

To receive the full benefits from the Master Plant Dieta with Noya Rao, you will need to prepare your body in the week leading up to the home retreat.

A strict diet in the week before, during, and after retreat requires discipline; admittedly, it is not easy to forego enjoyable foods.

By doing so, however, you will demonstrate your commitment and dedication to the healing process and create the foundation necessary to heal the body, mind, and spirit profoundly.



NOYA RAO DIETA RECIPES



Remember that if the diet is considered a demonstration of determination, it is easy to see how the physical act of abstinence and eating is just touching the surface.

Being unhappy or complaining about the dieta, fantasizing about sex, or favorite foods is also a demonstration of determination or the lack thereof.

AYA Healing Retreats
www.AYAHealingRetreats.com

FOOD FOR YOUR SOUL

We highly encourage that the nutrients you put into your body are as clean as possible while working with Noya Rao. Purchase products that are locally sourced, pesticide and hormone free, fresh, organic, and free ranged.

Avoid anything canned, previously frozen, or processed. I also invite you to have clean filtered water available to you unless your tap water is beautiful spring water.





Protein Options:

Protein:

- Eggs

- Fish

Avoid fish such as salmon, tuna, pike, perch, mahi, grouper, and sea bass

Do NOT consume if you can the skin of the fish (to avoid animal fat)

** NO shellfish of any kind**

- Chicken- make sure it is skinless (to avoid animal fat)

- Beans (adzuki and black bean are nice <3) - make sure they are not canned and you buy them dry and soak them instead.

- Quinoa

- Lentils

BREAKFAST



HARD BOILED EGG AND STEAMED KALE:

-Boil water in a saucepan, then place your eggs in the pot, let simmer for 7 minutes, then place in an ice bath until cool enough to handle and peel.

-Boil an inch or 2 of water with a pot with a steaming basket above with chopped kale, (or spinach) until softened.

-Slice egg on top of kale, and optionally add coconut flakes or pumpkin seeds for texture and lemon juice to enhance flavors.



PORRIDGE WITH FRUIT:

-Heat together 1 cup of water or nut milk (or combo of the two) with ½ cup rolled oats, until at a boil, then turn down and cook until absorbed and a texture you like.

-Top with chopped apple, banana, or pear, and add ons such as chia, cinnamon, maca, chopped nuts, or coconut flakes. (Try overnight oats, in a jar/container combine oats with a natural unsweetened nut milk, and add-ins of your choice, stir, and place in the fridge overnight for a quick breakfast. Optional to heat up but not necessary).



MASHED SWEET POTATOES:

-Peel and chop sweet potatoes, boil a pot of water, place potatoes in water for 20-30 minutes or until soft. Drain, then mash with a fork, adding a little bit of nut milk until smooth.

-Add toppings of choice: Chopped apple, banana, chia seeds, hemp seeds, cinnamon, chopped nuts, etc.





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- ** NO shellfish of any kind**
- Chicken- make sure it is skinless (to avoid animal fat)
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BREAKFAST



EGG VEGGIE BREAKFAST:

- Cook eggs whichever way you prefer - (if scrambled, must have a non-stick pan, or use a small amount of coconut oil so it doesn't stick, otherwise poach or hard boil).
- Saute mushrooms, bell pepper, spinach, and any other desired veggies by slowly adding water to the pan when it begins to stick, so oil is not necessary. (Or steam veggies)
- Plate together, and sprinkle with oregano/basil/parsley and a squirt of lemon.



PARFAIT:

- Find a quality sugar free, dairy free yogurt brand, sweeten naturally by mixing in fruit, or fresh orange juice, top with chia, maca, coconut flakes, cinnamon, goji berries, etc.



PANCAKES:

- Mash 2 bananas, combine with 1 egg (optionally add chia seeds to batter), lightly grease skillet with coconut oil, and make small 2-3 inch pancakes.
- Top with fruit, dash of cinnamon and and coconut flakes





Carbohydrates Options:

Carbohydrates:

- Quinoa
- Gluten Free Oats
- Gluten Free Amaranth
- Potatoes
- Yucca
- Beans
- Plantains
- White Rice or Brown Rice

LUNCH



POTATOES WITH STEAMED VEGGIES:

-Chop potatoes if larger than bite size, place in pot with water to cover, bring to boil then simmer until softened, 10-20 minutes. Drain and let cool slightly.

-Meanwhile place chopped veggies in a steaming basket and steam until softened. Lightly squash potatoes, top with your veggies, chopped fresh parsley, and a spritz of lemon.



RICE WITH BEANS AND PLANTAINS:

-Cook white rice: boil 2 cups of water, rinse 1 cup of rice, pour in water once boiling, cover and lightly simmer for about 17 minutes, let cool slightly then fluff with a fork.

-Find unsalted canned beans, or prepare yourself. Rinse, heat, and pour in a bowl with rice.

-For the plantains, boil them in their skins for 15 minutes, Drain and let cool, then open skin with a knife and slice the plantain into coins.

-Place all together in a bowl and top with chopped fresh cilantro, chopped tomatoes and lime, or dash a small amount of ginger powder. **or cumin**



GREEN SALAD WITH AVO DRESSING:

-Prepare your greens in a big bowl. Shred on top carrots and beets. Chop cucumbers and tomatoes and place on top.

-To make green dressing- blend 1 avocado, 1 lime, and a handful of cilantro, scraping down the sides with a spatula until smooth.

-Top salad with some of your dressing and save the rest in the fridge. Optional add sprouts, pumpkin seeds, or mix in arugula.





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MEDITERANEAN QUINOA SALAD

-Cook quinoa- Rinse 1 cup quinoa well in fine mesh strainer. Put in a saucepan with 2 cups of water, cover and bring to a boil, then let gently simmer for 10-15 minutes, take off heat and let steam, then open and fluff with a fork. (Consider making a bigger batch, as it lasts in the fridge for 4 days)

-Mix cooled quinoa, unsalted garbanzo beans, chopped parsley, cubed cucumber, sliced tomato, and a squirt of lemon.



PEAR ARUGULA SALAD:

-Toss a handful of arugula with chopped walnuts/pecans/pumpkin seeds, pear cubes, a squirt of lemon juice, and optionally add coconut flakes, or some cooled cooked quinoa.



BURRITO BOWL:

-Combine rice (cook according to above recipe), black or pinto beans (unsalted), corn, cilantro, ¼ cubed avocado, steamed bell pepper strips or zucchini, top with squirt of lime juice.

SPRING ROLLS:

-Shred carrots and beets.

-Wash and slice some crispy lettuce, bell pepper, and any other veggie on hand that sounds good raw.

-Thinly slice 1-4 avocado, and chop your fresh herbs, either basil, mint, or cilantro.

-Wet the rice paper wrapper according to the directions on the package.

-Layer the above ingredients in your rice paper and fold into a roll.





Fruits and Vegetables Options:

Fruits:

- Pear
- Apple
- Melons
- Avocado : keep this as a treat and to a very minimum - maybe a ¼ of avocado every couple of days.
- Banana
- Papaya : keep to a minimum

Vegetables:

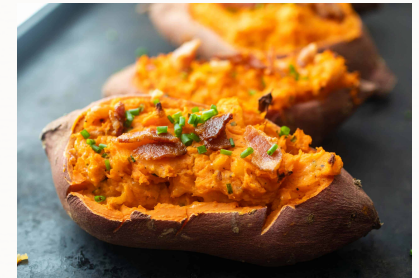
- Cauliflower
- Green Beans
- Kale
- Spinach
- Carrot
- Broccoli
- Beets- Celery
- Cucumber
- Lettuce

DINNER



BAKED SWEET POTATO

- Preheat oven to 400. Wash, dry, then stab sweet potato(es) with a fork. Place in the oven on a rack or baking sheet for 40-60 minutes depending on size of potato.
- To make a tahini dressing, mix tahini with lemon juice and water until pourable consistency.
- Add a side of roasted or grilled zucchini, and top with chopped parsley. (Tip: when roasting veggies in the oven, use parchment paper when not using oil so it doesn't stick to the pan).



BUTTERNUT SQUASH BOWL:

- Peel butternut squash, cut into cubes, and steam until fork tender.
- Meanwhile cook quinoa or rice according to the previous recipe.
- Place in a bowl together and top with either parsley, sage, thyme, and lemon juice, or cinnamon and a few dried natural (no sugar added) cranberries.



LENTIL VEGGIE SOUP:

- In a large saucepan, saute celery and carrots, and any other hard veggies you wish to add for 5 minutes or until slightly softened, adding water little by little so it doesn't stick.
- Add oregano, rosemary or thyme to release it's flavor, stir and saute for another couple minutes, then optionally add a can of salt-free diced tomatoes.
- Add water to pot, a few inches above your veggies.
- Add either 1 cup rinsed lentils, or a can of unsalted soup beans such as kidney, navy, or cannellini.
- Simmer uncovered for 15-20 minutes or until lentils are soft but not too mushy.
- Garnish with parsley and lemon spritz.





Snacks Options:

Homemade hummus:

-Place unsalted garbanzo beans, lemon juice, parsley, and optionally add a spoon of tahini, and blend in a blender or food processor, adding a little water at a time until smooth. Eat with carrots or other veggies.

Simple Guac and Cucumber chips:

-Mash together $\frac{1}{4}$ avocado, a squirt of lime and chopped cilantro
 -Peel and cut cucumber into coins and use as chips.

DINNER



FISH WITH STEAMED KALE

-Prepare fish according to the appropriate method, choose one that is non-predatory, and skinless.
 -Place chopped kale in a steaming basket above 2 inches of water, simmer covered until wilted. Plate with a drizzle of lemon and lightly toasted pumpkin seeds.



CHICKEN AND STEAMED BROCCOLI:

-Same as above, make sure chicken is skinless, feel free to use whatever vegetable you desire.

