

ARIANNA AUNON

LIVE Training The Power Of Healing With Mucus Free Plant Food

*Plus a list of the exact foods that will transform
your health*



MUCUS FREE PLANT FOOD

Raw, Steamed, Baked, Juiced mucus free lean meals

*****with anything cooked always have a raw salad**

Delicious Breakfast Ideas

- Use a smoothie blend (all fruit), pour in a bowl, top with raspberries, blueberries, banana, in 3 stripes covering the top of smoothie with dried coconut flakes and 1 tsp sunflower seeds
- Fruit meal - papaya, mango, berries, grapes, melon, figs, pears, apples, oranges; choose 1-2 fruits with some dried fruit: dates figs, banana, pineapple, mango, raisins
- Bread ONLY toasted brown spelt or quinoa bread with 1/4 avocado or courgette hummus (again this is ok whilst you're transiting 1-2 x week, but not on detox) *this is mucus forming and acidic*

- Quinoa porridge with 1 tsp chia seeds 1 tsp desiccated coconut and coconut milk, cook gently on low heat, add raisins at the end, a good transition breakfast, 2 x week (also acidic but ok occasionally)

DIPS, PLATES, BOWLS & DELIGHTS

Classic Hummus

Serves 1 cup

1 large courgette

1 celery stalk

1 clove garlic

1 tbsp light tahini

1/8 tsp paprika

1/2 tsp cumin

Combine all ingredients in a blender/food processor and serve, great with veggie sticks or in a raw wrap with salad.

Raw Marinara

Serves 1-1 1/2 cups

7 cherry tomatos (diced)

2 tbsp shredded carrot (grated)

1/2 red bell pepper (diced)

4 dates soaked in water

1/2 cup sun-dried tomatoes (no oil, no salt just dry)

1 tbsp lemon juice

1 clove garlic

1 tbsp dried Italian herbs

1 tsp oregano

1/2 tsp paprika

1 tsp dulse

1 cup water (add gently till you get a thick consistency or one you like)

Combine all ingredients and blend, great with spiralized courgette, cucumber, carrot, have as a dip for veggie sticks, add to soups, put onto of baked sweet potato, have with raw corn crackers.

Date sauce

Serve 1/2 - 3/4 cup

1/2 cup medjool dates

1/2 cup hot purified water

Pinch cinnamon for taste

Blend all ingredients till smooth. Keep in the fridge for up to 1 week. Have over fresh fruit, add to smoothies or smoothie bowl

Tzatziki

Serves 1 cup

1/2 cup Hemp seeds

1 tbsp chives chopped

2 tbsp purified water

1 small lemon juiced

1 lime juiced

1 courgette peeled

1 tbsp fresh parsley

1 tbsp fresh dill

1 garlic clove

1 tsp onion powder

Combine all ingredients in a blender/food processor and refrigerate for up to 1 week.

BBQ sauce

Serves aprox. 4 cups

3 cups tomatoes diced

1/3 cup sun-dried tomatoes (no oil, no salt, just dry)

2 tbsp ACV

1/2 cup pure maple syrup

1 tbsp coconut aminos

1 garlic clove

1 tsp onion powder

1 tsp pepper

1 tsp dulce flakes

1/4 tsp cayenne

1 tbsp Italian herbs

1/4 cup date sauce

Water for desired consistency (only add if too thick)

Combine and blend all together, if too thick add some water. Try with loaded baked sweet potato, raw corn chips or baked sweet potato wedges.

Raw Pine Nut Pesto

Serves 2

100g pine nuts

Big handle of torn up fresh basil

2 inch chunk raw courgette (chopped)

Juice 1 organic lemon

Half red pepper (chopped)

1 tsp dried basil

Add all ingredients into a blender and whiz, if you need more liquid juice another lemon, till consistency you like, I like mine quite thick, then spiralizer some courgette to keep it all high vibe and raw living magic, or boil some lentil or quinoa paste for a treat (not no processed during detox days weeks)

Nutty Cheese sauce

Serves 2 cups

1 cup organic raw walnuts (soaked overnight)

1 cup priced water

1/2 medium courgette peeled

1 large or 2 small sprigs of spring onion (only white bit)

Juice of 1 lime

1 garlic clove

Bunch chives (optional)

1 tsp onion powder

Blend all ingredients until you've reached your desired consistency.

Tahini & lemon dressing

1 tbsp raw tahini

Juice of 1 lemon

1 tsp fresh chopped parsley

Dash dulse flakes

Purified water to get desired consistency

Add all ingredients to the blender and pulse till desired consistency. Great with veggie sticks, over salads, over quinoa, baked sweet potato, butternut squash, pumpkin, or with sweet potato wedges.

Avocado salad (All raw dish) (you can experiment with lots of different salads and veggies and mucus-lean grains with different dips, herbs, citrus juice mixed in)

Big bowl/plate of tender leafy greens

Handful of sprouts

Grated carrot

Slices of tomato

5 cheery tomatoes sliced in half

5 kalamata olives (optional)

Half sliced avocado

Topped with fresh basil & juice of half organic lemon

With a tahini dressing or 2 tbsps of marinara sauce mixed in or another dip/sauce you fancy :)

Salad baked sweet potato and BBQ Beans

Big bed of lettuce and teddy leafy greens (juice 1/2 lemon over)

Sliced tomato

Handful Fresh parsley chopped

Sliced cucumber

Mixed pinto and black beans (can use from a BPA Free can organic in ONLY water, or you can soaked dried beans for 48hrs and then follow bean guidelines for cooking)

3 trap BBQ sauce

2 tbsp Zucchini hummus

Baked sweet potato in water (no oil)

Add lettuce to plate, cover with lemon juice, cucumber one side, tomatoes the other, add 2 tbsp hummus over cucumber, bake sweet potato, if using tinned beans just gentle warm them through in little purified water, then mix bean with 2 tbsp raw BBQ sauce, add bean dish to baked sweet potato and top with 1/4 avocado and fresh herbs.

Quinoa or Millet or Spelt Bowl

Serves 2

1 cup cooked quinoa

2 medium baked butternut squash (oil free, diced into small cubes)

2 cups spinach finely chopped

6 large mushrooms sliced

1 bell pepper thinly sliced

1 garlic clove

1 spring onion to garnish

Mixed fresh herbs your love

1/2 Avocado sliced up

Sauce: 2 tbsp coconut aminos, juice 1 lemon, 1 tbsp Italian herbs, 1/2 tsp paprika (optional), dulse flakes to taste

Add all chopped veggies in a bowl except sweet potato, boil sweet potato for 5 minutes, drain and add to veggies, mix sauce ingredients in a separate bowl and then mix into veggies. Add mixture to a frying pan with some coconut aminos and purified water, and warm through on medium heat, no oil, use a cup of water if you need to add more liquid to cook it in. Saute veggies, stirring frequently till cooked to your desired tenderness. Add cooked quinoa for last 1-2 minutes and stir frequently. Top with chopped spring onion, Enjoy!

Mushroom Spinach & fried Cauli-rice

Serves 2-4

1 head cauliflower (pulse into rice in a food processor)

1/2 onion diced

1/2 red pepper diced

5 stalks celery diced

5 mushrooms diced

Bunch organic spinach finely chopped

1 garlic clove

Sauce: 1 tbsp coconut aminos (extra for saute along with purified water), 1/2 juice lemon, paprika & turmeric to taste.

Mix all such ingredients together in a bowl. Place some coconut aminos and purified water in a pan and heat to medium, add garlic and onions and sauté for 2 minutes, place all veggies in a bowl and add the sauce. Add the veggie mix to the garlic and onion and saute for 5-10 minutes, until veggies are cooked, but not mushy, firm is what you want.

Enjoy!

Baked Wedges

Serves 2

2 medium sweet potato skin on or butternut squash Chucky slices

1/4 lime

2 tbsp dried Italian herbs

1 tsp garlic powder

For spice (1/2 tsp chipotle seasoning)

Cut potato into wide but thin wedges with skin on, boil for 5 minutes, drain water, add dried herbs and lime juice and mix, place wedges on parchment paper, pre-

heated oven 400, bake for 40 minutes (but check check as ovens vary) flipping them a couple times, keep a close eye so they don't burn,

Enjoy your oil free wedges with a delicious raw dip of you choice!

Bursting Baked Sweet potato

Serves 1

1 large sweet potato

1/2 courgette

1/2 red pepper

2 mushrooms

4 olives (oil and salt free)

1/2 juice small lemon

1/2 clove garlic (optional)

1/2 tsp Italian herbs

1/4 tsp chilli flakes (optional, they stimulate the body)

2 tbsp Nutty cheese sauce (use as base within sweet potato and add to a squeeze bottle to squeeze over the top)

Bake sweet potato at 400 for 45 minutes, once baked, open potato and mash the inside a bit to flatten it out, pulse all veggies, herbs, spices and lemon juice in a food processor until mixed and diced (if you don't have a food processor dice before then add to a bowl)

Spread 1 tbsp nutty cheese sauce onto potato, pile the veggies on top, add nutty sauce to squeeze bottle with some purified water, shake it up, drizzle nutty sauce all over the top of the potato, Bake for 10-15 minutes at 400, remove, sprinkle with spring onion and more nutty cheese if you desire.

Courgette or cooked spaghetti with raw marinara sauce (raw/cooked dish)

1-1 1/2 Large courgette spiralized or Spelt or Kamut or Quinoa pasta

3 tbsp raw marinara sauce

5 cherry tomatos

3 fresh basil leafs

Handful of vegan cheese (Violife brand)

Mix raw spiralized courgette or cooked mucus lean pasta of choice with raw marinara together, top with sliced cherry tomatoes, torn up basil leafs and a handful fo vegan cheese.

Veggie soup

Serves 2-3

3 cups of organic veggie broth

1 cup sweet potato chunked

1 1/2 cups kale of spinach diced

1/2 small onion diced

1/2 garlic clove diced

3-4 large celery stalks chopped

2 large carrots sliced in circles

1 cup broccoli florets

1/2 courgettes sliced

1/2 tsp fresh ginger (thinly sliced)

1/8 tsp turmeric

1/8 tsp paprika

1/2 juice lemon

2 bay leaves

1 traps dried Italian herbs

1 tsp rosemary

3 tbsp fresh parsley

Coconut aminos for sautéing

Add coconut aminos to a pan on a medium heat and add garlic, onion, carrots and potato. Saute for a few minutes. Add in the rest of the interests and stir well. Simmer for up to 1 hour. Enjoy!

Courgette Quinoa or Millet Boats

Serves 2

2 large courgette sliced in half with middle scooped out and diced up for mix

1 cup quinoa cooked

4 large mushrooms diced

1 bell pepper diced

2 spring onions sliced

4 kalamata olives diced (optional)

Pepper to taste

3-4 tbsp Nutty cheese (for squeeze bottle or you ca spoon to on top)

3 tbsp fresh finely chopped basil

1/2 juice lemon

1 tbsp Italian herbs

1/4 tsp garlic powder (optional)

1/4 tsp chilli powder (optional)

Fill each courgette boat with cooked quinoa and nutty cheese sauce, sprinkle on some pepper, herbs and garlic powder. Mix all the diced veggies herbs spices and lemon juice - set some herbs aside for topping, add mixture evenly on all courgette pieces, drizzle or spoon on nutty sauce, herbs and spices, bake in the oven on 400 for 20-30 minutes (keep a close eye as ovens vary) Let cool for a few minutes and Enjoy!

Baked scallops

Serves 15-20 pieces

4-5 king oyster mushrooms

Marinade:

1/4 cup coconut aminos

1/4 cup purified water

1/2 tsp garlic powder

1/2 tsp onion powder

1/2 lemon juiced

Toppings:

2 tbsp fresh basil (or chives) finely chopped

1/2 tsp garlic powder

Pinch dulce falkes

1/4-1/2 cup Classic hummus

Cut the tops and bottoms off the mushrooms and store away for another dish, slice the stems into 1 - 1 1/2 pieces and marinate in a large bowl for 1 hour, place each piece onto a baking sheet, bake at 350F for 20-30 minutes (ovens vary to keep an eye, you want it slightly brown with a crisp on the edge), remove from the oven and place on a plate, you can add a dollop of hummus on top of each one and sprinkle with some dukka flakes or garlic powder,

Enjoy! Beautiful mini appetisers.

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