Toxic Crops and Foods that are KILLING you!

7 Deadly Crops to Avoid
What the FDA doesn't want you to know.

The Chemical in your Food
that is Linked to Cancer and Diabetes
About The Publisher

*Palm Beach Natural Health Letter* is committed to bringing you the latest news, articles, and reports -- from around the world and under the radar -- exposing lies, busting myths, revealing natural health secrets, and reporting the little known facts. Our #1 goal is to help you and your family live a better, more informed, healthier life. Our team of writers have no agenda except to report the truth and give the consumer the right to make educated decisions.

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Introduction

Eating Lean, Clean and Green

Many consumers think that just because they count calories, watch their fat intake, or eat salads... that they are eating smart.

But many foods can be deceiving.

With processed foods, pesticides, hormones, nitrates, genetically modified foods, and more – it’s important to not just eat smart, but eat clean.

The purpose of this report is to help open your eyes and expand your knowledge of what eating clean really is as well as which foods are toxic.

This report will also shed light on what ‘big Agra’ is doing along with our government that is affecting the foods that come across your table and into your body.

Eating clean means putting only natural, whole, organic foods into your body such as organic whole grains, fresh organic fruits and veggies, healthy proteins, and ‘good’ fats (monounsaturated fats).

It also means reducing or eliminating processed foods, frozen foods, foods high in refined sugar, salt, and ‘bad’ fats (trans fats and saturated fats).

In addition, eating clean means learning how to read nutrition and dietary labels and see through all the mumbo jumbo to what’s really in the food that’s about to go into your mouth.

You or your family don’t have to suffer if you eat clean. Eating clean does not have to be a torturous, dull experience. It can be tasty as well as healthy.

Let’s say your kids love a certain boxed macaroni and cheese. Instead of going the packaged route, you can make a truly homemade version that’s tastier and cleaner. Simply use organic whole grain or gluten free elbow macaroni and organic, non-GMO dairy products (cheese, milk, margarine).

Here’s some simple guidelines to eating smart and clean...

10 Tips To Eating Clean

1. Limit processed or packaged foods
2. Increase ‘green’ veggie intake
3. Reduce saturated fat (butter, cheese, meat)
4. Reduce alcohol consumption (1 drink per day for women and 2 for men). Note, sugary mixed drinks should be avoided
5. Limit sweets and desserts (soda, candy, cookies, cake)
6. Monitor salt (preferably less than 2300 mg/day). This mean avoiding processed foods
7. Chose whole grains like whole wheat, quinoa, oats, and brown rice
8. Less red meat and try to balance out with vegetarian proteins like beans or tofu
9. Eat whole fruits (not canned)
10. Cut out refined grains (white bread, white rice, white pasta)
Eating clean and freeing your body for toxins will help it run better. Think of a car’s engine. If you flush the lines in your car… clean up all the sludge that’s been forming and backing up in the hoses… the car runs better and more efficient. Your body is the same way.

Once you flush out the toxins, you’ll feel less lethargic, your metabolism will work better, and your immune system will be more efficient. And typically as a result of a better performing metabolism and more energy, people lose weight.

In addition, eating cleaner helps strengthens the most vital organ in the body, the heart, by lowering cholesterol and fats and improving circulation. Eating clean will help add years to your life.

Eating Unclean: The History Behind GMOs

You’ve seen the words… ‘Non-GMO’. But do you really know what it’s all about?

GMO can represent a lot of things:

- Genetically modified organisms
- Genetically modified food
- Genetically modified crops
- Genetically modified animals
- Genetically engineered foods

In a nutshell, foods that have been altered by Big Agra. Produce that have been dubbed ‘Frankenfoods’.

Many people point the finger at Monsanto. But they are not the only culprits in this web of toxicity. We’ll get to that in a moment.

Monsanto and Dow Chemical are the people that developed Agent Orange, which was used by the U.S. Military used it in its herbicidal warfare program during the Vietnam War.

Agent Orange, or Herbicide Orange, contained dioxin (TCDD) which early reports in the late 60s showed caused birth defects and stillbirths in mice.

After the war, the effects on the Vietnamese people, along with American soldiers, where clearly seen. The Vietnamese government reported that as many as 3 million citizens that were exposed to Agent Orange suffered illnesses including multiple health problems, cleft palate, mental disabilities, hernias, extra fingers or toes as well as pregnant women exposed gave birth to deformed or stillborn babies.

Fast forward more than 45 years, and the company that brought Agent Orange to the world is now using a similar product, Roundup, weed killer on U.S. crops as a pesticide.

Many consumers don’t even know this. And what’s even more disturbing, is that it’s reported the farmers that use Roundup on U.S. crops have to sign document that basically says they can’t divulge they do that…not even to distributors and super market chains. So
how do you know the food you get at your favorite super market is really is non-GMO?

Other countries that disclose the use of GMOs include:

- The European Union
- Japan
- China
- Korea
- Australia
- New Zealand,

So how come the world’s super power, the United States, doesn’t have to?!

It has been reported that Roundup is equally as dangerous as its older brother, Agent Orange, and linked to:

- Cancer
- Autism
- Allergies
- Parkinson’s Disease
- Upper and lower GI problems
- Heart issues
- Infertility
- Multiple sclerosis
- Alzheimer’s
- And more!

While Monsanto maintains that Roundup is safe for human consumption. Other research reports have said the contrary, that the compound used to kill the weeds/bacteria (i.e. glyphosate) has devastating biological effects.
The ‘Big Agra’ Players

As eluded to earlier, Monsanto and Dow Chemical’s aren't the only players in this bio-hazard game. Some of the other companies include:

• ConAgra – best known for their packaged and frozen foods including brands such as Banquet, Chef Boyardee, Egg Beaters, Healthy Choice, Hunt's, Marie Callender, Orville Redenbacher’s, PAM, Peter Pan, Reddi-Wip, Slim Jim, Snack Pack, and Van Camp's
• Archer-Daniels-Midland – One of the world’s largest agricultural processors of corn, oilseeds, wheat and cocoa.
• Cargill – Food and agriculture provider. Raises livestock and produces food ingredients such as starch, glucose syrup, vegetable oils and fats for processed foods and fast food industry, McDonalds being one of their clients. Well-known brands include Truvia Natural Sweetener, Nature Fresh, Diamond Crystal Salt.
• AWB Ltd – Major grain organization based in Australia exporting to more than 50 countries.
• Syngenta – Swiss agribusiness that markets seeds and agrochemicals and is involved in biotechnology.

…Just to name a few.

And many of these companies are dominators when it comes world-wide food supply. Each control trade and commerce of anywhere from a quarter to nearly fifty percent of the global food market.

Genetically altered food (GMOs), which some may say are mutations of its former self, is slowly, quietly, secretly, creeping its way into your kitchen cupboards and fridge.

It’s slithering into your family’s bodies.

So until the US decides to label foods with GMOs, your safest bet is to look for whole, organic foods with the 100% USDA certified organic label. Also, look for organic meats – grass feed beef, free range chicken, natural wild Alaska salmon.

USDA ORGANIC and or NON GMO Project

VERIFIED nongmoproject.org
The Black List: 10 GMO & Toxic Foods To Avoid Like The Plague

The following are a list of known GMO (genetically modified organism) foods and products that wreck your health and ravage your body:

1. **Canned soups.** Pre-made soups can contain a large number of ingredients containing GMOs. A better, healthier alternative is to buy local, fresh, organic veggies from a farmer's market, and make your own soup!

2. **Frozen foods.** According to the Non-GMO project, Frozen foods are usually sweetened with high fructose corn syrup (HFCS). If HFCS isn't on the ingredient list, the presence of non-cane sugar likely means GMOs are included. For example, sugar beets provide half of all consumable sugar in America, and 95 percent of them are grown using GM seeds.

3. **Sweetened juices.** This makes our top10 list because in the U.S. most sweetened juices contain HFCS or non-cane sugar, which comes from GMO crops. As far as the actual fruit, right now the only GMO fruit available to the American consumer is the Hawaiian papaya.

4. **Baby formula.** Typically, 94 percent of milk and soy products is genetically modified. In addition, 88 percent of the corn that is feed to dairy cows contain GMOs.

5. **Cereals.** Non-organic cereals are high in preservatives and often corn crops are exposed to GMOs. Organic oats and whole grains are a tasty alternative. However, also look at the sweeteners. If not natural, typically sugar and corn starch contain GMOs.

6. **Vegetable and Canola oil.** According to the Non-GMO Project, 90 percent of cottonseed, 90 percent of rapeseed (the source of canola), and 94 percent of soybeans are GMOs.

7. **Tofu.** Even though tofu is a staple to vegan and vegetarian diets, if you’re looking to truly eat clean, it’s not a great option. Tofu’s main ingredient is soy milk, and in the U.S., 94 percent of soy crops are GMO.

8. **Carbonated soft drinks.** Most US sodas are saturated with HFCS. And as mentioned above, HFCS and non-cane sugar typically are GMO. A refreshing alternative is sparkling natural spring water or club soda.

9. **Meat.** If you choose to consume meats, it's best to go with grass feed organic beef. Aside from the fact that some livestock itself may be GMO; unless there’s a label on the beef or poultry package stating, 'organic' or 'non-GMO', most livestock are fed with corn feed which typically contains GMOs.

10. **Dairy.** GMO corn feed is the main food source for dairy cows which will affect all of its byproducts including milk, cheese, and butter.

Again, some of the above foods, such as meat, milk and cereals, are on the list because much what’s done to them in the refinement process.

These foods (or the source that it comes from) can be genetically altered, treated with preservatives, chemicals or growth hormones.

For dairy products for instance, read the label. Cows can be given a GM bovine growth hormone. If you choose to continue to eat dairy or drink milk, look for labels stating ‘No rBGH, rBST, or artificial hormones’. Or try organic almond milk as a healthy alternative.
The Black List: 7 GMO Crops To Avoid Like The Plague

Some of the foods you consume may appear on the surface to be healthy, but their source – the crops they come from – may be toxic.

The following are high ‘at risk’ genetically modified food crops to watch out for:

1. **Corn.** High risk foods may include breads, crackers, cereals, foods with high fructose corn syrup, corn oil.
2. **Soybeans.** High risk foods may include non-GMO vegetarian foods, soy milk, non-GMO/non organic tofu.
3. **Canola.** High risk foods may include canola oil, cooking spray (such as PAM).
4. **Cottonseed.** High risk foods may include vegetable oil, cooking spray.
5. **Sugar Beets.** High risk foods may include baked goods, beverages, cereals, confections and dairy. Sugar beets are used as a sweetener. Sugar beets (the pulp) are also used in animal feed.
6. **Hawaiian Papaya.** High risk foods include papayas and papaya seeds exported from Hawaii.
7. **Small amount of Zucchini and Yellow Squash.** High risk foods include fresh GMO/non organic produce as well as packaged foods containing zucchini and yellow squash including canned soups, baby food, frozen vegetables.

If you choose to still consume meats or cereals, it’s best to go with grass feed organic beef or organic whole grain, natural oat cereals with no preservatives.

Just another reason why it’s incredibly important to not just read but scrutinize nutrition labels and ingredients!

The bigger problem are the companies that modify the food and alter them for longer shelf live or cost effectiveness. All at the expense of your health.
Oh What A Tangled Web We Weave…

Big Agra has its hands in some of the major food processing companies in the US and their toxic foods can go under the radar into your home under the guise of some of your favorite food products.

Here is an illustration of the major food companies controlling most of the US food market, many of which also use Monsanto products or crops.

How many of these are in YOUR cubbard?!
The Hit List: 67 GMO Companies You Should Boycott

Here’s a list of known companies/brands that use Monsanto genetically modified products…some trusted names in your house, brands by which by their name alone conveys a false promise of health or purity. As you’ll see, names can be extremely deceiving:

1. Aunt Jemima
2. Aurora foods
3. Banquet
4. Best Foods
5. Betty Crocker
6. Bisquick
7. Cadbury
8. Campbells
9. Capri Sun
10. Carnation
11. Chef Boyardee
12. Coca Cola
13. ConAgra
14. Delicious Brand Cookies
15. Duncan Hines
16. Famous Amos
17. Frito Lay
18. General Mills
19. Green Giant
20. Healthy Choice
21. Heinz
22. Hellmans
23. Hershey’s Nestle
24. Holsum
25. Hormel
26. Hungry Jack
27. Hunts
28. Interstate Bakery
29. Jiffy
30. KC Masterpiece
31. Kelloggs
32. Kids Cuisine
33. Knorr
34. Kool-Aid
35. Kraft/Phillip Morris
36. Lean Cuisine
37. Lipton
38. Loma Linda
39. Marie Calenders
40. Minute Maid
41. Morningstar
42. Ms. Butterworths
43. Nabisco
44. Nature Valley
45. Ocean Spray
46. Ore-Ida
47. Orville Reddenbacher
48. Pasta-Roni
49. Pepperidge Farms
50. Pepsi
51. Pillsbury
52. Pop Secret
53. Post Cereals
54. Power Bar Brand
55. Prego Pasta Sauce
56. Pringles
57. Procter and Gamble
58. Quaker
59. Ragu
60. Smart Ones
61. Stouffers
62. Sweepes
63. Tombstone Pizza
64. Totinos
65. Uncle Ben’s
66. Unilever
67. V8
The White List – 82 Organic Food Brands To Look For

Although toxic foods are creeping their way into your household unbeknownst to you, there are many socially responsible companies that sell organic products with a focus on health and quality. Here are a few brands to look for in your supermarket and add to your grocery list:

1. 7th Generation
2. Amy’s Kitchens
3. Apple and Eve
4. Applegate
5. Azumaya
6. Blue Diamond
7. Bob’s Red Mill
8. Bossa Nova
9. Cal Organics
10. Cedarlane
11. Cell-nique
12. Choice Organic Teas
13. Clif Bar/ Nectar Fruit
14. Coombs Family Farmers
15. Cosorizio All Natural
16. Country Choice
17. Crystal Geyser Alpine Water
18. Doctor Kracker
19. Dr. McDougall’s
20. Dr. Praeger
21. Eat Raw
22. Echo Farms
23. EcoMeal
24. Eddie’s Pasta
25. Eden Foods
26. Edward and Sons
27. Endangered Species Chocolate
28. Ener-G
29. EnvironKiz
30. Fantastic Foods.
31. Giving Nature
32. Golden Temple
33. Go Naturally
34. Greenway Farms
35. Harvest Bay
36. Hawthorne Valley
37. Ian’s Natural Foods
38. Koyo Organics
39. Lakewood
40. Lesser Evil
41. Let’s Do…Organics
42. LifeStream
43. Living Harvest
44. Lundberg Family
45. Madhava
46. Murray’s Chicken  
47. Nasoya  
48. Native Forest  
49. Natural by Nature  
50. Nature Factor  
51. Nature’s Path  
52. Newman’s Own Organic  
53. Organic Prairie  
54. Organic Valley  
55. Pacific Naturals  
56. Pamela’s  
57. Peace Cereal  
58. Petalumi  
59. Rapunzel  
60. Real Foods  
61. Republic of Teas  
62. Road’s End Organics  
63. San J  
64. Sensible Foods  
65. Seven Star Farms  
66. Sunergia  
67. Tasty Bite Indian  
68. Terra Nostra  
69. Texmati  
70. Theo chocolates  
71. Think Organic  
72. Turtle Mountain Toferky  
73. Vermont Mystic Pie  
74. Vitasoy  
75. Vita Spelt  
76. Vivani Chocolate  
77. Wizard’s Saucery  
78. Woodstock Farms  
79. XOXOXO chocolate  
80. Yogi Tea  
81. Zija  
82. Zoe’s Granola  

Conclusion
The food you put into your body and bring into your house is a personal decision. If you’re reading this report, it’s because you are interested in eating clean and avoiding GMOs. Knowledge is power. You are now armed with the information to help you on your journey of good health.

The best thing you can do for yourself and your family is keep educating yourself on eating clean, eating organic, and the Non-GMO project.

For more formation visit http://www.nongmoproject.org/.
Additional Resources

http://www.usda.gov/wps/portal/usda/usdahome United States Department of Agriculture
http://www.fas.usda.gov/data/world-agricultural-production United States Department of Agriculture Foreign Agricultural Service
http://faostat3.fao.org/home/E Food And Agriculture Organization Of The United Nations
Best Cleanses

Before you start eating clean, it's important to cleanse your body from past toxins and bad food choices. Detoxing does just that, it's gently flushes the system of impurities so your internal 'engine' runs better. If you're thinking about a cleansing supplement, you're in luck. Our friends at BuyerReview.com have done the research for you. Check out what they've found to be the best of the best of cleansing supplements.

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Disclaimer

Mediterranean Stuffed Chicken Breasts

Used sparingly, naturally high-fat foods like sharp cheeses and salty condiments can boost flavor without going overboard. Here lean low-fat organic chicken breasts are stuffed with a combination of organic roasted red pepper, feta, and kalamata olives. The small amount of filling kicks the chicken up a notch, but still keeps calories, fat, and sodium in check. If you don’t want to grill, sauté the chicken instead. Serve with organic quinoa or whole wheat couscous and organic steamed green beans.

1 large red bell pepper
1/4 cup (1 ounce) crumbled feta cheese
2 tablespoons finely chopped pitted kalamata olives
1 tablespoon minced fresh basil
8 (6-ounce) skinless, boneless chicken breasts

Preheat broiler. Cut bell pepper in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 15 minutes. Peel and finely chop. Prepare grill to medium-high heat. Combine bell pepper, cheese, olives, and basil. Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket. Stuff 2
tablespoons bell pepper mixture into each pocket; close opening with a wooden pick. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Place chicken on a grill rack coated with cooking spray. Grill 6 minutes on each side or until done. Remove from grill; cover loosely with foil, and let stand 10 minutes.

**Roasted Shrimp and Broccoli**
Ready in about 15 minutes. Use fresh sautéed shrimp with spices (garlic, oregano) and organic broccoli.

5 cups broccoli florets
1 tablespoon grated lemon rind, divided
1 tablespoon fresh lemon juice
1/2 teaspoon salt, divided
1/2 teaspoon freshly ground black pepper, divided
1 1/2 pounds peeled and deveined large shrimp
Cooking spray
2 tablespoons extra-virgin olive oil
1/4 teaspoon crushed red pepper
1. Preheat oven to 425°.

2. Cook broccoli in boiling water 1 minute. Drain and plunge into ice water; drain.

3. Combine 1 1/2 teaspoons rind, juice, 1/4 teaspoon salt, and 1/4 teaspoon black pepper in a medium bowl. Add shrimp; toss to combine. Arrange broccoli and shrimp in a single layer on a jelly-roll pan coated with cooking spray. Bake at 425° for 8 minutes or until shrimp are done.

4. Combine oil, remaining 1 1/2 teaspoons rind, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, and crushed red pepper in a large bowl. Add broccoli; toss to combine.

**Tex-Mex Grilled Chicken Sandwiches**

Sweet grilled pineapple, rich and creamy mashed avocado and fresh tomato slices impart amazing color, flavor and texture to these satisfying sandwiches.

1 avocado, peeled, pitted and mashed
1 tbsp finely chopped fresh cilantro leaves
1 tsp fresh lime juice
1/2 tsp sea salt, divided
4 5-oz boneless, skinless chicken breasts, each cut in half crosswise to make 2 thin slices
1/2 tsp chile powder
Pinch fresh ground black pepper
4 1/2-inch-thick slices fresh pineapple (TIP: Try cutting pieces into 1 1/2 x 3-inch rectangles to fit perfectly over chicken.)
1 tsp safflower oil, divided
4 2-oz whole-grain rolls, split and toasted
2 small tomatoes, each cut into 4 slices
1. In a small bowl, mash avocado with cilantro, lime juice and 1/8 tsp salt; set aside.
2. Sprinkle chicken evenly with chile powder, 1/4 tsp salt and pepper. Sprinkle pineapple slices with remaining 1/8 tsp salt.
3. Heat a large grill pan on medium-high and brush with oil. Working in batches if necessary, grill chicken for 6 to 8 minutes, turning halfway, until no pink remains in center. Transfer chicken to a plate to rest for 4 to 5 minutes. Just when chicken comes off heat, add pineapple to grill pan and cook until grill marks appear, 2 to 3 minutes per side.
4. Divide avocado over bottom halves of rolls. Top each with 2 pieces chicken, 1 pineapple slice and 2 tomato slices. Sandwich with tops of buns.

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Mini Oat Pancakes

Indulge your taste buds in these sweet and nutritious pancakes - a delicious Sunday brunch or post-workout feast.

1 cup of rolled oats (use gluten free oats for a GF option)
1/2 cup of coconut milk
2-3 tablespoons of pure maple syrup
1 tablespoon of coconut butter

pinch of cinnamon

pinch of salt
1 teaspoon of brown sugar
fresh strawberries and bananas, chopped

1. Add oats to your food processor and pulse until it forms a fine powder. Add a tiny pinch of salt, cinnamon and brown sugar and mix.

2. Transfer your oat flour to a bowl and add milk, stirring until it becomes an appropriate constancy. (The amount of milk you use depends on the desired thickness. The thicker the mixture, the thicker the pancakes.)

3. Heat coconut butter in a nonstick pan until melted and add one large spoonful of the mixture at a time. If your pan is big enough and you want to make mini pancakes, you can make two at a time.

4. Pile them on a plate and drizzle with pure maple syrup and top with fresh fruit.
When you feel like having chocolate, but you want to be healthy, this is the perfect solution. It tastes like traditional chocolate pudding - chocolatey creamy and rich. Packed with loads of the good stuff and none of the bad stuff! Enjoy!

Ingredients:
1 ripe avocado
1 tbsp raw cacao powder
1 tsp of cacao nibs
1/2 cup coconut milk
1 tbsp of sweetener (agave, maple or coconut nectar)

Blend ingredients and top with cacao nibs.

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**Egg-In-A-Nest**

2 organic acorn squash
6 organic whole eggs
2 tbsp extra-virgin olive oil
Salt and pepper to taste
5-6 pitted dates
8 walnut halves
Fresh parsley to garnish
• Preheat oven to 375F
• Slice squashes crosswise in order to get at least 3 slices with complete holes per squash*. Your good slices should be about 3/4" inch thick.
• Remove the seeds and place the slices on a parchment paper lined baking sheet. Sprinkle liberally with salt and pepper and bake in the oven for 20 minutes.
• While the squash is in the oven, place walnuts and dates on a cutting board and chop them simultaneously until their texture resembles that of coarse sand.
• Take the squash out of the oven and drizzle each slice with a little bit of olive oil.
• Crack an egg directly in the center of each slice, sprinkle eggs with a little bit of salt and pepper and sprinkle date/walnut crumble over the entire surface of the squash slices and eggs.
• Return to the oven for 8-10 minutes or until the eggs are done to your liking.
• Garnish with fresh parsley and serve immediately.
• Drizzle with maple syrup if desired.

Chicken Collard Wraps

Wraps

2 organic chicken breasts, grilled and cut into strips (200g each
6 large organic strawberries, thinly sliced
1 ataulfo mango, peeled and cut into thin strips
½ english cucumber, peel on, thinly sliced
1 medium avocado, sliced
24 mint leaves
4 organic large collard leaves, stems removed
Dipping Sauce

2 tbsp coconut cream
2 tbsp almond butter
juice of 1 lime
1 tbsp fresh ginger, grated

1 clove garlic, crushed
1 tbsp white wine vinegar
1 tsp sesame oil
1 tbsp tahini
1/8 tsp salt
2 tbsp unsweetened applesauce
1 birds eye chili, finely chopped

Wrap. Roll. Eat!
Sources:

Cooking Light
Clean Eating Mag
Clean Cooking Recipes
Buzz Feed
Mercola
Wikipedia
Daily Finance
True Activist