



Body Ecology Living Cookbook: Deliciously Healing Foods for a Happier, Healthier World

Donna Gates

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The Body Ecology Diet foods have the amazing power to build your immune system and to nourish both your body and your soul!

The Body Ecology Diet will help:

- Create more energy and help you age well.
- Strengthen your organs, digestive tract, and immune system.
- Conquer infections in your body.
- Cleanse your body of dangerous toxins.
- Balance your cellular biochemistry.
- Re-establish and nourish your inner ecosystem.

Recipe Table of Contents:

SMOOTHIES

Market Green Smoothie

Good Morning Greens Smoothie

Omega 3 Nutrient Boost Smoothie

Coconut Milk

Body Ecology Diet “Acidophilus Milk”

Cultured Quinoa Milk

Light, Fresh, and Lovely Green Smoothie

Cheery Cherry Smoothie

Pineapple Ginger Smoothie

Brunch or Lunch

Frittata with Asparagus and Fresh Dill

Perfectly Poached Eggs

Softly Scrambled Eggs

Gluten-Free Pumpkin Flatcakes

Spinach Latkes

Little Dishes

Easy Veggie Chips

Earth Day Crackers

Leek-Stuffed Squash Cups

Red Bell Peppers Stuffed with Millet

Artichoke Paté Roll Up

Chicken in Lettuce Leaf Wraps

Harvest Grains Zucchini Boats

Leek, Quinoa, and Mushroom Packets

SOUPS

HIGH-PROTEIN SOUPS

Asparagus Soup

Salmon with Kale Soup

Sea Bass Soup

Seafood Donabe

Fish Chowder

NON-STARCHY VEGETABLE SOUPS

Broccoli and Fresh Fennel Soup

Cauliflower Carrot Soup

Caramelized Onion Soup

Oil-Free Cauliflower and Carrot Soup

Creamy Dilled Cauliflower Soup

A Medley of Greens Soup

Vegetarian Egg Drop Soup

Homemade Vegetable Stock

Vegetable and Kelp Noodle Soup

Gazpacho

Spinach and Coconut Soup

Raw Garden Veggie Soup

Raw Cucumber Watercress Soup

Spinach Jade Soup

Watercress Soup

STARCHY VEGETABLE SOUPS

Basil Veggie Stew

Butternut Squash Soup

Curried Celery Soup

Harvest Soup

English Pea Soup

Potato Corn Chowder

Lima Bean Cilantro Soup

Potato Leek Soup

Gingery Acorn Squash Soup

Summer Corn Stew

Authentic Peruvian Quinoa Soup

SALADS

Build Your Favorite Body Ecology Salad

Asparagus, Green Bean, and Artichoke Salad

Marinated Corn Salad

The Great Side Salad

Coleslaw Made Right!

Zesty Zucchini Insalata

Cool As A Cucumber Salad

Grated Carrots with Olive and Coconut Oils

Green Bean Salad with Corn and Basil

Parboiled Salad

Summer Spaghetti Salad

Carrot Salad with Cumin

Jicama Salad

Spring Dragon Kelp Noodle Salad
Summertime Curried Corn Salad
Sweet Carrot “Gelatin” Salad
Red Potato Salad in Red Onion Dressing
Avocado and Grapefruit Salad

HIGH PROTEIN SALADS

Chunks of Chicken Salad
Body Ecology’s Version of a Classic Chopped Salad
Turkey Salad
Grilled Ribeye Salad
Tuna Niçoise Salad
Salmon Salad with Dill Vinaigrette

SALADS MADE WITH GRAIN-LIKE SEEDS

Quinoa Curry Salad with Fermented Coconut and Turmeric Dressing
Warm Quinoa and Veggie Salad
Quinoa Tabouli Salad
Quinoa and Cilantro Salad with Lemon and Garlic
Millet Tabouli Salad with Garlic-Mint Dressing

SALAD DRESSINGS

The Body Ecology Diet Salad Dressing
Classic Homemade Mayonnaise
Almond Mayonnaise
Apple Cider Vinaigrette
Creamy Garlic Dressing
Dyan’s Delicious Salad Dressing
Ginger Dressing
Milk Kefir Dressing
Lemon Herb Dressing
Green Onion Dressing
Italian Dressing
Jeannine’s Italian Dressing
Dairy-Free Tzatziki
Surprisingly Delicious Super Spirulina and Seaweed Salad Dressing
Oil-Free Rosemary Dressing
Lemon Rosemary Garlic Dressing
Roasted Garlic Vinaigrette
Mint Garlic Dressing
Mustard Vinaigrette
Champagne Vinaigrette
Tangy Vinaigrette
Watercress Dressing

SAUCES

Brett’s Dipping Sauce
Hot Sauce
Cranberry Ginger Sauce

Corn Chutney
Presto Pesto with Pumpkin Seeds
Curried Cauliflower Sauce
Easy Béarnaise Sauce
Luscious Lemon Butter Sauce
Annmarie's Gingery Carrot Sauce
Pesto
Mock Tomato Sauce
Body Ecology's Gluten-Free Gravy
Warm Fennel Compote

VEGETABLES

NON-STARCHY VEGETABLES

Swiss Chard with Lemon
Broccoli and Sweet Pepper Sauté
Cabbage and Collards
Claire's Classy Carrots
Easy Collard Greens
Garlicky Green Beans
...And Much More



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