

BODY ECOLOGY **MENUS**
MENU 51

MENU 1: CASSEROLE

- Moroccan fish casserole
- green salad with lemon vinaigrette

MENU 2: VEGGIES

- leek, asparagus, cauliflower and potato casserole
- broccoli raab with garlic

MENU 3: SOUP

- broccoli soup
- vegetable salad with cider vinaigrette

Bonus!

- **ferment:** beet, fennel and apple relish
- **special treat:** acai berry and apple sorbet
- **breakfast:** lemon and sour apple smoothie



Shopping List

meat, fish & fowl:

- ___ halibut filets (4)

fruits, vegetables & herbs:

- ___ flat-leaf parsley (1/4 cup + 2 tbsps, chopped)
- ___ garlic (9 cloves)
- ___ cilantro (2 tbsps, chopped)
- ___ carrots (10)
- ___ celery ribs (3)
- ___ cauliflower florets (4 cups)
- ___ yellow onion (2 medium)
- ___ small red bell pepper (1)
- ___ lemons (3)
- ___ loose-leaf lettuce (1 head)
- ___ cucumber (2 medium)
- ___ red onion (2 small)
- ___ leeks (1 medium)
- ___ broccoli florets (4 cups)

- ___ broccoli raab (2 bunches)
- ___ asparagus spears (1/2 lb)
- ___ mixed salad greens (6 cups)
- ___ radishes (4)
- ___ new potatoes (3/4 lb)
- ___ beets (3 lbs)
- ___ green apples (2 lbs, plus 4 large and 1 small)
- ___ fennel (1 lb)

pantry & dried goods:

- ___ olive oil (3/4 cup, 2 tbsp)
- ___ instant wakame (2 tbsps)
- ___ pumpkin seed oil (1/4 cup)
- ___ cider vinegar (2 tbsps)

spices & seasonings:

- ___ Celtic Sea Salt
- ___ cayenne pepper
- ___ dulse flakes
- ___ ground turmeric (2 tsps)
- ___ ground coriander (1/4 tsp)

prepared foods:

- ___ vegetable stock (1 1/2 qts, 1 cup)
- ___ miso (2 tbsps)
- ___ acai berry juice (1 cup)

from BodyEcology.com:

- ___ Body Ecology Vegetable Starter Culture (2 pkgs)
- ___ EcoBloom (2 scoops)
- ___ CocoBiotic (1 cup)
- ___ Body Ecology Liquid Stevia Concentrate (8 drops)

about your ingredients:

- **Eggs:** Choose farm-fresh eggs from henraised on fresh pasture with plenty of access to grass, bugs, sprouts and other forage.
- **Pantry Items:** Choose organic, local and raw when and where possible.
- **Fresh Produce:** Choose organic, local vegetables when possible.
- **Meat, Fish & Fowl:** Choose locally and naturally raised meats from animals allowed to graze on fresh pastures. Choose small, wild-caught fish.
- **SA:** Substitution available, see recipe.
- **HM:** Preferably homemade, see supplemental recipes.
- **O:** Optional ingredient.



Scheduled For:

- Moroccan Fish Casserole
- Green Salad with Lemon Vinaigrette

Serve cultured vegetables at every meal. Season foods with healthy unrefined oils and Celtic sea salt to taste.

Plan Ahead

about 2 hours, 40 minutes ahead

- prepare marinate the fish.

about 45 minutes ahead

- prepare the fish casserole.

about 5 minutes ahead

- prepare salad and vinaigrette.

Moroccan Fish Casserole

skill level: easy | yield: 4 servings + leftovers | 5 minutes (active), 2 to 6 hours (refrigeration), 40 minutes (oven)

ingredients

- 1/4 cup olive oil
- 1/4 cup chopped flat-leaf parsley
- 3 cloves garlic, minced
- 2 tbsps chopped fresh cilantro
- 1/4 tsp cayenne pepper
- 2 tsps ground turmeric
- 1/4 tsp ground coriander
- 4 (4-oz) halibut filets
- 8 carrots, peeled and chopped
- 2 cups cauliflower florets
- 1 medium yellow onion, sliced thin
- 1 small red bell pepper, cored and sliced thin
- 1 lemon, sliced thin
- 1/2 tsp Celtic sea salt

method

1. Whisk olive oil, parsley, garlic and cilantro together in a large mixing bowl. Place the fish in the bowl, turning to coat, and refrigerate it for at least 2 and up to 6 hours.
2. Preheat oven to 350 F.
3. Arrange the carrots, cauliflower, onion, bell pepper, lemon in a baking dish. Drain away the marinade for the fish, and place the fish over the vegetables. Sprinkle with salt. Cover the dish and bake for 40 minutes or until the fish flakes easily when pierced by a fork and the vegetables are tender.

Green Salad with Lemon Vinaigrette

skill level: easy | yield: 4 servings | time: 5 minutes (active)

ingredients

for the lemon vinaigrette

- juice of 1 lemon
- 1 clove garlic, minced
- 1/4 cup extra virgin olive oil
- dash Celtic sea salt
- dash cayenne pepper
- dash Dulse Flakes

for the salad

- 1 medium head loose-leaf lettuce
- 1 cucumber, peeled if skin is bitter, seeded and

- finely chopped
- 1 small red onion, sliced thin

method

1. Whisk lemon juice, garlic and olive oil together. Whisk in the salt, dulse flakes and pepper.
2. Plate greens and vegetables, dress with vinaigrette at the table.





Scheduled For:

- Leek, Asparagus, Cauliflower and Potato Casserole
- Broccoli Raab with Garlic

Serve cultured vegetables at every meal. Season foods with healthy unrefined oils and Celtic sea salt to taste.

Plan Ahead

about 50 minutes ahead

- prepare leek, asparagus, cauliflower and potato casserole

about 30 minutes ahead

- prepare broccoli raab with garlic

Leek, Asparagus, Cauliflower and Potato Casserole

skill level: easy | yield: 4 servings + leftovers | time: 5 minutes (stove), 5 minutes (active), 40 minutes (oven)

ingredients

- 2 tbsps olive oil
- 1 medium leek, sliced thin
- 2 cups cauliflower florets
- 1/2 lb asparagus spears, trimmed and chopped into 1/2-inch pieces
- 3/4 lb new potatoes, chopped into 1/2-inch cubes
- 2 tbsps instant wakame
- 1 cup vegetable stock (or substitute kombu stock)
- 2 tbsps miso, optional for those who tolerate it
- 1/2 tsp Celtic sea salt
- 2 tbsps chopped flat-leaf parsley

method

1. Preheat the oven to 350 F.

2. Warm the olive oil in a skillet over medium heat, and saute the leeks until softened and fragrant, about 3 minutes.
3. Toss leeks with cauliflower, asparagus, potatoes and wakame in a large mixing bowl, then arrange them in a baking dish
4. Whisk stock with miso and salt, if using, and pour it over the vegetables. Sprinkle with parsley and bake for 40 minutes or until the vegetables are tender.

continue cooking a further 6 minutes. Drizzle with pumpkin seeServe warm.

Broccoli Raab with Garlic

skill level: easy | yield: 4 servings | time: 30 minutes (stove)

ingredients

- 2 medium bunches broccoli raab
- 2 tbsps olive oil
- 4 cloves garlic, chopped
- 1 tablespoon pumpkin seed oil

method

1. Place the broccoli raab in a stockpot over medium-low heat. Add the water, and wilt until the broccoli raab is completely tender and easy to digest - about 20 minutes. Remove from the pot.
2. Warm the olive oil in a skillet over medium heat, toss in the garlic and saute until fragrant - about 4 minutes. Toss in the broccoli raab and





Scheduled For:

- Broccoli Soup
- Vegetable Salad with Cider Vinaigrette

Serve cultured vegetables at every meal. Season foods with healthy unrefined oils and Celtic sea salt to taste.

about 35 minutes ahead

- prepare broccoli soup.

about 5 minutes ahead

- prepare vegetable salad and vinaigrette

Broccoli Soup

skill level: easy | yield: about 2 1/2 qts
| time: 45 minutes (stove)

ingredients

- 1 tbsp olive oil
- 1 yellow onion, chopped fine
- 3 ribs celery, diced
- 2 medium carrots, diced
- 4 cups broccoli florets
- 1 1/2 qts vegetable stock or kombu stock
- 1/4 tsp cayenne pepper
- 1/2 tsp Celtic sea salt

method

1. Warm the olive oil in a skillet over medium heat, stir in the onion, celery and carrots. Saute until fragrant and softened, about 4 minutes. Stir in the broccoli, stock, cayenne and salt.
2. Simmer for 25 minutes or until the vegetables are tender. Puree with an immersion blender until smooth, then serve warm.

Vegetable Salad with Cider Vinaigrette

skill level: easy | yield: 4 servings |

time: 5 minutes

(active)

ingredients

for the salad

- 6 cups mixed salad greens
- 1 cucumber, peeled, seeded and chopped
- 1 red onion, sliced thin
- 4 radishes, sliced thin

for the vinaigrette

- 2 tbsps cider vinegar
- 1 clove garlic, minced
- 3 tbsps pumpkin seed oil
- 1 tbsp extra virgin olive oil
- 1/2 tsp Celtic sea salt

method

1. Plate lettuce and vegetables.
2. Whisk cider vinegar and garlic with oils. Drizzle over salad at the table just prior to serving.

Bonus!

- Ferment: Beet, Fennel and Green Apple Relish
- Breakfast: Lemon and Sour Apple Smoothie
- Special Treat: Acai Berry and Green Apple Sorbet

Did you know?

Beets are rich in betacyanin which accounts for their dark red pigmentation and much of their antioxidant capacity.

Beet and Green Apple Relish

skill level: easy | yield: about 1 1/2 qts |
time: 10 minutes (active), 10 to 14 days
(fermentation)

ingredients

- 1 package Body Ecology Vegetable Starter Culture
- 1 scoop EcoBloom
- 2 tsps Celtic Sea Salt
- 3 pounds beets, peeled and shredded
- 2 pounds green apples, peeled and shredded
- 1 pound fennel, shredded

method

1. Whisk the contents of 1 package Body Ecology Vegetable Starter Culture with 1 scoop ecobloom and 1/2 cup warm water and allow to rest while you prepare the other ingredients.
2. Toss the sea salt with beets, apples and fennel in a large bowl, and knead together by hand to break up the shreds of vegetables. Pour in Vegetable Starter Culture mixture.
3. Layer seasoned beets and

apples into a mason jar or vegetable fermenter, and pack tightly with a wooden spoon so that the liquid submerges the vegetables. Leave at least 1 inch of head space and ferment at room temperature for 10 to 14 days before tasting. Store in the fridge.

Lemon and Sour Apple Smoothie

skill level: easy | yield: 2 servings |
time: 5 minutes (active), 24 hours
(fermentation)

ingredients

- 1 small green apple, cored and chopped
- 1 cup CocoBiotic
- 1 lemon, peeled, seeded and chopped
- 2 drops Body Ecology Stevia Liquid Concentrate

method

1. Place chopped apple into a pint-sized jar and pour CocoBiotic over it. Cover the jar and allow the apple to ferment in the Cocobiotic for 24 hours.
2. The next day, transfer the contents of the jar to a blender with lemon and Body Ecology Stevia Liquid Concentrate. Blend until smooth

Acai Berry and Green Apple Smoothie

skill level: easy | yield: about 8 ice cubes
| time: 5 minutes (active), freezing time
varies

ingredients

- 1 package Body Ecology Vegetable Starter Culture
- 1 scoop EcoBloom
- 4 large green apples, cored and chopped
- 1 cup Acai Berry juice
- 6 drops Stevia Liquid Concentrate

method

3. Whisk the starter culture with ecobloom into 1 cup warmwater. Pour over the apples, cover tightly, and allow them to ferment for 1 day. Drain.
1. Freeze the juice into ice cube trays. Transfer the apples to the freezer and freeze. Transfer the frozen apples and the frozen acai berry juice to a food processor. Drop in the stevia and process until smooth.



Supplemental Recipe

Kombu Broth

skill level: easy | yield: 2 quarts | time: 5 minutes (active), 15 minutes (soaking), 45 minutes (stove)

ingredients

- 1 strip kombu
- 2 yellow onions, quartered
- 2 carrots, chopped
- 8 cloves garlic
- 2 leeks, trimmed and chopped
- 2 bay leaves
- 1 tsp black peppercorns
- 1 tbsps wheat-free tamari

method

1. Place the kombu in a stock pot and cover with 2 quarts filtered water. Allow the kombu to soak for 15 to 20 minutes until it becomes pliable.
2. Place remaining ingredients in the stock pot with kombu and water. Bring to a boil over medium-high heat, reduce heat to medium-low and simmer, covered, for 30 to 45 minutes. Season with wheat-free tamari. Strain and pour into bottles or jars. The stock should keep, refrigerated, for up to a week.