



RA MA INSTITUTE FOR APPLIED YOGIC
SCIENCE AND TECHNOLOGY PRESENTS:

METABOLIC MAKEOVER CHALLENGE

The heavy-duty yoga set and fruit-life protocol for digestive detox, immunity, and vitality.

2021

INSPIRED BY ANCIENT YOGIC NUTRITIONAL TEACHINGS

Meet The "P" Set & - RA MA's most loved all-in-one workout, meditation, fruit blessing, and pre-equinox detox system.

It's called the "P-Set" because you need to have a fruit that starts with the letter "P" while you do it, so be sure to stock up before starting this challenge. Pears, pineapple slices, and plums are some of our favorites.



Practice this kriya every day in February and March and consume an abundant amount of p-fruits and p-foods to lose weight, get in shape and smooth out any glitches in your system (no matter how much damage you've done to it in the past).

Kick off your P-Set experience on Thursday, February 11, 2021 and gain access to the exclusive portal with practice videos and recipes and more!



SUGGESTED SCHEDULE

Morning

7:00am - 9:00am

Breakfast

Mid-Morning

10:00am

Snack on a P-Fruit

Afternoon

12:00pm

Lunch

Late-Afternoon

2:00pm - 3:00pm

Snack on a P-Fruit

Evening

5:00pm - 6:00pm

Dinner

Later Evening

6:00pm - bedtime

Enjoy as many P-Fruits as possible



OUR P-FOOD SHORT LIST!

METABOLIC MAKEOVER CHALLENGE 2021

Discover what might be available locally and in season to you here:
www.pickyourown.org

- Papaya
- Passion Fruit
- Paw Paw
- Peach
- Pear
- Persimmon
- Pineapple
- Pitaya
- Plum
- Pomelo
- Peas
- Parsnip
- Pepper
- Potato
- Pumpkin
- Plantians
- Portobellos
- Pili nut
- Pine nut

BREAKFAST

Pear & Pawpaw Smoothie

if pawpaw is unavailable, substitute with 1/2 peach fruit and 1/2 banana

- 1 large pawpaw fruit
- 1/2 pear
- 2 tablespoons coconut milk
- 1/2 cup ice
- Water to blend
- Honey or stevia to taste

Place all the ingredients into the blender and mix to a smooth consistency.

Yogic Plum Toast

- 5 plums, pitted
- 1 tbsp cardamom
- Water
- Ghee
- 1 slice of your favorite bread, toasted

Cook pear and cinnamon or plum and cardamom over low heat with a bit of water and ghee till it becomes a jam. Spread over your favorite toast.

Papaya Persimmon Quinoa Power Bowl

- 1 Papaya
- 2/3 cups cooked quinoa
- 1 tablespoon maple syrup
- 12 ounces yogurt
(cow, goat, sheep or coconut)
- 1/2 cup ripe, cubed persimmon
- 1/4 cup raw almonds
(I used roasted and unsalted)

Slice the papaya in half lengthwise. Scoop and discard the seeds. Stir the maple syrup into the cooked quinoa. Layer all of the the ingredients into the center of the papaya, using the papaya as your bowl, dividing them evenly between the two halves. Enjoy!





LUNCH

Roasted Bell Peppers With Garlic & Herbs

- 4 bell peppers (red, yellow, or orange), halved and seeded
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, thinly sliced
- 1/4 teaspoon dried oregano
- Coarse salt and ground pepper
- Fresh basil leaves, torn

Preheat oven to 450 degrees. Place peppers, cut side up, on a rimmed baking sheet. Drizzle with olive oil. Divide garlic among peppers. Sprinkle with oregano and season with salt and pepper. Roast until flesh is tender and skin is blistered in spots, 35 minutes. Transfer peppers to a platter and top with a small handful torn basil leaves.

Temple Potatoes

- 1 lb potatoes, washed and cut into 1 inch cubes
- 2 handful of sugar snap peas
- Organic ghee
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 cloves garlic, largely chopped
- 2 whole long sprigs thyme, stems removed...



Temple Potatoes continued...

- Preheat oven to 450 degrees Fahrenheit.
- Parsley for serving.

Toss potato in the ghee to coat just slightly, then add in salt, ground black pepper and garlic. Toss the bowl itself to coat, then lightly using a wooden spoon mix all the ingredients together.

Pour on to a cookie sheet lined with parchment paper or a silicone mat and sprinkle the thyme on top. Don't overcrowd the cookie sheet.

Pour additional ghee over the potatoes.

Bake for 30-35 minutes, stirring midway, until potatoes are golden brown. Serve warm with fresh parsley.



Transcendental Pumpkin–Parsnip Soup

- 1 baking pumpkin (2.5 – 3 lbs)
- 2 medium parsnips
- 1/2 tsp nutmeg
- 4 cups hot water
- 1/2 tsp salt (optional)

Preheat oven to 425 degrees F. Peel parsnips and cut into ½-inch thick pieces. Cut pumpkin in half along the equator and remove seeds. Sprinkle pumpkins with the nutmeg. Place the parsnip in a baking dish. Place the pumpkin, cut-side-down, over the parsnips. Add 2 cups of water to the baking dish. Roast at 425 degrees F for 1 hour - the pumpkin is ready when it collapses and is soft enough to scoop out flesh. Remove from the oven and let cool slightly.

When pumpkin is cool enough to handle scoop out flesh and place pumpkin, parsnips, and any liquid from the pan into a blender. Add 1 ½ cups of water and the salt. Purée until smooth, adding more water if required.

Garnish with parsley and pumpkin seeds.



Passionate Portobellos

- 4 large portobello mushrooms — stems and gills removed, wiped clean
- 1/4 cup balsamic vinegar
- 1 tablespoon extra virgin olive oil
- 1 tablespoon low sodium soy sauce
- 1 tablespoon chopped fresh rosemary — or 1/2 teaspoon dried
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper
- Coconut oil for grilling

Passion Fruit Vinaigrette

- 3 ripe passion fruit
- 4 tablespoons extra virgin olive oil
- 1 tbsp apple cider vinegar
- Gray sea salt
- Black pepper

In a shallow baking dish, whisk together the balsamic vinegar, olive oil, soy sauce, rosemary, garlic powder, black pepper. Taste and adjust seasonings if you like. Add the mushrooms and turn to coat. Let sit for 5-30 minutes on one side, then flip and let sit 5 additional minutes. While the mushrooms marinate, prep the grill and passionfruit vinaigrette

Heat a grill or a large skillet over medium heat.

Cut the passion fruit in half with a pairing knife and spoon pulp and seeds into a small bowl. Whisk in both oils and the vinegar, then season with salt and pepper.

Brush grill with oil to prevent sticking. Remove the mushrooms, shaking off any excess marinade, and cook on each side for 3-4 minutes, or until caramelized and deep golden brown. Brush the remaining marinade over the mushrooms several times as they cook.

To serve, top the portobello mushrooms with the vinegrette, avocado, tomato, onion or any other topping you like.





DINNER



Easy Stuffed Plantains and Parsley

- 3 ripe plantains peeled
- Coconut oil or ghee to brush plantains
- 16 oz fresh peas
- Goat cheese crumble
- Handful of prunes, chopped into small pieces

Parsley Chutney

- 6 serrano chili peppers, seeded, chopped
- 4 garlic cloves, chopped
- 1 1/2 cups fresh cilantro leaves with tender stems
- 1 1/2 cups fresh flat-leaf parsley leaves with tender stems
- 1 teaspoon ground cumin
- Pinch of ground cardamom
- 3/4 cup olive oil, divided
- Kosher salt and freshly ground black pepper

Preheat oven to 375F. Make a lengthways slit along the plantains leaving at least 1 inch at each end so they stay whole during baking. Brush the plantains with oil or ghee, place them on a lightly oiled, lined baking tray and bake for 40 mins making sure to turn them half way through.

Simultaneously sauté peas in a little but of salt and oil. and blend ingredients for the parsley chutney.

Remove plantains from the oven, place them slit side up and stuff them with peas, goat cheese and stop with a small amount of prunes. Return stuffed plantain to the oven and bake for about 5 mins.

Serve plantains warm drizzled with parsley chutney.



DESSERT

Infinity Plum Compote

- 12 plums, washed and pitted
- 2 tablespoons honey
- 2/3 cup water

Add plums to a saucepan with the honey and water. Cook over medium-low heat, covered, for about 5-8 min, until plums are soft. Take the pan off the heat and let it cool. Serve with its juice either lukewarm or at room temperature.

Ultimate Pomelo Popsicle

- 1 large pomelo
- 1 frozen banana
- 1 can unsweetened coconut milk (full fat, store in fridge prior)

Add all of the ingredients to a blender. Blend on high until smooth. Spoon into a popsicle mold and let partially set. (1-2 hours) before inserting wooden sticks. Continue to freeze until completely solid, about 4-6 hours.

Peerless Pineapple Mousse

- 1/4 cup of chia seeds.
- Any type of non-dairy milk
- 1 1/2 cups ripe pineapple cut into one inch cubes
- 1 squeeze of lime
- Maple syrup or date sweetener

Blend all ingredients on high. Spoon into a glass bowl and let chill in the refrigerator for 30 minutes - 2 hours or until thick. Serve and enjoy!

