



Recipe Rummy



Doshadial.com

Recipe Book and Menu Planner

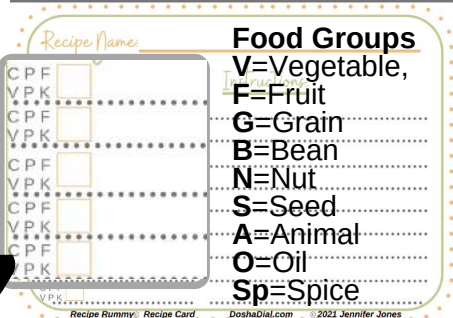
A guide on How to Use the Cards for Recipe Creation,
Menu Planning and Tracking Ingredients.

Pull all cards used for a recipe and Create or Find a new recipe with similar ingredients.

Circle:

**Carbohydrate,
Protein or Fat*

**Vata, Pitta or Kapha
or Box: *Letter of
Food Group or
'points'. (*



Try new foods!



New diet?
Remove any ingredient cards which do not currently serve your dietary needs. What fabulous combinations are left?

Create Recipes,
then devise a
Meal Plan
with household
members.

*Let the **kids** pick
a meal!*

Meal/Phase	Breakfast	Lunch		Dinner		Snack
Monday	L	P	L	P	L	P
Tuesday	L	P	L	P	L	P
Wednesday	L	P	L	P	L	P
Thursday	L	P	L	P	L	P
Friday	L	P	L	P	L	P
Saturday	L	P	L	P	L	P
Sunday	L	P	L	P	L	P
NOTES:						

Benefits:

Easily keep track of favorite recipes and weekly meals.
(Important for documentation and supporting consistency.)

A great big Thank You! is extended to Stephanie Kreun for sharing a few of her recipes with us. For her complete 57 page Wellness Reset Recipe Book, (free at the time of this publishing), go to StephanieKreun.com

Please note: Nutrition Data naturally varies among resources. Here, the majority in authority from research yielded these results. Cards are for entertainment and educational purposes. follow your Nutritionist's advice.

Cauliflower Scramble

Ingredients:

1 Red Onion, peeled and diced
 1 Red Pepper, chopped
 1 Yellow Pepper, chopped
 2 cups Cremini or Shiitake Mushrooms
 2 cups Spinach
 1 large head of Cauliflower cut into florets
 (or a bag of frozen cauliflower)
 1 ¼ tsp of Turmeric
 3 cloves of Garlic peeled and chopped
 1 - 2 Tbsp Coconut Aminos
 ¼ Cup Nutritional Yeast (optional)
 2 Tbsp chopped fresh Cilantro
 Sea Salt
 Fresh Ground Pepper

Instructions:

Place the onion, red and green peppers, and mushrooms in a medium skillet or saucepan and sauté over medium-high heat for 7 to 8 minutes, or until the onion is translucent. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan. Add the cauliflower and cook for 5 to 6 minutes, or until the florets are tender. Add the salt and pepper to taste, turmeric, cayenne, garlic, coconut aminos, and nutritional yeast (if using) to the pan, and spinach. Cook for several minutes more, or until hot and fragrant. Top with chopped cilantro.

Image from: Forks Over Knives (Check them out!)

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Stuffed Peppers

Ingredients:

4 large peppers, halved
and seeds removed
1 bag of frozen cauliflower rice
15 ounce black beans rinsed
3 cloves of garlic
1 cup red onion
2/3 cup salsa
2 tsp cumin
2 tsp chili powder
2-3 tbsp lime juice
2 tbsp cilantro, chopped
Avocado Oil

Instructions:

Preheat oven to 375 degrees. Place the pepper halves in the dish and lightly brush with avocado oil. In a large skillet, add onion and garlic with a tbsp of water, sauté until onion is soft. Add cauliflower and warm, about 5 minutes. Add salt, pepper, cumin, chili powder, lime juice and salsa, stir. Add black beans to the cauliflower rice and mix thoroughly to combine. Generously stuff each pepper with cauliflower bean mixture. Cover the dish with foil and place in the oven for 30 minutes. Remove foil and make for 15 additional minutes. Top with additional salsa, cilantro, avocado, hot sauce...

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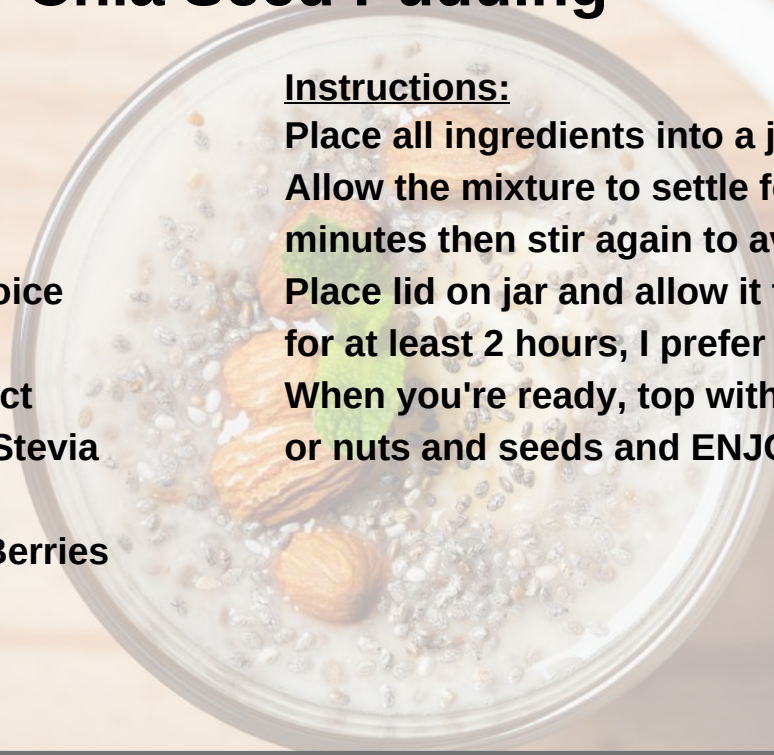
Chia Seed Pudding

Ingredients:

2 Tbsp Chia Seeds
 1/2 Cup Non-Dairy Milk
 (no sugar added)
 1 Tbsp Nut Butter of choice
 (Almond Butter)
 1/2 tsp pure Vanilla Extract
 Several drops of liquid Stevia
 (optional)
 Toppers: Nuts, Seeds, Berries

Instructions:

Place all ingredients into a jar and mix well.
 Allow the mixture to settle for several minutes then stir again to avoid clumping.
 Place lid on jar and allow it to sit in fridge for at least 2 hours, I prefer overnight.
 When you're ready, top with fresh berries or nuts and seeds and ENJOY!



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Spaghetti Squash 'Pasta' Dinner

Ingredients:

1 Spaghetti Squash, cooked
 1 Shallot, thinly sliced
 1 clove of Garlic, minced
 1/2 tbsp of fresh minced Rosemary
 Pinch of Chili Flakes
 1/2 Cup Chickpeas, drained and rinsed
 2 Cups of Kale, packed
 2 Tbsp Lemon Juice
 1/4 Cup Sundried Tomatoes
 Capers or Olives
 1/4 cup of Pine Nuts
 Sea Salt and Ground Pepper

Instructions:

Warm a skillet. Add shallot, garlic, rosemary, chili flakes and stir, add a tsp of water for saute. After the shallot starts to soften add garbanzo beans and cook for a few minutes until lightly brown. Add kale and lemon juice, stir. Once the kale is slightly wilted, add the strands of squash, sundried tomatoes, sea salt and pepper. Toss. Remove from heat and top with toasted pine nuts.

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Oven Roasted Vegetables

Ingredients:

- 1 Red Onion, quartered
- 2 Cups Cremini or Shiitake Mushrooms
- 1 Zucchini, chopped
- 1 Mexican Squash, chopped
- 1 head Broccoli, chopped
- 1 bunch of Asparagus, trimmed
- 2 Garlic Cloves
- Coconut Aminos
- 21 Day Salute Seasoning (Trader Joe's) or salt free variation

Instructions:

Preheat the oven to 400 degrees. Place vegetables in a bowl and toss with a generous amount of coconut aminos and 21 Day Salute Seasoning. Mix together. Place on a baking sheet and roast in the oven for 20 minutes. Place a cup of roasted vegetables on top of 2 - 3 cups of spinach. Top with favorite dressing such as Vegan Caesar or Creamy Tahini. Delicious!

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Overnight Oats with Chia Seeds

Ingredients:

1/4 cup gluten free oats
 1/4 cup chia seeds
 3/4 cup unsweetened vanilla almond milk
 1/2 tsp pure vanilla extract
 Several drops of liquid Stevia or a tsp of honey

Instructions:

Place all ingredients into a jar and mix well. Allow the mixture to settle for several minutes then stir again to avoid clumping. Place lid on jar and allow it to sit in fridge overnight. When you're ready, top with fresh berries, nuts or seeds and ENJOY!

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Hearty Vegetable Curry

Ingredients:

- 1 small Sweet Onion chopped
- 1 Cup diced peeled Sweet Potato
- 1 Cup small Cauliflower florets
- 1 Cup diced Zucchini
- 1 Cup Green Beans, chopped
- 1 Cup Shiitake Mushrooms
- 2 Cloves of Garlic, minced
- 2 teaspoons Curry Powder
- 1/2 Cup Vegetable Broth
- 1 can Coconut Milk
- 1/4 teaspoon Sea Salt
- 1 (15-ounce) can Chickpeas, rinsed and drained
- 1 (14.5-ounce) can fire roasted diced Tomatoes, undrained
- 1 cup chopped Spinach
- 2 Tablespoons chopped fresh Cilantro

Instructions:

Saute onion. Once soft, add minced garlic and a Tbsp water. Add sweet potato to pan, saute 3 minutes.

Decrease heat to medium. Add cauliflower, zucchini, beans, and curry powder; cook 1 minute, stirring mixture constantly.

Continue adding water to prevent sticking. Add broth, salt, chickpeas, diced tomatoes, and coconut milk and bring to a boil. Add spinach, cover, reduce heat, and simmer for 10 minutes or until vegetables are tender, stirring occasionally. Sprinkle with cilantro.

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Goddess Bowl

Ingredients:

- 1 large Sweet Potato—peeled & spiralized
- 1 large Zucchini - peeled and spiralized
- 1 red Pepper, sliced
- 1 yellow Pepper, sliced
- ¼ of an Onion sliced
- ½ Cup Broccoli
- 1 Cup Shiitake Mushrooms
- ½ Cup fresh basil, sliced
- 1/2 Cup Cilantro, chopped
- 3 Scallions, sliced
- 1/2 Avocado

Sauce:

- ½ Cup Almond Butter
- 2 Tbsp Coconut Aminos or gluten free Tamari
- ½ Tbsp red Curry Paste
- 1 in pinch of fresh Ginger, grated
- 1 tsp Rice Vinegar
- ½ tbsp water
- ¼ tsp red pepper flakes
- ½ cup coconut milk, more if desired
- Juice of 1 lime

Instructions:

Heat pan over medium high heat. Saute onion, add sweet potato zoodles, zucchini zoodles and bell pepper strips, working batches in if needed so the skillet doesn't overflow. Add a small amount of water to saute and keep from sticking. Add mushrooms and broccoli. Cook for 5-7 minutes, tossing with tongs. Remove from heat. Stir in fresh basil. Prepare sauce. Combine almond butter, coconut aminos, curry paste, ginger, coconut milk, rice vinegar, red pepper flakes to a bowl. Mix till creamy and smooth. If the mixture is too thick, add coconut milk 1 Tbsp at a time until you reach desired consistency. Place veggies in a bowl and top with the desired amount of sauce. Garnish with sunflower seeds, cilantro, basil, avocado and scallions.

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Red Lentil Chili

Ingredients:

1 medium Onion
 1 medium Red Pepper
 1 Jalapeno, seeded and chopped
 (keep some seeds for spice)
 4 cloves of Garlic
 3 Tbsp Chili Powder
 2 Tbsp Cumin (divided)
 1 Tbsp ground Cumin
 1 tsp Smoked Paprika
 2-15 ounce cans of fire roasted
 Tomatoes
 3 Tbsp Tomato Paste
 2 cups of Vegetable Broth
 3/4 Cup Red Lentils (rinsed
 and drained)
 1 can of Black Beans, drained
 1 can of red Kidney Beans, drained
 2 Tbsp Cilantro, chopped

Instructions:

In a large stockpot, water saute onion and
 red pepper for 2 minutes, add jalapeno and
 garlic and continue water sauteing, sprinkle
 with sea salt and pepper. Add 1 Tbsp of chili
 powder, 1 Tbsp of cumin, paprika, diced
 tomatoes, tomato paste, and water, stir to
 combine. Let this come to a boil. Once it is
 at a boil, add lentils and reduce to medium -
 low heat. Cook for 15 minutes or until lentil
 are soft. You want to make sure it bubbles,
 but not boils. Also, more water may be
 added if needed, make sure the lentils are
 submerged. Add kidney beans, black beans,
 1 Tbsp of chili powder and 1 Tbsp of cumin,
 stir to combine. Bring to a simmer over
 medium heat for about 20 minutes. Stir
 occasionally. Taste and adjust seasoning to
 taste. Top with sea salt and black pepper.
 Top with chopped cilantro.

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Chickpea Tacos

Ingredients:

- 1 can (15 ounces) Garbanzo Beans
- 2 Tbsp Coconut Aminos
- 1 tsp Chipotle Powder
- 1 tsp Garlic Powder

Instructions:

Add the chickpeas to a warm pan and a small amount of water and begin to saute. Stir often so the chickpeas brown to a golden color, be careful to not burn. Add coconut aminos, chipotle powder and garlic powder to the chickpeas and saute for 3 - 4 minutes. Serve on lettuce, cauliflower, or jicama wraps, with coleslaw, salsa, jalapeno, radishes, guacamole, cilantro, tomato, etc.....

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Lentil Shepards Pie

Ingredients:

6 Yukon Gold Potatoes (mashed)
 1/2 tsp of Sea Salt
 1/3 Cup Non-Dairy Milk
Pie Filling:
 1 medium Onion
 4 cloves of Garlic, chopped
 1 large Carrot, peeled and diced
 2 1/2 tsp of Italian Herbs or
 21 Seasoning Salute (Trader Joe's)
 2 1/2 Cups of Green or Brown Lentils
 2 Tbsp Arrowroot powder
 3 Tbsp Coconut Aminos
 1 Cup crushed Tomatoes
 1 tsp fresh Ground Pepper
 1 Cup Vegetable Broth
 1 1/2 tsp Sea Salt
 (Optional- Non-Dairy Cheese)

Instructions:

Preheat oven to 400 degrees. Peel the potatoes, wash and cut and place in a large pan covered with water. Simmer for 15 minutes until potatoes are tender. Drain and return them to the pan. Add the milk and sea salt and blend till they are creamy. While the potatoes are cooking, warm another pan and begin to water saute onion, garlic and carrots until the onions are golden brown. Add the herbs, lentils, and arrowroot. Stir well to distribute the arrowroot through the lentil mixture, add coconut aminos, then tomatoes, and stir to combine. Add the stock and combine, as soon as it starts to bubble, remove from heat and place lentil mixture in oven safe dish with salt and pepper. Top with mashed potatoes and bake for 30 minutes.

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Oatmeal Chocolate Chip Cookies

Ingredients:

1/2 Cup Gluten Free Organic Oats
 1/8 Cup Almond Butter
 1/8 Cup Maple Syrup
 1/4 tsp Cinnamon
 Pinch of Salt
 1/4+ Cup of Sugar Free Chocolate
 Chips or Trader Joe's Completely
 Organic Cacao Chips

Instructions:

Preheat oven to 350 degrees.
 Mix oats, almond butter, maple syrup,
 cinnamon and salt well.
 Fold in chocolate chips.
 Scoop cookies by tablespoon and flatten
 with a fork.
 Bake for 8-12 minutes (chewy to crunchy).
 Cool, remove from pan.

*Option: For 'Cookie Soup', add 4 cookies to
 a small bowl of non-dairy milk. :D*

Perfect treat for Game Night!

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Kitchari

Recipe from the Ayurvedic Institute!

Ingredients:

1/2 cup basmati rice
1 cup mung dal (split yellow)
6 cups (approx.) water
1/2 to 1 inch ginger root, chopped or
grated
A bit of mineral salt (1/4 tsp. or so)
2 tsp. ghee
1/2 tsp. coriander powder
1/2 tsp. cumin powder
1/2 tsp. whole cumin seeds
1/2 tsp. mustard seeds
1/2 tsp. turmeric powder
1 pinch asafoetida (hing)
Handful of fresh cilantro leaves
1 and 1/2 cups assorted vegetables
(optional)

Instructions:

Carefully pick over rice and dal to remove any stones. Wash each separately in at least 2 changes of water. Add the 6 cups of water to the rice and dal and cook covered until it becomes soft, about 20 minutes. While that is cooking, prepare any vegetables that suit your constitution. Cut them into smallish pieces. Add the vegetables to the cooked rice and dal mixture and cook 10 minutes longer. In a separate saucepan, sauté the seeds in the ghee until they pop. Then add the other spices. Stir together to release the flavors. Stir the sautéed spices into the cooked dal, rice, and vegetable mixture. Add the mineral salt and chopped fresh cilantro and serve.

*Add vegetables such as zucchini, asparagus, sweet potato
For Vata or Kapha constitutions: add a pinch of ginger powder
For Pitta: leave out the mustard seeds*

Recipe: Ayurveda.com

Image provided by Annapurna's Worlds Vegetarian Cafe, ABQ, NM.

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Use the Spices from recipes to make these beverages:
(A few have additional ingredients)

CCF Tea

1/2 tsp of each: Cumin,
Coriander & Fennel

Boil 3 cups of water.

Steep spices for 5
minutes.

Strain and enjoy.

"Ayurvedic Gatorade"

1 quart Purified Water

1/8-1/4 tsp Himalayan Sea Salt

1/4C fresh squeezed Lime

1/2 TBSP Coconut Sugar
(Jaggery or Turbinado)

Mix well. Serve cool.

No ice. Enjoy!

Chai (Tea)

8 oz water

1 heaping tablespoon of
Black Tea or 1 tea bag.

4 Cardamom pods crushed

1/2 Cinnamon stick

1/2" of fresh Ginger, chopped

Pinch of Nutmeg

4 Cloves, crushed

Boil water and add spices.

Simmer 5-10 minutes.

Strain and enjoy
with sweetener and milk.

Golden Milk

2 cups of Milk (May be cow, full fat
or optional vegan choices, with
fat, like Almond Milk)

1 tsp Ground Turmeric

1 Cinnamon Stick or

1 tsp Ground Cinnamon

Small pinch of Black Pepper and
grated Ginger (fresh is best)

Together in a saucepan, lightly
boil, then reduce to simmer
for 10 minutes.

Strain & enjoy!

*May add a little sweetener like
Maple Syrup.

Tea for your Dosha!

Also from the Ayurvedic Institute, Abq. NM

Vata Tea — equal parts
ground ginger, cumin and
coriander

Pitta Tea — equal parts
ground cumin, coriander
and fennel

Kapha Tea — equal
parts ground ginger,
cinnamon, and a pinch of
clove

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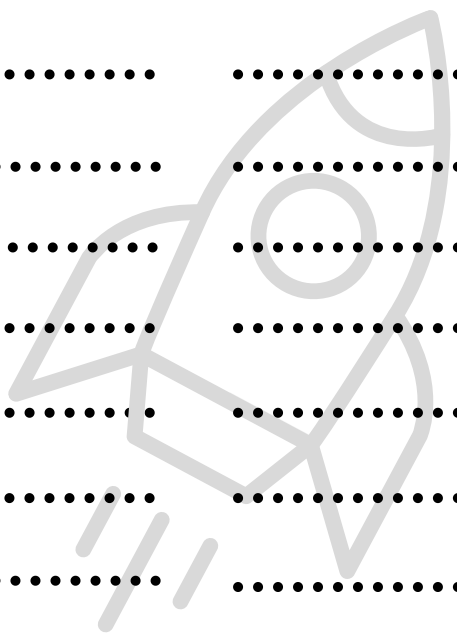
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Ingredients Used in This Recipe Book

Gluten Free, Soy Free, Sugar Free, Vegan

Vegetables:

Asparagus

Broccoli

Carrot

Cauliflower

Cauliflower Rice

Cilantro

Garlic

Green Beans

Jalapeno

Kale

Mexican Squash

Mushrooms:

(Shitake, Crimini)

Onion, Red, Sweet

Pepper- Red, Yellow

Scallions

Shallot

Spaghetti Squash

Spinach

Sweet Potato

Tomato Paste

Tomatoes: Crushed, Diced,

Fire Roasted, Sundried

Yukon Gold Potatoes

Zucchini

Fruit:

Lemon

Lime

Avocado

Beans:

Black Beans

Chick Peas

Lentil: Red,

Green & Brown

Kidney Beans

Oils:

Avocado

Miscellaneous:

Non-Dairy (Sugar Free) 'Milk'

*Coconut, Vanilla

Non-Dairy Cheese

Bitter Cacao Chips

Liquid 'Spices':

Coconut Aminos

Honey

Liquid Stevia

Maple Syrup

Rice Vinegar

Salsa

Vanilla Extract

Vegetable Broth

Nuts and Seeds:

Chia Seeds

Nut Butter of Choice

Pine Nuts

Grains:

Organic Gluten Free

Rolled Oats

Spices:

21 Seasoning Salute (TJs)

Arrowroot

Chili Flakes

Chili Powder

Chipotle

Cinnamon

Cumin

Curry

Curry Paste

Fresh Basil

Fresh Ginger

Fresh Rosemary

Garlic Powder

Italian Herbs

Nutritional Yeast

Paprika

Pepper

Sea Salt

Turmeric

***These ingredients are found in the Recipe Rummy Deck.*

Trader Joe's not affiliated in any way. We just LOVE Trader Joe's!

Recipe Rummy © 2021 Jennifer Jones



Meal Planner

	Breakfast	Lunch	Dinner	Snack
Monday	L P	L P	L P	P
Tuesday	L P	L P	L P	P
Wednesday	L P	L P	L P	P
Thursday	L P	L P	L P	P
Friday	L P	L P	L P	P
Saturday	L P	L P	L P	P
Sunday	L P	L P	L P	P
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Meal Planner

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Dinner

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