy & smooth.



Using a large spoon spread this batter onto a Paraflex lined tray (about ¼" thick) score in 2" squares and put into your dehydrator for 6-8 hours, when firm turn onto the fine-mesh screen and dehydrate for another 4-6 hours until crisp.

**Fruit Flax Cracker/Pizzas:** these make good cookies or a base (make it as a 10 inch round) for a Breakfast Pizza loaded with fruit! See another recipe in the menu plane #6

Follow the same **Step 1:** as in the Basic Flax Cracker recipe above

**Step 2:** Meanwhile in your food processor add the following, blend well:

- 1 of each: apple or pear sliced
- or 1 cup sliced fruit (peaches, pineapple, berries)
- ½ cup unsweetened coconut
- 1 tsp. cinnamon
- ½ tsp. of each spice: nutmeg, allspice, cloves



**Step 3:** Add this apple mixture to the flax seed mixture, water and all, and stir well.

**Step 4:** Spread this mixture onto your Paraflex sheets about ⅓ inch thick in rounds (or rectangles) 3-8 inched in diameter (this mixture will cover at least 3 dehydrating trays).

**Step 5:** Put into your dehydrator for 4-6 hours, turn over onto the fine-mesh screen and dehydrate for another 1-3 hours until crisp.

**Serving suggestions:** These crackers go great with natural fruit jams or just alone as a quick snack.

## Easy Smoothie Popsicles

I like to freeze my bananas whole and slice them when I need them.

**Hint:** when they have the over-ripe bananas on sale I buy a few to have them on hand in my freezer and they are usually priced cheap!

**Serving size:** makes two large 10/12 oz. glasses

**Strawberry Smoothie Popsicles:**

Put the following in your blender:

- 1 ripe frozen banana thinly sliced
- 1 cup fresh or frozen berries (raspberry, strawberry, blueberry)
- 2 cups raw almond milk
- 2 tbsp fresh ground flax seed

Blend on high until a smooth and creamy texture.

Pour this mixture into your Popsicle mold and freeze for 8 hours or overnight.

Serve fresh from the freezer and enjoy!

**Hint:** to get the Popsicle out of the mold sit in warm water for a few minutes and they slip right out.



## Cauliflower Tomato Appetizers

You will need two 4" round flax crackers for each person (see recipe at beginning)

**Cauliflower Dip Seed Cheese:** makes 2 cups

Put the following in your food processor and blend well until creamy:



- 1 cup of each: sunflower or pumpkin seeds (that have been soaked for 1 hour)
- ¼ cup nutritional yeast
- then pour ⅓ cup apple cider vinegar over yeast flakes
- 1 cup cauliflower pieces
- ¼ cup of each: white onion diced & tomato pieces
- 1 large garlic clove chopped
- ½ tsp. of each: curry powder & sea salt
- 1 fresh lemon juiced

Puree until creamy – this will keep well in the fridge for 3-5 days

To assemble the appetizers layer the following:

1. Overlap 2 slices of tomato for each flax cracker round
2. Place 1 scoop Cauliflower Dip in centre of tomatoes
3. Garnish with crumbled kale chips and 1 whole kale chip

These should be made up and served the same day.

**Note:** What can you do with leftover seed cheese?

Try dehydrating it into 4" rounds and then use them as a cracker for an interesting appetizer.



## Asparagus Bok Choy Salad with a Lime Cilantro Dressing

**The Salad:** serves 2

Put the following ingredients in a large bowl:

- 2 baby Bok Choy (chopped)
- zucchini (cut into thin slices and quartered)
- 8 asparagus spears (cut into bite sized pieces)
- 1 cup celery (thinly sliced)
- 1 cup cilantro (chopped)
- ¼ cup pine nuts

Toss with the following dressing and serve.

**The Dressing:** makes 1 cup

Blend the following ingredients in your blender:

- 2 limes juiced
- ⅓ cup olive oil

This dressing will keep for 4-6 days in the fridge.



- ½ cup cilantro
- 1 garlic clove (minced)

## Mushroom Rice dish with Flowers

**The Rice:** makes 3 cups

Make your favorite steamed brown rice, here is my simple recipe

In a saucepan sauté the following until browned:

- 2 tbsp. grape seed oil
- ¼ cup orzo pasta
- Add 2 ¼ cups water – bring this to a quick boil then add:
- 1 cup brown Basmati Rice

Cover and cook on low/medium heat for 20-25 minutes



### **The Mushrooms:** serves 4

In a wok or sauce pan sauté the mushrooms until golden with the following:

- 4-6 Shitake mushrooms (sliced into 1" thick slices)
- 2 tbsp coconut oil
- 2 tbsp chives
- 1 tbsp naturally fermented soya sauce
- 1 tbsp maple syrup

Add the following just before serving:

- ½ cup cooked rice per person
- 2 handfuls of baby spinach

Toss until the spinach is wilted and serve as the hot meal with a big salad. Garnish with Pansy petals as we have done here.

### **Decadent Carob Almond Butter Dessert**

When I was a young girl my mother would make this wonderful chocolate fudge dessert cake. I have improved the ingredients to make it gluten free and healthier. Even though it is a bit heavier it still has that wonderful hot chocolate tasting fudge syrup that will delight all chocolate lovers! Just a reminder this is a special occasion dessert not something we would have often.

#### **Carob Fudge Cake:** makes an 8 inch square pan

- ½ cup of each: gluten free oatmeal flour & coconut flour
- 2 tsp aluminum free baking powder
- ¼ tsp sea salt
- 3-4 tbsp raw carob powder

Mix these dry ingredients then add:

- ½ cup of each: coconut milk & maple syrup
- 2 tbsp raw coconut oil

Mix until moist then put into your 8" cake pan that has been greased with some coconut oil.

Mix then sprinkle the following ingredients over this batter:

- ⅔ cup coconut sugar
- ¼ cup raw carob powder

Then pour 1¾ cups boiled water over everything and bake at 350F for 40 minutes.

Once baked layer with pecans, almond butter and pureed berries as we have in the picture.



**Menu Plan 6:** the recipes for this menu plan are on the next few pages

#### **1<sup>st</sup> Plan what recipes you want to use.**

Breakfast: always start off your day with either freshly made juice or our JuiceMax juices Plus the Recipe for Fruit/Nut Roll-Ups

Lunch: Stuffed Tomatoes

Supper: Tossed Kale Salad as your raw food – with Raw Flax Pizza as your warm food

Snacks or Dessert: Strawberry Shortcake

#### **2<sup>nd</sup> Plan what you need to make these recipes.**

## From the Market

|            |         |              |             |             |          |
|------------|---------|--------------|-------------|-------------|----------|
| bananas    | beets   | carrots      | cabbage     | celery      | cilantro |
| corn       | basil   | bell peppers | ginger root | kale        | lemon    |
| fresh mint | spinach | strawberries | tomatoes    | white onion | zucchini |

## From your Pantry

|                 |                   |          |              |             |
|-----------------|-------------------|----------|--------------|-------------|
| apple butter    | baking powder     | cinnamon | coconut milk | coconut oil |
| cumin           | flax pizza crusts | flour    | maple syrup  | olive oil   |
| pecans          | quinoa            | paprika  | raisins      | sea salt    |
| sunflower seeds | pumpkin seeds     |          |              |             |

## **Groceries you need:**

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### **Fruit Roll Up** this is an easy snack or breakfast

Make the fruit flax wraps 4-6" at the beginning of this book. I make these up a dozen at a time and keep in the freezer. Or you can use a flax tortilla wrap from the grocery store.

**Ingredients needed:** flax wrap, maple syrup, pecans, pumpkin & sunflower seeds, cinnamon, and raisins.

In a mini blender using the grinding blade puree until creamy:

- ¼ cup maple syrup
- 2 tbsp of each: chopped pecans & pumpkin seeds
- ½ tsp cinnamon

Spread this creamy mixture on the flax wrap

Sprinkle with raisins and sunflower seeds

Roll up and serve – they keep in the fridge for 3-4 days.



### **Quinoa Stuffed Tomatoes with Cilantro/Ginger Relish**

**The Relish:** makes 2 cups

Put the following in your food processor and pulse until a relish consistency:

- 2 cups cilantro
- 5-8 thinly sliced pieces of ginger root
- 1 lemon juiced
- ¼ cup sweet white onion
- Season to taste with: sea salt, garlic powder & cumin

Put in a bowl and add:

- 1 raw cob of corn (slice the corn off the cob)

Stir together then put a scoop of this in a lettuce leaf and serve alongside the stuffed tomato.





**The Stuffed Tomatoes:** 1 tomato per person  
Take a medium tomato and slice off the top (put this aside)

Scoop out the tomato with a large spoon (put this aside)

Mix the following in your food processor until chunky:

- the tomato pieces
- ¼ cup onion diced
- 1 clove garlic
- 1 cup spinach

Mix this tomato mixture in a bowl with the following:

- 1 cup quinoa (that has been soaked overnight then drained)
- ½ tsp sea salt

Stuff each tomato – these can be stored in the fridge overnight. Serve with Corn Relish on greens.



## Thick Crust Zucchini Cabbage Pizza

**Flax Crust:** makes 2 ten inch round pizza crusts using the recipe at the beginning.

### Pizza Toppings

Spread some tomato zucchini mayonnaise (see recipes below) over the pizza crust then cover with an assortment of sliced veggies – here we used:

- 10-15 thinly sliced zucchini
- 6-10 thinly sliced tomatoes

Drizzle more of the tomato/zucchini mayonnaise then top with:

- ½ cup shredded carrots
- ¼ cup shredded purple cabbage
- 4-6 more sliced of zucchini

Sprinkle with pumpkin seeds. Put the pizza back in the dehydrator for 1 more hour and serve warm or it can be served right away.

You can wrap the extra pizza and keep in fridge for 2-3 days and dehydrate for 1 more hour just before serving.

**Tomato/Zucchini Mayonnaise:** makes 1 cup

Purée the following ingredients in a blender until thick and creamy:

- ½ cup of each: zucchini and tomatoes sliced
- ¼ cup onion sliced
- ½ cup olive oil
- ¼ cup pumpkin seeds (soaked for 1 hour)
- 1 tsp of each: sea salt and garlic powder
- ½ tsp cayenne powder



## Tossed Kale Salad with Basil Lemon Dressing

**Salad:** serves 2

Put the following ingredients into a large salad bowl:

- 4 cups kale (chopped)
- ½ cup of each: celery & carrots (thinly sliced)
- ½ cup red bell peppers (diced)
- ¼ cup onion (finely diced)
- 2 tbsp. of each: organic raisins & pumpkin seeds

**Dressing:** makes ½ cup

Blend the following until creamy:

- ¼ cup of each: lemon juice & olive oil
- 4-5 fresh basil leaves (or 1 tsp. dried)
- ½ tsp. dried mint (or 2 fresh leaves)
- 1 tsp. maple syrup
- 1 small garlic clove

Toss the salad with just enough dressing to lightly coat the kale.

Use the leftover dressing for other salads (can be stored for 5 days).



## Strawberry Shortcake

**Preheat oven to 425F**

**Cake Ingredients:** 8" pan

- 1 cup oatmeal flour
- 1 cup coconut flour
- 3 tsp baking powder
- 1 tsp sea salt
- ⅓ cup coconut oil
- 1 cup coconut milk
- ⅛ cup maple syrup

**Topping:** you will also need the following ingredients:

- 1 quart fresh strawberries
- 2 cups raw banana dream ice-cream

**Method:**

1. Grease the 8" round pan with coconut oil then put aside.
2. To make the cake put the top 4 ingredients into a bowl and stir until mixed.
3. Cut in the coconut oil to make a soft crumble.
4. Then add the milk and maple syrup and stir until it is all wet (do not over mix).
5. Put this batter into the cake pan and bake at 425F for 15-20 minutes until golden.
6. While the cake is baking wash and slice the strawberries so they are ready for the topping.
7. Once the cake is done take it out of the pan and let it cool before cutting it in half lengthwise.
8. Make the ice-cream (see recipe below) and keep it in freezer until ready to use.





**Strawberry Banana Dream Ice-Cream:** makes 2-4 cups

Freeze your peeled bananas overnight.

Put the following into your food processor and process until creamy:

- ½ cup fresh (or frozen) strawberries
- 2-3 frozen bananas (slice thinly)

**To assemble:**

- take the bottom half of the cake and spread with the creamy ice-cream
- put the top half onto this then spread some ice-cream on it also
- top it all with the sliced strawberries and serve right away (or you can keep it in the freezer for 20 minutes before serving)

If you leave it too long it will become too hard and difficult to eat.

