

THE WARRIOR DIET

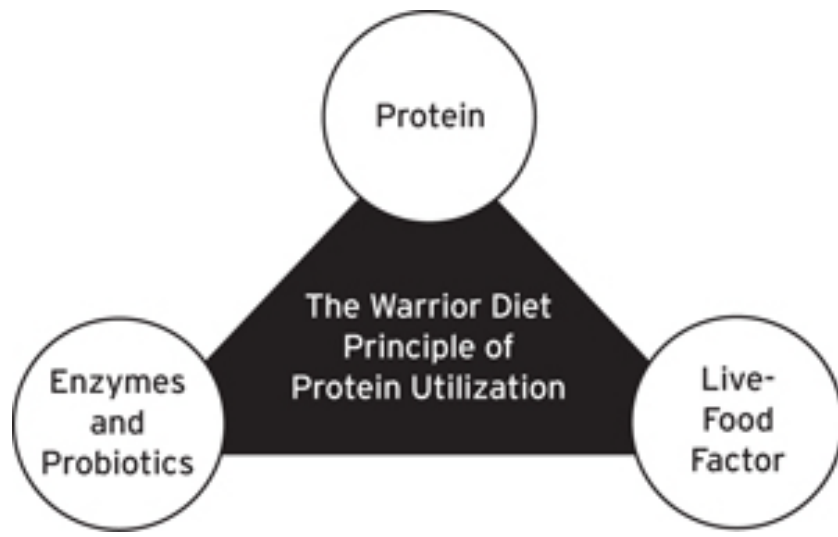
**SWITCH ON YOUR BIOLOGICAL POWERHOUSE—
FOR HIGH ENERGY, EXPLOSIVE STRENGTH,
AND A LEANER, HARDER BODY**

BY ORI HOFMEKLER

Contents

Figure 1	3
The Exercise Manuals	4
Warrior’s (Fight or Flight) Sprint Intervals	4
Pre-Fatigue Exercise, Version II: Warrior’s Walking Intervals	5
Pre-Fatigue Exercise, Version III: Incline Bike Power Intervals	5
Post-Fatigue Exercise, Version I: Towel Swiping	6
Post-Fatigue Exercise, Version II: Frog Jumps	6
Upside-Down Pyramid	7
Lateral Upside-Down Pyramid	8
Ab Superset: First Exercise—Hanging Leg Raise	9
Ab Superset: Second Exercise—Crunches	10
Lower Back Stretch	11
Pull-Ups	11
Shoulder Side Lateral Raises	12
Back Lateral Raises (Bent-Over Laterals)	12
Bow and Arrow—Shoulder Stretch	12
Seated Pulley Rows	13
Clean and Press	13
Partial-Press Reps	14
Warrior Meals and Recipes	15
<i>Meats</i>	15
Curry Chicken in Spicy Tomato Broth	16
Fish and Eggplant in Curry Tomato Sauce	17
Beef and Carrots in Chicken–Tomato Broth	18
<i>Eggs</i>	19
Egg Omelet with Tomato Sauce	19
Egg Omelet with Black Beans	19
Egg Omelet with Lentil and Bean Chili	19
Oatmeal and Eggs	20
Rice ’n’ Eggs	21
Angel Hair Rice Pasta with Eggs	22
<i>Baked and Grilled Meals</i>	23
Grilled Chicken	23
Baked Red Snapper	24
<i>Soups</i>	25
Potato–Onion Tomato Soup	25
Miso Soup	26
<i>Desserts</i>	27
Pumpkin Cheesecake	27
Crepe Blintzes	28
Live Berries Dessert	28
Milk Gelatin Dessert	29
Papaya Gelatin Dessert	30
Warm Raspberries and Yogurt	31

Figure 1



The Exercise Manuals

Warrior's (Fight or Flight) Sprint Intervals



Step 1



Step 2

Pre-Fatigue Exercise, Version II: Warrior's Walking Intervals



Step 1



Step 2



Step 3



Step 4

Pre-Fatigue Exercise, Version III: Incline Bike Power Intervals



Step 1

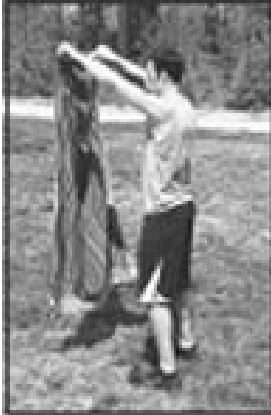


Step 2



Step 3

Post-Fatigue Exercise, Version I: Towel Swiping



Step 1



Step 2



Step 3



Step 4

Post-Fatigue Exercise, Version II: Frog Jumps



Step 1



Step 2



Step 3

Upside-Down Pyramid



Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7



Step 8



Step 9



Step 10



Step 11

Lateral Upside-Down Pyramid



Step 1



Step 3



Step 4



Step 5



Step 6



Step 7



Step 8



Ab Superset: First Exercise—Hanging Leg Raise



Step 1



Step 2



Step 3

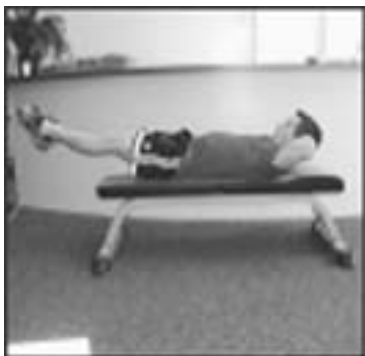


Step 4



Step 5

Ab Superset: Second Exercise—Crunches



Step 1



Step 2



Step 3

Lower Back Stretch: 1-3 Sets



Step 1



Step 2

Pull-Ups



Step 1



Step 2

Shoulder Side Lateral Raises



Step 1

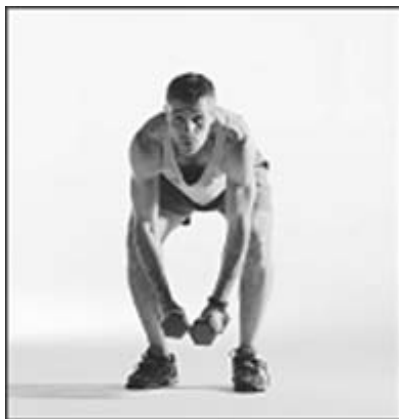


Step 2



Step 3

Back Lateral Raises (Bent-Over Laterals)



Bow and Arrow—Shoulder Stretch



Seated Pulley Rows



Clean and Press: 3–5 Sets, 5 Reps



Step 1



Step 2



Step 3



Step 4

Partial-Press Reps



Warrior Meals and Recipes

Meats

Animal and marine food, including beef, chicken, and fish, should be cooked in a way that mimics the ancient warrior tradition of cooking in broth—with different herbs and spices to enhance flavor and aroma. I highly recommended rotating among beef, veal, chicken, and fish. Also, through trial and error, you'll learn what works best for you.

As noted in “The Overeating Phase” and “Lessons from History” chapters, cooking meats in liquids is healthier than frying, grilling, or even baking. Moreover, when cooking in liquids, the meat becomes soft and tender, while absorbing all the flavors of the herbs, spices, and veggies in the broth. When these meals are fully cooked, you can try shredding the meat with a fork and then add some essential oil and lecithin on top.

This way, you'll enjoy a soft, mushy, delicious protein meal, which ideally will provide a great deal of pleasure as well as nourishment—the old-fashioned way.

While reading this chapter, you may realize that some traditional ethnic dishes, such as bouillabaisse, paella, gumbo, and stews, closely resemble traditional warrior meals.

I recommend that you add essential fatty acids (oils) and lecithin on top of meals just before eating. It enriches the nutritional composition of the food and, in my opinion, enhances flavor. Some people, however, may find their taste too strong. Although these additions are optional, they are nonetheless essential to have in your diet, especially the EFA.

Curry Chicken in Spicy Tomato Broth

- 1½ pounds boneless, skinless chicken breast, cut into medium-sized chunks
- 1 can stewed tomatoes, chopped (or crushed tomatoes)
- 1 can fat-free chicken broth
- 3 cloves garlic
- ½ small onion
- 1 bay leaf
- 1 tablespoon curry powder
- 1 tablespoon turmeric powder
- 1 tablespoon dried parsley
- ¾ teaspoon dried basil
- ¾ teaspoon dried oregano
- ¾ teaspoon dried cumin
- ¼ teaspoon ground coriander
- Salt and pepper to taste
- Garnish with ½ cup coarsely chopped cilantro

Clean and wash chicken with filtered water. In a large Pyrex bowl (with oven-safe cover) mix all ingredients, excluding the cilantro. Marinate chicken in the bowl (with cover on) overnight in the refrigerator. Marinating overnight is optional. Preheat oven to 375° F. Cook for one hour in a Pyrex bowl with an oven-safe cover. Serve garnished with chopped cilantro. This meal goes very well with steamed carrots, zucchini, and broccoli. Starches that best complement this meal are mashed butternut squash, pumpkin, sweet potatoes, mashed potatoes, sweet yellow corn, and rice.

Fish and Eggplant in Curry Tomato Sauce

This meal is recommended for people interested in rapid weight loss.

- 1½ pounds white fish fillet (sole, flounder, turbot)
- 1 can diced or crushed tomatoes (14.5 ounces)
- 2 medium or large eggplants, peeled and cut into medium-sized chunks
- 1 tablespoon olive oil
- 3 cloves garlic
- ½ small onion (optional)
- 1 tablespoon curry powder
- 1 tablespoon caraway seeds (optional)
- ¾ teaspoon oregano
- ¾ teaspoon thyme
- Salt and cayenne pepper to taste (optional)
- ½ cup chopped fresh cilantro or parsley for garnish

Prepare the sauce in a large Pyrex bowl (with cover). Mix all ingredients excluding the cilantro, parsley, and eggplant. Clean and wash the fish fillet with filtered or spring water. Place the eggplant chunks in a steamer and cook until they are soft (about 15 minutes). Marinate the fish in the Pyrex bowl with the sauce. Preheat oven to 375° F and cook the fish in the sauce for one hour. When done, remove from oven, add the steamed eggplant, and mash it all together with a fork. Garnish with chopped fresh cilantro or parsley. This meal also mimics an old tradition of warrior cooking. You'll be surprised how large this dish looks; however, it's very light and delicious. Fish meals go very well with steamed carrots, broccoli, cauliflower, rice, millet, and corn.

Beef and Carrots in Chicken–Tomato Broth

- 1½ pounds trimmed natural lean beef (top round), cut into medium-sized chunks
- 1 large peeled carrot, cut into small medallions
- 1 can crushed tomatoes or tomato sauce
- 1 can fat-free chicken broth
- 3 cloves garlic
- ½ onion
- 1 teaspoon dried basil
- ¾ teaspoon dried oregano
- 1 tablespoon caraway seeds (optional)
- Coarsely chopped parsley or cilantro as garnish

Clean and wash the meat with filtered or spring water. If you want the meat to be more tender, beat it with the bottom of one of your cooking pans. No joke! It'll make it softer and able to absorb more flavor from the broth.

In a large Pyrex bowl, mix all ingredients, excluding the parsley (or cilantro). Marinate the meat overnight in the refrigerator (optional).

Preheat oven to 375° F and cook for 1½ hours. Garnish with chopped parsley or cilantro. This meal goes very well with steamed broccoli, cauliflower, and zucchini, and for starches try mashed potatoes, mashed butternut squash, and sweet potatoes.

Eggs

Most egg meals take almost no time to prepare and cook, yet they're delicious and very nourishing. On days of being too busy, or just in the mood for a light protein meal, eggs can be a most viable choice, as well as a great alternative to meat or fish. Moreover, on egg days you can try indulging every once in a while in dairy foods as well. I believe eggs and cheese complement each other nicely. Egg meals can be well incorporated with either carb fuel (grains) or fat fuel (nuts and seeds).

Egg Omelet with Tomato Sauce (high-protein meal)

- 16 egg whites with 3–4 yolks (for 2 servings)
- ¼ cup tomato sauce or crushed tomatoes
- ¼ small onion, diced (optional)
- 1 tablespoon olive oil
- Salt and cayenne pepper to taste
- Garnish with chopped parsley or cilantro

Preheat olive oil in a large, deep skillet. Add diced onions and sear until browned. Slowly add tomato sauce, and mix with onions. When sauce is boiling, add the eggs. Scramble and mix the eggs while cooking.

When mixture thickens, remove from the stove, put in a large bowl, and cover. Garnish with the chopped parsley or cilantro.

Those people who like mushrooms can steam shiitake or portabella mushrooms, or sauté them in olive oil, and put them on top of the omelet. Or you can cook them with the omelet.

Egg omelets go very well with steamed zucchini, butternut squash, steamed pumpkin, sweet peas, and black bean soup, which you can also put on top of the omelet.

Egg Omelet with Black Beans (high-protein meal)

This is the same preparation as the egg-white omelet with tomato sauce, only here you use black bean soup instead of tomato sauce. You can use half a can of organic black bean soup, which is available in most health-food stores and supermarkets.

Egg Omelet with Lentil and Bean Chili (high-protein meal)

This is the same preparation as the other omelets, only here you use half a can of organic chili, which is available in most health-food stores and supermarkets.

Oatmeal and Eggs (high-carbohydrate meal)

I used to eat this meal years ago, when I was a student. This was one of my so-called “poor man meals,” since my budget at that time was very limited. Regardless, I always enjoyed it, and still do.

- 2–3 cups oatmeal (rolled oats or steel-cut oats)
- 6–12 egg whites with 2–4 yolks
- ¼ teaspoon turmeric (optional)
- ¼ teaspoon cumin (optional)
- Salt and pepper to taste
- ½ cup coarsely chopped cilantro for garnish

If you choose steel-cut oats, soak them overnight in purified, steam-distilled, or spring water (to cut down on cooking time).

Fill a large pot with 4–5 cups water and bring to a boil. Add oatmeal and spices. Rolled oats need half the time that steel-cut oats need. Check the preparation instructions on the box.

Reduce heat and let it cook until almost done. Make sure you stir it to avoid clumping. When you notice that very little water is left, add the eggs and slowly mix it all together while still cooking. Once the eggs are thickening, turn the stove off, cover the pot, and let it simmer for a couple of minutes. Garnish with cilantro and serve.

This meal goes very well with buttermilk or kefir, which will supply additional protein to this high-carbohydrate meal, as well as beneficial bacteria. They can be used as a cool sauce you put on top. Oatmeal and eggs also go well with steamed broccoli and cauliflower.

If you'd like to make this dish spicy, you can add curry or cumin. It can also be garnished with scallions or chopped onions. Use your imagination. With trial and error, you'll find what's best for you.

Rice 'n' Eggs (high-carbohydrate meal)

This was my second favorite meal during my student days. Once you taste it, you'll realize that a poor man's meal isn't necessarily poor. It is, in fact, rich in flavor and nutrients.

- 2 cups uncooked brown rice or, if accessible, sweet brown rice. If you prefer, use white rice instead (sushi rice is best).
- 1 clove chopped garlic
- ½ teaspoon curry
- ½ teaspoon cumin
- ½ teaspoon basil
- 6–12 egg whites and 2–4 yolks
- Chopped cilantro, onions, or scallions as garnish

Rinse the rice with purified water. In a large pot, add 4 cups of water with the garlic and spices. Bring to a boil. Stir in the rice, reduce heat, cover, and simmer until water is almost absorbed. Add the eggs and mix it with the rice while it's still cooking. When the eggs start to thicken with the mixture, remove from the stove, cover, and let sit for a few minutes. Garnish with cilantro, onions, or scallions and serve. This meal goes very well with cucumber and dill salad. It also goes well with black bean soup that can be used as a sauce on top of the meal. Those who like to experiment can try grated Parmesan cheese on top, or goat cheese as a side dish.

Angel Hair Rice Pasta with Eggs (high-carbohydrate meal)

- package of angel hair rice pasta
- ½ to 1 can tomato sauce
- cloves
- crushed garlic
- ¾ teaspoon dried basil
- ¾ teaspoon dried oregano
- 6–12 egg whites and 2–4 yolks
- Salt and pepper to taste
- Parsley or cilantro as garnish

Cook pasta until done. Drain and place the pasta in a large bowl. Mix tomato sauce, garlic, and spices in a large pot and cook on medium-high heat. Add pasta. When hot, add the eggs and mix it all together. When eggs start to thicken, remove from the stove and serve, garnished with cilantro.

You can opt to prepare pasta and eggs without the tomato. In this case, use olive oil as a base to simmer the pasta and eggs in a large, deep pan or pot. Pasta and eggs, done without tomatoes, can be served with buttermilk or kefir as a cool sauce on top of this hot meal. It also goes very well with steamed carrots, zucchini, or broccoli.

If you'd like to increase the amount of protein in this meal, you can add low-fat, organic cottage cheese on the side, or goat cheese on top.

Baked and Grilled Meals

Once in a while, especially when friends are coming over, my wife prepares grilled meats or fish. These meals are more than delicious. They're awesome. Grilling isn't the preferred way to cook on a daily basis. However, when you marinate meat or fish before grilling, you reduce the risk of burning or caramelizing the protein. Further, adding herbs like basil, oregano, and thyme, in addition to improving taste, mimics an old tradition of curing meats while enhancing flavors. Most herbs contain healing properties. For instance, thyme and oregano are believed to have antibacterial and antiviral properties; turmeric is a powerful antioxidant and anti-cancerous agent; and as discussed earlier, parsley is a powerful detoxifier.

Grilled Chicken

- 2 packages of boneless, skinless chicken thighs
- Juice of two lemons
- 3 large cloves garlic
- 1 small onion
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh thyme (leaves only, not the stem)
- 1 tablespoon fresh oregano
- 1 tablespoon fresh parsley
- 2 tablespoons fresh basil
- 3 tablespoons olive oil
- Salt and pepper to taste

Combine garlic, onion, mustard, thyme, oregano, parsley, basil, and olive oil in a food processor. Pulse until all ingredients are finely chopped. Season with salt and pepper to taste. Set aside in the fridge for approximately 45 minutes to an hour.

To prepare the chicken for outdoor grilling:

Wash and clean chicken thoroughly. In a bowl combine lemon juice and the mustard mixture with the chicken. Mix well. Let it sit in the fridge for 30 minutes, or until ready to grill. If you don't want to grill, the broiler works fine, too.

Grill for approximately 15 minutes on each side on a low to medium flame (check sooner if you're broiling). Just make sure the chicken juices run clear.

Baked Red Snapper

- 1 medium whole red snapper
- 2 large onions, sliced
- 3 ripe tomatoes sliced
- 5 lemons
- 4 cloves garlic, finely chopped
- 3 tablespoons olive oil
- Salt and pepper to taste

Make sure the fish is properly cleaned of all scales. Preheat oven to 375° F.

Place $\frac{1}{3}$ of the onion and tomato slices on the bottom of a baking pan. Sprinkle a portion of the garlic on the onion and tomatoes. Squeeze the juice of one lemon.

Before placing fish on the onion and tomatoes, rub fish with salt and pepper. ~~Stuff~~ Stuff the onion, tomato, and garlic inside the belly of the snapper. Place the remaining onion, tomato, and garlic on top of the snapper. Take one lemon; cut into slices and spread over the top of fish. Squeeze the remaining lemon on top. Drizzle olive oil over the fish.

Cover with aluminum foil. Cook 40–50 minutes (depending on the size of the fish). To test for doneness, poke fish with a fork—the meat should be flaky.

Soups

Soups are great appetizers. In addition to introducing different tastes, smells, textures, and aromas, they can be highly nutritious and nourishing. Having a soup at the beginning of a meal may help balance cravings and enhance the overall feeling of satisfaction.

Soups can also be the basis for a whole meal. As noted, by combining meat, fish, or eggs with beans, and occasionally with carbs such as potatoes, rice, or barley in the broth, you can create a whole, delicious, nutritious meal in the traditional way.

Potato–Onion Tomato Soup

- 2 pounds potatoes, peeled and cut into chunks
- 1 35-ounce can plum tomatoes with juice, coarsely chopped (total of 4 cups)
- 1 quart chicken stock
- ½ teaspoon coarse sea salt
- ¼ teaspoon freshly ground black pepper
- 3 tablespoons extra virgin olive oil
- 4 medium onions, thinly sliced

In a four- to six-quart non-aluminum saucepan, combine the potatoes, tomatoes, and chicken stock. Season with salt and pepper. Bring to a boil, then reduce heat and simmer gently, partly covered. Stir occasionally, for one and a half hours, or until tender.

Meanwhile, in a skillet, warm olive oil over medium heat and sauté the onions until translucent.

To finish soup, break up potatoes, mashing slightly with a wooden spoon. Add onions to tomato-potato mixture, and simmer together for 5 minutes, stirring occasionally. Add chicken stock as necessary to slightly thin out the soup. Garnish and serve with fresh basil.

Miso Soup

Miso is made from unpasteurized fermented soybeans. Miso soup is high in minerals and is a great alkalizer. Miso, unlike processed soy foods, is also believed to be highly nutritious, with anti-radiation protective properties. It's rich in enzymes and lactic acid-producing bacteria—which is highly beneficial for digestion and elimination.

- 1 tablespoon miso paste (from organic unpasteurized fermented soy)
- ½ small onion
- ½ ounce dried wakame or nori seaweed (optional)
- 2 cups purified or spring water

In a medium pot, combine all ingredients. Bring everything except the miso paste to a boil for 5 minutes, then add the paste. Serve warm.

Desserts

The Warrior Desserts can be great alternatives to sugar-loaded commercial or homemade treats that are high in saturated fat. There aren't many desserts listed here. However, in my opinion, you'll be better off enjoying the taste of a few healthy delicious desserts that will nourish and provide you with a great sense of pleasure than trying a variety of popular desserts and sweets which usually leave you sluggish, bloated, and heavier, not to mention the obvious guilt.

Pumpkin Cheesecake

- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- Pinch of ground nutmeg
- Pinch of salt (optional)
- ½ teaspoon vanilla extract
- 2 whole eggs
- 4 egg whites
- ¼ to ½ cup maple syrup (adjust sweetness according to taste)
- 1 15-ounce can organic pumpkin
- 15 ounces nonfat ricotta cheese (or farmer cheese)
- 4 ounces fat-free cream cheese

You can substitute organic low-fat cottage cheese for the listed cheeses. However, this will change the texture of the cake slightly.

Combine cinnamon, ginger, nutmeg, and salt (optional) in a small bowl. Set aside.

Lightly beat vanilla, eggs, and maple syrup in a small bowl. Set aside.

In a food processor, combine pumpkin and cheese until smooth. Alternate adding egg mixture and spice mixture to the pumpkin and cheese mixture. (If you don't have a food processor, a blender will work, but mix eggs first, then gradually add pumpkin mixture.) Mix well, approximately 3 minutes.

Bake in a preheated 425° F oven for 15 minutes. Reduce temperature to 350° F. Bake for 40–50 minutes or until a knife inserted near the center comes out clean. Cool on a baking rack for about 2 hours. Serve room temperature or chilled. Do not freeze; freezing causes the filling to separate.

Pumpkin cheesecake tastes so good that, unfortunately, it disappears too quickly. It's like an open invitation for a binge.

The sweetness can be adjusted according to your taste. It goes very well with organic yogurt or low-fat sour cream. As you can see, this dessert is high in protein, low in fat, and relatively low in carbs. It's also highly nutritious, supplying you with abundant carotenes and soft fiber.

Crepe Blintzes

- 1 egg
- 8 ounces low-fat cottage cheese (small curds)
- 1 teaspoon vanilla extract
- Pure maple syrup to taste
- 1 package prepared crepes
- Cooking spray (butter-flavored)

Preheat oven to 350° F.

Combine cottage cheese, egg, vanilla, and maple syrup in a small bowl. Take individual crepe, place on a flat surface, and spoon one and a half tablespoons of cottage cheese onto the center. Fold all four sides together to secure cottage cheese mixture. Place each crepe on a nonstick cookie sheet, folded side down. Repeat until cottage cheese mixture is finished. Spray each crepe with butter-flavored spray.

Bake in oven 5–8 minutes, until slightly brown. Serve warm with Live Berries.

Live Berries Dessert

- 1 cup blackberries
- 1 cup sliced strawberries
- 1 cup raspberries
- 1 cinnamon stick
- Pure maple syrup to taste (enough to cover berries)

Combine all ingredients in a small bowl and place in fridge 3–4 hours to chill (may remain in fridge overnight). Serve over warm crepe blintzes. Live Berries can also be served over yogurt.

This is a meal with total appeal: a feast that screams calories but really is a bounty of low-fat, low-cal goodness. Enjoy!

Milk Gelatin Dessert

I began making this treat years ago. Surprisingly, it has turned out to be one of my favorites. Milk Gelatin is a good complement to the fruits and veggies you consume during the day while you go through the Undereating Phase. It's most useful to eat this on an empty stomach.

- 1–2 tablespoons organic nonfat milk powder
- 1–2 teaspoons brown rice syrup (adjust sweetness according to taste)
- 1 packet unflavored (if available, kosher vegetarian) gelatin
- 1–2 cups filtered or spring water (*Check instructions on the gelatin box regarding amount of water to add, but feel free to alter depending on level of density desired.*)
- 3 tablespoons cool or cold water
- 2 tablespoons hot water
- Vanilla extract to taste (approx. 1/8 teaspoon)
- Approximately 3–10 crushed organic almonds (optional)
- 1–2 tablespoons minced, organic, unsulfured, unsweetened coconut (optional)

In a small bowl, mix the milk powder, brown rice syrup, and 1 tablespoon of cool water until it turns into a thick paste. Set aside.

To prepare gelatin:

Mix gelatin in another small bowl with 2 tablespoons of cool or cold water. When it turns into a gummy paste, add 2 more tablespoons of hot water and mix. Combine gelatin mixture with milk paste and then place it in a blender with 2 cups of water. Blend for one minute. Pour mixture into several cups or one large bowl. Refrigerate for a couple of hours until it turns into gelatin form.

You can opt to add more milk powder to make the mixture thicker or more dense. You can also blend a few crushed almonds with the mixture if you want to add texture. And you can do the same with minced coconut, or else sprinkle it on top once you've poured the completed mixture into a bowl or cups. When it's ready, Milk Gelatin becomes a three-layered treat with a light, white foam on top. It's quite unique. I hope you'll like it.

Papaya Gelatin Dessert

This dessert is good for digestion and detoxification. It can also be consumed as a delicious light treat during the Undereating Phase. Gelatin is a natural source of silicon and proteoglycans, which support your skin, hair, nails, and connective tissues. It's also a great detoxifying agent. Papaya contains digestive enzymes. When eaten on an empty stomach, Papaya Gelatin Dessert soothes your hunger while helping to eliminate toxins, fat, and cholesterol from your intestines.

- 1 packet unflavored (if available, kosher vegetarian) gelatin, which is equivalent to 1 level tablespoon
- 1 cup papaya puree (no sugar added). This is sold in glass juice bottles in some health food stores and supermarkets. Or you can puree a fresh papaya yourself.

Peel, remove seeds, and cut papaya. Place papaya slices in a blender with a little water and blend until pureed.

- ½ cup hot water (filtered or spring water)
- 2 tablespoons cool or cold water
- 2 tablespoons hot water
- 1 teaspoon maple syrup (optional)
- 1 tablespoon minced organic unsulfured, unsweetened coconut (optional)

Heat water on stove. Meanwhile, mix gelatin with 2 tablespoons of cool or cold water in a small bowl. When it turns into a gummy paste, add 2 tablespoons of hot water and mix again. Pour this mixture plus 1 cup of papaya puree (per packet of gelatin puree) and the half cup of hot water into a blender. Blend for 30 seconds or so. Pour mixture into glass cups or a large bowl. Refrigerate for a couple of hours until it turns into "Jell-O" form. Enjoy!

You can also blend 1 tablespoon of minced coconut to the mixture if you want to add texture, or sprinkle it on top once you've poured the completed mixture into a bowl or cups.

Warm Raspberries and Yogurt

This is a wonderful dessert that combines and polarizes sweet and sour, warm and cold tastes. It's delicious and can also be used as a nourishing treat during the Undereating Phase.

- 1 cup fresh or frozen raspberries
- 1 teaspoon honey or maple syrup
- 1 cup organic, nonfat plain yogurt

In a small pot, add raspberries and honey (or maple syrup). Turn on the stove to a medium heat and stir. When the mixture turns fluid and begins to boil, reduce the heat and simmer for a few minutes.

Take off heat and set aside for a minute. Put yogurt in a small bowl. Slowly pour the warm berries on top of the yogurt. Enjoy!

Note: You can substitute blueberries or blackberries for the raspberries. Adjust the sweetness according to your taste.