

# *Nourishing Spirits Menu* *and Planning Guide:*

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## *Soups and Stews*

### **Red Lentil**

A hearty soup with sweet squash, carrots and parsnips; flavored by basil, thyme and oregano; a great staple

### **Chickpea Vegetable**

A thick stew with lots of root vegetables, celery, turmeric and bay

### **Cream of Cauliflower**

A delightful blend of cauliflower, onion and potato with fresh dill and umeboshe plum vinegar

### **Gypsy Soup**

A colorful spicy mix of garbanzo beans, sweet potatoes, carrots, squash, peppers, tomatoes, green beans or peas and warm spices

### **Vegetable Noodle Soup**

Japanese soba noodles with scallions and sesame oil served with a kombu-based broth with shitake mushrooms, greens, carrots and onions

### **Russian Beet and Cabbage Borscht**

Velvety and rich with potatoes, carrots and celery; made delectable with caraway, tomato and honey, excellent complimented by yogurt or sour cream

### **Black Turtle Bean Soup**

Tasty and thick with garlic, squash and basil

### **Yellow Split Pea**

Split peas in a brothy soup with summer vegetables of zucchini and celery

### **Carrot Ginger \***

A smooth, soothing blend of sweet carrot and pungent fresh ginger with cinnamon, allspice, fennel, mint and lemon, pureed with toasted cashews

### **Miso Soups**

Miso Vegetable and Tofu – heartier with garlic, vegetables and herbs

Miso Squash – sweeter and smooth

Miso Shitake Daikon – more Japanese, enhanced with sea veggies and scallions

Miso Ginger – with snow peas and watercress

### **Mushroom Barley** (Dairy optional)

A tasty version with brown and shitake mushrooms, pearl barley, navy beans, sherry and parsley

### **Curried Green Split Pea**

Smooth with a touch of spice and sliced root vegetables

### **Brazilian Black Bean \***

A tangy, zippy, filling soup with carrot, peppers, tomatoes, cumin and hints of orange and cilantro

### **Vitality Fish Soup**

A strengthening mix of white fish, daikon radish, burdock root, shitake mushrooms, carrot, ginger and wakame in a healing kombu dashi (broth)

### **Southwestern Corn and Sweet Potato**

A beautiful soup accented by red bell peppers, cilantro and lime

### **Seafood Chowder**

A thick, hearty tomato based stock with seafood, onion, garlic, carrots, other seasonal vegetables, paprika and a touch of cayenne.

### **Thai Coconut Vegetable Soup**

Lemongrass, lime, ginger and coconut broth with light vegetables

### **Southern Rio Stew**

A spicy rich stew with Ancho chili, vegetables and tomatoes

## *Whole Grains and Pasta*

### **Basics**

#### **Rice**

Long grain brown – lighter for warmer days

Short grain brown – heartier for cooler days

Sweet rice – sticky and filling

Wehani rice – chewy texture, red-brown color and nutty flavor

Wild rice – hearty and textured, good mixed with other grains

#### **Barley**

Chewy grain high in protein and beneficial to the liver

#### **Kasha**

Hearty roasted buckwheat with a comforting texture

#### **Millet**

A very alkalizing grain with a soft texture and lovely yellow color

#### **Quinoa**

An ancient Inca grain with excellent protein and a light, fluffy texture

#### **Oats**

Soft and comforting when cooked and a crunchy snack if toasted

#### **Polenta**

Soothing cornmeal that cools and can be cut in pieces like cake  
or topped with salad or a main dish

#### **Couscous**

Light and fluffy grain derived from wheat, with a pasta-like flavor

***Grains With A Little Excitement Added***

**Brown Rice with Walnuts, Cashews or Pecans**

Nuts added to basic rice provides extra protein and flavor

**Brown and Wild Rice with Gomashio**

A good blend with toasted sesame seed condiment

**Polenta with Pine Nuts, Fresh Rosemary and Basil**

Fresh herbs and nuts give this a lovely Italian flavor

**Kasha with Onions and Thyme**

Onions and thyme add a savory tint to this nutty grain

**Cornbread** (Dairy-eggs)

A delightful bread made with organic eggs and maple syrup and a hint of orange

**Poppy seed Cornbread**

A scone-like bread with fresh corn and poppy seeds

**Quinoa Red Pepper Salad**

A very fresh, lively salad with scallions, cilantro, parley and lemon

**Saffron Basmati Rice Pilaf**

Saffron's perfumed flavor makes this dish a special treat,  
dappled with seasonal vegetables and pine nuts

**Quinoa Corn Salad with Basil**

Tasty dish enhanced by garlic, scallions, olive oil and brown rice vinegar

**Millet with Pecans and Squash**

A warm, cozy and sweet dish

## **Lemony Ginger Couscous**

Zingy, pungent and light

## **Tabouli**

Bulgur wheat salad with tomatoes, scallions, olive oil, lemon, mint and parsley

## **Mixed Grain Pilaf \***

A wonderful blend of three different rices, barley, wheat or rye berries and added carrot, onion, celery, Italian spices, mustard and tamari

## **Risottos \***

(best eaten the day of cooking)

**-Salmon pesto risotto**

**-Butternut Squash risotto with tarragon and peas**

**-Seasonal Specialty- please check with Chef Rice**

## **Baked Lemon Rice**

Light basmati rice baked in vegetable broth with onions, chives and lemon peel

## **Brown Rice Nori Rolls \***

Vegetarian sushi filled with carrots, scallions, cucumber or avocado, umeboshe plum paste and sesame seeds; served with wasabi and tamari

## **Green Breakfast \***

An awesome nutritious cereal made with ground oats, sunflower, sesame and flax seeds, wheat germ, soy lecithin, bee pollen and spirulina; just add a little hot water, soy or rice milk and maple syrup and you're ready to go

## *Pasta*

### **Miso Tahini Udon Noodles**

Rich pasta with red peppers and scallions

### **Soba Noodles in Spicy Peanut Sauce**

Wild yam and buckwheat pasta with sweet and spicy Thai sauce, red cabbage and bean sprouts

### **Pesto Garlic Parsley Ribbons**

Noodles with garlic, pine nut olive oil and basil pesto

### **Noodle Kugel (Dairy-eggs)**

A tasty traditional dish with tahini, apples, raisins, walnuts, cinnamon and maple syrup

### **Angel Hair with salmon, sun-dried tomatoes, red onion and pine nuts**

Simply delicious- best served the day of cooking

### **Vegetable Lasagna (Dairy-cheese) \***

Fully-loaded with onion, carrot, pepper, zucchini and eggplant,  
three kinds of cheese and an herb blended sauce

### **Penne Pasta with Squash and Tomatoes**

A lovely dish flavored with turmeric and tahini

### **Spaghetti with Shrimp, Arugula and Chili**

A Jamie Oliver inspired dish with heated dish with ginger and lemon



## *Beans and Legumes*

### **Adzuki Beans and Squash**

Excellent for the kidneys, adzuki have a sweeter flavor enhanced by garlic and squash

### **Middle Eastern Hummus \***

Smooth and tasty chickpea spread with garlic, olive oil, lemon and tahini

### **Anasazi Beans with Carrots and Zucchini**

Colorful beans with dried basil and light vegetables

### **Pintos with Onions, Peppers and Tomatoes**

Good texture and flavor with a spicy garlic, chile background

### **Pintos with Fresh Corn and Squash**

A comforting dish; great for filling tortillas

### **Kidney Bean and Seitan Chili**

Enhanced by carrot, celery, garlic, tomato, parsley and cayenne pepper

### **Three Bean Salad**

A colorful, flavorful crowd pleaser with red onion, capers, tomato and feta cheese (optional)

### **Moroccan Lentil and Eggplant Stew**

A flavorful, rich dish with Berber spices

### **Green Lentils with Indian Spices**

A hearty legume dish with cumin, coriander and curry powder

### **Baked Beans with Miso and Apple Butter**

A rich, sweet, tangy vegetarian variation

**Black Eyed Peas with Mushrooms and Onions**

Beautiful dish with savory vegetables and tamari

**Light Spice Mung Bean Dahl**

Rich bean dish with spices and fresh vegetables

## *Tofu, Tempeh and Seitan*

### **Tofu**

(A protein rich product made from cultured soybeans)

#### **Tofu, carrot, squash and cashew sauté**

A wonderfully sweet and soft dish with tahini and turmeric

#### **Tofu Vegetable Stir Fry**

Cubed tofu chunks with seasonal vegetables and herbs

#### **Baked Tofu with Shitake Mushrooms and Cashews**

Chewy tofu cutlets in a savory miso tahini sauce

#### **Tofu Scramble**

Crumbled tofu with onions, peppers, scallions, tomatoes, turmeric and tamari

#### **Tofu Leek Mushroom Stroganoff \***

Rich and creamy with miso, sunflower cream and umeboshe paste;  
excellent over noodles or rice

#### **Tofu Nori Rolls \***

Brown rice rolls with marinated tofu, ume paste and sesame seeds;  
served with tamari wasabi sauce and pickled ginger

#### **Tofu Salad**

A light dish with carrots, celery, scallions, crumbled tofu, olive oil, lemon and tamari

#### **Thai Vegetable and Tofu Curry**

A rich dish with coconut milk, ginger, lime and cilantro

## ***Tempeh***

(A heartier cultured soybean product)

### **Tempeh with Broccoli, Grilled Garlic and Grated Beets**

Flavored with toasted sesame oil

### **Baked Pesto Tempeh**

Crunchy triangles with garlic and basil; drizzled with olive oil

### **Tempeh with Kabocha and Daikon**

This dish is saucy and sweet with an apple juice tamari marinade, smooth squash and chunks of pungent radish

### **Baked Citrus Thyme Tempeh**

Steamed tempeh in a light, zingy and savory marinade; good served with sliced cucumbers

### **Miso Tahini Tempeh Stir-Fry**

Cubed tempeh with seasonal vegetables in a savory and rich sauce

## ***Seitan***

(Made from wheat gluten; has high protein and a tamari flavor)

### **Caribbean Roti Mix**

Seitan, garbanzo beans, squash, carrots, peppers, sweet potatoes, spices, lime and cilantro; awesome for filling tortillas, served over rice or with pasta

### **Garlic Seitan Stir-Fry**

Tasty seitan with carrots, mushrooms, onions and boc choy or other seasonal vegetables

### **Jerk-Marinated Seitan**

Baked seitan in a flavorful mix of caramelized onions, allspice, lime and cilantro

## *Fish*

*(Chef Rice prefers to purchase Alaskan wild salmon and Albacore or Yellow fin Tuna)*

### **Baked Salmon**

Marinated in lemon, dill, garlic and tamari

### **Broiled Salmon Walnut Nori Rolls \***

Delectable walnut-brown rice rolls filled with garlic-ginger salmon, avocado, cucumber, scallions, umeboshe paste and sesame seeds; excellent with pickled ginger and wasabi tamari

### **Salmon “Risotto”**

Made with brown rice, carrots, zucchini, scallions, tomato, olive oil, garlic, Italian spices and lemon

### **Smoked Salmon Pasta Salad**

A lovely mix of corn, snow peas, red onions, arugula and salmon tossed with pasta in a garlic vinaigrette dressing

### **Tuna Steaks in Tangy Cilantro Marinade**

Lemon, olive oil, ginger, garlic, soy and cilantro make this dish enticing; excellent served in the marinade over grain

*When choosing fish, Chef Rice buys the freshest fish possible and consults the Monterey Bay Aquarium’s Central US*

*Seafood Guide. Light white fish could include: cod, tilapia, and sole.*

*White fish steaks could include Pacific halibut, US Mahi mahi, and striped bass*

### **Baked Light White Fish with Shitakes and Onions**

Marinated in white wine and served with the sautéed vegetables

### **Light White Fish in Mustard Marinade**

Baked in a smooth and tangy sauce with lemon, thyme and horseradish

### **Light White Fish with Herbs and Lime**

Fresh and flavorful with a lovely blend of parsley, garlic, paprika, tomatoes and scallions

### **Spicy White Fish Steaks**

Complimented by cumin, cilantro, carrot, onion, tomato and chile, this fish packs a punch

### **Light White Fish in Broth with Noodles and Vegetables**

Japanese kombu dashi (broth), soba noodles, red pepper, boc choy, carrots and ginger

### **Poached White Fish Steaks with Mushroom Sauce**

A saucy dish with white wine, mushrooms, bell peppers and savory herbs

*Occasionally Chef Rice can obtain fresh shrimp from Fabian Seafood. If your cooking day is close to the company's once a month Iowa City stop, this high quality seafood will be used.*

### **Thai Coconut Shrimp Soup**

A soothing and slightly spicy coconut milk and lemongrass broth  
with shrimp and vegetables.

### **Shrimp with Chili, Parsley, Garlic and Ginger**

Fierce and fresh flavor with lemon; great served with crusty bread or rice

## *Chicken*

*(Chef Rice only purchases high-quality, hormone-free and free-range chicken. Please see featured local products on the news page for more details.)*

### **Divine Chicken Salad**

A delectable dish with shitake mushrooms, sliced almonds, carrots, scallions and cilantro tossed with a sesame, soy and lemon dressing

### **Chicken in Wine Sauce (D)**

(My mother's beloved recipe!)

Shredded chicken with lots of crimini mushrooms and onions in a white wine and Portobello mushroom sauce that contains organic butter and eggs. Good served over basmati or brown rice

### **Squash Chicken Casserole (D)**

Shredded chicken breasts mixed with onions, squash, carrots, and potatoes sautéed in butter and baked with a squash, tarragon and thyme sauce.  
Good served over a blend of brown, wild and wehani rices

### **Mexican Chicken**

Savory and slightly sweet chicken pieces cooked with onions, carrots and jalapeño.  
Plenty of tortillas are essential with this dish.

### **Sesame Chicken Wings**

Finger licking good; these tasty morsels are cooked in a sticky sweet sauce and flecked with brown sesame seeds.

### **Chicken Enchiladas (\*) (Dairy-opt.)**

A hearty family dish with shredded chicken, vegetables, and a tomato and chili based sauce layered with corn tortillas and optional cheese.

### **Indian Chicken Kourma (D)**

A rich dish with chunked chicken in a coconut milk and yogurt sauce with Indian spices

### **Baked Lemon Rosemary Chicken**

A whole chicken roasted with lots of garlic, rosemary and pepper;  
accompanied by roast potatoes in the pan.



## *Lamb*

*Chef Rice uses naturally raised, hormone-free lamb.*

*Please see featured local products section on the news page for more details.*

### **English Lamb Stew**

A hearty blend of chunked lamb, barley, root vegetables and savory herbs

### **Roast Lamb Chops with Pomegranate Reduction Sauce**

Delectable meat with a sweet and slightly tangy sauce

### **Lamb Burger Patties (Dairy-eggs)**

Tasty and made with bread crumbs, a mint and rosemary spice mixture, and eggs

Good served with marinated red onion condiment

### **Ratatouille with Lamb**

A tomato based baked dish with sliced lamb, onion, zucchini and peppers

### **Moroccan Lamb and Vegetable Tagine (Stew)**

Many spices and flavors combine in this dish that includes squash, onions, peppers, zucchini,

carrots, tomatoes, potatoes, parsley and cilantro

## *Vegetables*

### **Boc Choy, Garbanzo, Artichoke Salad**

A flavorful and textured mix, tossed with a light vinaigrette

### **Steamed Beet and Carrot Salad**

Naturally sweet and beautiful

### **Fresh Green Salad**

Lovely mix of baby lettuces, green onions, cucumber  
and sprouts dressed with a light vinaigrette

### **Oriental Cilantro Slaw**

Finely chopped cabbage, carrots, and scallion in a  
slightly spiced soy-lime dressing topped with roasted peanuts

### **Guacamole with Roasted Corn \***

Spicy and fresh with tomatoes, chile, red onions and sweet corn

### **Umeboshe Cabbage**

The best tangy and sweet red cabbage dish ever

### **Broiled Portobello Mushrooms**

Marinated in a savory mix of garlic, tamari, vinegar and sherry

### **Marinated Beets and Red Onions \***

Tossed in a luscious blend of lemon, orange juice and umeboshe vinegar

### **Sweet Basil Carrots**

Wonderful steamed carrots tossed with olive oil, maple syrup and fresh basil

**Butternut Squash and Onions**

Savory oregano flavor and melting texture

**Baked Sweet Potatoes**

Simple and yummy

**Rosemary Roasted Root Veggies**

Delectable dish of squash, carrot, parsnips, garlic and onions in tamari, sesame oil and rosemary

**Baked Delicata Squash Rings**

The makes a pretty side dish; brushed with oil, salt and pepper and baked

**Roasted New Potatoes**

Scrumptious and lightly browned with olive oil

**Coconut Mashed Yams**

Smooth and tasty with coconut milk and thyme

**Cinnamon Acorn Squash**

Halved, drizzled with maple syrup and baked to perfection

**Sautéed Chard with Onions**

Enhanced with garlic and tamari

**Lemon Garlic Asparagus**

Light, crispy and fresh

**Miso Tahini Asparagus and Mushrooms**

A savory and saucy side dish

**Steamed Kale**

Simple and good for you

**Steamed Tamari Watercress**

A beautiful pungent and fresh green vegetable

**Sautéed Garlic Spinach**

Warm and savory

**American Chopped Salad (Dairy-opt)**

Fresh and flavorful with raw onion, peppers, tomatoes, cucumber, lettuce, radish and optional feta cheese

**Collard Greens with Caramelized Onions**

Bitter and sweet all rolled into one

**Mixed Greens and Walnut Sauté**

Kale, collard greens and mustard greens with tamari

**Sesame Broccoli**

Bright green with little sesame snow flakes

**French Green Bean Salad**

Just crunchy beans tossed with a caper, Dijon, and shallot dressing

**Broccoli and Carrots**

Bright and beautiful cooked with a little toasted sesame oil

**Kale, Beets and Sunflower Seeds**

Grated beets sautéed with fresh greens and seeds

**Cabbage, Cashews and Kale**

Extra yummy with red cabbage and tamari

**Carrots, Squash and Cashews**

With a good soft texture and mellow tahini flavor

### **Cabbage, Onions and Carrots**

Julienne sauté with umeboshe vinegar and black sesame seeds

### **Spinach Salad**

Super tasty salad with red onion, pine nuts, and balsamic vinegar

### **Mushroom Leek Gravy**

With a savory miso flavor, great over a baked potato or basic grains

### ***Create Your Own Stir-Fry***

#### **Choose up to five from the following list:**

Onions, carrots, broccoli, cabbage, mushrooms, corn, squash, scallions, pea pods, tomatoes, cauliflower, zucchini, celery, bean sprouts, kale, arame, hiziki, sunflower seeds, cashews

#### **Seasonal Stir-Fry**

Chef Rice chooses the freshest seasonal vegetables for your stir-fry

#### **Choose one of the following flavors:**

miso-tahini, lemon-garlic, pesto, curry, toasted sesame

## *Sea Vegetables*

### **Arame with Daikon and Burdock**

Sautéed with onion and tamari

### **Hiziki with Carrot and Lotus Root**

Strengthening and energizing  
(Subject to lotus root availability)

### **Wakame Salad with Cucumbers**

Light and chewy sea vegetable with umeboshe vinegar,  
orange juice, toasted sesame oil and sesame seeds

### **Arame Sea Vegetable Salad**

Lovely carrots and red cabbage tossed with dill, tamari, vinegar and toasted sesame seeds

### **Hiziki, Squash and Broccoli**

Rich and filling with tamari, lemon juice and sesame oil

### **Arame with Sweet Corn and Onions**

Beautiful yellow corn sautéed with the onions  
and black sea vegetable in herbs and sesame oil

*Sea vegetables can also be added to many of the soups, basic grains and stir-frys.*

## *Desserts*

### **Vegan Chocolate Cake**

A light and moist cake sweetened with maple syrup and cocoa powder; can be enhanced with orange or mint zest or topped with maple tahini frosting

### **Creative Couscous Cakes**

Light and cool cake with a couscous bottom and jelled topping, made with maple syrup and apple juice, also excellent for breakfast; choose one of the following flavors: Blueberry • raspberry-pear • cinnamon apple-raisin • orange-cranberry • blackberry-peach apricot-ginger • strawberry-vanilla • banana-mango-coconut • kiwi-lime • chocolate-almond

### **Squash Pie (\*)**

Delectable cinnamon squash filling sweetened with maple syrup and apple juice,  
In a dairy-free crust, topped with toasted pecans  
(Also good: Parsnip Pie)

### **Poached Pears in Raspberry Sauce**

Softened sweet pears filled with raspberry sauce and toasted almonds  
and served on a bed of orange sauce

### **Apple Crisp (\*)**

Warm apples and raisins layered with toasted oats, nuts and seeds, sweetened with maple syrup and apple juice; extra yummy served with warm amasake or yogurt

### **Almond Butter Cookies**

Crunchy, rich and satisfying; sweetened with maple syrup

### **Date Nut Bars**

Rich oat and nut bars with a smooth orange-date filling

### **Carrot Cake (\*)**

A not overly sweet cake with raisins and walnuts; topped with tahini-maple tofu icing

### **Pine Nut and Anise Cookies**

Wonderfully tasty and crunchy with whole pine nuts  
and anise seed, sweetened with maple syrup

### **Vegan Double Chocolate Cookies**

Not-too-sweet cake-like cookies made with oats, apple sauce,  
soy milk, dairy-free chocolate chips and maple syrup

### **Lemon Kanten**

Light and refreshing jelled dessert made with apple juice, agar agar,  
amazake, or brown rice syrup; can be cut in pieces for a sweet snack  
(Other fruit kanten also available)

### **Amazake Pudding with Toasted Almonds**

Rich and creamy rice cream, thickened with kuzu root

### **Dried Fruit Compote with Cashew Almond Cream**

Rich, nutritious and naturally sweet stewed apricots, prunes and raisins with lemon zest;  
served with a rich nut, dairy-free cream

### **Gourmet Granola \***

Crunchy oats, almonds, sunflower seeds, sesame seeds and raisins, pecans, cashews and  
walnuts, sweetened with barley malt, apple juice and maple syrup; wonderful as a snack or  
breakfast cereal

### **Lemon Curdy Pudding (Dairy/Sugar)**

A comforting baked dish with a coddled consistency

### **Chocolate Chip Walnut Cookies**

Satisfying morsels made with whole wheat flour and sweetened with maple syrup



### **Oatmeal Raisin Cookies**

Almost as good as a bowl of oatmeal if you are in a hurry

### **Hearty Bran Muffins**

Packed with raisins, nuts, flax seed meal, bran, wheat, apples and carrots

### **Zucchini Bread (Dairy-eggs)**

Delicious and light flavor sweetened with maple syrup

## *Appetizers*

### **Deviled Eggs**

**A classic favorite, sprinkled with paprika**

### **Edamame Dip**

**A lovely dip made with dairy or soy yogurt and mint,**

**Serve with vegetable slices, bread or crackers**

### **Crostini**

**Toasted olive oil brushed bread with your choice of toppings:**

**-tomato and olive**

**-mixed fresh herb**

**-canellini beans and garlic**

## *Condiments*

### **Gomasio \***

Traditional toasted sesame condiment, slowly and consciously pan-toasted and ground; an excellent source of extra calcium and good on top of most dishes; can replace table salt

### **Dulse and Pumpkin Seeds**

Toasted high-protein condiment or snack

### **Turnip Pickles**

Crunchy and pungent in tamari, brown rice vinegar and fresh ginger

### **Sea Palm and Sunflower Seeds**

Roasted sea palm with crunchy seeds

### **Marinated Red Onions**

A delicious addition to many meals and sandwiches

### **Harissa**

A fiery chili and garlic spread

### **Moroccan Preserved Lemons**

(Please order 1 month in advance)

Salt preserved lemons can change any meal into a tangy delectable feast

## *Service Overview*

Nourishing Spirits is direct and simple support to feed the soul and honor the Earth. It is sensitive and caring attention brought into your home to enhance and sustain your life. Nourishing Spirit lifts and frees you by offering a stable and consistent way to support health through diet, making it possible for the larger part of your eating to be based on whole foods rich in nutrients and consciously-directed healing energy.

The service of shopping, cooking for much of the week and cleaning up, allows you to focus on your own family, work, passions, or other important areas of your life. In addition, the creation of healthy satisfying meals made in your own kitchen, spreading warmth and aroma, is an essential element of the nurturing home.

I enjoy developing positive working relationships with my clients and supporting their committed quest for health and wholesome living. My primary training and experience is in macrobiotic cooking. To me, macrobiotics is a way of understanding food and paying attention to the energy put into food when it is prepared; as well as eating with the seasons and with more simplicity in mind. Through my own experience of eating predominantly healthy for the past eight years, I feel stronger in body, clearer in mind and more balanced in emotion.

I think that we are an evolving and cooperating species, striving to live in harmony with the earth, and we have so many choices available to us. Therefore, I choose to cook foods that are healthful, energizing and more sustainable for the earth. I limit the amount of dairy products I use and do not cook a lot of red meat. Instead I use other foods rich in protein, vitamins and minerals, including fish and soy products, as well as medicinal ingredients which promote health and help you learn to appreciate subtle flavor and good nutrition.

For me, Nourishing Spirit involves caring, focus, responsibility, creativity and unconditional love. I enjoy nurturing others, helping people appreciate their home, spreading positive energy and creating yummy smells in the kitchen... and I do the dishes too!

## *Personal Cooking Service Details*

### **How It Works:**

On an agreed upon day each week or every other week, Lindsay shops,† comes to your home, cooks, stores the food in containers and cleans up.

### **Getting Started:**

A preliminary interview helps us get to know one another. Schedules, health concerns,†diet interests and goals and why you would benefit from having my service in your life†are discussed. At this time your kitchen equipment and start up ingredients are reviewed, and†any questions you might have are answered.

### **Placing Your Order:**

When you decide to work with Nourishing Spirits and we have scheduled a cooking date, you may choose up to five different dishes, and call in your order prior to the day of cooking.

### **Amount:**

Enough food is made for five or more meals, depending on how much and how often you choose to eat. Your servings are not compartmentalized, but stored in large containers allowing you to distribute the food as you like; perhaps freezing some or sharing some with guests.

### **Fees:**

The service is \$24 per hour plus the cost of food. The food bills range from \$35-\$85,†depending on what you order from the menu. And the total bill, including†time, generally runs from \$140-\$225.

**Time:**

My time begins when I arrive at the store and ends when I leave your home. It is possible for me to cook on days when you are away, as long as you feel comfortable and a key and payment arrangement can be made. I am available Monday through Friday and prefer to work from 10 AM to 5 pm I like to have a once a week regular schedule with my clients and appreciate as much prior notice as possible when you are to be out of town. The time period, including shopping, cooking and clean up to make enough dishes for† most of your weekly meals is usually 4-5.5 hours. There is a daily minimum of 3 hours. It is possible for†Lindsay to cook when you are not home, as long as a key and payment arrangement can be made.

**Shopping**

This task can be arduous and time-consuming, but I have learned how to do it efficiently as well as sensitively. Shopping usually takes me 1/2 hour. I shop at the store that I feel is the cleanest and has the best and broadest selection. I try to follow the best ethics I can considering that I want to bring the best quality of food into your homes and tummies. When I shop for produce I pay attention to color, texture, size, energy or feel, cleanliness and weight and choose according to my own scrutiny and intuition. When shopping for fish I choose the pieces that have the highest vitality with good color and texture. I care about the effect my work has on the environment and therefore I use clean reusable plastic containers when buying grains and beans, mesh bags for produce and cloth bags for carry out.

**Organics**

I buy organic whenever possible. I believe it is truly healthier and more supportive for the Earth and all of humanity. Grains, beans and soy products are usually easy to get organic. With produce it can be more challenging. Usually seasonal vegetables are organic. And I hope to provide you with a list every three months of what produce is in season and what and when items can be bought organic. You can keep this in mind when choosing from the menu list if organics is very important to you. For myself I feel 80% organic is good. Sometimes I feel like more variety and flavor at different times of the year and thus will buy the occasionally non-

organic vegetable. If you are very strictly all organics, I appreciate your dedication and will shop accordingly, but please keep in mind that it will limit what I can make from the menu list.

## **Local**

I purchase items that are locally grown or made. I feel strongly that buying local contributes positively to the health, economy and strength of our community.

## **Where's the meat, dairy and sugar?**

As you will see in the menu list, I do not cook very much meat, only lamb and poultry. I feel that regular use of a lot of animal protein is not necessary for the well being of the planet, considering resources and all of humanity. I use very little dairy products in cooking. I feel that excessive dairy consumption puts extra strain on the body's physical, emotional and mental vitality. There are several recipes in which I use eggs or a small amount of butter or yogurt; in these recipes I can substitute ghee (clarified butter) or soy yogurt, or if you are strictly vegan I can leave them out.

I do not use refined sugar in cooking. I believe it is taxing on the body, leeching vital minerals and nutrients and again unnecessary. I use other, gentler sweeteners including maple syrup, brown rice syrup, barley malt, amasake, honey and apple juice, and in some cases unrefined cane juice crystals.

I do not judge others for their choice of including any foods in their diet; and I believe that anything in moderation is okay. I also know that it is important for some to include meat and dairy for health reasons; you can add them to many of the dishes I cook. But, I have found, being in the health industry for some years and through my own dietary development, that there are wonderful alternative choices available.

## **What are all these weird ingredients?**

Most of my cooking training is in macrobiotics, where I learned to use all kinds of wonderful ingredients including sea vegetables and fermented products that are healthful and can even be medicinal. Many are included in the start-up list with brief descriptions.

## **Modifications**

Everyone has some food or flavor that they don't like to eat whether from allergies, personal conscious choice or just plain distaste. I understand this and can modify many of the dishes to fit your needs. When we meet, I have you fill out a form stating anything you are seriously allergic to, things you strongly dislike, or things you only prefer a small amount of.

## **When I Cook**

I require a lot of focus on the work I am doing, as I often have several dishes cooking at once and putting positive energy into the food takes a lot of attention. Therefore, I appreciate very little distraction when I am cooking. However, I do like to chat occasionally with my clients as a way for us to get to know one another and I appreciate feedback on my cooking.

Health in the kitchen is very important to me. I use a clean taster's spoon, wash my hands often and always wear a head cloth or hat. Also I think it is best to keep pets out of the kitchen when I cook. I do make a big mess... don't be alarmed; I make sure the kitchen is spotless before I leave. And, I do appreciate the kitchen to be clean when I arrive, with a clear counter space and sink, so I can get right to work.

## **Special Services**

- Pool resources with a friend – for many single people the thought of a personal cook can seem impractical. If you are interested in having this kind of support in your life, but for cost or other reasons are not able to commit on your own, I suggest finding another person who is also



interested. There are many considerations when choosing a person to share food with. What your individual likes and dislike are and developing a system for choosing the menu each week, picking up the food and payment. Once you have worked all this out, I will cook at whomever's kitchen is the best equipped and make enough food for each of you to have throughout the week.

- Dinner parties – Imagine a new kind of party in which you serve healthy, tasty meals without the stress of preparing them yourself. On occasion I am available to cook for a party of 6 or more. Please give as much prior notice as possible.
- Massage and Reiki therapy sessions – I am available for private massage or reiki. I have a professional table to bring to your home and charge \$60.00 for 1 1/2 hours or \$45.00 for 1 hour. Please make appointments in advance.

### ***Helpful Hints***

#### ***Storing Food***

When I cook I can either leave the food in the cooking containers so that you can distribute them according to how you desire or I can store them in the refrigerator if you are not home. I recommend sturdy glass or plastic containers. The dishes should be kept in the refrigerator unless they are going to be eaten within one day. Most of the dishes are good for up to four days, some longer. Freezing some of the food can be a good idea when you are at the end of the week or need an extra helping for a guest. Soups and stews, fish, breads and beans freeze well.

#### ***Reheating and Serving***

Many of the dishes will need to be heated before eating. I strongly recommend taking the few extra minutes to use a stove or oven method rather than a microwave. Many dishes can be heated in a pan or pot as is, or with a tiny bit of hot water added. I know this might be a

challenge for some of you when you are very busy, but I think vital nutrients and the energy that I put into the food gets damaged in the microwave. Use your own sense of creativity when serving. Often times, when entertaining, a sprig of parsley, crack of fresh pepper, or addition of homemade condiment can make all the eye-pleasing difference.

### **Creating Inspired Leftovers**

There are many ways to make leftovers taste fresh, new and creative throughout the week. Making a soup is an easy way to use up tasty vegetables or beans with the addition of a little leftover grain or pasta. Learning how to combine the flavors and add new ingredients can be fun. Also try stuffing tortillas, making a sandwich, topping pasta or creating a casserole. By making the leftovers a secondary part of the meal instead of the star it can feel like a welcomed addition.

### **Meal Planning**

It is good to think about what you want to choose from the menu list with the whole week in mind, including your schedule, energy level and moods. Choose dishes that you know will be the bulk part of the meal and add your own side dishes. Soups are always good for lunches or dinner with a little salad and bread or grain. You might want to order two soups or two main dishes. Think about what it will be easy for you to add nearer the end of the week – like boiling pasta or putting up a simple grain, steaming some simple vegetables, making a salad, or having tortillas. Sometimes, you might want a well-planned meal to share with company; or you might have a few dinner dates planned and can work your meals at home around this. By taking a little extra time to think and plan ahead you can gain support, from the one-day service I provide throughout your whole week.

### **Nutrition**

Eating a diet of whole foods rich in vitamins, minerals, complex carbohydrates, proteins and unsaturated fats helps the body regenerate, stimulate and strengthen itself and can be used for healing or as a form of preventative medicine. Food is a great tool to help the body, mind and

spirit move forward. However, consuming too many refined foods puts the body in reverse, causing strain and using precious energy stores. Following are a few nutrition guidelines that you might find helpful.

**Food combining** – Different types of foods require different enzymes and amounts of time to digest . When too many or too many incompatible foods are eaten together the body gets confused and can react with decreasing nutrient assimilation, gas, pain or bloating. Fresh fruit requires an half hour to 45 minutes to digest while carbohydrates take up to 3 hours and proteins up to 5 hours. It is best to eat fresh fruits (especially melons) alone or prior to other foods, and try to eat less complex meals.

**Chewing** – Digestion begins in the mouth where important enzymes are released. By taking the time to relax and chew your food you help your body receive the best absorption and energy.

**Acid and Alkaline** – The natural PH of the blood is slightly alkaline; however, the body can easily become acidic due to poor dietary habits, stress, illness or lack of exercise. By including alkalizing foods such as millet, umeboshe, chewing well, exercising and thinking positive you can help your body stay in balance.

Nightshades, including tomatoes, potatoes, eggplant, peppers, chard, spinach, beets and rhubarb, are best to minimize in one's diet because they tend to make the blood acidic, slow digestion, speed heart rate, block B vitamin absorption, and can contribute to arthritic and rheumatic symptoms.

By including the following types of foods as well as herbs, sea salt and natural condiments in your diet you can give your body the nutrients it needs to be healthy and strong –

Whole grains (rice, barley, millet, quinoa, etc.) include complex carbohydrates, proteins, B and E vitamins and give the body good energy to use throughout the day.

Beans (black, garbanzo, adzuki, pinto, soy and soy products, etc.) are rich in complex carbohydrates, fats and are a simple, vegetarian form of protein.

Nuts and seeds (sesame, cashews, pecans, walnuts, almonds, sunflower seeds) and unrefined oils (sesame, canola, olive) also provide good protein, fats, calcium and vitamin E.

Vegetables including leafy greens and legumes (carrots, broccoli, kale, lentils, peas, onions, leeks, cabbage, squash, etc.) are full of complex carbohydrates, vitamin A, C and B, iron and calcium.

Sea Vegetables (kombu, nori, arame, hiziki, etc.) are nutritious wonders full of calcium, iron, protein, B vitamins and trace minerals. Fish (salmon, cod, halibut, etc.) is also a good source of protein and vitamin B12.