

# Living Foods Menu Planner

Courtesy, Sri Ananda Sarvasri  
<http://ExtraordinaryHealthcare.com>

Eat 2/3 to 100% of your diet with living foods. You will only need to eat about 1/3 as much to be nourished and satisfied. To create a tasty meal from natural living foods, first select and prepare the various entrés which make up the meal...

## Meals in 3 Simple Steps

1. Check the **Entré Groups** below and *select the entrés* you want to have for your meal.
2. Each entré has a **method** which includes *ingredient selection* and ways to *process, spice, and combine* them.
3. **Select** the ingredients for each entré from the **Ingredient Group List** and then apply the **Method**.  
It's easy.

## Entré Groups

### Liquid Foods

Soups, Seed Milks, Juices, Teas

Smoothies

Dressing & Sauces (emulsions)

Salsas, Dips, Relishes (liquids with dense)

### Heavy, Dense Foods

Spreads, Dips, and Fillings

Casseroles, Spreads, Patés, Loafs, Patties, Logs, Bars

Thick Soups or Puddings

Sprouted Whole Grains & Beans, Flaked Grains (Muesli)

Dried Fruits, Fruit Leathers, Desserts

### Dry, Crunchy, and Light Foods

Salads, Sandwiches

Wraps, Flats, and Shells -- Burritos, Tacos,

Breads, Crackers, Cereals, Wafers, Chips, Sticks

## Understanding Methods

Methods consist of a few simple steps usually in the following order:

- **Select** Ingredient(s)
- **Process** to Shape, Size, & Texture  
Eat Whole, Slice (Scoop), Chop, Dice, Shred,  
Mash (Press), Grind, Puré, Juice, Emulsify
- **Spice**  
Use Whole, Crush, Grind, or Powder  
Add Directly or Sauté in water-oil
- **Combine**  
Roll Into, Layer, Fold Into, Mix, Soak, Ferment
- **Embellish**  
Decorate, Add Sauce, Garnish, Season,  
Carve, Sprinkle

## Kitchen Machines

You will need a few inexpensive machines to help with food preparation:

- Blender (Make a Food Pusher to use with it)
- Food Processor or Shredder (or a Blender attachment)
- Seed and Herb Grinder (or a Blender jar)

## Understanding Foods

### Food Densities

Food densities vary in compaction, water content, and air content. They can be thin liquids (teas, milks, thin soups), heavy, dense pastes (bean dips, casseroles, loafs, patés), or light dry wafers (chips, crackers, breads, and leathers).

Any food group can cover the full range of densities. Fruits, Vegetables, Seeds, Nuts, and Spouted Grains & Beans can become juices, milks, or soups when liquified with water or become heavy, hearty entrés when ground and concentrated into dense pastes (dips, spreads, casseroles, loafs, patés, etc.) or dried into chips, crackers, breads, and leathers.

### Food Shapes

Food shapes vary from flat and thin (lettuce, chips, chapatis) to round and bulky (tomatoes, potatoes, beets). Flat foods become wraps for foods we can't or don't want to pick up. Conventional tortillas, tacos, hot dogs, hamburgers are all wrapped foods. We can make living wraps from a lettuce leaf or dehydrate any food. Wraps are handheld edible plates. They can be dry and hard like crackers or flexible like soft tortillas. The variety of food shapes can appeal to our senses and provide practical ways to serve foods for easy handling.

### Food Textures

Food textures vary from smooth, watery, and creamy, to rough, stiff, and crunchy. Food textures add interest and have practical applications. Stiff foods make instant sticks and chips that are edible "spoons" for creamier foods (Carrot or celery sticks are "spoons" for nut butters or bean dips).

### Food Tastes

The primary tastes are: Sweet, Sour, Salty, Pungent (Spicy), Bitter, and Astringent. These six, combined with the aromas we smell, create the flavors and aromas we recognize as delicious.

When making recipes, you are mostly changing the food density, shape, and texture then adding herbs and spices to modify the taste. Understanding these qualities allows us to create myriad recipe variations for delightful eating.

## Food Combining Guidelines

Not all kinds of foods can be eaten together. The body can't digest combinations like green olives with ice cream. If you wouldn't mix them together outside your body, avoid doing it inside.

- Melons only mix with other melons
  - Fresh Fruits only mix with other Fruits
  - Veggies mix with proteins (nuts, seeds, grains, & legumes)
  - Veggie-Fruits like Avocado mix with either group
  - Sprouts mix okay with most foods
  - Sweets & Starches don't mix with heavy proteins
  - Soak 'til plump (& sprout) seeds, nuts, grains, and legumes
- Generally, keep a simple diet and only mix a few foods together. Eat either a Fruit-based meal or a Veggie-based meal.

## How to Eat

Be Thankful & Appreciative, Eat Slowly, Chew Very Well, Be Relaxed, Take Your Time, Don't Dilute -- Only 1/4 Liquids.

# Ingredient Groups

## Leafy Greens

Lettuce, Chard, Cilantro, Collards, Endive, Escarole, Kale, Mustard Greens, Parsley, Spinach, Bokchoy, Tatsoi, Mizuna, and other Chinese Veggies, etc.

## Wild Plants

Braken, Burdock, Cattails, Chickweed, Chickory, Clover (red), Dandelion, Lambsquarter, Mallow, Poke, Purslane, Sheep Sorrel, Shepherd's Purse, Watercress, Wild Rose

## Veggies

Artichokes, Asparagus, Bamboo Shoots, Beets, Broccoli, Brussel Spouts, Cabbage, Carrot, Cauliflower, Celery, Chives, Corn, Eggplant, Endive, Green Beans, Jerusalem Artichoke, Jicama, Mushrooms, Okra, Parsnips, Peas (edible pod/shelled), Peppers (all types), Potato, Squash, Sweet Potato, Radish, Rutabaga, Turnip, Tomatillo, Tomato, Water Chestnut, Winter Squash, Zucchini

## Fresh Fruits

Apple, Apricot, Banana, Blackberry, Blueberry, Bosenberry, Cherry, Coconut, Elderberry, Gooseberry, Grapefruit, Grapes, Guava, Kumquat, Lemon, Lime, Loganberry, Mango, Nectarine, Orange, Papaya, Peach, Pear, Persimmon, Pineapple, Plum, Pomegranate, Raspberry, Strawberry, Tangerine

**Melons** — Cantaloupe, Casaba, Cucumber, Honeydew, Muskmelon, Pumpkin, Sharlyn, Santa Claus, Watermelon

**Dried Fruits** — Apricots, Cranberries, Currants, Dates, Figs, Prunes, Raisins

**Veggie-Fruits** — Avocado, Lemon, Lime, Olive, Tomato

**Nuts** — Almonds, Cashews, Hazelnuts, Pecans, Pistachio, Walnuts

**Seeds** — Flax, Chia, Pumpkin, Sesame, Sunflower

## Sprouted Grains

Barley, Buckwheat, Millet, Oats, Rye, Triticale, Wheat

## Fresh off the Vine or Sprouted Legumes

Aduki, Alfalfa, Black-Eyed Pea, Black Bean, Broad Bean, Clover, Fava, Garbanzo, Lentil, Lima, Mung, Navy, Pinto, Soybean, Various White Beans

## Edible Flowers

Bee Balm, Calendula, Carnations, Chrysanthemum, Daylilly, English Lavender, Gladiolus, Lilac, Nasturtiums, Pansy, Pinks, Roses, Sweet Violets, Viola

**Oils** — Olive, Coconut, Sesame, Sunflower

## Sea Greens & Sea Mineral Powders

Kelp, Dulse, Other Dehydrated Sea Plants

## Cultured Foods

Fermented Grains, Legumes, Cabbage, or Seeds

## Sweet Spices/Herbs

Alspice, Cardamom, Cinnamon, Cloves, Mace, Nutmeg

## Flavoring Spices/Herbs

**Cultures:** Chinese, East Indian, Italian, Mexican, Greek -- Asafetida, Bay Leaf, Basil, Black Pepper, Celery Seed, Cardamom, Chervil, Chilli Powder, Chives, Coriander, Cumin, Curry Powder, Dill, Fennel, Fenugreek, Garam Masala, Garlic Salt, Ginger, Majoram, Mint, Mustard Seed, Oregano, Paprika, Poppy Seed, Rosemary, Sage, Saffron, Tarragon, Thyme

**Hot Spices/Herbs** — Garlic, Leeks, Onions

# Methods

## Liquid Foods

### Soups, Milks, Juices, Teas

- *Select:* Veggies or Seeds, or Fruits, or Herbs
- *Process:* Puré with Water or Juice in a juicer
- *Spice:* Powders, Add Directly or Sauté in Oil
- *Combine:* Mix in Blender or Ferment
- *Embellish:* Garnish with fresh herbs or flowers

### Dressings & Sauces (emulsions)

- *Select:* Oils, Nuts, Seeds, Herbs, Sweetener
- *Process:* Water, Lemon, Vinegar, Tamari (Salt)
- *Spice:* Powdered or Crushed Herbs
- *Combine:* Blend to Emulsify
- *Embellish:* None

### Relishes (liquids with chunks)

- *Select:* Veggies, Seeds, Fruits, Herbs
- *Process:* Liquify a portion, Dice a portion
- *Spice:* Powders, Add Directly or Sauté in Oil
- *Combine:* Mix with spoon
- *Embellish:* None

### Heavy, Dense Foods

Spreads & Dips, Cassaroles, Loafs, Patties, Logs, & Bars

- *Select:* Grains, Legumes, Seeds, Veggies, Fruits, Herbs
- *Process:* Sprout the Sproutables & Grind to a Paste
- *Spice:* Powdered Herbs, Directly or Sauté in Oil
- *Combine:* Form Into Shape(s) and Refrigerate
- *Embellish:* Cover with Sauce or Garnish

Chunky Salads

- *Select:* Veggie or Fruit Chunks, Sprouts, Seeds, Herbs
- *Process:* Shred dense hard ingredients
- *Spice:* Powdered Herbs, Directly or in dressing
- *Combine:* Toss together
- *Embellish:* Drizzle with Salad Dressing

Thick Soups or Puddings

As above but with added water.

Whole Grains & Beans

As above, but sprouted and used whole or processed into patés, loafs, cassaroles, or dense breads

### Dry, Light Foods

Salads

- *Select:* Grains, Legumes, Seeds, Veggies, Fruits, Herbs
- *Process:* Sprout Sproutables; Shred, Slice, Dice Others
- *Spice:* Add Powdered Herbs Directly or Sauté in Oil
- *Combine:* Toss together the shreds and chunks
- *Embellish:* Dressings & Sauces

Sandwiches & Other "Wraps & Flats"

• Spread with Heavy Dense Foods, Add Lettuce, Spouts, Light Breads, Crackers, Wafers, Chips, & Leathers

- *Select:* Grains, Legumes, Seeds, Veggies, Fruits, Herbs
- *Process:* Sprout the Sproutables & Mix
- *Spice:* Add Powdered Herbs Directly or add to Oil
- *Combine:* Form Into Shape(s) and Dehydrate
- *Embellish:* None