

Dr. Joel Fuhrman M.D.

4 Walter E. Foran Blvd Suite 409

Flemington, NJ 08822

PH: 908-237-0200

FAX: 908-237-0210

Michele Receptionist

<http://www.drfuhrman.com/>

SMOOTHIES, JUICES AND BLENDED SALADS

BLUEBERRY ORANGE SMOOTHIE MANDI 8.5 (*Reference Diet Notes Phases 1 – 4 on 2009Mar3.pdf for definition*)*Serves: 2 – Prep Time: 5 minutes***INGREDIENTS**

3 dates, pitted

2 Oranges, peeled

1 banana

1 cup frozen blueberries

1 tablespoon ground flax seeds (Nature Rich Brand ‘Whole – Ground’

http://www.academyhealthsvcs.naturerich.net/nutrition_flax.cfm**DIRECTIONS**

Blend all ingredients together in a high powered blender until smooth and creamy

*One Serving Contains:**CALORIES 207.4; PROTEIN 2.3 g; CARBOHYDRATE 48.7 g; FAT 2.4 g;**SODIUM 2.7 mg*

CHOCOLATE SMOOTHIE MANDI 19

Serves: 2 – Prep Time: 5 minutes

INGREDIENTS

5 ounces baby spinach
 2 cups frozen blueberries
 ½ cup soy milk (Silk Regular Dad's Favorite)
 1 medium banana
 2 medjool ? pitted dates or 4 deglet noor ? pitted dates
 2 tablespoons Natural Organic Cocoa Powder

1 tablespoon ground flax seeds (Nature Rich Brand best)

DIRECTIONS

Blend all ingredients together in a high powered blender until smooth and creamy.

One Serving Contains:

*CALORIES 276.2; PROTEIN 8.1g; CARBOHYDRATE 58.8g; FAT 4.8g;
 SODIUM 93.4mg*

CREAMY FRUIT AND BERRY SMOOTHIE MANDI 12.5

Serves: 2 – Prep Time: 6 minutes

INGREDIENTS

1 cup pomegranate juice
 ½ cup soy or almond milk
 ½ cup frozen strawberries
 ½ cup frozen blueberries
 ½ cup frozen peaches
 1 banana
 1 tablespoon ground flax seeds

DIRECTIONS

Blend all ingredients together in a high powered blender until smooth and creamy.

One Serving Contains:

*CALORIES 225; PROTEIN 4.9g; CARBOHYDRATE 47.7g; FAT 3.2g
 SODIUM 40.8mg*

CREAMY GREENY BLENDED SALAD MANDI 12

Serves: 2 – Prep Time 5 minutes

INGREDIENTS

4 ounces (4 cups) organic baby spinach
 4 cups torn romaine lettuce
 ¼ cup pecan halves
 1/3 cup soy milk
 4 medjool dates, pitted (or 7 regular pitted dates)

DIRECTIONS

Blend all ingredients together in a high powered blender until smooth and creamy.

One Serving Contains:

*CALORIES 280; PROTEIN 6.9g; CARBOHYDRATE 45.6g; FAT 11.2g
 SODIUM 76.2mg*

EAT YOUR GREENS FRUIT SMOOTHIE MANDI 18

Serves: 2 – Prep Time 3 minutes

INGREDIENTS

5 ounces organic baby spinach
 1 medium banana
 1 cup frozen or fresh blueberries
 ½ cup soy milk
 ½ cup pomegranate juice or other unsweetened fruit juice
 1 tablespoon ground flax seeds

DIRECTIONS

Blend all ingredients together in a high powered blender until smooth and creamy.

One Serving Contains:

*CALORIES 195.7; PROTEIN 6.4g; CARBOHYDRATE 38.7g; FAT 3.6g
 SODIUM 93.9mg*

HIGH CRUCIFEROUS JUICE *MANDI 27.5*

Serves: 4 – Prep Time 20 minutes

INGREDIENTS

6 medium carrots
 6 cauliflower florets
 2 apples, cut in fourths and de-cored
 1 bunch kale
 ½ bunch watercress
 ½ head broccoli with stems

DIRECTIONS

Run all ingredients through a juicer. (we use food processor, then high speed blender until we can afford juicer)

One Serving Contains:

*CALORIES 128.2; PROTEIN 7.4g; CARBOHYDRATE 29g; FAT 0.9g
 SODIUM 121.6mg*

LISA'S FAVORITE GREEN SMOOTHIE (*Fuhrman's Wife*) *MANDI 12.5*

Serves: 4 – Prep Time 20 minutes

INGREDIENTS

1 apple*, cut into fourths (de-cored)
 1 banana
 ½ avocado
 4 pitted dates
 5 ounces organic baby spinach

DIRECTIONS

Blend all ingredients together in a high powered blender until smooth and creamy.

One Serving Contains:

*CALORIES 242.7; PROTEIN 6.5g; CARBOHYDRATE 44g; FAT 8.3g
 SODIUM 59.1mg*

MIXED VEGETABLE JUICE MANDI 21

Serves: 3 – Prep Time 20 minutes

INGREDIENTS

6 Kale Leaves
 8 carrots peeled
 2 stalks bok choy (Chinese Lettuce stems and leaves chopped)
 2 apples
 2 medium beets, peeled & quartered or grated
 1 cup watercress with stems

DIRECTIONS

Run all ingredients through a juicer. (we use food processor, then high speed blender until we can afford juicer)

One Serving Contains:

*CALORIES 157.3; PROTEIN 7.1g; CARBOHYDRATE 36.6g; FAT 0.9g
 SODIUM 181.1mg*

BREAKFAST**BANANA – CASHEW LETTUCE WRAP MANDI 6**

Serves: 2 – Prep Time 5 minutes

INGREDIENTS

4 tablespoons raw cashew butter
 12 romaine lettuce leaves
 2 bananas, thinly sliced

DIRECTIONS

Spread cashew butter on lettuce leaf (1 teaspoon per leaf) Lay banana slices on cashew butter and wrap lettuce around

One Serving Contains:

*CALORIES 311.9; PROTEIN 8.3g; CARBOHYDRATE 39.5g; FAT 16.5g
 SODIUM 14.9mg*

BREAKFAST**BLUEBERRY NUT OATMEAL MANDI 5.5**

Serves: 3 – Prep Time 8 minutes

INGREDIENTS

- 1 ¾ cups of water
- 1 cup old fashioned rolled oats
- 1 cup grated apple
- 2 tablespoons currants (optional)
- 1 tablespoons ground flax seeds
- 1 cup fresh or frozen blueberries
- 6 pecan halves, chopped

DIRECTIONS

In a saucepan, bring water to a boil and stir in all ingredients, except blueberries and pecans. Turn heat down and simmer for 5 minutes.

Stir in blueberries and pecans. Remove from heat and cover for 2-3 minutes before serving.

One Serving Contains:

*CALORIES 185.1; PROTEIN 11.5g; CARBOHYDRATE 31.9g; FAT 5.9g
SODIUM 5.7mg*

BREAKFAST**CINNAMON FRUIT OATMEAL MANDI 7**

Serves: 2 – Prep Time 15 minutes

INGREDIENTS

- 1 cup water
- 1 teaspoon vanilla extract
- ¼ teaspoon cinnamon
- ½ cup old-fashioned rolled oats
- ½ cup blueberries
- 2 apples, chopped, de-cored
- 2 tablespoons chopped walnuts
- 1 tablespoon ground flax seeds
- ¼ cup raisins (optional)

DIRECTIONS

In a saucepan, combine water with the vanilla and cinnamon. Bring to a boil over high heat. Reduce the heat to a simmer and stir in the oats.

When the mixture starts to simmer, add blueberries. Remove from heat when berries are heated through.

Cover and let stand for 15 minutes until thick and creamy.

Mix in apples, nuts, flax seeds, and raisins (if desired).

One Serving Contains:

CALORIES 240.7; PROTEIN 12.7g; CARBOHYDRATE 40.8g; FAT 8.1g

SODIUM 6.8mg

BREAKFAST**OATMEAL AND FRUIT COMPOTE MANDI 10**

Serves: 2 – Prep Time 15 minutes

INGREDIENTS

Fresh fruits, chopped

Raisins or other dried fruits, chopped

Soy milk, orange juice or pomegranate juice, to cover for soaking

1 cup old fashioned rolled oats

DIRECTIONS

To make fruit compote: Combine the fresh and dried fruits in a glass jar along with some soy milk or juice for soaking. Cover and refrigerate overnight.

In the morning, prepare, rolled oats according to directions to directions on package. Add fruit compote to the oatmeal.

One Serving Contains:

CALORIES 245.2; PROTEIN 10.2g; CARBOHYDRATE 51.5g; FAT 3.3g

SODIUM 4.0mg

BREAKFAST**POMEGRANATE MUESLI MANDI 10**

Serves: 2 – Prep Time 20 minutes

INGREDIENTS

½ cup pomegranate juice (plain or flavored)
 ¼ cup oats, steel cut or old fashioned (not quick or instant)
 1 apple, peeled and grated
 4 raw cashews or hazelnuts, coarsely chopped (mini food processor works best)
 ½ cup halved grapes (red, green or black)
 ½ cup of cubed cantaloupe
 ½ cup sliced fresh organic strawberries
 1 tablespoon currants (optional)
 1 tablespoon ground flax seeds

DIRECTIONS

Soak oats in pomegranate juice overnight in refrigerator. Oats will absorb the liquid.

In the morning, combine oats with remaining ingredients.

One Serving Contains:

CALORIES 258.2; PROTEIN 7.2g; CARBOHYDRATE 43.6g; FAT 8.7g

SODIUM 13.4mg

BREAKFAST**QUICK BANANA BREAKFAST TO GO MANDI 11**

Serves: 2 – Prep Time 8 minutes

INGREDIENTS

Two cups frozen blueberries
 ½ cup old-fashioned rolled oats
 1/3 cup pomegranate juice
 Two tablespoons dried currants (optional)
 Two tablespoons chopped walnuts (Mini food processor works best)
 1 tablespoons raw sunflower seeds (to roast, place in skillet dry with medium heat shake and turn over till toasted through (works for pumpkin seeds or almonds also almost any nut)
 2 bananas, sliced

DIRECTIONS

In cereal bowl, combine all ingredients.
Heat in microwave for 3 minutes.

One Serving Contains:

CALORIES 357.5; PROTEIN 6.7g; CARBOHYDRATE 67.3g; FAT 9.9g

SODIUM 4.7mg

BREAKFAST**SPECIAL OATMEAL MANDI 5**

Serves: 2 – Prep Time 20 minutes

INGREDIENTS

One ¾ cup of water
1 cup of old-fashioned rolled oats
6 pitted dates chopped (mini food processor works best)
¼ teaspoon coriander
Two bananas, sliced
1 cup chopped or grated apple
1 cup frozen or fresh blueberries
1 tablespoon ground flax seeds

DIRECTIONS

In saucepan, bring water to a boil and stir in all ingredients, except blueberries and flax seeds. Simmer for 5 minutes.

Stir in blueberries. Sprinkle flax seeds on top or stir in. Cover for 2-3 minutes before serving.

One Serving Contains:

CALORIES 206.9; PROTEIN 9.3g; CARBOHYDRATE 46.4g; FAT 2.6g

SODIUM 5.1mg

If desired this recipe may be made in the oven. Preheat oven to 350 degrees. In a baking dish, combine all ingredients, except for the bananas, apples, blueberries, and flax seeds. Bake uncovered for 30 minutes. Add bananas and more water, if desired. Bake another 15 minutes. Stir in apple and blueberries, sprinkle flax seeds on top.

Dr. Fuhrman's Famous Dressings and Dips

Russian Fig Dressing

4 tablespoons fig vinegar
 ¼ cup no salt tomato juice
 3 tablespoons raw almond butter
 2 tablespoons sunflower seeds

Mash together with fork.

Orange cashew Dressing

2 Oranges, peeled and quartered
 ½ cup raw cashews
 2 tablespoons raw unhulled sesame seeds

½ teaspoon lemon juice (optional)

Blend until smooth, adding orange juice if too thick

Creamy Blueberry Dressing

1 cup frozen blueberries
 1 tablespoon spicy pecan vinegar
 1 tablespoon balsamic vinegar
 ¼ cup pomegranate juice
 2 tablespoons raw cashew butter
 Blend until smooth.

Pistachio Mustard Dressing

1/3 cup raw shelled pistachio nuts
 1 tablespoon Dijon mustard
 2 tablespoons Vegizest (or Mrs DASH)
 ¾ cup unsweetened soy milk

Blend until smooth

Peachy Pecan Dressing

Two tablespoons spicy pecan vinegar (Dr Fuhrman's Own)
 4 dried peaches or 6 dried apricots pre-soaked in ¼ cup soy milk
 8 raw pecan halves
 1 ounce silken tofu

Blend until smooth

Eggplant Humus

1 medium eggplant, halved
 1 cup unsalted canned chick peas
 with 1/3 cup liquid reserved (saved)
 ¼ cup raw unhulled sesame seeds
 2 tablespoons lemon juice
 1 tablespoon dried chopped onions
 4 cloves garlic (teaspoon minced garlic)

Bake eggplant at 350 degrees for
 45 minutes.
 Let cool and remove skin.

Blend eggplant and remaining ingredients
 in high powered blender (Vitamix or
 Blend Tec) until creamy smooth.

Bean Salsa

15 ounce can red kidney beans, (no
 salt) drained
 4 plum tomatoes, chopped
 ½ red pepper
 4 scallions (greens and whites
 minced)
 ¼ can tomato paste, no salt
 (or 10 raw almonds finely minced)
 4 tablespoons raw almond butter
 2 tablespoons fig vinegar (self made
 infused)
 ½ teaspoon each dried parsley,
 Oregano and chili powder or to taste
 Place all ingredients in a bowl and
 mix together with a fork

SALADS, DRESSINGS AND DIPS***ASPARAGUS SHITAKE SALAD WITH
 CREAMY SESAME DRESSING MANDI 11.5***

Serves: 4 – Prep Time 30 minutes

INGREDIENTS – Creamy Sesame Dressing

One cup of soy milk
 2/3 cup unhulled sesame seeds, lightly toasted
 Two tablespoons Dr. Fuhrman's *Reisling Raisin Vinegar* (make your own by infusing)
 or seasoned rice vinegar
 One tablespoon raw cashew butter
 One tablespoon toasted sesame oil
 7 pitted dates, or to taste, soaked in water 30 minutes (reserve soaking water)
 ½ clove of garlic
 Two tablespoons unhulled sesame seeds, lightly toasted *

INGREDIENTS – Salad

Two medium beets, peeled and sliced ½ inch thick
 ½ pound shiitake mushrooms (chewier than white) sliced
 One pound fresh asparagus, butt ends snapped off, not too thick stems
 cut into 2 inch slices diagonally
 One tablespoon Dr. Fuhrman's VeggiZest (or Mrs Dash) or other no salt

soup base seasoning
 One teaspoon garlic powder
 One red bell pepper, seeded and thinly sliced
 ½ cup sliced and drained water chestnuts
 4 cups of watercress
 2 cups of bean sprouts

DIRECTIONS

In a high powered blender, blend all dressing ingredients, except for the two tablespoons sesame seeds, until smooth and creamy. Stir in remaining sesame seeds. Use soaking water from dates to thin if needed.

Preheat oven to 400 degrees.

Place beets in baking pan and add ½ cup water. Cover and roast for 20 minutes. Uncover and continue roasting until tender. If needed add more water to keep beets from drying out. Set aside.

Meanwhile, water sauté mushrooms over high heat for about 7 minutes, using only enough water to keep from scorching. When mushrooms are tender and juicy add asparagus and water sauté until slightly tender but still crisp. Toss in VegiZest and garlic powder. Remove from heat and toss in bell peppers and water chestnuts.

Place watercress on plate and pile vegetable mixture on top.
 Drizzle dressing over all and top with bean sprouts.
 Arrange roasted beets around sides.

** Lightly toast sesame seeds in a pan over medium heat for 3 minutes, shaking pan frequently.*

One Serving Contains:

*CALORIES 225.9; PROTEIN 12.1g; CARBOHYDRATE 35g; FAT 7g
 SODIUM 107.6mg*

SALADS, DRESSINGS AND DIPS

BALSAMIC MIXED GREENS WITH CHOPPED APPLES MANDI 11.5

Serves: 2 – Prep Time 15 minutes

INGREDIENTS – Quick Balsamic Vinaigrette

Four tablespoons balsamic vinegar
 Two tablespoons fig preserves (no added sugar)
 Two tablespoons olive oil

INGREDIENTS – SALAD

One head (about 6 cups) romaine lettuce, torn into bite size pieces
 Four ounces or 4 cups baby salad mix (organic/washed)
 Two apples, chopped and cored
 ½ cup fresh raspberries (optional) (Blackberries, Strawberries, Blueberries)

DIRECTIONS

Whisk all dressing ingredients together using fork or wire whisk
 Mix greens, add fruit, and then toss with dressing.

Low fat, low salt bottled dressing may be substituted for the balsamic vinaigrette

One Serving Contains:

*CALORIES 329.2; PROTEIN 6.9g; CARBOHYDRATE 48.3g; FAT 14.5g
 SODIUM 41.5mg*

SALADS, DRESSINGS AND DIPS

*CITRUS SALAD WITH
 ORANGE PEANUT DRESSING MANDI 16.5*

Serves: 2 – Prep Time 15 minutes

INGREDIENTS – Orange Peanut Dressing

½ cup orange juice
 Two tablespoons peanut butter, unsalted (raw or organic)
 Two tablespoons raw cashew butter, unsalted (or organic)
 Two tablespoons rice vinegar (bought or infused self made)
 One tablespoon “Bragg Liquid Aminos” or low salt soy sauce
 ¼ inch piece of fresh ginger peeled
 ¼ medium clove garlic, chopped fine

INGREDIENTS – SALAD

15 ounces or 10 cups baby lettuce mix
 1 avocado, sliced
 1 orange, peeled, cut in half and sliced
 ½ small sweet onion, thinly sliced and cut in half
 One tablespoon unhulled sesame seeds, lightly toasted

DIRECTIONS

Blend all dressing ingredients in high powered blender or food processor until smooth
To prepare salad, arrange avocado slices, onions, and orange rounds on top of lettuce.
Pour dressing over salad and sprinkle with sesame seeds.

One Serving Contains:

CALORIES 408.6; PROTEIN 11.8g; CARBOHYDRATE 40.0g; FAT 26.3g

SODIUM 91.8mg

*SALADS, DRESSINGS AND DIPS**CRAZY ABOUT CARROT SALAD MANDI 13.5*

Serves: 2 – Prep Time 8 minutes

INGREDIENTS –

8 Medium carrots, shredded

½ cup of raisins

4 tablespoons fresh orange juice

¼ teaspoon cinnamon, or to taste

DIRECTIONS

Combine carrots and raisins

Add orange juice and cinnamon and mix all ingredients together.

One Serving Contains:

CALORIES 223.1; PROTEIN 3.5g; CARBOHYDRATE 55.5g; FAT 0.8g

SODIUM 172.7 mg

*SALADS, DRESSINGS AND DIPS**GREEK CHICKPEA SALAD MANDI 9.0*

Serves: 4 – Prep Time 25 minutes

INGREDIENTS –

One 16 ounce can garbanzo beans, drained (chick peas), or no or low salt

Three Plum tomatoes, chopped

One boiled potato, peeled and chopped in chunks

One green apple, peeled, cored and chopped

One cucumber chopped

½ small onion chopped

Two tablespoons chopped brazil nuts, (optional)

Three tablespoons *Dr. Fuhrman's Spicy Pecan Vinegar*

One teaspoon chopped cilantro

10 ounces mixed salad greens

DIRECTIONS

Mix all ingredients, except salad greens. Serve on bed of mixed salad greens.

One Serving Contains:

CALORIES 288.1; PROTEIN 15.3g; CARBOHYDRATE 54.2g; FAT 3.5g

SODIUM 22.9 mg

THERE ARE 150 MORE PAGES IN BOOK II OF RECIPES, SALADS, DIPS, SOUPS, STEWS, AND YES ,DESSERTS Too many to place in this introductory pamphlet.

To learn more go to:

<http://www.drfuhrman.com>

At this point, you have all the basics that you need to begin to get a new healthier life
'Bon Appetite'

The books can be found on Dr. Fuhrman's website, if you care to do this diet correctly and safely I suggest that you make an appointment to see Dr. Fuhrman personally in Flemington, NJ. It will be well worth your while and your overall health.

Forms are available on his website (three of them needed a week before your appointment) He will monitor your progress and your current medications and nutrients if taken by you now.

God Bless & Good Luck

Frank Seeley

www.academyhealthnj.com

Academy Health Services of New Jersey fully endorses Dr. Joel Fuhrman M.D. and his method of Eating for Health ('Eat For Health') Book series and other educational literature produced by Dr. Fuhrman.

908-403-4814

fseeley@embarqmail.com