

The Healing Kitchen

With

Lupa Irie

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Class Menu

Appetizers

Caviar Bites – Salmon Caviar, Cucumber, Kwart, Cilantro

Avocado Boat – Avocado, Kwart, Salmon Caviar, Cilantro

Chicken Liver Pate and Flax Crackers with Cultured Veggie Topping

First Course

Fish Head Soup

Main Course

Beef Heart Mole with Roasted Red Pepper Crema and lard-fried
Tortillas

Dessert

Meyer Lemon Chiffon Mousse with Pumpkin Muffins

Beverages

Kombucha

A variety of Lacto-Fermented drinks

Starting Anew

- Water
- Air Filters
- Skin products
- Throw out all processed foods
- Buy Organic/Local foods
- Buy quality Pastured Raw Dairy and Meats
 - <http://www.westonaprice.org/local-chapters/finding-nutrient-dense-foods>
 - <http://www.realmilk.com>
 - <http://www.Eatwild.com>

Re-Organizing

- Get Organic Cleaning Products
- No Microwave
- Clean Cooking Surfaces

Lifestyle – Eating Habits

- Get the Weston A. Price Shopping Guide or App.
- Understand food coding and labeling
- Know the names of GMO's
- Magnesium Stearate
- Dirty Dozen and the Clean Fifteen
<http://www.ewg.org/foodnews/summary.php>
- Plan ahead and learn to make and enjoy healing foods

Fun

- Learn to be quiet, slow down and put your feet on the ground to connect to the earth!
- Give thanks and laugh every day!

Recipes - Full Recipes can be found on WAP website or via email from trulyhealthybaby@yahoo.com

- Beef heart mole

- Roasted Red Pepper Creama

- Fish Head Soup – Lupa’s Fish head magic

- Lemon Curd

- Pate

- Fermented Kraut

- Kwart

- Whey Soda

- Finish Lemon Mousse

- Lard-fried Tortillas