

# BLOOM FOR LIFE Cookbook

**BONUS!**  
2-Week Menu  
Plan!

AMANDA FROELICH



80+ Plant-Based Recipes  
to Satisfy Appetites and Nourish Souls

# Dedication

This book is dedicated to all people who seek to transform their health and live extraordinary, fulfilling lives.

We are living in an age where anything is possible, and to accept this truth and act upon it will reward you in numerous ways.

May all Bloom for Life resources help you to not only understand this concept, but embrace it and live it out on a daily basis.

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# Introduction

I was fifteen years old when I discovered that food plays a powerful role in preventing disease. After developing body dysmorphia and a painful eating disorder, it became an obsession to learn how to heal my physical afflictions (acne and being overweight) while forming a healthy relationship with food.

I didn't have to search long before learning that food doesn't just affect us physically, it can boost or impair us mentally, emotionally, and even spiritually. In fact, as I changed my diet and began living more consciously, my health blossomed seemingly overnight. It was then that I knew there was more worth discovering. The basis of what I found follows:

Only in the last hundred or so years have 'modern afflictions', such as cancer, heart disease, stroke, and diabetes, become so prevalent. What changed?

To begin with, people eat far more than they ever used to. The average individual now consumes four times the amount of food the average man did in the 1950's. In addition, most Americans obtain 70% of their calories from refined and processed foods, often in the form of

TV dinners, fast-food meals, or restaurant cuisine. No one cooks anymore, perhaps due to laziness as well as hectic lifestyles.

As a result, few know where their food comes from or the effect it has on their body.

Milk from your neighborhood grocer doesn't come from a happy and healthy cow down the road. Now, it's sourced from inhumanely treated dairy cows who are kept in confinement (and perpetually pregnant) in factory farms; in addition, it's been pasteurized before being sold in bulk to supermarkets, which causes it to be VERY mucus-forming when consumed.

Nothing less cruel is done in factory farmhouses or the slaughterhouses; food has become a business solely focused on profit, not peoples' need to be connected to the earth and properly satiated.

Even produce is grown in nutritionally depleted soil and pulled weeks before it ripens; ethylene gas speeds the process to make it 'look' appealing, but our bodies know that it is inadequate—taste-wise and nutritionally.

The additives, colorings, and preservatives in processed food may just be the worst offenders. Many are neurotoxins and contribute to endocrine problems, which cause a number of different—and equally disastrous—maladies. Unfortunately, few are aware of how the sweeteners and preservatives they enjoy today may be what harms them tomorrow.

The foods which are common allergens—dairy, wheat, corn, and soy—are subsidized by the government, which is largely controlled by various corporations. If a large majority of the population were to eschew 'Frankenfoods' (GMOs, processed junk food, and poor-quality fast food), the agricultural industry would face a huge upset.

Unfortunately, the American populace is facing a disaster of another kind: 2 out of 3 individuals are overweight or obese, and this greatly increases their risk of developing diseases of affluence at a rate previously unknown in this world.

Could the secret really be just to eat more unprocessed, plant-based foods? To be quite honest, yes. It's a large part.

As a holistic healer trained in many modalities and a plant-based chef, I have witnessed countless individuals turn around their health at clinics all around the world (Costa Rica, USA, Thailand) by doing the following:

1. Ditching the junk food and common allergens (dairy, corn, wheat, soy, and eggs)
2. Drinking 8 glasses of pure, unfiltered water each day
3. Making fruits, vegetables, nuts, seeds, leafy greens, and fruits the BULK of their diet
4. Cutting down on the consumption - or completely removing - meat from their diet
5. Living more mindfully; journaling, going on walks, and/or spending time in nature
6. Exercising 4x a week for 30-45 minutes a day

These simple **six steps** have saved many people tons of money and have saved hundreds of thousands of lives around the world.

This is because, as Hippocrates, the father of modern-day medicine, so famously stated: **food can be our medicine**. In fact, it is the BEST insurance there is to keep from developing ghastly illnesses that debilitate the body and empty the wallet.

When your body maintains an alkaline environment from consuming an abundance of plant-based foods, thinking positive thoughts, and breathing fresh, outdoor air, it is equipped with the tools it needs to HEAL ITSELF.

Such is a profound thought, especially when dozens of pharmaceutical commercials grace the television screen every day. This knowledge is exactly what will set you free.

You don't need to take my word for it; follow the menu plan gifted in this book. Set time aside to start making food your medicine, and give yourself TWO WEEKS to transform your health and, in effect, your life.

The benefits you experience will be more incentive to continue down this path than any encouraging spiel I—or anyone else—could share with you.

*As Thomas Edison said:*

*“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.”*

— Thomas Edison



Become your own doctor. Wise up to the knowledge all around you. Obtain local, organic produce whenever possible, delight in the little things in life, and feel GREAT knowing that you are investing in your health and a world in which few people develop illness, simply because they choose to be proactive about their well-being.

For FREE recipes and more insight, please visit [BloomForLife.org](https://BloomForLife.org)!

You deserve to live a life you love!

*Amanda Froelich*

# Getting STARTED

**M**any people want to adopt healthier lifestyles, but they have NO idea where to start. Firstly, this is because there is SO much conflicting information on the topic of nutrition.

Whether we like to admit it or not, we each have formed emotional attachments to different foods based upon memories that made us happy or sad. Because there is a huge release of dopamine when one eats, many people have an unhealthy relationship with food. This will be addressed in certain 'blurbs' throughout the book.

Right now, all you need to know to 'get started' is that there are some basic kitchen tools and pantry items you'll need. Then, just maintain an open mind and a willingness to experiment with the recipes, and you'll do great.

Keep in mind, too: There are physiological reasons you - and many others - may have difficulty giving up your favorite foods, specifically dairy (cheese) and wheat (bread). Usually what you crave most, you are allergic to.

Going off of some of these foods can be tough because of the allergenic response (think of what a smoker goes

through when they quit), but the grace period of 2 weeks usually results in the cravings subsiding substantially.

My advice is to find GREAT alternatives that trigger that emotional response (eating cheese might make you feel comforted) and allow you to 'wean' yourself off the offending food.

Also, take it slow. It's not a race to get healthy, and your body will inevitably start detoxing (buzz word, basically dumping toxins into the blood stream as it 'cleans house'), which may result in you not feeling too good the first 4-7 days. Drink plenty of water, get tons of rest, and remind yourself WHY you are doing this and embarking upon a healthier lifestyle.

If it is for your family, keep a picture of them around. If it is to feel more comfortable in your body, keep an image of a healthier, happier you on your phone or fridge.

The WHY will get you through. Now, following is what you need to know from a logistical standpoint



# Kitchen EQUIPMENT

*Certain kitchen tools will come in handy if you choose to invest in them:*



## 1 | Blender

You don't need to invest in a fancy—and expensive—blender to reap the benefits of drinking smoothies and making home-made salad dressings. Whatever blender you can afford, that's likely the right one for now. You can always upgrade later.

## 2 | Food Processor



The base of a blender is often too narrow to adequately chop or grate foods like a food processor can. Plus, if you're interested in making raw desserts (cheesecake, anyone?) a food processor comes in handy.

It can cut down on chopping time and make super tasty treats with little water needed to combine food ingredients.

### Nut Mylk Bag

A nut mylk bag can be used to make plant-based 'milks' (almond, hemp, coconut, etc...) and juices.



## 3 | Dehydrator

A dehydrator is a nifty piece of equipment that allows you to dry things at a very low temperature, therefore retaining more nutrients. It's an optional delight, and you can nearly achieve the same thing by heating your oven to the lowest temperature and cracking the door while the goodies (such as raw granola or crackers) bake. You'll need to experiment with the cooking time(s), however.

My favorite dehydrator is the Excalibur brand.

This is an optional delight. Greenstar and Champion have great slow-masticating juicers (retains more nutrition), but Breville is popular in many households, too.

You may also use a nut mylk bag to get fresh juice. Just blend your ingredients with a little bit of water, and strain through cheesecloth or the nut mylk bag. Keep in mind, you do lose a lot of nutrients with this method.



## 4 | Juicer

### Spiralizer

This cool tool allows you to make NOODLES from foods such as zucchini, beets, and even apples. Zucchini noodles can be marinated and served as an alternative to pasta. Not only are they very low in calories, they're super tasty and filling!

### Other Basics:

No kitchen is complete without:

- > Cutting Boards
- > Sharp Knives
- > Tupperware Containers
- > Mason Jars (for storing green soups and smoothies)

# Menu Plan WEEK 1

	SUNDAY	MONDAY	TUESDAY
<b>30 Min Before Breakfast</b>	16 oz of water with fresh-squeezed lime or lemon juice	16 oz of water with fresh-squeezed lime or lemon juice	16 oz of water with fresh-squeezed lime or lemon juice
<b>Breakfast</b>	Chia Porridge w/ Almond Milk & Fresh Fruit	Chocolate & Greens Smoothie	Veggie Scramble w/ Kale & Sweet Potato
<b>Lunch</b>	Massaged Kale Salad w/ Avocado & Greek Dressing; (optional) Side of Quinoa	Sandwich w/ Mashed Chickpea Salad & Side of Kale Chips	Leftover Sweet Potato Veggie Burgers w/ Tomato Soup
<b>Afternoon Snack</b>	Sliced Apple w/ Almond Butter	Sprouted Buckwheat Blueberry Granola	Celery and Carrots w/ Fresh Hummus
<b>Dinner</b>	Zucchini Pasta w/ Raw Marinara Dressing; Side of Brown Rice Salad	Sweet Potato Burgers w/ Raw Ketchup; Side of Tomato Soup	Moroccan Bean Soup w/ Pumpkin; Side Salad w/ Greek Dressing

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16 oz of water with fresh-squeezed lime or lemon juice	16 oz of water with fresh-squeezed lime or lemon juice	16 oz of water with fresh-squeezed lime or lemon juice	16 oz of water with fresh-squeezed lime or lemon juice
Cinnamon Fruit Oatmeal w/ Beginner Green Juice	Baby Blue Smoothie w/ Papaya Boats	Sprouted Buckwheat Granola Bowl w/ Almond Milk & Fruit	Chia Porridge w/ Almond Milk & Fresh Fruit
Taco Salad w/ Hemp Nacho 'Cheez', Salsa, Guacamole, and Flax Crackers	Dr. Furhman's Veg Soup w/ Side of Baked Sweet Potato & Coconut Oil (Cinnamon, optional)	Toasted Sandwich w/ Pesto and Fresh Vegetables w/ Leftover Vegetable & Lentil Stew	Leftover Chana Masala w/ Mixed Green Salad & Orange-Miso Dressing
1-2 Pieces of Fresh Fruit	Flax Crackers w/ Homemade Salsa	Sprouted Buckwheat Blueberry Granola	Piece of Whole-Grain Toast w/ Hummus and Vegetables
Mediterranean Wraps w/ Whole-Grain Tortilla, Herbed Eggplant Spread, & Fresh Vegetables	Steamed Vegetables w/ {Raw} Caesar Dressing & Vegetable & Lentil Stew	Chana Masala w/ Brown Rice & Mixed Green Salad	Veggie Lentil Loaf w/ Beet & Pineapple Salad



*Beverage*  
RECIPES



# Almond MILK

**Preparation Time:**  
10-15 minutes

**Servings:** 1-2

## INGREDIENTS:

- 1 cup almonds, soaked overnight (8-12 hours)
- 4 cups water
- 2 dates or 1 teaspoon raw honey (optional)
- Pinch of sea salt

## DIRECTIONS:

1. In a high-speed blender, blend all ingredients until smooth and emulsified.
2. Using a nut mylk bag or cheesecloth, strain all into a medium-sized bowl.
3. Pour into a mason jar, seal tightly and store in the fridge up to 4-6 days.
4. Use as a delicious dairy alternative, in baking, coffee, tea, and more!

**Note:** May substitute other nuts and seeds for almonds: cashews, sunflower seeds, pumpkin seeds, hemp seeds, brazil nuts, etc...



# Banana Love GREEN SMOOTHIE



**Preparation Time:**  
10-15 minutes

**Servings:** 1-2

## INGREDIENTS:

- 3 frozen bananas
- 1 cup strawberries, blueberries or mango
- 1 cup pineapple
- 2 cups spinach
- Water to cover 2/3 full
- Ice (optional)

## DIRECTIONS:

1. Add all ingredients into a blender. Add water to thin and process until well-combined.
2. Serve and consume immediately.