

THE

Ailama[®]


EMOTIONAL

COOKBOOK AND NUTRITION PROGRAM

89 *Quick and Easy Recipes for Sincere Eating*
All Year Around

Aimee T. L. Kathartt





All rights reserved.

No authorized photocopying.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic or mechanical, including photocopying, recording or any other information storage, without the prior written permission of the author, except when the law expressly permits, or under terms agreed with the appropriate reprographics rights organization. Enquires concerning reproduction outside the scope of the above should be e-mailed to the author at the email address contact@holistic-english.com.

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out, or otherwise circulated without the author's prior consent in any form of binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

This book is not intended to replace the medical recommendations of physicians and other trained medical professional. The purpose of this book is solely to provide the reader and user of it with information for educational purposes on the given subjects. Therefore, all the information presented in this book should not be considered a medical advice nor should it be used as a substitute for qualified care or treatment, medical advice, or expertise of a physician, psychoanalyst, or nutritionist.

This book is not intended to diagnose, treat, prevent, mitigate, or cure any type of illness. Any reader or user of this book who has any reason to suspect serious illness should consult with a qualified healthcare professional in matters relating to their health.

If the reader or user of this book is pregnant or nursing, they should consult with a physician before implementing any of the approaches discussed in this book.

If the reader or user of this book is under age, they should consult with their parents or seek the guidance of a qualified professional with regard to health and nutrition, psychological understanding of the individual, and psychotherapy.

If the reader or user of this book suffers of any chronic or recurring medical condition they should be under the close supervise of a qualified healthcare professional.

The information contained in this book should be regarded as a general guide and not as the ultimate source of information, as it is based on the opinion and sole experience of its author. The advice contained herein may not be appropriate for your individuality and you should consult with a professional when necessary.

In brief, this book is sold without warranties or guaranties of any kind.

Any liability, loss, or damage in connection with the reading and using of the contents of this book, including but not limited to any liability, loss, or damage resulting from the preparation of the given recipes, the usage of the plants, herbs, or specific substances and ingredients presented herein, or the advice and information offered herein, is expressly disclaimed.

www.holistic-english.com

CONTENTS

Introduction	1
About The Aílama® Cookbook	3
A. The Aílama® Cookbook Recommends	3
1. Meat	3
2. Fish & Shrimps	5
3. Spices	5
B. The Aílama® Cookbook Recommends	6
C. The Aílama® Cookbook Recommends	7
D. The Aílama® Emotional Cookbook	8
The Aílama® Recipes	
WEEK 1	
Alga Frittata	11
You Matter!	13
Tuna Dipping Sauce	14
You Matter!	16
WEEK 2	
Bean Noodles Yum	17
You Matter!	20
WEEK 3	
Quinoa Wok Veggie	21
You Matter!	24
Homemade Kefir	25
You Matter!	27
WEEK 4	
Royal Wok	28
You Matter!	31
Caro-Coffee	32
You Matter!	34
WEEK 5	
Homemade Pressed Cheese	35
You Matter!	37
Whey Pancakes	38
You Matter!	40

WEEK 6

Smartly Dressed Salad

41

You Matter!

43

WEEK 7

Meaty Soup

44

You Matter!

46

WEEK 8

Millet Pudding

47

You Matter!

49

Caro-Cream

50

You Matter!

52

WEEK 9

Cranberry Salad

53

You Matter!

55

WEEK 10

Pickled Horseradish

56

You Matter!

58

Big Sushi

59

You Matter!

62

WEEK 11

Bread Booster

63

You Matter!

65

Fluffy Cake

66

You Matter!

68

WEEK 12

Choco-Nut

69

You Matter!

71

Homemade Yogurt

72

You Matter!

74

WEEK 13

Parsley Salad

75

You Matter!

77

Fig Truffles

78

You Matter!

80

WEEK 14

Patties

81

You Matter!

84

Milk Thistle Crunch

85

You Matter!

87

WEEK 15

Choco Cake	88
You Matter!	91
Veg-Sushi	92
You Matter!	94

WEEK 16

Berry Cake	95
You Matter!	97
Cocktail Skewers	98
You Matter!	100

WEEK 17

Homemade Pâté	101
You Matter!	103
Butter Fruit Cocktail	104
You Matter!	106

WEEK 18

Sweet-Sour Chicken	107
You Matter!	109
Truffles Chameleon	110
You Matter!	112

WEEK 19

Leek Wok	113
You Matter!	115

WEEK 20

Broccoli Wok	116
You Matter!	118

WEEK 21

China Mix	119
You Matter!	121

WEEK 22

Minty Brown Cream	122
You Matter!	124
Potato & Mushroom Stew	125
You Matter!	127

WEEK 23

Choco-Delight	128
You Matter!	130
Veggie Stew	131
You Matter!	133

WEEK 24

Baked Meat	134
You Matter!	136
Cedar Nut Dressing	137
You Matter!	139

WEEK 25

Seaweed Salad	140
You Matter!	142
Ruby Sour-Sweet	143
You Matter!	145

WEEK 26

Choco-Exotique	146
You Matter!	148
O-Sushi	149
You Matter!	151

WEEK 27

Rice Boost	152
You Matter!	154
Honey-Delight	155
You Matter!	157

WEEK 28

Veggie White Delight	158
You Matter!	161
Baked Squash	162
You Matter!	164

WEEK 29

Old Sushi	165
You Matter!	167
Baked Quince	168
You Matter!	170

WEEK 30

Dinkel Flatties	171
You Matter!	173
Sweet-Sour Comfy	174
You Matter!	176

WEEK 31

Mashed Black Bean	177
You Matter!	179

Chicory Sweet-Eyed Cookies	180
You Matter!	182
WEEK 32	
Brocco White Delight	183
You Matter!	185
Plum Yum-Yum	186
You Matter!	188
WEEK 33	
Broil & Bake Salad	189
You Matter!	191
Caramel Pudding	192
You Matter!	194
WEEK 34	
Cheerful Wok	195
You Matter!	197
Pickled Cucumbers	198
You Matter!	200
WEEK 35	
Stir Fried Eggplants	201
You Matter!	203
Cinnamon Spice Sweet	204
You Matter!	206
WEEK 36	
Sweet Potato Salad	207
You Matter!	209
Squash Cake	210
You Matter!	212
WEEK 37	
Cabbage Wok	213
You Matter!	215
WEEK 38	
Kefir Cheese	216
You Matter!	218
K-Sushi	219
You Matter!	221
WEEK 39	
Wok Delight	222
You Matter!	224

Raspberry Cake	225
You Matter!	227
WEEK 40	
Mixed Salad	228
You Matter!	230
WEEK 41	
Pizza Chameleon	231
You Matter!	234
Chico-Tea	235
You Matter!	237
WEEK 42	
Macrobiotic Soup	238
You Matter!	240
WEEK 43	
Minced Mix	241
You Matter!	243
Baked Apples	244
You Matter!	246
WEEK 44	
Red Pepper Dipping Sauce	247
You Matter!	249
WEEK 45	
Prune Cake	250
You Matter!	252
Dandelion-Root Coffee	253
You Matter!	255
WEEK 46	
T-Sushi	256
You Matter!	258
WEEK 47	
Veggie Cream	259
You Matter!	262
WEEK 48	
Salmon-Chicken Salad	263
You Matter!	265
Chocolate Sweet Delight	266
You Matter!	269

WEEK 49

Coco Cold

270

You Matter!

272

Thy Stew

273

You Matter!

276

WEEK 50

Mashed Parsnips

277

You Matter!

279

WEEK 51

Buckwheat Salad

280

You Matter!

282

WEEK 52

Homemade Mozzarella

283

You Matter!

285

Almond Cake

286

You Matter!

288

The Ailama® Special Recipes

Happy Oils

289

You Matter!

291

Happy Hair

292

You Matter!

294

About The Ailama® Nutrition Program

296

The Ailama® 28-Day Nutrition Program

Days 1-2

297

Days 3-4

298

Days 5-6

299

Days 7-8

300

Days 9-10

301

Days 11-12

302

Days 13-14

303

Days 15-16

304

Days 17-18

305

Days 19-20

306

Days 21-22

307

Days 23-24

308

Days 25-26

309

Days 27-28

310

The Aílama® Nutrition Program Q&A

Is The Aílama® Nutrition Program specially designed for me?	312
Can The Aílama® Nutrition Program provide the necessary nutrients for both sedentary and physically active people?	312
Can The Aílama® Nutrition Program be a weight-loss program?	312
Should I eat less food a day if I want to lose weight?	315
What if I get bored with The Aílama® Nutrition Program?	315
How do I know how many carbs to eat daily?	316
How much water should I drink daily?	316
Why do I lose weight very quickly only in the first weeks?	317
How does the principle of burning more calories than you eat apply to people who are genetically predisposed to being either thin or obese?	318
Should I eat snacks during the day?	318
Should I be taking supplements?	319
Can The Aílama® Nutrition Program help me get rid of cellulite?	319
Should I use only organic ingredients when cooking the dishes included in The Aílama® Nutrition Program?	320
Can I use The Aílama® Nutrition Program for longer than a week, if I feel it's beneficial to me?	320
How can I tailor The Aílama® Nutrition Program to my own needs, if I want to stick with it?	321
Can The Aílama® Nutrition Program help me overcome emotional eating?	321
What else should I know before embarking on The Aílama® Nutrition Program?	323

The Ailama® Recipes

SOUPS

Meaty Soup	44
Macrobiotic Soup	238
Veggie Cream	259

WOKS

Bean Noodles Yum	17
Quinoa Wok Veggie	21
Royal Wok	28
Sweet-Sour Chicken	107
Leek Wok	113
Broccoli Wok	116
China Mix	119
Cheerful Wok	195
Stir Fried Eggplants	201
Cabbage Wok	213
Wok Delight	222

OMELETS

Alga Frittata	11
---------------	----

MEATS

Cocktail Skewers	98
Baked Meat	134
Minced Mix	241

STEWES

Potato & Mushroom Stew	125
Veggie Stew	131
Veggie White Delight	158
Brocco White Delight	183
Thy Stew	273

DAIRY

Homemade Kefir	25
Homemade Pressed Cheese	35
Homemade Yogurt	72
Kefir Cheese	216
Homemade Mozzarella	283

SALADS

Smartly Dressed Salad	41
Cranberry Salad	53

Parsley Salad	75
Seaweed Salad	140
Broil & Bake Salad	189
Sweet Potato Salad	207
Mixed Salad	228
Salmon-Chicken Salad	263
Buckwheat Salad	280
SAUCES	
Tuna Dipping Sauce	14
Cheddar Nut Dressing	137
Red Pepper Dipping Sauce	247
SPREADS	
Homemade Pâté	101
Mashed Black Bean	177
Mashed Parsnips	277
BREAD	
Bread Booster	63
Dinkel Flatties	171
PICKLES	
Pickled Horseradish	56
Pickled Cucumbers	198
PIZZA	
Pizza Chameleon	231
SUSHI	
Big Sushi	59
Veg-Sushi	92
O-Sushi	149
Old Sushi	165
K-Sushi	219
T-Sushi	256
GRAINS	
Millet Pudding	47
Rice Boost	152
BEVERAGES	
Caro-Coffee	32
Milk Thistle Crunch	85
Chico-Tea	235
Dandelion-Root Coffee	253

CAKES

Whey Pancakes	38
Fluffy Cake	66
Choco Cake	88
Berry Cake	95
Sweet-Sour Comfy	174
Squash Cake	210
Raspberry Cake	225
Prune Cake	250
Chocolate Sweet Delight	266
Almond Cake	286

COOKIES

Patties	81
Chicory Sweet-Eyed Cookies	180
Cinnamon Spice Sweet	204

TRUFFLES

Fig Truffles	78
Truffles Chameleon	110

CREAMS

Caro-Cream	50
Choco-Nut	69
Minty Brown Cream	122
Choco-Delight	128
Choco Exotique	146
Honey-Delight	155
Caramel Pudding	192

PRESERVES & JAMS

Ruby Sour-Sweet	143
Plum Yum-Yum	186

FRUIT

Butter Fruit Cocktail	104
Baked Squash	162
Baked Quince	168
Baked Apples	244

ICE CREAM

Coco Cold	270
-----------	-----

SPECIALS

Happy Oils	289
Happy Hair	292

The Ailama® Emotional Cookbook

WEEK 1

Fear: Alga Frittata 11

Anger: Tuna Dipping Sauce 14

WEEK 2

Sadness: Bean Noodles Yum 17

WEEK 3

Joy: Quinoa Wok Veggie 21

Pessimism: Homemade Kefir 25

WEEK 4

Surprise: Royal Wok 28

Craving: Caro-Coffee 32

WEEK 5

Determination: Homemade Pressed Cheese 35

Acceptance: Whey Pancakes 38

WEEK 6

Allowing: Smartly Dressed Salad 41

WEEK 7

Admiration: Meaty Soup 44

WEEK 8

Lack of Motivation: Millet Pudding 47

Relaxation: Caro-Cream 50

WEEK 9

Anticipation: Cranberry Salad 53

WEEK 10

Confidence: Pickled Horseradish 56

Loyalty: Big Sushi 59

WEEK 11

Gratitude: Bread Booster 63

Invincibility: Fluffy Cake 66

WEEK 12

Ambition: Choco-Nut 69

Romantic Boredom: Homemade Yogurt 72

WEEK 13

Courage: Parsley Salad 75

Overexcitement & Insecurity: Fig Truffles 78

WEEK 14

Lack of Overreaction: Patties 81

Comfort & Joy: Milk Thistle Crunch 85

WEEK 15

Love: Choco Cake 88

Longing: Veg-Sushi 92

WEEK 16

Motivation: Berry Cake 95

Pleasure: Cocktail Skewers 98

WEEK 17

Nostalgia: Homemade Pâté 101

Shame: Butter Fruit Cocktail 104

WEEK 18

Disappointment: Sweet-Sour Chicken 107

Worries: Truffles Chameleon 110

WEEK 19

Comfort: Leek Wok 113

WEEK 20

Kindness: Broccoli Wok 116

WEEK 21

Harmony: China Mix 119

WEEK 22

Sympathy: Minty Brown Cream 122

Anger: Potato & Mushroom Stew 125

WEEK 23

Suffering: Choco-Delight 128

Courage: Veggie Stew 131

WEEK 24

Jealousy: Baked Meat 134

Loneliness: Cedar Nut Dressing 137

WEEK 25

Confidence: Seaweed Salad 140

Loneliness: Ruby Sour-Sweet 143

WEEK 26

Confidence: Choco-Exotique 146

Restlessness: O-Sushi 149

WEEK 27

Energy: Rice Boost 152

Lack of Appreciation: Honey-Delight 155

WEEK 28

Sociability: Veggie White Delight 158

Anxiety: Baked Squash 162

WEEK 29

Convenience: Old Sushi 165

Weep: Baked Quince 168

WEEK 30

Exhaustion: Dinkel Flatties 171

Balance: Sweet-Sour Comfy 174

WEEK 31

Criticism: Mashed Black Bean 177

Relaxation: Chicory Sweet-Eyed Cookies 180

WEEK 32

Fear & Unease: Brocco White Delight 183

Self-Doubt & Denial: Plum Yum-Yum 186

WEEK 33

Sadness: Broil & Bake Salad 189

Courage: Caramel Pudding 192

WEEK 34

Determination: Cheerful Wok 195

Equilibrium: Pickled Cucumbers 198

WEEK 35

Celebration: Stir Fried Eggplants 201

Craving: Cinnamon Spice Sweet 204

WEEK 36

Love: Sweet Potato Salad 207

Preoccupation: Squash Cake 210

WEEK 37

Helplessness: Cabbage Wok 213

WEEK 38

Creativity: Kefir Cheese 216

Devotion: K-Sushi 219

WEEK 39

Reflection: Wok Delight 222

Femininity: Raspberry Cake 225

WEEK 40

Guilt: Mixed Salad 228

WEEK 41

Nostalgia: Pizza Chameleon 231

Enthusiasm: Chico-Tea 235

WEEK 42

Satisfaction: Macrobiotic Soup 238

WEEK 43

Satisfaction: Minced Mix 241

Loneliness: Baked Apples 244

WEEK 44

Tiredness & Self-Dislike: Red Pepper Dipping Sauce 247

WEEK 45

Relaxation: Prune Cake 250

Tiredness: Dandelion-Root Coffee 253

WEEK 46

Care: T-Sushi 256

WEEK 47

Relaxation: Veggie Cream 259

WEEK 48

Weep: Salmon-Chicken Salad 263

Depression & Confusion: Chocolate Sweet Delight 266

WEEK 49

Boredom: Coco Cold 270

Sadness: Thy Stew 273

WEEK 50

Happiness: Mashed Parsnips 277

WEEK 51

Consistency: Buckwheat Salad 280

WEEK 52

Satisfaction: Homemade Mozzarella 283

Craving: Almond Cake 286

The Ailama® Emotional Index

Acceptance: Whey Pancakes	38
Admiration: Meaty Soup	44
Allowing: Smartly Dressed Salad	41
Ambition: Choco-Nut	69
Anger: Tuna Dipping Sauce	14
Potato & Mushroom Stew	125
Anticipation: Cranberry Salad	53
Anxiety: Baked Squash	162
Balance: Sweet-Sour Comfy	174
Boredom: Coco Cold	270
Homemade Yogurt	72
Care: T-Sushi	256
Celebration: Stir Fried Eggplants	201
Comfort: Milk Thistle Crunch	85
Leek Wok	113
Confidence: Pickled Horseradish	56
Seaweed Salad	140
Choco-Exotique	146
Confusion: Chocolate Sweet Delight	266
Consistency: Buckwheat Salad	280
Convenience: Old Sushi	165
Courage: Parsley Salad	75
Veggie Stew	131
Caramel Pudding	192
Craving: Caro-Coffee	32
Cinnamon Spice Sweet	204
Almond Cake	286
Creativity: Kefir Cheese	216
Criticism: Mashed Black Bean	177
Denial: Plum Yum-Yum	186
Depression: Chocolate Sweet Delight	266
Determination: Homemade Pressed Cheese	35
Cheerful Wok	195
Devotion: K-Sushi	219
Disappointment: Sweet-Sour Chicken	107

Energy: Rice Boost	152
Enthusiasm: Chico-Tea	235
Equilibrium: Pickled Cucumbers	198
Exhaustion: Dinkel Flatties	171
Fear: Alga Frittata	11
Brocco White Delight	183
Femininity: Raspberry Cake	225
Gratitude: Bread Booster	63
Quilt: Mixed Salad	228
Happiness: Mashed Parsnips	277
Harmony: China Mix	119
Helplessness: Cabbage Wok	213
Insecurity: Fig Truffles	78
Invincibility: Fluffy Cake	66
Jealousy: Baked Meat	134
Joy: Quinoa Wok Veggie	21
Milk Thistle Crunch	85
Kindness: Broccoli Wok	116
Lack of Appreciation: Honey-Delight	155
Lack of Motivation: Millet Pudding	47
Lack of Overreaction: Patties	81
Loneliness: Cedar Nut Dressing	137
Ruby Sour-Sweet	143
Baked Apples	244
Longing: Veg-Sushi	92
Love: Choco Cake	88
Sweet Potato Salad	207
Loyalty: Big Sushi	59
Motivation: Berry Cake	95
Nostalgia: Homemade Pâté	101
Pizza Chameleon	231
Overexcitement: Fig Truffles	78
Pessimism: Homemade Kefir	25
Pleasure: Cocktail Skewers	98
Preoccupation: Squash Cake	210
Reflection: Wok Delight	222

Relaxation: Caro-Cream	50
Chicory Sweet-Eyed Cookies	180
Prune Cake	250
Veggie Cream	259
Restlessness: O-Sushi	149
Sadness: Bean Noodles Yum	17
Broil & Bake Salad	189
Thy Stew	273
Satisfaction: Macrobiotic Soup	238
Minced Mix	241
Homemade Mozzarella	283
Self-Dislike: Red Pepper Dipping Sauce	247
Self-Doubt: Plum Yum-Yum	186
Shame: Butter Fruit Cocktail	104
Sociability: Veggie White Delight	158
Suffering: Choco-Delight	128
Surprise: Royal Wok	28
Sympathy: Minty Brown Cream	122
Tiredness: Red Pepper Dipping Sauce	247
Dandelion-Root Coffee	253
Unease: Brocco White Delight	183
Weep: Baked Quince	168
Salmon-Chicken Salad	263
Worries: Truffles Chameleon	110