



Beyond Basics Health-e-Solutions Lifestyle Recipe E-Book

Charts & Lists

1. Food Response Chart
2. 2-Week Rotational Menu
3. Rotational Menu Shopping List – Week 1
4. Rotational Menu Shopping List – Week 2
5. HeS Lifestyle Common Grocery List
6. Egg substitutes
7. HeS Lifestyle Ingredient Substitutes & Meal Suggestions
8. U.S. to Metric Measurement Conversion Table
9. Carb Counting & Cheat Sheet
10. HeS Lifestyle Fats & Oils Ranking & Info-graphic
11. HeS Lifestyle Food Reference Chart
12. HeS Lifestyle Food Preparation Equipment

Recipe List

- | | |
|---|---|
| 1. All-Natural Almond Milk | 24. Kibbeh Nayyeh (Raw Kibbeh) |
| 2. Almond Meal Flat Bread | 25. Lemony Herb Fredo Style Raw Noodles |
| 3. Artichoke Pesto | 26. Meatloaf Muffins |
| 4. Asian Asparagus | 27. Mediterranean Dip |
| 5. Baba Ghanoush | 28. Melon Shake or Sherbet |
| 6. Better "Butter" | 29. Mock Hamburger |
| 7. Broccoli Rabe (Rapini) | 30. Nathan's New Brownies |
| 8. Brussel Sprouts Green Beans & Red Peppers | 31. Not Fried Bok Choy |
| 9. Cauliflower Masala | 32. Pizza |
| 10. Cauliflower Tabouli Salad | 33. Quiche with Veggies (Transition) |
| 11. Chili-Lime Raw Sunflower Seeds | 34. Raw kale Chips (Dehydrated) |
| 12. Cilantro Lime Dressing | 35. Raw Marinara Sauce |
| 13. Cinnamon Celery Sticks | 36. Raw Spaghetti Noodles |
| 14. Coconut Pecan Balls | 37. Raw Spaghetti Sauce |
| 15. Cool Mint Drink | 38. Raw Thai Toss |
| 16. Creamy Broccoli Soup | 39. Rootin Tootin Raw Tacos |
| 17. Daniel's Awesome Onion Rings | 40. Sizzling Lemon Kale |
| 18. Dark Chocolate Candy (Transition) | 41. Sloppy Healthy Joes |
| 19. Eggplant "Bacon" | 42. Spinach with Tahini |
| 20. Garlicky Collard Greens | 43. Superb Spaghetti Sauce (cooked) |
| 21. Guacamole | 44. Tomato Salad With Turkish Tahini Dressing |
| 22. Heavenly Halvah | 45. Tropical Alkaline Smoothie |
| 23. Holiday Orange-Cranberry Salad (Transition) | |