

# YOGA *30<sup>F</sup>OR<sup>R</sup>30*<sup>TM</sup>

30 MINUTES \ 30 DAYS \ BE THE CHANGE



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A group of people are practicing yoga in a rustic studio. They are in a downward dog position on blue mats, with green blocks under their hands. A woman in a grey tank top and green leggings stands in the center, observing. The studio has a high ceiling with exposed wooden beams and a brick wall in the background. A large white door is on the left.

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# INTRODUCTION



Welcome to Yoga 30 for 30, a yoga fitness program designed to transform your life! We know your life is busy and you don't always have a lot of time to practice. So our mission was to craft the world's most efficient, action-packed, transformative yoga program — a program that will enhance every aspect of your life. This program is not only about being physically strong and flexible; it's also about being emotionally and mentally balanced. Yoga 30 for 30 will leave you looking good and feeling good, and there is nothing more important than that.

We've chosen a clean, plant-based, whole food eating schedule based on the "Healing Thru Food" program of certified Nutrition Educator and Food Psychology Coach, Dori Lancaster. The Yoga 30 for 30 Nutrition Program is going to give you the fuel you need to thrive through the program. Learn more about the program at [www.healingthrufood.com](http://www.healingthrufood.com)

# PROGRAM BENEFITS

A man and a woman are shown in profile, facing right, performing a breathing exercise. They are both holding their hands to their faces, with their fingers resting on their noses and foreheads. The background is a blurred outdoor setting, possibly a waterfront at dusk or dawn, with some lights visible in the distance.

- 1) Increased body strength
- 2) Enhanced muscle tone
- 3) Fat loss
- 4) Increased flexibility
- 5) Improved joint health

- 6) Improved energy
- 7) Decreased stress and anxiety
- 8) Improved digestion
- 9) Improved sleep
- 10) Peak brain performance

# PROGRAM OVERVIEW

The calendar that is included in your set will guide you through the 30-day program — 30 minutes of yoga each day for 30 days. Each day, you will move through one of the 16 unique Holistic Yoga Flow practices included in your set. Over the course of 30 days, you will experience 10 thematic power yoga practices, as well a gentle yoga practice, yin yoga practice, restorative yoga practice and a mobility series.

If you want to experience the greatest results, we highly recommend incorporating the supplemental practices into the program, which adds 10 minutes to your practice each day. The supplemental practices — core, meditation and pranayama — will take your transformation to another level.

A woman with long blonde hair in a ponytail, wearing a blue tank top and leggings, is in a low lunge position on a dark mat. She is using a green yoga block under her front foot. In the background, a man in a white t-shirt and blue shorts is also in a similar pose, using a green block. The scene is dimly lit, suggesting an indoor studio setting.

# PROGRAM ADVICE

## ROOM SETUP

We recommend practicing in a clean, warm room. Keeping the temperature between 78° F and 85° F will help your body build heat and become more supple.

## ILLNESS

Illness is the body's way of informing you that it urgently needs rest. If you become sick during the course of the program, take as much time as you need to rest and recover. If you miss only a day or two, you can simply jump back into the program when you feel better. If your illness causes you to miss several days, restart the program from the beginning. And, if you have a minor cold but still feel strong enough to practice, take a softer class instead of a power yoga class. Nothing should ever come ahead of listening to your body!

## RECOMMENDED PROPS

- Yoga mat
- Yoga towel
- Yoga blocks (2)
- Yoga bolster or a stack of folded blankets or towels

## MEDICAL WARNING

As always, before starting any exercise program, consult your doctor to make sure that it's the right fit for you. Safety comes first!

- 7 And during your practice, always give yourself permission to take breaks. In yoga, we are looking for the strength of self-restraint. That means you should pull back when that's what your body is asking for.



A woman with dark hair in a bun, wearing a white tank top, is shown in profile performing a yoga pose against a stone wall. Her arms are extended horizontally, and her torso is slightly arched. The background is a textured stone wall.

## INJURY

We will do our best to guide you into the poses safely and mindfully, in order to prevent injuries. We also will do our best to offer modifications. That said, this program is not for beginners. It is intended is for intermediate and advanced students who already have a solid understanding of yoga alignment.

## SUPPORT

We recommend doing this program with other like-minded people. Get your friends, coworkers and significant others to join you, and support one another. Yoga 30 for 30 isn't always going to be easy — challenges are simply part of the growth process — so it can be nice to have support. We will also have an online community so you can connect with other people participating in the program around the world. To learn more, please visit [yoga30for30.com](http://yoga30for30.com).

# CLASS DESCRIPTIONS

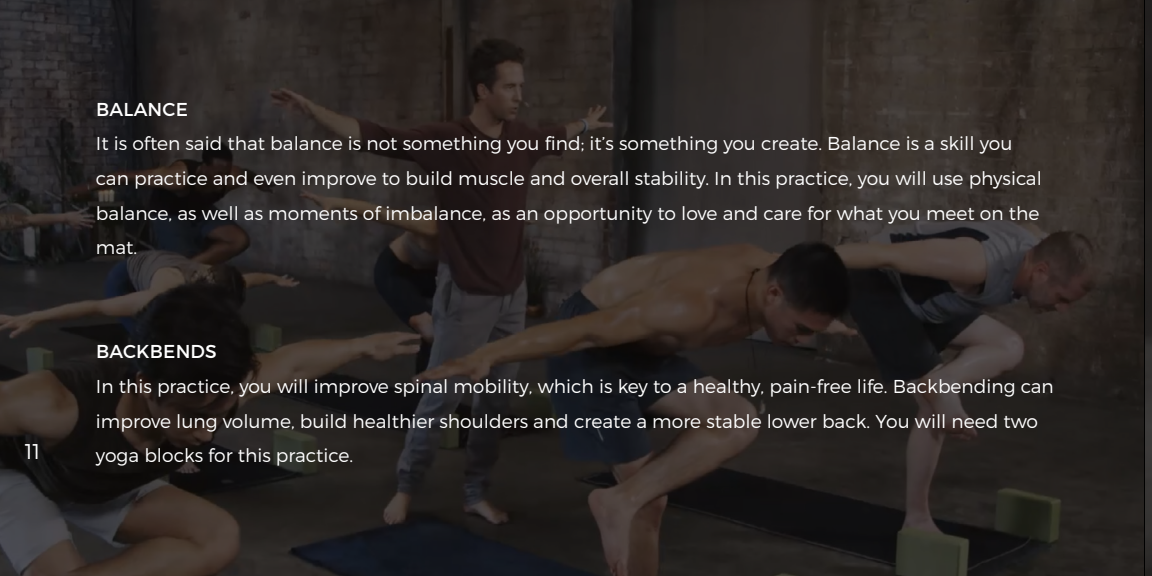
A group of people in a studio are performing a side-body stretch. They are standing on black mats with their right arms raised and bent at the elbow, reaching their hands towards their heads. The studio has a brick wall background and some candles on a table in the distance.

## **INTENTION**

Welcome to the beginning of an exciting 30-day yoga journey. In this first practice, you will be setting your intention for the program. Setting an intention is like planting a seed. Daily, as you continue to show up on your mat, you will watch this seed of intention grow and evolve into something extraordinary. We are excited for you and can't wait to begin. Be inspired and be consistent! And let's do this!

## **STAMINA**

Prepare to move, sweat and build lasting endurance – not just physical, but mental, emotional and spiritual endurance. Learn to pay attention to the patterns of tension that take away from your efficiency, both on and off your mat. The efficiency and stamina you cultivate here will enrich and enhance your entire life.



## BALANCE

It is often said that balance is not something you find; it's something you create. Balance is a skill you can practice and even improve to build muscle and overall stability. In this practice, you will use physical balance, as well as moments of imbalance, as an opportunity to love and care for what you meet on the mat.

## BACKBENDS

In this practice, you will improve spinal mobility, which is key to a healthy, pain-free life. Backbending can improve lung volume, build healthier shoulders and create a more stable lower back. You will need two yoga blocks for this practice.

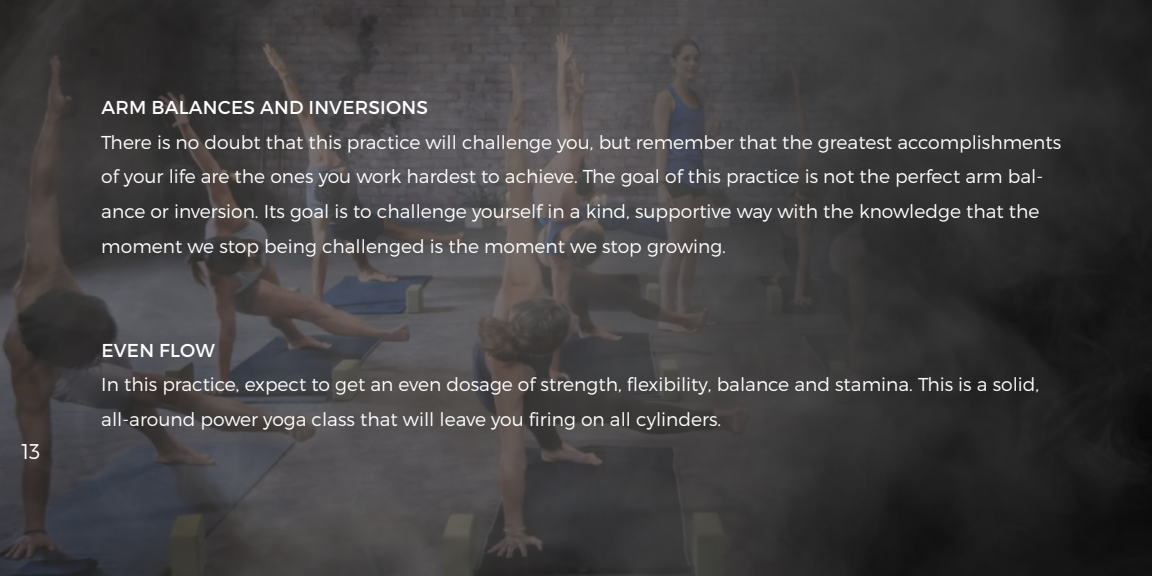
A man with short hair, wearing a blue tank top, is sitting on a yoga mat. He is looking directly at the camera with a neutral expression. His hands are resting on his lap, and he appears to be in a relaxed, seated position. The background is dark and out of focus.

## FLUIDITY

Through a healthy range of motion, this practice will improve joint function and flexibility. This practice is the perfect opportunity to be in the flow and to practice graceful transitions through challenging moments.

## RESTORE

For this practice, you will need a bolster and two blocks. If you don't have a bolster, use two firm pillows or a stack of folded blankets or towels. This practice is not about pushing yourself physically or gaining flexibility. Give yourself permission to rest, rejuvenate and recharge in order to receive healing and a well-deserved break.

A group of people are practicing yoga in a studio. They are performing various arm balances and inversions. Some are on their hands, some on their forearms, and some are in a handstand position. The studio has a wooden floor and a brick wall in the background. The lighting is soft and focused on the practitioners.

## ARM BALANCES AND INVERSIONS

There is no doubt that this practice will challenge you, but remember that the greatest accomplishments of your life are the ones you work hardest to achieve. The goal of this practice is not the perfect arm balance or inversion. Its goal is to challenge yourself in a kind, supportive way with the knowledge that the moment we stop being challenged is the moment we stop growing.

## EVEN FLOW

In this practice, expect to get an even dosage of strength, flexibility, balance and stamina. This is a solid, all-around power yoga class that will leave you firing on all cylinders.



## MOBILITY SERIES

Yoga 30 for 30 is a fast-paced, vinyasa-filled journey. As a result, your joints need time to rest. The mobility series specifically targets the wrists and shoulders to keep these joints stable, safe, lubricated and strong. You will need two yoga blocks for this practice.

## GENTLE

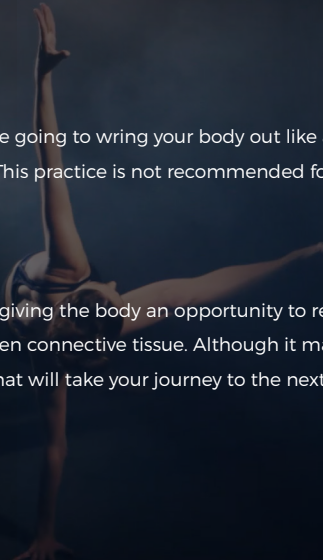
This practice is meant to be super sweet. At this point in the program, you have earned some time to kick back, take a load off and give yourself and your body some rest and relaxation.

## TWISTS

In this twist-themed practice, we are going to wring your body out like a sponge. This special sequence will also electrify your spine. (Note: This practice is not recommended for women who are pregnant.)

## YIN

Yin yoga helps prevent injury while giving the body an opportunity to rest and recover. Through this practice, you will strengthen and lengthen connective tissue. Although it may seem like a simple practice, these 30 minutes are the X-factor that will take your journey to the next level.







## EDGE

This practice will physically challenge you and will take you to your edge, because that's where the sparks of transformation start to fly. You will build strength using your natural body weight and have a little fun while you do it.

## FLOW AND STRETCH

Flow and Stretch provides a solid dynamic flow. At the end of the practice, when your body is nice and warm, you'll stretch everything out. The result is nothing short of perfection.

## **CHI FLOW**

In Chinese tradition, the word for “life force” is chi. (Yogis call this concept prana.) Chi is the source of all energy. The more energy you have, the more alive you will be. In this practice, you’ll experience a fun, creative flow that will leave you feeling like a yoga ninja!

## **VICTORY**

Now that you’ve made it to Day 30, it’s time celebrate your victory. This practice is an opportunity to reflect on the many practices you have moved through over the last 30 days as well as the transformation you’ve experienced by showing up day in and day out. Enjoy reminders from previous practices along with some exciting new additions! Congratulations!



# BONUS CLASSES

A photograph of three people meditating in a dimly lit room. A woman with blonde hair is on the left, a woman with dark hair is in the middle, and a shirtless man is on the right. They are all sitting on mats in a lotus position. The background is a wall of large glass panels with some lights visible through them.

A man and a woman are performing a yoga inversion on mats in a studio. The man is on the left, and the woman is on the right. Both are lying on their backs with their legs raised vertically. They are both looking upwards with their hands held out in front of them. The background is a plain wall with a wooden cabinet on the right side.

## CORE

This Core practice targets the abdominals and fuels the digestive fire. This powerful series will bring strength and tone to your mid section.

## PRANAYAMA

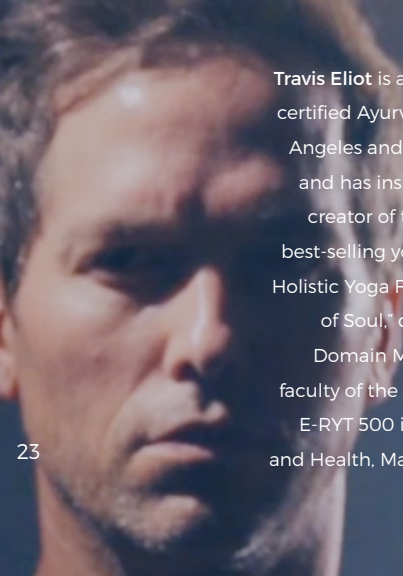
Pranayama helps you harness the power of your breath. This 10 minute practice will bring energy to your mind and body leaving you both physically centered and internally balanced

## MEDITATION

Yoga 30 for 30 will enhance your physical strength while bringing power to your mind and heart, making this supplemental practice integral to your 30 day journey. Meditation is a key component of a healthy mind and body so include this practice for an experience that will transform you from the inside out.

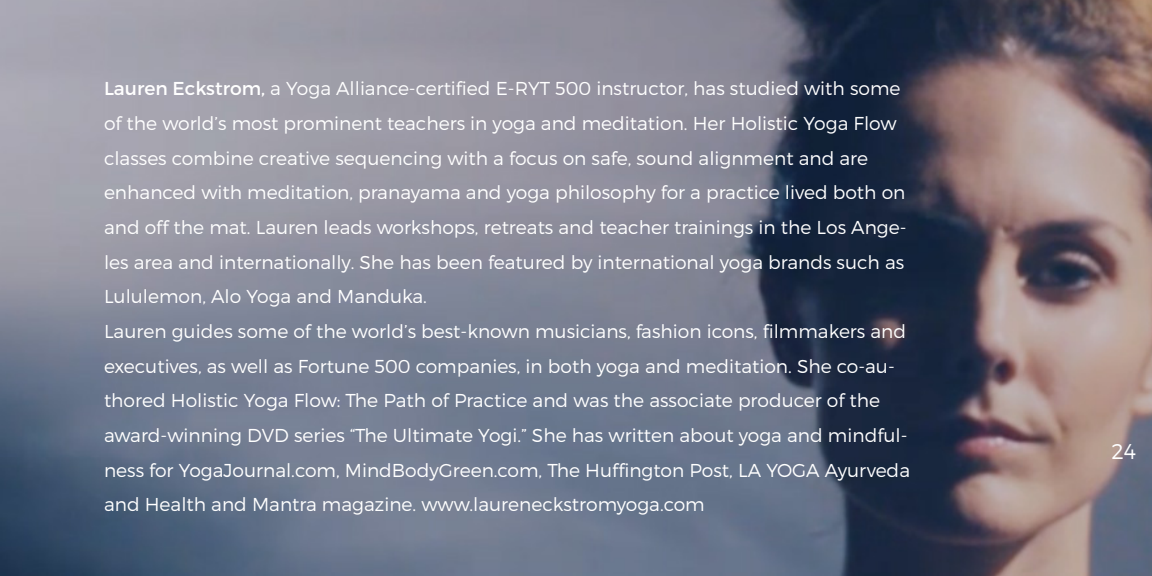




A close-up, slightly blurred portrait of Travis Eliot, a man with short brown hair and a light beard, looking downwards with a contemplative expression. The background is a soft, out-of-focus blue.

**Travis Eliot** is a world-renowned yoga instructor, meditation teacher, kirtan musician and certified Ayurveda practitioner. He teaches his signature Holistic Yoga Flow classes in Los Angeles and in workshops and retreats around the world. His style is intensely dynamic and has inspired many of today's top athletes, celebrities and entertainers. Travis is the creator of the groundbreaking DVD series "The Ultimate Yogi," along with many other best-selling yoga DVDs. He is the co-author of a comprehensive, modern-day yoga book, *Holistic Yoga Flow: The Path of Practice*. His highly acclaimed chant album, "The Meaning of Soul," debuted at No. 3 on the iTunes world music chart. Travis is the CEO of Inner Domain Media, director of Holistic Yoga Flow teacher trainings and a member of the faculty of the prestigious Kripalu Institute and 1440 Multiversity. A Yoga Alliance-certified E-RYT 500 instructor, Travis has been featured in *YogaJournal.com*, *LA YOGA Ayurveda and Health*, *Mantra* magazine, *Conscious Lifestyle*, *Asana Journal*, *Self*, *Fitness Trainer*, and on "Access Hollywood" and *The Huffington Post*. [www.traviseliot.com](http://www.traviseliot.com)





**Lauren Eckstrom**, a Yoga Alliance-certified E-RYT 500 instructor, has studied with some of the world's most prominent teachers in yoga and meditation. Her Holistic Yoga Flow classes combine creative sequencing with a focus on safe, sound alignment and are enhanced with meditation, pranayama and yoga philosophy for a practice lived both on and off the mat. Lauren leads workshops, retreats and teacher trainings in the Los Angeles area and internationally. She has been featured by international yoga brands such as Lululemon, Alo Yoga and Manduka.

Lauren guides some of the world's best-known musicians, fashion icons, filmmakers and executives, as well as Fortune 500 companies, in both yoga and meditation. She co-authored *Holistic Yoga Flow: The Path of Practice* and was the associate producer of the award-winning DVD series "The Ultimate Yogi." She has written about yoga and mindfulness for YogaJournal.com, MindBodyGreen.com, The Huffington Post, LA YOGA Ayurveda and Health and Mantra magazine. [www.laureneckstromyoga.com](http://www.laureneckstromyoga.com)

# NUTRITION PROGRAM

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Provided by Dori Lancaster (BA, NE, FPC) from "Healing Thru Food"

One of the key components of Yoga 30 for 30 is your nutrition. To maximize your transformation, take this seriously. In fact, proper nutrition is almost as important as the yoga itself. We've chosen a clean, plant-based, whole-food eating schedule that is going to give you the fuel you need to thrive through the program.

For the 30 days, we will eliminate all processed foods, refined sugars, dairy and alcohol, and greatly reduce your consumption of wheat, gluten and caffeine. Your booklet includes a comprehensive, easy-to-follow 30-day meal plan. The plan isn't about starving yourself — it's about feeding your body nutrient-rich, wholesome food that will leave you buzzing with energy!

### **Yoga 30 for 30 Recipes**

We recommend choosing organic ingredients when they are available



## BREAKFAST RECIPES

### DORI'S AMAZING MORNING SMOOTHIE

#### Ingredients

1 cup almond milk

1 scoop SunWarrior Warrior Blend Protein powder (or your favorite plant-based protein)

1 tsp. chia seeds

1 tsp. natural nut butter of choice (almond, cashew, sunflower seed)

2 medjool dates

dash cinnamon

1 frozen banana

#### DIRECTIONS

Blend all ingredients together and enjoy!

## **TOFU BREAKFAST TACOS**

### **Ingredients**

1 block organic tofu, drained and pressed

¼ yellow onion, chopped

1 tbsp. unrefined coconut oil

¼ tsp. turmeric

1 tbsp. tamari (wheat-free soy sauce)

2 tbsp. nutritional yeast

4 organic corn tortillas

¼ package shredded vegan cheddar cheese

¼-½ avocado, sliced

½ tomato, chopped

### **DIRECTIONS**

Heat oil in pan and sauté onions until translucent. Meanwhile, crumble tofu easily, using a fork to mash it down.

Add tofu and the other ingredients (except for tomato and avocado) to the pan with the onions, and scramble them together. Then, after all have cooked through, add the tomato and avocado on top.

Cook for about 15 minutes. Add tofu to corn tortillas and top with tomato and vegan cheese. Serve with black beans or fresh baby greens. Or enjoy with a piece of sprouted grain bread, such as Ezekiel Food for Life Almond Rice bread. (Ezekiel also makes a delicious rice tortilla.)

## QUINOA BREAKFAST CRUNCH

### Ingredients

1 cup precooked quinoa

½ cup almond milk

1 oz. raw almonds or other raw nuts

1 oz. dried cranberries or blueberries fresh, organic fruit such as bananas or berries

### DIRECTIONS

In small sauce pan, reheat quinoa with milk.

Add the other ingredients while cooking or use them to top the dish when done.

Use coconut nectar, maple syrup or stevia to sweeten.

## ACAI BOWL

### Ingredients

1 packet of Sambazon frozen acai, unsweetened preferred. (Thaw under running water for about 1 minute.)

1 scoop protein powder

½ cup coconut water

1 cup frozen organic berries of choice (strawberries, raspberries, blueberries)

1 banana

### Toppings (choose any or all)

Fresh berries

Shredded coconut

Cacao nibs

Flaxseed meal

Chia seeds

Raw nuts or seeds

Goji berries

### DIRECTIONS

Blend acai, coconut water, berries, protein powder and banana. It will become thick. Scoop into a bowl and top with your favorite toppings. Eat immediately.

## LIVING (GR)OATMEAL

Note: This is a raw dish. You will need to soak grains overnight.

### Ingredients

$\frac{3}{4}$  cup buckwheat groats (usually in grocery store bulk foods section)

$\frac{1}{4}$  cup raw almonds

1 cup fresh or frozen organic strawberries

$\frac{1}{2}$  cup raisins

2 tbs. sweetener of choice (coconut nectar, maple syrup or stevia)

tsp. cayenne pepper

tsp. cinnamon

pinch sea salt

almond milk

## DIRECTIONS

Soak oats and almonds overnight in purified water to cover 1 inch. Drain and rinse. Put oat mixture and all other remaining ingredients in food processor and blend until oats and almonds are cracked and the mass is moist and granular. Do not over process. To serve, top the cereal w/ almond milk and eat immediately. You can also let it soak in fridge for several hours.



## **CHIA SEED PUDDING**

### **Ingredients**

2 cups unsweetened or regular coconut or almond milk

½ cup chia seeds

½ tsp. vanilla extract

pure maple syrup, coconut nectar or stevia, to sweeten

Optional: ¼ tsp. cinnamon powder

### **DIRECTIONS**

Blend all ingredients, except chia seeds, in a blender until smooth. Whisk in chia seeds. Pour mixture into a jar or glass container and place in the refrigerator for at least 4 hours or overnight to let gel. You can make this at night to have ready for a fast breakfast the next day. It's also great to make in the morning for a delicious pre-made dessert that night. It will keep up to 2 days in tightly sealed container. You can change what you put into the mixture – these ingredients are just a suggestion. Feel free to use blueberries, blackberries or other berries in place of the strawberries, or use walnuts or pecans in place of the almonds. Have fun and be creative!

## **CHICKPEA PANCAKE**

### **Ingredients**

1 green onion, finely chopped (about ¼ cup)

¼ cup finely chopped red pepper

½ cup chickpea flour (also known as garbanzo flour or besan)

¼ tsp. garlic powder

¼ tsp. fine grain sea salt

tsp. freshly ground black pepper

¼ tsp. baking powder

½ cup + 2 tbsp. water

Optional: pinch red pepper flakes

Optional: for toppings: vegan cheese, salsa, avocado, hummus, vegan sour cream

## DIRECTIONS

Prepare the vegetables and set aside. Preheat a 10-inch skillet over medium heat.

In a small bowl, whisk together the chickpea flour, garlic powder, salt, pepper, baking powder, and red pepper flakes (optional).


Add the water and whisk well until no clumps remain.

Whisk for 15 seconds to create lots of air bubbles in the batter.

Stir in the chopped vegetables.

When the skillet is preheated, spray it liberally with olive oil or another non-stick cooking spray.

Pour on all of the batter (if making one large pancake) and quickly spread it out all over the pan. Cook for about 5 to 6 minutes on one side (timing will depend on how hot your pan is), until you can easily slide a pancake flipper or spatula under the pancake and it's firm enough not to break when flipping. Flip the pancake carefully and cook for another 5 minutes, until lightly golden. Be sure to cook for enough time – chickpea pancakes take much longer to cook than regular breakfast pancakes. Serve on a large plate



## LUNCH RECIPES

### **BURRITO BOWL**

#### Ingredients

½ cup precooked brown rice

½ cup black beans

½ avocado, sliced or mashed into guacamole

½ tomato, chopped

¼ green onion, chopped

2 tbsp. salsa

handful of rice chips or organic corn tortilla chips

#### DIRECTIONS

Layer ingredients in a bowl, starting with rice, then beans, tomato, green onion, salsa, avocado or guacamole. Serve with chips or crunch them on top!

## **SMASHED AVOCADO AND CHICKPEA SANDWICH**

Note: This also makes a great dip for veggies if you are avoiding grains!

### **Ingredients**

1 (15 oz.) can organic garbanzo beans

1 large ripe avocado

¼ cup fresh cilantro, chopped

2 tbsp. green onion, chopped

juice from 1 lime

salt and pepper, to taste

gluten-free bread or cabbage leaves to serve on top of  
fresh spinach leaves or other favorite sandwich toppings  
(lettuce, tomato slices, sprouts, etc.)

### **DIRECTIONS**

Rinse and drain the chickpeas. You can remove the skins or leave them on. In a medium bowl, using a fork or potato masher, smash the chickpeas and avocado together.

Add in cilantro, green onion and lime juice.

Season with salt and pepper, to taste.

Spread salad on bread and top with your favorite sandwich toppings, or serve in cabbage leaves.

## MACRO BOWL

### Ingredients

½ cup precooked brown rice or quinoa (reheated to warm)

¼ cup shredded cabbage

1 small Persian cucumber, sliced

¼ cup shredded carrots

½ cup organic, firm tofu, cut into chunks

½ avocado

green onion, chopped

coconut aminos

gomasio or sesame seeds (for topping)

## DIRECTIONS

Put all ingredients, except for coconut aminos, in a bowl, layering as desired.

Drizzle with coconut aminos and top with green onions and gomasio or sesame seeds.

You can play with the ingredients in this recipe; try fresh alfalfa sprouts or cooked sweet potato or other ingredients to make it your own!

## CHICKPEA TABBOULEH SALAD

### Ingredients

1 huge bunch curly parsley or Italian flat parsley (or 2 smaller bunches), chopped fine

½ white onion, diced

1 tomato, diced

5 tbsp. hemp seeds or sesame seeds

1 can organic chickpeas (garbanzo beans), drained

juice of 1 lemon

1 garlic clove, minced

¼ cup first cold-pressed olive oil

Celtic sea salt, to taste

### DIRECTIONS

Chop the parsley and put it into a large bowl, along with the tomato, chickpeas, onion and hemp seeds.

In a blender, combine the lemon, garlic, olive oil and sea salt, and blend until it reaches a smooth consistency.

Add this mixture to the bowl and coat everything well.

Serve right away or chill first in the refrigerator.

## TU-NOT SALAD

### Ingredients

1 can chickpeas

1 tbsp. vegan mayo (such as Vegemise)

1 tsp. pickled relish

juice of ½ lemon

dill, to taste

kelp granules (dulse flakes), to taste

sea salt and pepper, to taste

### DIRECTIONS

Put all ingredients into a food processor. Process until thoroughly mixed, but just a bit – you don't want it to be liquid.

Serve as a high-protein dip or wrap filling, or eat in cabbage or lettuce cups.



## CREAMY KALE SOUP

### Ingredients

2 large potatoes, peeled and chopped

3 garlic cloves, chopped

6 cups vegetable stock (2 separate portions of 3 cups each)

12 oz. kale leaves (either discard the thick stalks or chop finely)

1 tbsp. dried Italian seasoning

2 bay leaves

½ tbsp. salt

½ tbsp. pepper

Optional: gluten-free croutons, grape tomatoes (for topping)

Add the potatoes, garlic, and 3 cups of the stock to a large saucepan. Simmer until potatoes are soft (easily pierced with a fork), about 15 minutes, stirring occasionally. Remove from heat and use an immersion blender (or move to a blender or food processor) to blend until smooth – the mixture will be thick, which is perfect, but you can add a splash of water if needed to blend.

Meanwhile, place the kale in a large pot or Dutch oven (the potatoes will be added to this pot, so make sure it's large enough) with the remaining 3 cups of stock, Italian seasoning, bay leaves, and salt and pepper.

### **CREAMY KALE SOUP** CONTINUED

Cook at a simmer for about 10 minutes until the kale is tender and the stock is flavorful. Remove and discard bay leaves.

Remove from heat and use an immersion blender (or move to a blender or food processor) to blend until smooth. Stir the potato mixture into the kale mixture and taste. Return to heat, bring to a simmer, and adjust seasoning as needed.

Serve immediately.

## **RICE PAPER ROLLS WITH REALLY RIDICULOUSLY SIMPLE RAW**

### **PEANUT DRESSING**

#### Rice Paper Rolls Ingredients

1 package rice paper rolls (available at Whole Foods or Asian groceries)

¼ chopped cabbage

alfalfa sprouts

shredded purple or green cabbage

1 avocado, cut into chunks)

1 green onion, chopped

1 bunch mint or cilantro

#### Directions

Prepare rice paper following directions on package. Fill with all ingredients and roll.

## **PEANUT DRESSING**

### Ingredients

½ cup peanut butter (if allergic or sensitive to peanuts, use sunflower seed butter or almond butter; it will turn out great!)

1 clove garlic, pressed, or dash of garlic powder

¼ cup tamari or soy sauce

¼ cup 100% pure maple syrup or coconut nectar

¾ cup water (or more, if you want thinner consistency)

### Directions

Whisk all ingredients together and enjoy!



## DINNER RECIPES

### WORLD'S GREATEST MAC 'N' TREES

#### Ingredients

1 cup quinoa pasta (mini shells or elbow shape) or brown rice pasta

¼ cup unsweetened almond milk

½ cup vegan cheddar cheese

2 tbsp. soy-free butter substitute

2 tbsp. nutritional yeast

1 small head broccoli, chopped

olive oil

1 clove garlic, minced

Sea salt to taste

Optional: 1 tsp. paprika

Optional: ¼ tsp. red pepper flakes

## DIRECTIONS

Start water boiling for the pasta. Next, heat olive oil in a pan and sauté garlic and broccoli for a few minutes. Set aside.

Cook pasta according to directions on the box, and drain. Add the soy-free butter substitute into pot, and then follow with pasta, almond milk, cheese, broccoli and nutritional yeast, as well as paprika, sea salt and red pepper flakes, if desired. Mix well, coating all of the pasta and broccoli. Enjoy hot!

## QUINOA BALANCE BOWL

### Ingredients

1 cup quinoa

2 cups water or veggie broth

juice of ½ lemo

½ avocado

2 cloves garlic, minced

2 oz. raw pine nuts

½ cup kale

### DIRECTIONS

Heat water or veggie broth in medium-sized pot. When water (or broth) boils, add quinoa.

While quinoa cooks, add kale and garlic.

When all water is absorbed, add pine nuts, lemon juice and avocado.

## **SIMPLE STIR-FRY**

### **Ingredients**

Any combination of the following veggies:

kale, rainbow chard, green beans, onion, carrots, bean sprouts, peppers, eggplant, broccoli, mushrooms

¼ block organic extra firm tofu, chopped into tiny pieces

2 cups precooked brown rice

2 tbsp. unrefined virgin coconut oil

tamari sauce to taste (or low-sodium soy sauce)

### **DIRECTIONS**

Heat coconut oil on high in a large skillet. Add veggies and mix until they are golden and cooked through, still slightly crisp, and not soft. Add tofu and at the very end and combine well. Serve over brown rice.

## **VEGGIE TORTILLA SOUP**

### **Ingredients**

2 tbsp. olive oil

¼ yellow onion, chopped

bell pepper (any color), chopped

2 cloves garlic, minced

3 tsp. ground cumin

1 (28 oz.) can crushed tomatoes

3 (4 oz.) cans chopped green chili peppers, drained

1 (14 oz.) container low-sodium vegetable broth

salt and pepper to taste

1 (11 oz.) can whole kernel organic corn

12 oz. corn tortilla chips

1 cup shredded vegan cheddar cheese

1 avocado, peeled, pitted and diced



## DIRECTIONS

Heat the oil in a large pot over medium heat. Stir in the pepper, onion, garlic and cumin, and cook 5 minutes until vegetables are tender. Mix in the tomatoes and chili peppers. Pour in the broth, and season with salt and pepper. Bring to a boil, reduce heat to low, and simmer 30 minutes.

Mix corn into the soup, and continue cooking 5 minutes. Serve in bowls over equal amounts of tortilla chips. Top with cheese and avocado.

## **EASY VEGETABLE CURRY**

### **Ingredients**

1 tbsp. unrefined, virgin coconut oil

1 onion, chopped

2 cloves garlic, crushed

2½ tbsp. curry powder

2 tbsp. tomato paste

1 (14.5 oz.) can diced tomatoes

1 can coconut milk

mixture of fresh vegetables, chopped (choose your favorites – options include carrots, snap peas, bell peppers and broccoli) or 1 (10 oz.) package frozen mixed vegetables

sea salt, to taste

2 tbsp. chopped fresh cilantro

### **DIRECTIONS**

In a large saucepan on medium-high, heat oil and saute onion and garlic until golden. Stir in curry powder and tomato paste, cook 2 to 3 minutes.

Stir in tomatoes, mixed vegetables, coconut milk, salt and pepper. Cook approximately 30 minutes until vegetables are well done, not crunchy. Sprinkle with fresh cilantro prior to serving.

## **RICE COOKER LENTIL SOUP**

Note: Rice cooker needed for this recipe.

### **Ingredients**

1 cup red lentils, rinsed and picked through

32 oz. (1 qt.) veggie broth

1 large carrot, chopped

¼ - ½ yellow onion, chopped

1 stalk celery, chopped

pinch sea salt, or to taste

### **DIRECTIONS**

Rinse lentils thoroughly, picking out any bad ones, and place usable ones in rice cooker.

Fill to fill line with veggie broth.

Add in carrot, onion, celery and salt. Close lid and cook until ready.

If all liquid has been absorbed, you can dish out and fill up bowl with a little more heated broth or water, or leave less liquid for more of a stew.

## QUINOA PASTA WITH HOMEMADE VEGGIE PASTA SAUCE

Ingredients For sauce:

4 or 5 Roma tomatoes

1 can colossal olives, sliced

1 cup mushrooms

½ head broccoli, chopped

2 medium-sized carrots, or 1 large, shredded

1 medium yellow onion

1 garlic clove

1 container can of crushed tomatoes

½ tsp. dried oregano (or fresh if you have it)

a few leaves fresh basil

sea salt, to taste

fresh ground black pepper

¼ tsp. red pepper flakes

## DIRECTIONS

Heat olive oil in saucepan, then add garlic and onions and cook down for about 5 minutes.

Add crushed tomatoes and all other ingredients.

Cook on medium-high heat for about 25 minutes.

Cook quinoa pasta according to directions on box. Drain and rinse.

Pour sauce over pasta and eat warm.



CONSCIOUS DESSERT RECIPES

## **NO-BAKE SUNFLOWER SEED BUTTER SNICKERDOODLE COOKIES**

### **Ingredients**

1 cup gingersnap cookies (such as GoRaw or Newman's Own), finely ground

1/3 cup 100% grade B maple syrup, coconut nectar or stevia

2 tbsp. sunflower seed butter

### **DIRECTIONS**

Grind cookies, and then add honey and sunflower seed butter.

Using your hands, mix well and form into balls.

Cover and place in refrigerator to harden.

## **VEGAN CARAMEL APPLE DIPS**

Note: You can also use this caramel to drizzle on top of other fruit or ice cream.

### **Ingredients**

1 cup natural sugar

¼ cup water

¼ cup 100% pure maple syrup, coconut nectar or stevia

¼ cup soy-free vegan butter

¾ cup coconut milk (full-fat, not light)

½ tsp. vanilla extract

1 tbsp. arrowroot powder (can be found at health food stores)

1 or 2 crisp apples (green apples work nicely)

### **DIRECTIONS**

Heat the sugar, water and agave bringing to a boil until all of the sugar crystals have broken down.

Add in the coconut milk, butter, vanilla and arrowroot powder.

You can use a whisk to get the mixture nice and creamy, and break down the arrowroot powder. Reduce heat and immediately dip apples (on sticks) and let them cool on wax paper.

If using the recipe as a dip for apple slices, let sauce cool a bit and then serve.



## **EASY AS PECAN PIE BITES**

### Ingredients

4 dates

4 pecans

### DIRECTIONS

Slice dates lengthwise and remove pits.

Place a pecan in the middle of each one, and enjoy!

## CHOCOLATE OATMEAL COOKIE BALLS

### Ingredients

½ cup raw walnuts

½ cup raw pecans

½ cup raisins

¼ cup gluten free rolled oats

4 medjool dates (soaked in warm water for 10 minutes)

1 tsp. spirulina

dash sea salt

1 tsp. cinnamon

¾ cup raw cacao powder (set aside on a plate or in a bowl)

### DIRECTIONS

Blend together walnuts and pecans. Put into large mixing bowl.

Add all other ingredients and mix together by hand until the mixture reaches a nice, mushy consistency.

Form into golf ball-sized portions, and roll balls in cacao powder to coat.

Set on a plate and refrigerate.

## **COCONUT DATE ROLLS**

### **Ingredients**

In a large bowl, mash dates with potato masher. (If dates seem dry, add a little bit of hot water to soften.)

Crush mixed nuts and mix into dates. Roll mixture into balls. Spread coconut on table and roll balls around until covered.

Can serve cold or at room temperature.

### **DIRECTIONS**

large amount pitted fresh dates

large amount raw mixed nuts (walnuts and almonds work well)

large amount shredded coconut

## SNACK SUGGESTIONS

You should never leave home without some bringing some food with you – a piece of fruit, an energy bar or raw nuts are just some ideas. Getting caught with no food leaves you vulnerable to making compromises or, worse, not eating at all! It's your job to be prepared, and you'll feel much better if you are!

Eat snacks every 2 ½ to 3 hours or so, and try to make them a balance of complex carbs, healthy fat and lean protein (for example, an apple with nut butter).

Following are some healthy snack choices. Most can be found at your health food store. Again, we recommend purchasing organic items when possible.

- Apple with nut butter (almond, sunflower seed or cashew butter)
- Fresh cut veggies and hummus (cucumbers, baby carrots, cherry tomatoes or celery)
- Meal replacement bars (Square Bar, GoMacro, Pure, Raw Revolution, Amazing Grass or ProBar). Stay away from brands like Luna, Lara or Clif, which have too much sugar, and always read product labels! We recommend bars that contain real ingredients, nothing artificial, and that provide you with useful nutrients.
- Rice cake with hummus, topped with sprouts (or topped with nut butter and cinnamon)
- Lundberg Rice Chips (but read the labels, because not all varieties are vegan) or Beanitos with fresh mashed avocado, salsa or hummus
- 1 piece of fresh fruit, such as an orange or banana, or 1 cup of berries
- 2 ounces of raw almonds or other raw nuts with 2 ounces of dried berries or other dried, unsweetened, unsulfured fruit
- 1 small cup of soup (butternut squash, black bean, tomato or plain veggie broth)

- 1 small cup of soup (butternut squash, black bean, tomato or plain veggie broth)
- 1 cup of miso soup with green onions and organic tofu
- Banana with raw honey, cinnamon and raw cashews
- Organic corn chips with fresh salsa and a small cup of black beans
- Homemade trail mixes (can include nuts, dried fruit, cacao nibs, coconut flakes, dried rolled oat and carob chips)
- Half of a precooked sweet potato (you can top with coconut butter, soy-free Earth Balance, cinnamon and a pinch of sea salt)
- A half cup of precooked brown rice or quinoa with a half cup of black beans, and a quarter of an avocado
- Dehydrated kale, sweet potato or dehydrated fruit chips (make your own, or purchase unsulfured products with no added sugar)



## CREDITS

Produced by Airrion Copeland

Directed by Airrion Copeland

Director of Photography by Matt Daniels

Edited by Cameron Rumford

First Assistant Director - Mike Hart

Photography by Kate Rentz

Production Designer - Jessica Miller

Art Direction by Lina Gasperaviciute

Camera Operator - Scotty Field

Camera Operator - James Jeffrey

Sound Design by Khnum "Stic" Ibomu

Key Production Assistant and Line Producer Dana Byerlee

Sound Recorder and Mixer - Caleb Mose

Boom Operator - Charles Mead

Grip - Johnny Von Ah

Gaffer - Able Zarate

Hair and Make Up - Vanessa Rene

Production Assistant - Erin Dennison

Production Assistant by Pasi Eltit

Designed by Jason Reim and Brittany Rouse



## MUSIC

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Itwela "B.RICH" Ibomu

Additional Keyboard Programming  
Sir Foster

Nutrition Program by  
Dori Lancaster

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Noel Fillipinas  
Ruben Montoya  
Tatyana Thompson

Janine Hamdan  
Ali Burrel

Jason Gentile  
Ahmed Elaser  
Brittany Jones

Maureen Copeland  
Jessica Lucartorto  
Solomon Judah

Trey Jones  
Danielle Marciano  
Cyndie Gonzalez  
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