



# The Cancer-Free Recipe Guide

**25 Nutrient Dense Plant-Based Anti-Cancer Recipes**

**Nathan Crane & Luz Crane**

# About the Authors

## Nathan Crane & Luz Crane



Nathan is an award-winning author, filmmaker, and health researcher with over 15 years in the health field helping millions of people around the world access leading edge information, tools and strategies for taking back control of their health, add more years to their lives and more quality of life to their years.

Luz grew up living a remote, self-sustained life in Veracruz, learning the simple and natural ways of living from her parents who grew and hand-made most of their own food in the tropical jungles of South Eastern Mexico. She brings her passion for health and sustainable living to the delicious and nutritious recipes you'll find in this recipe guide.

Together, with Nathan's expertise in cancer research and cancer solutions, and Luz's natural ability to take healthy food combinations and turn them into delectable dishes, this guide gives you a Quickstart selection of highly nutritious and easy-to-make recipes for helping your body prevent and reverse cancer.

***Bon Appétite***

# Introduction

Many people believe that cancer is primarily genetic, appears out of the blue, and sweeps in like a bat out of hell to take your life away without much rhyme or reason. But the truth is, if you have cancer, there is always a reason, and usually more than one reason at that.

According to the latest research, 90%-95% of cancer is diet, lifestyle and environmentally related.

While I go into depth in my Becoming Cancer-Free Masterclass on the proven diet, lifestyle, and environmental changes that reduce your cancer risk and help you heal, diet is one of the most powerful, effective and simple changes you can make that can attribute towards preventing and reversing cancer.

But which diet is the right diet? Which foods cause cancer? And which foods help prevent and reverse it?

There's a lot of debate in this area lately, but the science is quite clear, a balanced diet in fresh, home-prepared, organic fruits, vegetables, nuts, seeds, berries, legumes, mushrooms, onions, whole grains and herbs carry the most anti-cancer properties of any foods on the planet.



These plant foods carry a whole host of healing effects on the body from anti-inflammatory effects to anti-angiogenesis, anti-tumor, anti-proliferation, anti-oxidant and anti-mitotic. And they also show a slew of positive effects such as inducing apoptosis, balancing blood sugar, promoting insulin sensitivity, balancing weight, lowering the risk of heart disease and stroke, creating a diverse and healthy gut microflora, and extending lifespan.

# Introduction

A recent meta-analysis came out that looked at 17 observational studies from 1966 - 2020, with 11 case control study designs and 6 cohort study designs - and they found that people who ate 18 grams of various mushrooms per day (which is equal to about just 2 mushrooms daily) compared to people who ate no mushrooms per day, had a 45% reduced cancer risk.



Mushrooms, like most plant foods, are rich in fiber, vitamins, minerals, and antioxidants (or anti-oxidant producing effects.) Mushrooms are a powerful source of two major antioxidants known as ergothioneine and glutathione. In particular, ergothioneine may have a protective role against cancer, and oyster, shiitake, maitake, and king oyster are some of the mushrooms with the highest levels of ergothioneine - though pretty much all forms of edible mushrooms have

anti-cancer and anti-oxidant effects.

Just by adding 2 mushrooms daily to your diet in cooked meals, powders, or tincture equivalents, you can potentially lower your cancer risk and help your body heal from cancer by 45%!

Another powerful source of anti-cancer foods includes cruciferous vegetables.



Cruciferous vegetables like cabbage, kale, Brussels sprouts, and broccoli contain natural components such as sulforaphane and indole-3-carbinol, which have shown to be regulators of microRNAs and inhibitors of histone deacetylases (HDACs) and DNA methyl transferases (DNMTs). The overexpression of these genes have proven to be responsible for the uncontrolled cellular proliferation and viability of various types of cancer cells.

# Introduction

From an epigenetic level, it's becoming more clear that plant foods help to create an environment at the cellular level which help regulate cancer genes by either down-regulating cancer gene expressions, up-regulating anti-cancer gene expressions, or both.

This is also true for plant foods like onions, berries, whole grains like quinoa and oats, fruits like tomatoes, avocados, banana, mangoes, cucumbers and apples, many forms of vegetables like carrots, asparagus, lettuce, artichokes, legumes like black beans, lentils, and garbanzos, herbs like oregano, parsley, basil, turmeric, ginger and nuts and seeds like chia, flax, almonds, hemp and walnuts.

The science is clear; a well-balanced, low fat, whole foods, high nutrient dense, plant-based diet is going to give your body the most anti-cancer benefits than any other diet on the planet. And it's not limited either, the plant kingdom has hundreds of thousands of edible and medicinal plant species around the world, and some of the longest lived societies today live on a plant-based or plant-strong diet.



On the other hand, a diet high in vegetable oils, processed meats, dairy, sugar, preservatives, pesticides, herbicides, processed foods, simple carbohydrates like white flour, white sugar, white bread, white rice - contribute to not only increased risk for cancer, but increased risk for just about every metabolic disease known to human beings including diabetes, heart disease and autoimmunity.

# Introduction

Though we have to be mindful because on a plant-based diet, due to our modern lifestyles and lack of knowledge how to eat diversely and nutritiously, some people struggle - so some supplementation may be necessary.

Many people on a plant-based diet don't get enough vitamin K, Vitamin D, Vitamin B-12, and Omega 3s. The reason being is because they tend to eat more processed food than fresh food, they don't eat from their garden like we're designed to, and they eat a lot of vegetable oils instead of whole nuts and seeds.

For example, just eating 3 tablespoons of hemp seeds each day gives you about 3 grams of omega 3's which contribute to important cellular and metabolic health, but most people have an omega 6 to omega 3 imbalance because they don't eat whole seeds and they cook with vegetable oils.

So get rid of the oils, supplement as needed, eat diverse plants in their whole forms, and you will find that your body will get the adequate nutrition it needs to fight cancer.

Another important final note is that to be healthy, the USDA recommends 5-13 servings of fruits and vegetables per day depending on age, bodyweight and health.

Dong Wang, a faculty member at Harvard Medical School and Brigham and Women's Hospital in Boston said, "People who eat five servings of vegetables and fruit daily have 13 percent lower risk of all-cause death compared to people who eat two servings of fruit and vegetables per day." Their study found that people who consumed five daily servings — specifically two fruits and three vegetables — had a 12 percent lower risk of death from cardiovascular disease, a 10 percent lower risk from cancer and a 35 percent lower risk from respiratory disease, compared with people who ate just two daily servings.

And that's just from eating the bare minimum of 5 servings per day if you have cancer, or you want to prevent cancer, you definitely don't want to eat just the minimum, you want to do what Chris Wark told me he did when he reversed his cancer and "try to overdose on nutrition."

Of course he was joking, but his approach took that to heart as he ate massive salads each day, ate tons of cancer-fighting berries, made gallons of fresh vegetable juice with cruciferous vegetables, ate lots of mushrooms, drank massive home-made smoothies, and ate much more than the recommended amount of healing foods at the higher end of the USDA recommendations.

# Introduction

So what's the real minimum amount of servings of fruits and vegetables in my opinion? The minimum should be 13 servings, with 8 servings being from vegetables, and 5 servings from fruits and berries. Though like Chris, you may want to find ways to "up" your nutrition exponentially through smoothies and fresh vegetable juices to increase your nutritional benefits from adequate to excellent.

So how much is a serving?

One "serving" is a half-cup of any vegetables or fruits, or a whole cup of salad greens. You get a tremendous amount of beneficial vitamins, minerals and fiber from both fruits and vegetables, but vegetables are slightly lower in calories and sugar, and they fill you up quicker. But don't be afraid to eat whole fruits and berries because of the sugar, as they have the fiber to process the sugar slowly and they have the nutrition that goes along with it to help your body fight cancer. (Just don't juice fruits, you need the fiber in the fruit - but you can juice vegetables, as long as you're getting enough fiber from your 13 servings each day)

The recipes you'll find in this short guide follow the principles and the science I've laid out in this introduction.

Having been on an organic, plant-based diet since 2010, my wife and I and our kids can tell you the profound benefits of eating this way. It may take time to transition to a healthier, whole food, plant based diet, but your energy, mental clarity, sleep, anti-inflammatory effects, anti-cancer effects, gut health and overall sense of wellbeing can drastically increase and your chances for preventing and reversing cancer can go up exponentially.

I hope this short guide gives you some inspiration and practical solutions for taking back your health, and please know, this is just a sample of what I teach in my Becoming Cancer-Free masterclass, so if you have not seen my modules on detoxification, medicinal movement, emotional healing, and the proven anti-cancer diet and lifestyle changes, make sure to go watch those as they will give you the guidance and practical steps to follow to clean up your diet, get rid of hidden toxins in your home and body, and increase your chances for becoming cancer-free.

Wishing you ultimate health and happiness,  
*Nathan Crane*

# Resources

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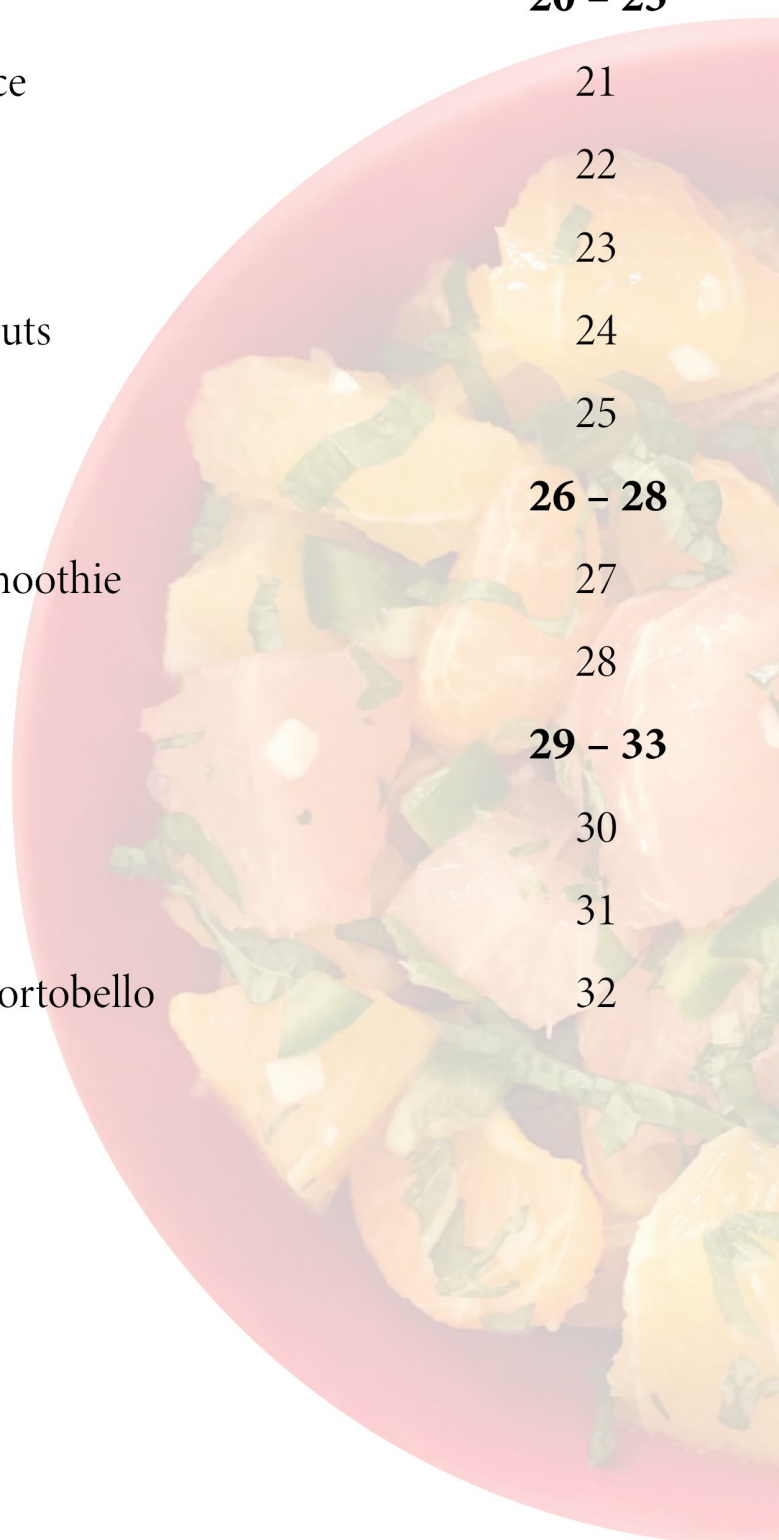


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# Breakfast

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# Champagne Mango Compote

**Makes 2 Servings**

**Ingredients:**

- 5 champagne mangoes ripe
- 1 cup walnut pieces
- ½ tsp ground cardamom
- ½ tsp ground cinnamon
- 1 tsp vanilla extract
- 1 pinch of Himalayan salt
- ¼ cup favorite nut milk

**Directions:**

You'll need two 16oz glasses. Slice both sides of a mango as close to the seed as possible. With a butter knife cut the pulp lengthwise and across into dices without cutting through the peel, then scoop dices of one side to one glass and the other half to the other glass. Dice another mango and set aside. Add ½ cup walnut pieces to each glass. In the blender add the three remaining mangoes (peel and seeds removed) along with all other ingredients. Blend until smooth and pour ½ and ½ into each glass. Add remaining diced mango, mix and enjoy!



# Sweet Chia Berry Pudding

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**Makes 2 Servings**

**Ingredients:**

8 - 10 deglet pitted dates

1 ½ cup favorite nut milk

1 tsp non-alcohol vanilla extract

5 Tbs chia seeds

½ cup fresh or frozen blueberries

½ cup fresh or frozen raspberries

**Directions:**

In a high speed blender blend dates, milk and vanilla until smooth and pour into a 5 cup bowl. Stir in the chia seeds and let sit for 15 minutes. Gently mix in the berries. Enjoy!



# Vitamin C Kickstart

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**Makes 2 Servings**

**Ingredients:**

- 2 grapefruits
- 2 oranges
- 2 tangelos
- 4 mandarines segmented
- 1 garlic clove minced
- 1 Tbs finely chopped jalapeño  
(or as much as you can handle)
- ¼ cup chiffonade basil
- ¼ cup chiffonade mint
- 1 Tbs fresh lime or lemon juice
- 1 tsp Himalayan salt

**Directions:**

Peel, seed, and dice the 2 grapefruits, 2 oranges, and 2 tangelos, then add all ingredients sequentially into a large bowl and mix gently. Enjoy!



# Warm Sweet Potato Cereal

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**Makes 2 Servings**

**Ingredients:**

3 cups diced sweet potatoes

3 cups water

6 Medjool dates pitted and chopped

¼ tsp Himalayan salt

1 cup favorite nut milk

1 medium green apple diced

¼ cup chopped raw walnuts

¼ cup chopped raw pecans

½ tsp ground cinnamon

**Directions:**

In a sauce pan add potatoes, water, dates, and salt. Bring to boil on high heat and then turn to medium heat, cover with a lid with vent and cook until soft (about 10 minutes). Add remaining ingredients and warm up for a minute. Enjoy!



# Infused Water

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# Hibiscus Infused Water

**Makes 2 32oz Servings**

**Ingredients:**

2 32oz glass jars

4 Tbs dried hibiscus flowers

1 lemon sliced

2 oregano sprigs

**Directions:**

Add two tablespoons of hibiscus, half sliced lemon and one oregano sprig to each jar and fill up with water. Put the lid on and take them outside to sunbath for 3-5 hours or overnight at room temperature. Strain out everything keeping only the infused water. Enjoy at any time!



# Main Dishes

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# Chickpea Crumbed Tofu

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## Makes 8 Pieces

### Ingredients (Tofu):

- 1 block super firm tofu
- 2 Tbs Bragg liquid aminos
- 2 tsp cold pressed sesame oil
- 2 Tbs fresh lime juice
- 2 tsp ground paprika
- ½ tsp ground black pepper

### Ingredients (Crumbs):

- ½ cup Italian chickpea crumbs
- 1 Tbs ground flaxseed

## Directions:

Drain and dry the tofu. Set flat on a cutting board and cut into 8 equal rectangular slices, place in a quarter bag.

In a bowl add all other ingredients and whisk. Add to the tofu in the bag covering every piece to marinate completely. Set in the fridge over night.

In a bowl, add the crumbs and flaxseed and mix well. Bring the tofu out, drain and roll thoroughly in the crumbs. Place them flat in a baking sheet and bake at 400°F for 15 minutes. Flip and bake for 10 more minutes. Enjoy!



# Costa Rican Gallo Pinto

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## Makes 2 Servings

### Ingredients:

- 1 cup cooked black or kidney beans
- 1 cup cooked brown rice or wild rice
- 1 Tbs cold pressed olive oil
- ½ cup white onion chopped
- 3 garlic cloves chopped
- 2 medium tomatoes chopped
- 1 tsp ground black pepper
- ½ tsp ground cumin
- ¼ cup Bragg liquid aminos
- 1 cup chopped cilantro
- 2 bunches watercress (ends trimmed)
- 1 avocado sliced

### Directions:

In a big skillet sauté onion with oil on medium hot heat for about 5 minutes. Add the garlic and sauté for about a minute. Add the tomatoes and sauté for about 3 more minutes. Add the beans, rice, black pepper, cumin, aminos and sauté to heat thoroughly. Remove from heat, add the cilantro and mix it in. Make a bed of watercress on two dinner plates. Spoon gallo pinto on and top with avocado. Enjoy!



# Edamame Falafels

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## Makes 16 Pieces

### Ingredients:

- 3 cloves garlic
- $\frac{3}{4}$  tsp Himalayan salt
- 1 12oz bag frozen shelled edamame thawed and pat dried
- 2 Tbs granulated onion
- 2 Tbs dried parsley
- 1 tsp ground black pepper
- 1 tsp ground cumin
- 2 tsp ground coriander
- $\frac{1}{4}$  cup chickpea crumbs

### Directions:

Preheat the oven to 350°F. Add garlic and salt to the food processor and pulse to mince. Add edamame and process for about a minute to turn it into a “dough” making sure to not over process it. Add remaining ingredients and pulse to mix well. To make the balls use a small ice cream scoop. Fill it up to a heaping scoop pressing down and release each ball on a baking sheet leaving about an inch between each other. Bake for 25-30 minutes depending on your sea level. Enjoy!



# Spaghetti Squash with Bell Peppers

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**Makes 2 Servings**

**Ingredients (Spaghetti):**

1 2 lb spaghetti squash  
1 Tbs extra virgin olive oil  
1 Tbs grind black pepper  
1 Tsp Himalayan salt

**Ingredients (Bell Pepper Marinade):**

2 Tbs water  
1 cup yellow onion chopped  
6 garlic cloves minced  
1 Tbs Italian seasoning dried herbs  
1 medium red bell pepper seeded and chopped  
1 medium green bell pepper seeded and chopped  
1 medium orange bell pepper seeded and chopped

1 Tbs Bragg liquid aminos  
1 Tbs Bragg coconut liquid aminos  
¼ cup raw pine nuts

**Directions:**

Poke a couple of holes in the squash and bake whole at 400°F for 30 minutes. Let it cool down then cut in half and fork out into a mixing bowl. Add oil, black pepper and salt and gently mix.

In a sauce pan add water, onion, garlic and herbs to water sauté for about 5 minutes. Add bell peppers and aminos and sauté for about 5 more minutes.

Add spaghetti into sauce to warm up for a couple of minutes, serve and top with pine nuts. Enjoy!



# Vegetable Stir Fry

**Makes 3 Servings**

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## Ingredients (Vegetables):

1 Tbs sesame oil  
2 cups broccoli florets  
1 red bell pepper julienne  
1 orange carrot sliced  
1 16oz package of snow peas  
1 8oz can sliced water chestnuts rinsed  
1 14oz can sliced bamboo shoots rinsed  
1 10g package beech mushrooms or sliced baby portobello (about 2 cups)

## Ingredients (Sauce):

1/3 cup Bragg liquid aminos  
10 drops stevia  
4 garlic cloves minced  
1 tsp ground black pepper  
1 tsp fresh ginger minced (or ground)  
1 tsp fresh turmeric minced (or ground)

1 Tbs tapioca flour or potato starch

## Ingredients (Garnish):

2 green onions sliced  
1 Tbs raw black or white sesame seeds

## Directions:

In a wok or large skillet heat the oil at medium high heat, add all vegetables and sauté for about 3 minutes until vegetables are almost tender.

In a small bowl mix all sauce ingredients with a fork and drizzle over the vegetables and sauté for two more minutes. Remove from the heat and incorporate the onion. Serve and garnish with sesame seeds. Pair it with my Herbed Quinoa found in the Side section of this e-book. Enjoy!



# Salads

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# Brussels Sprout Salads

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**Makes 2 Servings**

**Ingredients:**

1 lb brussels sprouts sliced from tips towards end  
1 medium carrot sliced in rounds  
½ small red onion sliced  
1 medium green apple  
1 Tbs cold pressed olive oil  
1 Tbs fresh lime juice  
2 garlic cloves  
1 tsp ground black pepper  
2 medjool dates  
¾ tsp Himalayan salt

**Directions:**

Place brussels sprouts, carrot and onion in a mixing salad bowl. Add the rest of ingredients to the blender and blend until smooth. Pour onto the veggies and mix. Eat right away or let the flavors marry for an hour or two. Enjoy!



# Cabbage Salad with Bite-Size Potatoes

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## Makes 2 Servings

### Ingredients (Salad):

12oz .75 lb bite-size potatoes  
1 Tbs extra virgin olive oil  
¼ tsp Himalayan salt  
3 heaping cups shredded green cabbage  
1 bunch cilantro chopped  
2 grapefruits peeled and wedged

### Ingredients (Dressing):

½ cup chopped yellow onion  
¼ cup hemp seeds  
1 clove garlic  
1 tsp ground black pepper  
2 Tbs fresh lime juice

¼ cup water  
½ tsp Himalayan salt

### Directions:

Pre-heat the toaster oven to 400°F. Add potatoes to the baking sheet and rub them with the oil and salt. Bake for about 25 minutes or until cooked through. Mix cabbage and cilantro to combine and set aside.

Add all dressing ingredients to the blender and blend until smooth.

In two dinner plates add the cabbage mix, potatoes, grapefruit wedges and dressing. Enjoy!



# Chickpea Arugula Salad

**Makes 2 Servings**

**Ingredients (Salad):**

- 2 handfuls of baby arugula
- 2 cups broccoli florets cut into pieces
- ½ small onion sliced
- 1 15.5oz can chickpeas

**Ingredients (Dressing):**

- ½ cup soaked cashews
- 1 Tbs nutritional yeast
- 1 red bell pepper chopped
- 1 garlic clove
- ½ tsp ground cayenne pepper
- ½ tsp paprika
- ½ tsp ground black pepper

2 Tbs fresh lime juice

**Directions:**

Add all salad ingredients to a mixing bowl. Add all dressing ingredients to the blender and blend until smooth. Pour dressing into salad and mix well to combine. Serve and enjoy!



# Mustard Salad with Acorn Squash

**Makes 2 Servings**

**Ingredients (Squash):**

- 1 about 1.5 lb acorn squash
- 1 Tbs extra virgin olive oil
- ¼ tsp Himalayan salt

**Ingredients (Salad):**

- 6 medium garlic cloves minced
- ½ small purple onion thinly wedged
- 1 tsp ground black pepper
- ¼ tsp Himalayan salt
- 2 Tbs extra virgin olive oil
- 2 Tbs Bragg apple cider vinegar
- 1 medium bunch mustard leaves

**Directions:**

Preheat the oven to 400°F. Cut the squash in 10 equal slices, place on a rimmed baking sheet, toss with oil and salt and bake flat for 30 minutes then flip and bake for 15 more minutes.

In a salad bowl add all ingredients except for the mustard leaves. Toss and let sit for about 10 minutes. Chop the mustard leaves, add to the salad bowl and toss thoroughly.

We paired each meal with 2 tablespoons of organic cultured vegan Cream Cheese from MIYOKO'S Creamery brand.

Enjoy!



# Spinach-Kimchi Salad

**Makes 2 Servings**

**Ingredients:**

- 1 large portobello mushroom or 2 small
- 1 tsp cold pressed sesame oil
- 1/8 tsp Himalayan salt
- 4 handfuls baby spinach
- 1 Tbs cold pressed sesame oil
- 2 Tbs Braggs coconut liquid aminos
- 1 cup favorite kimchi with 2 tbs of its brine
- 2 tsp black sesame seeds

**Directions:**

Pre-heat the oven to 400F°. Slice the mushroom(s) about 1/8 inch. Place flat on a baking sheet without overlapping. Drizzle with one teaspoon oil and salt and bake for about 20 minutes.

Divide the spinach on two separate plates. In a cup mix one tablespoon oil and liquid aminos and drizzle on top of the spinach. Top each serving with half cup of kimchi and brine, sesame seeds, and the baked mushrooms. Enjoy!

*Note: I use organic spicy napa kimchi from Farm Hand*



# Sides

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# Cauliflower with Spicy Garlic Sauce

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## Ingredients (Roasted Cauliflower):

- 1 large cauliflower head cut into pieces
- 2 Tb extra virgin olive oil
- ½ ts ground black pepper
- ½ ts Himalayan salt

## Ingredients (Spicy Garlic Sauce):

- 1 head garlic peeled
- ½ cup hemp seeds
- 4 Tb lime juice
- 1 ts extra virgin olive oil
- ½ ts ground black pepper
- ½ ts Himalayan salt

## Directions:

Preheat the oven to 450°F. Place the cauliflower on a large non-stick baking sheet. In a bowl whisk oil, black pepper, and salt and drizzle on cauliflower. Toss to coat completely. Spread evenly and roast for about 20 minutes or until edges are browned.

Add all sauce ingredients to a blender and blend until smooth. Pour in a sauce dish.

Dip, eat and enjoy!



# Fresh Guacamole

**Makes About 2 Cups**

**Ingredients:**

- 2 large avocados peeled and seeded
- 1 large ripe on the vine tomato diced
- ¼ cup white onion diced
- 1 large garlic clove minced
- ½ tsp cumin powder
- ½ cup cilantro chopped
- ½ jalapeño finely diced
- 3 Tbs fresh lime juice
- 1 tsp Himalayan salt

**Directions:**

In a large bowl smash the avocado with a fork. Add remaining ingredients and mix well. Enjoy!





# Herbed Quinoa

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## Makes 2 Cups

### Ingredients:

- 1 cup quinoa rinsed
- 2 cups water
- ½ tsp Himalayan salt
- 1 Tbs extra virgin coconut oil
- ¼ cup chopped basil
- 1 Tbs finely chopped fresh rosemary
- 1 tsp ground black pepper
- 1 garlic clove minced
- 2 Tbs finely chopped white or yellow onion

### Directions:

Add quinoa and water to a saucepan and bring to a boil. Reduce the heat, cover and simmer for 15 minutes or until water is down to bubbly. Remove from heat and let sit for 5 minutes with lid on. Fluff with a fork, add the remaining ingredients and mix well. Enjoy!



## Roasted Asparagus & Brussel Sprouts

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**Makes 2 Servings**

**Ingredients:**

1 bunch asparagus (Washed and ends trimmed)

2 cups halved brussel sprouts (Ends trimmed)

1 ½ Tbs cold pressed olive oil

1 tsp Himalayan salt

1 tsp ground black pepper

**Directions:**

Preheat oven to 375°F. Add asparagus and brussel sprouts to a baking sheet. Drizzle with oil and sprinkle with salt and black pepper. Toss to coat and bake for 22-25 minutes. Enjoy!



# Tzatziki Sauce

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## Makes 1 Cup

### Ingredients:

- ½ cup grated cucumber
- 1 scant cup (Forager brand) cashew milk
- unsweetened yogurt
- 2 cloves garlic minced
- 1 Tbs cold pressed olive oil
- 2 tsp Apple Cider Vinegar
- ¾ tsp Himalayan salt
- 1 Tbs finely chopped dill leaves

### Directions:

Thoroughly pat dried the cucumber with a super absorbent towel and add to a bowl. Add the rest of the ingredients and stir. Let sit in the fridge overnight for the flavors to marry. Or enjoy right away!



# Smoothies

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# Blueberry, Almond, Hemp Seed Smoothie

**Makes 60 Ounces**

**Ingredients:**

- 3 large leaves of kale, include stem
- 1 cup fresh blueberries
- ½ cup almonds
- 1 whole green apple
- 3 stalks of celery
- 1 TBS of hemp seeds
- ¼ tsp of turmeric
- 18 drops liquid stevia
- 1 ½ cups organic unsweetened vanilla soy milk
- 1 ½ cups water
- 1 cup ice

**Directions:**

Put everything into a high powered blender and blend until creamy. Keep in refrigerator and drink throughout the day.



# Sweet 'n Tangy Green Smoothie

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**Makes 2 16oz Servings**

**Ingredients:**

- 2 ripe champagne mangoes (peeled and seeded)
- 2 handfuls baby spinach
- 2 mint sprigs
- 2 basil sprigs
- 2 granny smith apples
- 2 inches green jalapeño
- 1 thumb fresh turmeric
- 1 cup water

**Directions:**

Add all ingredients to the power blender and blend until smooth. Enjoy!



# Soups

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# Black Eyed Peas Soup

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## Makes 2 Servings

### Ingredients:

- 1 cup dried black-eyed peas (soaked overnight)
- 1 Tbs cold pressed olive oil
- ½ cup chopped white onion
- 3 garlic cloves chopped
- 2 medium tomatoes chopped
- 6 cups low sodium vegetable broth
- 1 tsp Himalayan salt
- 1 Tbs dried basil or one sprig
- 1 tsp dried oregano or one sprig
- 1 tsp dried thyme or one sprig
- 1 tsp ground black pepper

4 bay leaves

1 bunch lacinato/dinosaur kale chopped

1 lime cut in half (optional but recommended)

### Directions:

In a soup pot add oil and onion, and sauté for about 5 minutes. Add garlic and sauté for a couple of more minutes. Add tomatoes and sauté for about 5 more minutes. Add the broth, peas and salt, bring to a boil and then simmer for about an hour or until peas are almost cooked throughly. Add the rest of the ingredients (except for the lime) and simmer for about 20 more minutes. Enjoy!





## Green Lentil Soup

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### Makes 4 Servings

#### Ingredients:

- 1 Tbs extra virgin oil
- ¾ cup chopped onion
- 3 garlic cloves sliced
- 8 cups low sodium vegetable broth
- 1 ½ cup green lentils well washed
- 1 bunch curly kale de-stemmed and chopped
- 1 bunch red Swiss chard chopped
- 1 tsp dried basil or fresh sprig
- 1 tsp dried thyme or fresh sprig
- 1 tsp dried rosemary or fresh sprig

- 1 Tbs ground black pepper
- 1 Tbs minced ginger
- 2 tsp Himalayan salt
- 1 lime wedged

#### Directions:

In a 5 quart pot on medium high heat add the oil and onion and sauté for a couple of minutes. Add garlic and sauté for 1 more minute. Add the rest of the ingredients except the lime. Bring to a boil then reduce heat and simmer for about 25 minutes or until lentils are soft. Serve and squeeze lime. Enjoy!



## Healing Pho with Tofu & Crispy Portobello

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### Makes About 4 Servings

#### Ingredients (Broth):

1 Tbs sesame oil  
1 medium white onion roughly chopped  
3 tsp fresh minced ginger  
6 star anise  
6 whole cloves  
3 2.5" cinnamon sticks  
1 tsp ground cardamom  
1 Tbs ground coriander  
2 32oz cartons low sodium vegetable broth  
2 pitted medjool dates  
1 tsp Himalayan salt

#### Ingredients (Noodles):

You may use rice noodles or zucchini noodles.

1 package of gluten free organic rice noodles or  
4 small to medium zucchinis

#### Ingredients (Toppings):

2 large portobello mushrooms thinly sliced  
1 Tbs cold pressed olive oil  
½ tsp Himalayan salt  
1 block extra firm tofu pat dried and cut into  
cubes  
½ large jalapeño thinly sliced  
2 green onions thinly sliced  
4 large Thai basil sprigs (leaves chiffonade or  
chopped)  
3 cups mung bean sprouts  
4-6 seaweed sheets chopped  
4 baby bok choy chopped  
2 limes wedged or cut in half



## Healing Pho with Tofu & Crispy Portobello

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### Directions:

We'll start by making the broth. In a soup pot add oil and onion and sauté on medium to high heat until the onion starts to get charred. Add ginger, star anise, cloves, cinnamon, cardamom and coriander and sauté for one more minute. Add vegetable broth, dates and salt. Bring to a boil, then simmer for 30 minutes. Once done, strain out everything keeping only the broth.

While the broth simmers, let's prepare the noodles. If using packaged rice noodles, cook according to the package, when done rinse in cold water put them back in the pot and cover. If using zucchini noodles, use any vegetable noodle maker to make them or slice them lengthwise with a potato peeler and set aside.

On a baking sheet with parchment paper spread the sliced mushrooms, drizzle them with the olive oil and sprinkle with salt, and bake them at 400°F for 10-15 minutes or until crispy.

To assemble, divide noodles in four fairly large bowls, then add all the toppings equally. Pour the broth in each bowl, squeeze lime in, and enjoy!

# Becoming Cancer-Free Masterclass

Cancer doesn't have to be scary, but it is scary for good reason. Nearly 10 million people die every year from it and its treatments, and conventional medicine's main treatment, chemotherapy, only has an accumulative success rate of 2.5%.

What if we took the time to truly understand what cancer is, why we get it or how to heal it? Maybe it would become less scary and confusing. Move beyond fear and become your own best advocate when you attend this complimentary, online event! This 9-module science-based masterclass offers 7 simple, effective and proven steps to help you get started beating this disease today!

Why attend this important health event? Your host, Nathan Crane, became passionate about helping people prevent and reverse cancer, after watching his grandfather suffer in tremendous pain, not from cancer, but from the treatments of chemotherapy and radiation. After he passed away shortly after that, Nathan knew there had to be a better way.

He decided he would do everything he possibly could to learn from people who have overcome cancer, who are treating cancer patients successfully and who understand the deeper causes and solutions to cancer, so he, his family, or anyone else he comes into contact with, would never have to be afraid or helpless again.

He's here to help you by sharing what he learned.



## BECOMING CANCER-FREE