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D2BS Body Booster Recipes

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These recipes are mostly plant-based and are anti-inflammatory, low glycemic, high in protective anti-oxidants, and enhance energy-production and DNA mechanisms of our cells

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CHOCOLATE SUPERFOOD SMOOTHIE

This is my go-to recipe for a quick plant-based breakfast packed full of protein, carbohydrates and healthy fats. And best of all, it satisfies my chocolate craving without the added sugar!

For added variety, try adding 1 tablespoon of almond butter.

Step 1

Gather/Wash Ingredients
1 Cup of Organic Coconut Milk or Almond Milk
2 Tbs. of Raw, Organic Hemp Seeds
1 Tbs. of Raw, Organic Chia Seeds
1 Tbs. of Raw, Organic Cacao Powder
1 Tbs. of Raw, Organic Cacao Nibs
¼ Cup of Dried, Organic Goji Berries (Optional)
1 Large Handful of Organic Greens
Spinach, Chard, Kale, Dino Kale, Purple Kale, Dandelion Greens, etc.
½ Banana (optional)
½ cup of crushed ice
Organic Stevia to sweeten (optional)

Step 2

Soak Hemp Seeds and Chia Seeds in 1 cup of Filtered Water Overnight

DIRECTIONS: Place ingredients in blender (aka VitaMix, BlendTec, etc.) and blend until smooth and creamy or about 1 minute.

Calories: 416
Protein: 16.5 grams
Carbohydrates: 35.4 grams
Fats: 22.5 grams

Serves 1-2: Gluten Free • Dairy Free • Egg Free • Sugar Free • Vegetarian

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BERRY BREAKFAST SMOOTHIE

When making berry smoothies, I always try to balance natural sugar or fructose with protein and healthy fats. In this case, I add a little collagen protein (to help maintain the fascia, cartilage as well as skin, hair and nails) along with raw brazil nuts which are rich in selenium. Selenium is a key nutrient needed to assist with brain function and detoxification.

Step 1

Gather/Wash Ingredients
1-2 Cups of Filtered Water
¼ Cup Raw Brazil Nuts
1 Tbs. Raw, Organic Flax or Chia Seeds
1 Large Handful of Organic Greens
Spinach, Chard, Kale, Dino Kale, Purple Kale, Dandelion Greens, etc.
1 Cup Fresh or Frozen Organic Berries
1 Scoop of Collagen Protein Powder
½ Cup of Crushed Ice
Organic Stevia to Sweeten (Optional)

Step 2

Soak Brazil Nuts and Flax or Chia Seeds in 1 cup of Filtered Water Overnight and Rinse in Morning

DIRECTIONS: Place ingredients in blender (aka VitaMix, BlendTec, etc.) and blend until smooth and creamy or about 1 minute.

Calories: 505
Protein: 29.5 grams
Carbohydrates: 40 grams
Fats: 36 grams

Serves 1-2: Gluten Free • Dairy Free • Egg Free • Sugar Free

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REJUVINATING GREEN SMOOTHIE

I love putting fresh pineapple and ginger in my green smoothies. It's refreshing and high in phytochemicals and anti-inflammatory properties. (*Note: Be sure to purchase only organic, fresh or frozen pineapple to avoid pesticides*.)

WANT TO LOSE 10 LBS IN 1 MONTH: Make this recipe and drink for breakfast and lunch. Then, eat a sensible dinner!

Step 1

Gather/Wash Ingredients
1 – 1.5 Cups of Filtered Water
1 Organic Celery Stalk
1 4" Piece of Organic Cucumber
¼ - ½ of Avocado
½ Handful of Organic Parsley
1" Piece of Organic Ginger
1 Large Handful of Organic Greens
Spinach, Chard, Kale, Dino Kale, Purple Kale, Dandelion Greens, etc.
Organic Stevia to Sweeten (Optional)

DIRECTIONS: Place ingredients in blender (aka VitaMix, BlendTec, etc.) and blend until smooth and creamy or about 30 seconds – 1 minute.

Calories: 161.5
Protein: 4.25 grams
Carbohydrates: 21 grams
Fats: 8.25 grams

Serves 1-2: Gluten Free • Dairy Free • Egg Free • Sugar Free • Vegetarian

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SIMPLE GREEN JUICE

Everybody has their comfort food when they're sick. Some like organic tea with lemon or homemade chicken soup. Mine is green juice. I like to buy organic, pre-washed greens and veggies from CostCo or Trader Jo's and then throw it in my juicer … fast and delicious!

Step 1

Gather/Wash Ingredients
1 Bunch of Organic Celery
2-3 Organic Cucumbers
1 Bunch of Organic Parsley
2-3 Inch Piece of Organic Ginger
1 Big Bag of Mixed Organic Greens (or 3 Bundles of Kale, Chard or Purple Kale)
1 Organic Lemon (Peeled)
1 Organic Apple

DIRECTIONS: Push all your ingredients through your juicer. Store covered in the refrigerator.

Breakdown for All Juice
Calories: 165
Protein: 4 grams
Carbohydrates: 41 grams
Fat: 1.25 grams

Makes 1-2 Quarts: Gluten Free • Dairy Free • Egg Free • Sugar Free • Vegetarian

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CHICKEN BONE BROTH

If you think stock and bone broth are the same thing, think again. Bone broth is made from bones (with or without meat) and is cooked for a very long time—around 10-16 hours for chicken and 24 hours for beef. Hence, it has more gut-healing gelatin, anti-inflammatory nutrients and more collagen… the building block for smooth, elastic skin.

It also has more flavor which makes it a good base for soups.

Step 1 **Gather / Wash Ingredients**

1 Chicken Carcass (from a 3-4 pound chicken) or use 1 whole Organic 3-4 lb. Chicken or 2-3 lbs. of Organic Chicken Wings. (*Make sure you wash them well before putting in the pot.*)
1 large Onion, quartered
4-6 cloves of Garlic
4 Stalks of organic Celery
½ Bunch of organic Parsley
2-3 teaspoons of Sea Salt
1-2 teaspoons of Bragg's Apple Cider Vinegar
12 cups of filtered Water

Step 2 Add all ingredients to an 8-quart stockpot. Cover and gently bring to a boil.

Step 3 Cook, covered (with tight fitting lid) on low-medium heat for 8-12 hours. The longer cooking times will extract more nutrients and produce a richer flavored stock.

STORING: Once stock cools, filter vegetables and bones from stock and ladle into mason jars. Don't fill to top or tightly seal lids as broth expands in the freezer, and pressure will cause the jars to crack. Refrigerate or freeze stock until ready to use.

1 Cup of Broth:
Calories: 45
Protein: 9 grams
Carbohydrates: 1 gram
Fat: .5 grams

Makes 4-5 Quarts: Gluten Free • Dairy Free • Egg Free • Sugar Free