

FRUIT AND VEGGIE DAY

Recipes to Celebrate Your Body
Simple Solutions for Eating Well!

Volume 1, Issue 1



Compliments of
Viveca Stone-Berry, author and founder of
"Fatigue Be Gone" and co-founder of www.DogCaptions.com
and
Kathy Browning, founder of The Cheap Gourmet and author of
"The Diva Diet"

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FOREWARD

Congratulations on taking steps to improve your health! We are excited you decided to join us in the "Fruits and Veggie Day" nutritional program and thank you for coming onboard.

Fruit and Veggie Day is not complicated. There is nothing to purchase (except the food), no clubs to join, and no monthly dues or fees. It is simply making the choice to eat nothing but fruits and vegetables one day each week.

You might be turning your nose up at the thought, but we hope you will give this a fair shake. This one small change can yield enormous health benefits over time.

Everyone knows eating healthy makes you feel better. You have more energy, clarity of mind, emotional and mental balance. In our hectic world, most of us have fallen prey to fast food menus and dinner out of a box.

Fruit and Veggie Day isn't a diet. It's merely a dietary decision. We understand it can be challenging to come up with delicious tasting meals and snacks using only fruits and veggies. That is where we come in.

Viveca and I have known each other for years. We've both experience our fair share of health issues. We are both avid researchers and extremely interested in natural health. We like to grow our own herbs and veggies. We're animal lovers. We're wives, daughters, mothers, aunts, sisters, and friends. In other words, we're just like you.

In our quest to become successful business owners, we failed to take care of ourselves. We became seriously ill. We actually met in a social networking community while seeking answers for our ailments.

Our illnesses brought us together and helped us heal. We shared information and resources, tried products together, and spent countless hours on the phone discussing how we could share our experiences and knowledge with others.

That is how *Fruit and Veggie Day* was born. Viveca has recovered from adrenal fatigue; a little-known disorder that affects nearly 80-percent of the population.

She is the author of **Fatigue Be Gone Guide**; a short, concise step-by-step guide that helps you work with your healthcare practitioner to determine if adrenal fatigue is causing you to feel tired all the time.

Part of the recovery plan is making dietary changes. One of the changes Viveca decided to make is to dedicate one day per week to only eating **fresh** fruits and veggies.

As the founder of **The Cheap Gourmet**, and author of **The Diva Diet** cookbook, it made perfect sense for Viveca and me to collaborate and create energizing and nutritional fruit and veggie recipes.

Each recipe within this *Fruit and Veggie Day* menu planner uses affordable ingredients. Most can be prepared in 30 minutes or less. Each recipe has been spouse and child tested.

How to Obtain the Highest Level of Health Benefits

The *Fruit and Veggie Day* menu planner includes two recipes in the following categories: Breakfast, Lunch and Dinner, along with six Snack recipes.

Health experts claim eating six small meals per day helps to stabilize blood sugar and provide a steady stream of energy throughout the day. To obtain the highest level of health benefits choose one recipe from each category and eat one small meal every two to three hours.

For example eat breakfast at 8am, snack at 10am, lunch at noon, snack at 2pm, dinner at 6pm and a carbohydrate rich snack at 8pm. Research shows consuming complex carbohydrates two hours before bedtime can help you obtain a restful night of sleep.

With the fresh fruit and vegetable season upon us, we will provide new menu plans each week throughout the summer. Receive the new menus by subscribing to either Viveca's **Fatigue Be Gone blog** or Kathy's **The Cheap Gourmet blog**, or both!

We hope you enjoy the menus and look forward to hearing how participating in this program has improved your health and increased your energy! And, by all means feel free to share these recipes with your friends and family.

To Your Great Health!

Kathy Browning and Viveca Stone-Berry

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Breakfast #1

Berry Banana Smoothie

Serves 1

Preparation time: 10 minutes

Cooking time: 0 minutes

Ready in: 10 minutes



Ingredients:

- 1/4 cup Blueberries (fresh or frozen)
- 1/4 cup Blackberries (fresh or frozen)
- 1/2 cup Banana slices
- 1 cup Grape juice, unsweetened
- 1 scoop Protein Powder
- 1 tablespoon Flaxseed oil

Directions:

- ❖ Place all ingredients into a blender.
- ❖ Blend on high until smoothie is preferred consistency. You might need to add additional grape juice, but only add a small amount at a time.
- ❖ Pour into glass and serve immediately.

*When using fresh fruit, add a few ice cubes if you prefer a thicker consistency.

Health Note: Blueberries are packed with nutrients that can combat cataracts, glaucoma, varicose veins, heart disease and cancer. Scientific studies show blueberries can reduce age-related brain conditions such as dementia and Alzheimer's disease.

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Breakfast #2

Perfect Pumpkin Pancakes

Serves 2

Preparation time: 15 minutes

Cooking time: 5 minutes

Ready in: 20 minutes



Ingredients:

3 Eggs, whites only
1/2 cup Pumpkin purée
1 tablespoon Coconut oil
1/2 teaspoon pure Vanilla extract
2 tablespoons Coconut milk
1/3 cup Flaxseed meal
1/4 teaspoon Stevia Powder
Extract
1/2 teaspoon Cinnamon
1/4 teaspoon Cloves, ground
1/4 teaspoon Baking powder
1/4 teaspoon Baking soda

Directions:

- ❖ In a medium bowl, lightly beat one egg white.
- ❖ Blend in pumpkin, coconut oil, vanilla and coconut milk.
- ❖ In a separate bowl, sift together all dry ingredients.
- ❖ Combine wet and dry ingredients; mix well.
- ❖ On a lightly greased skillet or fry pan, pour out about 1/3 cup of batter to make each pancake.
- ❖ Cook for 2-3 minutes, until golden brown, then flip. Continue cooking for an additional 1-2 minutes.
- ❖ Transfer to plates and serve immediately.

Health Note: Pumpkins are one of the best sources of beta carotene and one of the few fat-free sources of vitamin E. Pumpkin is a natural anti-inflammatory and also helps reduce the signs of aging.

Stevia is 200 to 300 times sweeter than table sugar, so use sparingly. Stevia is also available in liquid drops and individual packets. Stevia is sold at most health food stores and can sometimes be found in the 'Organics' section of major grocery chain stores. If you are unable to locate Stevia, Kathy recommends **Nature's Flavors**; a one-stop shopping mall for Natural and Organic foods and ingredients.

Mid-Morning Snack #1

Stuffed Medjool Dates

Serves 2

Preparation time: 5 minutes

Cooking time: 0 minutes

Ready in: 5 minutes



Ingredients:

6 Medjool Dates

2 teaspoons Almond butter, raw, unsalted

Directions:

- ❖ Slice dates along one side and remove pits.
- ❖ Stuff each date with 1/3rd teaspoon cashew butter and serve immediately.

Health Note: Medjool dates are fat-free and fiber-rich. They contain more potassium than bananas and aid in protecting the heart muscle. Dates help the body to make hemoglobin and contain a variety of B-complex vitamins which are known to help reduce stress. Medjool dates are sodium-free and cholesterol-free, making them the perfect snack food!

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Mid-Morning Snack #2

Celery Sticks with Almond Butter and Dried Cranberries

Serves 1

Preparation time: 5 minutes

Cooking time: 0 minutes

Ready in: 5 minutes



Ingredients:

- 1/4 cup Almond Butter
- 3 medium Celery stalks, trimmed and cut in half
- 1/8 cup dried Cranberries

Directions:

- ❖ Wash celery and pat dry. Trim edges and cut stalks in half.
- ❖ Fill each celery stalk with almond butter.
- ❖ Top with a single row of dried cranberries.

*Substitute cranberries with raisins, currants, almond slices or sunflower seeds, if desired.

Health Note: Celery is rich in vitamin C and helps support the immune system. Celery is an anti-inflammatory that may reduce symptoms associated with asthma, osteoarthritis, and rheumatoid arthritis. Cranberries are a natural anti-viral and may help combat urinary tract infections and the herpes virus.

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Lunch #1

Persimmon Mesculin Salad

Serves 4

Preparation time: 15 minutes

Cooking time: 0 minutes

Ready in: 15 minutes



Ingredients:

2 Persimmons
1 Pear (Bosc)
1 Mango
1/2 Avocado
1/4 cup Almonds, chopped
1 pound Mesculin Salad Mix
1/4 cup Cranberries
1 Pomegranate (just the seeds)
1 Lemon, juice only

Directions:

- ❖ Chop all fruit into thin, bite size pieces and toss it into the mesculin mix.
- ❖ Add the cranberries and pomegranate seeds.
- ❖ Sprinkle with chopped almonds.
- ❖ Squeeze fresh lemon juice on salad mix and serve immediately.

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Lunch #2

Orange Almond Salad

Serves 2

Preparation time: 15 minutes

Cooking time: 0 minutes

Ready in: 15 minutes



Ingredients:

- 1 head Lettuce, green leaf
- 2 Tangerine Oranges, fresh
- 2 tablespoons Almond slivers, toasted
- 1 Lemon, juice only (optional)

Directions:

- ❖ Wash, rinse and dry green leaf lettuce.
- ❖ Chop into bite-size pieces. Place into salad bowl.
- ❖ Peel and separate tangerine orange slices. Place on top of salad.
- ❖ Add almond slivers.
- ❖ Squeeze fresh lemon juice on top, if desired.
- ❖ Serve immediately.

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Afternoon Snack #1

Avocado Shake

Serves 2 (8-ounce servings)

Preparation time: 5 minutes

Cooking time: 0 minutes

Ready in: 5 minutes



Ingredients:

1/2 Avocado, peeled, seed removed, and cut into chunks

1-1/2 cups Rice or Almond Milk

1-2 to 1 cup Ice

1-1/8 teaspoons Stevia Extract Powder

Directions:

Place all ingredients in blender; cover and process on high until smooth (about 1 to 2 minutes).

Note: Take this snack to work by pouring into a Thermos bottle and storing in the fridge. This is a cool, refreshing smoothie that lifts your spirits and calms your nerves.

Health Note: Avocados are a good source of potassium, a mineral that helps regulate blood pressure. Avocados contain oleic acid, a monounsaturated fat that may help lower cholesterol. The FDA states, "Diets consisting of foods rich in potassium and low in sodium may reduce the risk of high blood pressure and stroke."

About Stevia Extract Powder

Stevia Extract Powder is an all-natural sweetener derived from an herb that grows wild on small Chrysanthemum-family shrubs located in parts of Brazil and Paraguay.

Stevia is 200 to 300 times sweeter than table sugar, so use sparingly. Stevia is also available in drops and individual packets. Stevia is sold at most health food stores and can sometimes be found in the 'Organics' section of major grocery chain stores.

If you are unable to locate Stevia, Kathy recommends [Nature's Flavors](#); a one-stop shopping mall for Natural and Organic foods and ingredients.

Afternoon Snack #2

Carrots with Dill Dip

Serves 4

Preparation time: 15 minutes

Chill time: 1 hour

Ready in: 1 hour, 15 minutes



Ingredients:

1 pound Carrots
3 cloves Garlic, halved
1 tablespoon Lemon Zest
1-1/2 cups Parsley, fresh, chopped
2/3 cup Dill, fresh
1/4 cup Extra Virgin Olive Oil
2 teaspoons Lemon juice, fresh
1/4 teaspoon Sea Salt

Directions:

- ❖ Wash, rinse and dry carrots. Cut into 3-inch long sticks and set aside.
- ❖ In a food processor or blender, process garlic and lemon zest until minced.
- ❖ Add the parsley and dill.
- ❖ Process until finely minced. Keep the sides scraped down.
- ❖ With the motor running, slowly add the oil and blend until a smooth paste is formed.
- ❖ Blend in the lemon juice.
- ❖ Chill for at least one hour.
- ❖ Serve as a dip for the carrots.

Health Note: Carrots contain a wealth of antioxidant compounds which help protect against cardiovascular disease and cancer. Carrots also promote good vision and are particularly helpful to individuals who experience problems with night vision.

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Dinner #1

Spring Vegetable Soup

Serves 4

Preparation time: 15 minutes

Cooking time: 15 minutes

Ready in: 30 minutes



Ingredients:

1 tablespoon Olive Oil
1 cup Onion, minced
1 Garlic clove, minced
3/4 cup Carrot, finely diced
1 cup Zucchini, diced
6 cups Vegetable broth
2 cups green Cabbage,
shredded
1/2 teaspoon Sea salt
1/4 teaspoon Black Pepper,
ground
Lemon wedges for garnish

Directions:

- ❖ In large saucepan, heat oil over medium heat. Add onion, garlic and carrot. Cook, stirring occasionally, until onion is soft and translucent; about 10 minutes.
- ❖ Add zucchini and cook, stirring, 1 minute.
- ❖ Add hot broth and bring to boil. Cook 1 minute.
- ❖ Stir in cabbage, salt and pepper. Cook 2 minutes or until cabbage has softened, but still has a bit of crunch.
- ❖ Transfer to serving bowls. Serve hot with lemon wedges to squeeze into each portion.

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Dinner #2

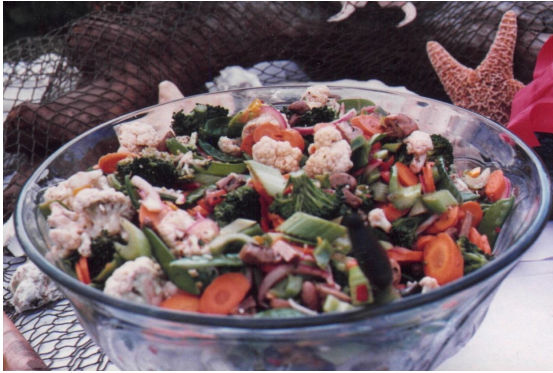
Mouth-Watering Marinated Vegetables

Serves 4

Preparation time: 15 minutes

Marinate Time: 24 hours

Ready in: 15 minutes



Ingredients:

2/3 cup Light Extra Virgin Olive Oil
1 Lemon, juice only
2 teaspoon Sea salt
1 cup Broccoli
1 cup Cauliflower
1/2 cup Celery
1 cup Carrots
1 cup Red Onion, sliced
1/2 cup Pea Pods

Directions:

- ❖ Wash, rinse and dry vegetables. Cut into bite size pieces.
- ❖ Blend olive oil, lemon juice, and salt to make a marinade. Toss with cut-up veggies.
- ❖ Marinate in refrigerator for 24 hours, stir and serve.

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Evening Snack #1

Healthy Frozen Bananas

Serves 2

Preparation time: 10 minutes

Chill time: 30 minutes

Ready in: 40 minutes



Ingredients:

2 Bananas, medium
2 Popsicle Sticks
Carob Powder
Almond Butter, raw, for garnish (optional)*

Directions:

- ❖ Insert popsicle stick into bananas, leaving at least 3-inches of stick outside banana.
- ❖ Place bananas on a baking sheet lined with wax paper. Freeze until firm; about 2 hours.
- ❖ Roll banana in carob powder. Spread a small amount of almond butter on top of frozen banana, if desired.

Health Note: Ripe bananas contain serotonin and tryptophan and can help boost mood and promote sleep.

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Evening Snack #2

Lemon Crème Pie with Carob Nut Crust

Serves 4

Preparation time: 10 minutes

Cooking time: 10 minutes

Ready in: 20 minutes



Ingredients:

1/4 cup Cashews, raw
1/4 cup Almonds, raw
1/4 cup Dates, organic
2 tablespoons Carob Powder
1 Banana
1/2 cup unsweetened Coconut, shredded,
2 tablespoons Lemon juice, fresh
1 tablespoon Flaxseed Oil (may

substitute with Coconut Oil)

Directions:

- ❖ Place cashews, almonds, dates and carob powder into food processor and combine into breadcrumb-like texture.
- ❖ Add just enough water so the mixture combines.
- ❖ Press mixture into pie plate lined with plastic wrap.
- ❖ Put in freezer to set for about 5 minutes.
- ❖ Rinse processor and dry.
- ❖ Add banana, coconut, lemon juice and flax oil to food processor and blend until creamy and smooth.

To serve: Lift up crust, peel off saran wrap and put back on plate. Spread lemon crème on base. Slice and serve.

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