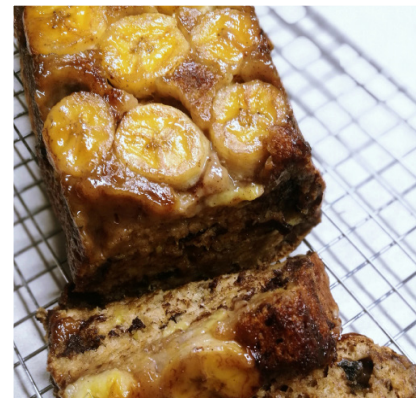




YOGA DOWNLOAD

TAKE YOGA ANYWHERE



The 3-Week Absolute Beginner Yoga Program for Inflexible People

Welcome to the Absolute Beginner Yoga Program for Inflexible People

We created this 3-Week Absolute Beginner Yoga Program for Inflexible People to help people just like you learn yoga from the comfort of your own home.

Get ready to gain flexibility, rid yourself of stiffness and pain, reduce feelings of stress, all while toning your muscles from head to toe as you become your healthiest, happiest, most flexible self!

In this program, we go over:

- 🌸 The very basics of yoga so you can learn poses safely and effectively from the comfort of your own home.
- 🌸 The best and most effective yoga poses to greatly increase your overall flexibility.
- 🌸 Breathing techniques to help you feel a deep sense of calm and relaxation.
- 🌸 Strengthening yoga poses to help you build muscle tone as you stretch and gain flexibility.

This 3-week program includes 15 yoga classes designed to teach you yoga from the comfort of home. The program begins with the very basics of yoga for absolute beginners, and then slowly builds allowing you safely and effectively gain flexibility and strength.

We're also throwing in THREE bonus classes - one to help you open those super tight hips, another to help you get rid of back pain, plus a relaxing and calming 15 minute meditation class.

How It Works:

This program offers 5 yoga classes each week, with two days off, for a total of 3 weeks.

On the next page you will see your calendar outlining which class to do on which day, followed by the names and descriptions for each class on the following pages. You can start this program any day of the week and begin with class 1.

We also included 3 BONUS classes that you can do anytime during weeks 2 or 3, or save them for after you complete the program - up to you!

By the end of the 3 weeks you will be amazed at your progress and your increased flexibility, and will have the confidence to start moving on to more challenging yoga classes.





CLASS SCHEDULE

WEEK 1

CLASS 1	CLASS 2		CLASS 3	CLASS 4		CLASS 5
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WEEK 2

CLASS 6		CLASS 7	CLASS 8		CLASS 9	CLASS 10
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WEEK 3

	CLASS 11	CLASS 12	CLASS 13		CLASS 14	CLASS 15
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**ABSOLUTE BEGINNER YOGA PROGRAM
FOR INFLEXIBLE PEOPLE**



Week 1 - Class 1

Yoga 101: Start Here, Start Now w/ Jackie Casal Mahrou |50 min|

Are you brand new to yoga? A complete beginner? If so, there's no better time to begin than right now. There are no prerequisites to this series or class. Just give it a try. You have nothing to lose!

This first class will teach you the nuts and bolts of yoga. You will get a feel for yoga, as well as learn the basics, allowing you to build a strong foundation. We will explore deep breathing, practice beginner yoga postures with optional props and modifications, as well as learn safe physical alignment. Start now, exactly as you are, and experience what yoga is all about!



Please bring along a yoga block, yoga strap (or a belt works), and a folded up blanket or towel. You can still practice this class without these props, but they are very helpful for beginners if available.

Week 1 - Class 2

Yoga 101: Align and Define w/ Jackie Casal Mahrou |50 min|



You've gotten a taste of yoga in the first class in the series, now let's dive in deeper. In this class you will explore alignment and deep breathing while practicing focus, presence and body awareness. We will revisit postures from the previous class in a more refined way, as well as learn new postures that will improve your overall strength, mobility, flexibility, & spinal health. To get the most from this class, please practice the first class in the Yoga 101 series at least once.



Week 1 - Class 3

Yoga 101: Loosen Up w/ Jackie Casal Mahrou |70 min|

So many people think they cannot do yoga because they are tight or cannot touch their toes. If that is you, please disregard that thought, and try this class anyway. You can do this, and it will help you! Regardless of your level of flexibility (or inflexibility), you will learn modifications with and without the use of yoga props to help your body and mind experience less tension and more freedom. To get the most from this class, please practice the first 2 classes in the Yoga 101 series at least once.



Week 1 - Class 4

Yoga 101: Build Strength w/ Jackie Casal Mahrou |60 min|

Many think that yoga is just stretching, but it is so much more than that. In this class we will dive deeper into what yoga is all about while working to strengthen your body and mind from the inside out. Throughout class you will be encouraged to go at your own pace, do what you can, and celebrate where and who you are. To get the most from this class, please practice the first 3 classes in the Yoga 101 series at least once.



Please bring along a yoga block, yoga strap (or a belt works), and a folded up blanket or towel. You can still practice this class without these props, but they are very helpful for beginners if available.



Week 1 - Class 5

Yoga 101: You've Got This! w/ Jackie Casal Mahrou |70 min|

This is the final class in the Yoga 101 Series, a series designed for complete beginners. This class will weave together all the principals that you have learned in the first 4 classes in the series, as well as practice several new postures, basic Sun Salutations, and a short and simple meditation at the end. This class will leave you feeling inspired, accomplished, and balanced. To get the most from this class, be sure to practice the first 4 classes in the series at least once. You have come this far, now let's finish strong! Enjoy.



Week 2 - Class 6

Stretch & Stress Relief w/ Robert Sidoti |30 min|



This class is designed specifically for Men (totally open to women too) to help stretch out those typical tight areas like the hamstrings, hips, back and shoulders, basically the whole body! The poses, language and pace are all very accessible and 'doable' for the new beginner or the guy who thinks yoga isn't for him. To stretch and release stress in our bodies is so very necessary and important and this class does just that! See you on the mat!



Week 2 - Class 7

Therapeutic Yoga for Wrists, Shoulders and Neck w/ Shy Sayar |25 min|

Join Yoga Therapist Shy Sayar for this perfect sequence to do anytime, anywhere - even at your desk! With gentle, delicious movements and stretches for your wrists, shoulders and neck, this class is therapeutic and calming as well as energizing.



Week 2 - Class 8

Foundations of Yoga w/ Jackie Casal Mahrou |50 min|



This is a perfect class for those brand new to yoga, or those looking to deepen their practice through a focus on alignment. Jackie guides you through basic yoga postures including lunges, single leg balancing, and seated stretching that will help you increase your flexibility and strength as well as gain an understanding of what yoga is all about.



Week 2 - Class 9

Yin Yoga for Flexibility and Relaxation w/ Elise Fabricant |40 min|

Yin Yoga is a slow, deep practice which is simple but not always easy. In fact, most Yin classes are meant to be challenging. Not so with this one! In Yin Yoga for Relaxation and Flexibility, we combine the long holds of Yin with some of the support of Restorative to create more ease in body and mind. Experience the renewing qualities of supported backbends, supine twists, gentle hip work and side body openers in this accessible class.



Week 2 - Class 10

Yoga Therapeutics for Shoulders & Upper Back w/ Deb Rubin |50 min|



Learn how to deeply, safely, and effectively unlock tight shoulders, and that pesky, traditionally stuck thoracic spine (upper back). Deb Rubin shares with you some of her favorite shoulder, side body, upper back and neck openers, and will

introduce you to her new, signature somatic approach to unwinding the body. This is an all levels class, intended to be gentle yet deep, and very effective.



Week 3 - Class 11

Sun Salutation Breakdown w/ Robert Sidoti |25 min|

This is a complete and thorough breakdown and tutorial workshop on Sun Salutations. How can we make good use of our time in this incredible series of postures and movements?! Let's begin to unpack and discover the Sun Salutations and make them a daily practice!
This class is designed and geared for the



Week 3 - Class 12

Gentle Hatha Yoga 6 - Relax & Renew w/ Jackie Casal Mahrou |60 min|



This class is designed for any level of practitioner that desires a slower paced, relaxing, and inspiring yoga class. Jackie guides you through a series of gentle and stress relieving postures for your entire body, while inviting and encouraging you to let go of tension so you can feel a renewed sense of energy.



Week 3 - Class 13

Qi Yoga for Beginners w/ Kylie Larson

|45 min|

This foundational class goes over the basics of a Qi Yoga class. You will start off with some heat building Sun Salutations, then move into a simple, yet effective flow of postures that are sure to leave you feeling great!



Week 3 - Class 14

Open Your Heart to Gratitude w/ Elise Fabricant

|30 min|



In this heart-opening class we will invite in gratitude along with our physical practice of backbending. To cultivate length and lower back health in our backbends, we learn to unwind the front of hips and pelvis with lunge variations. Moving on to shoulder opening, we pay special attention to the musculature between the shoulder blades.



Week 3 - Class 15

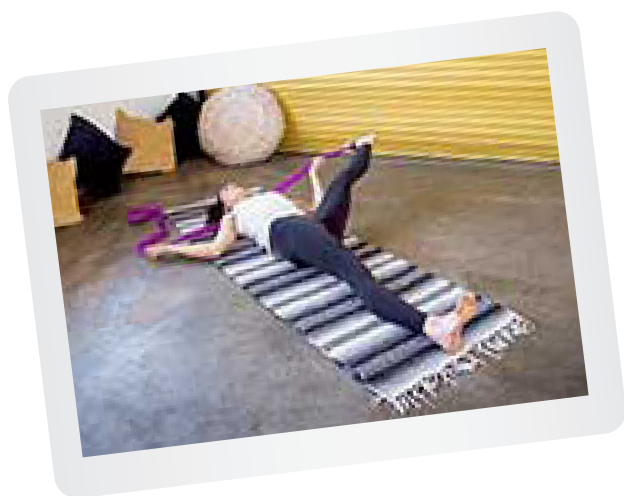
Beginner Yoga: Find Your Flow w/ Claire Petretti Marti |55 min|

Claire designed this class for beginners to experience a full Vinyasa flow class, but she breaks down the poses with specific and clear alignment cues at a slower pace. You'll learn Sun Salutations, Standing Poses like Warrior 2 and Triangle, Balancing poses like Tree and still access linking breath to movement



BONUS CLASS 1

Iyengar Yoga: Deep Release for the Hips and Legs w/ Dana Hanizeski |50 min|



Enjoy a deep release with this all levels Iyengar Yoga sequence. You will use props both as muscle release tools, and as aids to open the hips and legs. This will be a supine class, and will lead you through hip openers and Reclined Hand to Big Toe Pose variations in order to open your hips and legs. If you experience limitations of stiffness in the hips and legs, this class is for you!



BONUS CLASS 2

Yoga for Healthy Backs 2 w/ Claire Petretti Marti |45 min|

Claire designed this therapeutic class for anyone suffering from chronic or occasional back pain and for those who want to make sure to maintain a healthy spine. This short class will help you open up tight areas that contribute to back pain, strengthen muscles to support your spine, and calm down your nervous system with Pranayama breathing techniques. Take the time to keep your back healthy!



BONUS CLASS 3

Meditate & Cultivate Calm w/ Keith Allen |15 min|



This 15-minute meditation is ideal for everyone from beginners to advanced meditators. With an emphasis on enjoying the process, not getting caught up on doing meditation correctly, and staying connected to your breath, you will feel lighter, calmer, and clearer after investing 15-minutes to go inwards and experience this practice. Meditation has the power to increase joy and productivity, ease anxiety and depression, and cultivate an internal peace of mind.






Congratulations! You Did it!

Way to go!! You worked hard and it has paid off! Now you're feeling stronger, more flexible, more calm, and ready to move on to more challenging yoga classes!

For more amazing classes in a wide range of styles, lengths, and levels taught by world-class instructors, visit our ever-growing library at [YogaDownload.com](https://yogadownload.com)!

Stay Connected w/ Us!

Join the YogaDownload community online:

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-  **Join our YouTube** Channel

And please remember if you have any questions or need help with anything at all, submit a ticket at support.yogadownload.com



View the next pages for a beginner's guide to yoga outlining everything you need to know to get started **PLUS 15** healthy and delicious recipes!



Beginners Guide to Yoga:

Everything you need to know for your first yoga class

We've put together everything you need to know, to be prepared for your first experience with yoga.

If you're thinking about starting yoga, but a lack of flexibility, or any restrictions of why you don't think you can practice are holding you back - don't let it stop you! Yoga is truly for everyone, no matter your age, gender, body type, or health. The idea that you need to be flexible to do yoga is also a huge myth, and flexibility isn't essential to get on the mat. Every yogi started somewhere.

Why Practice? Some of the Many Benefits of Yoga:

Before we get into the logistics of what to bring, wear, and know before taking your first class, let's briefly look at why yoga is a worthwhile use of your time, with long-lasting, transformative benefits for almost every system of your physical body.

Yoga increases health and well-being in a number of ways. It has been proven to benefit the function of some of your most vital organs such as your liver, lungs, kidneys, heart, and brain. It has proven various benefits for the circulatory, lymphatic, nervous, cardiovascular, and musculoskeletal systems of your body. It has been proven to create relief from aches and pains. Yoga has even been shown to reduce wrinkles in the face!

The benefits of yoga are also mental. Yoga is shown to help alleviate forms of depression and anxiety. It also increases focus, energy levels, and quality of sleep.

So if you're still unsure about starting yoga, there are some pretty great reasons to get started!

What is Yoga?

While it has gained notable popularity in modern times, yoga has a rich history that goes back 5,000 years beginning in modern day India. Over the past century, yoga has extended beyond India, and seen a massive increase in popularity all over the world.

When traced back to its roots, yoga is more than just a form of exercise, and has a rich philosophy focused on finding presence and helping people break free from suffering. It's emphasis is as much about being flexible and strong mentally, as it is physically.

Over time, yoga has evolved from more seated meditation and breathing exercises, to a more physical practice, which is mainly what you'll be learning.

You will learn to place your body into specific poses, and focus on your breath with the guidance of your teacher. The breath is your guide in yoga.



What Is Needed to Practice:

Now that we have some background on what yoga is, where it comes from, and why it's valuable, let's look at what you actually need to be prepared for your first class.

What should you wear?

Wear clothes that are comfortable for you! While you can adapt and practice yoga in almost anything, avoid things like jeans, tight and restrictive pants, skirts, and stiff shirts.

Generally, either loose fitting clothing, or more flexible and elastic exercise clothing is best for yoga.

You do not need yoga-specific clothing to practice yoga. Any workout shorts, or t-shirts you are able to do other forms of exercise in, you can usually wear to practice yoga, so you likely don't need to purchase any new clothing to take your first class.

What items will you need?

1. Mat: A yoga standard yoga mat will work to begin. You can also practice yoga without a mat, in your home if you want to practice, but do not have one. Carpet surfaces and wooden floors can work well if you don't have a mat. Avoid any concrete or tile surfaces without a mat.

2. Water: have some water handy to drink throughout your class.

3. Props (or household substitutes): You can practice most yoga classes without props, however, some classes will utilize props to assist you in certain poses. Here are two common yoga props that you will use in this program, and things around the house that can work as substitutes if you don't have props yet.

a) Yoga Block - substitute: book, couch pillows/cushions

b) Yoga Strap - substitute: t-shirt, belt (fabric belts preferable to leather and metal belts)

4. Yourself - part of what makes yoga special is it's minimal nature, and the fact that you really only need yourself to practice! The above mentioned items will make your practice more comfortable and optimal, but don't stop yourself from practicing if you don't have every single item listed above, as you can still practice and modify as needed.



Setting Up Your Home Space:

Now that you have everything you need, here are some tips on set your home space to practice.

Enough space to move freely

You don't need a lot of space, but enough to move freely in all six directions (up, down, left, right, front, & back). Find a spot where there is space to roll out your mat. Stand up tall, and reach your arms out in all directions, above, in front, behind, and to each side of you. If you can fit your arms outwards in all directions, you'll have sufficient space to practice!

Minimize distractions

Practice in a space where you won't be interrupted (or where interruptions are minimal). Turn off your phone and television. Your practice is a time to go inwards, and creating space for yourself will help enjoy your practice more.

Decorate your space

This is optional, but you can have fun decorating and beautifying your yoga space! You can add plants, candles, crystals, or whatever else brings you joy to see while you practice in the area around your mat. You'll also have a more relaxed practice in spaces free from clutter, so tidying up can be worth it before class.

Useful Things to Keep in Mind During Class:

Just breathe!

Yoga is about your breath more than anything. Do your best to stay focused on your breathing throughout your practice.

Let go of expectations

You will not be perfect or able to do every pose with efficiency during your first class. Don't put too much pressure on yourself and do your best. Yoga is a practice and not a performance or competition, and if you can go into class with an open mind, instead of a fixed idea of what to expect, you'll have a nicer experience.

Have fun!

Yoga can be fun. Don't take yourself too seriously on your mat, and don't be afraid to laugh as you learn and maybe fall out of poses sometimes.

Remember it's about both your body and your mind

You will be challenged physically, and also mentally. That's what makes it powerful. Notice where your mind goes in the postures, as well as your body.



🌸 Props are your friend

If instructed by your teacher, know that props help considerably in yoga. Use them freely, especially to start.

After Class...

🌸 It's normal to be a little sore

This is typically a GOOD kind of sore, and means your body is changing and getting both stronger and more flexible. Don't let this stop you from practicing again in the following days, and modify as needed. This soreness will usually subside within a few days with consistent practice.

🌸 Hydrate

Rehydrate after a good yoga session to nourish your body and the muscles you've strengthened and stretched. Some classes make you sweat, and others detoxify your body, so it's wise to drink a lot of fluids after you practice.

🌸 Keep practicing and stick with it!

Perhaps the most important thing to note once you've finished a class is to come back and practice again to keep improving and reaping all the many benefits. You've got this!



Salad of Abundance & Sunflower Vinaigrette

Salad of Abundance

(Meal sized salad)

Yield: 2 salads

Ingredients:

4 cups of fresh spring greens
1 cup alfalfa or your favorite sprouts
½ cup of radishes, sliced
1 cucumber, chopped
½ cup of red cabbage, shredded
1 avocado, sliced

Instructions:

In a large bowl, combine spring greens, sprouts, radishes, cucumber, cabbage and avocado. Toss with Sunflower Vinaigrette and serve.

Sunflower Vinaigrette

Ingredients:

½ cup raw sunflower seeds, soaked overnight
1 clove of garlic, peeled
1 TB. lemon zest
¾ cups of filtered water
1 TB **coconut aminos**
¾ cup olive oil
2 TB. fresh lemon juice
Himalayan sea salt and pepper to taste

Instructions:

In a high speed blender, combine drained sunflower seeds, garlic, lemon zest, filtered water, coconut aminos, olive oil, lemon juice and sea salt.



Recipe by Jo Schaalman
& Jules Pelaez from the
Conscious Cleanse

Grilled Fennel with Olives & Herbs

Yield: 4 servings

Ingredients:

4 large organic fennel bulbs, fronds trimmed, quartered
¼ cup organic olive oil, divided
Pinch of sea salt
Freshly ground black pepper
1 TB. fresh dill, chopped
1 TB. fresh basil, chopped
1 TB. fresh Italian parsley, chopped
1 TB. fennel fronds, chopped
5 organic Kalamata olives, chopped

Instructions:

Trim the fennel stalks and fronds away, you can use a few of them for the herb sauce below. Cut the bulbs in four and gently trim away the core. You want to leave just enough core to hold the sections together.

Drizzle the fennel with 2 TB. olive oil and season with salt and pepper.

Meanwhile heat your grill to high. Grill the fennel turning once until tender, approximately 4-5 minutes. Remove from grill and place on a serving plate.

To make the herb sauce, in a small bowl combine dill, basil, Italian parsley, fennel fronds, remaining 2 TB. of olive oil, and chopped olives until combined. Drizzle sauce over the grilled fennel and serve.



Recipe by Jo Schaalman
& Jules Pelaez from the
Conscious Cleanse

Veggie Sushi Handroll

Yield: 2 servings

Ingredients:

1 avocado, mashed
2 nori sheets
1/3 english cucumber, cut into matchsticks
1 carrot, cut in matchsticks
1 daikon, cut into matchsticks
1 cup purple cabbage, shredded
2 green onions, trimmed and sliced in half
Handful of your favorite sprouts
¼ cup Gomasio
½ cup coconut aminos
Sriracha (to taste, optional)
Lemon or lime juice, to taste
Sea salt, to taste

Instructions:

Mash your avocado in a bowl with a squeeze of lemon or lime juice and a dash of sea salt. Cut your nori in half. Place the shiny side of nori sheet down on a flat work surface. Evenly divide cucumber, carrots, daikon, cabbage, avocado, green onions, and sprouts among nori sheets, sprinkle with gomasio and roll. Seal nori sheets by taking a wet paper towel across the inside edges. Serve with coconut aminos and a splash of sriracha to taste (if using).



Recipe by Jo Schaalman
& Jules Pelaez from the
Conscious Cleanse

Coconut Glazed Halibut with Butternut Curry Sauce

Yield: 4 servings

Ingredients:

4 TB. coconut oil, separated
½ yellow onion, roughly chopped
2 cups butternut squash, peeled and rough chopped
2 tsp. yellow curry powder
1 14 oz can full fat coconut milk
4 4-oz halibut fillets, skin optional*
2 large bunches of Swiss chard, remove stems, roughly chopped
2 TB. coconut aminos
Pinch of sea salt

Instructions:

To make the butternut puree, add 2 tablespoons of coconut oil, chopped onions and butternut squash to a medium-sized skillet. Sauté on low until squash is tender but not very brown, stirring regularly. Add curry powder and coconut milk. Carefully transfer to a blender. Puree until creamy. Add a pinch of sea salt to taste.

To make Swiss chard, heat 1 tablespoon of coconut oil in a large pan, add chopped chard. Sauté until wilted and tender. Finish with coconut aminos, adding more to taste.

To prepare the halibut, heat a cast iron or nonstick skillet to medium-high heat. Season halibut with salt on each side. Add 1 tablespoon of coconut oil to the pan followed by fillets. Cook until opaque in the center, about 3-4 minutes per side depending on thickness. Avoid over flipping, let fish cook until finished before turning it to avoid the fish falling apart.

To assemble serve a generous amount of the butternut curry puree on the bottom of the plate or bowl followed by a heap of greens, top with halibut.

Optional: Garnish with sprouts, pea tendrils, reduced balsamic or roasted vegetables.

***Note:** Sometimes halibut can be hard to find. Feel free to substitute your favorite white fish in place of the halibut if needed.



*Recipe by Jo Schaalman
& Jules Pelaez from the
Conscious Cleanse*

Eggplant & Lentil Empanadas

Yield: 12 empanadas

Ingredients:

For the dough:

1 $\frac{3}{4}$ oz coconut cream
3 $\frac{1}{2}$ oz white beans
+ 1 tbsp liquid from the bean jar
1 tbsp olive oil
3 $\frac{1}{2}$ oz flour
1 $\frac{3}{4}$ oz corn flour
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp baking powder

For the filling:

7 oz cooked or canned lentils
1 small onion
1 small eggplant
1 tbsp oil
1 tsp ground cumin
 $\frac{1}{2}$ tsp turmeric
 $\frac{1}{2}$ tsp ground coriander seeds
1 tsp paprika powder
1 tbsp tomato paste

Instructions:

For the filling, chop up the onion and fry it in oil on medium heat for about 5 minutes until translucent. Then add the spices and keep cooking for a few more minutes.

Chop the eggplant to about $\frac{1}{2}$ inch pieces and add to the frying pan. Keep cooking for five more minutes, occasionally stirring. Then add in the tomato paste and the lentils, stir, have a taste, add salt if necessary, and leave to simmer on low for ten more minutes until everything is nice and soft. Set aside to cool.

For the dough, add the coconut cream, beans with 1 tbsp of liquid from the jar and olive oil to a blender and blend until smooth.

Mix flour, corn flour, salt, and baking powder, then add the liquid ingredients to dry ingredients and mix. Start with a spoon and then knead until the ball of dough forms. Add a little more water if the dough feels dry. It should not fall apart too easily.

Preheat your oven to 350F and cover a baking sheet with parchment paper.

Roll the dough out on a flowered surface –aim for $\frac{1}{10}$ inch, so it is quite thin. Using a large cookie cutter or something else round (mine was around 4 inches in diameter), cut out the circles.

Add about a tablespoon of filling on the center of the dough (you will understand how much filling you can add after you have been folding a few. The amount depends on the size of your dough circle, but I always try to add as much filling as possible) and fold the edges. You can use a fancy folding technique, as I did, or just push the edges firmly together with a fork.

Gather the remaining dough to a ball and roll out again to use up all of it. As the dough dries out with time, you might want to wet your hands if you are pushing it to a ball.

Once all your empanadas are folded, it is time to bake them for about 30 minutes until they are nice and browned. Try to let them cool slightly before eating as the filling is piping hot.



Recipe by Kadri Raig
www.kahvliga.ee

Beet & Raspberry Smoothie

Yield: 1 smoothie

Ingredients:

1 small beet
3 ½ oz frozen raspberries
1 ripe banana
1 tbsp raw cacao
(1 tbsp vegan protein powder)
½ cup cashew milk
Toppings if you wish to serve it in a bowl

Instructions:

Wash your beet thoroughly and cut to cubes. I usually don't even bother peeling the beet, because many vitamins are directly under the peel, it does not influence the flavor, and I hate food waste.

Throw all the ingredients to the blender and blend until smooth.

If you wish to serve it in a bowl, then top with coconut flakes, granola, or extra berries. In case you prefer to drink your smoothie, I recommend adding some extra milk or water.



Recipe by Kadri Raig
www.kahvliga.ee

Sweet Potato Pecan Muffins

Yield: 10 muffins

Ingredients:

- 1 cup almond flour
- ¼ cup coconut flour
- ¼ cup arrowroot flour
- 1 tsp. baking powder
- 2 tsp. cinnamon
- ¼ tsp. nutmeg
- ½ tsp. salt
- 1 cup sweet potato puree*
- ¼ cup maple syrup
- 1 tsp. vanilla
- 2 eggs
- ½ cup shredded carrots
- ½ cup diced apples
- ½ cup chopped pecans

Instructions:

Preheat oven to 350°. Line a muffin pan with 10 muffin liners. Combine the almond flour, coconut flour, arrowroot flour, baking powder cinnamon, nutmeg, and salt in a mixing bowl and mix well. Place the sweet potato, maple syrup, vanilla, and eggs in a blender and blend thoroughly. You can also use a food processor or a hand mixer. Add the wet ingredients to the dry ingredients and mix together. Fold in the carrots, apples, and pecans. Fill each muffin liner to the rim. Bake for 30 minutes. Makes 10 muffins.

***Note:** I use canned sweet potato puree. Sometimes these cans are hard to find in the store outside of the fall season. I cook with sweet potato often so I buy these cans by the case. Also feel free to bake and puree your own sweet potato. If the batter is too thick, you can add a couple of tablespoons of almond milk.



*Recipe by Jo Schaalman
& Jules Pelaez from the
Conscious Cleanse*

30-Minute Chicken Meatball Tacos

Yield: 4 servings

Ingredients:

1 pound organic ground chicken (ground turkey works too)
1 TB. organic-low sodium taco seasoning
1 tsp. sea salt
2 TB. olive oil
½-¾ head red cabbage, julienned
3 green onions, chopped
2 carrots, grated
1 bunch radishes, sliced
Zest & juice of 1 lime
3 TB. olive oil
Sea salt and pepper to taste
1 head red leaf lettuce, leaves whole, washed, patted dry
Cilantro sprigs (optional, for garnish)

Instructions:

In a small bowl, place ground chicken, taco seasoning, and sea salt and mix with your hands to incorporate. Form into golf ball sized meatballs.

In a large nonstick skillet heat 2 tablespoons of olive oil until hot and sauté the meatballs until done.

Meanwhile in a medium-sized bowl combine cabbage, green onions, carrots, radishes, lime zest, lime juice, and 3 tablespoons of olive oil. Stir to combine and season with salt and pepper to taste.

Place two meatballs in a lettuce leaf and top with the lime slaw. Serve garnished with cilantro sprigs.



*Recipe by Jo Schaalman
& Jules Pelaez from the
Conscious Cleanse*

Beet Hummus

Yield: 1.5 cups

Ingredients:

3 medium beets, peeled and quartered
3 TB. olive oil, divided
2 TB. tahini
¼ cup freshly squeezed lemon juice
1 clove garlic, minced
½ tsp. sea salt
½ tsp. freshly ground black pepper

Instructions:

Preheat oven to 375° F. Place beets in baking dish and toss to coat with 1 tablespoon of olive oil. Cover and bake until soft, about 20 minutes.

In a food processor fitted with an S blade, process cooked beets, tahini, lemon juice, garlic, remaining 2 tablespoons olive oil, sea salt, and black pepper until smooth.

Cover and refrigerate for at least 1 hour to allow flavors to develop. Serve with sliced cucumbers, carrots and celery. Refrigerate leftovers for up to one week.



*Recipe by Jo Schaalman
& Jules Pelaez from the
Conscious Cleanse*

Coconut Miso Noodle Bowl with Shiitake Mushrooms

Yield: 2 servings

Ingredients:

5 oz fresh shiitake mushrooms
1 small broccoli
Couple of handfuls of spinach leaves
½ lemon
3 ½ oz noodles of your choice
1 carrot
2 spring onions
1 cup of coconut milk
3 tsp of miso paste
Salt
Oil for frying

Instructions:

Slice the mushrooms and fry in a drop of oil until they are crispy. Season with salt. Then set aside.

At the same time, bring a large pot of water to boil, season with salt. Cut the broccoli into florets and simmer until it is barely tender.

Cook the spinach in the same pan you used for mushrooms. Only one minute to let the spinach wilt is enough. Season with some lemon juice and salt. Again, set aside.

Check how the broccoli is doing. If it is tender enough, lift it out and place the noodles to the boiling water. Follow the packet instructions here.

Now add miso and coconut milk to the pan, season with salt. In case you like your sauce on a thinner side, add some boiling water from the broccoli/noodles.



Recipe by Kadri Raig
www.kahvliga.ee

Apple Pie Smoothie

Yield: 1 quart

Ingredients:

- 1 apple (green if you like it tart, red if you like it sweet)
- 2 cups spinach
- 1" piece of ginger, peeled
- 2 cups homemade almond milk (warm your milk if you want a warm smoothie)
- 1 tsp. Ceylon cinnamon
- ¼ tsp nutmeg

Instructions:

In a high-speed blender combine apple, spinach, ginger, almond milk, cinnamon, and nutmeg until creamy. Serve immediately.



*Recipe by Jo Schaalman
& Jules Pelaez from the
Conscious Cleanse*

Healthy & Easy Trail Mix

Yield: 8-9 servings (serving size 1/4 cup)

Ingredients:

½ cup cashews, raw and unsalted
½ cup walnuts, raw and unsalted
½ cup pumpkin seeds, raw and unsalted
½ cup sunflower seeds, raw and unsalted
2 TB. raisins
1 TB. goji berries
2-3 TB. Lily's chocolate chips
¼ cup dried apricots, chopped

Instructions:

Put cashews, walnuts, pumpkin seeds, sunflower seeds, raisins, goji berries, chocolate chips, and apricots in a bowl and stir to combine. Store mix in airtight container.



Recipe by Jo Schaalman
& Jules Pelaez from the
Conscious Cleanse

Vegan Banana Bread with Chocolate Chips

Yield: 1 loaf

Ingredients:

1 tbsp coconut oil
1 tbsp coconut sugar
3 + 2 ripe bananas
2 tsp cinnamon
1 cup unsweetened almond milk
1 ½ cup flour
1 tsp baking powder
1 tsp baking soda
A pinch of salt
½ cup dark chocolate chips

Instructions:

Preheat the oven to 180C/360F, cover the loaf tin with coconut oil and sprinkle with coconut sugar. Keep the tin in the fridge until you prepare the batter.

Break 3 bananas to pieces, add the cinnamon and mash with a fork. Add the almond milk and mix.

Sieve the flour, baking powder, baking soda and a tiny bit of salt to the wet ingredients, also add the chocolate chips. Mix, but do not overmix!

Cut up the remaining two bananas and place them to the bottom of the loaf tin. Pour the batter on top of the bananas and bake for 40 minutes.



Recipe by Kadri Raig
www.kahvliga.ee

5-Minute Cooling Cucumber Soup

Yield: 2 servings

Ingredients:

30 oz fresh cucumbers

2 small ripe avocados

0.5 limes

1 green onion

Salt

Whatever you like for garnish (peas, coriander, more onion, avocado, cucumber, edible flowers...)

Instructions:

If you wish to make your soup look good, start with the decorations. This way you can use up all the leftover uneven pieces in the soup and don't need to waste anything. For example, you can use the peeling knife to cut long thin slices from cucumber and melon baller for avocado, spring onion looks good in thin little rounds. Or go crazy and make exactly the shapes you like. Or save your time and skip the decorations altogether – the soup will be tasty anyway!

Cut all the ingredients, squeeze the juice out of lime and throw everything to a blender. Blend on high speed until you have a very smooth consistency.

Have a try and season to taste.

Pour the soup into the bowls and decorate however you wish.



Recipe by Kadri Raig
www.kahvliga.ee

Grilled Cauliflower "Steaks" (with 2 Sauces!)

Grilled Cauliflower "Steaks"

Yield: 4 servings

Ingredients:

1 head of cauliflower
Olive oil
Salt and pepper, to taste
BBQ sauce (optional)
Chimichurri sauce (optional)

Instructions:

Cut cauliflower length wise in $\frac{3}{4}$ inch slices. Brush both sides of cauliflower steak with olive oil, and season with salt and pepper. Grill 3 to 4 minutes on each side or until cauliflower is tender but still firm. Pour our tomato free BBQ sauce or chimichurri sauce over the top and enjoy.

Chimmichurri Sauce

Yield: 1 cup

Ingredients:

$\frac{1}{2}$ cup apple cider vinegar
 $\frac{3}{4}$ cup olive oil
1 tsp honey
1 small shallot, minced (about 1 TB)
3 garlic cloves, minced
 $\frac{1}{2}$ cup chopped parsley
Handful fresh basil
2 TB chives, chopped
1 tsp freshly squeezed lemon juice
Sea salt and ground black pepper

Instructions:

In high-speed blender, combine vinegar, olive oil, honey, shallots, garlic, herbs, lemon juice, salt and pepper. Let stand at room temperature for about an hour or refrigerate overnight to let the flavors develop. Bring to room temperature before serving.

Tomato Free BBQ Sauce

Yield: 2 cups

Ingredients:

1 beet
1 TB. olive oil
1 TB. lemon juice
5 TB. apple cider vinegar
2 TB. blackstrap molasses
1 TB. fresh ginger
1 clove of garlic, peeled and crushed
1 cup carrots, diced
1 cup onion, diced
 $\frac{1}{2}$ tsp. smoked salt

Instructions: Preheat oven to 375 degrees F. Rinse beet and trim off the leafy tops. Wrap beet loosely in aluminium foil and place in oven. Roast beet for about an hour or until soft. Remove the beet from the oven, take off foil and let cool. Once the beet has cooled, cut off leafy end, peel skin off with thumbs, and quarter the peeled beet.

In a medium saucepan, heat olive oil. Add onion and carrots and sauté until onions are translucent. In a high speed blender, blend beet, onion, carrots, lemon juice, apple cider vinegar, molasses, ginger, garlic, and smoked salt until smooth. Place blended ingredients in a saucepan and simmer for 15 minutes. Store in a glass container in the refrigerator for 7 days.



Recipe by Jo Schaalman
& Jules Pelaez from the
Conscious Cleanse