

DVD# I

Low Fat Raw Vegan Cuisine, part I
Recipes Without Overt Fat

Different Kinds of Raw Food Meals

Fruit-Based	No-Fat, Veggie	Fatty Recipes
Smoothie	Soup	Soup
Fruit Soup	Dressing	Dressing
Green Smoothies	Salad w/o Dressing	Salad w/o Dressing
Pies & Desserts	Salsas	Pâté, Dips, Sauces
Ice-Creams	Blended Salad	Blended Salads
Juices	Juice	Desserts

Seasonings to Use

Daily	Occasional	Avoid
<p>Fresh herbs Green onion Celery powder Cabbage powder Red Pepper Powder Lemon and lime juice</p>	<p>Apple cider vinegar Balsamic vinegar Dulse powder Ginger Dried herbs Sun-dried tomatoes</p>	<p>Table Salt Sea Salt Nama Shoyu Bragg's Liquid Aminos</p>

Banana Smoothies

Base Fruits	Base Fruits
Banana	Mango Persimmon
Addition Fruits	Addition Fruits
Berries Apples, Pears Papaya Dates, Figs Cherry Peach, Nectarine	Papaya Berries Kiwi Pineapple

Liquids: Coconut Water, Water

Green Smoothies

Base Fruits	Base Greens
Banana Mango Papaya Persimmon	Baby Spinach Romaine Lettuce Mild Lettuces Celery
Addition Fruits	Addition Greens
Berries Apples, Pears Kiwi Pineapple Dates, Figs Cherry Peach, Nectarine Coconut water	Kale Parsley Coriander Mint Dandelion Collards Sunflower Sprouts

Foods to Avoid

Nuts

Avocados

Oils

Coconut flesh

Citrus with bananas

Cabbage

Root vegetables

Corn

Cucumbers, tomatoes

Hard vegetables

Fruit Soups

Base Ingredients	Soup Ingredients
<p>Freshly-squeezed orange juice Blended mango Grape juice Celery juice Blended peach Combinations of the above</p>	<p>Berries Peeled and diced apples Peeled and diced pears Grapes Pomegranate seeds Diced mangoes Sliced bananas Other fruits of your choice</p>

Fat Free Vegetable Soups

Mild Vegetables	Herbs
Tomato Cucumber, carrot Spinach, celery Sweet Bell Pepper Mild lettuce	Fresh basil Coriander (cilantro) Dill Arugula
Sweet Ingredients	Seasonings
Peach, Nectarine Mango Cherimoya Citrus juice Pineapple Persimmon Date	Green onions Sun-dried tomatoes Lemon or lime juice Apple cider vinegar Celery powder Cabbage powder

Foods to Avoid

Nuts
Avocados
Oils
Coconut flesh
Bitter vegetables

Fat Free Dressings

Fruit Vegetables	Herbs
Tomato Cucumber Sweet Bell Pepper	Fresh basil Coriander (cilantro) Dill Arugula
Sweet Ingredients	Seasonings
Peach, Nectarine Mango Orange Cherimoya Pineapple Date	Green onions Sun-dried tomatoes Lemon or lime juice Balsamic Vinegar Celery powder Cabbage powder

Fat Free Salads

Leafy Greens	Fruit Vegetables
Lettuce Spinach Celery Cabbage Arugula	Tomato Cucumber Sweet Bell Pepper
Sweet Ingredients	Herbs and Seasonings
Fresh berries Peach, Nectarine, Mango Orange Cherimoya Pineapple Dates, soaked dried fruits	Green onions Sun-dried tomatoes Lemon or lime juice Celery powder, Cabbage powder Fresh basil, Coriander (cilantro), Dill Chives

DVD#2

The Rest of the Cuisine

Different Kinds of Raw Food Meals

Fruit-Based	No-Fat, Veggie	Fatty Recipes
Smoothie	Soup	Soup
Fruit Soup	Dressing	Dressing
Sorbet & Ice Creams	Salad w/o Dressing	Salad w/o Dressing
Pies & Desserts	Salsas	Pâté, Dips, Sauces
Green Smoothies	Blended Salad	Blended Salads
Juices	Juice	Desserts

Garden Blend Soups

Base	Mild Vegetables
Tomato Cucumber Carrot juice Celery juice Coconut water	Celery Spinach Carrot Sweet bell pepper
Fats	Seasonings
Almonds Cashews Tahini Nut butter Avocado Olive Oil	Green onions, ginger Acid Fruits, lemon or lime Sun-dried tomatoes Basel, coriander, dill, other fresh herbs Vegetable powder Dulse, savory seasonings

Solid Ingredients

Grated carrots, zucchini, or other
vegetables

Spiralized hard vegetables

Cherry tomatoes (whole or halved)

Tomato pieces

Cucumber pieces

Avocado pieces

Corn

Blended Salads

Base	Greens
Tomato Cucumber Sweet Bell Pepper Mild lettuce	Spinach Celery Lettuce
Fats	Seasonings & Herbs
Almonds Cashews Tahini Nut butter Avocado	Green onions Basil, coriander, dill, arugula Sun-dried tomatoes Lemon or lime juice Apple cider vinegar Vegetable powder Dulse flakes

Instead of fat: apple, fruits, dates, etc.

Creamy Dressings

Base	Herbs, Seasonings
Tomato Cucumber Sweet Bell Pepper Juice Water	Fresh basil Coriander (cilantro) Dill, Arugula Green onions Cabbage, Celery, Dulse powder
Fats	Tangy Flavor
Almonds Cashews Tahini Nut butter Avocado Olive Oil	Tomato Lemon or lime juice Apple cider vinegar Citrus juice, whole citrus Berries Sun-dried tomatoes

Low Fat Salads

Vegetables	Strong Vegetables
Lettuce, Spinach Celery, fennel Tomato, cucumber Sweet bell pepper	Arugula Kale, Parsley Herbs Sweet Bell Pepper Cabbage
Fats	Seasonings
Avocado Nuts, Seeds Nut Butters Olive Oil (occasional)	Green onions, Berries Sun-dried tomatoes Citrus, berries, pineapple Lemon or lime juice Celery powder, Cabbage powder Chives

Pâtés and Dips

Base (choose one)	Hard Vegetables
Soaked Almonds Walnuts, Cashews Nut butters Tahini Avocado	Bell pepper Carrot Cauliflower
Salty Seasoning	Other Seasonings
Celery powder Dulse Sundried tomatoes	Green onions, Chives Curry Powder Cumin Citrus, berries, pineapple Lemon or lime juice