



Nutrient-Dense Soft and Delicious Foods

We are the first and only kitchen on-site at medical facilities to support, inspire and educate clients towards better health.

We provide on-site clinical counseling, support, programs, products and patient education in order for patients to develop overall systemic health.

After your surgical procedure it is important to eat nutrient-dense foods to aid in the healing process and help keep your energy levels high. Any fruits or vegetables that are soft and can be mashed are good choices. We have listed some additional nutritious meal ideas.

We recommend buying the ingredients and preparing these delicious, easy to eat meal ideas before your scheduled appointment in order to make your after-care simple, healthy and easy. If you have any questions about where to buy ingredients or about these recipes, please give us a call at 720-473-3707. For a list of our classes, go to **codakitchen.eventbrite.com**.

Soups, Bisque and Salad

Cucumber Avocado Soup

- 4 large cucumbers, cleaned and peeled
- 4 celery stalks
- 1 avocado, pitted and peeled
- ¼ chopped dill
- ¼ cup fresh squeezed lemon juice
- 4 cups spring water

Put all the ingredients in a blender and blend until smooth.

Raw Tomato Soup

- 1 quart chunked tomatoes
- ¼ cup raw cashews
- 2 cloves garlic
- 2 tbs. fresh basil
- Sea salt

Place ingredients in blender and blend until creamy. Enjoy!

Creamy Mushroom Soup

- 2 cups baby bella mushrooms
- 1 ½ cup cashews
- ½ cup pine nuts
- ¼ cup white miso
- 1 tbs. fresh tarragon
- 1 tbs. cold pressed extra virgin olive oil
- 6 cups spring water
- Sea salt and coarse black pepper
- 2 tbs. parsley

Blend all ingredients in a blender until smooth. Garnish with chopped parsley. Serve and enjoy.

Carrot-Sweet Potato Bisque

- 2 sweet potatoes
- 2 cups baby carrots
- 1 cup spring water
- 2 cups organic vegetable broth
- ½ tsp. Sea Salt
- ¼ tsp cumin
- ½ tsp coriander powder
- ¼ tsp ginger root
- ¼ tsp minced garlic

Bake the potatoes and boil carrots until soft. Mix all the ingredients in blender until smooth. Serve and enjoy!

Quinoa Salad

This is a great cold salad dish that is soft, nutrient dense and versatile.

- Raw quinoa (You can prepare raw quinoa 2 different ways. 1). Rinse, soak for 8 hours, rinse, eat. 2) Sprout. Rinse then soak for 12 hours. Drain spread quinoa thin on a cookie sheet, cover and put in the dark for 48 hours. Rinse, drain and re-spread quinoa every 8 hours.
- Hemp, sesame or olive oil.
- Your favorite fresh herbs

Toss ingredients together and keep refrigerator until ready to eat.

Refreshments

Vanilla Coconut Kefir

- 1/2 cup coconut water
- ½ teaspoon pure organic vanilla extract
- Live Kefir Yogurt

Mix coconut water with vanilla. Stir into Live Kefir Yogurt and top with agave, raw honey or cinnamon.

Power Smoothies

Smoothies are the perfect option for filling you up and getting a hefty dose of nutrient and enzyme dense foods. Experiment with different ingredients until you find a few favorite personal recipes. You can use nut, seed or coconut milk as your base and add some of the ingredients below.

- Any fruit (banana, peaches, berries, mangos, oranges, mango, papaya)
- Greens (kale, romaine, celery, spirulina, chlorella)
- Protein Powder
- Cacao, Nut Butters, Coconut Butter
- Chia Seeds, Hemp seeds, Flax seeds
- Vanilla, almond extract, Agave, Aloe, Raw Honey
- Acai and Goji Berries
- Sea Salt, Cinnamon, Nutmeg
- Freshly brewed green or yerba mate tea

Hot Chocolate

- 1 cup almond milk
- 1 tsp. vanilla stevia
- 1 tbs. cacao powder

Cacao, or the “real chocolate,” is a highly nutritious and nutrient dense super food packed with vitamins and anti-oxidants.

Also, Enjoy These Drinks

- Fresh fruit or vegetable juice and juice blends
- Soy Milk, Almond Milk
- Yerba Mate Tea, Green Tea, Herbal Tea, Fruit Tea
- Lemon Water

Desserts

Banana Chia Pudding

- ½ cup chia seeds
- ½ cup raw honey
- 1 cup raw cashews
- 1 Cup water
- 3 mashed banana
- 1tbs cinnamon and organic pure vanilla extract
- ¼ tsp. Nutmeg, ginger and sea salt

Blend ingredients together and let sit until chia seeds become pudding-like. Chill and serve. Chia seeds are a good source of fiber, antioxidants, phytonutrients and essential fatty acids.

Raw Chocolate Ice Cream

- 3 banannas
- 3 tbs. cacao powder
- 2 tbs organic raw, unsalted tahini
- Coconut water
- 8 packets stevia
- 6 organic Medjool dates, pitted
- 3-4 cups ice cubes

Blend all ingredients and 1 cup of the ice. Continue adding ice until mixture is thick. Add coconut water as needed to facilitate blending.

Lemon Ice

- 1 lemon peeled
- 1 cup ice
- 6 packets stevia
- Splash of apple juice

Blend all ingredients and ice. Continue adding ice until mixture is desired consistency.