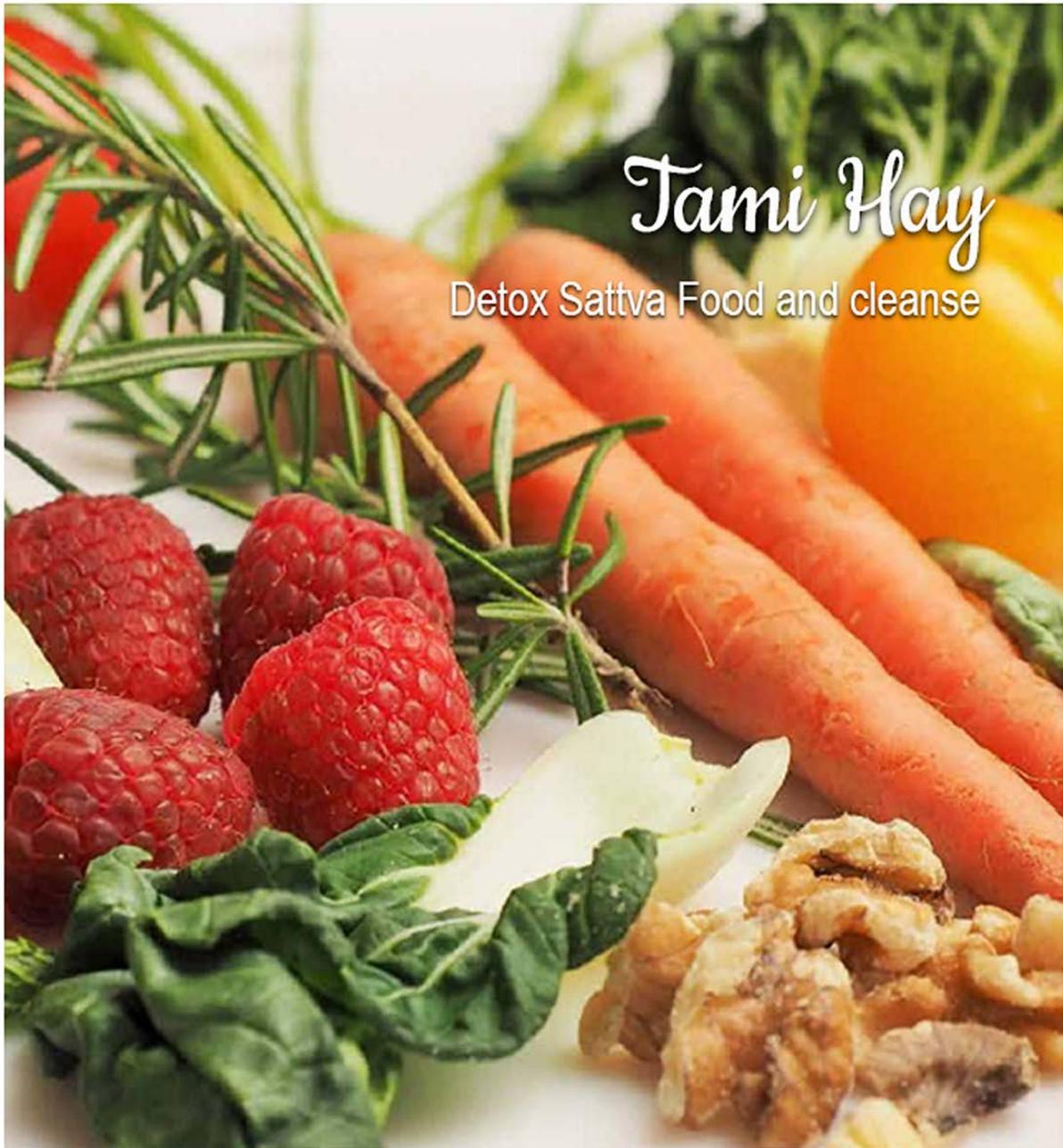


Recipe Book for 7 Days of Chakra Nourishment

PEACE LOVE & HAPPY MICROBES

Rainbow Food, Rainbow People



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7 DAYS of REST & SACRED RENEWAL

Day 1: Rest and Nourishment Chakra Red Food to HEAL

Today's introduction, we will make:

red infused pomegranate, beet, lemon water

beet, cucumber, celery, pomegranate salad

and/or

beet soup

We will meditate on our root chakra and grounding

Today's food List always organic/veganic/biodynamic: 4 beets, 3 or them steamed or roasted

1 lemon

1 cucumber

2 stalks celery

1 pomegranate

2 T. Apple cider vinegar

T. hemp hearts or sunflower seeds

T. miso

T. Italian seasoning

Pinch of dill

Recipes

Red Infused Water

$\frac{1}{2}$ raw beet chopped

$\frac{1}{2}$ lemon

$\frac{1}{4}$ c. pomegranate

1 liter/quart of filter/structured water

Blended 30 seconds and strained

'Beet it' Salad

3 cooked beets chopped

$\frac{1}{2}$ c. celery chopped

$\frac{1}{2}$ c. celery chopped

1 T. apple cider vinegar or lemon juice or both

T. of cold pressed oil or not and T. of seeds instead like sunflower or hemp

Mix, enjoy and/or take half of salad and put in blender with 2 cups of water and 1 T. of miso

Pulse 4 x and heat and eat for a beet soup

Day 2: Rest and Nourishment Chakra Orange Food to HEAL

Today we will make beautiful mandarin oranges, turmeric and lemon infused water, a nummy creamsicle smoothie, and orange squash soup all within 10 minutes and only needing to clean our blender once.

Today's food List always organic/veganic/biodynamic:

4 mandarin orange or oranges

1 apple

Turmeric fresh and/or powder

1 banana

2-3 c. of plant based mylk

4 pitted dates

1 $\frac{1}{2}$ c. of cooked squash

2 stalks of celery

2 orange peppers or 1 large (optional)

1 tsp. cinnamon

1-2 T. miso

Orange Chakra Infused Water

1 orange with some peel left on

$\frac{1}{4}$ apple

$\frac{1}{2}$ lemon

1 liter or quart of filtered water

Blend and strain and drink upon awakening, all of it for hydration

Creamsicle Smoothie

Pulp from infused water

3 mandarins a bit of peel left on but only if organic

Or

1-2 oranges

4 pitted dates

1 banana if we like it creamer and sweeter otherwise omit

(My Grandbabes like it with the banana)

2 T. of vegan protein powder, (optional)

1-2 c. of plant mylk

1 c. of H2O3, (hmmm this is structured water, study Fourth Phase of water)

3 ice cubes, (they help mix it)

Blend for approximately 45 seconds and yummy

Squash Soup

1 $\frac{1}{2}$ c. of cooked squash

2 stalks of celery chopped

2 c. plant based mylk

1 c. water

2 T. miso

1 T turmeric or fresh turmeric

Pinch of cinnamon

1 T. of Italian seasoning is optional yet anti-viral/bacterial and good for you are the herbs of Italian seasoning

Blend in same blender for 30-45 seconds

Heat and serve!!

Day 3: Rest and Nourishment Chakra Yellow Food to HEAL

Today we will meditate on yellow and our solar plexus chakra and make lemon water and lemonade, talk about the power of yellow and citrus, and lastly but never least-ly, dress a yellow spaghetti squash with cashew and hemp heart vegan cheese sauce.

Today's yellow ingredients:

- 3 lemons
- $\frac{1}{2}$ cooked spaghetti squash
- 4 dates
- turmeric fresh and/ or powder
- $\frac{1}{2}$ c. hemp heart or sunflower seeds, (only sunflower seeds soaked)
- 4 T. nutritional yeast
- 1 T. miso
- Water

Lemon water

1 whole lemon and some peel if organic
Blended in 1 liter/quart of water
Strain and drink
Add 4 soaked dates and blend again if want sweeter and use soaking date water
pinch of cayenne pepper if you want to warm

Vegan Cream cheese sauce for spaghetti squash

In blender add:
Lemon water pulp

$\frac{1}{2}$ c. of hemp hearts

$\frac{1}{2}$ c. of soaked cashews

Pinch of turmeric is optional

4. T. nutritional yeast

$\frac{1}{2}$ a lemon with a bit of peel

$\frac{1}{4}$ c. water

Blend until creamy

We can add a $\frac{1}{2}$ yellow pepper for more yellow or $\frac{1}{2}$ red pepper to make more orange

Pour $\frac{1}{3}$ - $\frac{1}{2}$ over squash, garnish, and savour.

Day 4: Rest and Nourishment Chakra Green Food to HEAL

Today we will meditate on our chlorophyll rich green world and our heart chakra, make green infused water, green smoothie and learn to sprout mung beans in a jar.

Ingredients green ingredient:

2-3 stalks of celery chopped

1 green apple

1 lemon or lime

Cucumber, (optional)

Spirulina, (optional)

Soaking mung beans

Vegan protein powder, (optional)

Glass jars

Draining screen or cheesecloth

2 liters of water

Green Chakra Infused Water

$\frac{1}{2}$ cucumber

$\frac{1}{2}$ lemon

$\frac{1}{2}$ green apple

2 stalks celery chopped

1 liter/quart of filtered water

Blended and strained

Green Smoothie

Green water pulp

$\frac{1}{2}$ green apple chopped

1 T. of vegan or hemp protein is optional

1 tsp. spirulina is also optional but recommended

1 banana for sweeter and creamer is optional

Blend and store in one liter jar.

Jar Mung Bean Sprouts

Soak mung beans overnight in a full liter of water and drain that water into your house plants

Rinse $\frac{1}{2}$ - $\frac{3}{4}$ cup of soaked beans twice a day and drain water into plants and leave draining at 45-degree angle and store in refrigerator after tails of sprouts are $\frac{1}{2}$ of an inch

This is living food until eaten.

Try to make other jar sprouts.

Sprouting chart will in this gifted beautiful recipe food wonderland available called Peace Love and Microbes by Tami Hay.

Day 5: Rest and Nourishment Chakra blues and Purples Food to HEAL



- Ingredients: Pomegranate
2 c. Blueberries Lemons and limes
3 c. Plant mylk
banana
purple and yellow potatoes
purple or red cabbage
a variety of colorful veggies like:
purple or orange carrots
peppers
celery
apple cider vinegar
herbs such as Italian seasoning
Cold pressed oil if one desires

Infused Purple Water

- $\frac{1}{4}$ c. of pomegranate
 $\frac{1}{2}$ c. blueberries frozen
 $\frac{1}{2}$ a lemon or lime with a bit of peel
3 c. of H2O3, (structured water or blessed water you have said thank you to)
blend for 30 seconds on high, strain and put pulp back in blender to make smoothie

Blueberry Smoothie

Pulp

$\frac{3}{4}$ c. of blueberries frozen, I like the wild ones

banana

3.T. of hemp hearts, (optional

3. c of plant based mylk, or 3. C. water with $\frac{1}{4}$ c.-soaked sunflower, $\frac{1}{4}$ c. of hemp hearts/cashews

Blend for up to 50 seconds.

Purple Potato Salad

potatoes roasted and chopped

2 cups of mixed grated and chopped colourful vegetables such as carrots, peppers, celery, kale

2T. of both apple cider vinegar and lemon juice

A drizzle of a cold pressed oil, pinches of Himalayan or sea salt and lots of real organic Italian seasoning

Day 6 White Light Food

Today we will look at the power of white and the purity.

Ingredients, some or all the following:

Cashews

Sunflower seeds

Hemp hearts

Cooked quinoa

Cooked white or yellow potatoes

Basic recipes for mylk

1 c. of soaked seed to 3-4 c. of filtered water

Remember the seeds will expand after being soaked

Blend and strain and watch the video on infusing colored superfood powder in your water such as spirulina, beet powder

Day 7 Rainbow Food, Rainbow People

Take your quinoa, potatoes and your mylks and let us
make rainbow food.

By now you will see and feel your own creative force

To add colour to:

Infused waters for hydration

Our rainbow smoothies

Colored superfood mylks

And root food made rainbow...

The story goes on and on...

Please watch for my upcoming YouTube food videos

With rainbow love peace and microbes.

Forever in the hydration of protected water,

Tami Hay