

# Karama Fresh

Detox and Renew through Ramadan



by Lana Nazer &  
Jessica Jean Weston



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[www.jessicajeانweston.com](http://www.jessicajeانweston.com)  
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DISCLAIMER: This book is not meant to be used to diagnose or treat any medical conditions. Consult your physician for diagnosis or treatment of any medical conditions. Always consult a physician before starting a new diet or wellness program.

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"We want to inspire you and add a touch of sweetness and mindfulness into your Ramadan" -Lana

Welcome!

We are so excited that you have decided to join us on this journey! Whether you are along for our experience through Ramadan, or this is finding you at a different time or place, we hope that the recipes in this e-book will support you exactly where you are today (and for many days to come).

We have teamed up to bring you this offering to enjoy, learn, grow, and share with the world around you! Lana, an herbalist, yoga teacher, and bright light, from Jeddah, Saudi Arabia and Jessica, chef + restaurant owner, author, and holistic health coach from Brattleboro, Vermont, USA. We met through the magic of the worldwide web and have been working together since December 2020.

In this e-book we have aligned our recipes, affirmations, and mindfulness practices with the energy of the moon during the holy month of Ramadan. We have designed these recipes to help you cleanse, detox, and replenish your mind, body & soul.

Feel free to enjoy these recipes & practices at any time of the year, whether or not you are cleansing!

We'll begin by sharing some information on equipment and resources to set you up for success, then explore a few staple recipes you'll enjoy throughout the month (and beyond), and dig into our 4 weeks.

We recommend to break your fast with dates and Arabic coffee followed by a fresh pressed juice or refreshing smoothie. End your evening with a simple, nourishing meal, followed by a soul filling warm elixir (drink).

At the end of this e-book you will find our very basic essential oil reference guide that will cover 5 of our favorite essential oils and how to use them to support common physical & emotional concerns.

Nothing in this e-book has to be followed strictly. We always encourage you to tune into your center and go for what you are called to. You know what your body and spirit needs more than we (or anyone else) ever will.

We hope this e-book provides you with a great source of love, knowledge to empower you in your kitchen and with your emotional / physical well-being, and the inspiration to share with your community. After all, we are all better when we're working together from a place of deep unconditional love.

**Thank you so much for joining us for this special journey through Ramadan!**

*Yalla! (let's go)*

xo **Lana & Jess**



# Equipment & Resources

*Excerpts from Jessica's Healing Tonics cookbook (juicer, blender, and nut milk bag):*

**JUICER:** There are two kinds of juicers available on the market: centrifugal and masticating. Centrifugal are generally cheaper than masticating and don't get as much nutritional value out of the produce.

**Centrifugal** juicers are designed to press produce down through a mesh basket. They work best with soft or hard produce, while they struggle with leafy greens. There is a concern that this style juices at a higher heat and that it creates higher oxidation (i.e. breaking down enzymes for easier assimilation), which is a good thing when done more gently at a lower temperature. Because of their structure, centrifugal juicers are often loud.

**Masticating** juicers (also known as cold-pressed) are generally more expensive up front, but are able to do a great deal more in the long run, saving money by getting the most out of your produce and keeping nutrients more intact, which in turn keeps the juice fresh for longer. These are wonderful for juicing leafy greens and wheatgrass, and are usually also able to grind coffee, make sorbets from frozen fruit, process nut butters, make pasta, and more! Masticating juicers, in general, are less noisy.

Things I look for in a juicer:

- Clean-up ease and time (because you want to actually use it!)
- Versatility (it can handle everything you want)
- Longevity of final product (while it's best to drink up immediately for optimal nutritional benefits, some juicers keep juice longer than others -- when refrigerated, of course)
- Getting the most out of my produce (watch videos of different juicers and you'll notice that they produce varying amounts of juice)
- Size (too bulky makes it hard to fit on the counter, but too small and you'll be cutting your produce forever trying to make it fit)
- Noise level
- Warranty

My personal favorite is the Omega J8006 (\$300 USD), I've had mine for over a decade and I still use it almost every day! I've had a couple parts break after extreme use, and the warranty covered it fully, easily, and I got my replacement within 7 business days! Plus, it was only around \$250 USD, making it very affordable for the quality and it really gets a LOT out of the produce I put through it so I'm not wasting money on my grocery bills buying double the ingredients!

**NUT MILK BAG:** While I have been known to not strain my milk at home on occasion, it is ideal to use a bag (especially if you don't have a high-speed blender) for a smoother consistency. Nut milk bags can be found at almost every health food store, food coop, or sites like Thrive Market or Mountain Rose Herbs in the US.

**BLENDER:** While juicers extract the liquid from Whole Foods, separating the pulp, blenders keep everything. When I was just starting out I had the blender that was handed down to me from my parents. I eventually swapped it out for a similar thrift store find when it died and didn't get a high-speed blender until after I opened my café in 2014! Even though they are quite an investment, when you are finally able to make the plunge and benefit from the magic a blender like a Vitamix or Blendtec can create, your world will never be the same, and the creative possibilities in your kitchen will be boundless!

**Intermediate:** Nutribullet High-Speed (\$80 USD)  
Ninja NJ600 (\$100 USD)

**Advanced:** Vitamix Refurbished (\$329 USD)  
Vitamix A2500 (\$500 USD)  
Blendtec (\$400 USD)

**RAW CACAO POWDER:** As opposed to cocoa powder, raw cacao powder is the pure, unprocessed with high heat, cacao straight from the bean, with no added fillers or sweeteners. Raw cacao powder is smooth and sweet and will be your new best friend for all your hot chocolates and chocolate creations! I use it in raw and baked goods alike. Raw cacao powder can be found at most health food stores, food coops, or sites like Thrive Market or Mountain Rose Herbs in the US.

**ESSENTIAL OILS:** We only use doTERRA essential oils because they are the most tested and trusted on the market and every single batch has a spec report, they have high standards of sustainable co-impact sourcing, and they work to lift up the communities they partner with all over the world. Safety and full knowledge of what we're breathing in, putting in and on our bodies is so important to us and we only want the best for you. Contact us / [learn more about essential oils here](#).

Beyond shopping at your favorite local health food store or food cooperative, there are many sources online (at least in the US) for superfoods, herbs, and various equipment. Two of my favorites are **Thrive Market** for basically any non-perishable grocery item on the health food scene and **Mountain Rose Herbs** for all your bulk herbs, spices, medicinal mushrooms, and apothecary needs.

### ESSENTIAL OIL SAFETY

Throughout this e-book we share ways to incorporate essential oils in your cooking, breath work practices, and more. We only recommend using doTERRA oils as they are the most tested and trusted and safe for internal use. That is not always the case. **PLEASE DO NOT consume any old essential oil, they are not all created equal.** It is an unregulated industry and many companies use fillers and very questionable to ingest (breathe in or put on) ingredients.

I (Jessica) have been using doTERRA for almost 6 years now and the only reason I do is because they have 3rd party lab test results of every single batch of oil that you can look up the spec report for online (each bottle has a code that links it to it's spec report at [www.sourcetoyou.com](http://www.sourcetoyou.com)). There are always swaps available if you don't have the oils or prefer not to use oils internally.

Always start with a less is more mentality when adding essential oils as they are WAY more potent! 1 drop can be too much sometimes - you can dip a toothpick in and give a swirl in your recipe. You can always add more, but you can't take it out. **Remember, 1 drop of doterra peppermint oil is roughly equivalent to 28 bags of peppermint tea!**



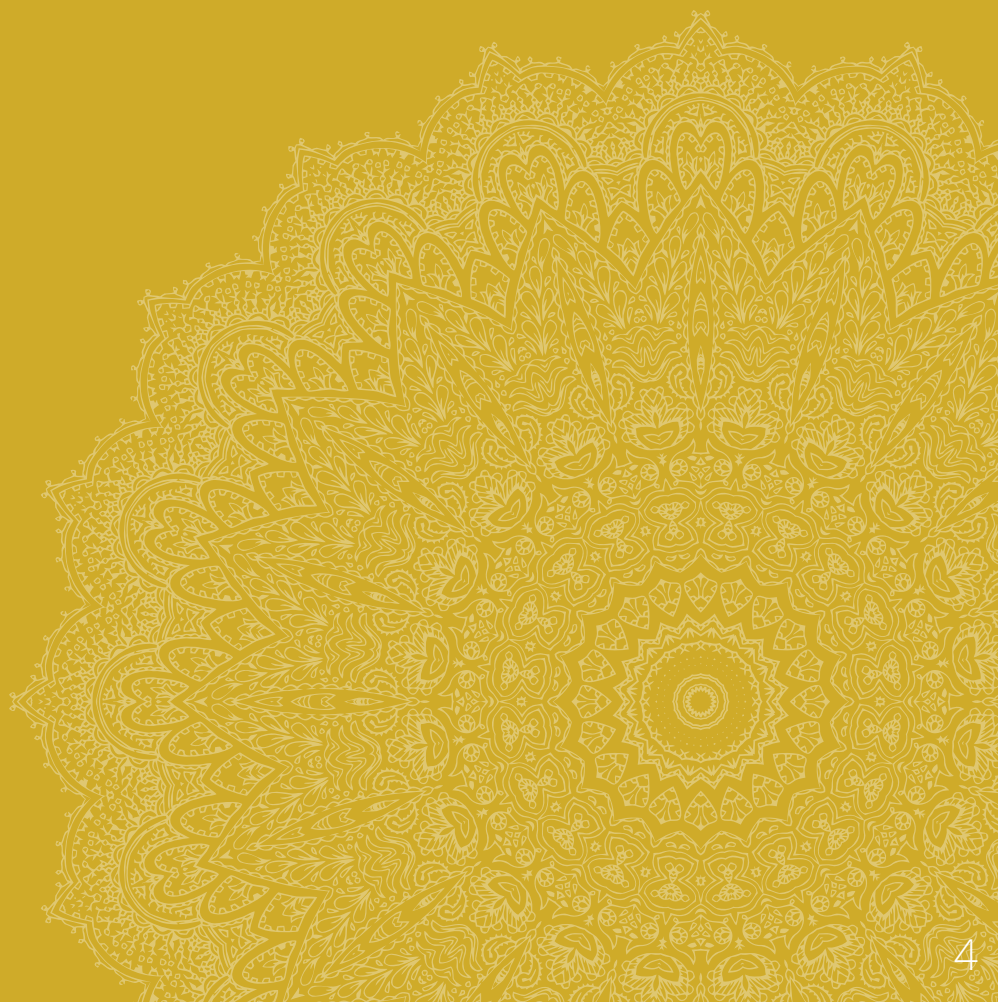
# Staple Recipes

The recipes in this section are extra bonus recipes we've included as "staples". Plant Mylk (non-dairy milk), Turmeric Paste (which you'll learn more about and how to use soon), and Lana's not-so-secret family recipe for the best Arabic Coffee you'll ever experience!

Plant Mylk will be a fun staple that you'll make as frequently as needed (up to twice a week, depending on how frequently you use). It only lasts about 3-5 days in a sealed container in the fridge. You can always buy store bought plant-based mylk, or use regular milk, but we wanted you to have the option and knowledge of how to make your own!

Arabic Coffee is a daily staple during Ramadan to enjoy after you break your fast with dates. Lana recommends drinking 3, 2oz servings after breaking your fast and a couple more an hour or so later. Whatever you and your body desire, do that!

Once you make turmeric paste once, you'll have it in your fridge for several servings that should last you at least a couple weeks or longer.





## Plant Mylk

Yield ~ 3 cups

You can use regular milk in any recipe you desire, but if you'd like to swap it out for dairy-free plant-based milk made from nuts, seeds, oats, etc... here's a recipe that you can DIY (do it yourself).

Yes, store bought mylk is convenient... But it is also usually filled with unwanted fillers, sugar, and gums, among other things we simply don't need. It is much healthier to make your own and often much cheaper! You can do this!

P.S. I spell it with a "y" to signal that it is not dairy.

### INGREDIENTS:

3/4 cup hemp seeds (or seed / nut of choice)

3 cups filtered or spring water

### DIRECTIONS:

Add ingredients to a blender and blend for 30-60 seconds, or longer, until smooth. Pour through a nut milk bag and gently squeeze as much liquid as you can into a bowl.

You can compost or save the pulp for raw treats (crackers, cookies, etc.). Freeze the pulp to use at a later date if you'd like.

This lasts about 3 days in the fridge.

*Many nuts and seeds need to be soaked several hours or overnight, strained, and rinsed before making mylk. See the soaking guide in the back of Jessica's book for more specific details.*





## Arabic Coffee

Yield ~ 28 ounces (14 servings)

Lana's not so secret anymore family recipe, otherwise known as the BEST Arabic coffee you've ever had. Make sure to use green Arabic coffee beans and enjoy your new found love!

### INGREDIENTS:

1.5 liters filtered water  
6 ounces course ground green Arabic coffee beans  
6 ounces ground cardamom  
pinch saffron

### DIRECTIONS:

Boil 1.5 liters of filtered water. Pour into any kettle or medium sauce pot.

Add coffee to boiling water and boil on high for 3 minutes. Stir and reduce to a simmer for another 15 minutes.

Add cardamom powder and saffron.

Strain and serve.

This coffee is thicker and murkier than normal coffee. It will be a kind of tannish color.

*"The murkier the better" - Lana*





# *Turmeric Paste*

Yield 1 cup

This is the main base for our Spiced Golden Mylk recipe (page 11). Some golden mylks can be quite chalky, but we've found that making this paste in advance to have in the fridge whenever you want it is not only easier, but more delicious.

To amplify the benefits of turmeric, we combine it with black pepper to make it more bioavailable (easier for our body to absorb and assimilate). Don't worry, it doesn't taste like black pepper!

## **INGREDIENTS:**

1/2 cup turmeric powder  
1 tsp ground black pepper  
1 cup filtered or spring water

## **DIRECTIONS:**

Add all ingredients to a small saucepan and cook over low heat, stirring until it has reached a paste-like consistency, approximately 3-5 minutes.

Let the mixture cool, then refrigerate in a sealed container. It should last for several weeks (or longer) refrigerated.





# Week 1

Moon Phase:

*New Moon*

Theme:

*Cleanse*

Affirmation:

*"I am committed to cleansing  
my mind, body, and soul."*

## Essential Oil:

# Cardamom

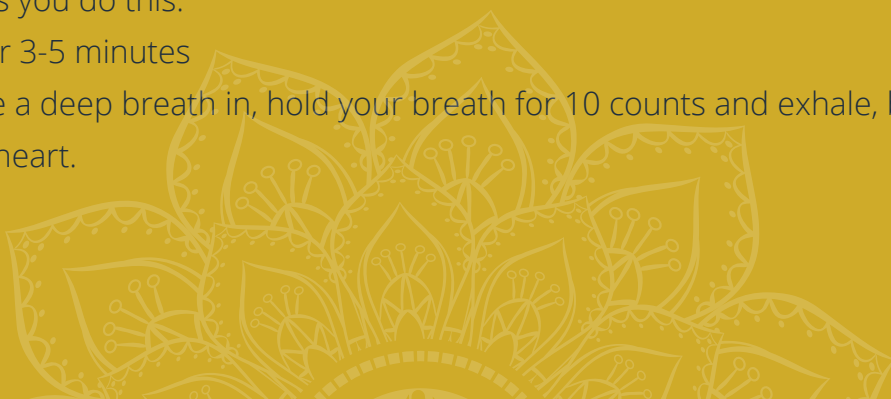
Cardamom is the oil of objectivity. One of our ALL TIME FAVORITES for literally everything, especially added to raw desserts and hot elixirs (drinks). Cardamom is a beautiful sweet seed and member of the ginger family. Cardamom supports a healthy respiratory system. This seed embodies the energies of both anger and passion, both very fiery emotions. Working with this oil can help to transmute anger and regain objectivity. Cardamom is a well known aphrodisiac and can be invigorating, enlivening the flames and connection between lovers. Cardamom invites us to step into our passionate purpose, to take charge, and full responsibility of our lives.

I absolutely love the practice of aromatic dressing after a shower, bath, or before bed. In a sweet little mixing bowl add a carrier oil like fractionated coconut oil, a few drops of cardamom, and any other oils you are called to blend together. Some of my favorites to add with cardamom are green mandarine, fennel, geranium, rose, sandalwood, and ginger. Mix together and give yourself a self-massage from the base of your feet, all the way up to your crown chakra on the top of your head, loving on every bit of yourself. We don't give ourselves nearly enough self-love, including loving talk to our bodies for doing such amazing things every day. Enjoy this blissful moment and step into your passionate purpose in life!

## Practice:

# Mindful Breathing

- Sit in any comfortable position with a long spine
- Option to add 1 drop of Cardamom oil on the palm of hands, rub palms together, open up palms and lift palms toward face. Take a deep inhale through the nose and as you exhale gently lower the hands.
- Bring the hands to the heart and repeat the affirmation 3 times: I am committed to cleansing my mind, body, and soul.
- Relax the shoulders, close the eyes.
- Simply become aware of your breath. You don't have to try to change your breath. Just sit quietly.
- Focus your attention on your breath. Your body will begin to slow down your breathing as you do this.
- Continue for 3-5 minutes
- To end, take a deep breath in, hold your breath for 10 counts and exhale, bow the chin to the heart.
- Namaste







# Wild Orange Apricot Dates

Yield 12 pieces

Let's kick off our weekly date roll recipes with this bright, vibrant, simple combo. Citrus brings an instant sunshine and can help energize us when we're feeling low.

For all the date roll recipes you can use store bought date paste, or if you have a strong enough food processor, process pitted medjool dates into a thick gooey paste. Add a tiny bit of filtered water if needed for desired consistency. I recommend store bought date paste unless you have an extremely powerful food processor, as this is very rough on the equipment. It was able to work in my Vitamix food processor, but that has an extremely powerful motor. You can also add all ingredients to a food processor and it should break down enough if you let it process for a bit.

## INGREDIENTS:

- 1 cup date paste or pitted dates
- 1 cup dried Turkish apricots
- 1/2 cup dried coconut shreds
- 1/2 cup gluten-free oats
- 1 tbsp orange zest OR 3 drops doTERRA wild orange oil

## DIRECTIONS:

Add all ingredients to a food processor and mix until well incorporated. Form into rolls or bite-size balls.

Store in a sealed container at room temperature for up to 4 weeks (if you don't eat them faster) and enjoy as desired.





## Spiced Golden Mylk

Yield 16oz (1 serving)

This healing Ayurvedic classic has been taking over health food shops in the Western world over the past several years. The highlight of this drink is the popular, and very well researched, Indian spice turmeric, most known for it's anti-inflammatory benefits. This drink is also warming, supports healthy digestion, and is great to enjoy before a good nights rest.

### INGREDIENTS:

- 1/2 cup coconut mylk
- 1 1/2 tsp turmeric paste (recipe on page 7)
- 1/2 tsp ginger powder or 1-2 drops doTERRA ginger oil
- 1/2 tsp cardamom powder or 1-2 drops doTERRA cardamom essential oil
- 1/2 tsp cinnamon powder or 1-2 drops doTERRA cinnamon oil
- 1/2 tsp vanilla extract, optional
- 1 1/2 tbsp raw honey or maple syrup, optional
- 1 1/2 cups hot water

### DIRECTIONS:

Blend all ingredients until frothy

Pour into your favorite mug and enjoy.





## *Pearfect Green Juice*

Yield 16oz (1 serving)

Green juice is a must for any detox to help flush out and clear our systems, while simultaneously filling the body with vital nutrients to replenish and hydrate. This juice brings it all with loads of hydration between the cucumber and romaine, belly support with ginger and clearing with the lime. Plus, it's simply delicious!

### **INGREDIENTS:**

1 medium cucumber, peel and all  
1 medium pear  
1/2 head romaine  
1/4 lime, peel and all  
1 inch chunk fresh ginger root, peel and all

### **DIRECTIONS:**

Wash, prep, and chop the produce as necessary.

Process all ingredients through your juicer, alternating between the juicy and more fibrous ingredients.

Enjoy!





# Nourishing Mushroom & Veggie Soup

Yield 4-6 servings

## INGREDIENTS:

- 2 tbsp coconut oil
- 1 small yellow onion, sliced
- 2 tsp salt
- 1/4 tsp fine ground black pepper
- 1/4 cup coconut aminos (can sub soy sauce or tamari)
- 4 cloves garlic, minced
- 2 medium carrots, peeled & sliced into full moons
- 4 celery stalks, finely sliced
- 2 cups crimini mushrooms (can sub shiitake or portabella), sliced
- 1/2 bunch kale, broken into bite size pieces
- 8 cups filtered water OR vegetable broth

Feel free to play with adding other veggies to this like zucchini, sweet potato, etc.!

## DIRECTIONS:

In a medium-large soup pot add coconut oil and bring to a medium heat. Once oil is hot, add onions, salt, pepper, carrot, celery, garlic, and mushrooms and cook until they begin to soften and mushrooms start to golden a bit. Stir occasionally.

Add water and cover with lid. Cook on a low-medium heat until vegetables are thoroughly cooked through. Test with a fork that they're soft.

Add coconut aminos and continue to let simmer on low heat for ~10 minutes.

Serve and enjoy!

This soup freezes well if you want to save some for later, and will keep in the fridge for at least 5 days.



# Week 2

Moon Phase:

*Waxing Moon*

Theme:

*Detox*

Affirmation:

*"I allow my body, mind and soul to  
release all things that don't serve me."*



## Essential Oil:

# Peppermint

Peppermint is the oil of a buoyant heart. I love adding a drop to my heart and wrists before meditation. It also helps to expand nasal passageways and increase lung capacity (helps you breathe better) and is therefore a great oil to use before yoga, breath work, or any athletic activity. I use peppermint as a mid-day pick-me-up paired with wild orange.

Place 1 drop in the palm of your left hand, press your right thumb into the oil, place your right thumb on the roof of your mouth and breathe in deep. Rub your hands together and cup in front of your face, with eyes closed, and breathe in. Rub any extra on any sore spots of body (neck, back, jaw, wrists, etc.).

**Caution:** Peppermint is very tingly! Do not touch your eyes immediately after using topically or go to the bathroom without washing your hands first.

## Practice:

# Ujjayi Breathing

- Sit in any comfortable position with a long spine. Rest your hands on your knees.
- Option to add 1 drop of peppermint oil on the palm of hands, rub palms together, open up palms and lift palms toward face. Take a deep inhale through the nose and as you exhale gently lower the hands.
- With your mouth open, exhale and imagine you are steaming up a mirror / glass and feeling the warm breath on your palm.
- When you feel comfortable here move on to closing your mouth.
- Seal your lips and start to breath in and out through your nose.
- Take an inhalation through your nose that is slightly deeper than normal. Exhale slowly through your nose while constricting the muscles in the back of your throat.
- Your breath should sound like waves in the ocean.
- To end, take a deep breath in, hold your breath for 10 counts and exhale, bow the chin to the heart.
- Namaste





# Chocolate Chip "Cookie Dough" Dates

Yield 12 pieces

Who doesn't love eating cookie dough even though you're not supposed to?? These raw stuffed dates take the risky business out of that childhood treat and are so delicious!!

## INGREDIENTS:

12 medjool dates

2/3 cup raw cashew butter

3 tbsp raw honey or maple syrup

1.5 tbsp coconut oil

1/2 tsp cinnamon powder

1/4 cup chocolate chips or raw cacao nibs

chocolate drizzle:

1 dark chocolate bar (or 1/2 cup chocolate chips)

1.5 tbsp coconut oil

## DIRECTIONS:

Carefully remove the pit from the dates and slit them open half way (don't cut in half, we want to be able to stuff them!).

Mix together in a small bowl cashew butter, maple syrup, coconut oil, and cinnamon until smooth.

Fill each date with ~1 tsp of cashew butter mixture. Top with chocolate chips or nibs.

Put chocolate bar and coconut oil in a small sauce pot and melt on a very low heat. Drizzle over stuffed dates. Store in fridge or a sealed container on the counter.





# Red Velvet Rose Hot Chocolate

Yield 16oz (1 serving)

We're taking the concept of red velvet cake and translating it into a velvety red velvet hot chocolate... and then infusing it with rose. No fake red food dye. Pure plant magic with fresh pressed beet juice for that real food vibe. Is there anything more magical??

## INGREDIENTS:

- 1/4 cup plant mylk (recipe on page 5)
- 2 tbsp fresh pressed beet juice
- 3 tbsp raw cacao powder
- 2 tbsp raw almond butter
- 1/2 tsp vanilla extract
- 1 1/2 - 2 tbsp raw honey or maple syrup
- 1 1/2 cups hot water OR hot rose tea

## DIRECTIONS:

Blend all ingredients until smooth and frothy

Pour into your favorite mug, garnish with rose petals, and sip in the love!

*To make rose tea:* steep 4 tbsp dried rose petals with 4 cups boiling water in a tea pot or small saucepot with lid for at least 5-10 minutes (can brew longer).





## Golden Hour Capple Juice

Yield 16oz (1 serving)

Let's take the tried and true classic combo of carrot and apple to the next level with the super immune boosting goodness of turmeric, ginger, and lemon. The flavors are bright, earthy, and the colors are pure magic.

### INGREDIENTS:

1 medium apple  
3 medium carrots, peel & all  
1 inch chunk fresh turmeric root, peel & all  
1 inch chunk fresh ginger root, peel & all  
1/4 lemon, peel & all

### DIRECTIONS:

Wash, prep, and chop the produce as necessary. Process all ingredients through your juicer, alternating between the juicy and the more fibrous ingredients.

Enjoy!





# Red Lentil Stew

Yield 5-8 servings

## INGREDIENTS:

2 tbsp cold-pressed coconut oil  
2 medium large carrots, peeled & sliced  
1/2 large yellow onion, diced  
1/2 bunch celery, chopped  
3-4 cloves garlic, minced  
2-3 bay leaves, optional  
1 tbsp fine ground pink himalayan salt  
1/2 tsp fine ground black pepper  
3 cups dried red lentils  
11 cups filtered water or vegetable broth  
1, 13.5oz can full-fat coconut milk

## DIRECTIONS

Add coconut oil to a medium sauce pot over low heat. Add carrots, onion, celery, and salt. Stir.

After a few minutes, once the veggies start to soften, add garlic and allow to cook down a few minutes.

Add the lentils, black pepper, bay leaves, and water. Cover and let cook until lentils are softened.

Add the coconut milk and stir. Let sit for a few minutes to incorporate before serving.

This soup freezes very well to save for later!



# Week 3

Moon Phase:

*Full Moon*

Theme:

*Heal*

Affirmation:

*"As my body heals,  
so do my thoughts."*



## Essential Oil:

# Lavender

Lavender is the oil of calm and communication. It assists with verbal communication and calming the body and entire nervous system. Lavender is one of the best essential oils to support and calm our nervous systems, release tension, shock, and work through trauma.

Before your meditation or sivasana to end your yoga practice place a drop on the palm of your hands, rub together, breathe in, place your hands on your heart, and take a few deep breaths.

Diffuse and apply topically (anywhere you're called) throughout the day to inspire feelings of calm, to come back to your heart center, to nourish your nervous system, and at night for a restful sleep.

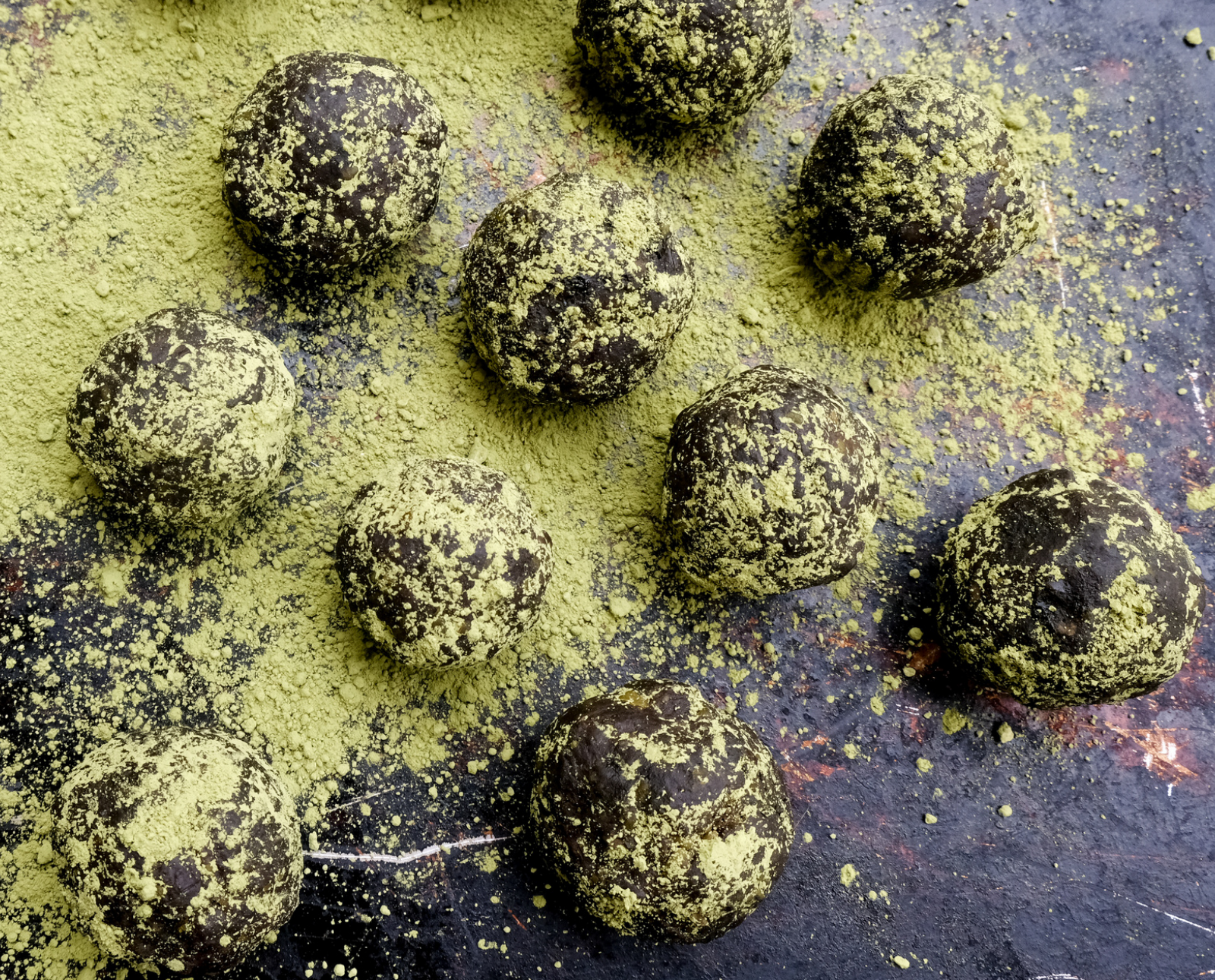
## Practice:

# Breath of Fire

- Sit in any comfortable position with a long spine. Rest your hands on your knees.
- Option to add 1 drop of lavender oil on the palm of hands, rub palms together, open up palms and lift palms toward face. Take a deep inhale through the nose and as you exhale gently lower the hands.
- Take a deep, cleansing breath before you begin, in through your nose and out through your mouth.
- Start by sitting, focusing on a long spine. Close your eyes and get comfortable, sitting on a pillow or up against a wall.
- Hands can rest on your knees or in your lap.
- Inhale gently through your nose and feel your belly expand. Exhale vigorously out through your nose, feeling your navel or belly pull back towards your spine.
- Keep your inhale and exhale even, exerting the same amount of force and depth.
- The breath is short and sharp, once you begin, keep it going for up to 30 seconds. You will start to notice the inhale happens naturally. Focus on the exhale and the exertion.
- To end, take a deep breath in, hold your breath for 10 counts and exhale, bow the chin to the heart
- Namaste

**Contraindication:** Do not practice if you are pregnant, or if you have high blood pressure, acid gastric issues, heart disease, or abdominal pain. You should also stop or slow down if you feel dizzy or anxious.





# Matcha Chocolate Dates

Yield 12 pieces

As we step into week 3, we're ready to add some extra energy boost to our long days of fasting. Combining matcha green tea powder with raw cacao is a delicious and quick pick me up to boost your energy with some great brain and heart food.

Matcha is known as a powerful source of antioxidants and the benefits of cacao seem endless, from increasing energy, boosting cognitive function and focus, and opening / healing our hearts.

## INGREDIENTS:

1 cup date paste or pitted dates  
1 cup walnuts  
2 tbsp raw cacao powder  
1 tbsp raw cacao nibs  
1 tbsp matcha powder

*roll in:* matcha powder

## DIRECTIONS:

Add all ingredients to a food processor and mix until well incorporated.

Once well incorporated, form into rolls or bite-size balls and roll in matcha powder.

Store in a sealed container at room temperature for up to 4 weeks (if you don't eat them faster) and enjoy as desired.





## *Lavender Latté*

Yield 16oz (1 serving)

This is the perfect hot cup of bliss to enjoy before bed or to calm your nervous system when you're feeling any stress or anxiety hanging around. It's like a big cup of safe, calm love.

### **INGREDIENTS:**

- 1/2 cup plant mylk (recipe on page 5)
- 1 drop doTERRA lavender oil\*
- 2 tsp cacao butter (or coconut oil)
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon powder
- 1 tbsp raw honey
- 1 tsp vanilla extract

\*If you don't have food grade lavender oil, you can brew lavender tea in place of hot water

### **DIRECTIONS:**

Blend all ingredients until smooth and frothy

Pour into your favorite mug, garnish with rose petals, and sip in the LOVE!





# Chocolate Almond Berry Dream Smoothie

Yield 16oz (1 serving)

Bright anti-oxidant packed blueberries (we love wild blueberries if you can get your hands on them) meeting up with raw cacao powder and almond butter is some kind of unsung magic. Add in some hemp seeds for next level plant protein boost filled with some of the best omega fatty acids. This is a great way to start your day or even enjoy mid-day with that cacao / protein clean energy boost.

## INGREDIENTS:

- 1 cup plant mylk (recipe on page 5)
- 1 frozen banana
- 1/2 cup frozen blueberries
- 2 tbsp cacao powder
- 1 tbsp almond butter
- 1 tbsp hemp seeds
- 2 pitted dates, optional

optional garnish: hemp seeds & / or cacao nibs

## DIRECTIONS:

Blend all ingredients until perfectly smooth.

Enjoy!





# *Crispy Tofu with Coconut Rice, Veggies, & Tahini*

Yield 16oz (1 serving)

## **INGREDIENTS:**

1 cup white jasmine rice  
1/2 cup dried coconut shreds  
2 tbsp coconut oil  
1/2 tsp salt  
2 1/2 cups filtered water

1 medium sweet potato, cubed  
2 medium carrots, sliced into full moons\*

1 small-medium head broccoli, cut into florets

1 block extra-firm tofu, cubed  
1/2 cup organic corn starch  
2 tsp garlic powder  
1 tsp salt  
1/4 cup coconut oil  
1/2 cup toasted or regular sesame oil

1/4 cup sesame tahini  
1/4 cup cold pressed olive oil  
1 1/2 tsp minced garlic  
2 tbsp lemon juice  
1/2 tsp salt  
1/4 cup filtered water

4 cups spinach, arugula, or any green

\*feel free to roast any veggie you'd like. You can change this with the seasons.

## **DIRECTIONS:**

Pre-heat oven to 232 degrees C (450 degrees F)

Add rice, coconut shreds, coconut oil, and filtered water to a medium sauce pot and bring to a boil. Once boiling, lower to low-medium heat and cook until rice is done, approximately 20-30 minutes. Add salt and stir. Can use rice cooker to cook this.

On a lightly oiled baking sheet, add sweet potato and carrots (or any veggies of your choice) and sprinkle with salt. Bake for 30-40 minutes until tender and to desired baked consistency.

Fill a small sauce pot half-way with filtered water and a pinch of salt, bring to a boil, add broccoli florets and cover with lid. Cook for 10-15 minutes until broccoli is tender, but not too soft. Strain and discard the water.

Coat tofu in corn starch, garlic powder, and salt. Add oils to a medium frying pan on a medium heat. Once oil is hot, add tofu and fry until crispy, turning the pieces to get all sides cooked.

Blend tahini, olive oil, garlic, lemon juice, salt, and water until smooth. This is your tahini dressing!

Serve rice over greens and top with cooked veggies, tofu, and a heaping drizzle of tahini.





# Week 4

Moon Phase:

*Waning Moon*

Theme:

*Restore*

Affirmation:

*"I am whole, nourished,  
beautiful, and complete."*

## Essential Oil:

# Wild Orange

Wild Orange is the oil of abundance and creativity. All citrus oils are awakening and support a positive mood. As soon as you crack the bottle open, it's like instant sunshine!! Think of how you feel when you peel an orange! Everything is a little brighter and more energized.

Wild Orange shows us the vast meaning of the word abundance, in all forms. It reminds us of the limitless supply found in nature, there is always enough to go around, and that everything we desire is always available to us. It is a great companion oil to use during manifestation and creative visualization work to call in that energy. Add a drop to the palm of your hands, rub together, cup in front of your nose and breath in. I love diffusing (or wearing) this with peppermint for an instant pick-me-up.

Wild Orange (along with all citrus oils) are very detoxifying and are a great addition to add 1-2 drops to your water throughout the day. We also love adding them to smoothies, juices, raw desserts, and more. Just make sure you're using food grade quality for any internal use and never add oils to water that is in a plastic bottle - metal and glass are safe.

**SAFETY NOTE:** Citrus oils are photosensitive, meaning they can cause skin reactions if used topically when exposed to direct sunlight within ~12 hours of application. You can still enjoy internally and diffused, or wear on parts of your body that won't be exposed to direct sunlight.

## Practice:

# Bellows Breath

- Sit in any comfortable position with a long spine.
- Option to add 1 drop of wild orange oil on the palm of hands, rub palms together, open up palms and lift palms toward face. Take a deep inhale through the nose and as you exhale gently lower the hands.
- Take a deep, cleansing breath before you begin, in through your nose and out through your mouth.
- Inhale deeply through your nose, filling your belly with air about  $\frac{3}{4}$  way full.
- In a quick motion, forcefully release all the air from your lungs while drawing your navel in toward your spine. The movement comes from your belly. Focus on the exhales.
- Perform this cycle 10 times (for 3-4 rounds) then allow your breathing to return to normal and observe the sensations in your body.
- To end, take a deep breath in, hold your breath for 10 counts and exhale, bow the chin to the heart.
- Namaste

**Contraindication:** Do not practice if you are pregnant, have high blood pressure, acid gastric issues, heart disease, or abdominal pain. Stop or slow down if you feel dizzy or anxious.





## "Snickers" Stuffed Dates

Yield 12 pieces

A super simple, healthy version of one of the most popular candy bars out there. Dates are basically nature's caramel, right? Top it with some almond butter, peanuts, and chocolate sauce and that's all you need for a decadent snack that will feel so good.

### INGREDIENTS:

12 medjool dates  
1/3 cup almond butter  
1/4 cup unsalted peanuts  
rose petals to garnish, optional

chocolate drizzle:

1 dark chocolate bar (or 1/2 cup chocolate chips)  
1.5 tbsp coconut oil

### DIRECTIONS:

Carefully remove the pit from the dates and slit them open half way (don't cut in half, we want to be able to stuff them!).

Fill each date with ~1 tsp of almond butter mixture. Top with peanuts.

Put chocolate bar and coconut oil in a small sauce pot and melt on a very low heat. Drizzle over stuffed dates. Garnish with rose petals. Store in fridge or a sealed container on the counter.





# Hot Choco-Chai

Yield 32oz (2 servings)

Two of our favorite warming drinks in one magical cup?? Chai spices meld so perfectly to make an extra special superfood hot chocolate. With real raw cacao and cacao butter taking it to the next level.

## INGREDIENTS:

- 1/2 cup mylk (recipe on page 5)
- 3 tbsp raw cacao powder
- 2 tsp raw cacao butter, optional
- 1 tsp cinnamon powder
- 1/2 tsp ginger powder or 1 drop doTERRA ginger oil
- 1 tsp cardamom powder or 1-2 drops doTERRA cardamom oil
- 1/4 tsp fine ground black pepper or 1-2 drops doTERRA black pepper oil
- 1/2 tsp vanilla extract, optional
- 1 1/2 tbsp raw honey, optional
- 1 1/2 cups hot water

## DIRECTIONS:

Blend all ingredients until frothy.

Pour into your favorite mug and enjoy.





# Tahini Ginger Smoothie

Yield 16oz (1 serving)

What's better than tahini and dates meeting together for some dreamy creamy bliss? This super filling plant protein packed smoothie is the perfect energy pick-me-up that tastes like a wonderfully decadent dessert.

## INGREDIENTS:

1 1/4 cup plant mylk  
1 1/2 frozen banana  
2 tbsp sesame tahini  
1/2 tsp ginger powder or 1 drop doTERRA  
ginger oil  
1/2 tsp vanilla extract  
2-3 pitted dates

optional garnish: sesame seeds

## DIRECTIONS:

Blend all ingredients until perfectly smooth.

Enjoy!





# Spicy Veggie Stir Fry Noodles

Yield 4 servings

## INGREDIENTS:

1 tbsp coconut oil  
3-4 tbsp toasted or regular sesame oil  
2 tsp grated ginger, peel & all  
4-5 cloves garlic, minced  
1/2 zucchini, sliced into half moons  
5-6 crimini mushrooms (can sub portabella or shiitake)  
1/2 red bell pepper, sliced (or any color)  
1/4 yellow onion, diced  
1 1/2 tsp salt  
1/4 tsp fine ground black pepper  
4 tbsp maple syrup (can sub honey)  
3 tbsp rice wine vinegar  
1/2 large carrot, sliced into half moons  
1 tbsp chili flakes, optional if you don't like heat  
1 1/2 tsp ginger juice  
1/4 cup coconut aminos (can sub soy sauce or tamari)  
1/2 lime, juiced  
1 package rice noodles  
1/3 cup unsalted peanuts  
small handful cilantro or scallions to garnish

## DIRECTIONS:

In a large frying pan add coconut oil and sesame oil and bring to medium heat. Once oil is hot, add onion, mushrooms, carrot, salt. Cook a few minutes until onions are translucent and veggies / mushrooms start to soften.

Add bell pepper, zucchini, garlic, grated and juiced ginger, maple syrup, coconut aminos, rice wine vinegar and cook veggies down. Mushrooms and zucchini will start to get a little browned (yum!).

Fill a medium-large sauce pot half way with filtered water and a pinch of salt. Bring to a boil. Lower heat to low-medium and add rice noodles. Cook for ~10 minutes until noodles are soft, but not too tender.

Strain and discard the water. Add noodles to the frying pan with your cooked veggies. Add peanuts, chili flakes, lime juice, cilantro or scallion.

Serve and enjoy!!



# Essential Oil Reference Guide

Essential oils are the volatile aromatic compounds extracted from plants (seeds, stems, roots, barks, resins, leaves, flowers, fruits) through distillation (steam or cold-pressed). This potent plant medicine can be used to support so many daily health concerns from emotional to physical, swap out toxins in our environments for household cleaners / bath and beauty items, be used in culinary creations, and so much more. Here's a quick cheat sheet to the top 5 oils we are using throughout this e-book.

## WILD ORANGE

detox ~ digestive upset ~ cooking ~ emotional uplift ~ concentration ~ depression, fear, stress, and anxiety ~ insomnia ~ heartburn ~ increase energy, creativity, and production

## LAVENDER

calming ~ sleep issues ~ stress and anxiety ~ sunburns, burns, and scars ~ allergies ~ colic ~ cuts, wounds, and blisters ~ bug bites ~ nosebleeds ~ skin

## PEPPERMINT

headaches and migraines ~ bad breath ~ asthma ~ digestion ~ muscle stiffness and tension ~ allergies ~ cooling ~ burns and sunburn ~ alertness and energy ~ awakening ~ fevers and hot flashes ~ memory issues ~ loss of sense of smell

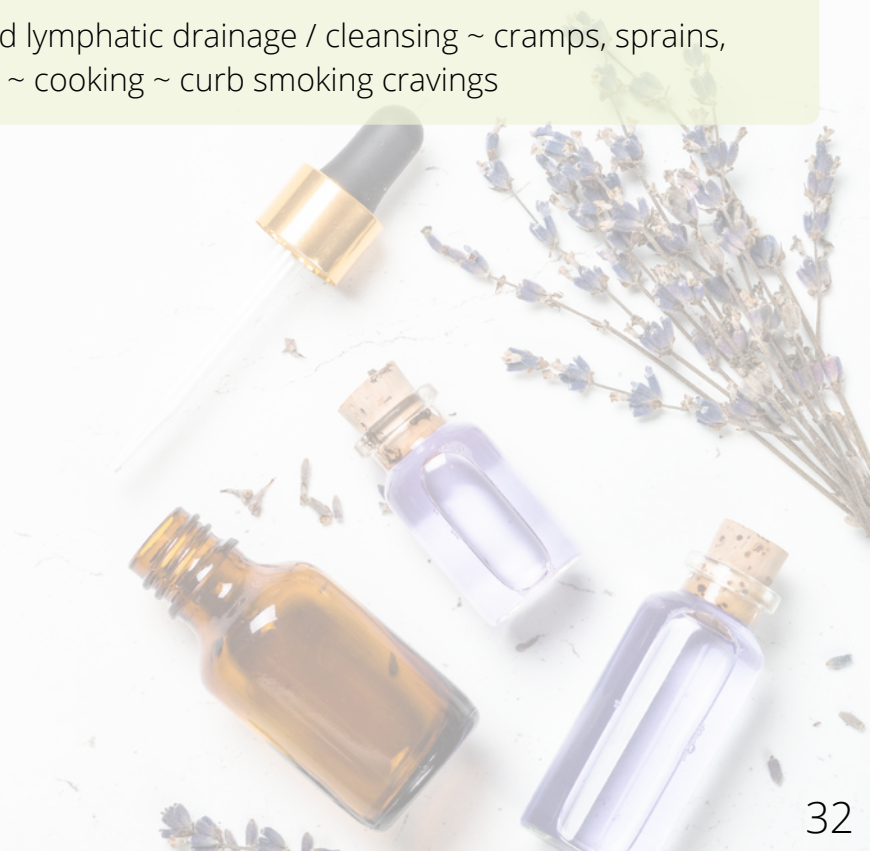
## CARDAMOM

congestion ~ stomach aches ~ colitis ~ menstrual and muscular pain ~ sore throat and fever ~ cataracts ~ mental fatigue and confusion ~ pancreatitis ~ bad breath and household odors

## BLACK PEPPER

increase circulation ~ respiratory and lymphatic drainage / cleansing ~ cramps, sprains, muscle spasms ~ warming ~ anxiety ~ cooking ~ curb smoking cravings

*If you want to learn more about how to get these gems into your home please reach out anytime! We love sharing and supporting everyone with plant medicine.*



# Thank you so much for joining us on this journey!

We hope that you got so much out of these pages and this experience with us.

If there were recipes you didn't have time to make during Ramadan, don't worry! These are all recipes, practices, affirmations, and tools you can turn to any day of the year to support you wherever you are at.

## This e-book is here for you always, as are we.

We love using the simple tool of **affirmations** to shift our mindset and energy into a positive space. This is free, always available to you, and can have a profound effect on our lives, especially when used repetitively. Pick an affirmation and stick to it. Say it to yourself daily. In your prayer / meditation practice, when you wake up in the morning, before you go to sleep, throughout the day. You can even write it down and post it on your bathroom mirror, in your kitchen, at your desk, etc. Feel free to create your own affirmations! There are no major rules. Just keep it positive and write it in the first person. For example, "I am...", "I have...", etc. As we speak our prayers to the universe, life shifts to create that reality.

**Syncing our bodies with the moon** is a great way to tune in, especially for women. This can help our health in so many ways and allows things to flow at their natural rhythms, in sync with the earth. One thing that we always have during every single moment of life from birth until death is our breath. Often times we don't think about it and lose touch with that. Anytime you are feeling out of balance, stuck, overwhelmed, etc. **you can come back to your breath.**

**Eating and cooking mindfully** is such a beautiful practice in slowing down and coming home. We hope that the recipes in this e-book have inspired and invigorated you to continue exploring both twists on traditional recipes and new lighter and brighter options, like through our juices, smoothies, and hot drinks. Take that joy and share the love of enjoying nourishing meals with your loved ones and community! Remember to slow down and enjoy the process of creating beautiful meals and chew slowly, one bite at a time. You can even chew your juice!

**The power of essential oils** is profound. Adding them to your daily routine through prayer, in your medicine cabinet, cuisine, and more can have a major positive impact on your emotional and physical well being. They are so potent and pure and work within seconds. Our lives have both been dramatically changed by including them throughout our days.

Remember, you always have the power and tools available to you to transform each moment into a bit of bliss. In each new moment you can choose again. Enjoy the journey!

## ***So much love and gratitude! Until next time,***

*Lana & Jess*





# About your Authors



**Lana Nazer** is Founder & CEO of Karama Yoga, a wellness and yoga studio in Jeddah, Saudi Arabia. Lana is an internationally certified yoga instructor in many styles of Yoga. Thousands of students are attracted to her studio because of the well-known Karama Yoga Method, a unique style designed by Lana that blends classical teachings with a modern understanding of the human body and consciousness. Karama Yoga offers a variety of online and in person daily classes as well as transformative online and in person courses, trainings, workshops and yoga retreats.

As a certified Herbalist, Lana is also the proud Co-Founder & CEO of Karama Wellness Teas, a Saudi based organic herbal tea company with our 33 different kinds of teas. Karama Wellness Teas is your go to “pharmacy” for all your needs ranging from insomnia to digestion and hair growth teas.

Lana’s purpose is to UNITE, EMPOWER and INSPIRE women worldwide to be proud of their heritage, love themselves as they are, and nurture the relationship with themselves through Yoga, Health & Wellness.

Stay connected [www.karama-yoga.com](http://www.karama-yoga.com) & on Instagram [@karama\\_yoga](https://www.instagram.com/karama_yoga)

[Subscribe and access FREE Karama Yoga classes online](#)

**Jessica Jean Weston** is founder & chef owner of Superfresh! Organic Café in Brattleboro, VT, author of *Healing Tonics, Juices, and Smoothies: 100+ Elixirs to Nurture Body and Soul*, a certified holistic health coach, and doTERRA Wellness Advocate. With a BA in Medical Anthropology from Ithaca College and a graduate of the Institute for Integrative Nutrition (IIN), Jessica has spent her career exploring the broad subject of food as medicine with Mayan healers in Belize, on organic farms, and with herbalists, shamanic practitioners, and more.

Jessica’s personal journey to health navigating a series of food intolerances, as well as what made her feel most vibrant, led her to a non-GMO plant-based diet free of soy, gluten, dairy, eggs, and meat. Recognizing that everyone has their own path to explore with different physical, emotional, and environmental needs, her goal is to simply share her experiences and knowledge by creating delicious, approachable cuisine, with understanding that no two beings are alike.

Jessica offers virtual private customized cooking classes catered to your wellness & lifestyle goals, small group cooking classes, online cooking classes, regular essential oil classes, co-hosts retreats, and more!

Stay connected at [www.jessicajeanweston.com](http://www.jessicajeanweston.com) & on Instagram / TikTok at [@jessicajeanweston](https://www.instagram.com/jessicajeanweston)

[Elevate your superfood drink game in 30 days with Jessica's Healing Tonics Cooking Course!](#)

*Tag us in your creations and through your journey!! #karamafresh*