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THE BRIDGE
A CUSTOM DETOX
& BREATHWORK PORTAL

RECIPE LINKS | OCT 13-20

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WWW.AMA-VEDA.COM

Inspiro sites for recipes

OH SHE GLOWS.

<https://ohsheglows.com>

Here is a guide to prepping lunches/dinners

<https://ohsheglows.com/meal-prep-week-long-power-bowls/>

LOVE AND LEMONS

<https://www.loveandlemons.com>

Soups and stews

<https://www.loveandlemons.com/soup-recipes/>

GREEN KITCHEN STORIES

<https://greenkitchenstories.com/>

A chickpea based tortilla

<https://greenkitchenstories.com/green-vegan-chickpea-pancakes/>

Recipes - how to grow your repertoire

If you were to dedicate yourself to learning just **one new recipe each week**, you'll have 52 new dishes by this time next year — which is actually too many. Most people only need 6–10 recipes in their repertoire to feel comfortable in the kitchen. Since you'll be eating beautiful, nourishing, home-cooked food for the rest of your life, go slow and steady, really embracing and learning just one new recipe every few weeks is a perfect rhythm to aim for.

Meal Prep - building your base

Having healing and healthy ingredients ready to assemble in the fridge will make dinner a very easy process for you.

1 - Roast, pre-cook vegetables

Such as Broccoli or cauliflower, sweet potato or pumpkin, Zucchini, peppers, carrots, beets etc.

Roast in olive oil and sea salt; store in glass containers for up to 4 days.

2. Cook a grain or legume, enough for 3-4 meals

Such as: Quinoa, millet, or white or brown rice, black beans, lentils, or chickpeas, tofu, tempeh, or edamame

3. Prep 2–3 dressings and store in the fridge.

Examples:

- Tahini–lemon–garlic- smoked paprika, touch of Maple syrup
- Olive oil–mustard–apple cider vinegar
- Green goddess (herbs, avocado, yogurt or tahini)

4. Additional toppings such as:

Sprinkle of Psyllium husk (add a pinch to smoothies or sprinkle lightly over Ground flaxseed or chia seeds, **pumpkin seeds, sunflower seeds, or hemp seeds**, crushed walnuts or almonds, fresh herbs like: basil, mint, parsley, coriander.