

GAIA LIFEFORCE SALAD



HIGH ANTIOXIDANT + MICRONUTRIENTS + FIBER

Ingredients:

- 4-5 Cups organic mixed green (Calcium, Magnesium Potassium)
- 2 cups Dandelion leaves (Calcium, Iron, Vitamin C, B6)
- 1-2 Raw shredded beets (Calcium, Iron, Vit A & C, Folic Acid, Fiber)
- 1 cup Raw shredded carrots (high in Vit A)
- 1-2 Granny Smith apple (Fiber, vit C, pectins= help remove chol.)
- Avocado (monounsaturated Fatty acids, potassium, Fiber)
- ½ - 1 Cup Hemp seeds (Proteins, Omega 3 & 6, A.O)
- 6 brazil nuts [presoak overnight] (Selenium = Antioxidant)
- 1 cup lentil, mung or microgreen sprouts (Protein source)
- Dried mulberry (optional) Immune System Support

Dressing:

- 1-2 Avocados (monounsaturated Fatty acids, potassium, Fiber)
- 1/3 cup filtered water
- 1-2 cup strawberries and/ or raspberries (A.O., Vit C, Fiber)

Method:

Toss in a large bowl: salad, dandelion leaves, shredded beets, carrots & apples. Blend the avocados, water, strawberries &/ or raspberries, pour on tossed salad, top off with hemp seeds, brazil nuts, sprouts, mulberries & enjoy 😊

I would love your feedback. Email Nancy Majoulian at info@gaialifeforce.com

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JUST JUICE IT



HIGH ANTIOXIDANT + MICRONUTRIENTS

Ingredients:

- 1 Cup beet greens (Vitamin A, Calcium, Iron)
- 1 cups Dandelion leaves (Calcium, Iron, Vitamin C, B6)
- 1 medium cucumber (high Fiber + silica + vit C, A + folic acid)
- 1 Granny Smith apple (Fiber, vit C, pectins= help remove cholesterol)
- 1/2 Cup peeled Burdock root (blood purifier, diuretic + acts as prebiotic and helps reduce blood-sugar level, body-weight, and cholesterol levels in the blood.)
- 1 quarter size peeled ginger (anti-inflammatory + carminative)

Method:

Juice all the ingredients and enjoy 😊

You can always add a gala apple for some natural sweetness

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RAW VE-GAIA PESTO PASTA



HIGH FIBER + OMEGA 3 FATTY ACIDS

Ingredients:

- 1-2 zucchinis (high Fiber, omega-3 fatty acids, zinc, niacin + protein)
- 6-12 cherry tomatoes
- 1/2 teaspoon Himalayan/Sea salt
- Basil, pine nuts for garnish

Pesto

- 1 cup firmly packed fresh basil* (digestive aids + helps w/ circulation)
- 1/2 cup extra virgin olive oil
- 2 tablespoons lemon juice
- 1/3 cup pine nuts
- 4 cloves peeled garlic
- A sprinkle of Himalayan/Sea salt

RAW YE-GAIA PESTO PASTA cont'd

Method:

Use a julienne peeler or spiralizer to turn zucchini into noodle-like strips.

Put all the zucchini noodles in a bowl and sprinkle with 1/2 teaspoon salt. Stir it well to mix the salt evenly. Allow the noodles to sit for about half an hour so that water can be drained.

To make the pesto: Combine the basil, extra virgin olive oil, lemon juice, pine nuts, garlic and salt in the blender. Blend until it's completely smooth. Add to zucchini pasta and garnish with basil and enjoy 😊

*Studies show basil contains orientin and vincenin, two water-soluble flavonoids that protect cell structure as well as chromosomes from radiation and free-radical damage. As such, basil provides important anti-cancer benefits.[Murray et Al, 2005]

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“Your Health is Your Biggest Asset, if you Invest in it, it will pay dividends.”

Nancy Majoulian

